Greetings

Dear Miss Najwa,

I hope this email finds you well. Knowing that you care about us; we would like to propose a suggestion that would positively reflect on our performance and well-being. It would be thoughtful if you take into consideration making the break longer.

Body paragraphs

To begin with, classes are very long and exhausting, which would lead the students’ performance to drop down. Therefore; the students will benefit from longer breaks that restore their energy and change their moods and enhance their concentration.

Moreover, longer breaks contribute to creating a healthier student because sitting in their desks for 6 hours in a row will affect their bodies posture and will cause fat accumulation. Not only that, but also staying in a locked class for long periods of time builds up more carbon dioxide.

Considering the previously mentioned reasons, I strongly believe that longer breaks are essential for your students’ well- being and performance, therefore; we know that you will do your best to maintain a good healthy environment.

Yours sincerely.