

Extended Breaks Between Classes

Most students would agree that there is simply not enough time in between classes to do all they need to do. Many students say that they have to go to opposite ends of the school for classes that immediately follow one another, and only have time to walk from class to class without time to visit their lockers, go to the restroom, or visit with friends. There should be more time in between classes for student and teacher interaction, so students can go outside and get fresh air, and it will allow students to succeed more in general.

First and foremost, teachers and school officials usually tell students that school is a place for learning and not for spending time with friends, but, in all seriousness, it should be for both. In an article about student interaction, it is stated that “interaction does not only promote language development but it also fosters the development of social skills (e.g. politeness, respect for others) that people need to operate successfully in any culture” (Editor). Interaction is not only important between students but also between student and teacher. Many times students do not have sufficient time to speak with their teachers, and some students may fall behind because of this. Student to student interaction is also essential to keep students happy and wanting to go to school; in turn, if a student doesn't want to go to school, chances are that they may drop out early.

Students may drop out if they feel trapped in the school building as well. During the long school day, students get overheated and find it difficult to want to focus and learn. If there was more of a break in between class times, and as long as the school allowed it, students would be able to go outside and get fresh air multiple times a day. Thus, students would feel less trapped, would be more willing to sit and listen to the teacher, and would achieve more in school.

Especially in a cramped, un-air-conditioned school like Benjamin Logan, with the district being in a country-like setting, the air outside is clean and refreshing. In an online article directing attention to the usefulness of getting enough smog-free outdoor air, it is said that "...getting plenty of clean, fresh air into your lungs is a good way to keep your brain functioning at tip-top capacity" (camping.com). Clean air cleanses lungs and allows more oxygen to get to people's muscles and brains, so as to allow for easier and better learning and focusing in school.

Focusing is usually one of the hardest and most substantial things for a student to do. Students may stress about a project or test they have in another class, and if they are prepared for their other classes. When people stress, they usually find it difficult to focus on the task at hand, and it affects their ability to do well in school. "... in a study of kids... 70 percent of the students 'often or always feel stressed by their school work'" (Carter). Having extra time between classes would allow for students to do any last-minute studying they may have to do or to see a teacher to get clarification on something they aren't sure about.

Many teachers argue that there is already enough time in between classes, but with foolish reasons. They say that they assign seats so that students can meet new people to communicate with, there isn't enough time in the school day, or lunch is when we can talk to our friends. Chances are, if we do not already know the people by whom they sit us we are not going to talk to them because if we wanted to be their friend, we would already be friends with them. In addition, in most classes, the teachers are done teaching and the students are done learning before the class time is even over, and if students sit for so long learning about something, their minds are going to wander and they will not pay attention no matter what the teacher is saying. Also, a lot of the time, students are not assigned the same lunch as their friends whom they want to communicate with.

In conclusion, there is not enough time in between classes to accomplish all the things that high school students need to do during the day. In order to reduce the stress and heighten the contentment and motivation to learn, there have to be longer breaks between classes. Students will achieve more as they can get additional assistance from teachers, be better prepared for classes and tests, and will focus better and longer. Benjamin Logan should have longer time for class breaks during the day.

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