

Tom was a happy, healthy boy who enjoyed running around and playing tig with his friends at break time and lunch time. One day, Miss Heaphy cancelled break time and shortened lunch time to half an hour so that the pupils would do more work. Tom couldn't run around anymore. He became fat and lazy and did not enjoy school anymore.

This is exactly what could happen if Miss Heaphy's plan to abolish our break time goes ahead.

I strongly believe that the idea of cancelling break time and reducing lunch time is absolutely ridiculous. Ridiculous for the following reasons.

How would you feel if you were unable to play with your friends, developing problem solving skills and learning how to work as a team? When break times were stopped at Cleverforest school last year, the children completely forgot how to work as a team during lessons and as a result, their learning suffered.

In addition, several studies have shown that children need a minimum of 90 minutes of fresh air during the school day to help them do their best.

Furthermore, forcing children to speed eat their school dinners will damage their digestive system, causing them to become ill and miss days or even weeks of school.

Other people might argue that children need more learning time during the day and that getting rid of break times is a good way to achieve this but they are wrong.

In conclusion, I think that developing important teamwork during games at lunchtime is a valuable part of the school day and in order to work to the best of our ability, we need to run and play in the fresh air, after not rushing our lunch. We need to have our break time cancelled like a rabbit needs a speed boat and I think you will agree, my arguments have shown that keeping break time and lunchtime as they are, are vital for the health and progress of all pupils.