Each time the bell interrupts our play time a sense of dissatisfaction spreads across the students. I feel very eager to give an extra ten minutes to our recess period, there are so many precious moments of physical activity and interactions with other people. It will also help us excel in our academic performance.

In physical activities, we are energized and play so much. This promotes our physical and mental wellness. Students will also be less restless in class and concentrate on their work. Scientific research says that physical activities promote the academic performance of a student. This is why we need a longer recess.

If you also gave us more time our we would have more time to have more social interaction with other students. The additional time will give every student an opportunity to join inclusive games, reducing social isolation. The spirits of the school will go so high.

More time will also let students take time to reset their mind for their next class. It’s like a computer that just restarted. You will note that students have been participating in conversations and reading questions attentively. My offer gives you productive classroom sessions.

To conclude, I truly believe that additional time to our recess schedule will have students coming into class with healthy bodies, large friend groups and attentive learning. This small but important change can make the schools environment better than ever. I hope you consider my request.