

RMES NEWS
2nd Edition

JOKE

What sound does a limping turkey make?
“Wobble wobble wobble”

RIDDLE

What has to be broken before you can use it?
An egg

LUNCH MENU for the 11th - 15th of November

Monday

Macaroni & Cheese

Tuesday

Taco Soup

Wednesday

Baked Chicken

Thursday

Sweet & Sour Chicken

Friday

Max Pizza

RMES WEATHER

Monday

67 F

Tuesday

64 F

Wednesday

65 F

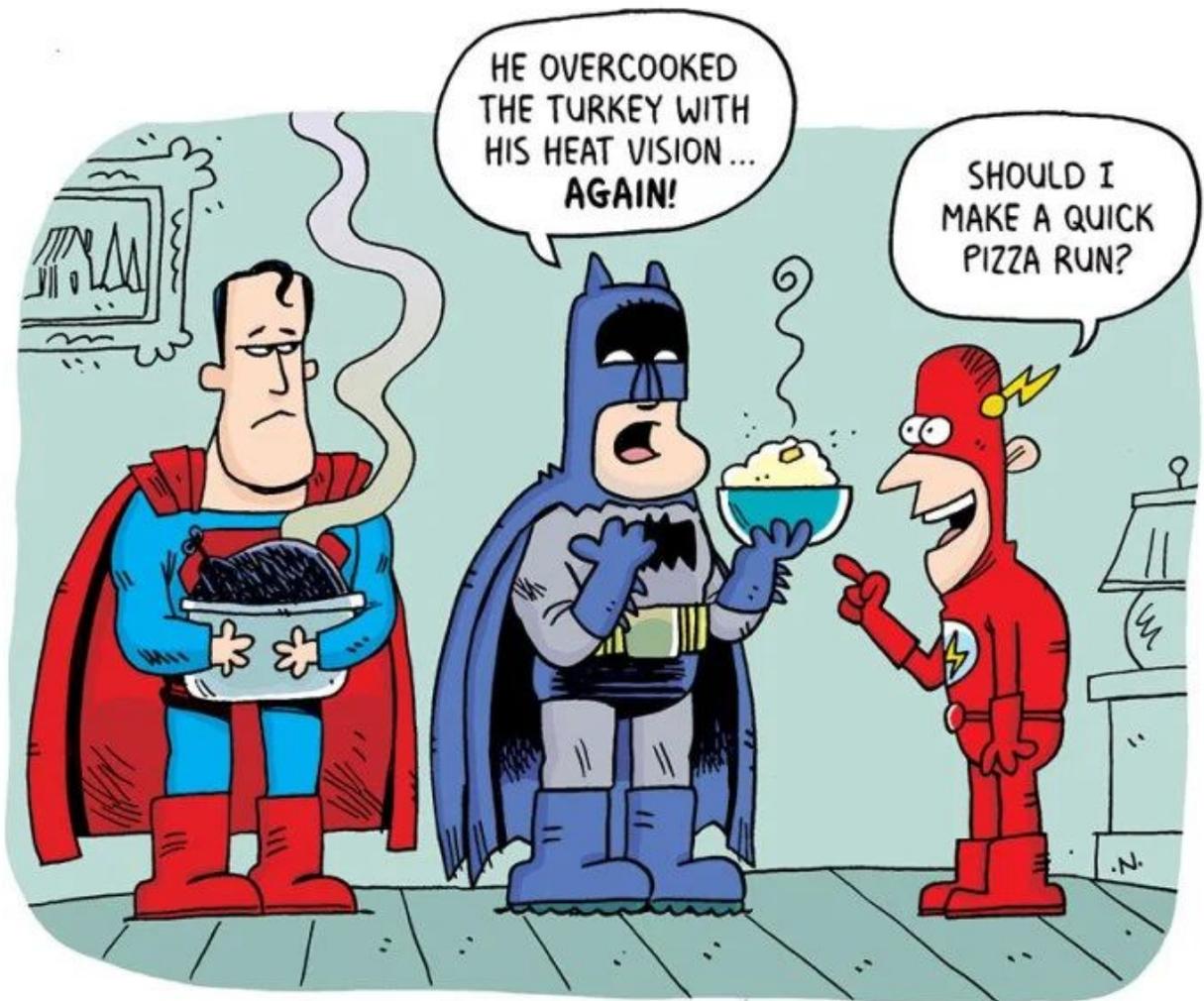
Thursday

66 F

Friday

64 F

Weekly Comic



By Scott Nickel

SEPs Reminder

School is out everyday this week at 1:15. So come and visit with your teachers! Be sure to bring your Parents.

Opinion Piece

Should Students get Longer Recesses?

Firstly, in my opinion, students at Red Mountain Elementary should get longer recess. Students are supposed to have at least 60 minutes of exercise every day to be healthy. We have three ten-minute recesses, and added up makes only thirty minutes of exercise. That's not even counting that we only get two recesses on Friday (Young Doctors only get one), giving everybody two recesses. Some people have sports after school to make up the minutes, but most don't. Many students play video games instead of exercise after school, so they do not make up their minutes. This makes it so the only day we make up our minutes for exercise on Wednesdays. So, I think that students should get maybe ten extra minutes of recess at recess time.

Why do students need more exercise? Secondly, to be healthy, you need to exercise for your heart. This can keep you healthy, and might actually make you live longer. It can prevent you from having heart problems later in life. Exercise can also get you to drink water, which is good for you. There are only so many things that can get you exercise and recess is a good one. It will be so much better for all of the students if we can get longer recess. That is the reason why we should be getting longer recess for health.

Third, the most important reason, students want to have recess. It is fun for them. Recess is one of the limited ways to have a good time, while exercising at the same time. A lot of students like soccer. Soccer is a great way to get exercise. Sports are so many people's favorite thing to do, but only some people get to do it after school. So, I think that it is important that students get to do what they want. At home, children have limits of where they can go. They can't just go to the bike park, or football field whenever they want. To finish up, I think that students should have longer recess as not just exercise, but fun.

By Anonymous