

Fiscal impact reports (FIRs) are prepared by the Legislative Finance Committee (LFC) for standing finance committees of the NM Legislature. The LFC does not assume responsibility for the accuracy of these reports if they are used for other purposes.

Current and previously issued FIRs are available on the NM Legislative Website (www.nmlegis.gov) and may also be obtained from the LFC in Suite 101 of the State Capitol Building North.

FISCAL IMPACT REPORT

SPONSOR Lopez ORIGINAL DATE 2/9/18
 LAST UPDATED 2/12/18 HB _____

SHORT TITLE Study Minimum Recess Requirements SM 82

ANALYST Chilton

ESTIMATED ADDITIONAL OPERATING BUDGET IMPACT (dollars in thousands)

	FY18	FY19	FY20	3 Year Total Cost	Recurring or Nonrecurring	Fund Affected
Total	Minimal	Minimal	NFI	Minimal	Nonrecurring	General Fund

(Parenthesis () Indicate Expenditure Decreases)

SOURCES OF INFORMATION

LFC Files

Responses Received From

Children Youth and Families Department (CYFD)

Public Education Department (PED)

Response Not Received From

Department of Health (DOH)

SUMMARY

Synopsis of Memorial

Senate Memorial 82 asks the Legislative Educational Study Committee (LESC) and the Public Education Department (PED) to study the needs of elementary school children for recess time. It cites advantages of recess, to include an opportunity to exercise and thus to make a start at avoiding obesity, and a chance to “reset the brain” after sessions of intense schoolwork so that it can accept more learning after that reset. It mentions a Centers for Disease Control (CDC) recommendation that all elementary-school children get at least 20 minutes of recess time each day.

The memorial does not state to whom or when a report of the findings of this study would be presented, though presumably LESG itself would make use of it.

FISCAL IMPLICATIONS

PED and LESC staff would incur personnel time in complying with this mandate and in presenting its findings to an appropriate group, probably the LESC interim committee.

SIGNIFICANT ISSUES

The CDC gives the following information about its recommendation of recess time:

Recess is a regularly scheduled period in the school day for physical activity and play that is monitored by trained staff or volunteers. During recess, students are encouraged to be physically active and engaged with their peers in activities of their choice, at all grade levels, kindergarten through 12th grade.

Recess benefits students by

- Increasing their level of physical activity.
- Improving their memory, attention, and concentration.
- Helping them stay on-task in the classroom.
- Reducing disruptive behavior in the classroom.
- Improving their social and emotional development (e.g., learning how to share and negotiate).

(<https://www.cdc.gov/healthyschools/physicalactivity/recess.htm>)

On the same web page, CDC and SHAPE [the Society of Health and Physical Educators] America promote two extensive documents on planning for productive use of children's recess time: [Strategies for Recess in Schools](#)[PDF – 2.69 MB and [Recess Planning in Schools](#)[PDF – 2.13 MB]. The American Academy of Pediatrics has recognized the crucial nature of recess time in a policy statement and a news article, included as attachments.

PED notes that the number of schools not providing “a structured recess time with the proper adult supervision for up to 20 minutes per day is unknown.” Further, PED points out that its “Wellness Policy Guidance Document recommends as a best practice that schools do not withhold recess as a form of punishment.”

AMENDMENTS

The sponsor might consider adding studying not only the duration but also the content of recess time for maximum benefit.

LAC/al/jle