	0
the	

KENTUCKY YMCA YOUTH ASSOCIATION KENTUCKY YOUTH ASSEMBLY Legislative Bill

Red E	3ill#	48
---------	-------	----

Referred to Committee: House 3

Authors: Hanna Sweeney, Owen Hardesty, Kaelley Shouse	Action on the Bill	
School: Interact Club of Boone Co.	House	Senate
	Passed	Passed
City: Union	Defeated	Defeated

An act to provide junior high and high school students with a break or recess during the school day to enhance academic performance.

Be it enacted by the Youth Assembly of the Commonwealth of Kentucky

Justification Clause: There are no laws or policies in Kentucky, which allow breaks for junior high and high school students, other than lunch. Kentucky students in grades 6–12 attend school an average of seven (7) hours per day, where they are expected to remain seated quietly. After 20 minutes, gravity begins to pool blood away from the brain, and the neurons that fire in the brain are not stimulated. Basically, their brains fall asleep. Research shows that this has a negative impact on academic performance.

Section 1: This act proposes a minor modification to Kentucky Statute KRS160.345, Subsection 11, which allows a recess break of up to thirty (30) minutes for students K-5. "K-5" in sentence 1 of this statute would be changed to "K-12", to include grades 6-12.

KRS160.345, Subsection 11, Revised: Each school council of a school containing grades K-12 or any combination thereof, or if there is no school council, the principal, shall develop and implement a wellness policy that includes moderate to vigorous physical activity each day and encourages healthy choices among students. The policy may permit physical activity to be considered part of the instructional day, not to exceed thirty (30) minutes per day, or one hundred and fifty (150) minutes per week. Each school council, or if there is no school council, the principal, shall adopt an assessment tool to determine each child's level of physical activity on an annual basis. The council or principal may utilize an existing assessment program. The Kentucky Department of Education shall make available a list of available resources to carry out the provisions of this subsection. The department shall report to the Legislative Research Commission no later than November 1 of each year on how the schools are providing physical activity under this subsection and on the types of physical activity being provided. The policy developed by the school council or principal shall comply with provisions required by federal law, state law, or local board policy.

Section 2: The ideal solution is to provide all students with a full thirty (30) minute lunch break and an additional 30 minutes each day, broken up into two fifteen (15) minute physical breaks, to enhance brain stimulation throughout the day. This statute would allow up to 30 minutes per day for such breaks, and require school wellness policies to include grades 6–12.

Section 3: There is no cost to implement this act, as the extra break is "considered part of the instructional day", per KRS 160.345, Subsection 11.

Section 4: KRS160.345, Subsection 11 Revision will go into effect ninety (90) days following passage.