

GALLUP POLL®

FENTON/NAESP PRINCIPAL SURVEY

NOVEMBER 2009

METHODOLOGY

- Field Dates: October 8 – October 19, 2009
- Mode: Web Survey
- Total Sample Size: 1,951
- Response Rate
 - 12% response rate accounting for undeliverable e-mails. Of the total respondents, 156 were selected out as they did not participate in recess at their schools.
- Data were weighted based on the following:
 - **Census Region:** Table 99. Public elementary schools, by grade span, average school size, and state or jurisdiction: 2006-07 SOURCE: U.S. Department of Education, National Center for Education Statistics, Common Core of Data (CCD), "Public Elementary/Secondary School Universe Survey," 2006-07.
 - **FARL:** Table 230. Public Charter and Traditional Schools – Selected Characteristics: 2005-2006 Source: U.S. National Center for Education Statistics, Common Core of Data, "Public Elementary/Secondary School Universe Survey," 2005-06, unpublished data.

RESEARCH PARTNERS & SPONSORS

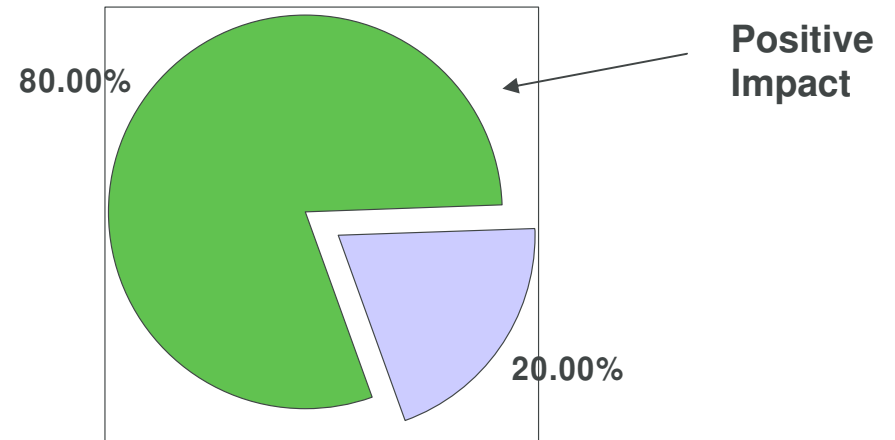


GENERAL SUMMARY

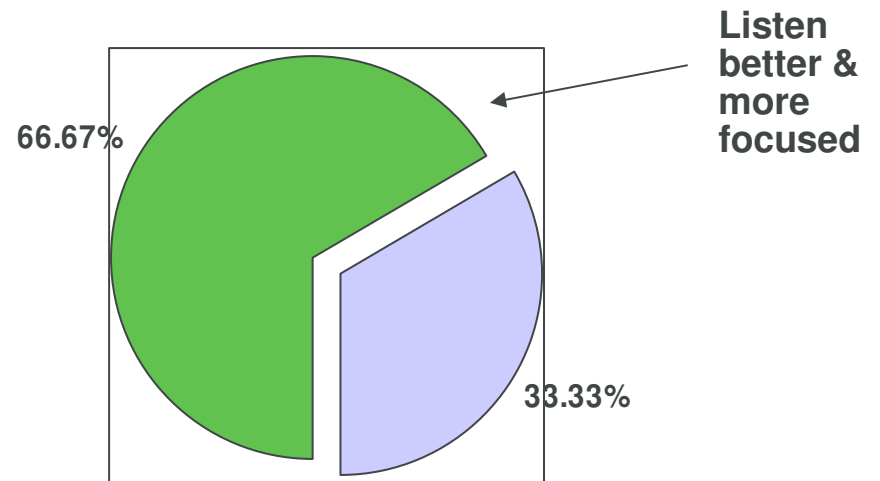
Key Findings

1. Recess has a positive impact on achievement and learning.

More than 8 in 10 principals report that recess has a positive impact on academic achievement.

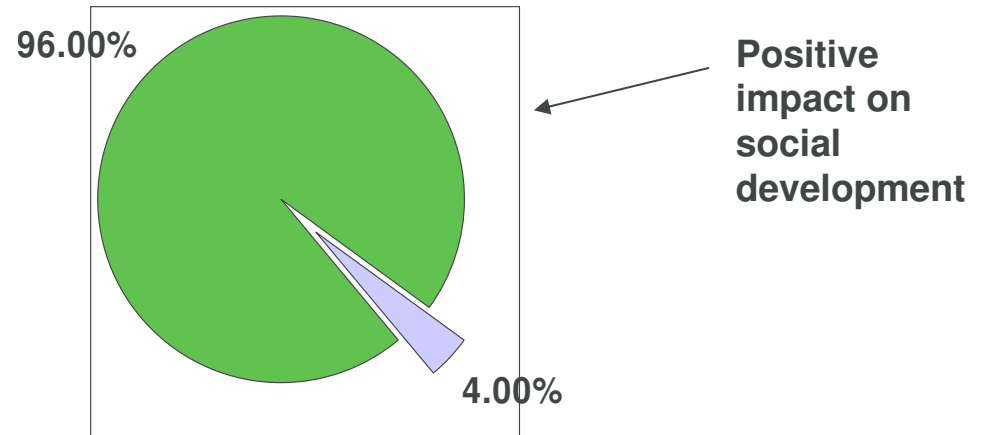


Two-thirds of principals report that students listen better after recess and are more focused in class.

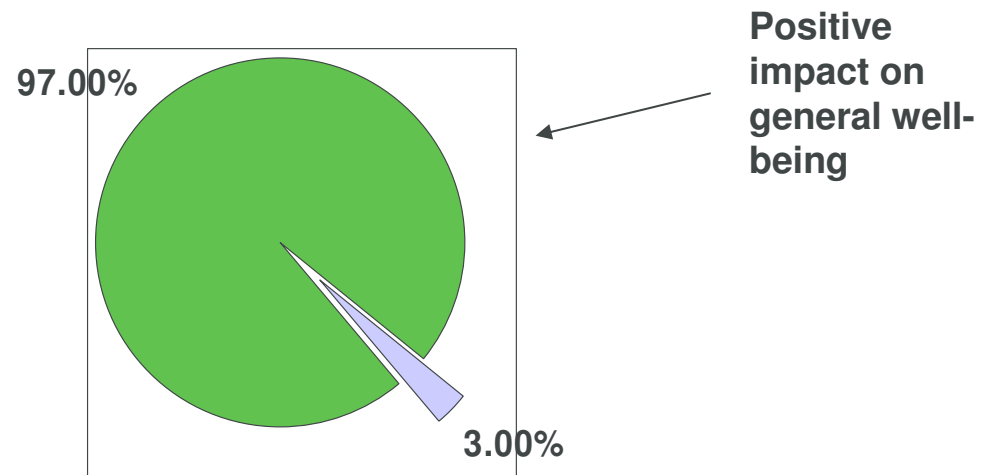


2. Recess benefits child development in important, non-academic ways as well.

An overwhelming majority of principals (96%) conclude that recess has a positive impact on social development.

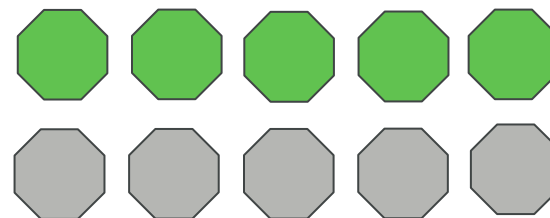


An overwhelming majority (97%) of principals believe that recess has a positive impact on general well-being.



3. Recess remains a precious commodity at most schools. Despite its links to achievement, many schools cut recess to meet testing requirements.

Only half of principals report that students receive between 16-30 minutes of recess per day.

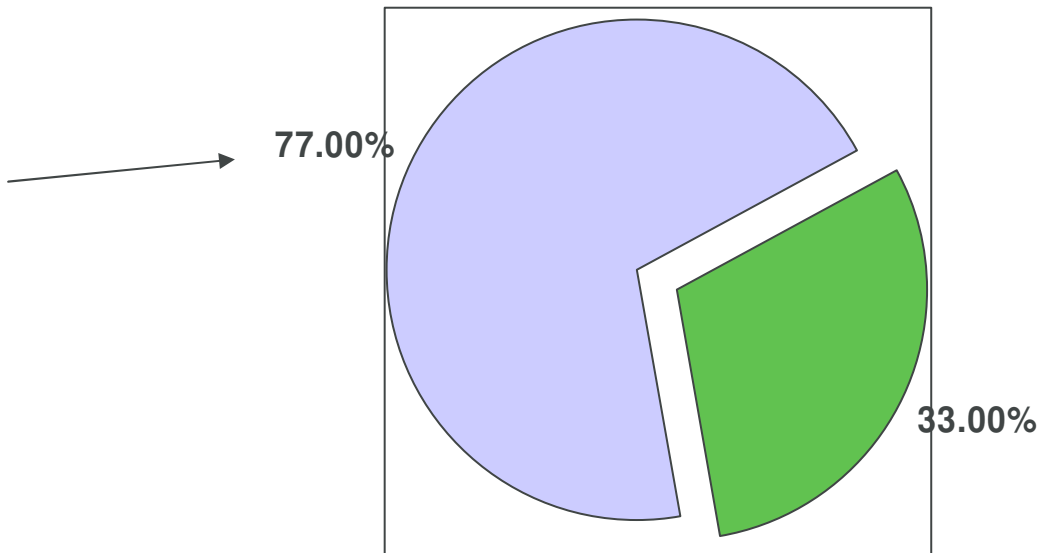


One in five principals indicate that annual yearly progress (AYP) testing requirements have led to a decrease in recess minutes at their school.



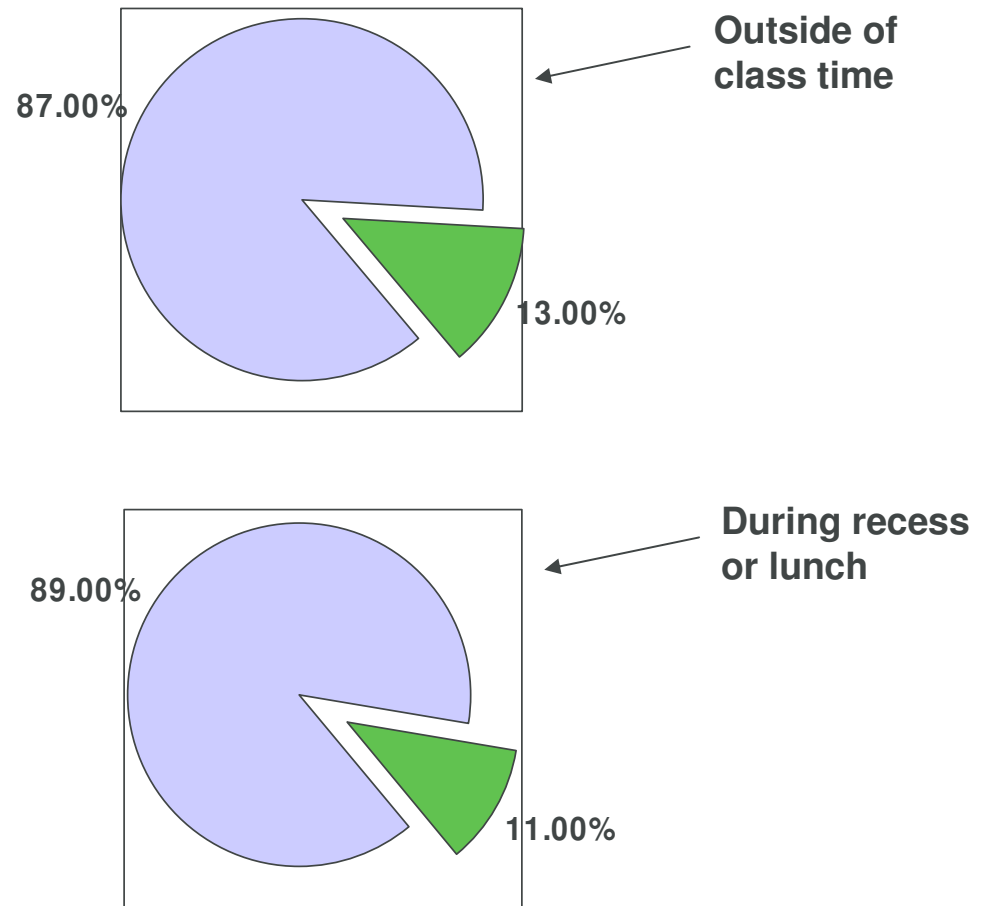
4. Despite the connection between recess and good student behavior, schools continue to take recess away as a punishment for bad behavior.

A solid majority (77%) of principals report taking recess away as a punishment.



5. Recess is the time of day when schools face the biggest behavior management challenges.

Principals report that the majority of discipline-related problems occur outside of class time (87%) with the majority of those occurring during recess or lunch (89%).



6. Schools are looking for help with recess.

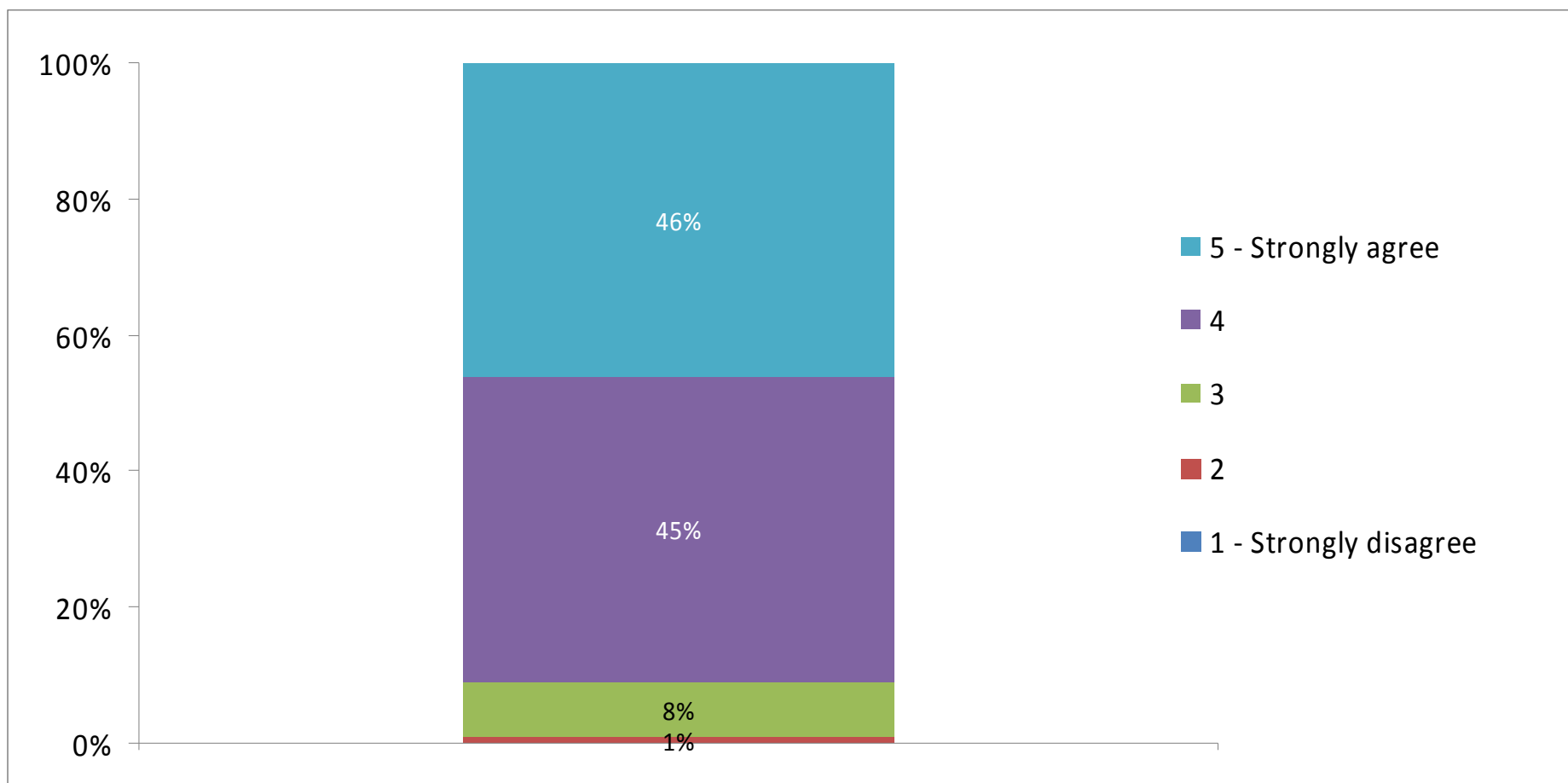
When asked what would improve recess at their schools, they identified the following top three needs in order:

- Number of staff to monitor recess
- Better equipment
- Playground management training

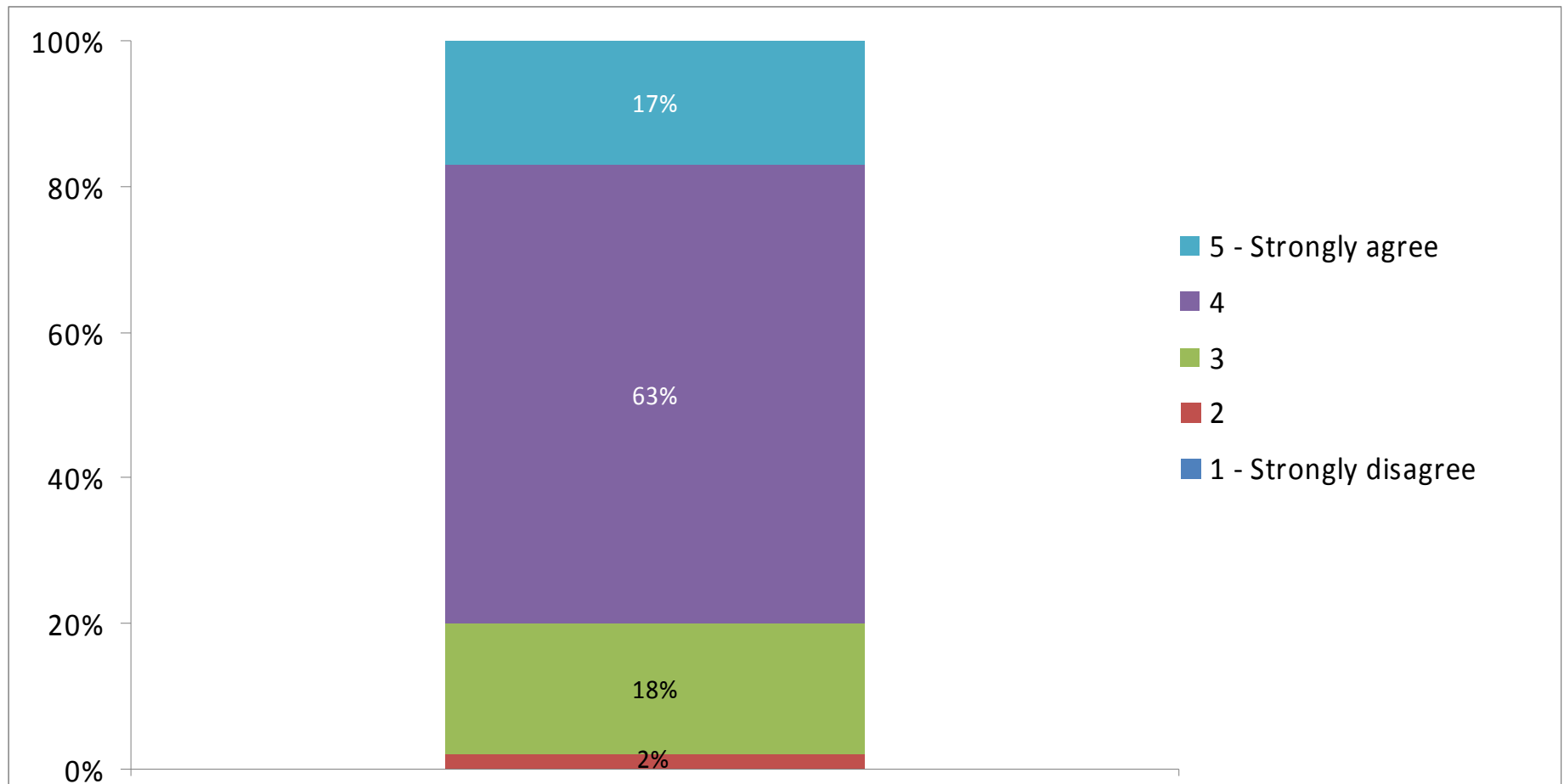
COMPLETE FINDINGS BY QUESTION

Section 1: School Environment

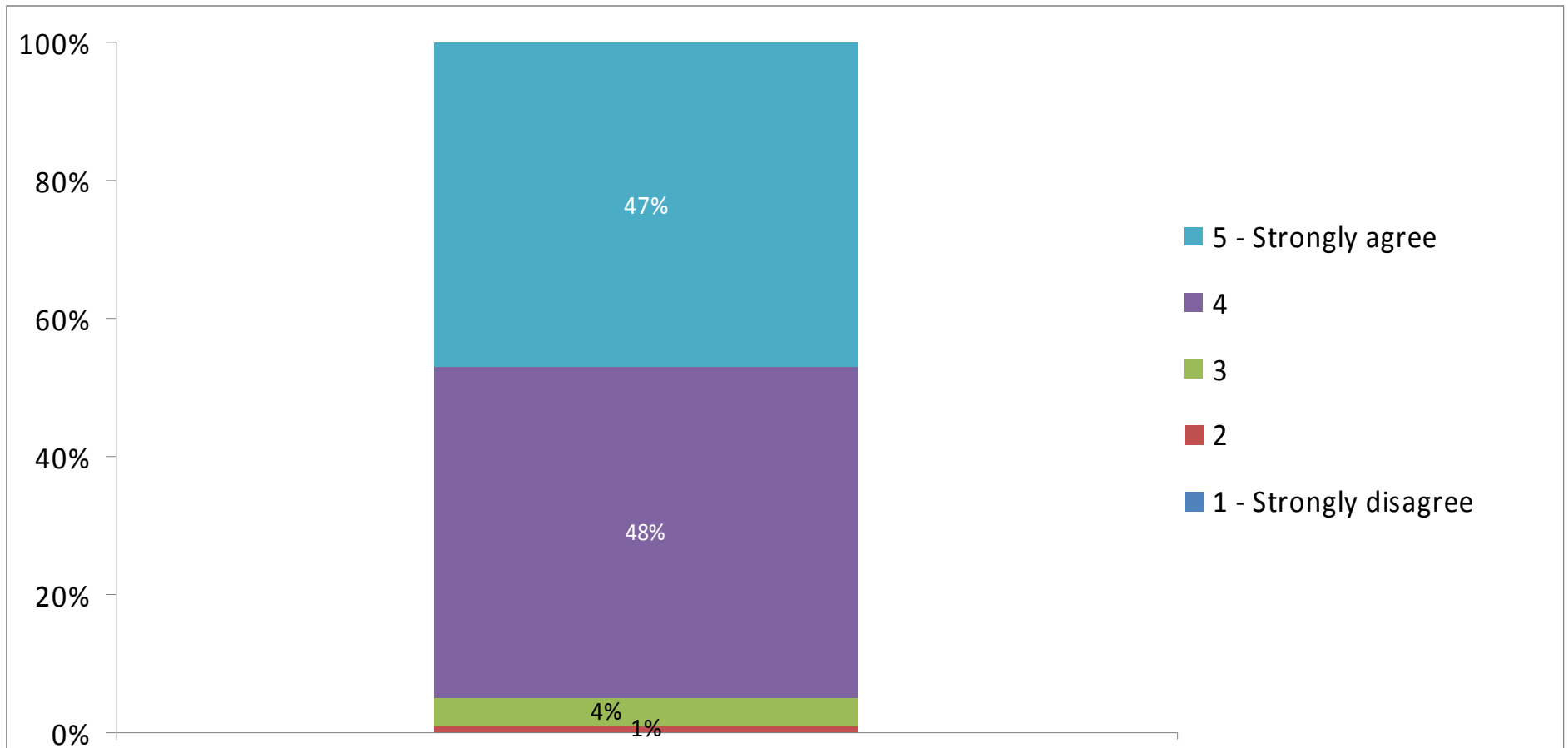
Please indicate the extent to which you agree or disagree about the environment at your school: Everyone tries to keep the school looking good, including students, teachers, and other staff.



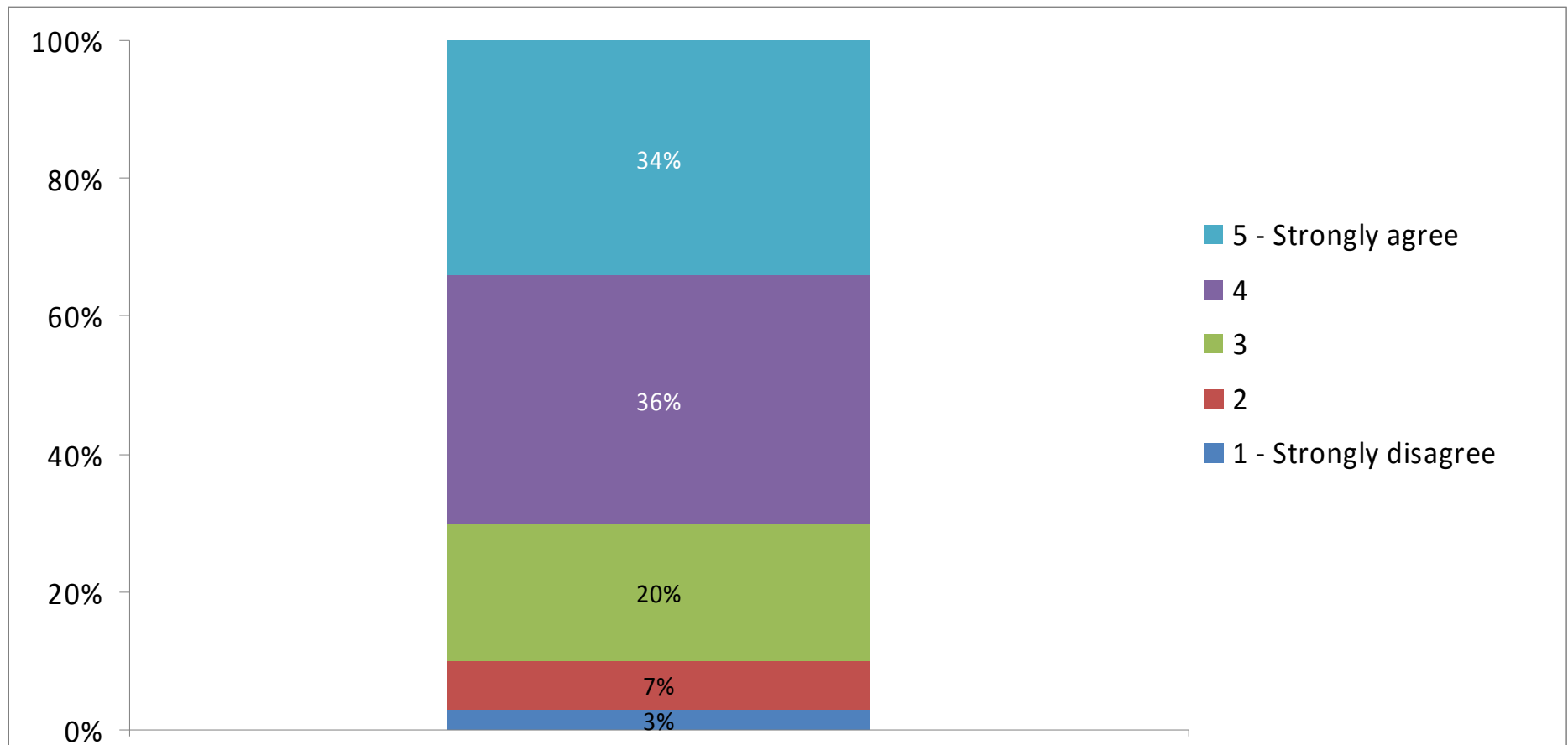
Please indicate the extent to which you agree or disagree about the environment at your school: Students feel like they're respected by other students.



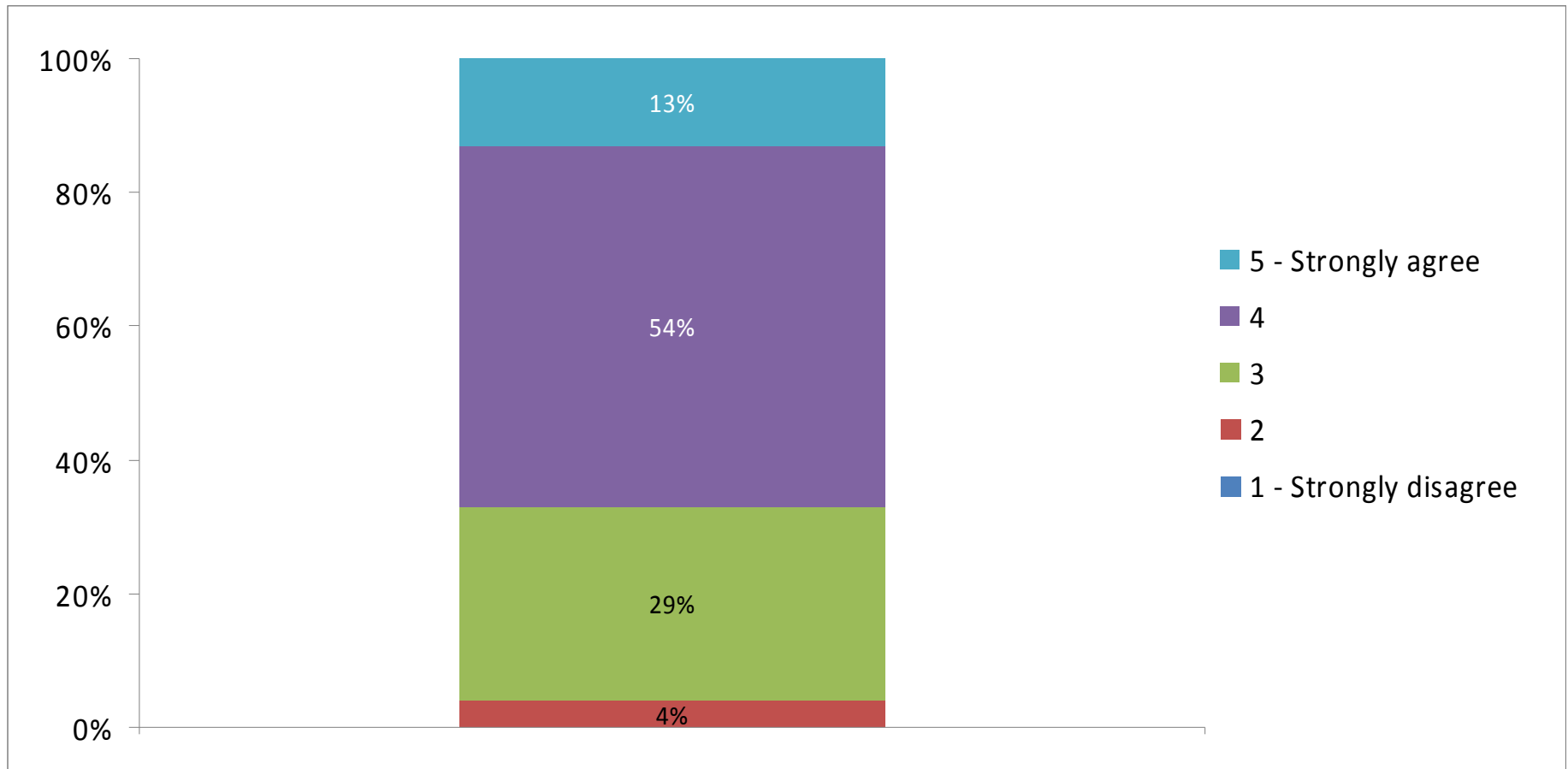
Please indicate the extent to which you agree or disagree about the environment at your school: Students feel like they're respected by the adults at this school.



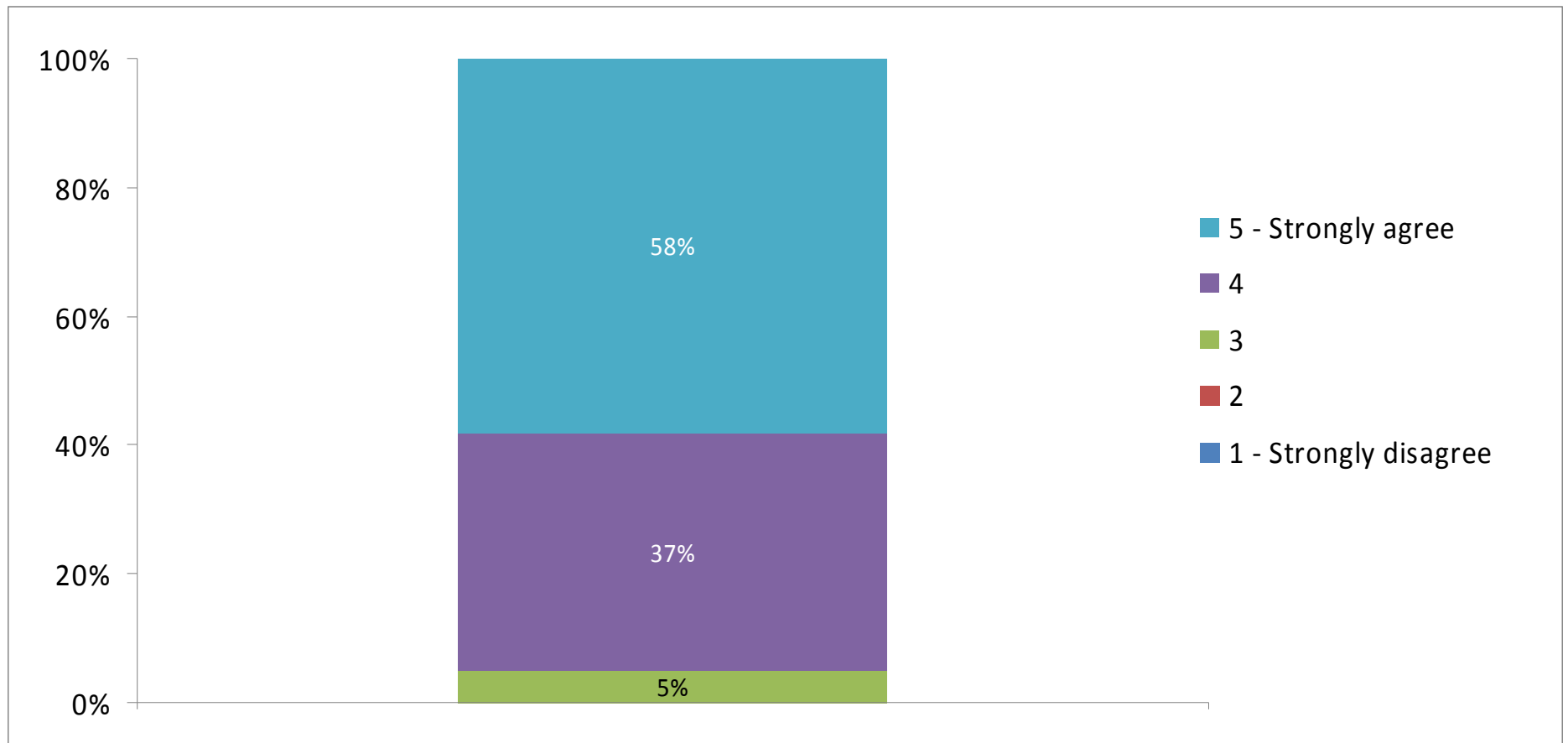
Please indicate the extent to which you agree or disagree about the environment at your school: Students receive training and/or education in conflict resolution at this school.



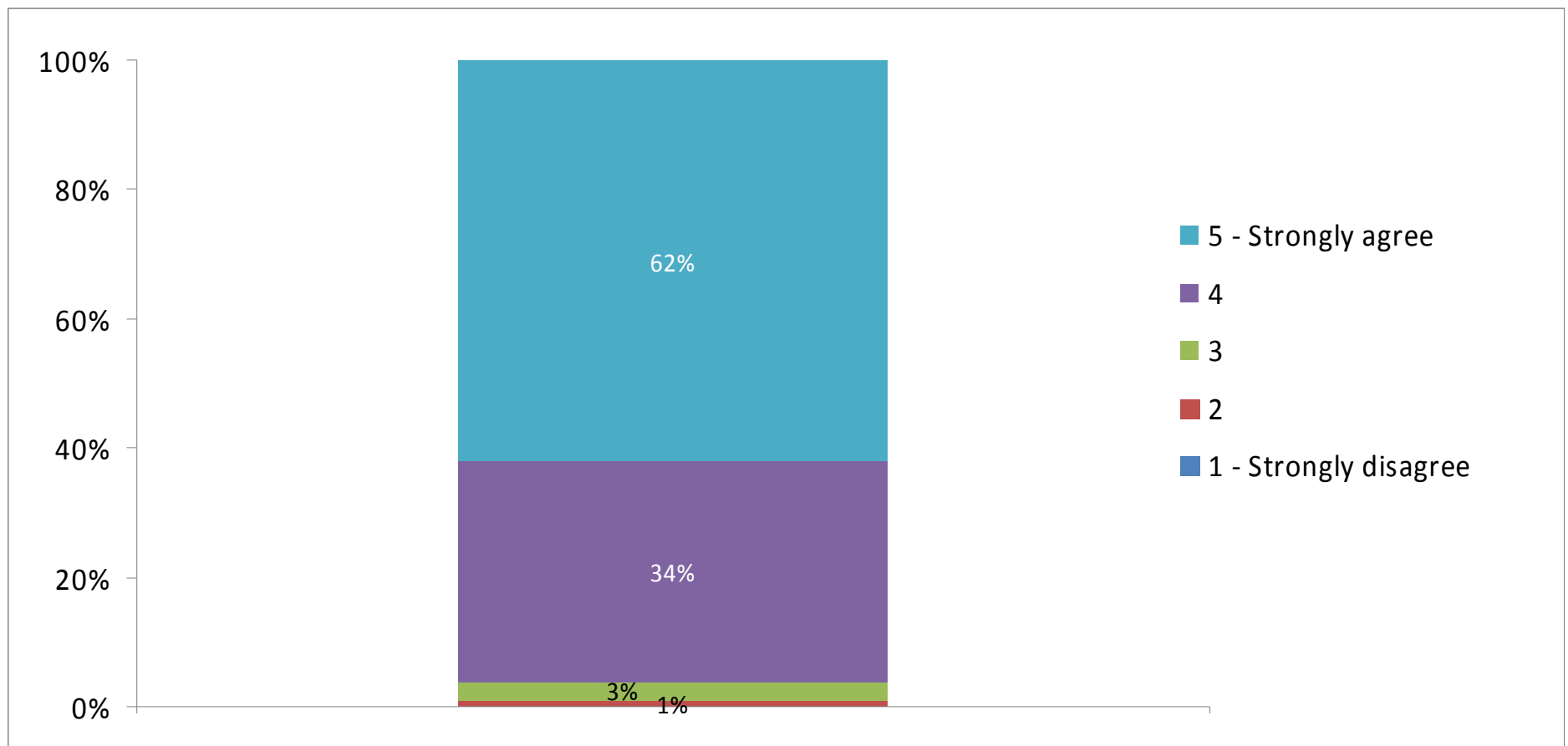
Please indicate the extent to which you agree or disagree about the environment at your school: When conflict occurs between students at this school, students feel like they have the tools or training to resolve the conflict.



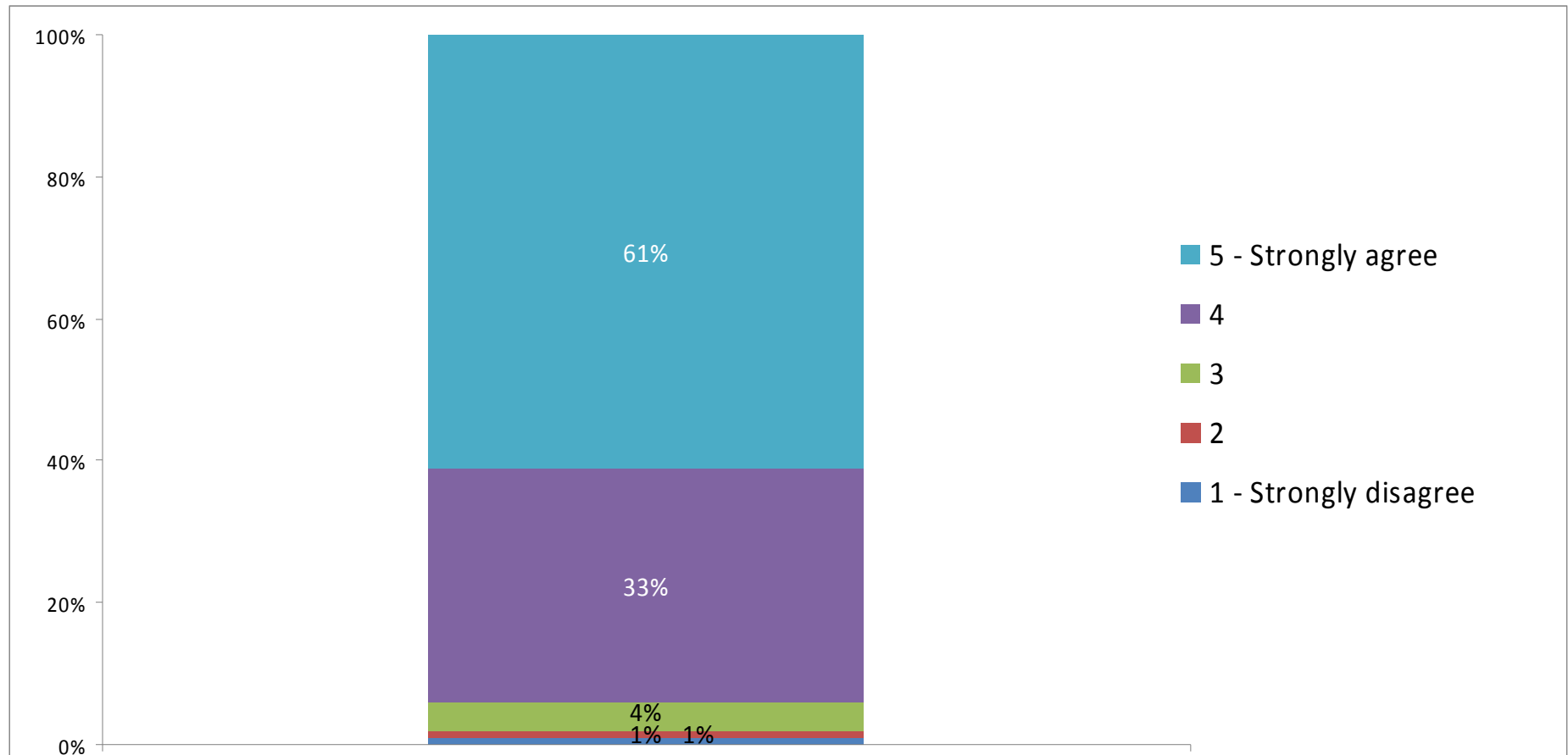
Please indicate the extent to which you agree or disagree about the environment at your school: Students feel like they're an important part of this school.



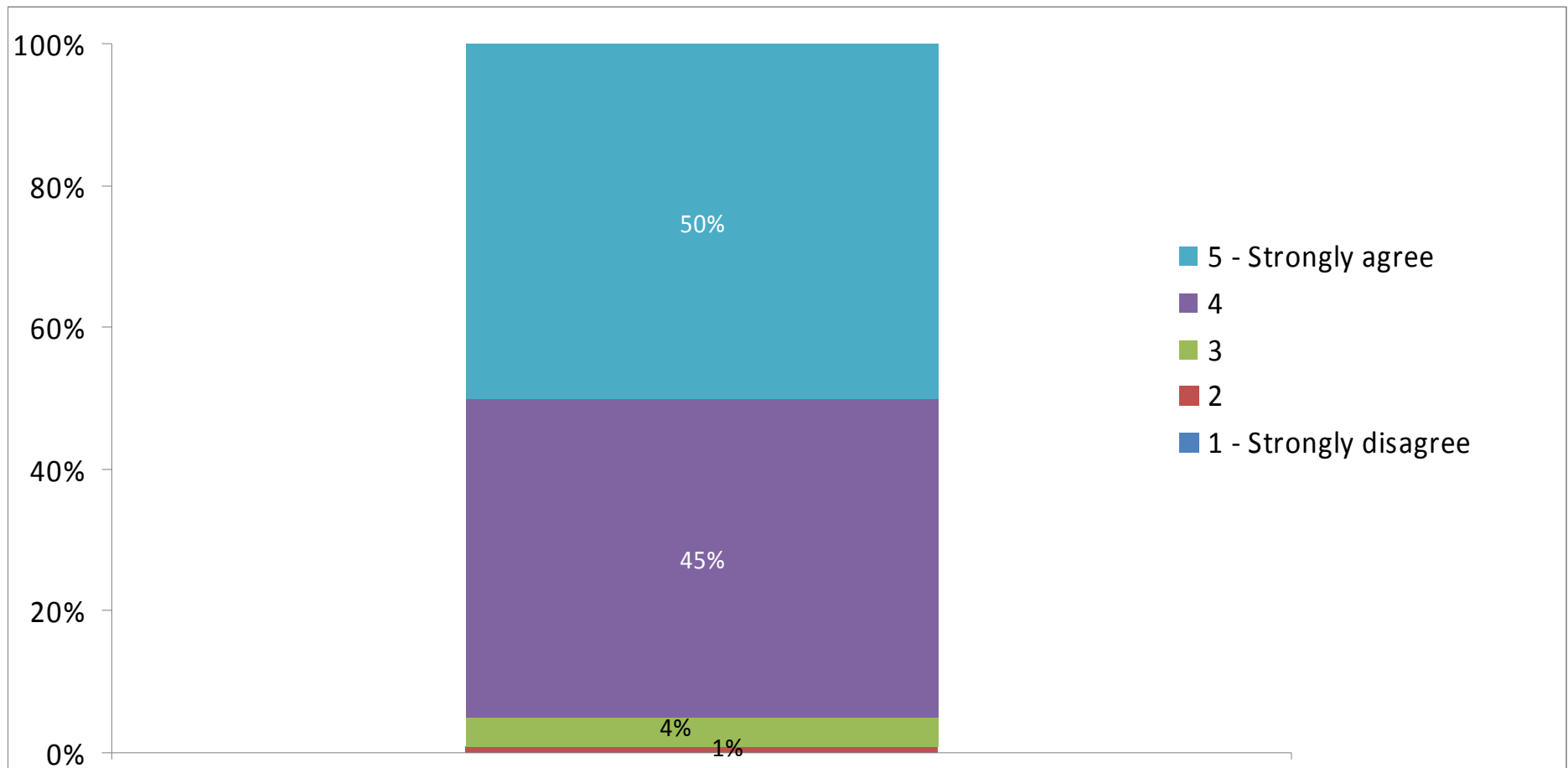
Please indicate the extent to which you agree or disagree about the environment at your school: Students feel proud to be part of this school.



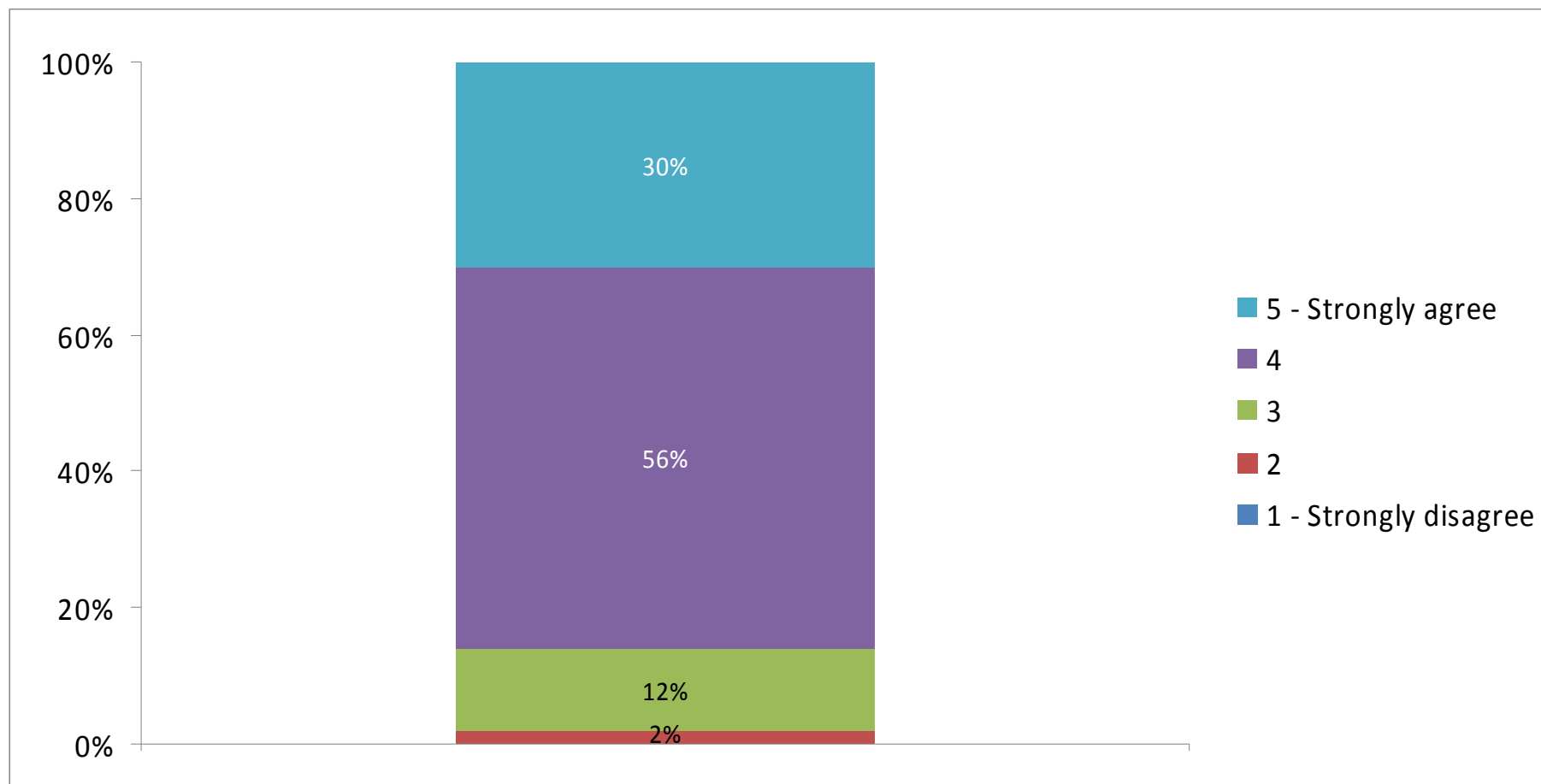
Please indicate the extent to which you agree or disagree about the environment at your school: Adults feel proud to be part of this school.



Please indicate the extent to which you agree or disagree about the environment at your school: Students trust teachers.



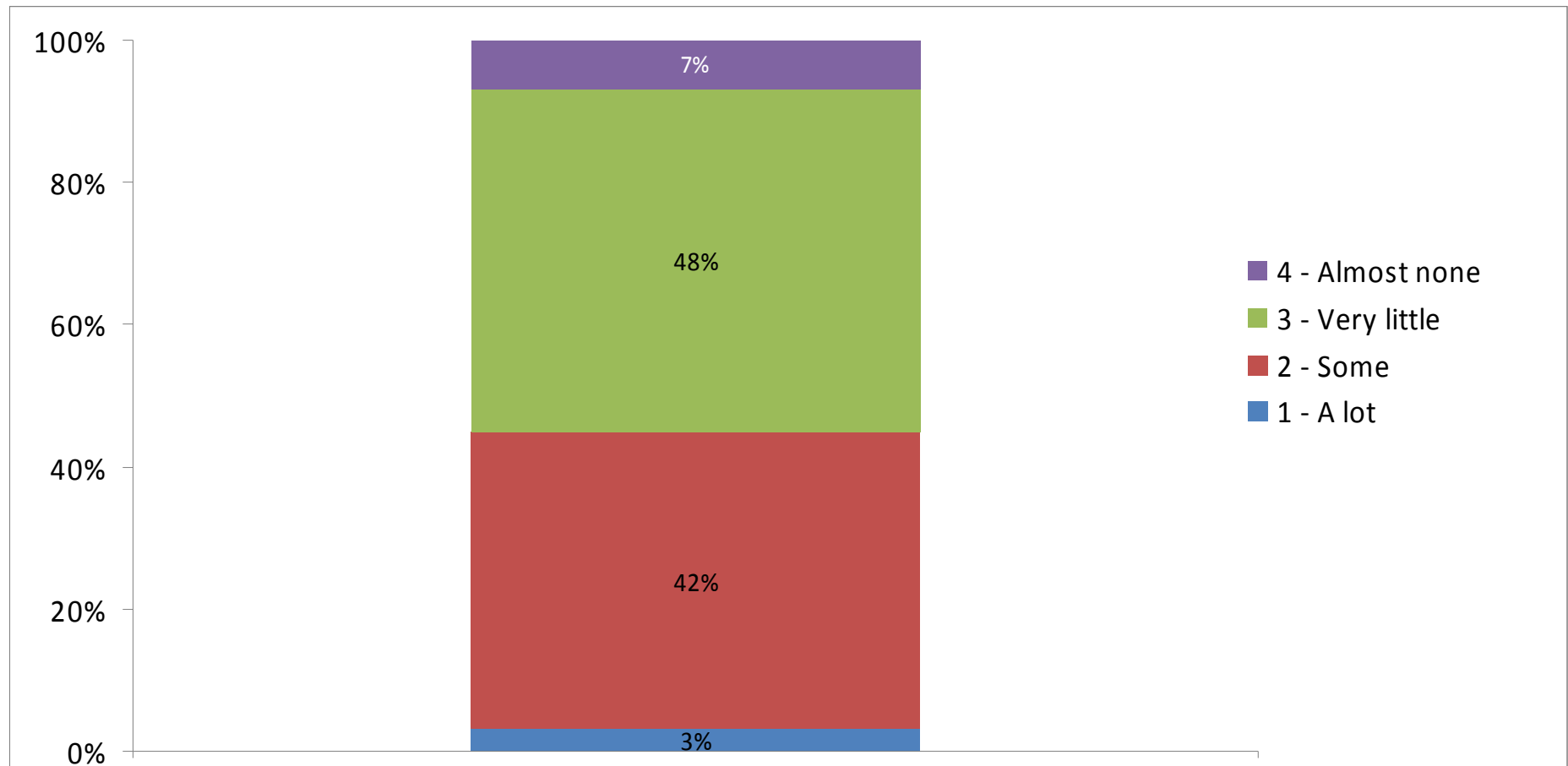
Please indicate the extent to which you agree or disagree about the environment at your school: Teachers trust students.



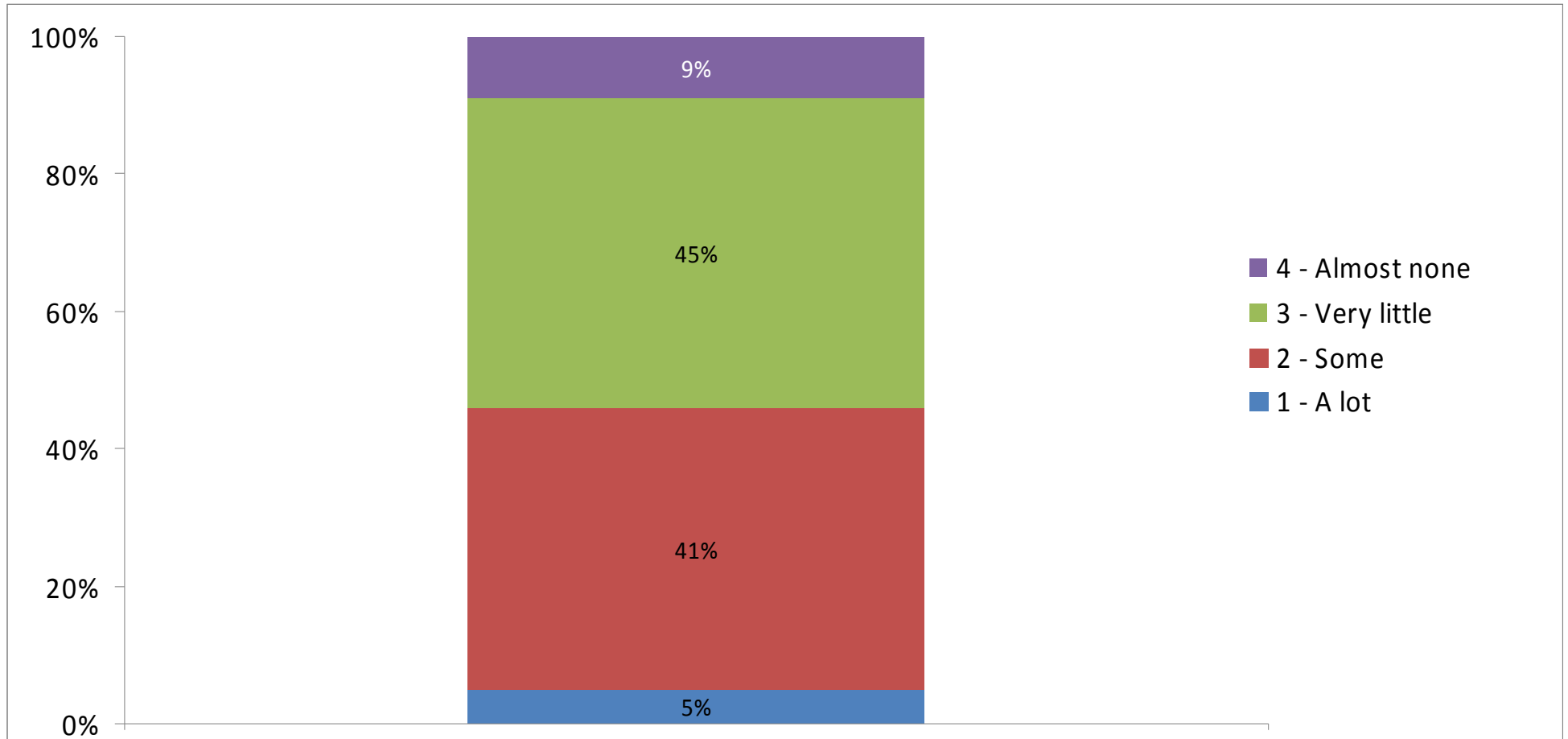
COMPLETE FINDINGS BY QUESTION

Section 2: Discipline

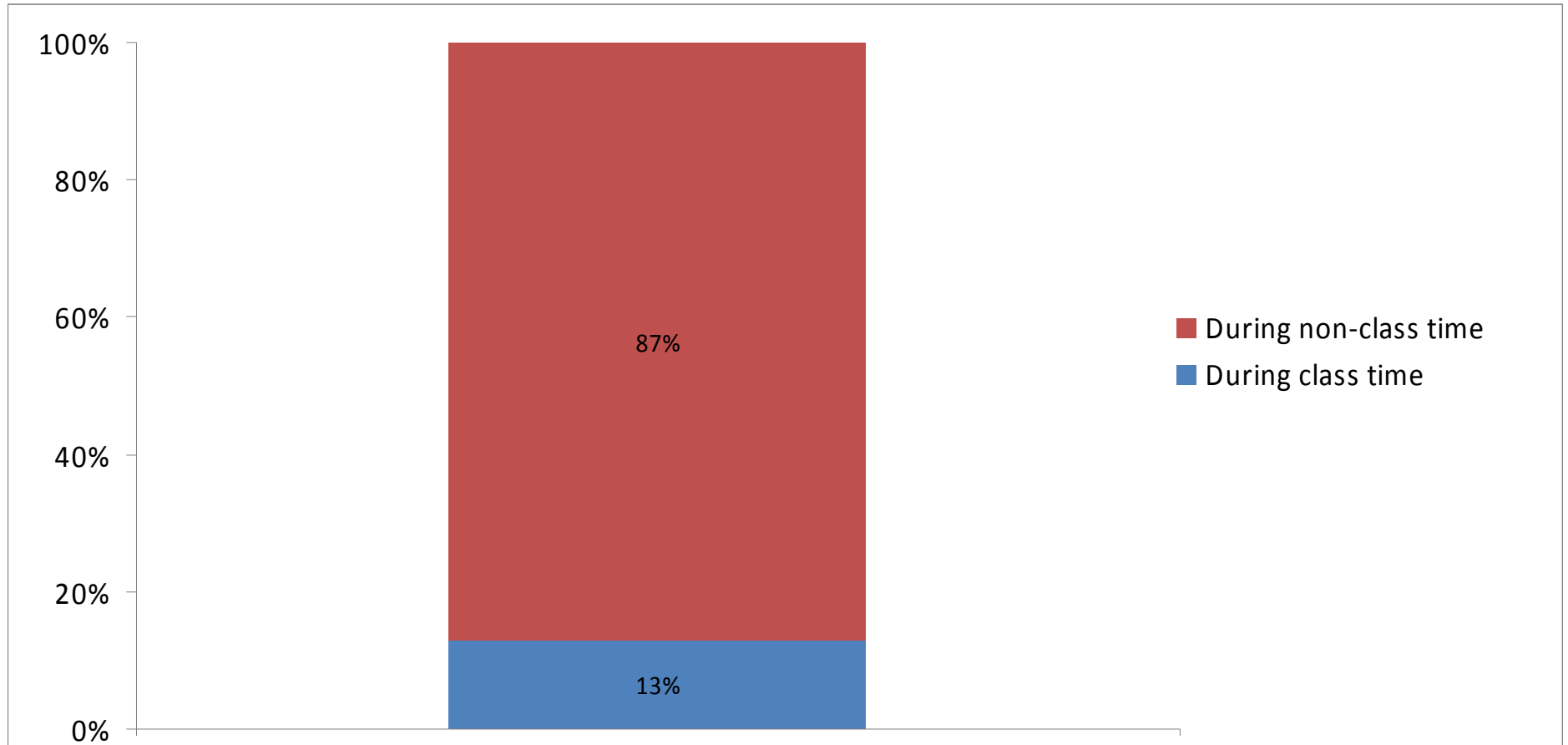
How much of their time do teachers spend disciplining students?



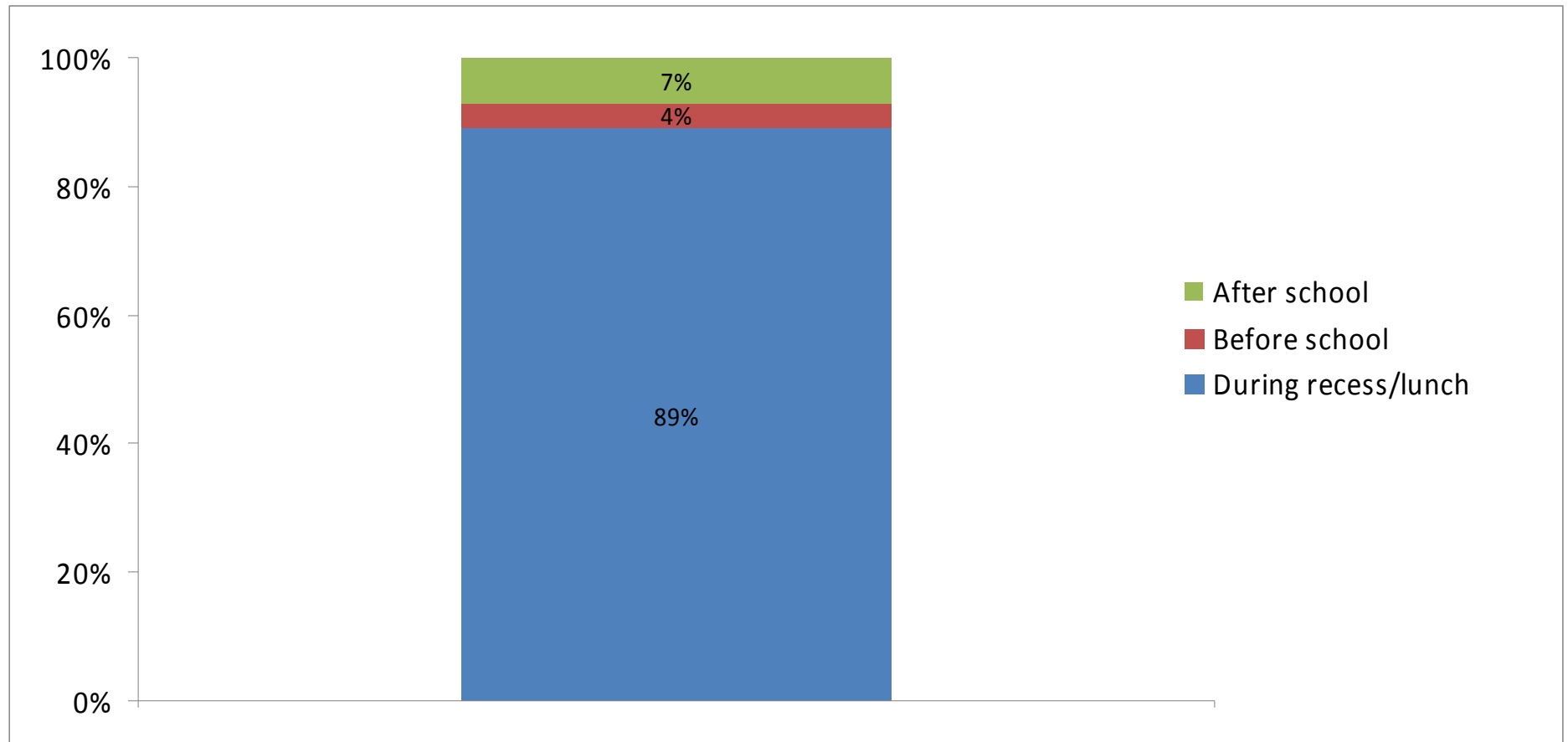
As a principal, how much of your time do you spend disciplining students?



What is the most common time that discipline-related problems occur?



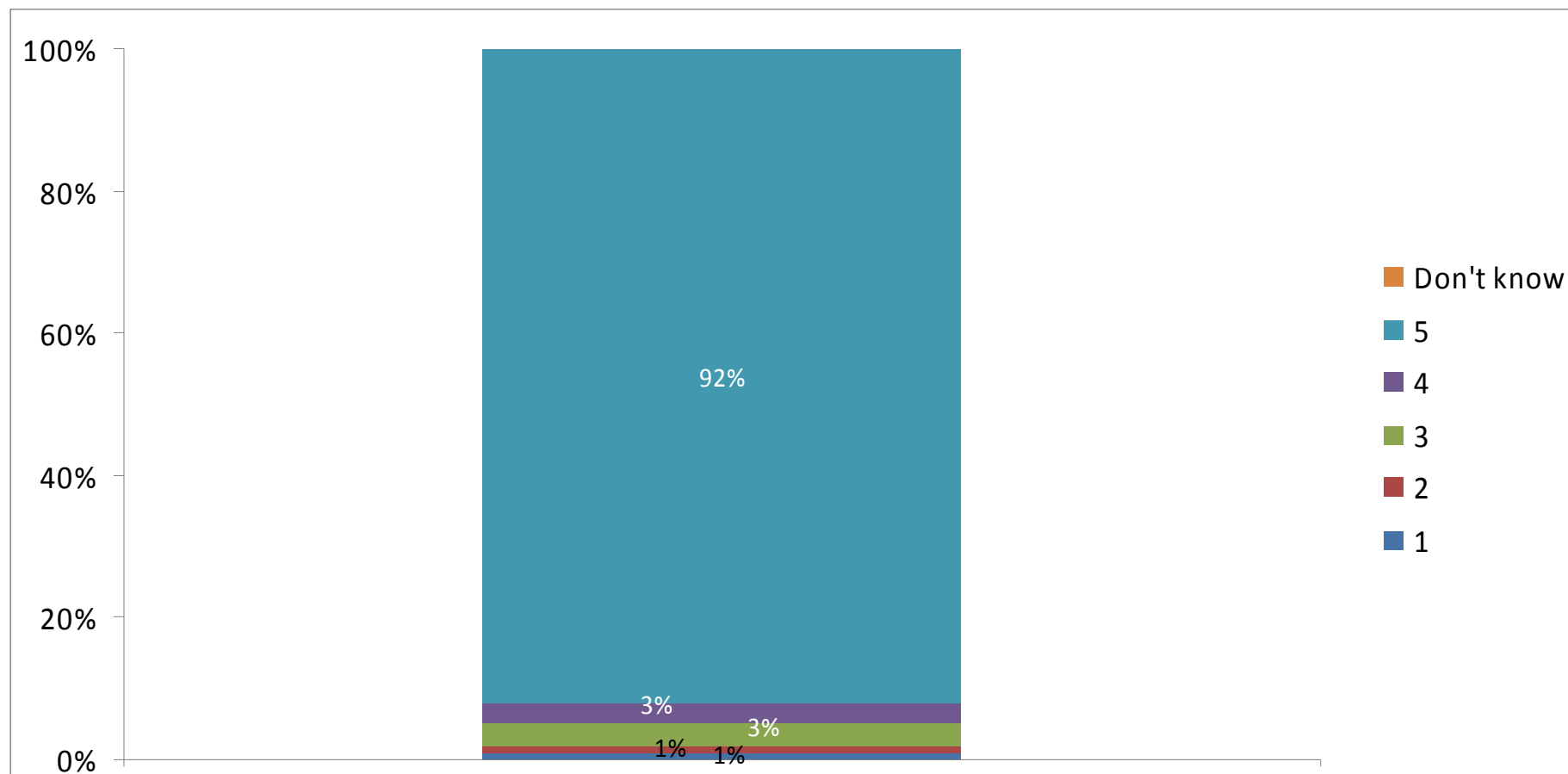
When do non-class time discipline-related problems occur?



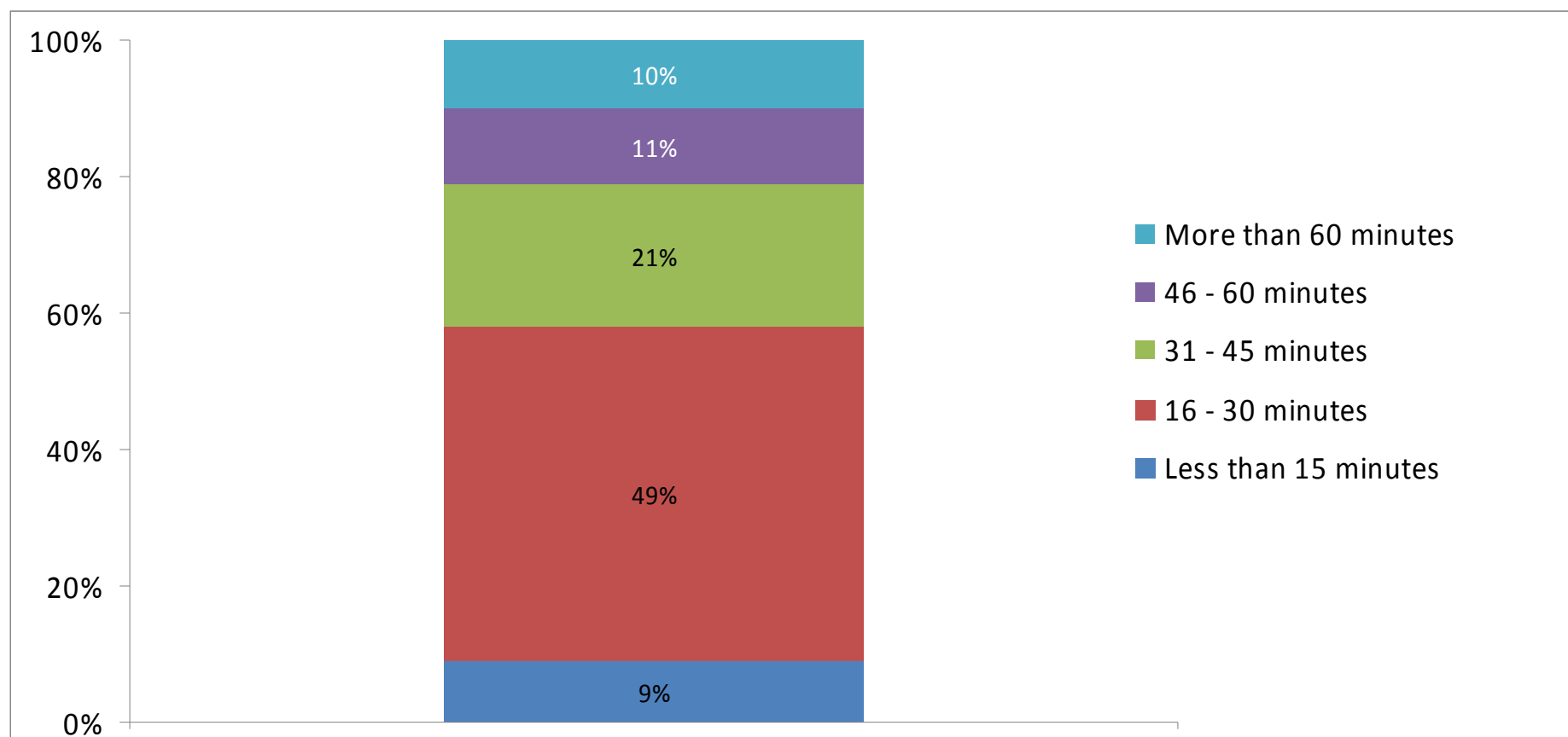
COMPLETE FINDINGS BY QUESTION

Section 3: Recess Duration and Frequency

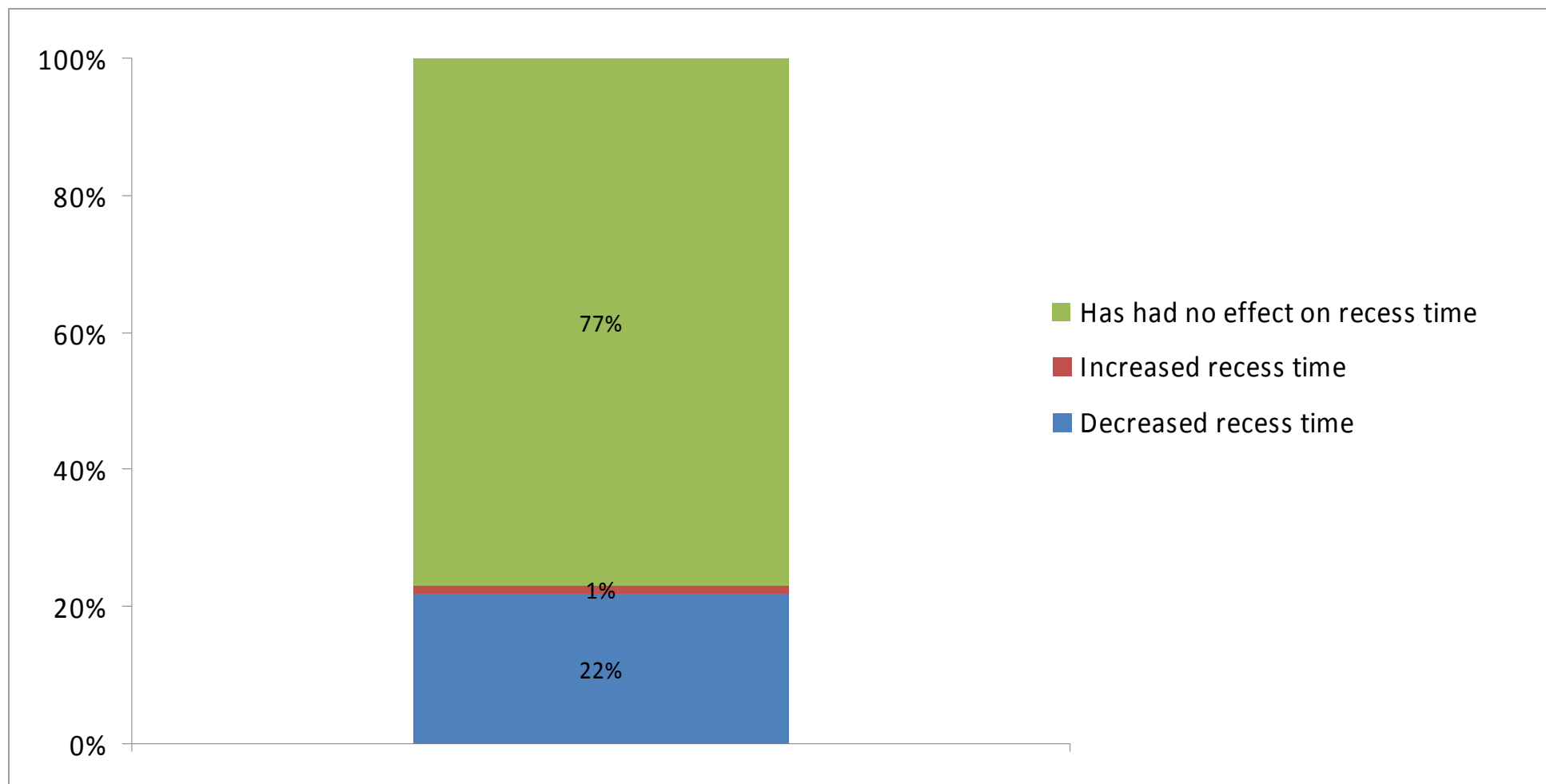
Among the students who get a recess period, how many days out of the week do they have a recess period?



In total, how many minutes during the day are spent for recess at you school (adding all recess periods together)?



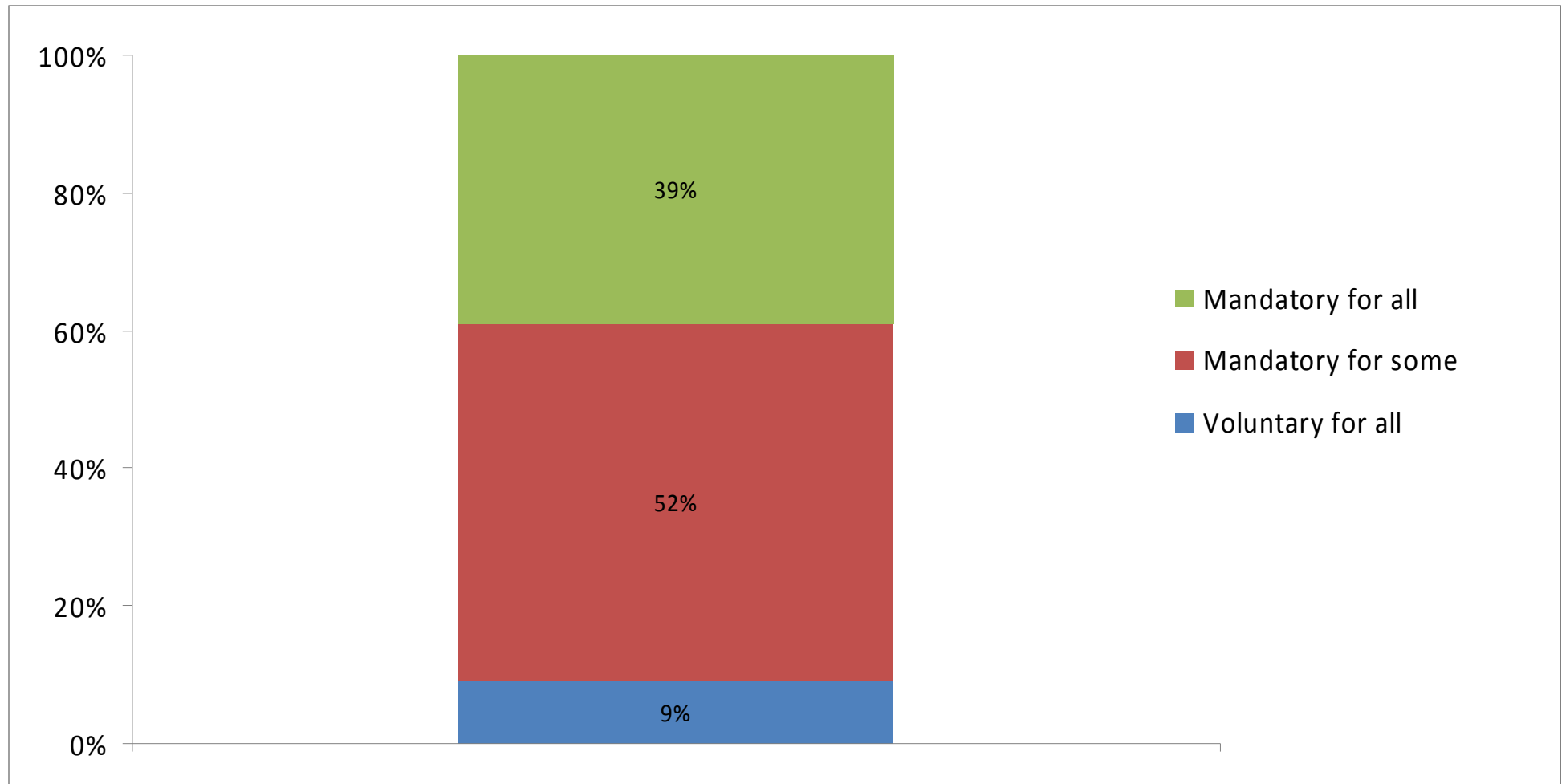
How has student achievement testing and adequate yearly progress (AYP) influenced the amount of recess time in your school?



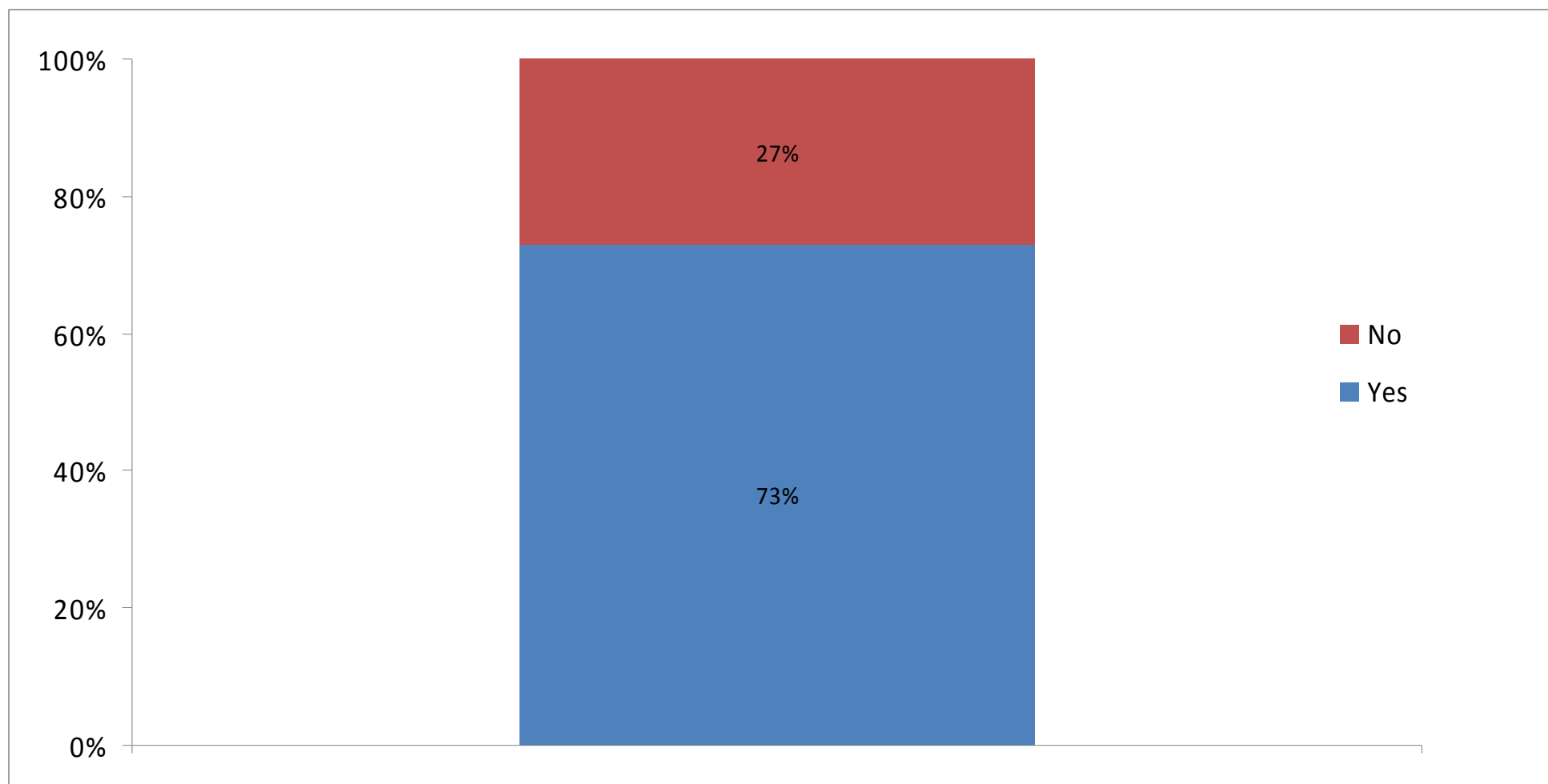
COMPLETE FINDINGS BY QUESTION

Section 4: Recess Supervision

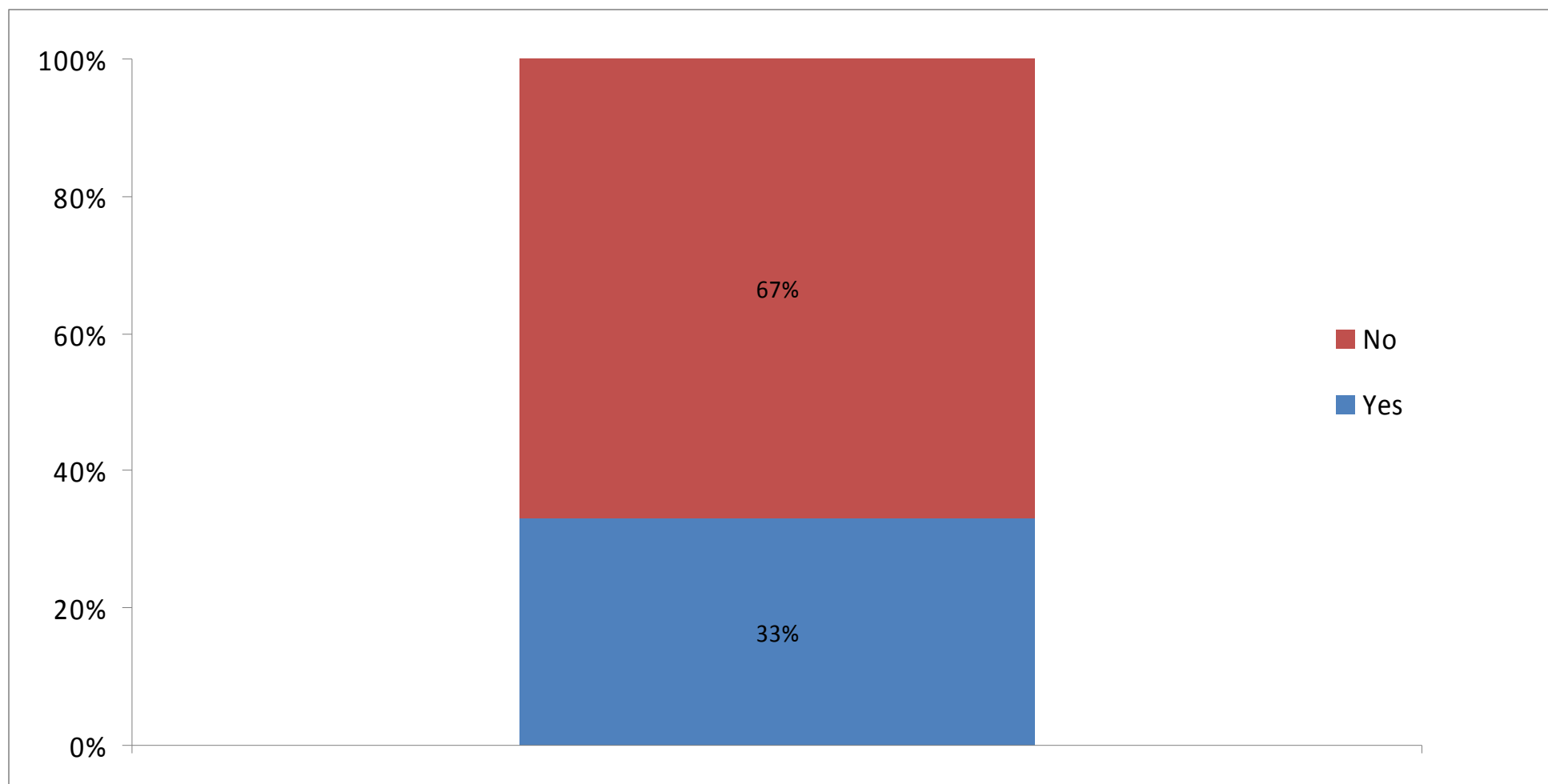
Is recess supervision voluntary or mandatory for all of your staff?



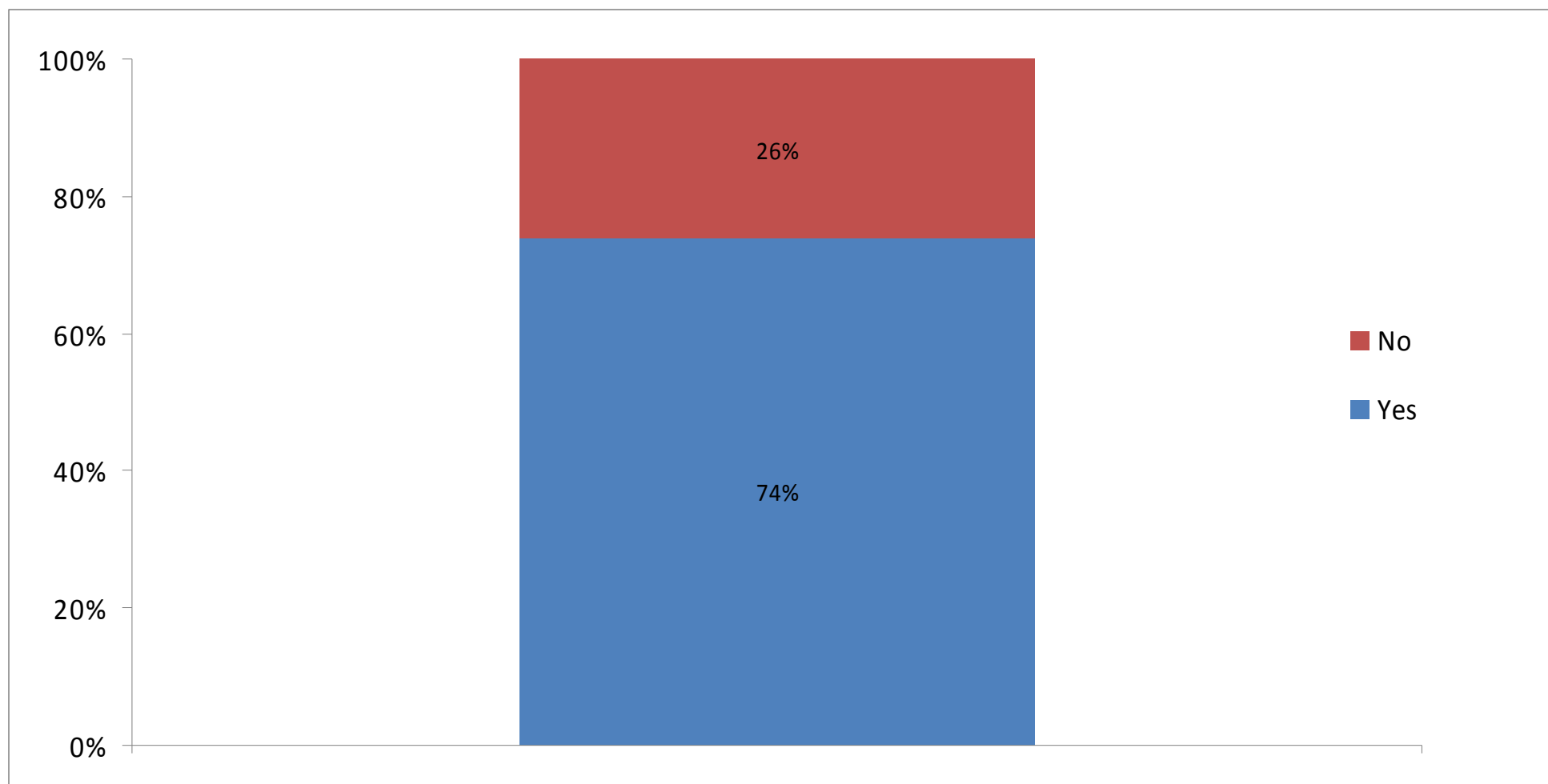
Please indicate whether or not each of the following staff members regularly supervises recess at your school: Classroom teachers



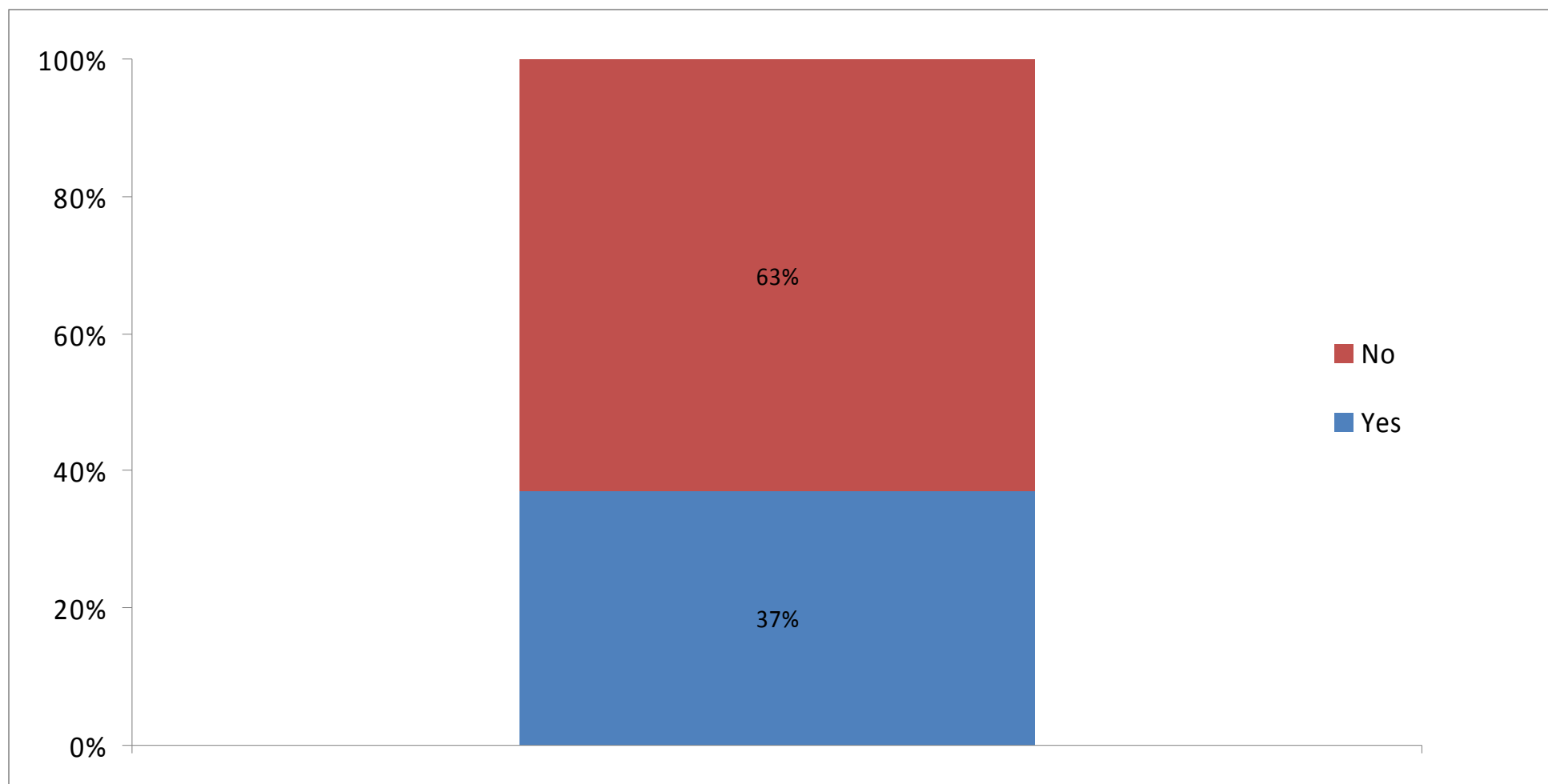
Please indicate whether or not each of the following staff members regularly supervises recess at your school: Specialist teachers



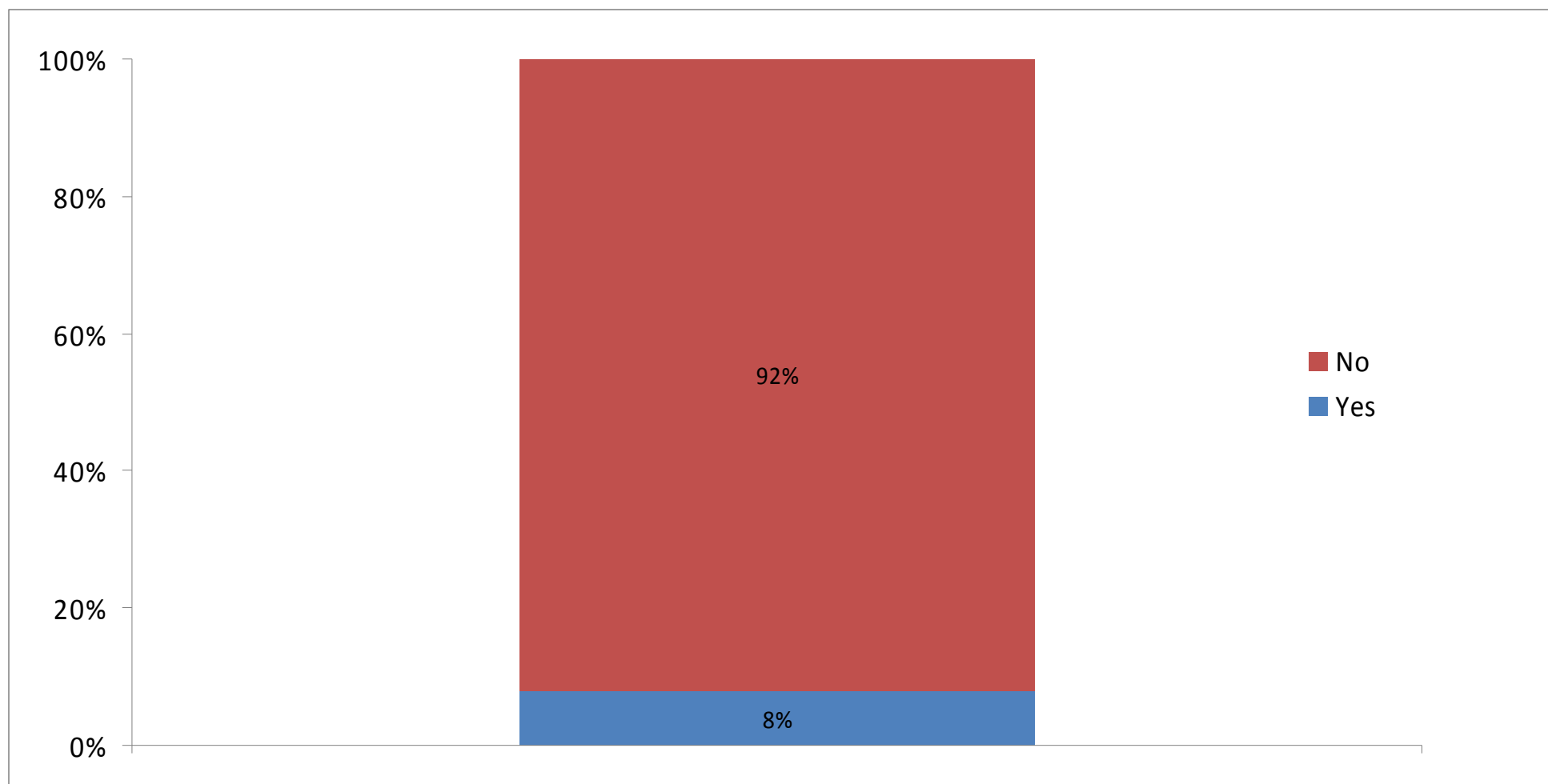
Please indicate whether or not each of the following staff members regularly supervises recess at your school: Support staff



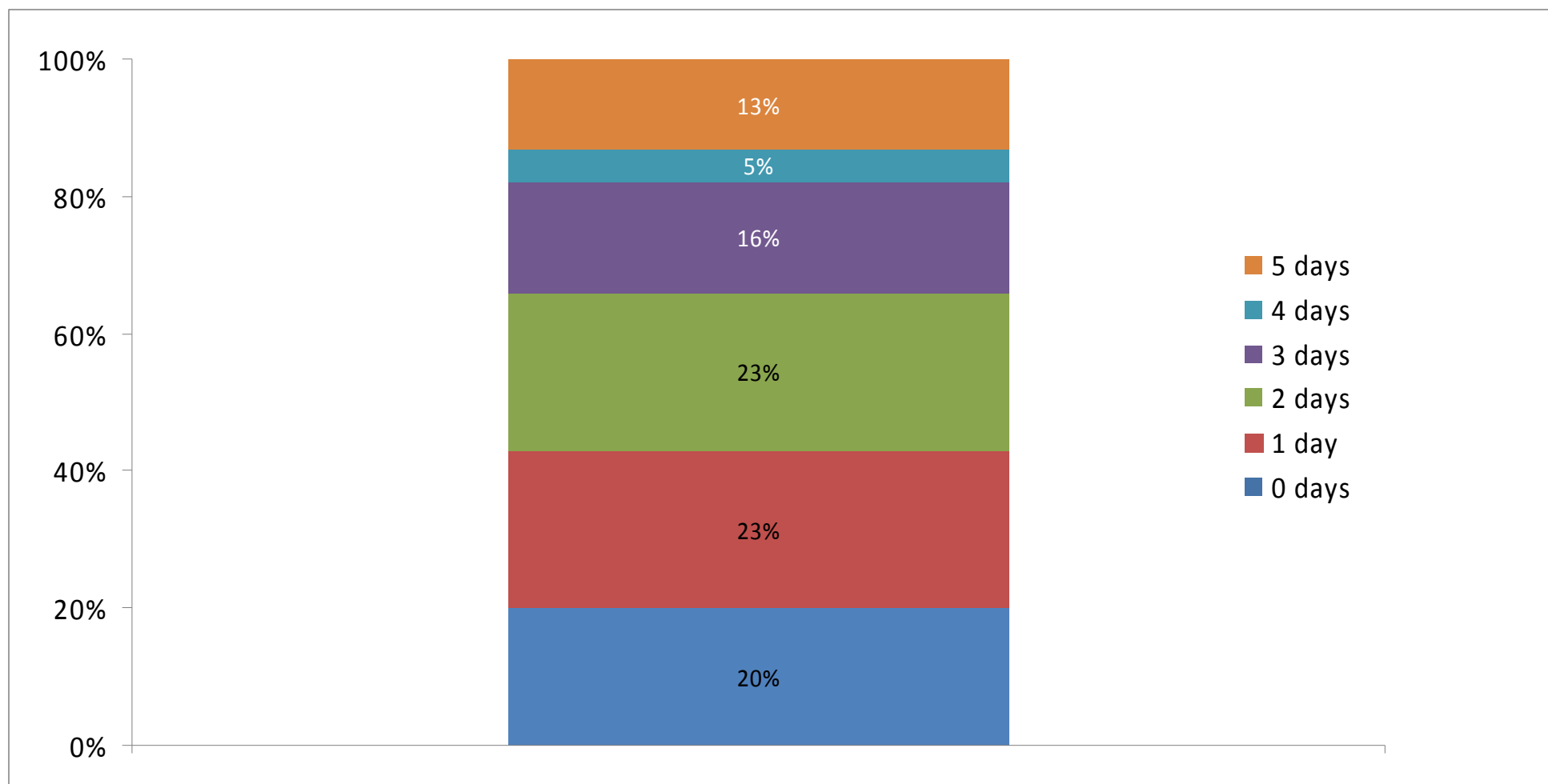
Please indicate whether or not each of the following staff members regularly supervises recess at your school: Principal and/or assistant principal



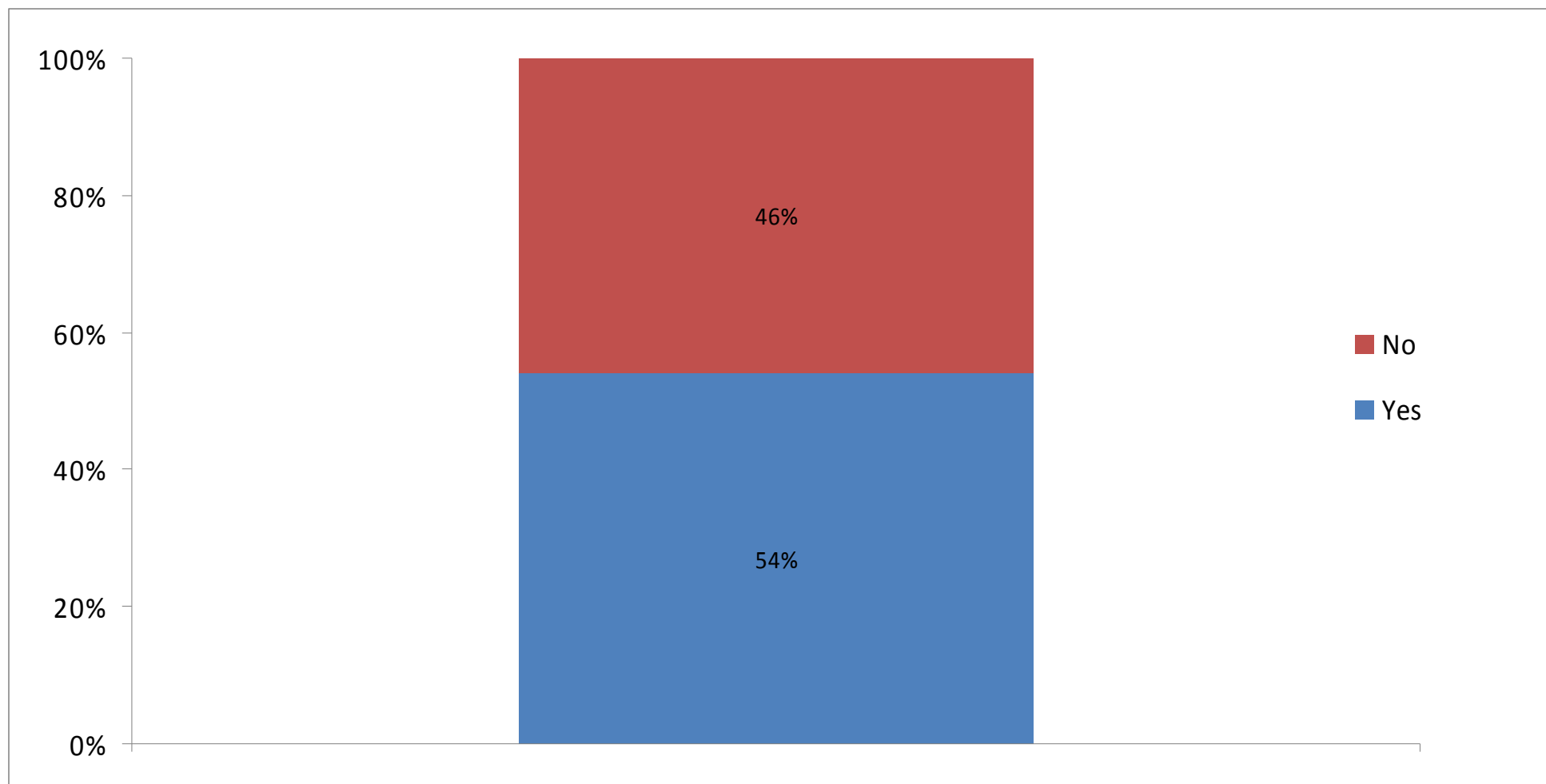
Please indicate whether or not each of the following staff members regularly supervises recess at your school: Parent volunteers



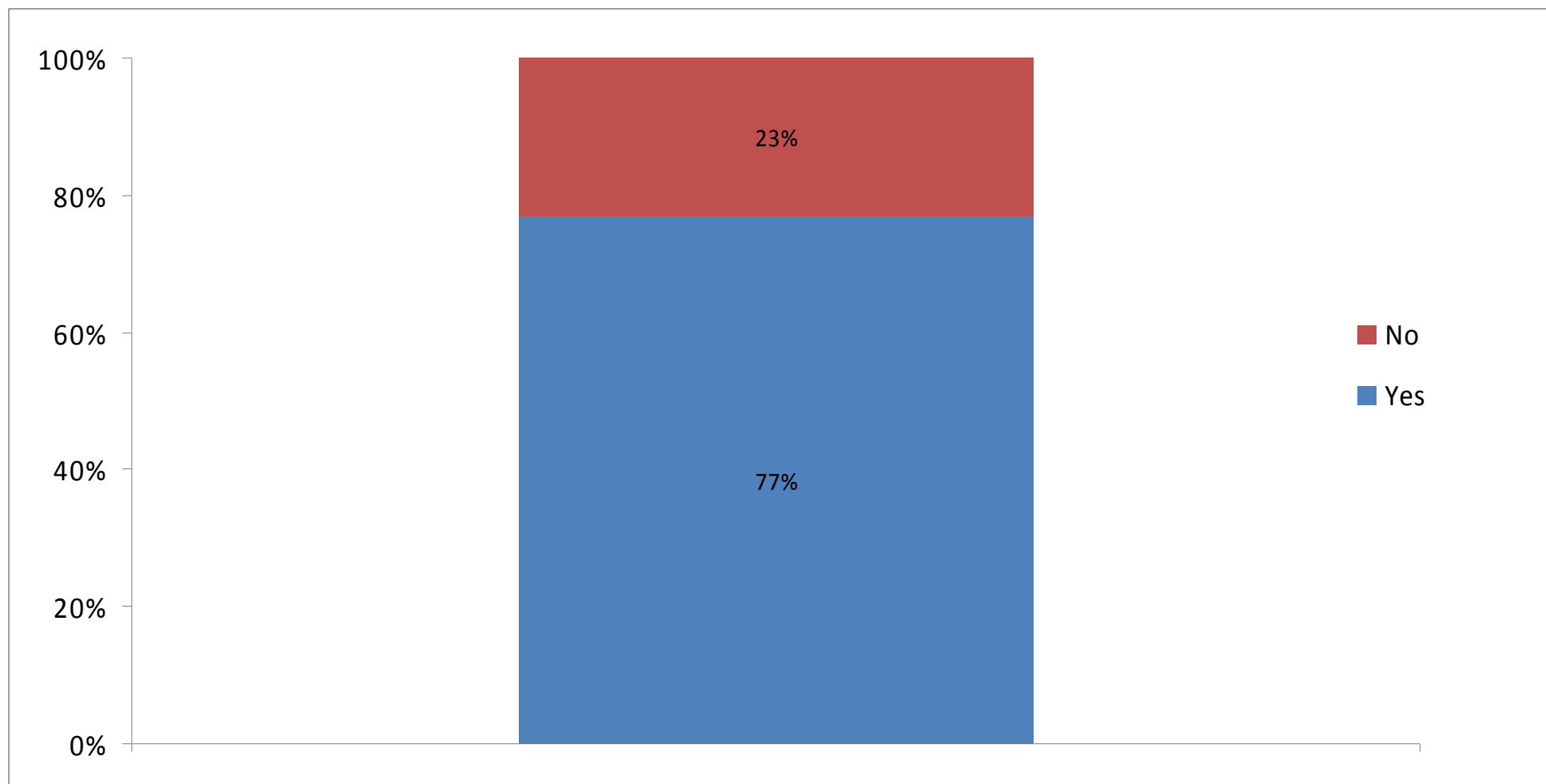
In the last week, how many days did you, yourself, observe recess at your school?



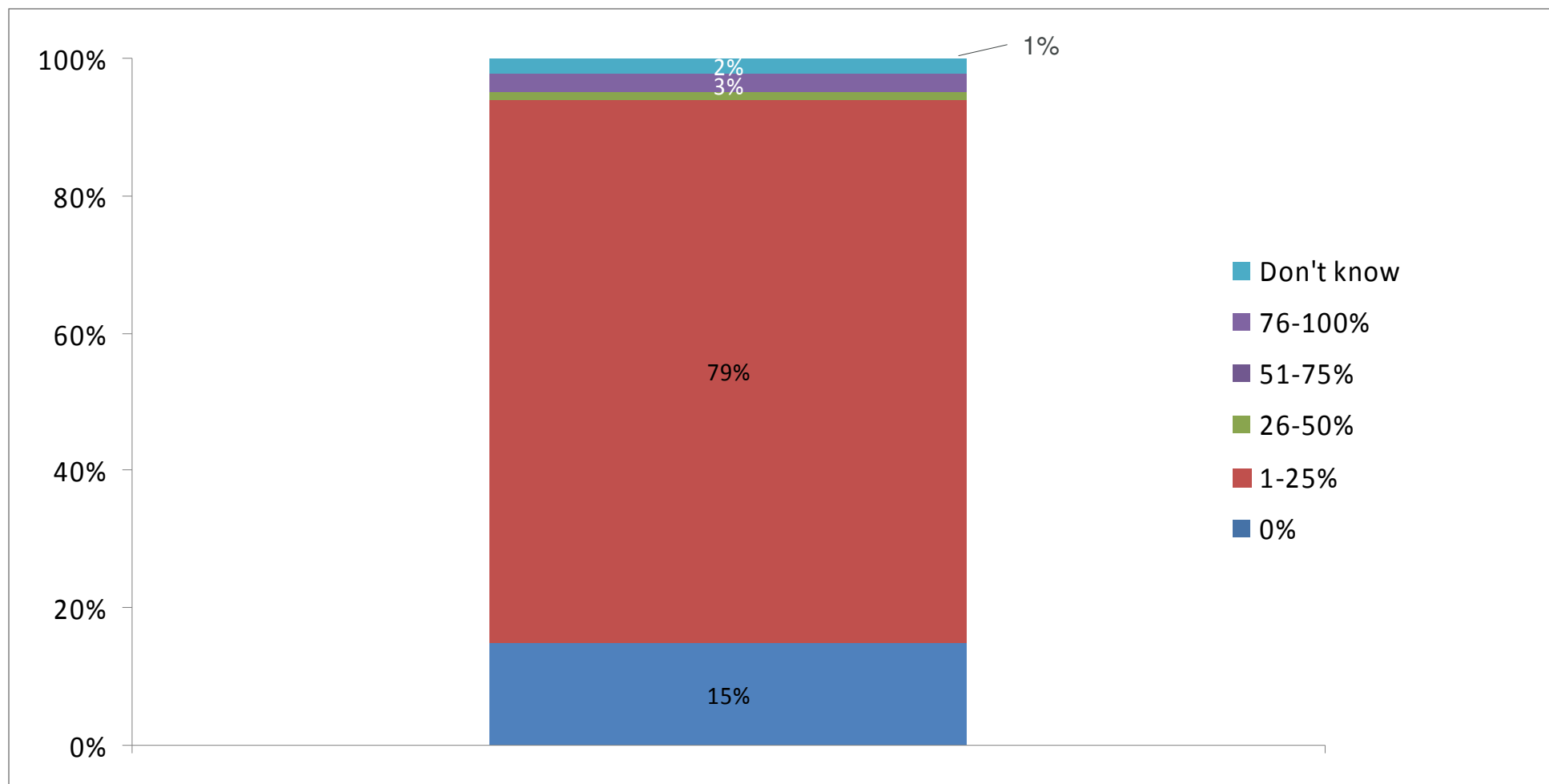
Please indicate whether recess is ever given as a reward or taken away as a punishment for classroom behavior at your school: Reward



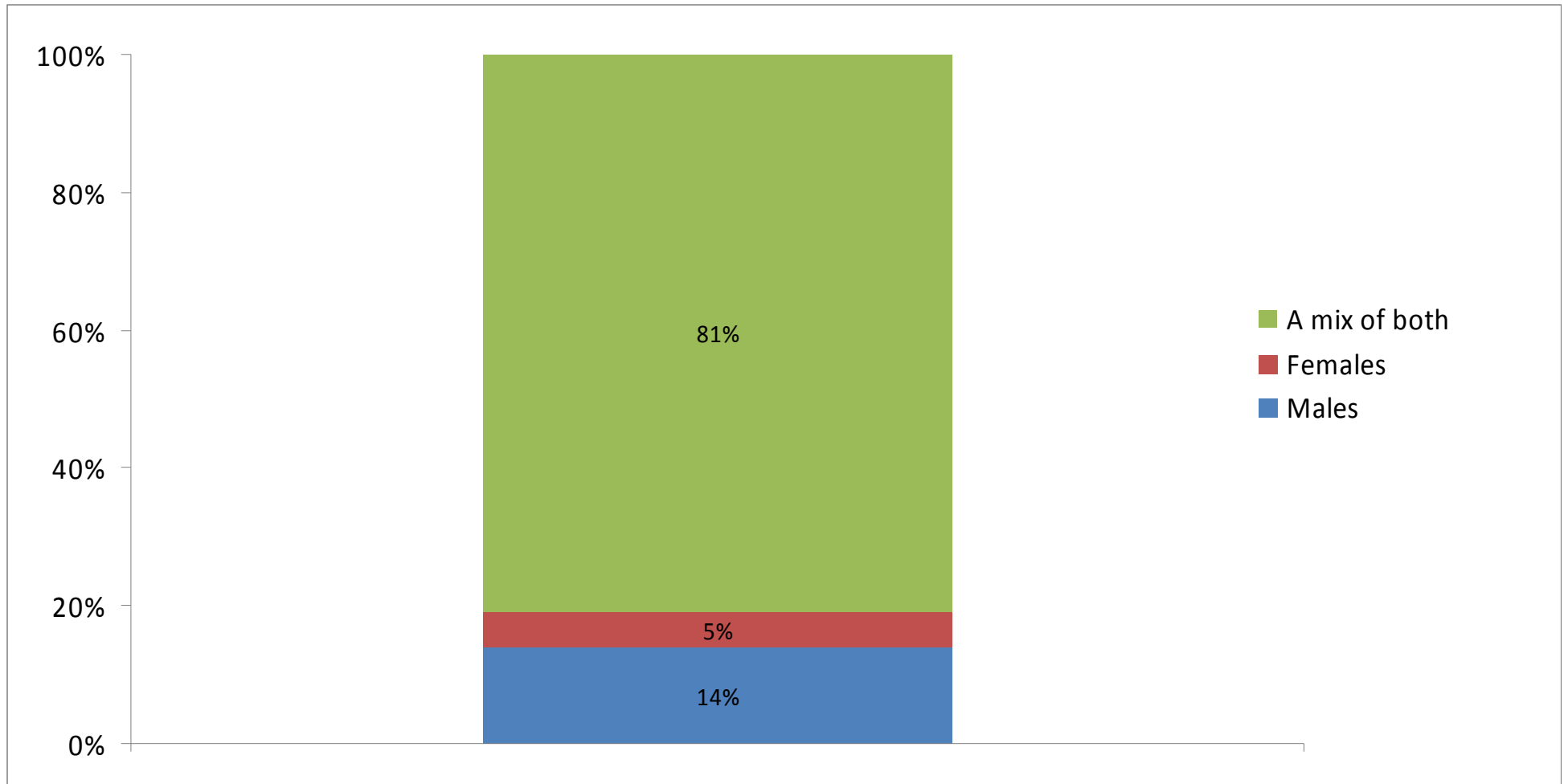
Please indicate whether recess is ever given as a reward or taken away as a punishment for classroom behavior at your school: Punishment



In a typical week's recess at your school, what percentage of the students do not actively participate in recess (i.e., students who stand on the sidelines)?



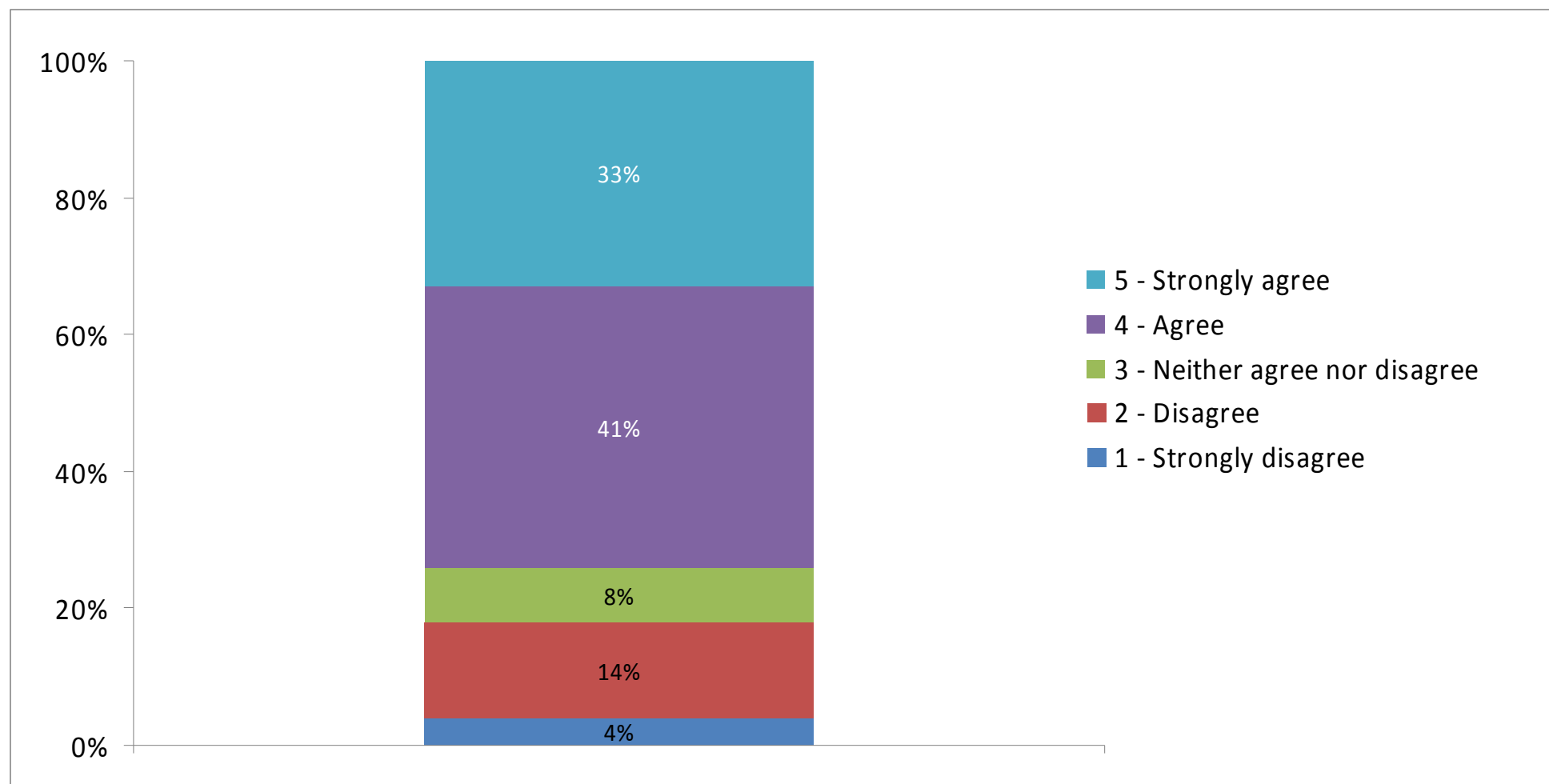
Among the students who do not actively participate, are the non-participants mostly...?



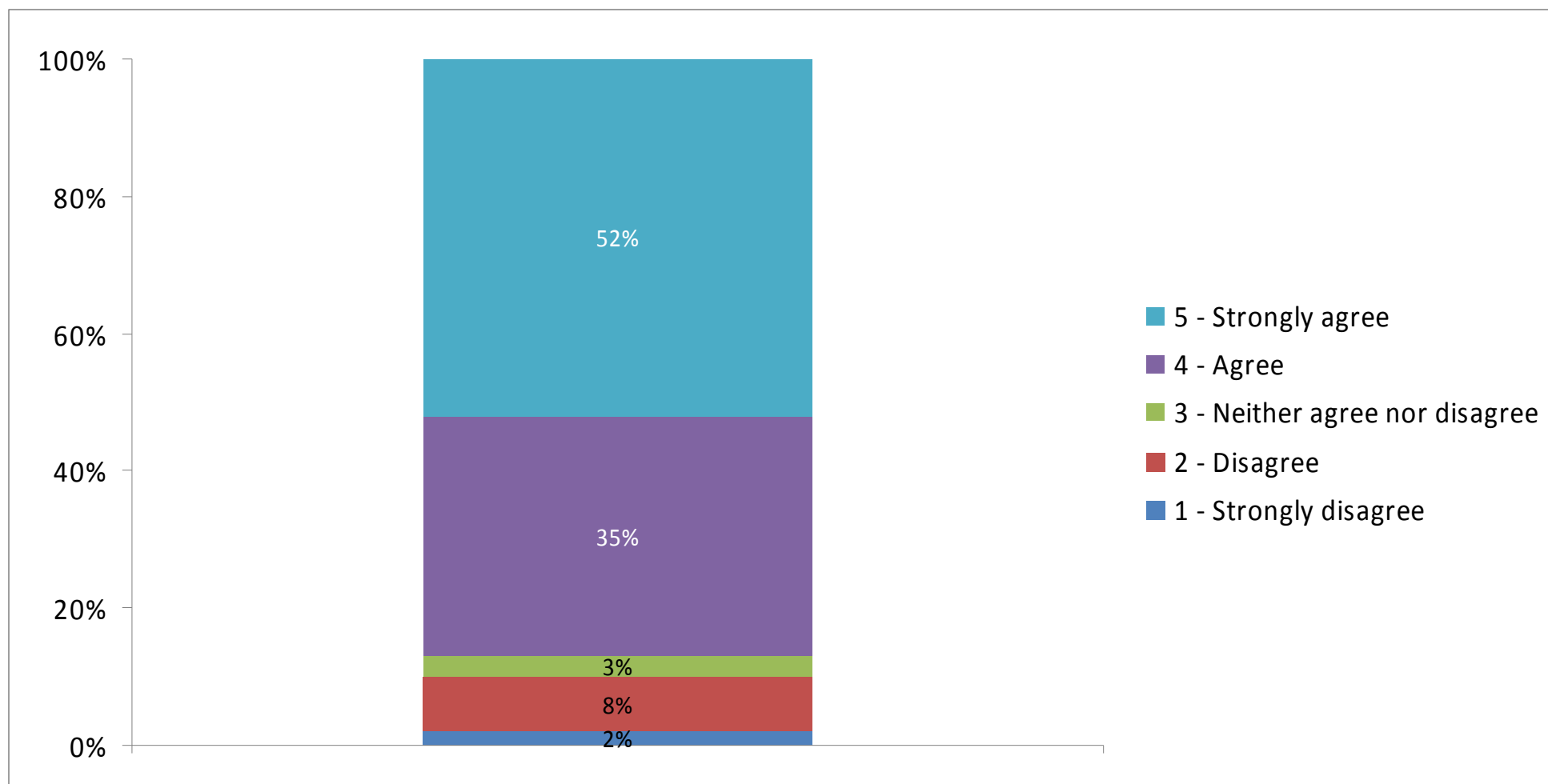
COMPLETE FINDINGS BY QUESTION

Section 5: Recess Resources

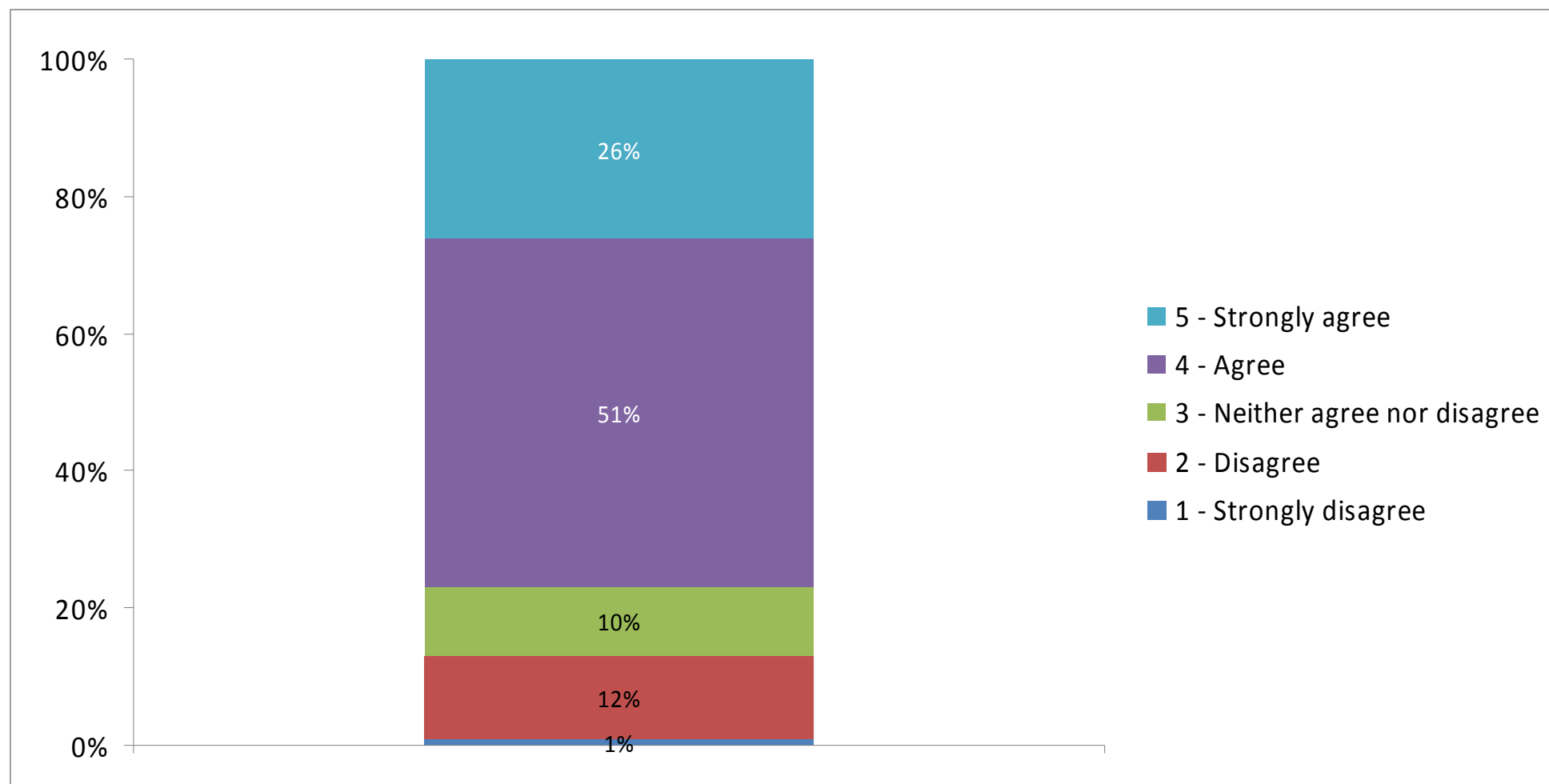
Please indicate how much you agree or disagree with each of the following statements about recess at your school. My school: Has adequate recess or playground equipment.



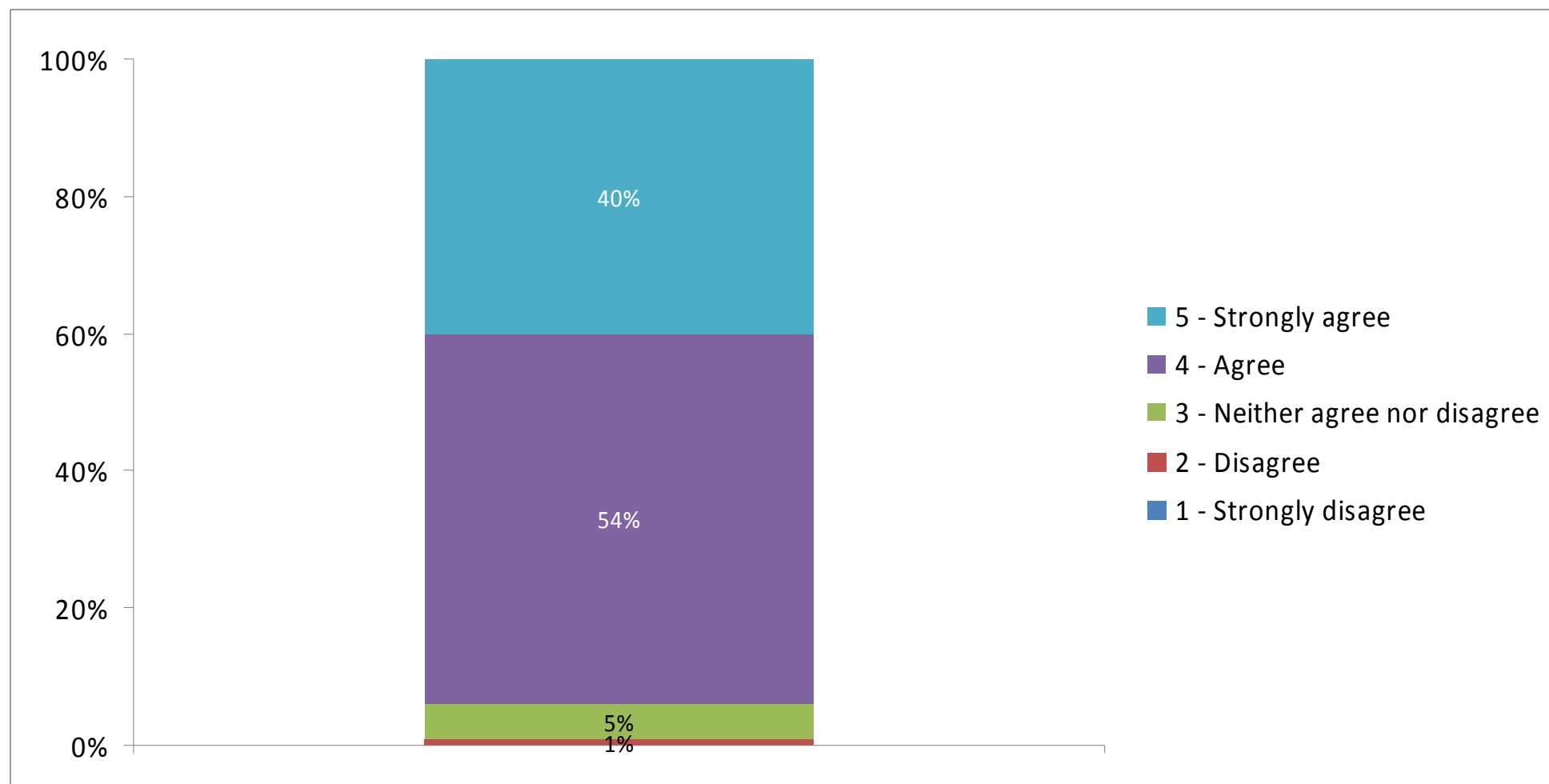
Please indicate how much you agree or disagree with each of the following statements about recess at your school. My school: Has adequate recess or playground space.



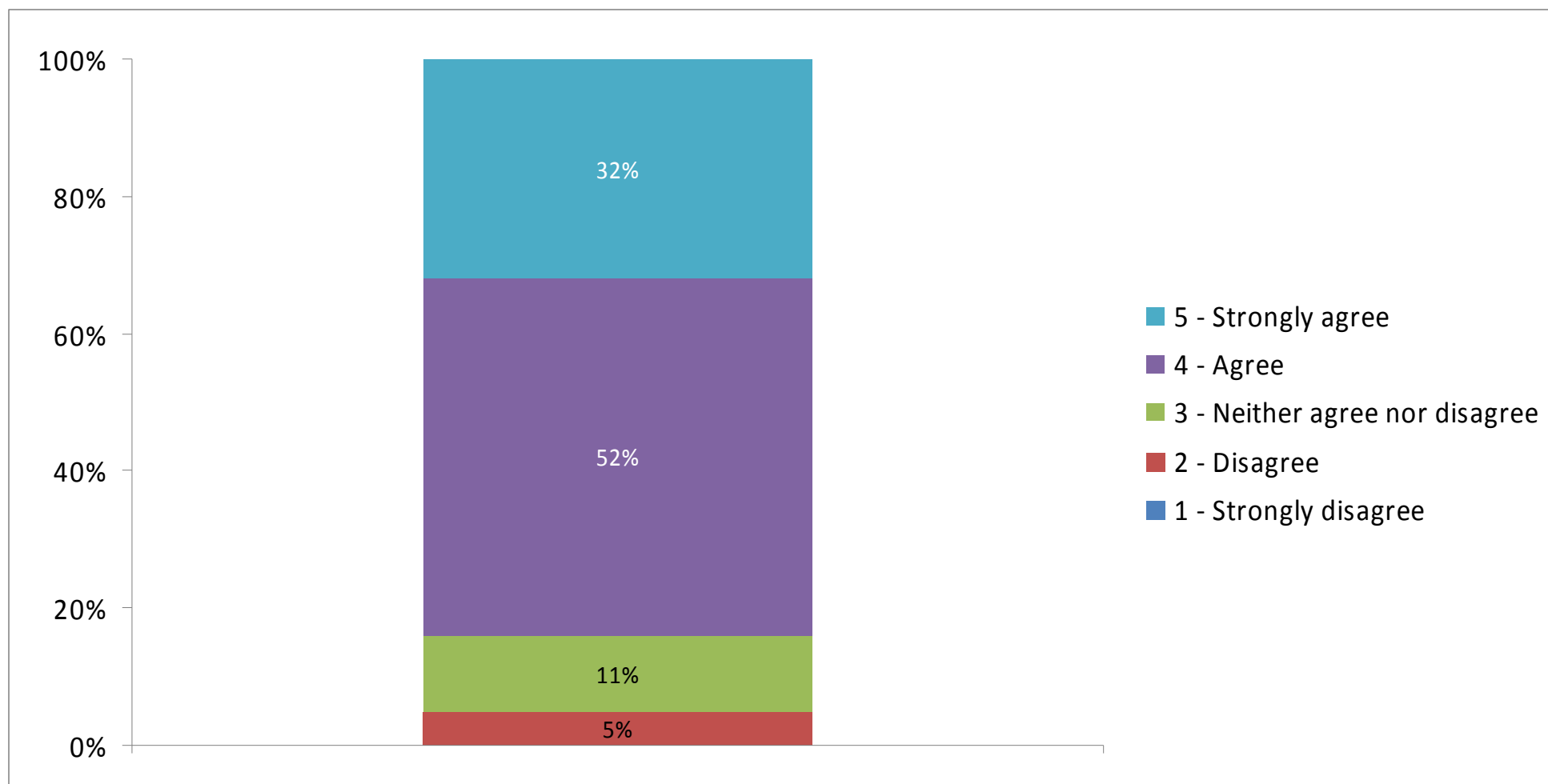
Please indicate how much you agree or disagree with each of the following statements about recess at your school. My school: Has a sufficient number of adults supervising recess.



Please indicate how much you agree or disagree with each of the following statements about recess at your school. My school: Keeps students safe from physical danger while at recess.



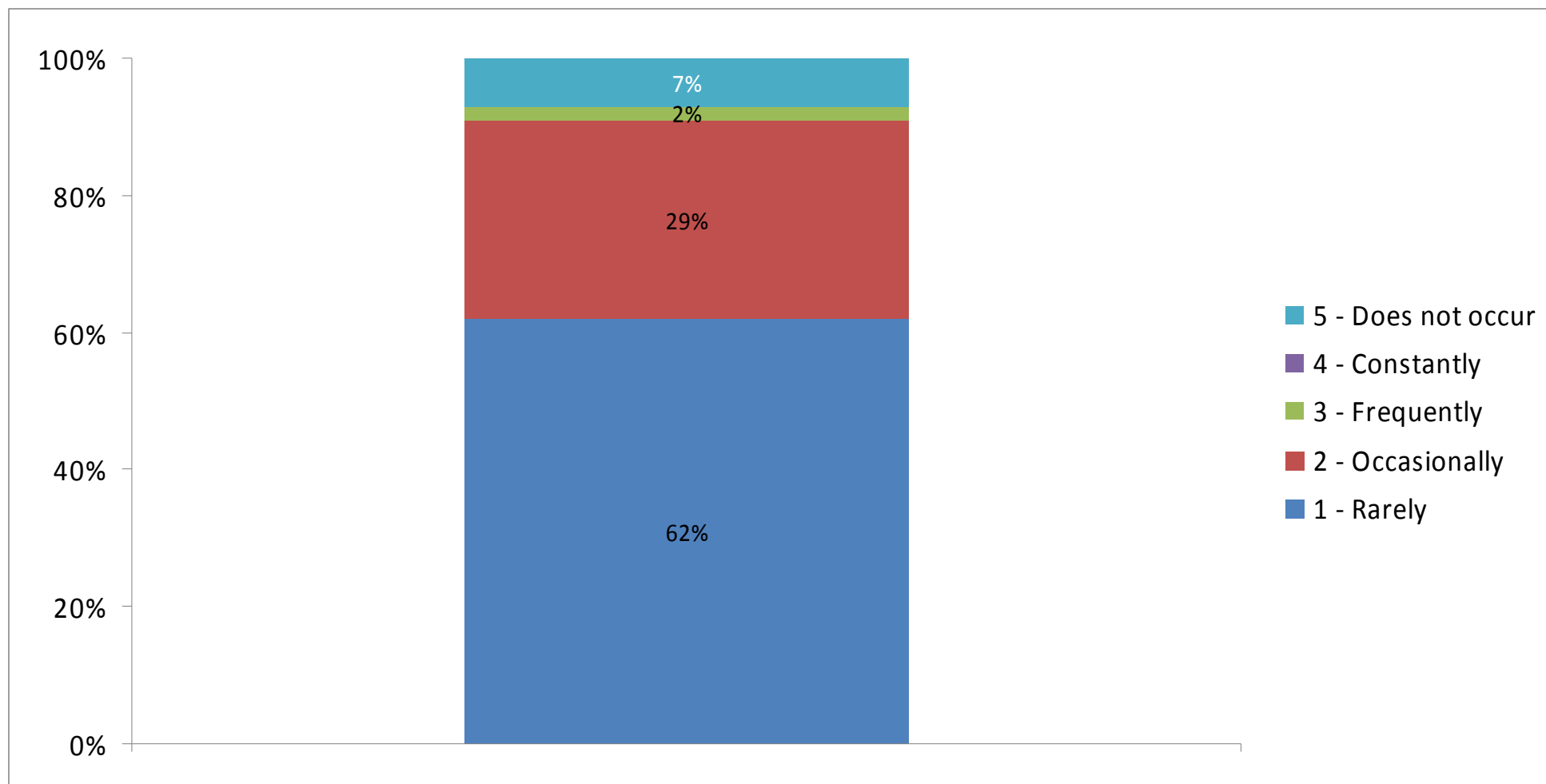
Please indicate how much you agree or disagree with each of the following statements about recess at your school. My school: Has properly trained adults supervising recess.



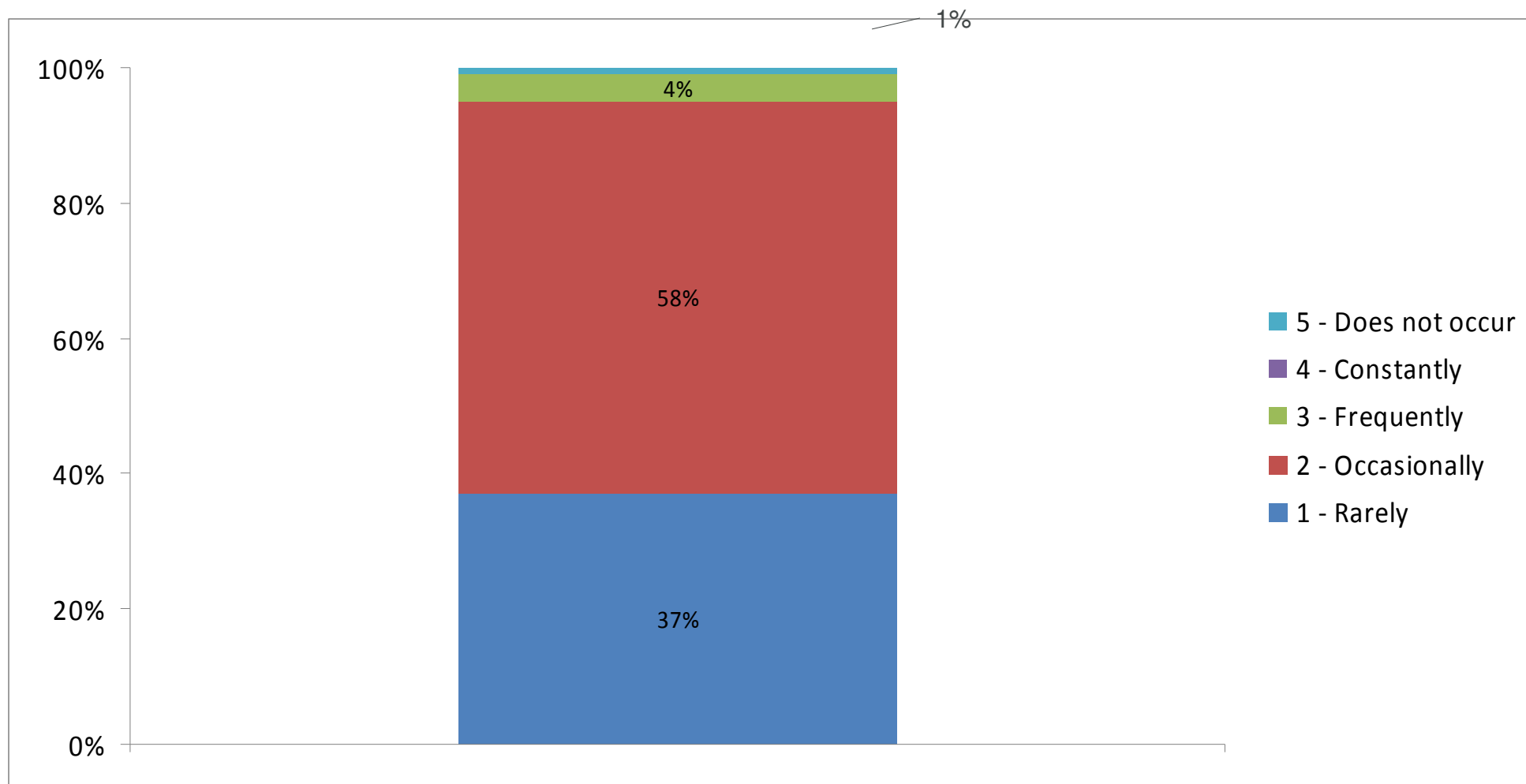
COMPLETE FINDINGS BY QUESTION

Section 6: Recess Behaviors

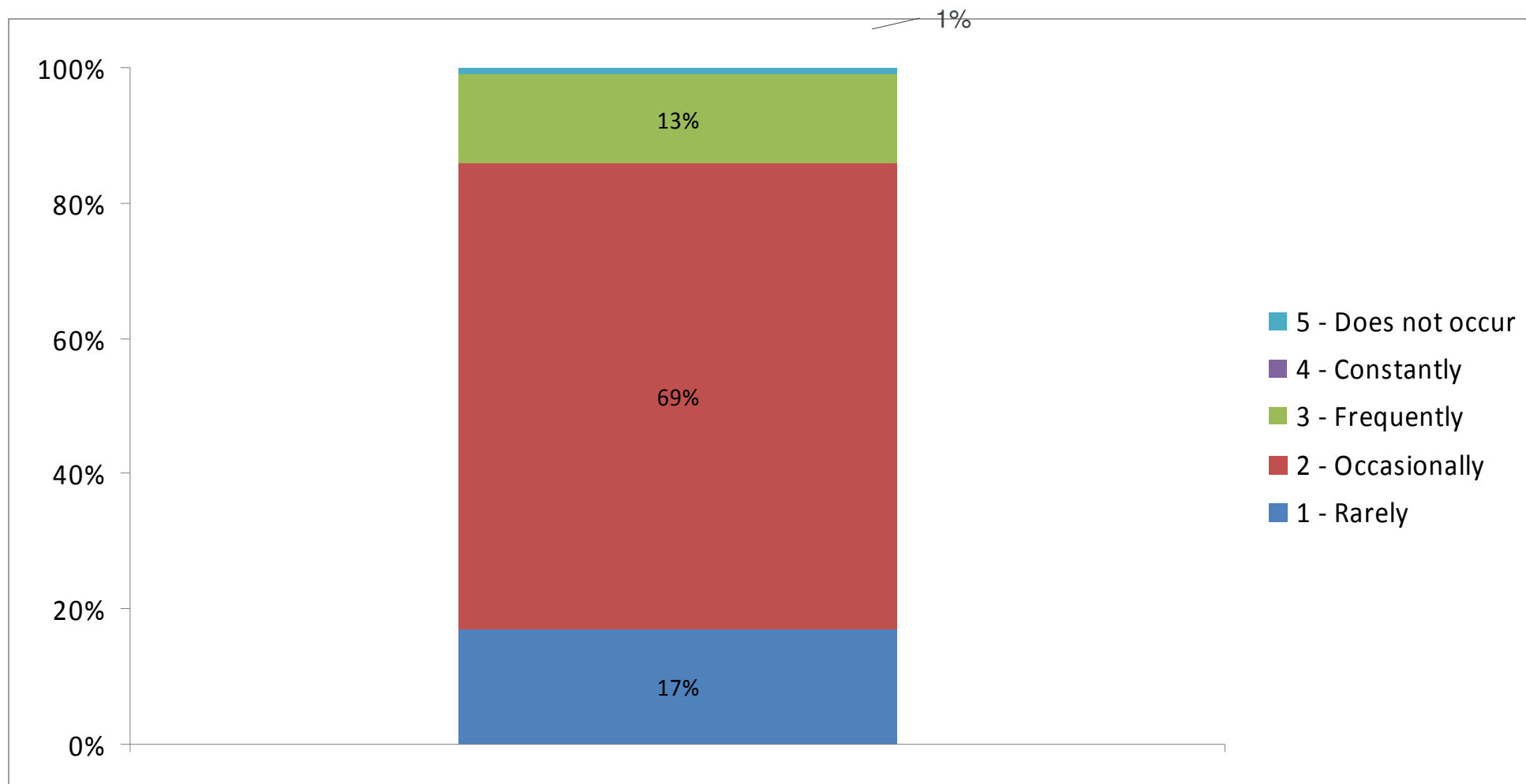
Please indicate how often each of the following behaviors occurs during an average recess period: Fighting



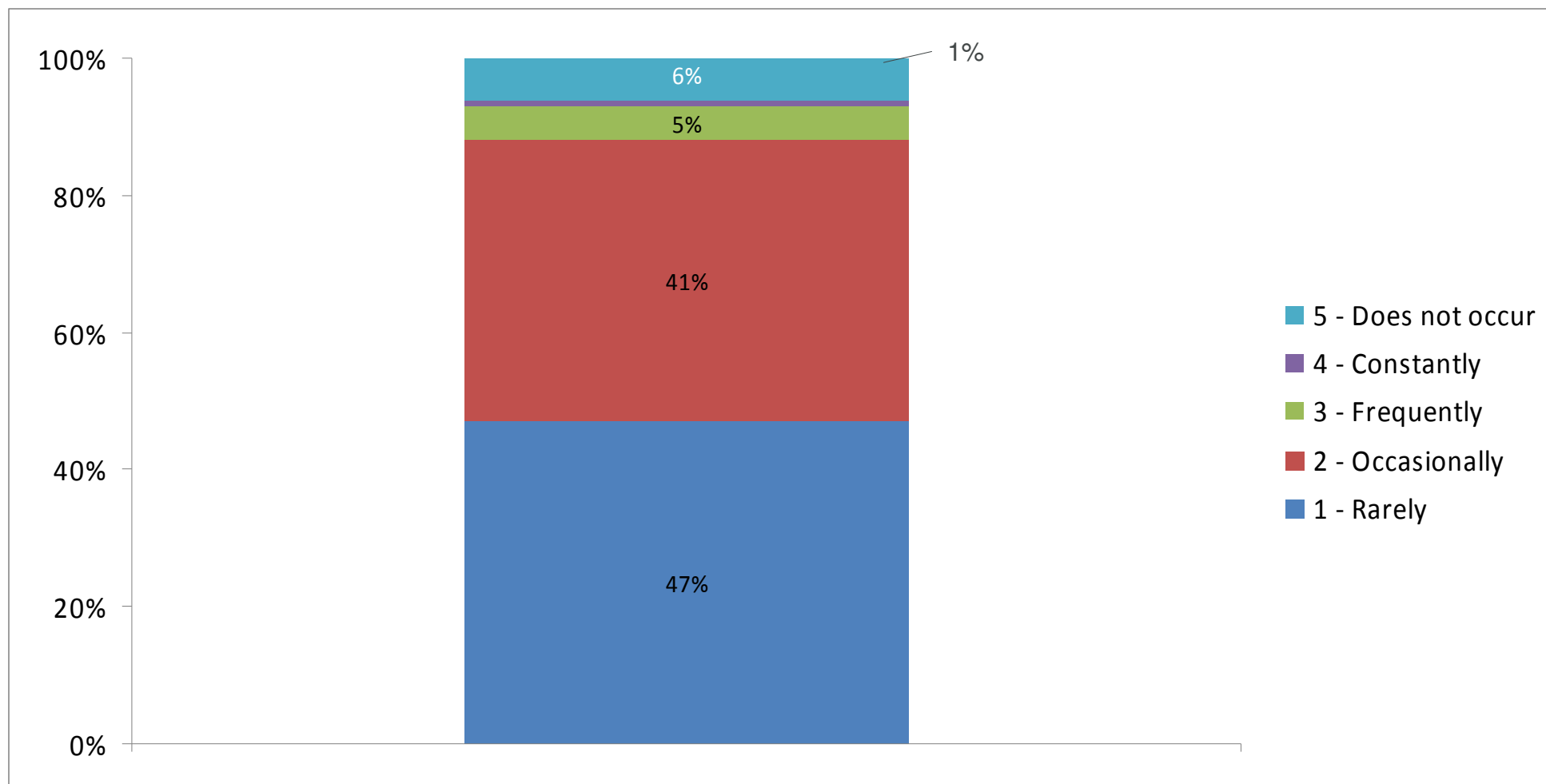
Please indicate how often each of the following behaviors occurs during an average recess period: Bullying



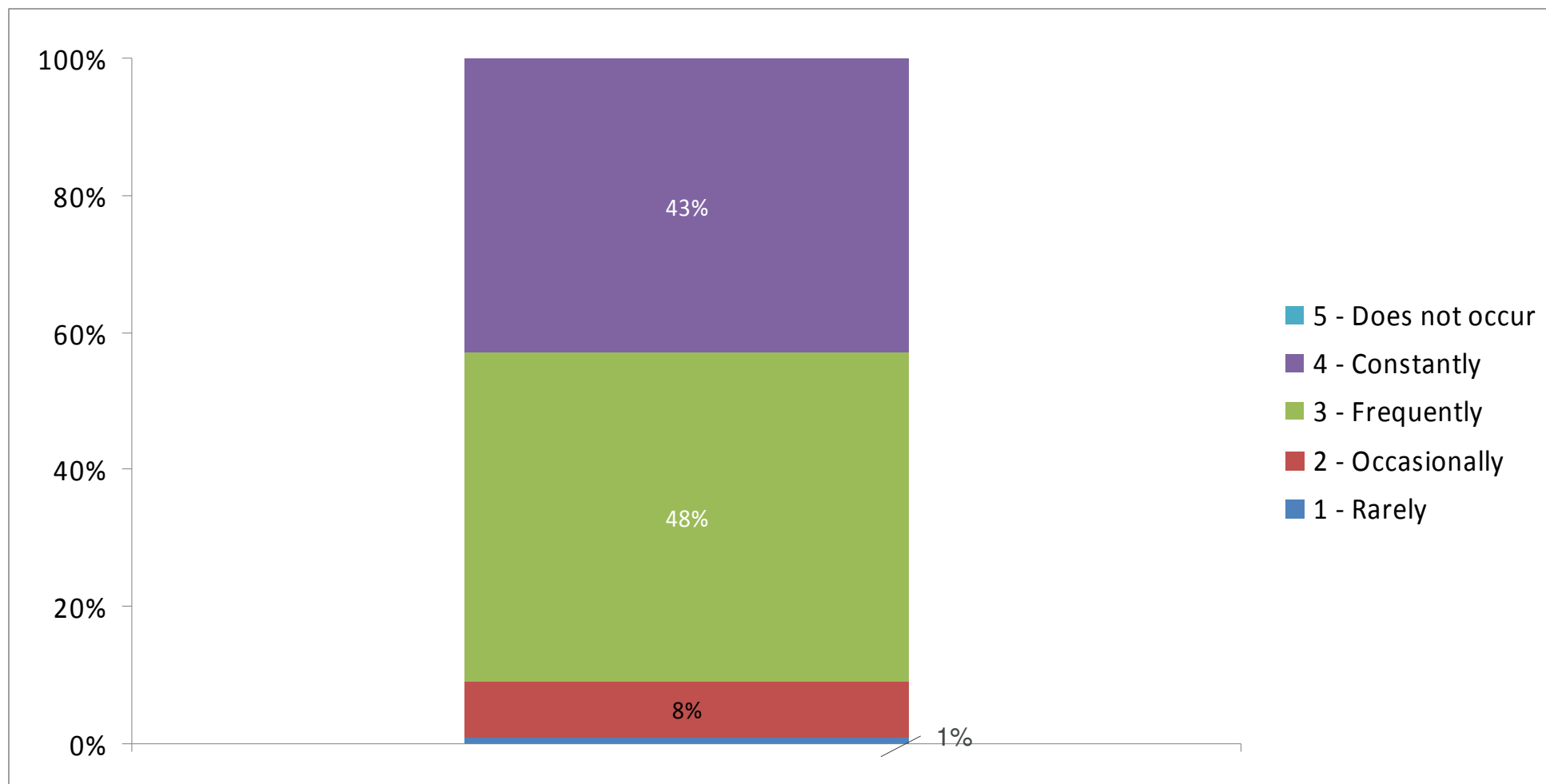
Please indicate how often each of the following behaviors occurs during an average recess period: Teasing



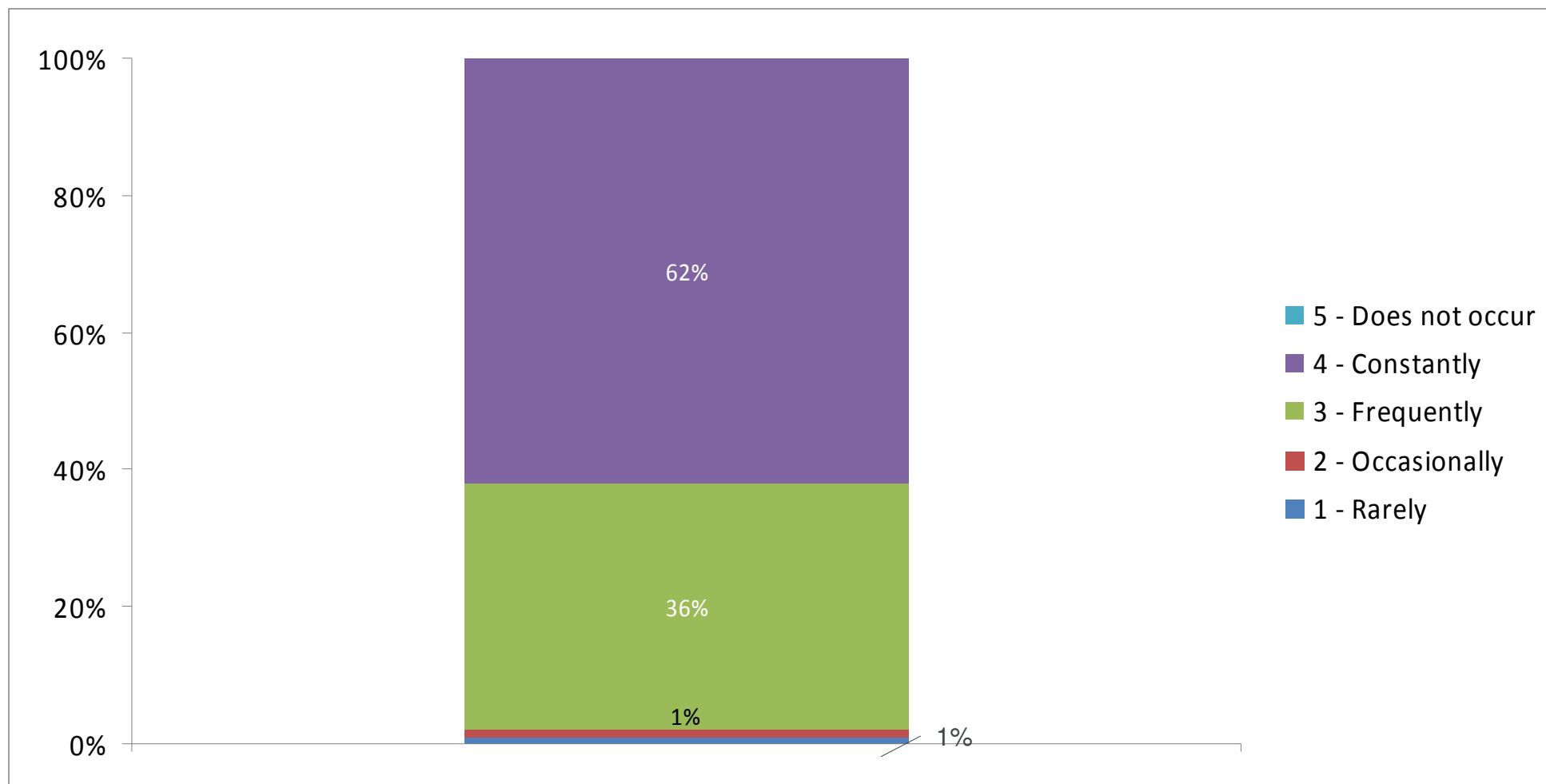
Please indicate how often each of the following behaviors occurs during an average recess period: Boredom



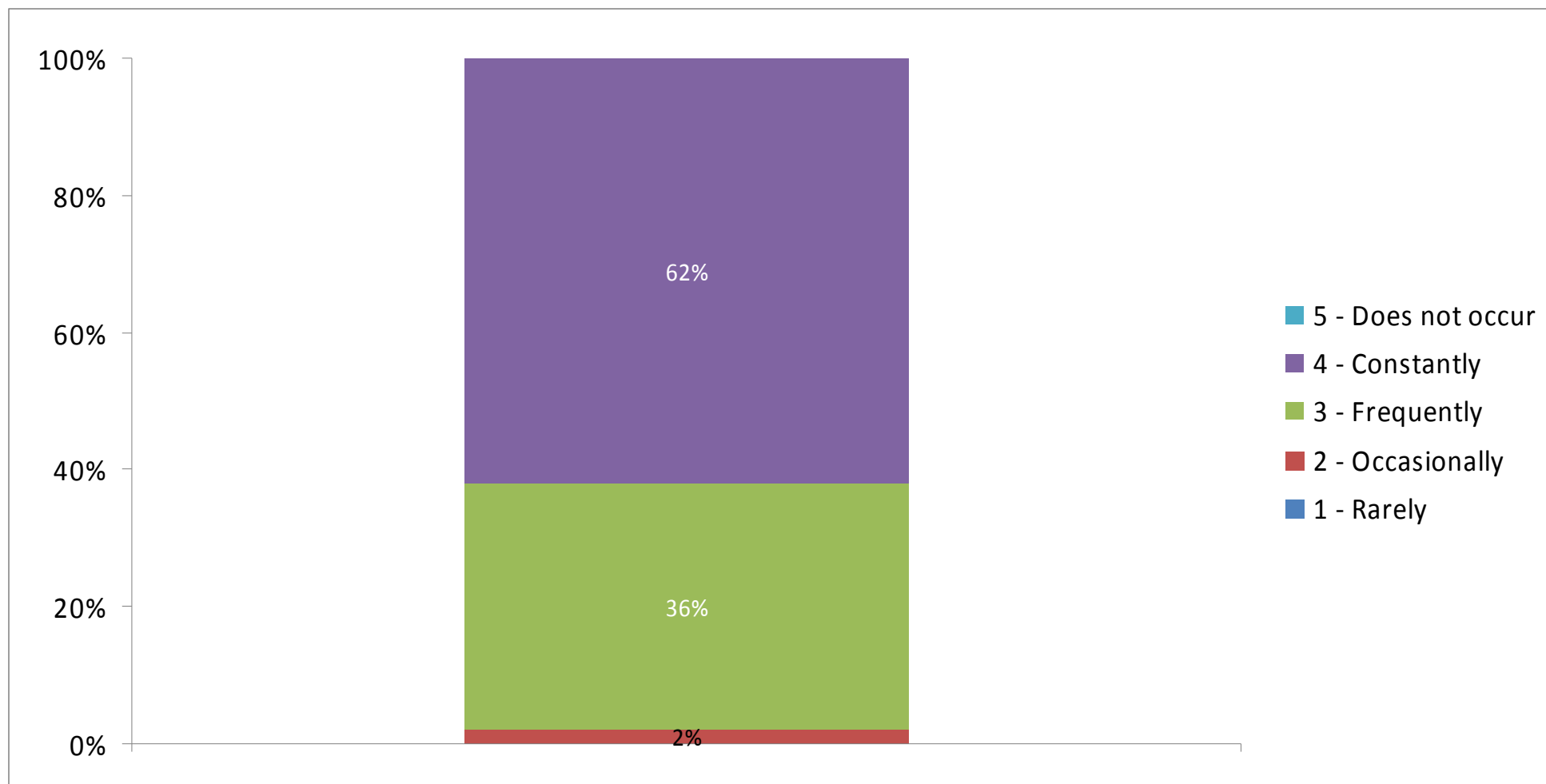
Please indicate how often each of the following behaviors occurs during an average recess period: Team Play/Sharing



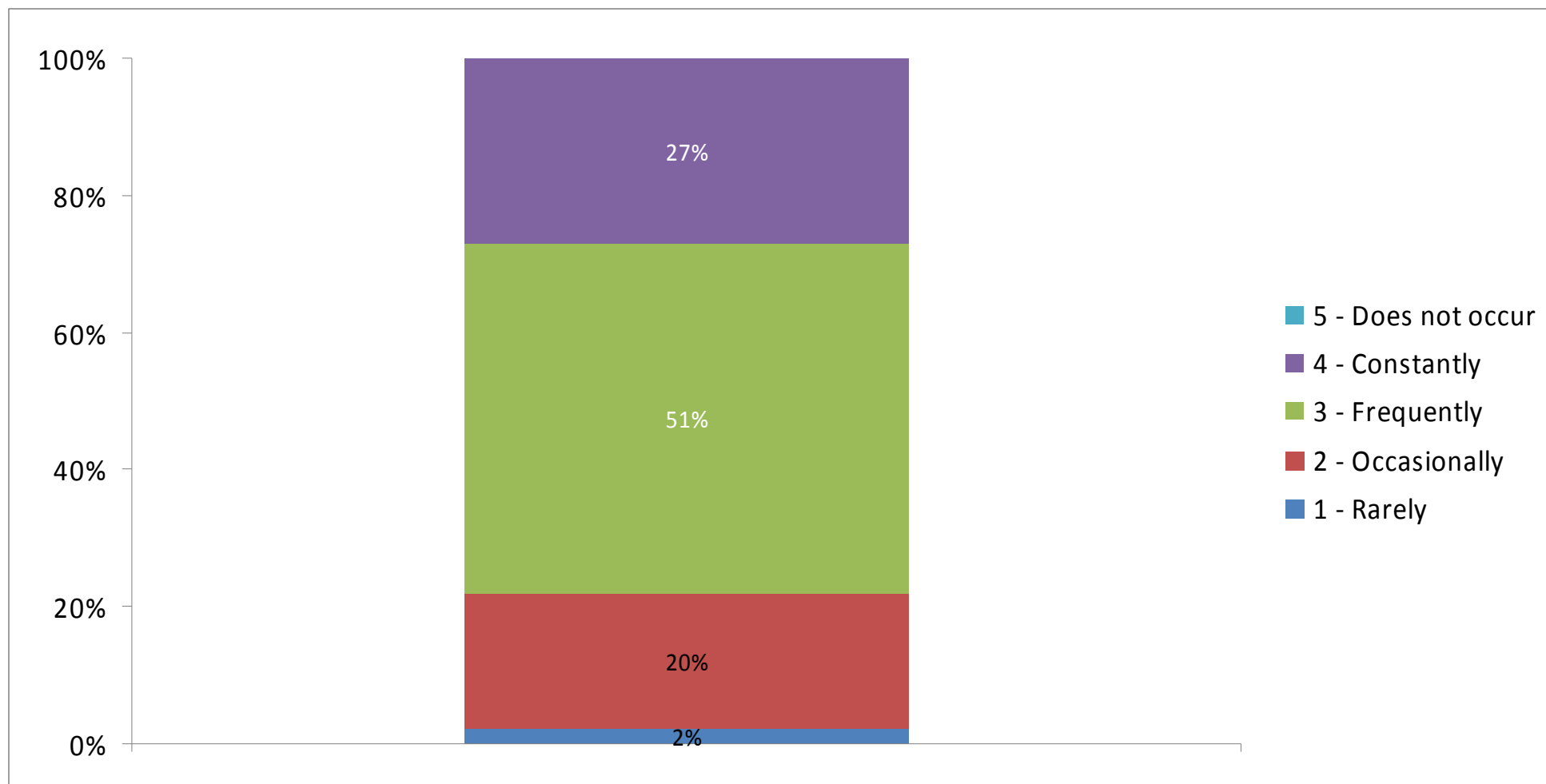
Please indicate how often each of the following behaviors occurs during an average recess period: Laughing



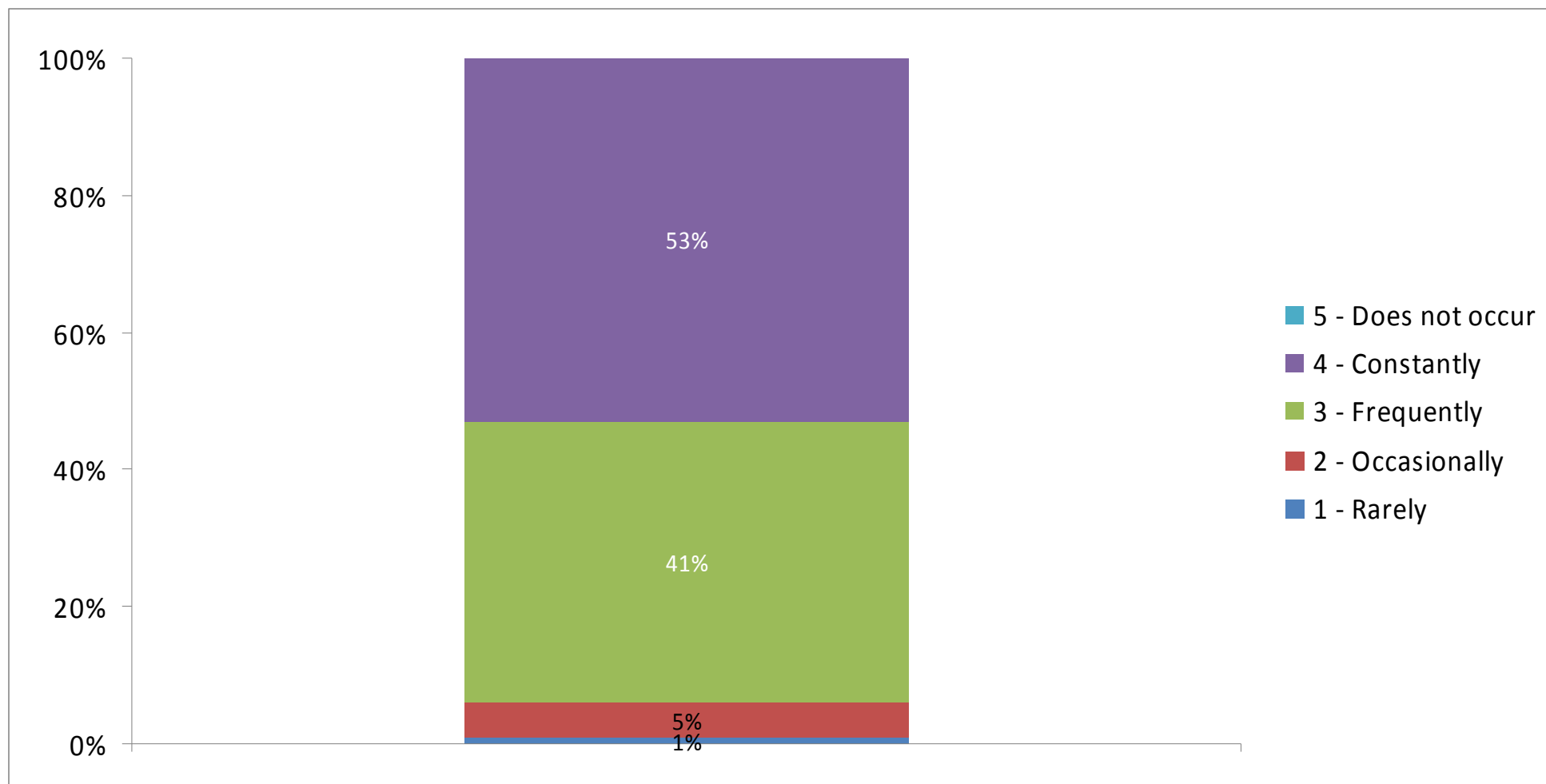
Please indicate how often each of the following behaviors occurs during an average recess period: Socializing with the same sex



Please indicate how often each of the following behaviors occurs during an average recess period: Socializing with the opposite sex



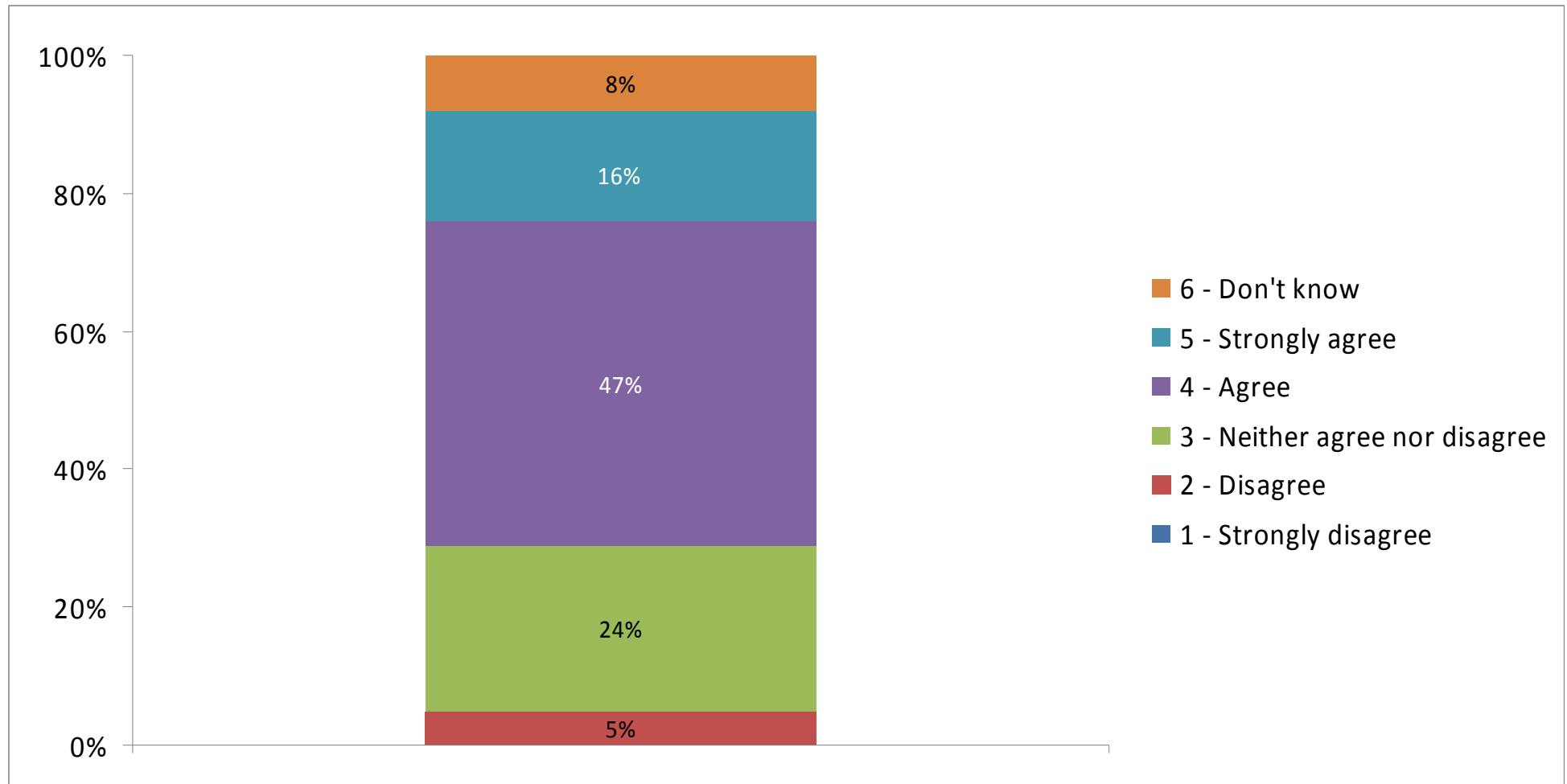
Please indicate how often each of the following behaviors occurs during an average recess period: Physical exercise



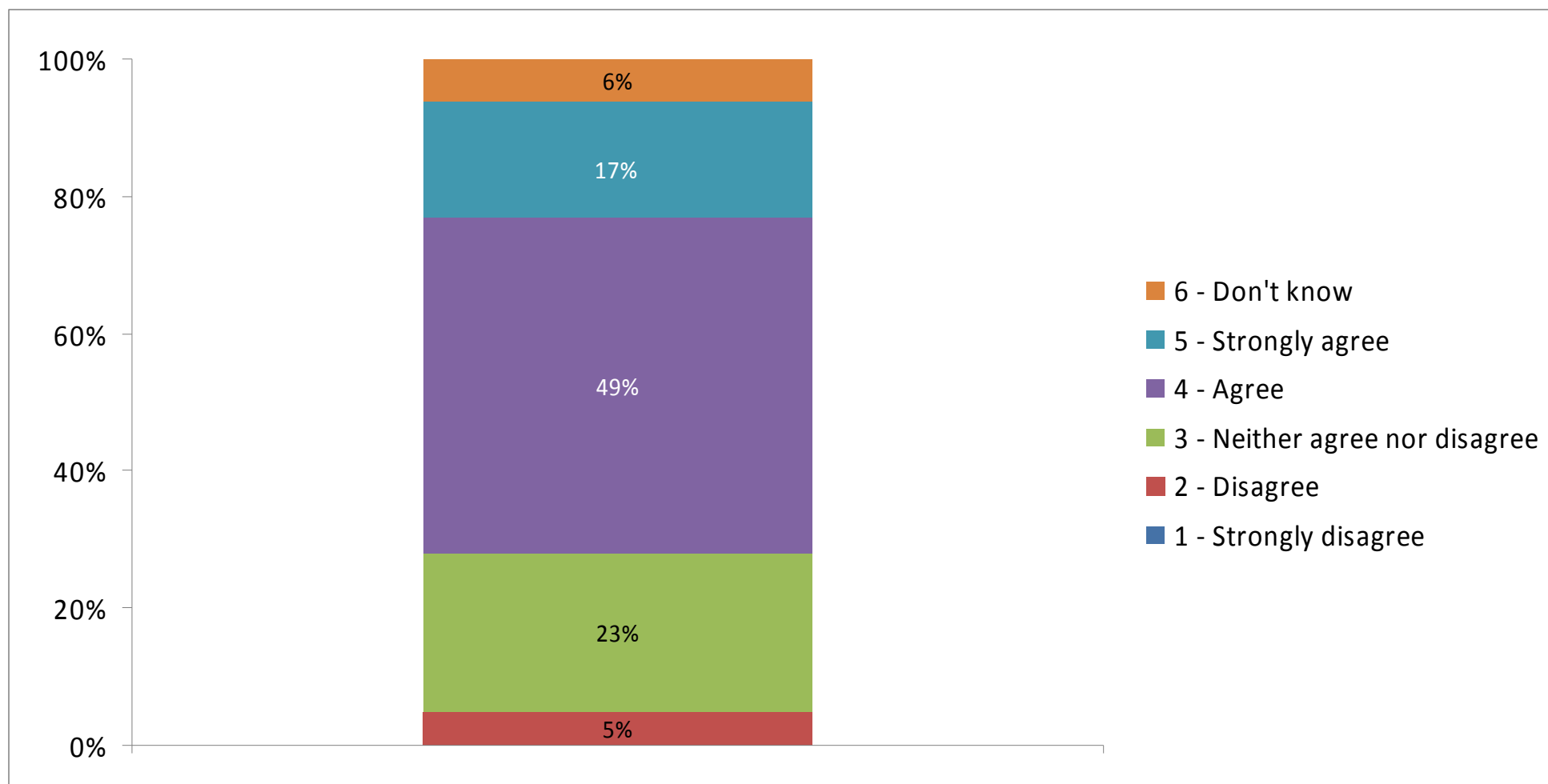
COMPLETE FINDINGS BY QUESTION

Section 7: Post Recess Behaviors

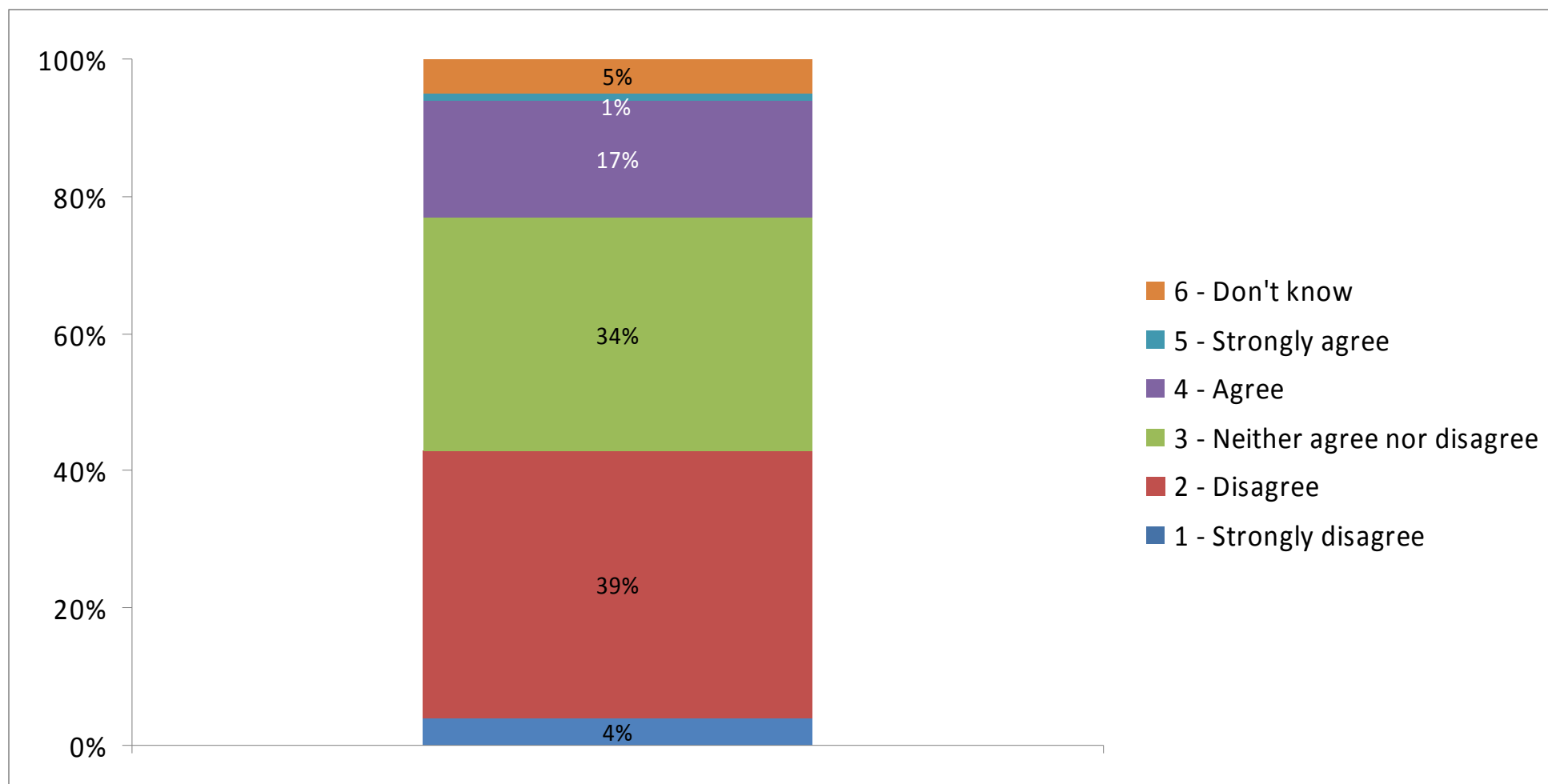
In general, please indicate how much you agree or disagree with each of the following behaviors that may occur after students' participation in recess: Students listen better when returning to class.



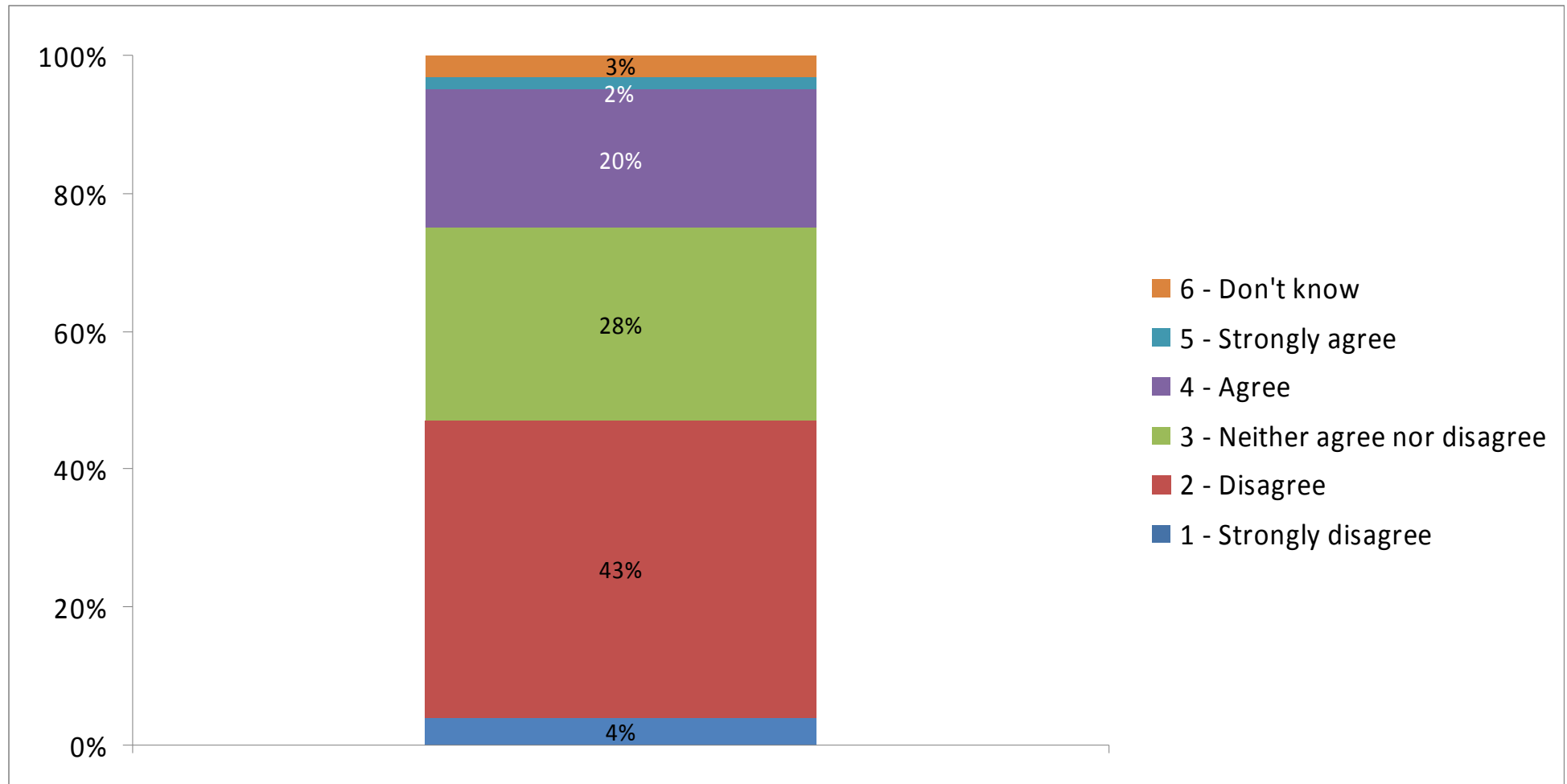
In general, please indicate how much you agree or disagree with each of the following behaviors that may occur after students' participation in recess: Students are more focused.



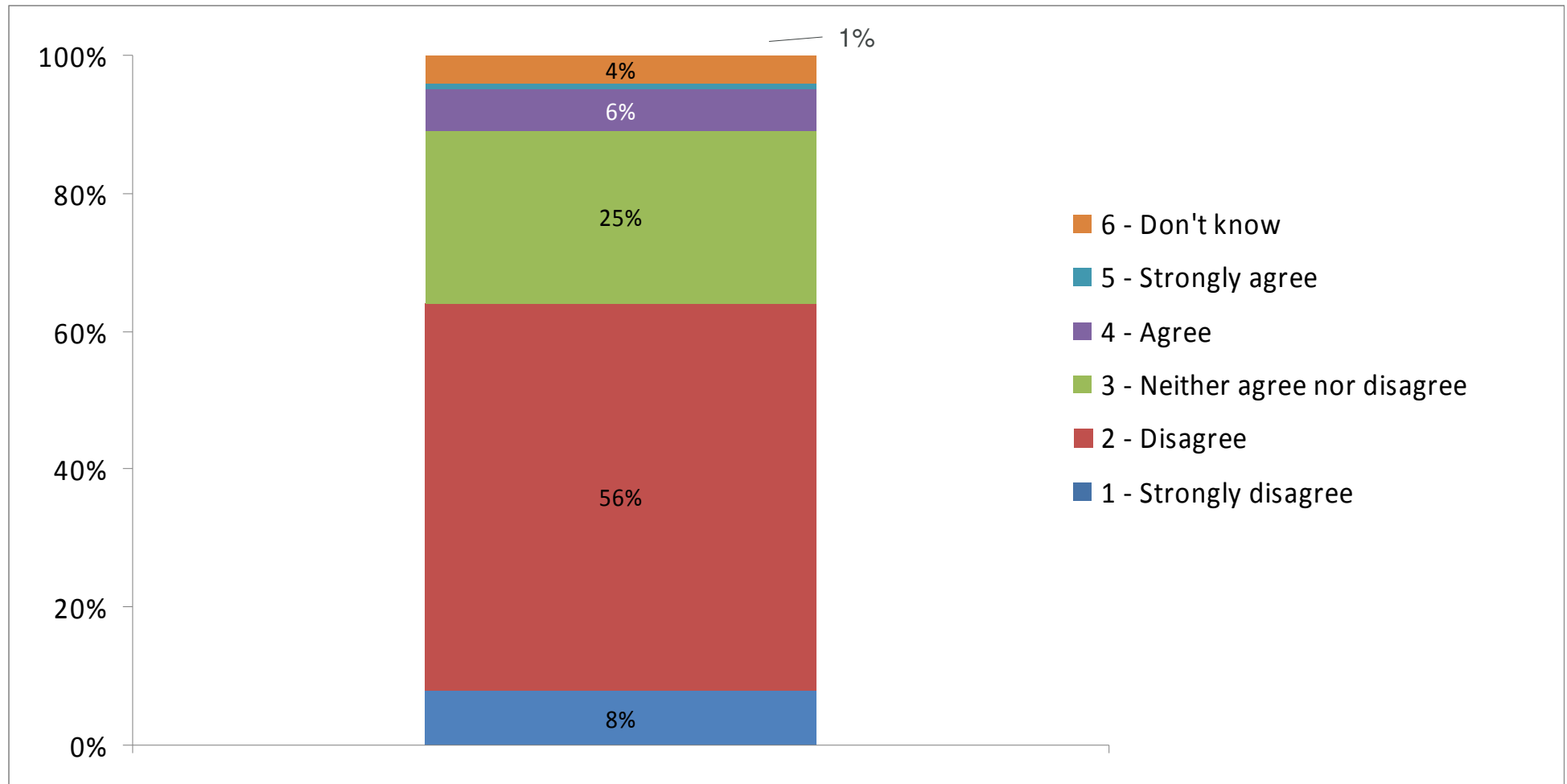
In general, please indicate how much you agree or disagree with each of the following behaviors that may occur after students' participation in recess: Students are tired.



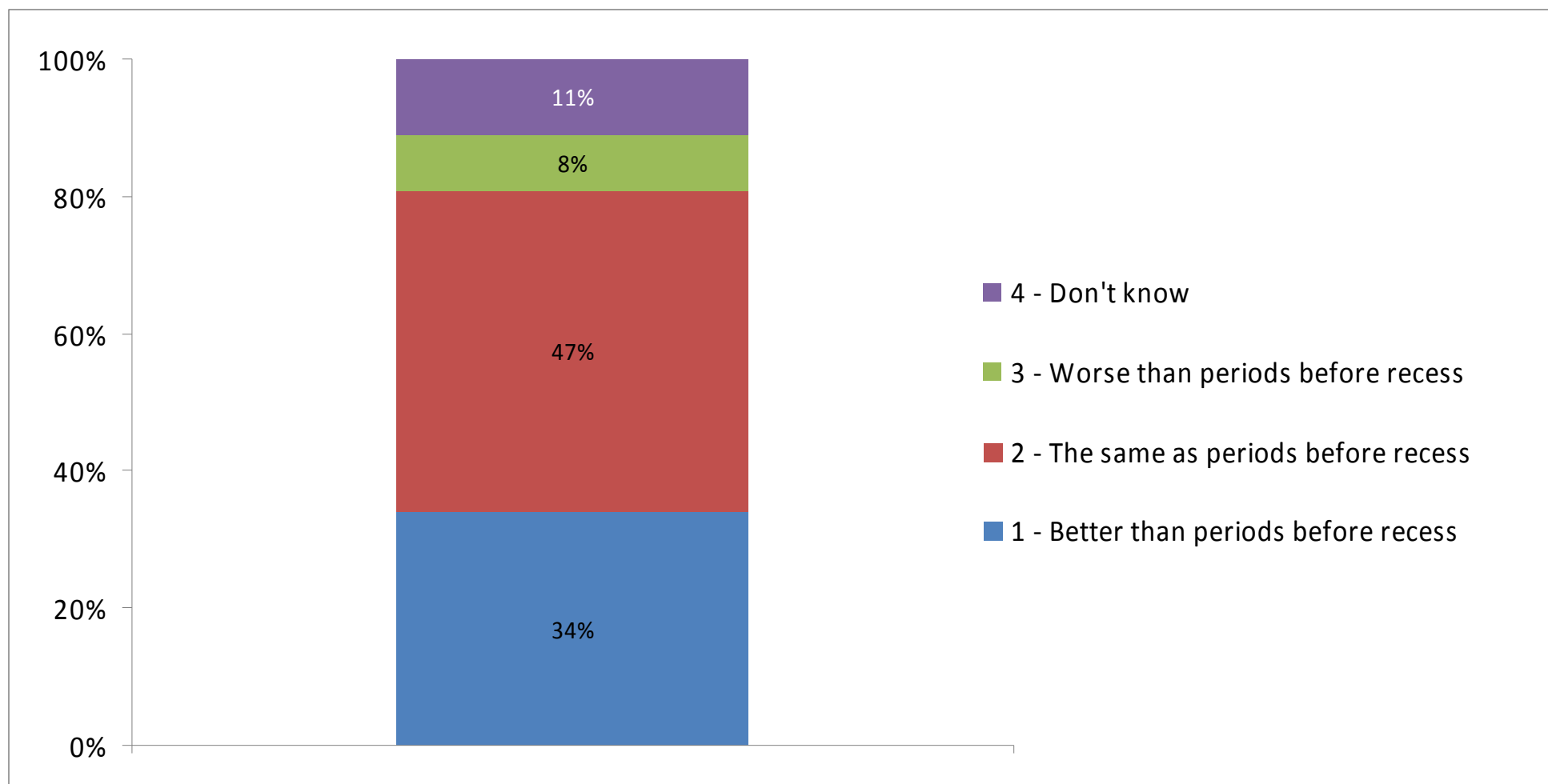
In general, please indicate how much you agree or disagree with each of the following behaviors that may occur after students' participation in recess: Students have a hard time settling down.



In general, please indicate how much you agree or disagree with each of the following behaviors that may occur after students' participation in recess: Students are distracted from class work.



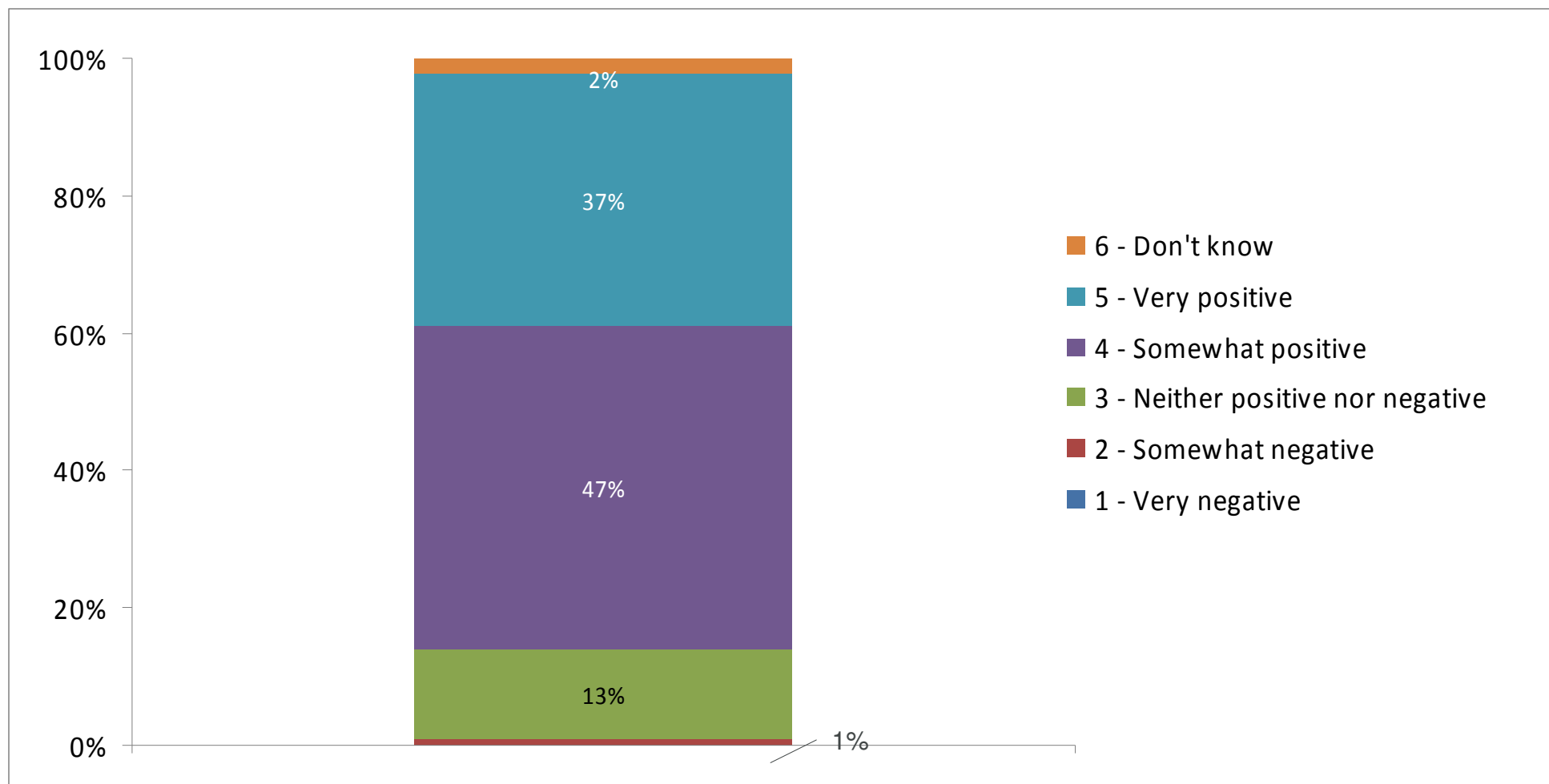
Overall, how would you describe classroom behavior after a recess period?



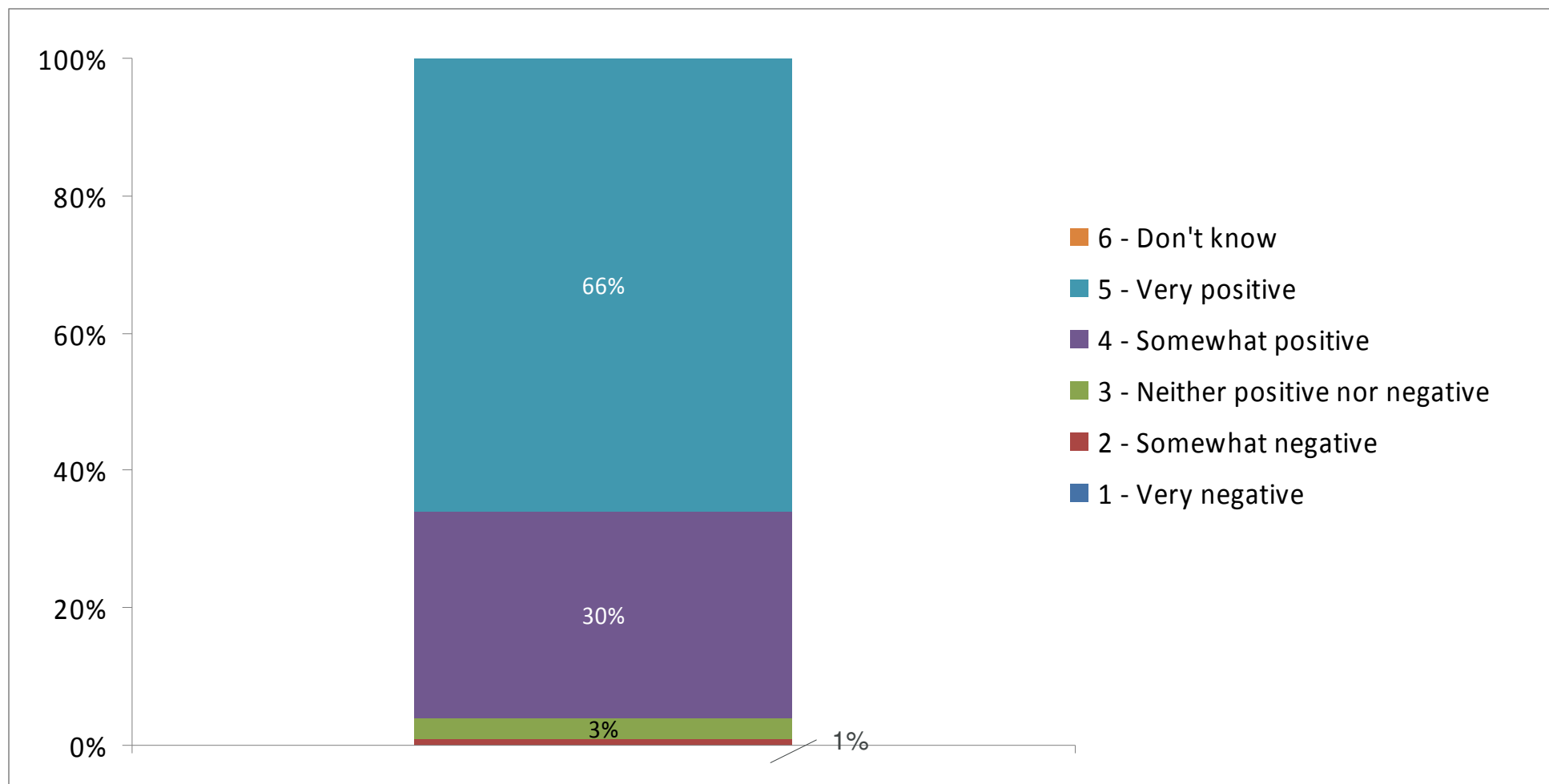
COMPLETE FINDINGS BY QUESTION

Section 8: Impact of Recess

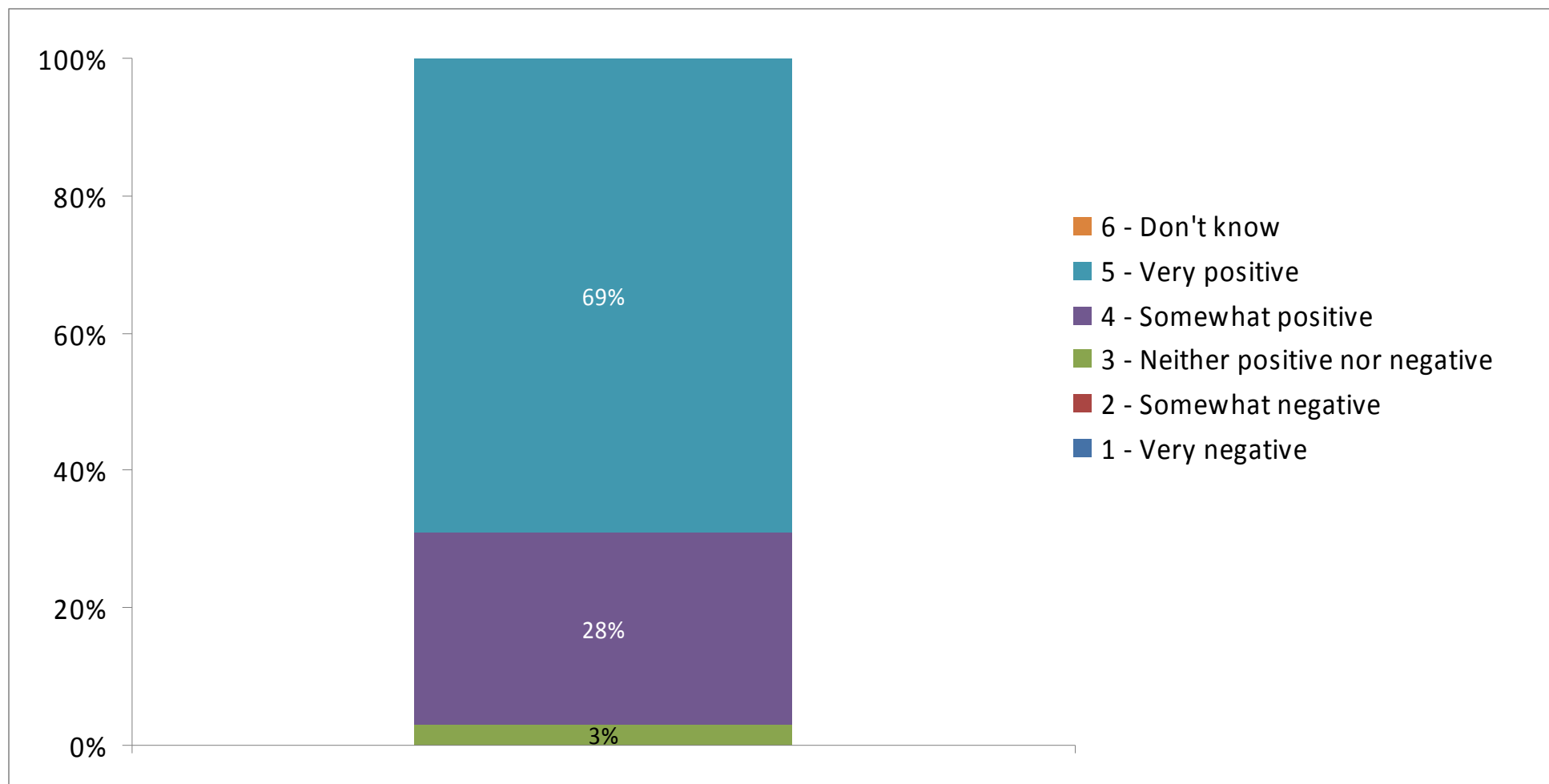
On a five-point scale, please indicate how positive or negative you feel recess is for your students on the following items: Academic achievement



On a five-point scale, please indicate how positive or negative you feel recess is for your students on the following items: Social development



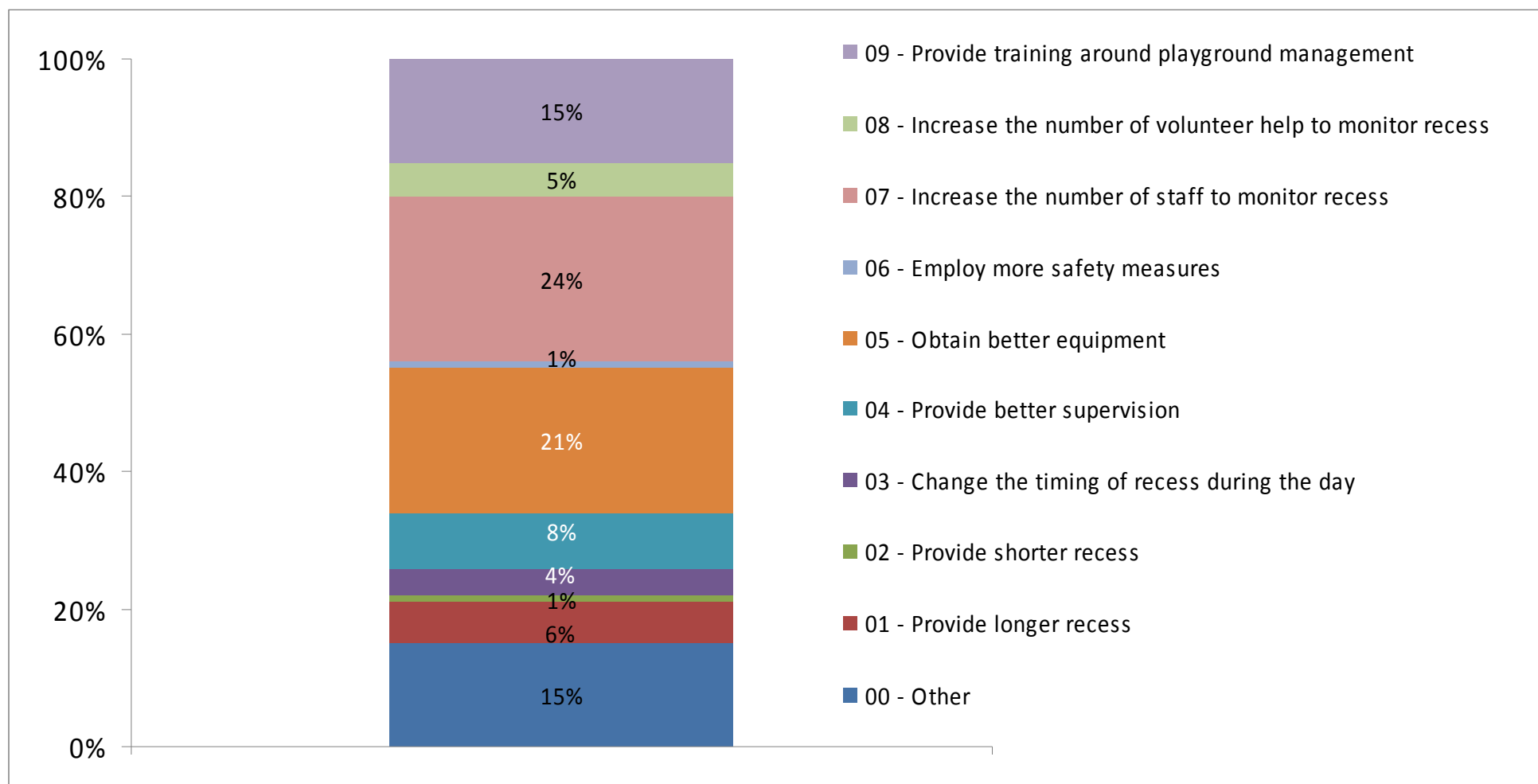
On a five-point scale, please indicate how positive or negative you feel recess is for your students on the following items: General well-being



COMPLETE FINDINGS BY QUESTION

Section 9: Improve Recess

What is the most important thing that could be done to improve recess at your school?



COMPLETE FINDINGS BY QUESTION

Section 10: Open Ended

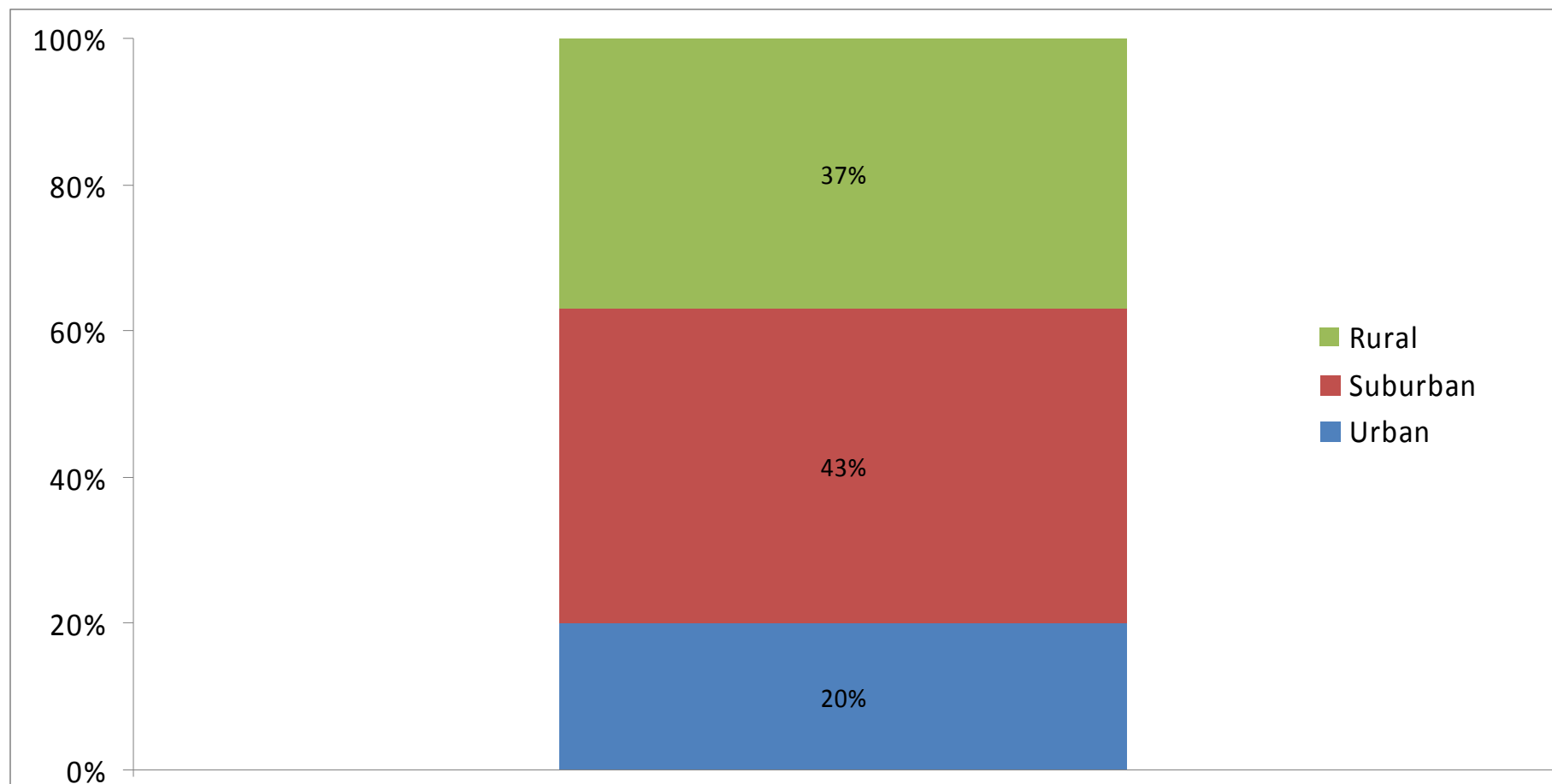
In just a few words, how does what happens on the playground positively or negatively affect the classroom?

Response	Percent
A good break from academics/re-energize	19%
Good exercise	13%
Allow students to learn proper social skills/positive social interaction	13%
Recess can negatively carry into the rest of the day/conflict carries over	12%
Able to concentrate better on school work	10%
Students are more positive/excited to learn after recess	9%
Bullying/negative behavior takes place	7%
Students learn on their own at recess/students get unstructured play/learning time	5%
Need a transition activity between recess and school work	2%
Recess takes too much time from the academic day	2%
Good for students' health	2%
Learn new activities/games	2%
Staff are not good at supervising recess	1%
Less able to focus on school work	1%
Good for staff	1%

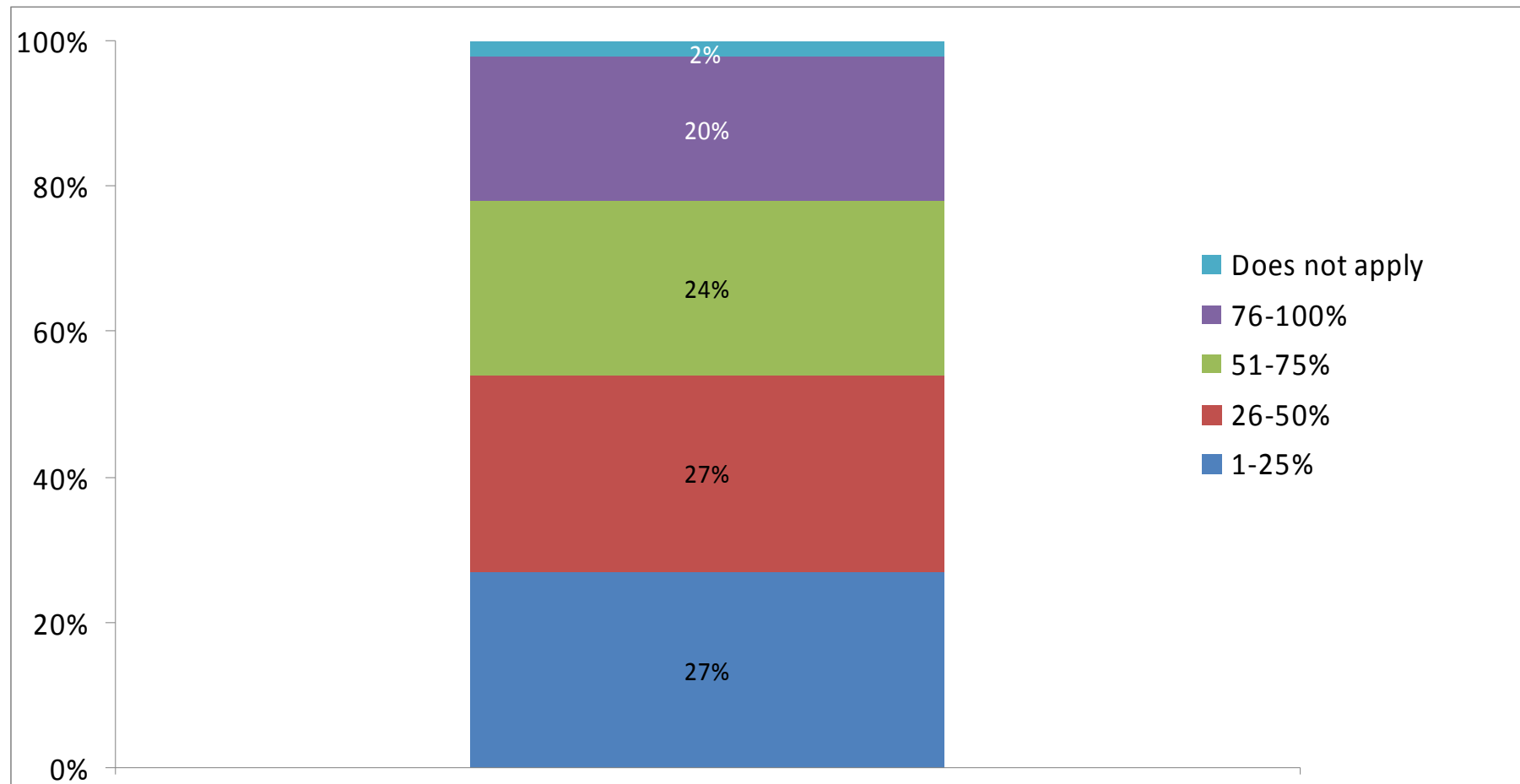
COMPLETE FINDINGS BY QUESTION

Section 11: Sample Details

How would you categorize your school's geographic location?



What percentage of your students qualify for free and reduced lunch (FARL)?



Is your school required (by a local or state governing body) to provide recess to students?

