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Sheffield  
South Yorkshire  
S7 2PV

7<sup>th</sup> February 2020

Dobcroft Junior School  
Pingle Road  
Sheffield  
South Yorkshire  
S72LN

Dear Mrs Sexton,

I am writing to you to express my views regarding afternoon breaks at Dobcroft Junior School. In my opinion, afternoon breaks should be compulsory. There are many benefits to having an afternoon break: it allows time for our brains to recuperate ready for learning; the afternoon lessons are two and a half hours long and it has been proven that the average concentration span for a child, who is eleven years of age, is around twenty minutes; and it allows us time to socialise with friends, promoting healthy minds.

Children are at school for six and a half hours and their brain need time to recuperate during this time. School equips us with all the necessary learning behaviours; however, it should also be a place where we are given time-out from focussing. Dobcroft is a great place to learn: there are many inspiring teachers that have encouraged us along the way. Despite this, breaks are needed within the school day so that we can give our ultimate best throughout the day.

Alongside this, scientists have proven that a child of similar age to those in the year six classes can only concentrate for up to twenty minutes, depending on the task. This shows that although children may be working extremely hard throughout the afternoon, the work they produce might not be up to standard because of their inability to focus for long periods of time. Our afternoons are two and a half hours long; this would be the same as asking an active toddler to sit without moving for thirty minutes.

Lastly, children's time at school is precious. Not all children see their friends outside of school: sometimes they simply live too far away from their friends. Spending time with friends is an essential part of education. Catching up with friends is important and having the time in the afternoon to have a break and catch-up is a great factor in maintaining a healthy mind. Children's mental health is always being promoted in schools during PSHE, assemblies, specific learning days and during everyday lessons. Having an afternoon break will, without a doubt, have a positive impact.

In summary, an afternoon break has many benefits. If we were to make the afternoon break compulsory, every child in school will reap the benefits.

I look forward to hearing your response.

Yours sincerely,

Joe Smith