

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 leading to seemingly ever-increasing homework loads for students. And while the "10-minute Rule", endorsed by the National PTA and the National Education Association (NEA), is utilized as a guideline in many school districts, a recent study published in the American Journal of Family Therapy found that the average first and second grader were being assigned three times the recommended amount of homework.

Dr. Harris Cooper, professor of psychology and neuroscience at Duke University, has found through his research that assigning too much, or the wrong kind of homework, (or both), can lead to the law of diminishing returns, resulting in undue stress for students, aggravation for parents and no academic pay-off. Further, other 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 share with family and participate in extracurricular activities. This can be done through bringing increased awareness to teachers and school leaders about homework policy guidelines, and through improving compliance with the same.

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

That The School Board of Miami-Dade County, Florida, authorize the Superintendent to explore measures that will: empower educators by increasing their awareness of the District's homework policy, improve compliance with the same, consider the individual academic needs of each student, and parent input on what is best for their child. Report such measures back to the Board by the January 2017 School Board meeting.