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Lunch is one of the few times during the school day where students can just relax. It is a time when students can relieve some of their stress by socializing with friends. It provides students with a meal that fuels them for the rest of the day. Unfortunately, with lunch being so short, many students aren't able to enjoy lunch to the fullest. I propose that lunch should be expanded in time, extending from approximately 30 minutes to 40 minutes.

As I just stated, lunch is supposed to be a relaxing time. It's supposed to be a time when students can just take a break from their hectic and busy days. However, for many students, lunch turns out to be another stressful event to an already extremely stressful day. Because of how short the lunch period is, students are worried about getting their food and getting it eaten in time. At North Star, the lunch line can be so long that takes nearly 20 minutes to get through at times. By the time you even get your food, you have to scarf down as much as you can before the bell rings. Instead of providing a calming break in the middle of the school day, lunch has become another stressor in a stress-filled day.

Another reason lunch should be extended in length is due to the nourishment it provides. Many students can't make it through the school day focused without a solid, balanced meal in the middle of it. Students oftentimes don't have time to finish all of their food, which deprives them of the proper nourishment that they deserve. If students are able to completely finish their lunches, it is usually because they had to eat really fast in order to do so, which in itself is a very unhealthy practice. Eating quickly puts a lot of pressure on your digestive system and makes it harder for body to break down the food and the nutrients that they contain. Students should be able to sit down to a nice meal and be able to enjoy it at a comfortable pace, but because of the length of the lunch period, this is a rare occasion for some students.

My final point as to why lunch should be lengthened applies to approximately only half of the students, although it is still an important issue. At North Star, the upperclassmen (Juniors and Seniors) have the privilege of leaving the school campus and going out to eat for lunch. The upperclassmen have earned this through their hard work over the years and deserve some good food. With all do respect, the school food is subpar and going out to eat is a nice treat for these students. This is a very generous act and a good idea by the school, but I believe this experience could be made better. With lunch being only 30 minutes long, students don't have a lot of options as to where they can eat. Most of the time, students will just choose the quickest restaurants in order to ensure they get back to school on time. Unfortunately, many of the quick restaurants are some of the most unhealthy ones too. Even with picking quick restaurants students still have to rush to eat their food and get back to school on time. If lunch were extended, students would have more options to make healthier choices during lunch and also be able to enjoy the experience of going out more.

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Sometimes lunch is the only time when a student can truly talk to their friends during the day. It is one of the few times throughout the day when students can socialize and have a good time. Because lunch is only 30 minutes long, students can enjoy it to its fullest. Lunch should be extended from 30 minutes to 40 minutes because it would allow students to have a break during the day without cutting into that much time of the school day. Lengthening the lunch period would allow students to be able to relax and have enough time to eat, get the proper nourishment they need, and help upperclassmen enjoy their privilege of going out to the fullest.

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There are a lot of regulations in the student handbook. What students can wear, what language is to be use, how to treat people, and no cell phones. Cell phones should be allowed though. Not during class of course, but they should be allowed during lunch and passing periods. This would cause a lot less stress and problems during class periods. That is because students won't argue with teacher about their phone, the students would be more focused during class, and they could have more communication with family and friends.

First off teachers and students wouldn't argue as much about phones. "Excuse me, young lady there are no phones during school." Do you every hear that or maybe you hear "Insert name here give me your phone, I have to take it to the principal's office you'll get it back at the end of the semester." "What! No way! I'm not giving you my phone!" Teachers and students go around and around about phones in class and in the halls. If we would allow it during passing period it wouldn't be so bad.

Secondly, students would be more focused. Teachers can have students leave their phones, on silent; not vibrate, in a basket at the door during the class period so they would be more focused. And then students don't have it at their desk or pocket or sitting on their lap texting people and they can learn the lesson the teacher is trying to teach. Also teachers can have repercussions if a student is found with their phone in class maybe detention or giving the phone to the principal for the rest of the week. But if the student followed the rules and left it in the basket during class they would get it back when they left and could text when they leave for their next class. Then as enter the next class they would place their phones back into a basket and have a seat. Also if teachers allowed it students could go get their phone and quietly text people during their free time, if they are done with they work and are not down in any classes. This would have students more focused and work harder so they get the privilege of their phone.

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And lastly, it would give them more communication with their family and friends. Have you ever been in class and thought, 'Oh shi...shoot I forgot to tell my mom about the concert tonight and I have to bring a dish!' Of course you have everyone has. We forget about something and when we pull out our phones we get yelled at. It would be a good idea to allow us to call or text family or friends about things we forgot to tell them or questions we need to ask them. Half of the time we aren't just text some cute boy two counties over, I said half, but we're texting parents, recruiters, and work. We're asking questions, giving information and trying to make sure we've got this big ball of crazy we call life under control.

Students are smart and they find a lot of ways around the handbook. Students are smart enough to not get caught, but why try and catch them why not just adjust the rules a bit and make it so it fits both the students and the teachers? Make it so everyone's happy. The students will be easier to get along with and the grades will probably improve. Let the students have their phones so they use more energy learn than hiding their phones and sneaking around. Let the students be less arguable, more focused and more communicative.

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Rule Change

There are many rules in our student handbook, but there is one rule that sticks out to me that I don't think is a good rule. Hoodies, I don't understand why we can't wear them. The first reason we can't wear them is because we can text in them. Second reason is because we can hide weapons in them. My third reason why I don't understand is, our school sells them but we can't wear them at school.

So if teachers think not letting kids wear hoodies is going to stop them from texting, they are wrong. The pocket on the hoodie sags down when there is a phone in it, so it is easier to catch a kid with a phone. A jacket with zip up pockets is better because you can't really see the phone and if you have it zipped up your phone won't fall out. But if you have the phone in the hoodie pocket it is a greater chance that the phone will fall out. And if someone's phone is small enough they can fit it in the pocket of their jeans.

Another reason we can't wear hoodies is because you can conceal a weapon under it. But honestly taking away the hoodie is going to stop a person. Kids are a lot smarter these days; if they want to do something they will most likely do it. If they are really concerned with stuff like that then they should be checking bags, because that seems like a better place to hide things. Also there are not many children that are going to bring a weapon to school, but teachers should pay attention to what kids are saying and doing. Then if they think they are going to do something bad like that, they should talk to the counselor.

Our school is big on school spirit so they sell T-shirts, jackets, sweats, and hoodies. So if we are not allowed to wear hoodies why would the school sell them? The teachers say that we can wear them outside of school, but then we can't wear our school spirit at school. Hoodies are

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very comfortable and they keep us warm in that one classroom that it feels like it could start snowing.

So out of all the rules in the handbook, the one rule they should change is to let us wear hoodies. Taking away the hoodies is not going to stop kids from texting during school. They are not going to stop kids from bringing weapons to school. Also if they are going to take away the hoodie they should not sell them at school. Hoodies are really comfortable and keep us warm, so they should change this rule.

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i believe that the rule of "no hats in school should be removed." First of all they say its "gang related" well so are colors, 2nd they say its rude but in reality I talk to people all the time with a hat on, no one has cared, and it can be "a distraction?" that's arguable.

So first off, hats be gang related. Well there's many different ways of showing gang affiliation, like pant leg pulled up on one side, and gang colors. So maybe they should just have everyone where uniforms? I think not. Because they want kids to show their creativity. Hats are a good way of expressing things like pride in where you came, or maybe a sports team and so on.

And next is the issue of it being rude. I wear hats all the time outside of school. I have never once had anybody ask me to take my hat off when I'm talking to them. Now I understand in certain instances it may be appropriate, like when your talking to a higher authority community figure, but lets be honest, most teachers don't care if students wore a hat.

And as far as a distraction goes, will anything can be a distraction. So we should take away pencils, and paper, and well pretty much everything then right? i believe with all the drugs, and illegal activity that goes on, hats are the least of a schools problem. So why don't we make it easy on everybody and just allow hats in school.

So you see, I don't believe hats are an issue, although the topic is arguable, the facts stand the there not "gang related". Or rude, or even a distraction. There just hats. And they should just be used in there appropriate manner. Maybe it's just a way for the school districts to display power. Well I hope you have seen my point of view, and will consider allowing the usage of hats in school.