

1 State of Arkansas
2 86th General Assembly
3 Regular Session, 2007

HR 1023

4
5 By: Representative L. Smith
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8 HOUSE RESOLUTION

9 URGING SCHOOL DISTRICTS TO PROVIDE A MID-MORNING
10 AND MID-AFTERNOON RECESS TO ALL STUDENTS IN
11 KINDERGARTEN THROUGH GRADE SIX (6).
12

13 Subtitle

14 URGING SCHOOL DISTRICTS TO PROVIDE A
15 MID-MORNING AND MID-AFTERNOON RECESS TO
16 ALL STUDENTS IN KINDERGARTEN THROUGH
17 GRADE SIX (6).
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20 WHEREAS, research has shown that more exercise for school-age children
21 is necessary to combat the growing obesity problem; and
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23 WHEREAS, the benefits of regular exercise include burning excess
24 calories, controlling weight, increasing learning responses, relieving
25 symptoms of depression, and improving symptoms associated with attention
26 deficit hyperactivity disorder; and
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28 WHEREAS, recess creates a supportive environment for children and
29 allows them to incorporate regular physical activity into their daily lives;
30 and
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32 WHEREAS, recess provides children with discretionary time and
33 opportunities to engage in physical activities that lead to healthy bodies
34 and enjoyment of movement; and
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36 WHEREAS, recess results in enhanced cognitive abilities and facilitates



1 improved attention in the classroom; and

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3 WHEREAS, recess is an essential component in the development of
4 interpersonal communication skills, as it provides an unstructured
5 environment in which children can interact with one another; and

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7 WHEREAS, recess is an avenue for creativity which in turn leads to the
8 ability to think "outside the box" and develop stronger thinking skills,

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10 NOW THEREFORE,

11 BE IT RESOLVED BY THE HOUSE OF REPRESENTATIVES OF THE EIGHTY-SIXTH GENERAL
12 ASSEMBLY OF THE STATE OF ARKANSAS:

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14 THAT the House of Representatives recognizes the importance of recess
15 and urges school districts to provide a mid-morning and mid-afternoon recess
16 of at least ten (10) minutes to all students in kindergarten through grade
17 six (6).

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19 BE IT FURTHER RESOLVED that the House of Representatives encourages
20 school administrators to provide alternatives to outdoor recess in inclement
21 weather.

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23 BE IT FURTHER RESOLVED that an appropriate copy shall be provided to
24 the administrator of each school district in the state by the Chief Clerk of
25 the House of Representatives.

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