

January 19, 2023

Subject: Withholding Recess

Dear Education Policy Committee Members,

I am writing to you today about withholding recess as a form of punishment.

Withholding physical activity is the last thing kids who are dysregulated or struggling need. Many disabled children struggle with emotional regulation (as do their non disabled peers, and many adults).

Being unable to exert energy makes any pent up emotions become even bigger. It is a punishment that punishes *everyone* AND is completely ineffective at helping anyone do anything better (schoolwork) or feel any better (struggling with emotional or physical regulation).

Aside from all the above, pretty much everyone in America needs or benefits from more exercise and/or outside time. Additionally, kids (and all people) learn better when they have breaks. The practice of punishing children by withholding an opportunity for recess should absolutely be outlawed by our elected officials in Minnesota. (And nationwide, as well.)

Kate Stabnow, RN, BSN, PHN

Saint Paul, Minnesota, 55106
District 67

January 10, 2023

SUBJECT: HF271/SF183

Dear Education Committee Members,

Last year my son's recess was withheld in first grade. He was struggling to complete his class work. They used his recess time to help him complete it. I was told his special education aid was only available during this time on that day, so it was the only time he was going to get help.

I brought up that they are essentially taking recess away because he was slower than his peers due to his disabilities. The teachers told me it wasn't withheld because of his disabilities and never would penalize him for his disabilities. They told me that lots of peers lose recess to get extra support on class work and this gives students individual time with the teachers.

Later into the year I discovered that he was getting less recess time than his peers due to his struggles getting out the door to recess because he was not getting his outside gear on in a timely manner. I asked for additional support to help him, but was denied as they felt it didn't support his independence. I felt that they were treating this situation as an intentional behavioral issue and that if he misses recess time he will learn to be faster.

After having a further discussion with the teachers about using recess as a discipline method for students, they indicated that the removal of recess is the only tool they have left.

My son is delayed in fine motor, gross motor, speech, and has Level 2 Autism Spectrum Disorder. This past summer through a complete pediatric neuropsych evaluation we discovered he has significant deficits in self-control, processing speeds, and self-regulation due to a frontal lobe and executive functioning deficit, in addition to having ADHD. He is and will be slower than his peers.

My child attends a Minnesota public school in a suburban district, but I am not comfortable sharing our contact information out of fear of retaliation.

I am asking you to pass this bill and prohibit the practice of withholding recess.

Sincerely,

Minnesota Parent

January 10, 2023

Subject: Withholding recess

Dear Education Policy Committee Members,

I am writing to you today about withholding recess as a form of punishment.

I'm a pediatric Occupational Therapist. All evidence shows children need play--to learn, for development, and for regulation. Withholding recess offers a temporary and ineffective solution to an unmet expectation.

Children do well if they can, and deserve educators who see the best in them and help determine the underlying factors that are preventing the child from meeting expectations. Even determining whether or not the expectation is appropriate for the child.

Eliminating recess exacerbates the underlying factors and will cause further harm to the child.

Elizabeth Duffy
White Bear Lake, MN
District 38

January 10, 2023

Subject: Withholding Recess

Dear Education Policy Committee Members,

I am writing to you today about withholding recess as a form of punishment.

My son is autistic and has ADHD, epilepsy and sensory processing challenges. Especially in elementary school, he had a very difficult time sitting still, and found the school building to be an overwhelming environment sensory-wise.

There were a few times recess was withheld as “discipline,” and it was totally counterproductive. How can a kid who is dysregulated recover and continue his day without the opportunity for some fresh air and a chance to move. Eventually I had it written into his IEP that recess cannot be taken away as a consequence for behavior. His current IEP encourages outdoor time (a walk around the block with staff, for example) as a recommended intervention if he is escalated.

Withholding recess as punishment is like turning up the heat under a pot that’s already boiling over.

Nikki Fortuin
Minneapolis, MN 55407
District 62

January 10, 2023

Subject: Withholding Recess

Dear Education Policy Committee Members,

I am writing to you today about withholding recess as a form of punishment.

I am the parent of an Autistic child. Recess is crucial for them to maintain regulation necessary for them to learn. Withholding recess would directly impact their ability to participate in education. It is gratuitously punitive and ignores all scientific knowledge about how children learn.

Leah Harp
MPLS MN 55408 leahharp@gmail.com
District 61

January 10, 2023

Subject: Withholding Recess

Dear Education Policy Committee Members,

I am writing to you today about withholding recess as a form of punishment.

I am a 9th grade student and have experienced Recess being withheld, I can safely say that it sucks.

At least with lunch detention you can still eat, but with recess detention any sort of positive benefits such as exercise, fresh air, and socialization are pretty much nonexistent.

Remy Fortuin
Minneapolis, Minnesota 55407
District 62

January 10, 2023

Subject: Withholding Recess

Dear Education Policy Committee Members,

I am writing to you today about withholding recess as a form of punishment.

I am a parent of an autistic child who experienced the threat of taking my child's recess away. This, among many other inappropriate responses to his issues, is why he no longer attends public school.

Sarah Winkler
Silver Bay, 55614
District 3

January 12, 2023

Subject: Withholding Recess

Dear Education Policy Committee Members,

I am writing to you today about withholding recess as a form of punishment.

Students need to have recess time available in order to let off steam from having to sit still and be quiet during their classes. It's nearly impossible for even my 13 year old to be polite and respectful to his teachers and classmates for a whole school day WITHOUT a break. (I can't even do that at my job.) Please do not punish our kids by taking away their recess time.

Lisa Horner
Moorhead, MN
District 4

January 12, 2023

Subject: Withholding Recess

Dear Education Policy Committee Members,

I am writing to you today about withholding recess as a form of punishment.

As a school principal, I have many teachers and my assistant principal who choose to withhold recess as a form of punishment. As an educator and parent, it is against my philosophy of education. I believe in a restorative approach to managing student behavior, and using the moments when students have acceptable behavior as a way to learn from it and restore the harm that has been built.

Dr. Gwen Anderson
St. Cloud, MN 56301
District 14

January 13, 2023

Subject: Withholding Recess

Dear Education Policy Committee Members,

I am writing to you today about withholding recess as a form of punishment.

Children need to move as a means of development and regulation. While "taking away fun" seems appealing as a punishment, it is harmful and inappropriate. Children with behavioral concerns need support, not punishment.

Behavior is 100% communication, and it's about time our educational institutions not only acknowledge this, but operate in this truth. Children have been through a lot the last two years, they need MORE support. They survived the collective trauma of the pandemic right alongside us, and their lives have moved forward, traumas and all.

Children are our future, and we need to start treating them as such. If we want to raise compassionate and thoughtful human beings into our future, then we need to model being compassionate and thoughtful towards them. I think we've seen very publicly what happens when we fail to do that. We can stop the cycle, though. We can stand up and support children in a compassionate and evidence-based way.

Chantal Oechsle
St Cloud, MN 56303
District 14

January 14, 2023

Subject: Withholding Recess

Dear Education Policy Committee Members,

I am writing to you today about withholding recess as a form of punishment.

My child experienced a group punishment (loss of recess) for the action of a few students. The entire class was held inside and not allowed to go out for recess. I argued that recess should never be taken away as a punishment for behaviors as recess actually is known to reduce high energy levels for children and reduces problem behaviors. Recess is essential for children to have unstructured play. We know that recess is vital for mental health and brain development.

Theresa Flinck
St. Cloud MN 56301
District 14

January 14, 2023

Subject: Withholding Recess

Dear Education Policy Committee Members,

I am writing to you today about withholding recess as a form of punishment.

My elementary aged child has severe neurological and mental health issues that result in emotional and behavioral struggles. There are times that he is simply unable to “do the right thing” or what is asked/expected of him at school.

A common default practice in many schools is to withhold recess as a form of punishment, as a way to ensure a child completes academic work, etc. Because my son's ability to complete work at the rate and the consistency of typical children is beyond his control, as are his mental health issues, it is unfair and cruel to withhold recess. It sends a message that even when he is trying his best to do what is expected, it is still not enough.

Furthermore, it hinders his progress. Research has clearly shown the psychological, emotional, and behavioral benefits of recess. Why schools continue to withhold recess, even for typical children, is beyond me and speaks to a failure to understand how children and the brain/body connection at best, and is indicative of laziness in choice of intervention strategies at worst.

Traci Anderson
St. Michael, MN 55376
30B

January 15, 2023

Subject: Withholding Recess

Dear Education Policy Committee Members,

I am writing to you today about withholding recess as a form of punishment.

Punishment does not work. Especially with autistic people. Explanation of why something is inappropriate or dangerous is a far better tactic in the long run. These conversations may be verbal, on AAC devices, ASL, storyboards, or any other way a student communicates.

Taking recess away sets the child up for more outbursts because they don't have a physical outlet for their emotions. It also isolates the child and makes them a target for bullying by their peers. This practice must end, for ALL children.

Adrienne Caldwell
Mound, MN 55364
District 33

January 15, 2023

Subject: Withholding Recess

Dear Education Policy Committee Members,

I am writing to you today about withholding recess as a form of punishment.

I am a licensed mental health professional who is a registered play therapist. Much of my work has been with children and families.

I am also a parent to two children, one of whom is neurodivergent. Research shows the need for movement, play, and downtime.

However, sometimes that is misleading because learning is always happening and therefore while some tend to think that recess is a waste of time, play is the language of children and creatures of all ages need play in order to thrive.

One thing that seems to be lost in the world of administrators, policy makers, and others making the decisions in education is that relationships are key. That is where others can find themselves able to regulate - through co-regulation.

So, punishments literally make no sense as they are externally imposed and not focused on the best interest of the child or the relationship. Therefore, taking away recess causes damage in multiple ways. The practice must end.

Jessica Voerding
New Brighton, MN 55112
District 41

January 15, 2023

Subject: Withholding Recess

Dear Education Policy Committee Members,

I am writing to you today about withholding recess as a form of punishment.

It's completely counterproductive to eliminate a physical outlet for energy or stress as a way to address issues with behavior. It also causes feelings of anger, further exacerbating the negative situation. Impacts concentration for the rest of the day and likely into the next.

Carey Sinykin
Plymouth MN 55447, csinykin@gmail.com
District 44

January 16, 2023

Subject: Withholding Recess

Dear Education Policy Committee Members,

I am writing to you today about withholding recess as a form of punishment.

My daughter is in a French immersion public school. No special needs. General education classroom. It is common for kindergarten, first grade and second grade teachers to withhold recess for the entire class as a punishment for disrupting class or not following directions. Her third grade teacher did the same thing.

The school also rewarded kids with an extra recess. They used recess as a system of reward and punishment instead of what it is intended to be: an essential break for children that helps their bodies and minds self-regulate.

Feroza Mehta
Edina, MN 55439
District 49

January 16, 2023

Subject: Withholding Recess

Dear Education Policy Committee Members,

I am writing to you today about withholding recess as a form of punishment.

My child has sensory processing disorder. They need to physically move their body in order to be able to focus and learn. When recess is used as punishment it makes the rest of the day harder for my child to learn and behave and focus.

Melissa Pohlman
Minneapolis, MN 55411
District 59

January 17, 2023

Subject: Withholding Recess

Dear Education Policy Committee Members,

I am writing to you today about withholding recess as a form of punishment.

I work as an Early Literacy and Math Tutor with AmeriCorps in Minneapolis Public Schools. In the High Five classroom where I currently serve, recess is regularly withheld from 4- and 5-year-olds as a consequence for negative behavior.

It's so frustrating to see that these little kids who most likely need a sensory break or other SEL intervention--and who BARELY know how to be in school anyway--are having their physical exercise and play/movement time taken from them. They rarely understand the connection between not staying with the class in line in the hallway in the morning and losing out on recess a few hours later after lunch. It just doesn't work.

Catherine (Last name withheld)
Minneapolis, MN 55419
District 61

January 17, 2023

Subject: Withholding Recess

Dear Education Policy Committee Members,

I am writing to you today about withholding recess as a form of punishment.

My child needed recess more than anything. To have recess taken away because he wasn't able to sit still at a desk, follow verbal directions, or because he talked too much during class was completely counterintuitive. We talked with his teachers and the principal. We had it written into his IEP that he needed full recess everyday but some teachers persisted in taking it away. Aside from not getting the physical activity he needed, he felt shamed, singled out, and excluded. I think a clear policy may help so that doesn't happen to other kids.

Amy Brugh
Minneapolis, MN 55407
District 62

January 18, 2023

Subject: Withholding Recess

Dear Education Policy Committee Members,

I am writing to you today about withholding recess as a form of punishment.

It seems that a lot of the Administration (and really adults who are not in the thick of it with children all day long) forget that movement, and freedom of movement are key to body regulation and learning in people.

Studies have shown over and over again that when people are allowed to move they are more apt to retain information, their bodies are calmer, and their brains more settled and ready to process information.

What do we tell kids on the weekend? 'go burn off some energy' 'go outside' 'go run around' and we tell adults the same thing when they encounter and have to process 'go take a walk to blow off steam' 'running helps clear the mind' 'being outside for ten minutes can improve your mental state', when restricted and contained not by choice it is harmful and perpetuates a state of dysregulation.

You know this because you feel it, you apply this concept to your daily life. By taking away what little opportunities children have to move freely because of 'bad behavior' we're actually feeding that behavior and doing nothing to help the person.

ALL Behavior is communication, anyone who spends days with children will tell you this, and taking away what little opportunity there is to physically move about freely is the wrong choice and shows a blatant lack of understanding of child and human development.

Kristina Jager
St Paul, MN 55106
District 67

January 17, 2023

Subject: Withholding Recess

Dear Education Policy Committee Members,

I am writing to you today about withholding recess as a form of punishment.

The lack of recess causes a build up of energy creating an elevated state that sets the child up for continued and more extreme behavior. The child is being set up to fail.

Steven Johnson

55702

District 6

January 17, 2023

Subject: Withholding Recess

Dear Education Policy Committee Members,

I am writing to you today about withholding recess as a form of punishment. This is an issue that serves to erode the self-esteem of children who are struggling. It also drives further wedges between children with developmental struggles and those who are developing more 'typically.'

My son was held back from recess to finish a worksheet in kindergarten. This was done as a normal routine with a group of children who hadn't finished their worksheets. He felt and believed he was held back because he didn't get his work done.

When confronted, his teacher would not confirm the missed work as the reason for withholding recess, her emailed/documentated response was this:

"I asked our Associate Educator to stay with the students for one more minute of work time then send them out for recess. Malcolm was slow on getting ready and it was close to time to come in when Malcolm got outside. It makes sense that Malcolm feels he missed recess.

I will ask Malcolm if a timer might help him get ready faster."

Our response: "It sounds like there were other children who weren't able to get ready quickly enough either -- Malcolm was not the only one. With such a tight schedule and a relatively short recess, an extra few minutes of classwork seems like it would repeatedly have this effect on the kids who need a little more time to get their winter gear on. I do not think a timer would help Malcolm in this situation; we think he needs the routine and peer engagement that a normal schedule provides. If he is behind with his work, we are of course happy to help him complete it at home."

She never actually responded to us. My son believed that he was being punished for his incapacity to keep up. It is not okay to withhold recess for any reason whatsoever, or delay recess to those who are struggling with work. Period.

Lacey Welter
Minneapolis 55406
District 63

January 18, 2023

Subject: Withholding Recess

Dear Education Policy Committee Members,

I am writing to you today about withholding recess as a form of punishment.

Withholding recess or "fun Friday" or another form of physical activity / celebration as a kind of punishment is cruel and ineffective. Children need that more unstructured time to connect and reset for focusing in the classroom. Denying them that activity is shaming and counter-productive.

When a child does not feel they "belong" with their class then they are no longer motivated to be accountable to the class and behaviors deteriorate further. When a child cannot "get the wiggles out" then they are no longer able to cope during other portions of the school day.

"Punishments" should be replaced by problem-solving involving the specific teacher and the student (Ross Greene's Plan B can be classroom-changing.)

Kelly Gryting
Prior Lake MN 55372
District 55

January 18, 2023

Subject: Withholding Recess

Dear Education Policy Committee Members,

I am writing to you today about withholding recess as a form of punishment.

Research shows that withholding recess as a punishment not only does not work, but may also have developmental and emotional consequences. Experts agree recess is critical for social emotional, cognitive, and physical development.

Often, recess is the only form of physical activity a child may have. Recess is already minimized to as little as 15 minutes a day, when children are supposed to get 60 minutes of physical activity for overall health and well being.

Furthermore, using recess as a punishment often targets children with special needs and those who aren't able to properly regulate themselves. Recess is a natural regulation break. Research also shows that increasing recess leads to improved test scores, better behavior, and increased attention. We must preserve recess for all children as a right to play and learn from this natural occupation.

There are better, more effective, and more meaningful ways to manage behaviors than taking away something as sacred and necessary as recess for a student.

Renee Evans
Savage/Prior Lake, 55378
District 55

January 18, 2023

Subject: Withholding Recess

Dear Education Policy Committee Members,

I am writing to you today about withholding recess as a form of punishment.

Withholding recess was a punishment that was given to my child on many occasions, and it did nothing but make the situation worse. Our embrace of exercise has to increase if we want to be a happier, healthier society. Maybe our children will behave better if we nourish their bodies and their brains by giving them extra recess instead of taking it away.

Danielle Werbick
Senate District 23

January 18. 2023

Subject: Withholding Recess

Dear Education Policy Committee Members,

I am writing to you today about withholding recess as a form of punishment.

Withholding recess is developmental inappropriate and harmful to elementary age children.

Kori Hennessy

Minneapolis, MN 55407

January 18, 2023

Subject: Withholding Recess

Dear Education Policy Committee Members,

I am writing to you today about withholding recess as a form of punishment.

Children need play as a natural part of their development. Withholding play is damaging.

Mary Starke
Brooklyn Park 55445
District 36

January 19, 2023

Subject: Withholding Recess

Dear Education Policy Committee Members,

I am writing to you today about withholding recess as a form of punishment.

Kids need recess to relax, play with friends, move around to get exercise and have fun

Sy Vang
Oakdale, MN 55128
District 43

January 20 2023

Subject: Withholding Recess

Dear Education Policy Committee Members,

I am writing to you today about withholding recess as a form of punishment.

Movement and breaks are a physical need. Taking away recess is akin to taking away lunch or bathroom breaks. The only way this is an appropriate response to behavior is if the child's behavior would cause injury to self or others.

NaLeah Mehr
Avon, MN 56310
District 13

January 20, 2023

Subject: Withholding Recess

Dear Education Policy Committee Members,

I am writing to you today about withholding recess as a form of punishment.

I am a parent of 2 kiddos-1 diagnosed with ASD but not in school yet, the other undiagnosed but suspected who is in kindergarten. Removing recess should be outlawed, regardless of neurotype. Children need that movement time. Taking away that break time (which is also vastly too short) as a punishment is going to have detrimental consequences and will have the opposite effect of what you want behavior-wise.

Sarah Mueller
Minneapolis, MN 55417
District 63

January 20, 2023

Subject: Withholding Recess

Dear Education Policy Committee Members,

I am writing to you today about withholding recess as a form of punishment.

I can think of many reasons why taking recess away from a child as a form of punishment would be viewed as imposing a will of social influence on someone.

As a form of discipline, does social rank matter? What if an offending member of the faculty was relegated to eating with the students? Does it solve anything? Does it simply remove social status via community shaming? In some perspectives this process is also called defamation of character.

Eye for an eye is something of an antique, let's try harder for a better solution. Otherwise we will all grow up trying to remove points from people's attendance scorecards. Lastly, I suggest one final thought experiment. Place one's self in the eyes of both the teacher, and the child. What do the children feel when, A) they are the punishment, (i.e physically unable to participate in recess) or B) eating with them is punishment.

Jason Rosty
St. Joseph, MN 56374
District 13

January 20, 2023

Subject: Withholding Recess

Dear Education Policy Committee Members,

I am writing to you today about withholding recess as a form of punishment. It is not fair to withhold recess from children.

Rachel Stevens
Dayton, MN 55327
District 34

January 20, 2023

Subject: Withholding Recess

Dear Education Policy Committee Members,

Most workplaces provide lunch and coffee breaks for their adult workers. It is even more important for Children with their growing bodies and developing minds to have breaks like recess every day. Depriving children of recess as a punishment does not serve as an appropriate consequence for misbehavior, but missing it may affect their performance the rest of the day.

Sincerely,

Marilyn Christenson
Minneapolis, MN 55417
District 63

January 20, 2023

Subject: Withholding Recess

Dear Education Policy Committee Members,

I have worked in the public health and health care sectors for 15 years — we know the huge amount of proof that shows physical activity is crucial for health at all stages of life. This is only one of the reasons I think children should never be denied recess as a punishment.

Sincerely,

Sandra Leuthner
Minneapolis MN 55406
District 63

January 20, 2023

Subject: Withholding Recess

Dear Education Policy Committee Members,

Withholding recess is completely contradictory to what the child likely needs - which is a break and opportunity to get fresh air/exercise.

It also disregards the reality of what neurodiversity means and how/why behaviors are occurring.

Finally, it creates a stigma for children.

Sincerely,

Rachel Osband
Eden Prairie, MN 55346
District 48

Comments submitted anonymously from Minnesota zip codes

1. Many teachers will not call it “punishment” but giving extra recess as a “reward” at the end of the week for the kids who all got their work done. However, the same kids end up week after week missing out on this “reward” because they are having trouble keeping up as my son did. His dyslexia and adhd prevented him from being able to get as much work done in the allotted time frame as the other students. He was kept in every week while his peers went outside to play. He would be in tears after school every Friday. When I talked to the teacher about it she explained it as a reward. It was NOT a reward in the eyes of my son and he felt like a failure and he lost his confidence in himself as a student. He felt like he was being punished for not being smart. He ended up giving up on school for years after. This was such a terrible experience for him. This can NOT continue. Being able to play outside is what kids should be doing. They learn so much and make so many important connections on the playground. It’s a huge mistake to take that away.
2. Especially when acting out can happen because a child hasn’t gotten enough movement. Recess can be a stress reliever and refresh for kids.
3. I have two neurodivergent adult disabled kids who had very difficult public school experiences because of the reward/consequences systems used to control behavior and while they weren't, as far as I know, subjected to withholding of recess as a punishment, I know that at times it was their only time to relax and have bodily freedom during the school day and that if that had been taken away it would have made school much much worse, both academically, mentally and physically.
4. Children are already growing up in a world without sufficient communication access. We are raising kids who are on screens all day long, and school should be a time where kids are taken outside. Being in nature is a right not a privilege and it is not something that can be withheld.
5. My child was often punished for manifestations of his disability, such as being too slow at completing work, being impulsive and talking too much or fidgeting too much or having difficulty initiating tasks and knowing what he was supposed to do, so some teachers would punish him by taking away his recess. But a kid who has so much energy and has trouble focusing and sitting still needs more breaks, not less.
6. "One reason some children can't concentrate is that they aren't getting enough activity breaks during the day. Taking away their one approved time to move and run and play is detrimental to their mental, social, and physical health.
7. Recess should not be withheld or limited as a form of punishment.
8. Keeping kids out of recess exacerbates problems. It does not solve them. Kids

need exercise and socialization, esp autistic children

9. Stop punishing children and focus on meeting their needs to prevent difficult behaviors. Behavior is communication. For some children it is the only way they can tell you whatever is happening in class/school isn't working for them. Instead of focusing on compliance, focus on meeting underlying needs to help children understand and meet expectations for helping create a safe supportive environment in school. Withholding recess for behavior or not completely working unfairly targets children and youth with disabilities who often need that time for a movement break and an opportunity to be with peers denying them FAPE.
10. If anything, children should be getting more recess. Unstructured play time is critical to child development. Acting out in class is often the result of children being forced to sit still and quiet for too long a period of time. More opportunities for children to move their bodies will help them stay focused and listen during critical times.
11. It is important for children to have recess as an outlet and regulating tool as well as for social interactions with peers. It benefits nobody to take away recess as a punishment.
12. It doesn't improve behaviors. In fact it may make them worse.
13. My son has special needs and has behavior issues. These behaviors happen when he is not getting what he needs. I have had the school take away recess as a punishment. I feel this is unacceptable because my son needs that movement and that release of energy.
14. Children need to let loose and run around to get their energy out so they can concentrate on the rest of their school day!
15. Children *need* recess. They need time to get up and move around. Studies show that recess helps kids focus better in school. Taking away recess will not help problems but may make them worse.
16. This punishment does not help students change their behavior and has significant negative consequences, including reducing access to self regulation strategies that are needed most by the students who are often punished this way.
17. Recess is a needed time for physical movement, a brain break and a social opportunity that should never be withheld from a grade-school child.
18. Withholding recess made me miserable in school.
19. Shame never works to teach anyone anything positive
20. When in elementary school our now adult daughter was regularly not permitted to go out for recess at Oak Hill because she was not done with her math worksheets. We repeatedly asked the teacher to send the worksheets home but she wouldn't, saying there were other worksheets for homework. Our daughter just happened to work more slowly. There was nothing wrong with her comprehension or assessments. They were often those math worksheets where

they had to color by number after completing an answer, and she had the math itself done, but not all the coloring. She took particular care with coloring, and was slowest with that part of the worksheets. We again asked the teacher whether it was really necessary to do the coloring, since it was for math class and she'd done the math. Her only 'behavior' issue was a bit of perfectionism. And the teacher treated this as a blanket policy that students had to complete their work in the school day. Our daughter was 8. It was the most ridiculous thing I've ever experienced with schools. We made sure our youngest daughter went to a different school in the district with an accessible principal, teachers who gave little homework in the early grades (studies show homework in early elementary is not useful or productive), and teachers who never made her miss recess. And if she was behind on learning, send the work home at our request.

21. It's ridiculous. Recess is the time of day to allow students to use excess energy that isn't constructive to the learning environment. Take that away as punishment and you run the risk of more student disruptions.
22. I've seen in many online groups people mentioning their children losing recess over "behavior issues". Recess is not something that should be taken away from a child, and I don't think withholding things like that is going to change anything anyway.
23. There is not enough recess already. Withholding the very thing that children need the most is cruel and backfires creating an escalating circle of behavior. Children need to move. They need to practice social skills. They need to play and regulate. Studies have been done where recess was doubled. The kids did better. Increase recess and don't use it as a threat or punishment
24. This happened at a private school. My son had recess withheld for two weeks for playing tag with friends.
25. I was disappointed to have my son tell me that he was forced out of recess (or never let out to attend) because he arrived 2 mins later because he went to his locker to grab his coat. He told me there is one specific teacher/ para that has that rule and the others don't. He got 'the one'.
26. How important it is for my child to have active time. Withholding recess only makes his lack of attention worse.
27. This will NOT change behavior for an FASD kid
28. Recess is an integral part of a child's day. It allows them the opportunity to release energy as well as give children some time where they can make decisions (do I swing or do the monkey bars).
29. When recess is withheld as punishment, it hurts everyone. Children miss out on that beneficial time to release energy thus making it harder to focus and behave in class. In turn, this can cause more time the teacher has to take with the child and the child may even have issues escalated to the principal's office.

Withholding recess also hurts the teacher because they then have to spend time with potential additional behavior issues because children didn't have the opportunity to release energy in a healthy way. Recess also helps children develop healthy socialization skills and problem solving. If there's an issue on the playground, they can work on how to resolve it. Recess is an integral part of a child's learning day and should be a little longer, in my opinion.

30. It is ridiculous to take a period of activity away from FASD children as a form of punishment! They need the activity even more than a neurotypical child.
31. Bodies need to be cared for in all aspects in order for learning and growth to occur. Recess provides access to the human right to recharge, relieve stress, and refuel. Denying access to these essentials is cruel and counter productive. The administration needs to provide education and resources to teachers and support staff that offer more developmentally appropriate responses to students. Meeting needs is much more productive than punishment.
32. Play is essential to the development of children. Please do not take recess away as a form of punishment.
33. It is a way of letting students socialize and spend time outside of the classroom to get all of their energy out so it is not distracting them during class. If anything, a way of punishment should be restricting or taking time off extracurricular activities because it is more of a choice. The student should only be provided extracurricular if the student is successful in school while doing them.