

Kalie Lunt
Gorham
LD 156

Testimony of Kalie Lunt, Gorham, Maine

In Support of LD 156

Senator Rafferty, Representative Brennan and esteemed members of the Joint Standing Committee on Education and Cultural Affairs. My name is Kalie Lunt. I am a resident of Gorham Maine and a parent at Narragansett Elementary School.

Today, I'm submitting testimony in support of LD 156 "An Act to Require Outdoor Recess Time For

Students From Grade 6 To Grade 8".

My children are still in elementary school, but it won't be long before they're middle school age. The reason children need recess are endless, but here are a few of my favorites:

VITAMIN D! Mainers are the most susceptible to a vitamin D deficiency as it is.

Taking away outdoor recess would rob them of a chance to soak in the sun and all of the benefits vitamin D can offer us.

ELECTRONICS! Today's world has children sucked into their devices more than ever before. A forced break/breather from these devices can only offer beneficial outcomes.

EXERCISE! It is a well known fact that childhood obesity is a major issue. Any little bit of movement can help with this.

TAKING RISKS! Children need to take risks. It boosts confidence, teaches lessons, and shows students and teachers the things they're capable of when they're given 30 minutes of freedom and creativity.

MENTAL HEALTH! The pandemic has effected mental health in human's as a whole but this age group in particular has been hit hard. Fresh air, nature, running, climbing, etc. can offer 30 minutes of reprieve from the stresses these kids are faced with on a daily basis inside and outside of the classroom.

These reasons are just the tip of the iceberg in why it is **IMPERATIVE** for these children to **GET OUTSIDE** and/or **GET A BREAK** from their regimented days.

THEY ARE CHILDREN, please remember that in making your decision.

Thank you to the co-chairs and committee members for your time and commitment to Maine's children.

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