

# Parent/Guardian Introduction Letter

Dear Parents/Guardians,

As many of you know, recess is a very important social time for your child(ren). Children – like all humans – have a fundamental need for social connection and all forms of play. In fact, play is so necessary for healthy development that the United Nations recognizes it as a right of every child. This right needs to be protected and supported, including throughout the school day.

Current research indicates that recess is more than just a break from the school day. It is a time for children to connect with their peers, to socialize, to play, and to release energy. It is a time that really matters to their well-being, to their motivation for school, and to their overall long-term health.

Our goal is to ensure that recess and lunch activities are well-designed and meaningful for all students. Friendships and inclusive behaviors are encouraged during recess at our school and a wide variety of activities are offered as options for students to engage in – activities and options that run the continuum from free, unstructured play to organized active games.

We want to ensure that children have options that are relevant to their interests and their needs on any given day. This means we provide a variety of outdoor equipment and play materials, supportive supervision, and helpful role models. In the winter or very rainy days, when inclement weather can keep the students inside, we schedule indoor games and activities in the gym to ensure students are raising their heart rates and connecting with peers as much as possible.

The results of these recess experiences will be very positive. Your child(ren) will have the option to spend their time how they like: active, playful, creative, quiet, or restful. They will also experience an inclusive play environment – whether they prefer large groups or would like restful time alone. And most importantly, they will be happier. And happier kids are healthier kids. Please contact me if you have any questions or would like more information.

Sincerely,

