



**VISION IMPACT  
INSTITUTE**

*Giving Vision a Voice®*

## ***Statement: Vision Impact Institute Stands Behind Decision to Double Recess at Elementary Schools in Southlake-Carroll ISD***

**Dallas, Texas – August 28, 2018** – A decision to [double the recess time](#) at all elementary schools in the Southlake-Carroll Independent School District, near Dallas, has us cheering. Starting this school year, instead of one 30-minute recess, students will have two sessions a day totaling more than 60 minutes.

The idea came from students themselves. At the end of last year Principal Jon Fike of Old Union Elementary asked third graders to write to him with their wishes of what they would like to see changed in the school year. Extra recess received an overwhelming response.

Along with the extra physical benefit from being outdoors, the decision is a win for children's vision too. Research shows that time outdoors can [slow the progression of myopia](#) (nearsightedness) which is affecting the world's children in epidemic proportions. In fact, by 2050 myopia and high myopia will show a significant [increase in prevalence globally](#), affecting nearly 5 billion people and 1 billion people respectively. When children can see they can learn better, increasing their chance for academic success.

"The decision to increase recess time is not only an investment in children's health, but also an investment in their future," said Kristan Gross, Global Executive Director, Vision Impact Institute. "We applaud the Southlake-Carroll ISD for thinking ahead for our future generations – and for prioritizing children's vision in such a creative way."

###

### **About the Vision Impact Institute**

*The Vision Impact Institute's mission is to raise awareness of the importance of vision correction and protection to make good vision a global priority. Its Advisory Board is comprised of five independent international experts: Pr. Kevin Frick (United States), Pr. Clare Gilbert (United Kingdom), Pr. Kovin Naidoo (South Africa), Mr. Arun Bharat Ram (India), and Dr. Wang Wei (China).*

*The Vision Impact Institute is a registered 501(c)(3) non-profit organization, which receives support from the Vision for Life Fund from Essilor, the world leader in ophthalmic optics. The Vision Impact Institute hosts an interactive web platform, a unique data base of research, available at [visionimpactinstitute.org](http://visionimpactinstitute.org).*

### **Contact Information**

Andrea Kirsten-Coleman  
Global Communications and Awareness Manager  
214.870.7881  
[andrea.kirsten@visionimpactinstitute.org](mailto:andrea.kirsten@visionimpactinstitute.org)