

**Fifty-ninth Legislative Assembly of North Dakota
In Regular Session Commencing Tuesday, January 4, 2005**

HOUSE CONCURRENT RESOLUTION NO. 3034
(Representatives Sandvig, L. Meier, Sitte)
(Senators Erbele, Triplett)

A concurrent resolution urging school districts to provide a midmorning and midafternoon recess to all students in kindergarten through grade six.

WHEREAS, the Women-in-Government task force on obesity recommends more exercise for school-age children; and

WHEREAS, the benefits of regular exercise include burning excess calories, controlling weight, increasing learning responses, relieving symptoms of depression, and improving symptoms associated with attention deficit hyperactivity disorder; and

WHEREAS, recess creates a supportive environment for children and allows them to incorporate regular physical activity into their daily lives; and

WHEREAS, recess provides children with discretionary time and opportunities to engage in physical activities that lead to healthy bodies and enjoyment of movement; and

WHEREAS, recess results in enhanced cognitive abilities and facilitates improved attention in the classroom; and

WHEREAS, recess is an essential component of the total educational experience for elementary schoolchildren;

NOW, THEREFORE, BE IT RESOLVED BY THE HOUSE OF REPRESENTATIVES OF NORTH DAKOTA, THE SENATE CONCURRING THEREIN:

That the Fifty-ninth Legislative Assembly urges each school district to provide a midmorning and midafternoon recess of at least 10 minutes to all students in kindergarten through grade six; and

BE IT FURTHER RESOLVED, that school district administrators direct that recesses be held indoors during inclement weather and ensure that students are given the opportunity to engage in physical exercise during each recess; and

BE IT FURTHER RESOLVED, that the Secretary of State forward copies of this resolution to each school district administrator and to each elementary school principal in this state.

Speaker of the House

President of the Senate

Chief Clerk of the House

Secretary of the Senate

Filed in this office this _____ day of _____, 2005,
at _____ o'clock _____ M.

Secretary of State