Dear Mrs. Cassel,

I am writing to express my concerns and to persuade you to give more recess for students. I researched this information and found valid reasons why students should have recess. Recess helps increase positive behaviors, academics, health, and Cognitive functioning.

One reason recess is important for students is improving classroom behavior. “A 2009 study found that 8- and 9-year-old children who had at least one daily recess period of more than 15 minutes had better classroom behavior.” My opinion about this paragraph is that I believe you should put more recess time than 15 minutes.

The second reason is important for children is academics. A 2010 report by the Centers for Disease Control and Prevention found positive associations between recess and academic performance. “There is evidence that physical activity can help improve academic achievement, including grades and standardized test scores,” the report said. My opinion about this paragraph is that academics would benefit students and will get them good grades and standardized test scores so I feel that is a good thing for you and for the students as well.

The third reason is to have more good health. In 2007, the Center on Education Policy at George Washington University found that 62% of school districts had increased the amount of time spent on English language arts or math in elementary schools since 2001, while 44% of school districts had cut down on time spent on other subjects. The survey showed that 20% of school districts had reduced recess time. According to the 2016 Shape of the Nation report, just 16% of states require elementary schools to provide daily recess. My opinion with this paragraph is what it says is true from the Education Policy at George Washington University and with that evidence students would have good health.

Another study shows cognitive functioning. “The science shows pretty clearly that taking those breaks in the day makes students better able to encode memory and learn and perform academically. There’s a lot on the table in terms of the child’s health, well being and academic success,” said Murray, former chairman
of the AAP’s Council on School Health. My opinion with this is cognitive functioning is really good and liked it said in this paragh it will help with encode memory and learn and perform academically also cognitive functioning helps the brain and the brain helps the students to learn and remember what they learned in school what the teacher teaches.

The data I did was positive behaviors, academics, health, and Cognitive functioning. All of this data can from the two articles recess Helps Kids Learn Better in School by the American Heart Association and Is Recess Important for Kids by Time Magazine those are the links I use for the paragraphs of my reasons. These are all the reasons and why you could give more recess for students.

Sincerely,

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