

MOUNT ROSE PLAY INITIATIVE



WE ARE SO EXCITED YOU ARE
HERE!!!



MOUNT ROSE PLAY INITIATIVE MISSION

"Building stronger learners through inclusive and positive social play experiences."

LET'S PLAY!

Play reduces stress, improves academics and helps to build safe and healthy relationships that create social emotionally resiliency!

American Academy of Pediatrics (2019)



WHY PLAY?



- Regular physical activity promotes growth in physical, mental and cognitive health.
- Physical activity improves mental health by reducing and preventing conditions such as anxiety and depression.
- Physical activity enhances self esteem!

Institute of Medicine (2013)

PLUS, PLAY IS FUN!!

WHY INCLUSIVITY?



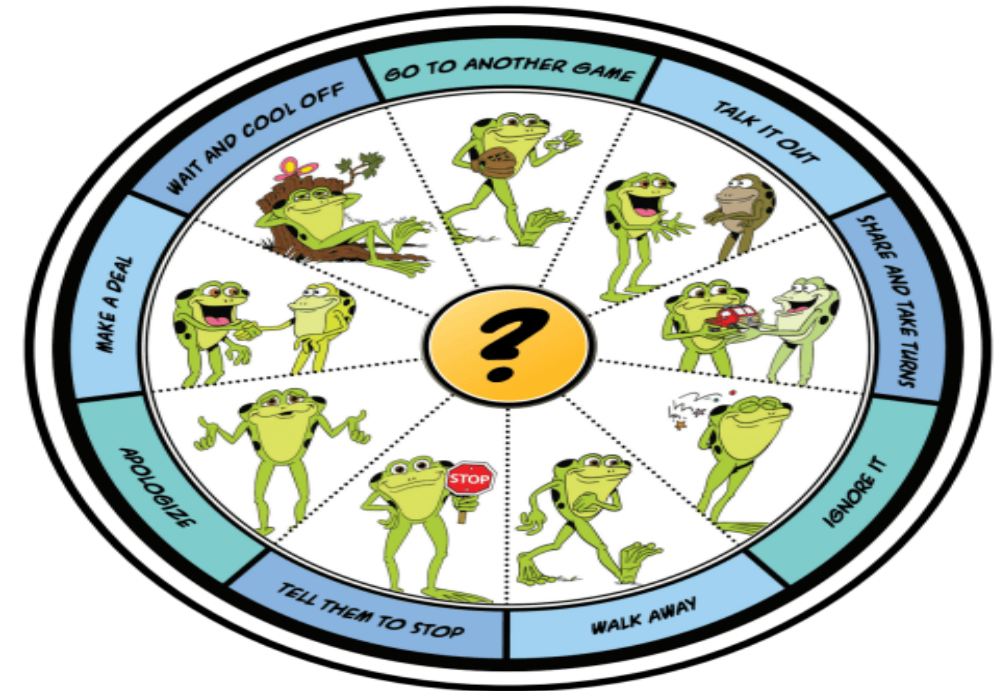
Inclusivity...

- Celebrates diversity
- Is intentional and infuses a sense of belonging and feeling seen
- Gives everyone an opportunity to feel accepted and welcome
- Supports mental health (Staglin, 2020)
- Helps build connection and friendships

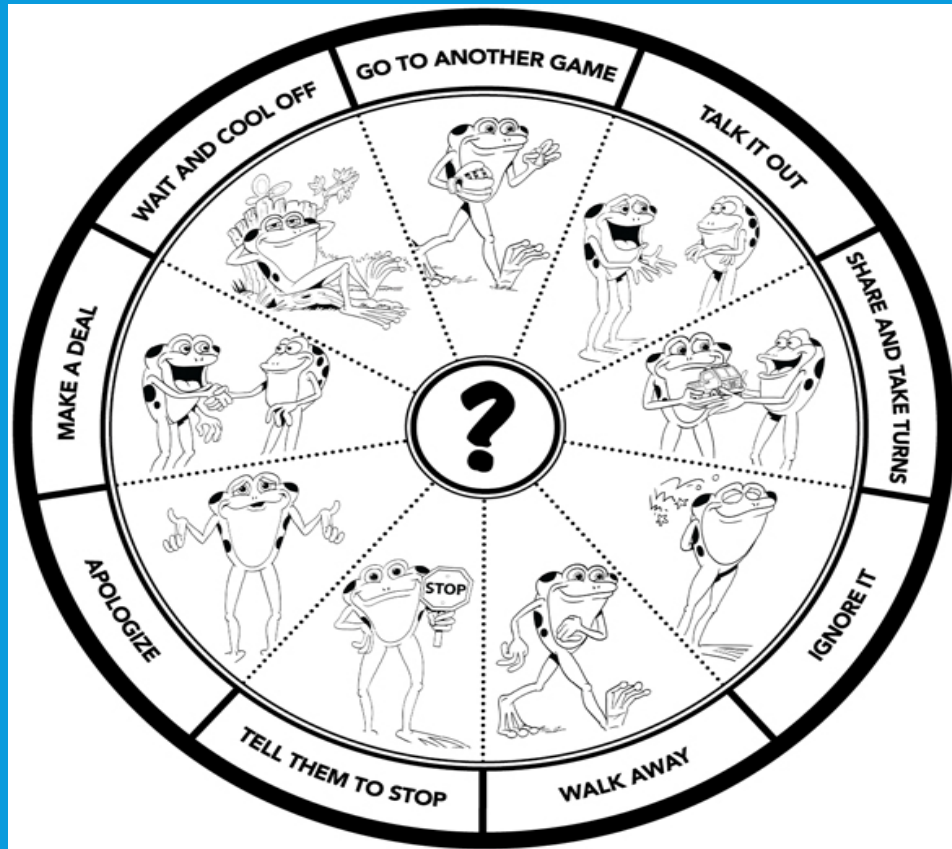
MOUNT ROSE PLAY INITIATIVE GOALS

1. Increase parent volunteers on the playground to run structured games and play with kids
2. Provide conflict resolution skills and problem-solving opportunities for students to use on the playground
3. Playground re-beautification

Problem Solving Model



KELSO'S CHOICES



- All students K-5, receive this problem-solving model
- They are to use two skills off this wheel before asking an adult for help
- We are working on getting Kelso's Choices posters up outside as a guide for students

RECESS SCHEDULE

Grade	Recess Time
3 rd -5 th	10:15-10:30
K- 2 nd	10:45-11:00
3 rd -5 th	11:40-11:55
6 th -8 th	11:55-12:10
K-2 nd	1:00-1:15

HOW IT WORKS!

Getting Ready:

- Make sure you fill out a volunteer application and wait for approval. You can obtain a form from Silvia.
- If you aren't sure if your application has been approved for volunteering, please call Silvia at 775 333-5030.
- On the day you volunteer come to the office and check in on the computer to get a volunteer badge.

On The Playground:

- Feel free to hop into a game already happening!
- Come with an idea for a game and grab kids to go play!
- We have PE equipment in the back room behind the kitchen. Just let the office know if you need equipment when you check in.
- If students need to use the restroom, get a drink or go to the clinic, have them get a pass from a duty teacher
- Most importantly, have fun with the kids!

THANK YOU

We are so thankful for the time you can give to our school community!

Sincerely,
The Mount Rose Staff

