

NR.FFS20.007IE Regional Forum on School Recess



PRESENTED BY

Various Experts



SERIES SESSIONS

Date	Time
April 24, 2020	9:00 AM - 3:00 PM



LOCATION

**St. John Paul II - 300 Arbour Hills
Boulevard**

FEE

\$0.00

QUESTIONS?

Contact Us:

nrlc@arpdc.ab.ca

[780-882-7988](tel:780-882-7988)

REGISTER ONLINE

Visit our website to register:

nrlc.net

Program

Learn and discuss ways to increase physical activity and leisure time in children and youth by establishing strong school recess culture

Recess in schools has traditionally been defined as 'a break from learning that occurs outside'. Though we'd all agree that much learning does occur during this time period, and outdoor physical activity is critical to a child's healthy development, recess might not be meeting rest, leisure, and play needs of all students.

By gathering thought-leaders in and around school communities we'll come together to share best practices, learn about strong recess practice and how bolstering this critical time period can support health and learning outcomes in children and youth.

Join Ever Active Schools, Dr. Dean Kriellaars, the Be Fit for Life network and other close school-health partners in discussion, activity and debate, as we attempt to re-define recess to meet the holistic needs of all students.

Presenters

