

Peaceful Playgrounds™

newsletter play nice!

Playground Sizzle

Recess is meant to be a break from the classroom, a time for making friends and make-believe. But in reality, recess often involves intense competition, playground bullying, and conflicts that carry over into the classroom. As enrollments have risen at elementary schools across the country, playgrounds have become crowded, increasing the risk of accidents and hot tempers, sending children to the principal's office.

Former teacher and elementary school principal Melinda Bossenmeyer launched Peaceful Playgrounds 15 years ago to address discipline problems and advance social and motor skills development. The Peaceful Playgrounds concept takes a resource most playgrounds already have—open space—and transforms blacktops and fields into play areas for different age groups with activities such as tetherball, wall ball, and Frisbee golf.

With more choices during recess, children are more likely to engage in physical activity and socially appropriate behavior. But the program is about more than playing hopscotch. Peaceful Playgrounds includes a component to teach children conflict resolution skills to reduce discipline problems. School staff members receive training and then teach students the new school wide rules.

[PTO Article on A Plan for Playground Games](#)

Product Links

Check out our many Peaceful Playgrounds Products.

[Peaceful Playgrounds™](#)
[WE Count Walking Program](#)
[Fundamental Movement Training](#)
[Equipment Packs](#)
[Roll Out Stencil Sets](#)
[PE & Recess Stencil Sets](#)

Blog Site Recent Topics

<http://blog.peacefulplaygrounds.com>

[*Presidents Cancer Panel Recommends Daily PE.](#)
[*New Research: Bullying in Schools](#)
[*Teachers Count Website A Must](#)
[*Playgrounds Leading Cause of Injuries at School](#)
[*When Buying Backpack Choose Function Over Fashion.](#)
[* Study Found: Obese Kids Miss More School](#)

RESCUING RECESS

Log onto www.RescuingRecess.com and complete the online registration for your school. Upon successful completion, Cartoon Network will automatically send one free Rescuing Recess Kit to your school while supplies last. Hurry. Quantities are limited. Registration opened Aug. 8, 2007. Don't miss out.

<http://www.cartoonrecessweek.com/index.html>

Free Resource

Energizers Classroom Based Physical Activities

Energizers are 5-10 minute activity breaks that help classroom teachers integrate physical activity with academic concepts.

Downloads at: <http://www.ncpe4me.com> and provided through the North Carolina Department of Education Physical Education Division.

Hot Topic : Playground Heat

On a sweltering day, a playground slide can feel as hot as a burning grill.

"We did some tests at an elementary school playground and they got readings on metal playground equipment of over 100 degrees," said Dale Higdon, senior forester with the Georgia Forestry Commission in South Carolina. "They got a reading on a metal slide of 160 degrees."

Solution: On hot days monitor the playground equipment and close off play structure areas when necessary.

Keeping Kids Cool at School

As most of the nation heads back to school facing triple digit heat, schools face the challenges associated with outdoor recess and overheated classrooms.

Parents and schools working together can mitigate this problem and keep kids safe.

Parents can send their children to school ready to deal with the heat by:

- * sending students in light-weight, loose-fitting, cotton clothing.
- * make sure kids have caps with brims that protect the face.
- * send child with small water bottle on hot day
- * talk to child about dangers of getting overheated.

Schools can:

- * allow water bottles at school so that teachers make sure their students have access to plenty of liquids.
- * limit recess time outdoors.
- * encourage sipping water frequently after time spent following physical activity.
- * teach students warning signs of heat exhaustion.
- * when possible conduct activities in the shade.
- * minimize time spent on hot asphalt playgrounds.

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