

Senate Concurrent Resolution No. 9

SENATE CONCURRENT RESOLUTION—Urging the public schools and school districts in this State to preserve and strive to expand the amount of time allocated for physical education, physical activity and recess.

WHEREAS, Nationally, approximately 16 percent of children between the ages of 6 and 19 years old are overweight, leading to an increased risk for heart disease, high cholesterol, high blood pressure and type 2 diabetes, and a 70 percent chance of becoming overweight or obese as adults; and

WHEREAS, The Surgeon General of the United States has stressed the importance of quality physical education for at least 60 minutes daily for all grade levels; and

WHEREAS, Recent findings indicate that both proper nutrition and regular, vigorous physical activity improve academic achievement and that quality physical education classes promote the health, psychological well-being and healthy body weight of children, which positively influences both academic learning and physical activity patterns of children; and

WHEREAS, The State Board of Education should be commended for its efforts in promoting healthy habits and establishing the Statewide School Wellness Policy that, beginning with the 2006-2007 school year, requires all school districts to designate at least 30 minutes each school day for physical activity; and

WHEREAS, The Nevada Healthier Schools Project, conceived by Nevada Action for Healthy Kids, offers support, training and resources to public schools in this State in successfully implementing the Statewide School Wellness Policy; now, therefore, be it

RESOLVED BY THE SENATE OF THE STATE OF NEVADA, THE

ASSEMBLY CONCURRING, That the members of the 74th Session of the Nevada Legislature hereby recognize the need to include physical education, physical activity and recess in public schools; and be it further

RESOLVED, That the members of the 74th Session of the Nevada Legislature hereby urge each public school and each school district in this State to:

1. Abide by the requirements set forth in the Statewide School Wellness Policy and seek the services and support of the Nevada Healthier Schools Project in carrying out the Policy;
2. Ensure that the current amount of time allocated for physical education, physical activity and recess is not reduced and strive to expand the amount of time allocated each school day for physical education, physical activity and recess; and
3. Engage creative measures to provide additional opportunities for physical activity each school day with the goal of ensuring that pupils do not spend more than 90 minutes at any given time sitting sedentary; and be it further

RESOLVED, That the Secretary of the Senate prepare copies of this resolution for transmission by the Legislature to the Superintendent of Public Instruction, each superintendent of a school district in Nevada, the president of the board of trustees of each school district and the coordinator of the wellness program of each school district.