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SENATE MEMORIAL 82

53RD LEGISLATURE - STATE OF NEW MEXICO - SECOND SESSION, 2018

INTRODUCED BY

Linda A. Lopez

A MEMORIAL

REQUESTING THE LEGISLATIVE EDUCATION STUDY COMMITTEE AND THE
PUBLIC EDUCATION DEPARTMENT TO STUDY MINIMUM RECESS TIME
REQUIREMENTS IN PUBLIC SCHOOL DISTRICTS FOR ALL ELEMENTARY
SCHOOL-AGED CHILDREN.

WHEREAS, research finds that unstructured play and
exercise benefit students both inside and outside the
classroom; and

WHEREAS, nearly one in three children ages two to nineteen
in the United States is overweight or obese, putting those
children at risk for serious health problems, according to
statistics from the alliance for a healthier generation
statistics; and

WHEREAS, play time supports students' cognitive
functioning by giving them a "reset button" for their brain;

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1 and

2 WHEREAS, play time gives children a chance to explore
3 social and emotional concepts that are emphasized in the
4 classroom, such as self-awareness; and

5 WHEREAS, exercise can be thought of as medication and can
6 help increase attention and improve mood for people with
7 attention deficit disorder, according to John Ratey, M.D., an
8 associate clinical professor of psychiatry at Harvard medical
9 school; and

10 WHEREAS, the value of exercise is being recognized as more
11 and more schools are doing away with withholding recess for
12 disciplinary reasons, pointing to research findings that
13 unstructured play and exercise benefit students both inside and
14 outside the classroom; and

15 WHEREAS, the federal centers for disease control and
16 prevention recommends that all elementary school students get
17 at least twenty minutes of recess time each day;

18 NOW, THEREFORE, BE IT RESOLVED BY THE SENATE OF THE STATE
19 OF NEW MEXICO that the legislative education study committee
20 and the public education department be requested to study
21 minimum recess time requirements in public school districts for
22 all elementary school-aged children; and

23 BE IT FURTHER RESOLVED that copies of this memorial be
24 transmitted to the secretary of public education and the chair
25 of the legislative education study committee.

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