



# TESTIMONY IN SUPPORT OF SENATE BILL 339

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*Presented to the*  
Committee on Education

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Madam Chair and members of the Committee, thank you for the opportunity to provide testimony in support of Senate Bill 339. My name is John Mazin, and I am a visiting fellow with FGA Action, a non-profit, non-partisan organization that seeks to enhance individuals' paths to self-sufficiency.

Senate Bill 339 ("SB 339") is practical, forward-thinking, and simple. It reflects both science and what families and educators in Kansas see every day: children learn better when they have time to move, play, and reset. Senate Bill 339 encourages this, and ensures that every Kansas elementary student receives at least 30 minutes of recess each day. It's a no-cost investment in learning, student behavior, and long-term well-being.

### **Recess Benefits Students**

Recess doesn't mean just free time- it means improved outcomes. Teachers overwhelmingly report that students return from recess more focused, less disruptive, and better prepared to learn. The Centers for Disease Control reports that students with regular recess time are less disruptive in the classroom and have better outcomes with both concentration and memory recall.<sup>1</sup> Local studies have suggested the same: when Haysville USD 261 added short, more frequent recess periods, teachers saw improved focus and fewer behavior problems. Teachers involved with the pilot noted that students responded positively and were more focused after planned afternoon recess.<sup>2</sup> Access to recess means improved student life, both personally and in the classroom.

### **Schools lack guaranteed free time.**

The benefits of recess are clear but Kansas students aren't guaranteed access. Recess can account for nearly half of a child's daily physical activity.<sup>3</sup> However, according to a survey of nearly 500 Kansas schools, more than 60% of elementary students in Kansas receive 20 minutes or less of recess each day. About 8% get none at all.<sup>4</sup> Further, most parents may assume their child gets daily recess, but Kansas does not currently guarantee the same, as it's decided at local levels. This is easily fixable.

### **SB 339 closes the gap.**

Senate Bill 339 is Kansas' fix. What's better, it does so with no added cost to schools. Although a student's guaranteed time may currently depend on the school and district, the bill creates a fair,

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<sup>1</sup> Centers for Disease Control, "Recess," (2024),

<https://www.cdc.gov/physical-activity-education/recess/index.html#:~:text=At%20a%20glance,how%20to%20share%20and%20negotiate>).

<sup>2</sup> *Wichita Beacon*, Aug. 2023. *Haysville USD 261 expanded to four recess breaks and saw gains in behavior and focus.*

<sup>3</sup> Centers for Disease Control, "Recess," (2024),

<https://www.cdc.gov/physical-activity-education/recess/index.html#:~:text=At%20a%20glance,how%20to%20share%20and%20negotiate>).

<sup>4</sup> *KSDE/KAHPERD Recess Survey, 2015. Based on responses from 489 schools across Kansas*

consistent standard, that ensures all students have access to this opportunity, no matter where they live in the state.

The bill doesn't just help parents and students. It's carefully designed to work well for Kansas educators. It gives schools flexibility in how to structure recess. It counts recess as part of the school day, reducing pressure to eliminate it for academic minutes.<sup>5</sup> It encourages schools to go beyond the minimum when they can, with 60 minutes of recess as an aspirational goal.<sup>6</sup>

In short, this isn't just a blanket mandate- it's designed to work with educators in a way that encourages development and allows for flexibility.

### **Kansas needs SB 339**

Senate Bill 339 is balanced. It supports student success, empowers educators, and respects local decision-making. It brings Kansas in line with states like Arkansas, Illinois, and Washington that have already adopted similar policies, and it affirms what many families and teachers already believe: that recess is not a luxury. It is a necessary part of a healthy, effective school day.

Thank you again for your commitment to Kansas students and families, and for considering this important legislation.

**Sincerely,**  
John Mazin  
FGA Action

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<sup>5</sup> Kansas Senate Bill 339 (2026),  
[https://www.kslegislature.gov/li/b2025\\_26/measures/documents/sb339\\_00\\_0000.pdf](https://www.kslegislature.gov/li/b2025_26/measures/documents/sb339_00_0000.pdf).

<sup>6</sup> *Id.*