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To: All School District Superintendents

Re: Physical activity and recess policies in schools

Dear Superintendent,

The Kansas Department of Health and Environment (KDHE) recognizes the importance that schools have on physical activity opportunities for children. The 2018 National Survey of Children's Health reveals that less than 27% of Kansas children ages 6-11 reached the recommendations of the Physical Activity Guidelines for Americans, 2nd edition (2018) that children ages 6 through 17 get at least 60 minutes of physical activity daily with most of the 60 minutes being either moderate-or vigorous-intensity aerobic physical activity.

These physical activity recommendations for children align with KDHE's goals, and we support all Kansas schools taking an active role to encourage physical activity among students.

Children's Mercy Hospital has provided their Creating Healthy Schools wellness resources with information targeting three groups that can impact children's physical activity: school administrators, school staff, and families. KDHE first recommends reviewing your school district's physical activity data in Kansas State Department of Education's Data Central (https://datacentral.ksde.org/nutrition_reports.aspx) and the Creating Healthy Schools materials (<https://www.childrensmercy.org/in-the-community/weighing-in/healthy-schools/>) to help move your district closer to the "modeling" phase of KSDE's State Physical Activity Guidelines (https://www.kn-eat.org/SNP/SNP_Docs/SNP_Guidance/Wellness_Policies/Wellness_Policy_Guidelines_Booklet_Final_2017.pdf). For each of the three target audiences of administrators, staff, and families, there are three school wellness resources to assist you: **Physical Activity and Punishment, Elementary Recess, and Provide Regular Physical Activity Breaks for Students**. Each resource includes information specific to that audience. For example, the resources for administrators include a model policy, implementation strategies for success, evaluation, rationale, and additional resources. We encourage you to put in place the physical activity strategies for students included here, and to promote the resources for school staff and students' families as well.

- Administrators, Physical Activity and Punishment:
https://www.childrensmercy.org/contentassets/520c8c62dd8a43288885f35c1858e837/10_1_activity_and_punishment_admin.pdf
- Administrators, Elementary recess:
https://www.childrensmercy.org/contentassets/520c8c62dd8a43288885f35c1858e837/11_1_elementary_recess_admin.pdf

- Administrators, Providing physical activity breaks:
https://www.childrensmercy.org/contentassets/520c8c62dd8a43288885f35c1858e837/9_1_activity_breaks_admin.pdf
- Staff, Physical activity is not punishment:
https://www.childrensmercy.org/contentassets/c806c634145e457781b8191742059048/10_2_activity_and_punishment_staff.pdf
- Staff, Elementary recess:
https://www.childrensmercy.org/contentassets/c806c634145e457781b8191742059048/11_2_elementary_recess_staff.pdf
- Staff, Providing physical activity breaks:
https://www.childrensmercy.org/contentassets/c806c634145e457781b8191742059048/9_2_activity_breaks_staff.pdf
- Families, Physical activity is not punishment:
https://www.childrensmercy.org/contentassets/7059b15204644aef855ee8034b790a10/10_3_activity_and_punishment_family.pdf
- Families, Elementary recess:
https://www.childrensmercy.org/contentassets/7059b15204644aef855ee8034b790a10/11_3_elementary_recess_family.pdf
- Families, Providing physical activity breaks:
https://www.childrensmercy.org/contentassets/7059b15204644aef855ee8034b790a10/9_3_activity_breaks_family.pdf

We hope you find this information helpful. If you have any questions about these resources, additional ideas on how to utilize this information in your school district, or other needs to support your physical activity goals for students, please let us know.

Sincerely,

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