

## Where's the Break?

Dear Parents and Teachers:

Have you ever thought of how stressed children may be just during the school year? Well imagine their lives like that twenty-four/seven. That's what summer school does to children in this situation. You see, being in summer school is pretty complicated from experiences. Frustration plays a big role in stress of summer school. Although summer school may be excellent for extra practice, summer school actually causes stress to kids who work hard, children don't spend time with family, and their brains never get a break! Some teachers may think that some students need extra help, but they can practice from workbooks from home with family. Some studies say that when a child is learning with family by their side, they focus and understand better what they're learning. When being pushed to focus by loved ones, that child most likely has encouragement from close family!

According to parents and maybe even their children who've had an experience with school understand the anxiety to drop out of school because of pressure and stress from school work. What about working twenty-four/seven being bullied, working hard and pressure taking its toll! The summer is the only time for children to have that weight lifted off their shoulders. For teenagers this may be the best time in the summer; for pressure to take a break. If children don't get a break from people or deal with people who frustrate them, their shell may burst and cause a fight or even bad grades! This doesn't only leave the child in harm's way, but also all of the surroundings of this child. Just consider the obstacles' that a child may face during the school year!

Of course you may wonder, well where is the family to help this child? The family can't avoid any issues the child may encounter during school. But that's not all, the family will lose quality time with their child because of homework or because of studies. Children have to work none stop, which takes away all the activities with families or with friends. When some children get back from school, they have to go start to their room and finish homework or do homework all night long. Which means the child

may not even have time to participate in dinner because of school work. The summer is the time for families to get back together. After the school year is over, kids look forward to a break in the summer after all!

Most important is that most of the time stress comes from the brain. This is practically the producer of stress. In another word, the brain should be able to go on vacation too! During the school year is nothing but test and quizzes and during the summer! That's outrageous! Since all the thinking comes from the brain, children should have a summer vacation. Maybe the brain too!

As my other set of eyes, it's important to have at least a summer vacation! Even though children may forget materials from school, it's good for them to receive relaxation! Although school in the summer may seem great for children to get extra practice, school actually causes stress to kids who work hard, don't spend time with family, and their brains don't receive a break. As Kiara McKenzie says, "Let go, and take a break! That's what summers for!". Even Beyonce believes in summer vacation or taking breaks once in a while. Go ahead and go spend some time with your family. But don't forget to have fun with friends too! But be back by curfew!