



ALBUQUERQUE SCHOOL OF EXCELLENCE

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OUTDOOR RECESS GUIDELINES

Physical activity is essential for the healthy growth and development of children. Recess can serve as an outlet for reducing or lowering children's anxiety. Traditional recess activities encourage children to take turns, negotiate, or modify rules and interact cooperatively under teacher supervision.

Therefore, every attempt will be made to provide children with a daily outdoor recess as per the following guidelines:

Weather Conditions students will play outdoors when:

- Temperatures are above 40° with consideration given to wind chill factor
- There is no precipitation (e.g. snow flurries, drizzle, rain)

Playground/Field Conditions

Students will be permitted to use playground equipment, fields, and asphalt play areas when conditions are suitable for safe play. Safety considerations include:

- Equipment that is dry and ice free
- Fields that are not muddy or icy and asphalt play areas that are not icy
- It is important that all children be able to participate in outdoor recess. Appropriate clothing for outdoor play is essential. Parents must be certain that children come to school with warm jackets, hats and gloves in cold weather.

LUNCH RECESS PLAYGROUND SCHEDULE:

Recess	MON	TUE	WED	THU	FRI
Lunch Recess	1A	2A	3A	4A	5A-5B

Students will be supervised by staff at all times during recess.

Playground Equipment is for Elementary grades only.