



**Alaska Association of Student Governments**  
**Resolution #8**  
**45 Minute Lunches For MSBSD Students**  
**Submitted by: Keegan Gerkin - Palmer High School**  
**10/25/2021**

**Be it Resolved by the Alaska Association of Student Governments that:**

- 1. Whereas,** Students would be allotted 15 extra minutes of lunch to the current 30 minute lunch break.
- 2. Whereas,** We would only need five minutes from each of the three periods of the day which are over an hour and a half long.
- 3. Whereas,** On Fridays we would borrow 15 minutes from the already extended 4C's period.
- 4. Whereas,** There is no passing period between the class period before lunch and lunch, when the bell rings dismissing you from your class, that marks the beginning of your lunch break.
- 5. Whereas,** Students who rely on the hot lunch meals provided by the schools have to wait in extremely long lines taking up the time they have to actually sit down and enjoy their food, and company of their peers
- 6. Whereas,** overpopulated schools have students that struggle with time constraints due to long lines, which also adds on stress to Nutrition Service staff
- 7. Whereas,** having longer lunches allows more people to go off campus for lunch. Therefore, having less students in the cafeteria at a time, supporting COVID mitigation
- 8. Whereas,** Studies supported by the CDC have shown providing more lunch time benefits students in the following ways, students consumption of food increases, directly impacting an increase in key nutrients being consumed, and decreased disposal of uneaten food.

9. **Whereas,** The CDC makes the distinction between seat time, where you're actually sitting down and eating, and total time where other various events such as going to the bathroom, walking to the cafeteria, getting to the line, waiting in line, selecting your food, and finding a seat would take away from the actual time you're sitting down eating.

10. **Whereas,** The American Psychological Association states, breaks can improve our moods, overall well being and performance capacity. They also state that mentally detaching from your work can restore energy in the short term and prevent burnout in the long term.

**Therefore, be it resolved that the Alaska Association of Student Governments** Supports the Students of the Matsu-Borough School District with the exception of Mat-Su Career Tech be allowed 45 minute lunch breaks during the school day.

Sources:

1. [https://www.cdc.gov/healthyschools/nutrition/school\\_lunch.htm](https://www.cdc.gov/healthyschools/nutrition/school_lunch.htm)

2.

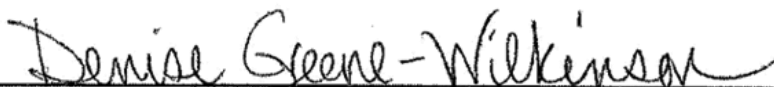
3. <https://www.apa.org/monitor/2019/01/break>

Passed by the 2021 Virtual Fall Conference GA Hosted by Palmer High School



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AASG Vice President, Kamea VanDeventer



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AASG Executive Director, Denise Greene-Wilkinson