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LD 156

Middle schoolers should have breaks

Senator Rafferty, Representative Brennan and esteemed members of the Joint Standing Committee on Education and Cultural Affairs. My name is (Morgane). I am a resident of (Portland) and a grade 7 student at King Middle 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".

SECTION 1

Personally, I think that school is very stressful so when we go to midday break I just feel calm and it gives me a chance to take a break from all the work and relax for like 20 to 30 minutes.

SECTION 2

Almost every kid can relate because school can be stressful and we want to take a break from working and just chill then get ready for more work cause school is hard. I think it works at King's because we can all see that after 3 classes the students look like they are losing energy but after we come back from break we jump right at our work.

CONCLUSION

I want the community to support this bill cause it might seem like something small but it can make a big impact on the kids. Closing.

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My teacher's email address, if you have questions: masont@portlandschools.org