Another reason Helena High should extend the lunch period is for socialization. Socializing with peers can include talking face-to-face, catching up on social media and texts, or simply just being around other students not in a classroom setting. Being with peers and socializing is very important in high school because that interaction can relieve the stress that occurs during the first half of the school day. It is essential to relieve this stress in order for students to come back ready to learn during their afternoon classes. Half-an-hour is not enough time to eat, socialize, and get to class, so a longer lunch period would provide the necessary time to do all three.