

Ms. Susie V. Castillo, Board Member

SUBJECT: HOMEWORK

COMMITTEE: ACADEMICS, EVALUATION AND TECHNOLOGY

**LINK TO STRATEGIC
BLUEPRINT: RELEVANT, RIGOROUS AND INNOVATIVE ACADEMICS**

Although homework has traditionally been seen as a key component of K-12 education, increasing academic rigor is causing students to spend more and more time reviewing classroom lessons at home, participating in tutoring, and/or devoting more hours to completing homework assignments. This has led to a decrease in unstructured recreation and family-time in many households; a valuable time for children, particularly those of a young age, to adequately develop into healthy and balanced young adults.

In *The Decline of Play and the Rise of Psychopathology in Children and Adolescents*, published in the American Journal of Play, Dr. Peter Gray contends that lack of unstructured recreation time can affect children's emotional development, leading to the rise of anxiety, depression, and problems of attention and self-control. Further, studies have shown that children who spend more time with their families, partaking in family meals and other activities, frequently are less likely to get depressed, resort to violence, and/or develop eating disorders.

It is important that we continue to work toward seeking a balance between the academic workloads of our students and time left for them to spend quality time with family and participate in extracurricular activities.

The intent of this item is to have a pilot study conducted to determine the effects of a 'no homework' policy on students and their academic achievement, particularly at the elementary level.

**ACTION PROPOSED BY
MS. SUSIE V. CASTILLO:**

That The School Board of Miami-Dade County, Florida, authorize the Superintendent to pilot a 'no homework' policy during the 2016-2017 school year.