

Proponent Testimony for SB 339 (written-only)
For the Senate Education Committee
Awaiting Hearing
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Good morning Chair Erickson and Committee Members, thank you for taking the time to read my testimony today.

After reading the new section 1 of SB 339, I urge you to set a hearing for this bill, and pass it with my full support.

I've been hearing for years now, about how little recess children are encouraged or even allowed to have in public school anymore. I remember when I was a kid, we would get two full 30+ minute recess breaks in school, all the way until 6th grade I believe.

Word on the street is that sometimes, kids are only getting two 15 minute recesses, if any recess at all. That is awful to hear! There have been multiple articles that detail how a "Synthesis of findings across...studies revealed that recess offers academic and cognitive benefits, behavioral and emotional benefits, physical health benefits, and social benefits."¹

These studies find that not only is additional and minimum amounts of recess good for a child's physical health, but it has been found that it is also good for their social development and their ability to emotionally regulate on a daily basis!²

Finally, the book, "*The Anxious Generation*" by Jonathan Haidt details repeatedly how increased physical activity and mandated social interactions with peers leads to greater social and emotional outcomes, as well as higher rates of academic success and physical health.³

All of this to say, currently, SB 339 does not have a hearing date, but I would love to see that it does. Our children deserve the best teaching that modern science and educational theory can give. And currently, Kansas is letting them down. Allow SB 339 to have a hearing, and vote for its passage.

Thank you for your time,

Jonathan Smith
Voter in Shawnee County
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Citations:

1. School recess supports an array of academic, cognitive, behavior and emotional, physical health, and social well-being benefits - Children & Nature Network
(<https://research.childrenandnature.org/research/school-recess-supports-an-array-of-academic-cognitive-behavior-and-emotional-physical-health-and-social-well-being-benefits/>)
 - a. {Hodges, V. C., Centeio, E. E., Morgan, C. F., (2022). The benefits of school recess: A Systematic Review. Journal of School Health, 92(10), 959-967.}
2. How Does Recess Help Students? - California Learning Resource Network
(<https://www.clrn.org/how-does-recess-help-students/>)
3. *The Anxious Generation* (<https://www.anxiousgeneration.com/book>)
 - a. Additional evidence : (<https://www.anxiousgeneration.com/research/the-evidence>)