

Oliver Ross
Portland
LD 156

Testimony of Oliver Ross, 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 Oliver Ross . 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".

When I go outside it is a time for me to take a breather and take a moment for me to get some energy out. I think if our school (King Middle) has recess then all of the other middle schools who don't have it should.

Kids like me have adrenaline running through our body. And if kids can get a chance to let all of it out they will feel a lot more relaxed for their next class and for the rest of the school day. And that is what I feel. So if you can pass this act to require outdoor recess it will let the teachers take a moment and kids.

What I want is for kids to be free for a little bit of time during the school day and let children release energy. And hopefully this will happen.

Many thanks,

Oliver Ross

Portland/King Middle School.

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