

Not Enough Exercise?

BY ELI MAYES

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Have you ever wondered if your school provides you with enough exercise each day? Many schools do not provide young people with enough exercise every day. Exercise is a very important source of being healthy, and everyone needs it. I believe that young people need a lot of exercise every day, especially during school. Schools need to offer more P.E. or recess most days because young people need enough daily exercise and some time to relax.

Many schools do not give much exercise time during school to where everyone is being active. According to the ACE website, many high rates of exercise levels

have been related to higher scores on tests such as math and reading. This means that thanks to exercise, many young people are doing better on tests.

Some kids are not involved in sports, so exercise at school can help them be healthy. According to The Guide to Children's exercise, movement and exercise are part of the actions done to prevent Type 2 Diabetes. Exercise is essential for being and staying healthy.

With recess and P.E., students can get their brains up and running. On the Why Kids need Recess website, it states, "Thanks to advances in brain research, we know that most of the brain is active during physical activity." This shows that recess or P.E. before some classes may help kids do better in

school such as assignments in class.

Some people might say that in school, students need to do school work, not exercise since it's school. However, if young people are not able to stay focused in class, then they cannot really learn anything. Doing exercise and getting the brain ready for class can really help them focus during school.

In conclusion, young people need recess, P.E., and other forms of exercise during school on a daily basis. Exercise helps the brain get active and do better in subjects such as reading and math. It even helps you stay healthy and can help prevent deadly diseases. Exercise is very important for many reasons, so that is why everyone, especially young people, needs exercise.

Later School Days

BY COLE WHEATLEY

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Don't you wish you could get more sleep in the morning before school? I know I have, and it is super annoying. I feel that if school days start later, our school's grade will improve by a lot. School days need to start later because students' brains do not function well in the morning classes; students need to be well rested for maximum brain growth; and more time is needed to get ready in the morning without waking up very early.

In the beginning of school, kids brains do not function as well as they could with more sleep. An article by Kyla Wahistrom states, "On the basis of information, in 1997 the seven comprehensive high schools in Minneapolis Public School District shifted the school start time from 7:15 a.m. to 8:40a.m.. This article examines, that change, finding significant benefits such as, improved

attendance, enrollment rates, less sleeping in class, and less student reported depression." Not only is more sleep beneficial to a student, but it is also safety too. A study shows that over 50% of motorized vehicles crashes driven by teens happen in the morning.

For kids to get maximum brain growth they need to have a certain amount of sleep. Many kids that wake up very early experience tiredness throughout the whole day, causing their average grade to drop. The article, "The Importance of a Good Night's Sleep for Young Adolescents" states that, "With the onset of adolescence, teenagers require 9.2 hours of sleep for the best amount of brain growth". Kids already have to go to bed late due to other school activities like sports, clubs, and sometimes homework.

Kids also arrive at school late because of not enough time to get ready for school. It is usually difficult to get ready in time because you might have a big family and it

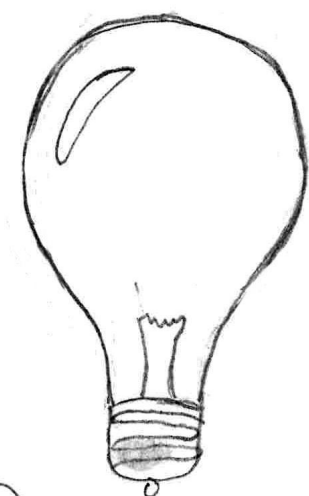
takes a lot of time to get them ready. Kids get points taken away when they arrive late to school and most of the times it is not their fault. Based on Wikipedia, "Schools start so early in the morning, that it is hard to focus and kids tend to arrive late to school and they have to rush to get ready". Kids have to wake up at 5:00-6:00 to get ready without being too late.

Many people do not like the idea because they think there is no point in doing it, because if you start school later you have to end it later. They do not realize that a good sleep and not being so rushed is much more important than ending school a little later than usual.

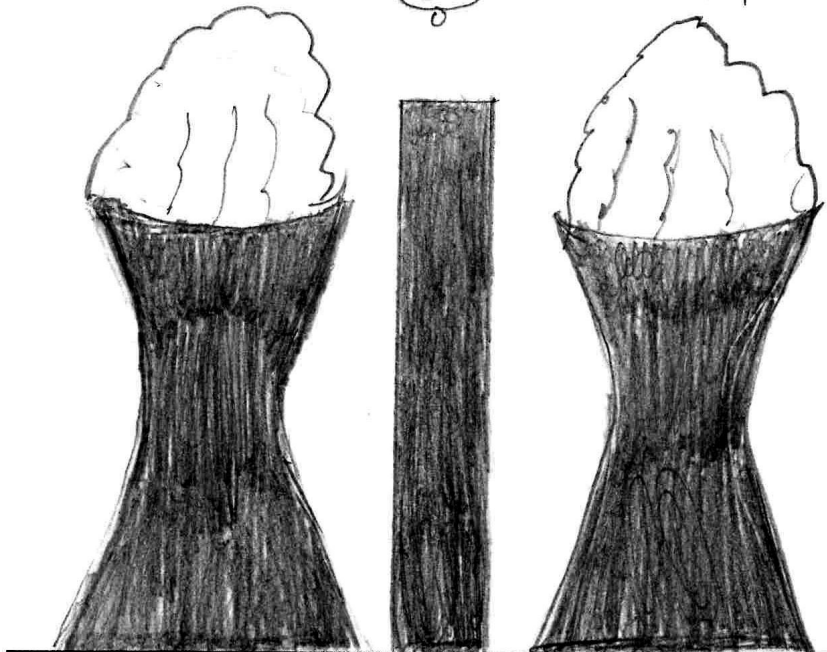
So school days need to start later for many great reasons. Getting a good rest for maximum brain growth; sleeping long enough so students' brains function right in the morning; and how kids need more time to get ready for school. Therefore, if all schools can make school days start later, all schools will improve significantly.

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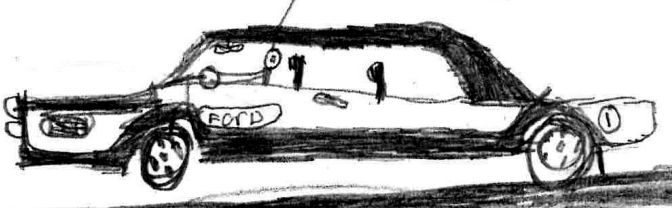
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