

Dear Mr. Porcello,

The Perry School District has excellent staff, security and course opportunities, like leaving school for outside classes. This gives students more freedom and less stress throughout their school day. However, some seniors have noticed that the I.C.E and lunch periods have been shortened over the years. Many students need individual time with teachers to get help, but the current I.C.E block limits the chunk of time that could be used to get help from teachers. Many teachers also, are teaching during student lunches, and that does not allow students to use that opportunity.

Our proposal is to make I.C.E 30 minutes with a 31 minute lunch afterward to wind down or receive aid for classes. Having a lengthy lunch block is important as this gives students the opportunity to socialize if they are not able to during their classes along with having a mental break from focusing on classwork. Teachers would also be on this schedule and this would allow more time for one on one time to help struggling students. One drawback of this schedule is fitting every student in the cafeteria. This would be an ideal reason to utilize spaces that are not often occupied which includes "Hardy's" and Mrs. Kovacic's previous classroom.

Having the 1 hour and 1 minute break for lunch and I.C.E in the middle of the school day, and having shorter classes by a few minutes each, still satisfies the ohio law that 1001 in-class hours are required a year, by having 1002 hours with this schedule. According to Barbie Carpenter, a technical writer and editor, longer lunch times promote healthier lunches, as healthy food takes longer to make than unhealthy food. The rush of short lunches also influences students to eat food very fast and this is an unhealthy habit that leads to eating more than you really need.

Carpenter, Barbie. "Pros & Cons of Longer School Lunches." LIVESTRONG.COM, Leaf Group, <https://www.livestrong.com/article/525829-pros-cons-of-longer-school-lunches/>.