

January 11, 2017

## Dear SC Senators and Representatives:

### Educational Legislation Needed Immediately!

#### Problem:

Our Horry County Elementary children have serious mental health issues – about 1 out of 4. This is requiring 90 mental health specialists and hundreds of guidance counselors in the Horry County Schools and we still do not have enough help. Many children are cutting themselves and literally pulling their hair out. We have a mental health crisis! Our children are being drugged and doomed to a life as a drug addict beginning with prescription drugs as early as kindergarten. These children become heroin addicts as adults. Drug Counselors tell me that it is impossible for them to give up the drugs. As adults, these children go to heroin as the cheapest solution. Dr. McCarthy in Myrtle Beach is finding that the drugs change the brain's development. Our elementary students have been victimized and abused over a long period of time. (k – 8 is a long period of time.) Their immune systems are weakened. They suffer unnecessary illnesses such as colds, anxiety attacks, headaches, and nervous colon.

#### Solution:

1. Add 1 hour or recess to the school day – fifteen minutes in the AM and 45 minutes in the PM.
2. Shorten the school day by 1 hour later in the day so that children can get their needed sleep.
3. Allow kindergartners to take a nap if needed.
4. Make curricula age appropriate and developmentally appropriate.
5. Put monitors on the playground all day long so that if 1 hr. of recess is not enough that active children can be given a pass to the playground instead of an ADD drug. Twenty-five minutes of recess gives the same calming effect as 1 ADD drug pill. Stop drugging our children to make them do activities that are not age appropriate or developmentally **appropriate**.

Our children have been robbed of their childhoods and their happiness. As a result, they are not connected and bonded to their adult supervisors and classmates because they do not have ample play time to bond and connect. Children learn social skills on the playground and how to interact with others and this is a very important part of their development. Our children's favorite time at school is recess which has been decreased to 12 minutes. Thus, our children are stressed out!

You can meet these goals by eliminating many standards. There are too many standards required and the teacher has no room in the schedule for creativity.

Children learn more efficiently when they are presented material for which they are ready to learn and are interested in learning. The teacher should have more time allotted to meet individual needs.

Forty-five percent of our college graduates did not find a job requiring a college degree this year. Have we lost our minds by the paths that we have chosen to educate our children?

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