

# Play Nice! Newsletter

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Popular Map of US

## School Talk



PEP Grant  
Funding  
Announced

Congress  
Approves  
\$73.4 Million  
for 2006

Need  
PEP Grant  
Writing  
Assistance?

<http://www.peacefulplaygrounds.com/grants.htm>



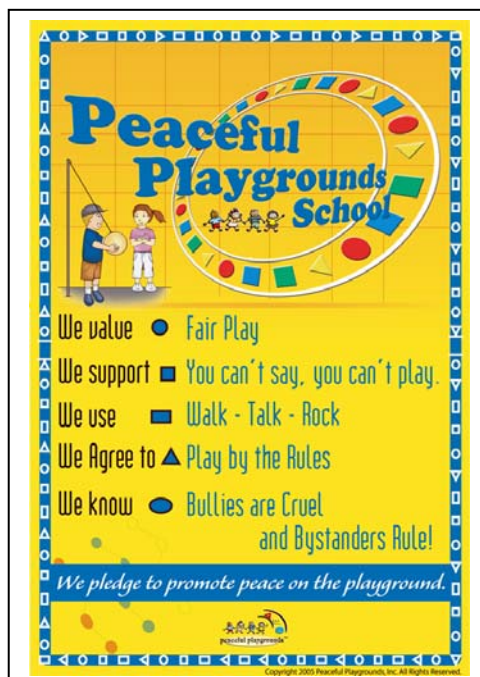
<http://www.peacefulplaygrounds.com/accessories.htm>

## Effects of Walking or Biking to School

Cooper and colleagues (2005) found that both girls and boys who walked to school were more physically active throughout the day than those who rode to school in a motorized vehicle such as a car. Accelerometers were used with 332 students to record their minute-by-minute activity patterns. Boys who biked to school were also more active throughout the day, while girls who biked to school saw slight increases in activity levels over girls who rode to school in a motorized vehicle.

## New Free Peaceful Playgrounds School Poster

We have mailed to all schools that have purchased a Peaceful Playgrounds Program a Free Peaceful Playgrounds School Poster to hang in your school entryway. It is displayed below and represents the values in the Peaceful Playgrounds Program.



## Playground Supervision 10 Rules for Supervising Playgrounds

- 1 Maintain reasonable student to staff ratios. Most state regulations are silent on this issue.
- 2 Always have at least 2 supervisors on the playground at all time. Never leave children alone on the playground. Call for assistance or send child to office for assistance.
- 3 Train playground supervisors. (download free training at [www.peacefulplaygrounds.com/support.htm](http://www.peacefulplaygrounds.com/support.htm))
- 4 Inspect the playground frequently and section off unsafe areas that need repair.
- 5 Establish and communicate school wide rules and procedures for safe play.
- 6 Train supervisors to be "playground lifeguards," constantly monitoring their assigned area of the playground making eye contact with students in problematic areas.
- 7 Make sure all areas of the playground can be seen by playground supervisors and supervisors move in assigned area.
- 8 Consistency in rules enforcement and consequences for infractions.
- 9 Supervisor uses a calm respectful voice when providing feedback or consequences regarding inappropriate behavior.
- 10 Supervisors understand responsibility is to keep children safe. Game facilitation is not appropriate for playground supervisors.