

Camilla Pham
portland
LD 156

Testimony of Camilla 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 Camilla Pham. 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 think all schools should have a midday break\recess because kids get to meet new people and make new friends. Mid day break has helped me make new friends and communicate with other kids. Midday break may not be long but it's enough to give me and other kids a break from learning and I just get to relax and to get out there energy .

School should have a midday break. It has helped the king so maybe it will help other schools and kids. It has helped kings have calmer kids because they get to go outside and they get to release energy so when kids go to class they will become calmer instead of being full of energy. It has also helped the king build a stronger community because kids get to hang out with each other and get to know each other. It could also help kids look forward to going to school because they get to meet with friends and go outside. This could be very good for kids who don't have class with their friends. It could help them connect with each other. School expects kids to be able to sit still and stay calm for 6 hours and 40 minutes a day. kids need to get energy out so if you just take 25 minutes out of a day it could help kids a lot. It could make your school a better place for kids. Kids might enjoy going to school more just because of that break. Coming from my own personal experience, that break has made me enjoy school more.

Thanks for reading this and hearing me out.

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