

Milo Hathaway  
Portland  
LD 156

Testimony of Milo Hathaway, King Middle School  
In Support of LD 156

Hello

Senator Rafferty, Representative Brennan and esteemed members of the Joint Standing Committee on Education and Cultural Affairs. My name is Milo Hathaway. 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 am glad to hear that recess is a priority on the state's agenda, because it is a very important part of our school day. Leaving elementary school and starting middle school, one of my most prominent misgivings was the thought of abandoning recess time. Here at King however, I learned that we do have time outdoors during the day. This fact has had a very positive impact on my days here.

The CDC has found that recess time in the school day relieves stress and nervous energy, allowing for more calm, focused study time. Here at King, midday break fits easily into the schedule, and I believe that the school's environment is made all the better for it.

I sincerely hope that this bill finds its way into law. I thank you for your time, effort, and commitment to Maine's children, and I would be happy to answer any questions you may have.

Milo Hathaway  
Portland

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