

Sacramento City Unified School District
Board of Education Meeting

January 16, 2025

Written Public Comments

Name:	Isaac Ledet
School:	California Middle School
Agenda Item #	7.0
Comment:	Letter sent via mail. Attachment below.



December 13, 2024

5735 47th Avenue
Sacramento, CA
95824

Dear Board of Education,

This situation needs to be talked about. The four-day school week has already been implemented in over 1000 districts in many states and California hasn't. A Four-day school week could not just be crucial to students but teachers too. Every student and teacher having to go to school 5 out of 7 days in a week does not give much time to recover from the previous week and after just two days you have to go back to school again. Just one more day in a break could seriously help prepare someone going back into the week. I think that could help us have better results in class.

A four-day school week would be very beneficial to students and teachers. Students need to have time to rest and recharge. It would also be beneficial for overall mental health which can be very important for a developing brain. I believe this can also leave more opportunities for family time.

<https://www.thecalifornianpaper.com/2024/05/district-should-implement-four-day-school-week/>

More than 2,100 schools in 26 states have switched to a four-day school week. According to the Stanford Center for Education Policy Analysis, the school districts that have adopted four-day weeks have seen a decrease in bullying by approximately 31 percent and fights by 27 percent. A four-day school week isn't just about having an extra day off. It's a change in the academic ideology.

<https://upfront.scholastic.com/issues/2023-24/051324/debate-should-schools-adopt-a-four-day-week.html?language=english#12701>

The four-day school week benefits families, school staff, and districts. All in all, the shorter week allows a healthier work-life balance for families and school staff.

<https://news.westbranch.org/11075/opinion/why-schools-should-convert-to-four-day-weeks/>

A four-day school week has gained attention as a potential solution to improve student well-being and academic performance. By reducing the traditional five-day school week to four days, students are granted an extra day of relaxation, allowing them to recharge and be more focused during their time in school.

I think sometimes we all deserve a break. I get out of school some days and just think “is this really how I spend 5-days of my week?” It gets really tiring going to the same place and doing the same thing everyday besides only a two day break. It really brings me down as a person sometimes.

Some people have said that students aren't getting enough academic learning with a 4 day school week. The argument has stated that grades are higher with a traditional 5 day week. Starting with the first statement, to mention that learning can only happen at school is untrue. You can also be learning outside of school. Also, to force kids to learn things that are uninteresting to them is nonsense. The other thing that cannot be ignored is how important mental health is for students. One day give or take in a school building is not a big deal, but it can help people feel better. That is more important than school subjects.

In conclusion, there are many benefits to implementing a 4 day school week. As mentioned in a previous paragraph, a two day weekend is not sufficient for an average academic learner. Young, developing minds are not meant to process so much information in short periods of time without recovering. We really need to consider the shortened week for everyone's personal well being.

Sincerely,

Isaac Ledet

Isaac Ledet

7th grade, California Middle School

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Name:	Nilda Kirk
School:	N/A
Agenda Item #	7.0
Comment:	Hello scusd.edu owner, Thanks for the well-organized and comprehensive post!