



**Alaska Association of Student Government**

**Resolution #9**

**Extra Day After Extracurricular Trips For Schoolwork**

**Submitted by: Tri-Valley School Council**

**Submitted: 4/23/2025**

**Be it Resolved by the Alaska Association of Student Governments that:**

- 1. Whereas,** our school recently removed a policy allowing for assignments to be granted an additional day where work is not due following a school sponsored trip;
- 2. Whereas,** we organized a survey regarding students who miss school for extracurricular activities such as sports, music, and student council;
- 3. Whereas,** 33 out of all the 45 students in the entirety of the Tri-Valley high school population participate in sports<sup>1</sup>;
- 4. Whereas,** according to our survey, when this policy was in effect, 100% of Tri-Valley students who participate in extracurriculars utilized this policy sometimes, often, or always<sup>2</sup>;
- 5. Whereas,** according to our survey, 83% of Tri-Valley students who participate in extracurriculars sometimes, often, or always require additional aid and instruction from teachers in order to finish assignments<sup>2</sup>;
- 6. Whereas,** 66% of students say that Wi-Fi is rarely or only sometimes available on trips, with only a small percentage being able to access the internet through personal hotspots<sup>2</sup>;
- 7. Whereas,** according to our survey, 92% of students are rarely or never able to work while on long trips in vehicles<sup>2</sup>.
- 8. Whereas,** the time allotted for makeup work on trips is not equal to the time given to students in school, with 65% of students receiving an average of less than an hour per day, and some extracurriculars do not provide any time at all<sup>2</sup>;
- 9. Whereas,** Tri-Valley school is very far away from most other schools, and extracurricular trips are usually 3 hours or more of travel one-way;

- 10. Whereas,** long travel times often mean returning home late on Saturday night or Sunday morning and needing to finish work on Sunday;
- 11. Whereas,** free time on the Sunday after a trip is frequently necessary for family commitments, rest, and religious activities, not allowing for adequate time to complete schoolwork;
- 12. Whereas,** 88% of students often, always or sometimes lose sleep because of missing work<sup>2</sup>;
- 13. Whereas,** for all students, especially high-achieving ones, sleep deprivation is a prevalent problem because of excess homework and it can lead to reduced cognitive function, making learning difficult upon returning to school;<sup>3</sup>
- 14. Whereas,** some people choose to skip school on Mondays because of work not yet being completed or sleep deprivation from attempting to finish homework<sup>2</sup>;
- 15. Whereas,** 81% of students return on Monday with incomplete homework<sup>2</sup>;
- 16. Whereas,** extracurriculars and sports are beneficial because they teach valuable skills, especially social ones, and improve mental health through giving children a sense of belonging;<sup>3</sup>
- 17. Whereas,** missing schoolwork can lead to being overwhelmed and academic stress can negatively impact mental health by causing anxiety, depression, and burnout;<sup>4</sup>

**Therefore, be it resolved that the Alaska Association of Student Governments** supports the reimplementation of the policy Tri-Valley School previously had for an extra work day for school work brought back after extracurricular trips.

**Action Statement:** If passed by the general assembly of AASG, this resolution will be brought to the Tri-Valley principal and the superintendent for consideration.

Sources:

1. Tri-Valley Athletic Director, Breanna Mayo and School Secretary, Sarah Walker
2. Survey of Tri-Valley Students, March 24, 2025.
3. Boelens M, Smit MS, Raat H, Bramer WM, Jansen W. "Impact of organized activities on mental health in children and adolescents: An umbrella review." *Prev Med Rep*, 2021 27;25:101687, doi: 10.1016/j.
4. Duncan, M. J., Patte, K. A., & Leatherdale, S. T. "Mental Health Associations with Academic Performance and Education Behaviors in Canadian Secondary School

Students.” *Canadian Journal of School Psychology*, 2021, 36(4), 335-357.

<https://doi.org/10.1177/0829573521997311>.


5. Parker, Clifton B. “Stanford research shows pitfalls of homework | Stanford Report.”

*Stanford University*, 2024.

<https://news.stanford.edu/stories/2014/03/too-much-homework-031014>.

*Resolution passes with noted opposition*

Passed by the Spring 2025 General Assembly of AASG hosted by Sitka High School and Mt Edgecumbe High School

A handwritten signature in black ink that reads "Francis Myers". The signature is written in a cursive style and is positioned above a horizontal line.

AASG Vice President, Francis Myers

A handwritten signature in black ink that reads "Kathleen Navarre". The signature is written in a cursive style and is positioned above a horizontal line.

AASG Executive Director, Kathleen Navarre