

Dear School Community,

We are excited to continue Knights at Play this year to increase play opportunities during lunch recess. We believe that recess is a time to enjoy play and that we should provide more options for that daily. Students may choose among a variety of activities in different areas of our playground every day. As a school, we want all students to have healthy, active play and we are committed to providing more resources for more play.

KNIGHTS AT PLAY structured recess provides:

- More options for play
- More equipment for play
- Opportunities to discover new activities
- “Game of the Week” in which our P.E. teachers teach games and activities
- Set areas to play favorite games and activities
- More positive interaction with adults
- More awareness of potential hazards and unsafe areas

We are excited to make recess a fun, inclusive time for every student in our school. Some students have difficulty knowing how to join in activities. The “Game of the Week” provides a non-threatening way for any student who chooses to easily join in an activity. This boosts their confidence, helps them make new friends, and be physically active. Structured recess creates a place for every kid on the playground to feel included, be active, and build valuable social and emotional skills.

Knights at Play builds youth leadership. Volunteer Recess Coaches from among our 5th and 6th grade students will lead games, distribute play equipment and facilitate positive interactions at recess in cooperation with our adult leaders. Learning to resolve conflicts in a positive way gives students skills that directly transfer into lifelong strengths. If you happen to hear one of your children resolving a conflict using Ro-Sham-Bo (rock, paper, scissors) they have picked this up from our structured recess teaching.

Thank you for your support as we energize recess here at Silver Crest. We look forward to building and sustaining a community of safe and healthy play. Please call if you have questions or concerns. We will work with our school community council and PTA to bring more resources for more play during recess.

Sincerely,  
Ann Pessetto  
Principal, Silver Crest Elementary

Leilani Brecht  
Assistant Principal, Silver Crest Elementary