



# Creating Healthy Schools

## Regular Physical Activity Breaks for Students

Schools are required to have School Wellness Policies, which in our schools includes a section on providing regular physical activity breaks for students during classroom time. By supporting these policies, families have the opportunity to help their children learn to adopt healthy lifestyle behaviors.

### Why is this important?

Daily physical activity and exercise are important to lead a healthful life. Most children do not meet the recommended 60 minutes of physical activity per day. Because students spend many hours of their day in school, they need to have regular physical activity breaks during the day to increase physical activity levels. Research shows physical activity helps students increase memory and concentration, do better in the classroom, and improve overall health. It is equally important to have regular physical activity at home. Family members play an important role to encourage at least one hour of physical activity each day.

### Other Resources:

- Eat Smart Move More NC has created a handout listing physical activity ideas for breaks. <http://www.eatsmartmovemorenc.com/FaithPlanningGuide/Texts/Ideas%20for%20PA%20Breaks%20in%20Mtg.pdf>
- Kids Health provides an updated article regarding the benefits of and ideas for exercise breaks for elementary students. <https://kidshealth.org/en/parents/elementary-exercises.html>

### How can I get more involved?

#### School Policy

- Encourage your school or district to adopt regular physical activity breaks for students during classroom time.
- Ask your principal to assist teachers in incorporating physical activity breaks into lesson plans.
- Go to Parent Teacher Organization (PTO) meetings and talk about physical activity breaks in the classroom.
- Ask your child's teacher about the rules and regulations of her classroom regarding this specific policy.
- Work with other parents and the school wellness committee to implement this policy in every classroom.
- Understand the importance of physical activity in healthy lifestyle behaviors.

#### Physical Activity

- Get your child excited about physical activity and exercise.
- Be active together as a family.
- If your child is spending too much time in front of the screen (TV or computer) at home, find ways to limit it to no more than 2 hours per day.
- Talk to your child about the importance of physical activity.

### I'm interested in learning more!

#### Who do I contact?

Principal: \_\_\_\_\_

PTO President: \_\_\_\_\_

School Wellness Coordinator: \_\_\_\_\_

District Wellness Coordinator: \_\_\_\_\_

