

Changes in school assignment

[Education](#)



We do have students who have complained on several occasions about needing new lockers, not only because it is difficult to carry their books around when they go from class to class, when our students have to carry all their books with them it starts causing our students to develop health issues because they are straining and putting a lot of weight on their shoulder and back muscles. Some of our students have mentioned that a majority of our school lockers are damaged which makes it hard on them to stop between classes to exchange books or get other supplies for their next class.

I believe that if we could make room in each classroom then the students could leave that classroom book along with other supplies for that particular room in each room keeping them from having to carry around all their books, not to mention this would also cut down the students needing to always have a hall pass to go to the locker just to get out of doing school work, hall passes would only be issued when needed to go to the restroom or to the office.

The second concern would like to talk about is the cleaning that we need more of in our classroom and around our schools. A lot of our students will get sick and have to miss a few days or longer because of the dirty environment from broken down chairs and desk, to classrooms not having enough ventilation, with these conditions and among others it could make it hard and uncomfortable for our students to concentrate on assignments, plus it can also cause mood changes in the students.

Some of these area's I am speaking of are for example: the classrooms, when there is not enough optimization in the rooms it can cause the

students to become irritated because they are not enforceable and when they are not comfortable it will make it difficult for them to listen to the teachers and also difficult for them to work on school work. Also with the lack of good ventilation it becomes hot during certain times of the school year where there becomes a problem with body odor, along with other odors that are blocked inside of the classrooms.

The students that have asthma and other illness that they are not able to adapt to these kinds of environments could also lead to those students becoming more ill. If the classrooms are well ventilated and kept clean it would change the mood of the students and we would see a change in them listening and being able to concentrate on school work more. The third thing I would like to address is about the school food menu.

A mass majority of our students are considering overweight or obese and the reason for this is because of the foods they eat. If we show them that you can still have good healthy foods at school then they will start looking at what they eat at home as well. In our school system the students eat mostly fattening unhealthy foods, our schools are serving more and more red meat which is becoming an issue.

According to the reports issued by the Physicians Committee for responsible medicine (APPC), the USDA dupes hundreds of millions of pounds of surplus beef, chicken, cheese, and pork on the National School lunch Program. " Some other unhealthy foods in our schools are desserts such as ice cream, cookies, and a lot of sugary drinks, by feeding these students high-fat, high-cholesterol foods the agency is contributing to the nation's obesity and

diabetes epidemic. We need more fruits, vegetables, and good real meats in our cafeterias.

Some schools have what is called Internet based program which allows the parents to track what their children are buying in the cafeteria, this also allows the parents to not only see the spending history but they are able to leave notes or comments on the account, for example: the parent could put a code that says " no chips", so when the student tries to buy chips it will not allow them to do so. Feel that we need to focus on better healthier foods in our school programs. The final thing I would like to talk about is exercise.

If students are able to get outside and become more active during school it will aka their moods change for better, it allows them to release stress and energy that has built up just by sitting in the classrooms. In my opinion I think all schools should have recess every year until the student is out of high school, when they student gets to junior high all that is required from them is to keep good grades to be involved in sports or any other activities. Michelle Obama has a program called " Let's Move", this promotes more activity time for students to get up and move around which is good exercise.

When the students don't have much exercise in school it allows them to become lazy ND not wanting to concentrate on school work. So my call to action is a few simple things that will help the students live longer healthier lives. The changes that can be made in the classrooms are for better work environment with cleaner air, there needs to be changes with the lockers to keep children from suffering later in life with physical issues, and changes in the foods that we serve to the students will make a big difference in the

obesity level. By making these changes I believe we will see a higher rate of successful students in this world.