

# Recess Reboot **FAQ**

Our school has the opportunity to learn new games and systems during recess with our friends from Playworks. We understand the newly introduced procedures may be different from what we've done before, and we thank you for your patience and support as we work to make our recess more inclusive, safe and fun for everyone!

Here are some frequently asked questions and answers to clarify what's happening at recess:

- **Can I run during recess?**
  - *Yes! Please feel free to run in the field area and in any active game which requires running on the blacktop [i.e: basketball, Switch, race track, etc.] When transitioning to and from recess, please use your walking feet.*
- **Why do I need to walk on the blacktop?**
  - *We have so many friends coming onto and leaving the blacktop at once; so to keep everyone safe from collisions or accidents, we kindly ask that you use walking feet across the blacktop.*
- **Why do we need to line up before recess?**
  - *For the safety of all of our friends, we are starting recess together to review our Playground Promise, and physically and mentally prepare to contribute to a safe and healthy recess time.*
- **Do we need to line up every day?**
  - *Our school community is dedicated to keeping everyone safe, especially on the playground and during recess transitions. As we learn which systems work best for our school, we will communicate accordingly.*
  - *For this training week, teachers, please continue to escort classes out and line students up at their designated area prior to morning recess to ensure our scholars get to the playground in a safe and respectable manner. We appreciate your cooperation and help in keeping our community safe!*
- **What is the Playground Promise?**
  - *The Playground Promise is the commitment we are making to ourselves and our peers to ensure we are contributing to a successful, fun and safe recess.*
  - *The Playground Promise is:*
    - *Be Respectful*
    - *Be Safe*
    - *Be Kind*
    - *Ro Sham Bo*
    - *Have fun!*
- **Can I bring equipment from home or my classroom out to recess?**
  - *We kindly ask that you leave your home and classroom equipment inside so everyone can play and enjoy our recess equipment together. Our goal is to make recess inclusive, which means we will learn to share, collaborate and work as a team using the community equipment provided.*

- **These game rules are different from what my friends and I made up. Why do we have to play by these new game rules?**
  - *The game rules introduced this week are the rules we will follow henceforth. By implementing these game rules, we are promoting and expecting fairness, inclusion and consistency so that everyone can enjoy every game at every recess.*
  - *Additionally, when we have clear and consistent rules, we spend less time disagreeing and more time playing during recess!*
- **Who are the Junior Coaches?**
  - *Our Junior Coaches are scholars in grades 4, 5 and 6 who have been selected to help lead during recess. They are helping to facilitate games, help you resolve conflicts using Ro Sham Bo, and modeling how to safely, respectfully and responsibly engage in play at recess. If you see a Junior Coach on the yard, say hello and join their game, if you'd like!*
- **What is Ro Sham Bo? Why / when do I use it?**
  - *Ro Sham Bo [or Rock, Paper, Scissors] is our conflict resolution strategy used to support and encourage problem solving skills at recess. If you find yourself in a disagreement during a game, unsure about who got a "good job, nice try," or need to solve a problem quickly and calmly, use Ro Sham Bo!*
  - ***Remember: If you don't know, Ro Sham Bo! When in doubt, rock it out!***
- **Why do we say "Good job, nice try" instead of "You're out!" ?**
  - *We are working to establish a recess culture rooted in safety, encouragement and positivity with our actions AND our words. We want to contribute to this positive play culture by acknowledging our peers' effort instead of focusing on their "failure." Let's help to keep our friends uplifted even when they are least successful in a game!*
- **Do I have to play a game during recess?**
  - *Totally up to you! You have the option to step into a game or step back from a game, depending on your preference. Whether you choose to jump in a game or sit under the shade, we simply ask that whatever choice you make aligns with our Playground Promise.*
- **Why is it important to be on time when retrieving classes post-recess?**
  - *There are so many transitions to and from recess happening simultaneously. Our Recess Team works diligently to ensure students are ready to return to class in a calm manner, and any prolonged waiting periods actively work against this goal.*
  - *Additionally, our Recess Team must be available and prepared to welcome and supervise the next group of students, and this is challenging if they are waiting for classes to be picked up from the previous recess. Thanks in advance for your promptness! We appreciate your understanding and consideration!*

We hope this sheet was helpful in providing greater clarity and understanding around what is happening during recess. We want all of our scholars to feel safe, included, and empowered , especially during recess! With your help, our recess culture will continue to thrive in positive and playful ways!