Kids need recess!

Written by: Elisa
Dear Ms. Cassel,

Do you remember when you were in school? What did you like the most about school? I’m sure it was recess! How did you feel when you didn’t have recess that time? I’m sure just remembering that day brings back terrible memories. Well, here’s the point. I heard a little rumor saying you were going to take recess off the school schedule! I think we should always have recess on our school schedule. I did some research about why recess is important. I hope this makes you change your mind because if recess is gone, everyone will get very upset.

To begin with, according to source #1, “Recess can reduce or manage stress during school.” For example, when I’m at school, I get very stressed out when I’m doing my assignments. When I’m at recess, I can play with my friends and get that out of my mind for a moment. When I get back to my classroom, I can concentrate and do my work better. And I get good grades thanks to recess. I’m sure recess helps other students just like it helps me. It helps us because if we are less stressed, we get very good grades and we can concentrate while the teacher is teaching or when we are doing our assignments.

Secondly, In source #1, the author also said, “The classroom does not allow a lot of opportunities for students to talk or have lots of free movement. Recess gives students the opportunity to talk and move around.” When I’m at school doing my school work, I don’t get too much movement. And that makes my neck and eyes hurt from not getting enough movement and because I have too much time on the screen. Recess helps me because when I’m at recess, I can move and run outside and that helps my neck. And it also helps my eyes because that gets my eyes off the screen and they won’t hurt anymore, which also helps my eyesight. Recess gives students the chance to talk and move around. And when we get back to the classroom, we can pay more attention because our bodies will be less tired from the screen and from sitting the whole day on our chair. That helps Gallaher because since we can pay more attention to class, we do better and better.

Before recess

At recess
And most importantly, another thing that the author said in source #1 was, “Kids who play outside get the opportunity to meet other students and learn social skills.” First of all, students have friends at school thanks to recess. If we didn’t have recess, we would be very shy and have no friends. Some students were or are new in Gallaher and didn’t know anyone like me. Now, since we still have recess, I talked to other students and before I knew it, we were already friends! Having recess also helps students to not be shy or nervous at school. Recess helps students to know more people and be more friendly at school.

To summarize, recess helps students in many ways, such as reducing or managing stress we experience at school. Recess also helps us by giving our brains a break from very hard tests. It also gives us a break from being all morning and afternoon looking at the screen and from sitting all day in our chair. And most important of all, recess helps us make friends at school! These are very important reasons explaining why we should always keep recess in our school schedule. To end this, I am going to leave you with a poem.
Recess! Oh, Recess!
We love you! You rule!
You keep us away from the troubles in school.
Your swings are refreshing.
Your slides are the best.
You give us a break from a really hard test.