Good afternoon, everyone.

Today, I want to talk about a concern many of us are facing: excessive homework. We all understand the importance of homework for reinforcing what we learn in class, but when it becomes too much, it can negatively impact our well-being.

Excessive homework can lead to stress, fatigue, and even burnout. Instead of mastering the subject, we might find ourselves racing against time, sacrificing sleep and important personal activities. This isn't healthy for our bodies or our minds.

Balancing schoolwork with other aspects of life, like family time, sports, and hobbies, is crucial for our overall happiness and success. Let's work together to find a homework load that supports learning while also taking care of our mental and physical health.

Thank you.