

Maren Krovel  
Portland  
LD 156

Testimony of Maren Krovel, King Middle School  
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 Maren Krovel. I am a resident of Portland, Maine 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".

I understand that you and your partners in government are talking about the bill LD 156, and I strongly believe that this bill is so important. For one, studies show that if kids go outside at school, it gives them time to recharge, and have fun, in the middle of all the stress. It gives a chance to have a new perspective, or change your attitude toward your work.

Secondly, Fresh air is important for everyone, and a lot of kids don't go outside a lot, which is really bad for you. Being cooped up inside for a whole day is not good and should be revised.

You should make this bill a law, so that the future generations are healthy and familiar with the outdoors and how important it is. This opinion that I have, is shared by many other middle school students and teachers.

In conclusion, this bill should most definitely be passed into a law, for the sake of the world and the people in it. Please take time to consider this message, and I hope you have a splendidly wonderful day.

Fondest regards, Maren Krovel  
Portland, Maine

My teacher's email address, if you have questions: [masont@portlandschools.org](mailto:masont@portlandschools.org)