

Administrative Regulation

Daily School Sessions, Recesses

Daily elementary school sessions shall contain a total of at least 30 minutes for recess on regular day schedules and no less than 15 total minutes on shortened days, including collaboration days, minimum days, and the last day of school. Recess is defined as a period of time during the school day where students are given supervised time for physical activity, play, organized games, social engagement with peers, or other appropriate activities of students' choice. In Garden Grove Unified, recess is provided twice during the instructional day – once in the morning and once following lunch.

Except in circumstances such as inclement weather and exposure to unhealthful conditions, all pupils must be allowed to leave the classroom for recess.

School staff may not deny recess to any student. The only exception is if the student's participation poses an immediate threat to his/her own physical safety or that of their peers. If recess is denied, efforts must be made to resolve the threats and minimize exclusion from recess.

A pupil shall not be required to remain in class during any recess or during the lunch period for detention, as a form of discipline, or to allow extra time for schoolwork.

A pupil may not leave the school at recess or at any other time before the regular dismissal time without permission from the principal or his/her designee.

Ref: CCR, Title 5, Sections 303, 304, 352, Section 49056.

Approved: September 1982

Revised: March 4, 1986

Revised: May 2, 1989

Reviewed: July 1, 2000

Revised: October 20, 2017

Revised: June 17, 2024

Revised: June 5, 2025