



March 17, 2022

Dear Chair Richardson and Education Policy Committee Members,

On behalf of Proof Alliance, please accept this letter of support for **HF 3402 Recess for All**. Proof Alliance is the statewide organization dedicated to preventing fetal alcohol spectrum disorders (FASD) and supporting all impacted. People with an FASD experience a wide variety of symptoms including learning disabilities, impulse control and sensory processing issues. Because of those characteristics students with an FASD often experience challenges in school setting. The characteristics of their disability frequently are labeled “poor behavior.” Parents report that recess is often withheld from their child with an FASD when their symptoms including lack of attention and dysregulation occur. Keeping a student “in” from recess actually exacerbates the situation, leading to further escalation of behaviors and disruption for student and other classmates.

Students with an FASD often do much better in academic settings when he or she is allowed sensory breaks including recess. Recess allows students to practice social skills and develop friendships as well. This is vital to students with an FASD as they often have poor social skills and trouble making friends. Students, who may already not included in social activities with classmates, are further isolated from those social connections. Recess can be a time to develop those skills as well as physically “re-setting” which assists in increased attention once the student has returned to the classroom. By withholding recess essentially, the school is disciplining a student for their disability. This proposed legislation begins to address the need to have recess for all students in every district.

Proof Alliance urges the committee to support HF 3402 Recess for All so that all students including those with an FASD can access a full educational experience which includes recess for every student.

Sincerely,

A handwritten signature in black ink that reads "Sara Messelt".

Sara Messelt  
Executive Director

1876 W Minnehaha Ave  
St Paul MN 55104

651/296-2370