Essential Exercise

Most people believe that exercise is good for you. But how much exercise do you need? Most experts will tell you that everybody should get at least 30 minutes of exercise every day.

One reason that you should get thirty minutes of exercise every day is because it is good for your heart and lungs. For example, Mrs. Snell, our gym teacher, says that any kind of exercise is good for your body. Do you want to live for a really long time? Well, exercise can help you to stay healthy so that you can live a long and happy life.

Another reason you should exercise every day is because it makes you feel great! For example, one time in my life I was feeling very sad. I would go on long walks to help myself feel better. Don’t be crabby and take it out on your family. Exercise will make you feel awesome so that you can be a nicer person.

I know one thing for sure! Exercise is one of the best things you can do for yourself. If you want to be healthy and feel great, you should start exercising today!
Keep Zoos Open!

"People forget the good that zoos do. If it weren't for zoos, we would have so many species that would be extinct today." - Betty White

Do you feel that there should be zoos? We do! This is a topic that we feel strongly about. Zoos not only give us a place to go to have fun with our family and friends, but they also help save endangered species and provide habitats for animals that we wouldn't typically get to study. We feel that more should be done to save zoos.

Every year we take a school trip to the Detroit Zoo. We walk there and spend the day touring the different exhibits. We are always excited to see the various animals that are in the zoo that we don’t typically get to see. Some of our personal favorites are the penguins and the monkeys. According to the World Association of Zoos and Aquariums “over 700 million” people visit zoos and aquariums annually. This includes both adults and children. Would you want to crush the day of that many people? In our class alone, 20 out of 28 students want to keep zoos open. These places are fun to visit. We shouldn’t take them away from society!

Additionally, zoos have the important job of helping to save endangered animals. According to the Smithsonian Conservation Biology Institute, records “now include 16,928 species—more than 8,400 animals and more than 8,400 plants—that are critically endangered, endangered, or vulnerable.” Zoos take in endangered species. The feed them, care for them, and breed them to help improve the odds of a species. Vetstreet.com states that zoos “have been instrumental in saving certain animal species from the brink of extinction.” National Geographic even states, “captive breeding of endangered species makes zoos valuable places for animal survival.” They can’t do it alone! We must support them!

Furthermore, zoos enable us to study animals that we typically wouldn’t be able to see. They hold animals that live in various climates and regions. We wouldn’t be able to walk outside and see most of them. Could you imagine never seeing a lion in your entire lifetime? National Geographic states that “researchers at zoos can study animals up-close. They can observe behavior such as mating and nutrition choices. Biologists and veterinarians are also available to treat sick or injured animals.” This research teaches us about these animals and how to help them.

In conclusion, we need to help keep zoos open! Zoos are saving various animals every day! They’re also enjoyable to visit! We need your help! You can start a petition today! Write a letter to a government official. Tell them why zoos need to stay open. Save our zoos!
Introduction/Claim and Reasons – P1

“We should get more breaks! We should get more breaks!” chanted the teachers as they marched down the street. Well, maybe this didn’t really happen, but it doesn’t change the fact that I think teachers should have more breaks during the day. They would be able to spend more time planning great lessons, working more closely with their colleagues and it also helps the students get a break during the day. Giving teachers more breaks during the day would be a good thing for everyone.

Reason #1 – P2

To begin with, if teachers had more breaks during the day, they would be able to spend more time planning great and interactive lessons for their students.

Reason #2 – P3

Furthermore, teachers could use the extra time to work together with their colleagues to improve curriculum, if they had more breaks during the day. This year, Mr. McEvoy and I decided to change up the annual Wax Museum project. We would talk about it five minutes here and five minutes there, but were never able to sit down for a long period of time and really plan it out. One time, we planned to meet and Mr. McEvoy had to go home to take care of one of his daughters who was sick. Another time we planned to meet and I had to leave for a doctor’s appointment. Finally, we were all set to meet and Mr. McEvoy had an emergency meeting he had to attend.

“I feel like we are only able to talk in 5 minute increments,” said Mr. McEvoy, who has been teaching for 14 years. “We need more time to have good discussions about the curriculum and lessons or projects we are planning.”

I have been teaching for 14 years and it’s always been a problem finding time to work with my colleagues. If teachers had more breaks during the day, just think of all the great lessons and ideas we could come up with when working with other teachers.

Reason #3 – P4
In addition, if teachers had more breaks in the day, their students would also get a break from class to do something different, in a different environment and with a different teacher.

Closing/Repeat Claim and Reasons – P5

If teachers had more breaks during the day, the education system would benefit greatly. Students having different teachers during the day will keep them interested. Teachers working together during these breaks will improve the curriculum and the breaks will allow them to spend more time planning awesome lessons. Do you want your child to have the best education experience that they can? Then work with teachers and the wonderful superintendent to make this happen.