

Norah Neuner
Portland
LD 156

Testimony of Norah Neuner, 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 Norah Neuner. 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".

This is an important bill to me because I need a break from school and sitting down all day. I also like to go outside because it's really good for your brain development because if you work your brain all day and you don't get a break then it will be harder to focus.

When kids' brains are growing they need to move around and get their energy out so that they can focus. Also a part of brain development is socializing and if you are stuck inside in a classroom you can't socialize with anyone and your brain will develop slower.

In conclusion you should let kids have a break and go outside because it's good for their brain development and mental health and it's easier for the kids to focus and teachers to teach.

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