

Hello Honorable Education and Cultural Committee,

My name is Crystal Ward I am from Lewiston and a retired teacher (34 Years). I am writing in support of LD 655,a 30 minute lunch. I have had many lunch room duties in different schools in my career and having a 30 minute lunch period for students is needed. At Lewiston High School where I taught the students at the end of the lunch lines would have about 10 minutes to gulp down their lunches usually eating while walking to drop off their trays to go to class. They do not have time to go to the bathroom and eat lunch. My school is large and it takes more than five minutes just to walk to the cafeteria, if they stop to go to the bathroom, their locker, or speak to a teacher at the end of class , eating lunch is a very rushed task. A 30 minute lunch period is a needed break for students who have no recesses and the only breaks are times in between class . The health and well-being of our students need to be considered and rushing to eat, gulping down food is not healthy. All students need to have a reasonable time to eat a healthy lunch, talk to friends, go to the bathroom and just relax.

Thank you

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