


Two Recesses a Day

	To:	Mr. Crites
	Cc:	
	Subject:	Two Recesses a Day

Dear Mr. Crites:

1 “Raise those test scores! Student grades need to be higher! Kids should be learning more in a school day!”

2 I know that you have heard those words—on television, in magazines, and from parents of the students in our school. My mom has even said the same things. But I am suggesting to you a different way to get those results. Yes, I am saying that the students in our school need to have two recesses a day.

3 “Are you kidding me?” is what you are most likely saying right now. “Every class here at Hamilton Elementary gets a 15-minute recess already. The teachers cannot possibly spare any more time out of the school day.” I disagree. I think that students would learn better if they got more breaks in the day.

4 That is not just my opinion. Just last week, I saw a report on Channel 3 about recess. Some experts said that both children and adults learn more deeply and more quickly when they are allowed a change of pace. They said that kids are less fidgety and can concentrate on their lessons better.

5 In addition, kids need to have some down time. They need time to talk and play with their friends. We spend a lot of our time being silent and listening to the teacher. When we don’t have recesses, many of us get off-task during class time. We start using our class time to socialize with our friends. I have seen it happen many times. Remember last Thursday, when it poured all day long? That day, many students had trouble paying attention in class.

6 As the principal of this school, you set the rules for quiet hallways and cafeteria time. These rules help us to be courteous of others. However, kids need time to be kids, too. Sometimes we like to be loud. Recesses are a time to be with our friends. Some of us do not live very close to each other. School is the only place where we can connect to have fun.

7 Outdoor recess is also another place for us to get our dose of sunlight. My mom says that our bodies make Vitamin D from being in the sun. We studied about vitamins in science. We learned how important they are to help us grow big and strong. School starts before the sun comes up. In the winter, school ends right before the sun goes down. When we get home, it is almost dark. Our bodies could get enough Vitamin D if we had two recesses instead of only one.

8 In conclusion, Mr. Crites, please consider changing the recess rule at Hamilton Elementary from one 15-minute recess a day to two recesses a day. You will see that your students will learn more, be more respectful in class, get along with each other better, and be healthier.

Sincerely,

Kay Brickley

Pica, R. (n.d.). 7 reasons why kids need recess (even the kids who misbehave). *Moving and Learning.com*. Accessed January 5, 2011. Retrieved from <http://www.movingandlearning.com>

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Glossary

Spare—free time

Fidgety—to move around a lot, especially with your hands

Courteous—to show respect