

If I Were in Charge of the School
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Last year, a couple of people got into a food fight at lunch. This resulted in all three teachers having to talk to the entire class. The fight started over which cafeteria food was the best. I realized that the kids who were fighting all had school lunch. Some of the students claimed that they needed more healthy food to be happier and pay better attention in class. I think that the school students would have a happier experience if they were given more opportunities to stay healthy and happy. This would look like having more nutritious lunches, longer recesses, and more hands-on learning.

The first change I would make if I were in charge of the school would be making healthier cafeteria lunches. Our school cafeteria could substitute processed food like beef patties with less processed food like veggies. Less processed food would be more appetizing for students and they would eat more. My source states, "A California school district switched from processed food to fresh, locally sourced meals and saw improved student focus and fewer disciplinary issues." Adding healthier and better tasting options to school lunch would benefit health and learning. Although making less processed food is more expensive, we could make a fundraiser and grow a garden.

The next change I would make is adding 10 more minutes of recess. Recess helps students connect more, relieve stress, and concentrate in class. My source stated, "Schools in Finland give students a 15 -minute break every 45 minutes of learning. The result? Better focus and improved academic performance." Making sure students get the right amount of break time will make students happier and more focused. I know some teachers would argue that adding extra recess would interrupt class time. Although we would have less class time, students would focus better in class so they wouldn't need 10 more minutes of class time.

The last change I would make is making more fun ways to learn happen more often. More hands-on learning would help children remember information better. The text states "A fifth-grade science teacher replaced a worksheet on ecosystems with a classroom simulation where students acted as different species in a food web. The students not only had fun but also demonstrated a deeper understanding of the topic." Learning in more fun ways will make students pay more attention and be more excited for class. I know that it would take more time to plan activities if we did more fun activities but, the students could also help plan the assignments so that they would run more smoothly.

Students would be happier if they were given more chances to be healthy and happy. Kids would benefit from having more healthy lunches, longer recess, and more hands-on learning. Teachers and leaders should consider these ideas because students would show up more and their grades would improve.