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**From:** pmilley@sccoast.net  
**Sent:** Thursday, July 28, 2016 2:28 PM  
**To:** Haley, Nikki  
**Subject:** Recess versus Mechanical Desks

July 28, 2016

## **Recess versus Mechanical Desks**

Dear Governor Haley:

Today I learned more devastating news. I met a drug interventionist who shared with me. She said that kindergarteners who are put on Adderall never get off of it. Their brain changes and has to have it or another drug such as heroin. When these children become too old for a pediatrician, they go to an adult doctor which is expensive. Adult doctors do not like to accept them as patients. Therefore, they turn to buying heroin in the street according to my nurse practitioner friend. Our schools are feeding the drug culture.

The interventionist also told me that the establishment is manufacturing **mechanical desks** with large rubber bands or moveable parts which the child can maneuver to work off energy while learning. This is preposterous! The children need to go to recess and get outdoor exercise and sunshine. They need to play chase and tag.

Children who need more exercise than 1 ½ hour should be able to get a pass to the playground where a monitor is provided on it all day long. A monitor will be much cheaper than all these drugs and medical expenses plus mechanical desks.

Please don't allow our schools to waste money on moveable desks. Recess is free and far superior to producing mentally healthy children.

Children who have plenty of time outdoors will be ready to learn and they will also learn more rapidly.

I wish that I were young enough to have a class with 4 ½ hours of instructional time and 1 ½ hours of lunch and recess and compete with any other chosen teacher with the process that they are using now. My class would be so much more outstanding.

Please put recesses back into the schools with the children provided ball equipment to play freely.

Blessings!

Pat Milley