

Ossande Pinto  
Portland  
LD 156

Testimony of Ossande Pinto, King Middle School  
In Support of LD 156

Dear,  
Senator Rafferty, Representative Brennan and esteemed members of the Joint Standing Committee on Education and Cultural Affairs. My name is Ossande. 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".

As a student I really don't feel good staying indoors the whole time. It makes me feel uncomfortable and the bill would let me have a break. I was once in my class and I felt like I needed a little time to have some fresh air, and with this bill it will help me a lot. This bill is important to me because then it would help me concentrate and be more comfortable in class.

Having no recess means no social activity, no social activity means not having time to enjoy with your friends and that could really make you feel uncomfortable and cause some brain damage. This recess bill is really important because it would help the student learn better and feel better. Recess really works at king and I think it would help other middle schools too.

Again having recess can really help a student's brain and it makes the student feel better

Ossande  
Portland,

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