



Elsie Rogers Elementary Penn-Harris-Madison District



Quotes

“We have recess after lunch for grades 1 & 2 because to do otherwise would interrupt prime instructional time or cause the first lunch to be served to late.

“We have recess before lunch for grade 3 and grades 4/5. While it took a while for students (and adults) to make the switch, we notice that:

- ✓ **kids line up faster to come in from recess when they realize that they will cut their lunchtime short by fooling around.**
- ✓ **kids are quieter and more focused on eating lunch because they have had time to talk, play, yell, etc. prior to coming into the cafeteria.**
- ✓ **kids seem “hungrier” because lunch follows a high-energy activity.**
- ✓ **kids do not dawdle over lunch in order to avoid recess nor do they throw away most of their lunch in order to get out to recess faster.**
- ✓ **cafeteria (mannerly) behavior has improved significantly.**

“At Northpoint (Elementary), I flip-flopped lunch/recess between two groups and realized quickly that the recess before lunch worked better in terms of time and behavior management. That is why I organized this way especially for older students at Elsie Rogers.”

Janet Birch, Principal

Note: The Director of Food Services, Jill Riggs, at Penn-Harris-Madison School Corporation also stated that two other corporation schools, Prairie Vista and Moran are doing recess before lunch as well.