

Senate Bill 56

“An Act relating to health education and physical activity requirements for students in grades kindergarten through eight.”

Alaska Senate Education Committee


Senator Mia Costello

March 5th, 2019



What Senate Bill 56 Does

- Requires school districts to “establish guidelines for schools in the district to provide opportunities during each full school day for grades kindergarten through eight”
- Physical activity in schools must meet at least 90% of the Centers for Disease Control recommendation.
- Recognizes the Thursday after President’s Day as PLAAAY Day.




“Physical Activity and Cognitive Functioning of Children: A Systematic Review”

- Published in 2018 in the International Journal of Environmental Research and Public Health
- “The ability to focus attention is improved among children who participate in physical activities” (pg. 2)
- “Classroom-based physical activity (a 10-min aerobic physical activity integrated with math practice) improved both physical activity levels and academic achievement.” (pg.5)



“Health and Academic Achievement”

- Report from the CDC that summarizes the results of a number of studies surrounding school aged children's health and academic achievement
- “Time spent in recess has been shown to positively affect students' cognitive performance (e.g., attention, concentration) and a classroom behaviors (e.g., not misbehaving). 40-44” (pg. 3)



“International Electronic Journal of Elementary Education- Effects of Recess on Fifth Grade Students Time On-Task in an Elementary Classroom”

Table 1. Participants' average time on-task before recess, average time on-task after recess, and average increase in time on-task.

	Before Recess Average time on-task	After Recess Average time on-task	Average increase in time on-task
S1	47.9%	85.4%	37.5%
S2	18.7%	56.2%	37.5%
S3	64.5%	75%	10.5%
S4	20.8%	60.4%	39.6%
S5	27%	70.8%	43.8%
S6	25%	60.4%	35.4%
S7	37.5%	66.6%	29.1%
S8	33.3%	77%	43.7%
S9	52%	81.2%	29.2%
S10	45.8%	81.2%	35.4%
S11	35.4%	66.6%	31.2%
S12	31.2%	62.5%	31.3%

Note: Data analysis showed that when the difference in mean time on-task prior to and following recess were compared ($p = .00001$), the results were statistically significant, $p < .05$.

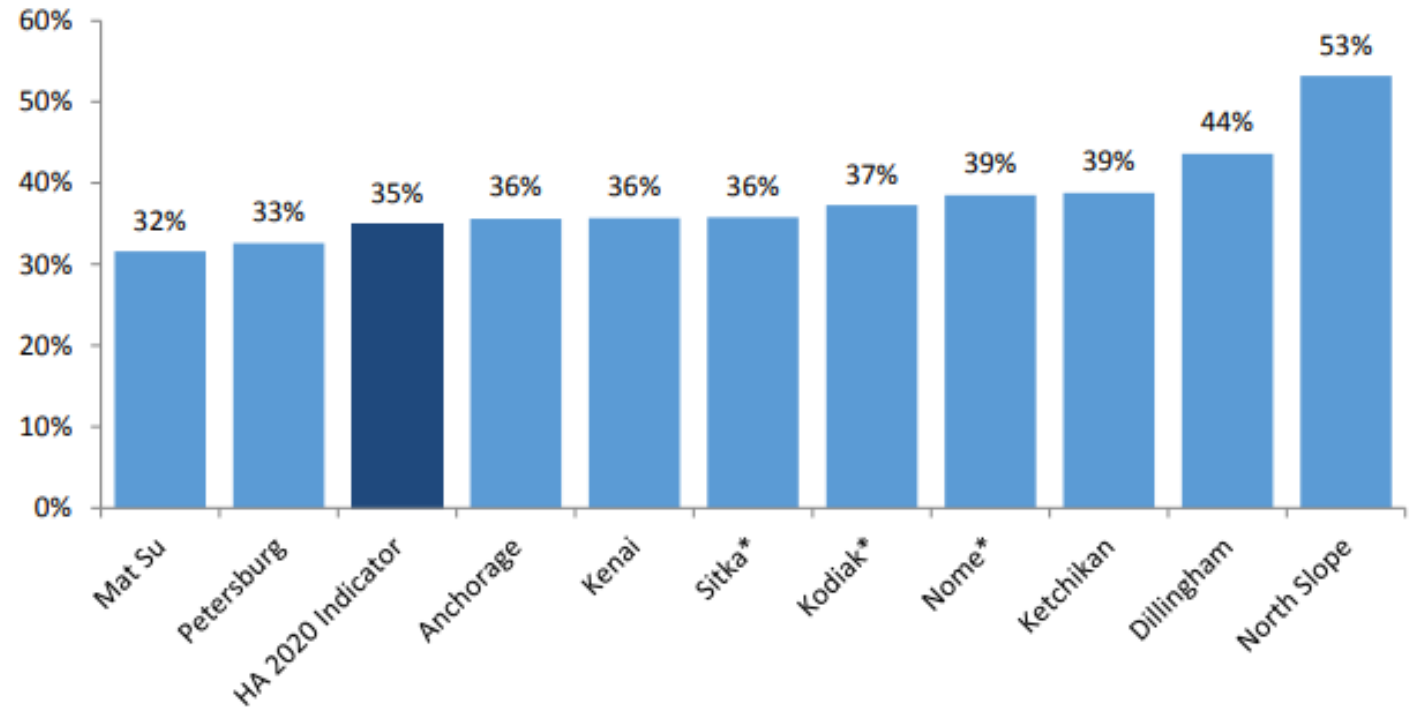


“Physical Fitness and Academic Achievement in Third-and Fifth-Grade Students”


- Published in 2007 in the Journal of Sport & Exercise Psychology. The study researched the relationship between physical fitness and academic achievement
- “Opportunities for children to be physically active and become physically fit should be provided by the school, especially at the elementary level.” (pg. 248)
- “This study confirms that physical fitness is generally associated with academic performance in elementary school children.” (pg. 250)

“Alaska Student Obesity Rate by the Department of Education” (2014-2015 & 2015-2016)

Figure 17: Prevalence of Overweight and Obese Alaska Students K-8th (BMI ≥ 85th percentile), by School District and Healthy Alaskans 2020 Indicator, 2014-15 & 2015-16



Source: AK SWSSS; “K-8 combined”= K, 1, 3, 5, and 7th grade students; HA 2020 statewide indicator is Anchorage and MatSu school districts combined *districts that last participated in AK SWSSS in 2014-15.




“The Decline of Play and the Rise of Psychopathology in Children and Adolescents”

- Published in the 2011 American Journal of Play.
- “Play functions as the major means by which children (1) develop intrinsic interests and competencies; (2) learn how to make decisions, solve problems, exert self-control, and follow rules; (3) learn to regulate their emotions; (4) make friend and learn to get along with others as equals; and (5) experience joy. (pg. 1)
- “Through all of these effects, play promotes mental health.”



The Power of Play: A Pediatric Role in Enhancing Development in Young Children

- Clinical report published in September 2018 by the American Academy of Pediatrics providing updated research on the importance of play in school aged children.
- “Play is not frivolous: it enhances brain structure and function and promotes executive function (ie, the process of learning, rather than the content), which allows us pursue goals and ignore distractions” (pg. 1)
- “Advocate for the protection of children’s unstructured playtime because of its numerous benefits, including the development of foundational motor skills that may have lifelong benefits for the prevention of obesity, hypertension, and type 2 diabetes”



The Crucial Role of Recess in Schools

- Article published in 2010 in the Journal of School Health describes recesses' need in the school environment.
- “Recess acts as a break from challenging mental tasks performed within a confined space. As such, recess offers a child a means for relieving and managing stress.



Anchorage
Daily News:
Opinion Article
Written by Dr.
Lily Lou

- Opinion piece written by Dr. Lily Lou M.D., Alaska Medical Office and Adam Crum, Commissioner of the Alaska Department of Health and Social Services.
- “Unfortunately, children today have fewer opportunities to play and grow in healthy ways, which negatively affects their ability to decrease stress, overcome adverse childhood experiences, learn positive social behaviors and develop higher-level reasoning skills.”



PLAAY Day

- ▶ PLAAY Day (Positive Leadership for Active Alaska Youth) is a synchronized, statewide event that encourages the importance of physical fitness in youth.
- ▶ PLAAY Day is held on the Thursday following President's Day.
- ▶ Goal of PLAAY Day is to provide a day of opportunity for Alaskan students to be physically active and reach their daily goal of 56 minutes of physical activity.

Thank you for your time