

Senate Education Committee

Proponent Testimony for Sb 339

January 22, 2026

By Linda Highland

Thank you for this opportunity to ask for your vote for Sb 339 to increase recess time in our schools to at least 30 minutes a day. However, it is much preferred that students have 60 minutes of recess daily.

A classical school that is being established in the Manhattan area is gaining much support. One of the many reasons for the support of Christ Classical Academy is that they will have an hour of recess every day.

There have been instances of recess being used as a method of punishment for students. I hope this never happens today, but it did happen years ago. A second-grade student with ADHD was in a class where the teacher allowed the class to be disruptive all day. Because the student could not accomplish class assignments with the distractions in the classroom, sitting in the hallway as a spectacle for classmates with no recess allowed was the punishment.

As a council member of Kansas Make America Healthy Again, I am in support of this legislation because exercise is so important for the fitness, health, and wellbeing of our students. Please vote to assure that students receive an hour of recess.

Thank you for your service.

Linda Highland

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