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Recess: An Important Aspect of School Success The Essential Role of Recess in Children's School Success and Health

Montréal, 1 September 2017. Dr. Richard Massé, Director of Montréal's public health department (DRSP), and Robert Gendron, Director general of Commission scolaire de Montréal (CSDM), are pleased to present the document ***Recess: An Important Aspect of School Success. The Essential Role of Recess in Children's School Success and Health.***

According to article 31 of the Convention on the Rights of the Child, recess is the right of every child. Endorsed by the United Nations, the Convention recognizes the efforts of teachers, health specialists and parents who demand that children be granted every minute of recess to which they have a right.

The document released today focuses on the importance of recess periods to children's schooling. It looks at the positive effects of recess on children's capacity to concentrate in class, educational success, and personal and social growth.

Intended mainly for school administrators as well as teaching and daycare staff, the document seeks to mobilize decision makers and other education stakeholders so they implement measures that ensure children have access to regular recesses and active breaks during the school day, in healthy, safe and stimulating environments.

The authors, Marylène Goudreault, health promotion consultant, at the DRSP, and Marie-Hélène Guimont, physical education and health consultant for *Bouger une heure par jour* at CSDM, have included a series of recommendations that will enable readers to take action. The recommendations provide avenues for actions to optimize recess periods in elementary schools.

It has been clearly proven: recess promotes not only children's physical health and social development, but also their cognitive performance and social skills. This is why recess is so important to school success.

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

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