



Subject: Support for SB 111 – Advancing Student Health and Recess in Kentucky Schools

Dear Chair West, members of the Senate Education Committee, and sponsors of Senate Bill 111,

I am writing to express my strong support for **Senate Bill 111** and to thank the sponsors for bringing forward legislation that prioritizes the health and well-being of Kentucky's students. In a time when so many issues feel increasingly divided, it is refreshing to see a proposal that offers a clear opportunity for common ground. Ensuring that students across the Commonwealth have access to daily recess and meaningful physical activity is something that benefits children in every community, every district, and every classroom.

In September, I had the opportunity to represent **Kentucky SHAPE (KYSHAPE)** at the MAHA Task Force meeting, where we discussed opportunities to strengthen student health and physical activity across the Commonwealth. The priorities outlined in SB 111 are consistent with both **KYSHAPE's recommendations** and the broader conversations and recommendations shared during that task force meeting.

Research consistently shows that regular physical activity during the school day supports not only physical health, but also improved attention, behavior, and readiness to learn. By protecting recess and reinforcing the importance of movement for young learners, SB 111 takes a thoughtful step toward supporting the whole child and building a healthier Commonwealth.

As the bill moves forward, I would encourage continued clarity to ensure recess remains a protected opportunity for students to engage in free and unstructured play while allowing schools appropriate flexibility to support positive behavior.

At a time when many policy conversations can feel polarized, SB 111 stands out as an opportunity to pass legislation that is practical, positive, and beneficial for all Kentucky students. I respectfully encourage the committee to support this bill and help advance a healthier future for children across our state.

Thank you for your leadership and service to Kentucky's students and schools.

Sincerely,

Jamie Sparks
Executive Director, Kentucky SHAPE