



{inclusion outreach}

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Inclusion at Break Times in Middle and Secondary School

Breaks in middle and secondary school are important parts of the school day. They provide all students an opportunity to rest, experience, imagine, think, move, and socialize in a less structured environment. Breaks can be opportunities for students to interact with others from their classes as well as the larger school community. Students with disabilities may need more support and supervision to be meaningfully included during these times or they can risk further exclusion and negative emotional effects if they are not. Middle school can be particularly challenging in this regard as students naturally tend to form narrower social networks that interact more intellectually than physically.



These are some ideas brainstormed by school teams around BC to help their students be more meaningfully included. The following suggestions are just ideas to get you started, and not intended to be an exhaustive list. It is best to take time to plan and intentionally set up these opportunities. Clubs based on a specific interest can be good jumping off points. If your school already has clubs, think about how to include all students. Identify roles the student could take on to be an active participant using adaptations as needed. Ideally the other students can be part of making these plans, and reflecting back after on what worked and what they might do differently next time. Once the activity is going, the intent would be for the adult to gradually step back to allow more organic interactions between students.

Respect

Competence

Inclusion

Presence

Choice



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Ideas

- Random acts of kindness club -select RAK's to do for others,
 - School newspaper -survey questions on iPad for student body
 - Environment club -recycling, climate change initiatives
 - Chess club -student helps to collect or sort game pieces, start the timer clock, play with a teammate
 - Dance or Music club– help with choice of tunes and starting the music player
 - Board Games or Cards Club -use spinner to select numbers, roll dice etc.
 - Yearbook Club -Take photos from happenings around the school
 - Arts and crafts club –gather and organize donated materials, create items to sell at a craft show
 - Debate or Social Justice Club -help group with setting up the topics and run voting polls
 - Jokes of the Day on Step-by-Step or Ipad that can be shared on the announcements
 - Fundraising initiatives -bottle drives, car washes, bake sales
 - Message on BIGmack/Step-by-Step to help run booths at special events
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- Computer club -game with a switch and a partner
 - Film Club -Popcorn making with switch and Powerlink for movie showings
 - Sports activities -Floor hockey, volleyball, basketball team support
 - Ordering information on BIGmack/iPad for lunch items, or running concession

References:

McNamara et al, 2020 “The Role of Recess in Canadian Elementary Schools: A National Position Paper”

https://phecanada.ca/sites/default/files/content/docs/Program/Recess/Role%20of%20Recess_Position%20Paper_EN.pdf

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