Fifty-ninth Legislative Assembly of North Dakota

HOUSE CONCURRENT RESOLUTION NO. 3034

Introduced by

20

21

22

23

through grade six; and

engage in physical exercise during each recess; and

Representatives Sandvig, L. Meier, Sitte Senators Erbele, Triplett

1 A concurrent resolution urging school districts to provide a midmorning and midafternoon 2 recess to all students in kindergarten through grade six. 3 WHEREAS, the Women-in-Government task force on obesity recommends more 4 exercise for school-age children; and 5 WHEREAS, the benefits of regular exercise include burning excess calories, controlling 6 weight, increasing learning responses, relieving symptoms of depression, and improving 7 symptoms associated with attention deficit hyperactivity disorder; and 8 WHEREAS, recess creates a supportive environment for children and allows them to 9 incorporate regular physical activity into their daily lives; and 10 WHEREAS, recess provides children with discretionary time and opportunities to 11 engage in physical activities that lead to healthy bodies and enjoyment of movement; and 12 WHEREAS, recess results in enhanced cognitive abilities and facilitates improved 13 attention in the classroom; and 14 WHEREAS, recess is an essential component of the total educational experience for 15 elementary schoolchildren; 16 NOW, THEREFORE, BE IT RESOLVED BY THE HOUSE OF REPRESENTATIVES 17 OF NORTH DAKOTA, THE SENATE CONCURRING THEREIN: 18 That the Fifty-ninth Legislative Assembly urges each school district to provide a 19 midmorning and midafternoon recess of at least 10 minutes to all students in kindergarten

Page No. 1

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

Fifty-ninth Legislative Assembly

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