

School should not be required

By Amara Torres

What if you did not have to go to school everyday? That would be nice so that is what I want to accomplish. School takes up a lot of a student's life therefore school shouldn't be required for the 35 hours a week it is. I think school is tiring, takes up too much time and more. Read about it below.

Studies have shown student's mental health has lowered by 65% since 1990. Students crumble under pressure due to stress, they become unmotivated and upset about school, they begin to disrespect their classmates and teachers, & get bullied which leads to even worse mental health issues. I believe school can crush a student not only because of fellow classmates but because of the amount of work students are expected to complete. I also think a way to help is to get help from teachers or classmates you actually trust so you have support you want and trust.

Student's lose time for extra things like: sports, clubs, family time, etc. because of school. Without time for sports students are not getting the exercise they need to stay healthy. Also it has been proven kids start to distance themselves from family because of too much schoolwork that needs to get done. Due to schoolwork I believe that students don't get time for things they need.

School takes up 7 hours a day, 35 hours a week, and 140 hours a month of a student's life. It has been proven that schoolwork stresses kids out but when there is no work to be done kids aren't as stressed. School takes up too much time and studies have shown free time for students has cut in half since 1980. Kids are doing school for so much time that they end up with no time for other things which isn't good. I think with so much work to do for school it's not healthy for students because they get stressed.

With this information you can see the effects school has on students that isn't very good so I think school should not be required. School takes

up a lot of a student's life, mental health wise and time wise. Try taking a day or two off of school, see how you feel. See if you are less stressed or overwhelmed. If you feel off without school try other things like clubs or sports to feel more connected! That is why school should not be required.