

Our playground spaces include many opportunities for students to play and get physical exercise. Play areas include: sandbox, play structure for climbing, field area for running and various sports, gaga pit, four square, swings, basketball court, etc. to ensure students have many ways to play, move and develop gross motor skills.

**Whistles:** For recesses that occur on our playfield, the Classroom Assistants will blow a whistle three minutes before the end of the recess to allow students to check in with their bodies, building self-awareness, and use the restroom if needed. At the end of the recess period, one whistle will blow, and students are to end play to transition back to the classroom.

**PURPOSE OF RECESS:**

- BRAIN BREAK
- FRESH AIR
- PHYSICAL EXERCISE
- PRACTICE SOCIAL LEARNING SKILLS

**Field Rotation:** Sometimes grade levels will rotate by weeks who uses which play space to make sure each group has an opportunity to utilize the chip area and the turf area for play. Sometimes the type of game will rotate as well to give an opportunity for students to experience a different type of game.

**Rainy Days:** As you know we have rain here frequently. There are times throughout the school year when the playfield surface becomes saturated or the rain is coming down so hard students would be uncomfortable/distracted for the rest of the day if they were to go out in the weather. During these times students have "indoor recess" and have a little free time to take a brain break. We ask that all students bring appropriate clothing for the weather as we do have students go outside in moderate amounts of rain so they are able to accomplish the recess goals.

**Rules on the Playground:** Our school rules apply on the playground (*Be Kind, Be Safe, Take Care of School Property*) and specific rules for equipment and play areas will be taught at recess assemblies at the beginning of the school year (things like: no slide tackling for soccer, one person on a swing, etc.). A student may need reminders from supervising adults and sometimes are asked to take a break from a game/area in order to regroup and join back in following the rules.

**Social Learning on the Playground:** Students in Lower School are learning how to navigate socially with others. We know these strategies have to be intentionally taught and that to fully develop these tools, students need practice over time. Teachers spend time in the classroom proactively teaching strategies and unpacking student issues on the playground to teach strategies. One tool we use with students for a common language across Lower School is called [Kelso's Choice](#). We have adults available to help solve big problems. Kelso's Choices provide tools students can use to handle small problems: talk it out, make a deal, tell them to stop, apologize, share, wait and cool off, ignore it, walk away, or go to another game.

**Classroom Assistants** supervise our recesses, monitor specific recess zones to prevent issues or unsafe play, and are available to support students in the implementation of Kelso's Choices and/or taking care of a big problem. If there is pattern behavior of minor incidents or any major incidents, then they report behavior incidents to classroom teachers and teachers work 1-1 with students or sometimes bring in the Division Head who will unpack incidents, partner with parents to determine appropriate consequences, seek to build relationship repair, and teach 1-1 social learning concepts.

**All after school playground play must be supervised by a parent** or another adult designated by the parent. Our students are used to having access to the entire playground, so careful supervision of students crossing the driveway area to the turf field is important for safety.