

Khalid Abdi
Portland Maine
LD 156

Testimony of khalid , 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 Khalid). 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".

I personally think recess is important because it gives students space and it's sort of a relaxing space for students to chill off and take a break from work. It's also a time where students can meet up with their friends since they may not have each other in classes. For example, I don't have some of my friends in my class. This is why recess is a time for me to spend time with my friends and have fun.

Recess works just fine here in King and I think recess should be accessible for other students in different schools. I wouldn't want to be working the whole 7 hours of school with no break, so I feel very bad for students who don't have recess in their school.

In conclusion recess is very important and should be a thing in every school, it's a time where you can finally see your friends and have fun. It helps with anxiety and is very relaxing. The only time where I wouldn't want recess is when it's very very cold and raining. . Thank you and goodbye.

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