



COMMUNITY EDUCATION COUNCIL DISTRICT 3

154 West 93rd Street New York, New York 10025 - Room 204 Tel (212) 678-2782 Fax (212) 678-2804 Email: CEC3@schools.nyc.gov

Kimberly Watkins
President

Kristen Berger
First Vice President

Dennis Morgan
Second Vice President

Lucas Liu
Treasurer

Sharmilee Ramudit
Secretary

Council Members: Lisa Byrd Naveed Hasan Michael McCarthy Deirdre Garrett Scott | **Christine Loughlin**
Assietou Sow Eric Wright Teddy Tawil, Student Member IA Superintendent

Vol. 20 (P) No. 1

Resolution Calling for System wide Implementation of Policy Prohibiting the Use of Recess for Disciplinary Actions

(Approved at the Oct. 23, 2019 CEC3 & CSD3 Joint Calendar Meeting by a Roll Call Vote of all CEC3 members present at the time of the vote (9 Yes, 0 No, Abstain))

WHEREAS New York City Department of Education policy states that: “Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) will not be withheld as punishment for any reason, nor will it be used as a punishment for any reason¹,”

WHEREAS the New York City Department of Education’s disciplinary code requires that the in-school disciplinary actions “must be done in accordance with the Wellness Policy²

WHEREAS according to the American Academy of Pediatrics, the organization representing the nation’s 67,000 doctors, “Recess is a necessary break in the day for optimizing a child’s social, emotional, physical, and cognitive development. In essence, recess should be considered a child’s personal time, and it should not be withheld for academic or punitive reasons³.”

WHEREAS the Centers for Disease Control and Prevention (CDC) reports that there is “substantial evidence” that school physical activity including recess “can help improve academic achievement, including grades and standardized test scores,” and “can have an impact on cognitive skills and attitudes and academic behavior, all of which are important components of improved academic performance,” including “enhanced concentration and attention as well as improved classroom behavior⁴.”

WHEREAS recess is a civil rights issue and an equity issue – an analysis by the National Center for Education Statistics found that children who attend schools with high minority and

¹ New York City Department of Education Wellness Policy, <https://infohub.nyced.org/reports-and-policies/policies/doe-wellness-policy>

² New York City Department of Education Discipline Code, page 23, <https://cdn-blob-prd.azureedge.net/prd-pws/docs/default-source/default-document-library/discipline-code-kindergarten-grade-5-english.pdf>

³ AAP, “The Crucial Role of Recess in School,” <https://pediatrics.aappublications.org/content/131/1/183>

⁴ CDC, “The Association Between School-Based Physical Activity, Including Physical Education, and Academic Performance,” https://www.cdc.gov/healthyyouth/health_and_academics/pdf/pa-pe_paper.pdf

high poverty rates in urban settings are more likely to have reduced recess, compared with their peers in more affluent suburban areas⁵.

THEREFORE BE IT RESOLVED that Community Education Council District 3 urges the Department of Education to systematically implement the existing policy prohibiting the use of recess for disciplinary action by:

- immediately communicating with every principal of the existing policy,
- requiring principals to notify every parent of the policy as well as information on how to file a complaint if a school staff violates the policy, and
- work with the United Federation of Teachers and District Council 37 union to inform every teacher, school aide and paraprofessional.

⁵ NCES, "Food and Exercise in Public Elementary Schools," <https://nces.ed.gov/pubs2006/2006057.pdf>