

Recess: An Important Aspect of School Success

The Essential Role of Recess in Children's School Success and Health

As children head back to school, healthy lifestyles ambassador **Sylvie Bernier**, the **Commission scolaire de Montréal** and the **regional public health department, CIUSSS du Centre-Sud-de-l'Île-de-Montréal** invites education stakeholders and parents to take every available opportunity to get children to play and be physically active at least an hour an day, before, during and after school, as well as on weekends and during the summer.

With this in mind, The CSDM and the public health department have produced a document outlining over **40 recommendations** that promote recess at school, so that this period be considered as an essential complement to class time. This is especially important given the beneficial effects recess periods can have not only on young people's health, but also on their capacity to concentrate in class and their school success.



Recess is a necessary break during the day that allows children to enhance their physical, social, emotional and cognitive development. It is one of the few moments when they can not only expend excess energy, but also interact with peers differently than they do in class. Since recess is usually held outdoors, children have a lot of space to move freely; they can discover and try out activities that cause them to expend more energy and take risks that will help them reach their full potential.

In this regard, measures should be adopted that will enable all children to have access to regular recesses during the school day, in healthy, safe and stimulating environments that are favourable to their development.

It has been clearly proven that recess is an opportunity to foster children's overall development.

It is more than just a break and should be understood as free, creative learning time.

It is a great opportunity to contribute to children's health and educational success!

To request documentation on the importance of recess, visit the [100 degrés Web](#) page or click on the following links:

[Full text](#) – [Recommendations](#)

