

Petition to the Principal about Recess

Something alarming is happening in fifth grade—recess has been removed from the schedule! To get us ready for middle school, our teachers say we have to spend more time in the classroom and less time on the playground. This is not okay. Kids are getting in more arguments, having a harder time focusing, and are generally unhappy. Please join with us to tell Principal Johnson to bring back recess for fifth-graders! There are so many reasons why recess is really critical for us kids. It helps kids develop social skills, and it increases kids' focus in school.

Doesn't everyone want kids to get along better and have better social skills? That's what recess really helps with! Recess can teach kids how to share the hula hoops and jump ropes. Recess can teach kids how to play games with one another as they compete on the soccer field. Recess can teach kids how to express themselves when they're feeling frustrated. When will we learn these lessons if we don't have time to go outside and play together?

What if kids could stay focused in school longer? That's another reason recess is really important for kids: it helps them focus. Yesterday, I had to sit at my desk for ninety-seven minutes without moving. My eyes were getting blurry. I wanted to do the right thing, but it just got harder and harder for me to focus. I eventually asked to go to the bathroom just so I could get up and move for a minute. I know I wasn't doing my best work. The good thing is, kids focus better when they can give their brain a break, even if it's just for ten minutes. Recess provides kids with the break they need to stay focused.

Let's tell Principal Johnson that we'd like to see recess on the schedule every day, rain or shine. We deserve time to go outside, just like everyone else does. That time to play will help us get in fewer arguments and learn even more than we already do!

And, please know that the United Nations agrees with us. In their "Declaration of the Rights of the Child," they wrote, "The child shall have full opportunity for play and recreation . . . society and the public authorities shall endeavour to promote the enjoyment of this right." Join us to insist that Principal Johnson, a public authority, gives us full opportunity to play! Sign the petition and help make a difference!