Dear Senators and Committee Members,

My name is Olivia Nuccio, Kid Mayor of Enfield and my platform when I won Kid Mayor was for increasing kids physical fitness.

Do you know how important it is for kids to have recess? It is very important because recess can help kids focus more. It will also keep kids healthy and give them a chance to meet new people. This is why having recess is important.

Although recess takes away from some learning time, it helps kids focus for learning time. According to early childhood development scientist Dr. Olga, 2 fourth grade classrooms were tested on days they had recess in the days they didn't have recess. The kids were way more focused on days they had recess. This means studies show recess is good for kids. Kids also get bored sitting at a desk all day. Having time to play will help them get it used after the break.

Recess can also help kids with their social skills. Have you heard the story of the kid who went outside and made a bunch of friends on the first day of school? For example, kids are learning to deal with problems with other kids.

Also, recess keeps kids healthy. Natural sunlight improves wellness. We all know running around will help us stay healthy.

For more information you can see my video under my name on the Kid Governor website, or contact me directly.

Sincerely,

Olivia Nuccio, Kid Mayor of Enfield