

HOUSE CONCURRENT RESOLUTION NO. 3034

Introduced by

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
20 through grade six; and

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

- 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.