

To: Sen. Rob Wagner Chair, Sen. Chuck Thomsen Vice Chair and members of the Senate Education Committee
From: Anne Nesse, former health care provider (RN), former K-12 public school teacher of combined 20 yrs., and Current Director <http://SustainableEconomiesNW.com>



I am testifying today in written form to stress the importance of further defining the concept of “inclusiveness” in SB 12. The following is a list of links that present evidence we may be leaving out that is a significant part of our underlying knowledge of brain development in ALL young people, when we are redesigning our education system in Oregon:

We are forgetting the requirement for developing brains that require outdoor exercise and free play.

The American Academy of Pediatrics Study: e20182058.full.pdf The Power of Play (updated in 2018). Play and exercise are integrally related in studies to stress management later in life. Increased learning time spent doing outdoor play and exercise increases student’s resiliency later in life. And this may even help our children and youth in decreasing obesity rates, decreasing depression rates, decreasing addiction rates, and decreasing suicide rates (according to many studies).

I would recommend that the pilot program grants designated in SB 12 be encouraged to include models based on the Finnish School system design: for every 1.5 hr. of instructional time, the students are given 30 minutes of outdoor play time and exercise. This system also does not overly emphasize testing, and yet still ranks far better on international tests than the American system. (This is not related to continuing education, because all students in Finland have that potential.): <https://news.stanford.edu/news/2012/january/finnish-schools-reform-012012.html>

TODAY in Oregon Public Schools (unless there is additional local funding), students in our Elementary Educational system are allowed only:

(Middle School and High School are more variable and not necessarily inclusive to all.)

- a. 16” morning recess
- b. 20” lunch recess
- c. physical education 1X a week for 25” Elementary School (Middle School and High School optional)
- d. music 1X a week for 25” minute session Elementary School (Middle School and High School optional)
- e. art specialist only when locally funded in Elementary School (Middle School and High School optional)

Thank you for reading this testimony and evidenced based research, If you have any questions you can contact me through my website.

Anne Nesse