

# Body Mind



Body and Mind need looking after

## Health and knowledge

The human body and mind need looking after. The body needs breathable air, drinkable water, eatable food, protective clothing, secure shelter, physical activity. The mind needs stimulation, communicate.

The Province and Shire provide the guidelines and actions to provide this to its communities. Knowledge and health are the foundation. A knowledgeable healthy community is well equipped to handle the challenges of climate change, disasters, pollution, diseases,..

Knowledge is gained! It is gained by learning, teaching, life experiences. Knowledge gained is passed on and used to live and survive.

Provincial government and Shire council provide 'free education, health' from unborn to including seniors. Non government education, health are not supported and closed. Apprenticeships replace University.

**SmeC** 'Shire medical education Complex'.

**PHeC** 'Provincial Hospital education Complex'.

**PDEc** 'Provincial Defense Emergency center'.

**CE** 'Community Emergency service'.



Education is cooperation between parents, educators and medics. It involves free education, free health and apprenticeships. No non government education, no Universities, no private health.

## U.C.G.1

education supports 'Learn then Teach' study method, free public education. Provided in Shire (SmeC) and Province (PHeC, PDEc, CE) health and education services from unborn to cremation. Learn then Teach, 1<sup>st</sup> learn (comprehend, understand), then teach (others what you learned).

## Unborn

Education (learn, teach), health start with the unborn. The unborn learns to recognize sound. The parents teach by talking, reading, shouting, singing, making music, laughing, introducing sound of pets, exposing to outdoor noise, other people,..



Violence starts with the unborn. An unborn exposed to mum, dad verbally abusing each other. Learn that it is okay to verbally abuse and will do so later in life. An unborn exposed to mum drinking, smoking using mind altering substances. This new born is going to have health issues

and very likely becomes an addict.

7 weeks before scheduled birth pregnant She attends 6 day's a week a 'SmeC'. The unborn hears other adults and children triggering a social belonging to a group instinct. She learns and socializes.

**Note! 1 God** designed humans as social creatures. Wanting to socialize, belong to a group.

Mothers attending, SmeC 6 day's a week receive, 1 wmw. After 3 years completing at least 280 hours at SmeC, learning and teaching receive the 'Health and Study Trade Certificate'(see Shire SmeC). Fathers attending, PHeC' 1 day a week receive, 1/7 wmw (see Province PHeC). Parents not attending are not paid.

### Newborn

The 'Newborn' learns to breath, make sounds (cry), feed (breast is best ), smile, recognize faces. Get's immunized (mandatory)! New mum keeps attending SmeC.

SmeC 'Shire medical education Complex' (see shire planning)

A Shire provides free medical from conception to death for everyone and free education to children and seniors. It provides these community services via SmeC. Every SmeC has a **Gathering!** The SmeC also is a career path for only She!



Free medical and dental (except hospital procedures) to everyone (not caged rehabilitators). Annual checkups for all! Free education for boys (to age 9), girls (to age 17), seniors. Mothers\* and children attend 6 days a week from 1 hour after sunrise to 1 hour before sunset. They are provided with cover all, footwear, food, drink, educational material. Can shower. When leaving, mothers and children change. Everything provided stays. There is no homework\*\*.

\* (get 3 hour break and paid 1 x wmw) \*\*(this teaches to separate study , work from leisure, home time)

A child exposed to mum being physically hurt by dad. She will later in life endure physical abuse by He. He will think it's all right to hurt She. Parents adoring violent (contact sport, TV shows) celebrities presenting them as roll model. This encourages children to become bullies.



Boys, girls up to age 9 attend as co-ed SmeC. Girls 10-17 stay at SmeC. Leave with a, 'Family College Diploma'. 62 year old She teach: She passes on life experiences to next generation (paid 3 x wmw) at Family College. Boys 10 attend, 'PHeC'.

A Province provides free hospital and emergency services. From concep-

tion to cremation for everyone. Free education to adults and trades. It provides these community services via PHeC, PDEc and CE.

### **PHeC 'Provincial Hospital education Complex'**

Boy's (**scholars**) age 10-14 attend 6 days a week PHeC, 'Boy only school'. In groups of 14 they learn through watch, listen, try, understand, teach (**wltut**). On completion receive, '**Boy School Diploma**'!



Fathers on 1 day a week roster duty are trained and operate as teachers aid. Receive, 1/7 wmw. Fathers not attending go to 7 day rehabilitation! Juvenile He age 15-18 start a 3 year rewarded (**1 x wmw**) apprenticeship at PHeC, Apprentice College. In groups of 14 apprentices, learn through, wltut. Year 1 they attend College 3 days, work at a CROn 3 days. Year 2 attend College 2 days, work 4 days. Year 3 attend College 1 day, work 5 days. On completion receive, '**PHeC Trade Certificate**'.

Senior He 62 year old teach: He passes on Life experiences to next generation at Apprentice College (**rewarded 3 x wmw**).

Further Education is available at 'Technical College'. 1 month full day Supervisor course. This is a 1 hour after Sunrise to 1 hour before Sunset 6 days a week 4 week course. Daily routine: prayers, exercises, psychology, communication, delegation, leadership, committees,.. A successful completion, receive '**Supervisor-Certificate**'.



Further education is available at:

PHeC: Technical College > Supervisor Certificate, 4 x wmw

PDEc: Leadership College > Leader Diploma, 5 x wmw

PDEc: Leadership College > Manager Diploma, 6 x wmw

PDEc CE: Leadership Training Camp > Administrator, 7 x wmw

### **PDEc (Provincial Defense Emergency center)**

**PDEc, Leadership College** provides 1 month 2 full day courses, 'Leader Diploma', 'Manager Diploma'. Leadership course daily routine is similar to supervisor course + emergency service obligations. On completion receive, 'Leader Diploma'. Manager course involves setting up, starting a, 'CROn'. Having done this earn a, 'Manager Diploma'.



**PDEc, CE, 'Leadership Camp'** provides 2 month full day administration course. Course set's up a, 'Cluster CROn'. Deals with an emergency. Completion earns, 'Administrator Degree'.

The 'Provincial Defense Emergency center' (PDEc) is operated by marshals, gives assistance, guidance and protection in an emergency to the Province and its' Shires (Communities). PDEc, CE initiates 'Holy Matrimony Contract', provides 'Leadership camp' training to Administrators. 1 year compulsive 'Community Emergency (CE)' service by 17 year old She and 18 year old He.

PDEc give assistance in an emergency. Emergency services inform, warn public, save, treat public, do emergency repairs of buildings, utilities, rail, road, train staff and Reservist's. All emergency services are merged within each PDEc. Calls up reservist as needed.

PDEc give protection. They operate as a paramilitary organization. Use the discipline of paramilitary without the violence. They train not bully, arrest not kill, question not torture, are courteous not arrogant.

PDEc protects community from disease: inoculation, treatment and quarantine. **Quarantine**, PDEc run compounds to protect the community from threats: contagion, mental disability, sexual disability (child molester, confused gender, same gender). Give protection through vigilance, prevention and intervention.

CE operates 1 year compulsive 'Community Emergency' service by 17 year old She and 18 year old He. CE handles border protection, civil unrest, 'Disasters' (human, natural), career path guidance, mate selection. Every (includes people with disability) 17 year old She and 18 year old He are evaluated how they can be useful to the community and themselves. A career path is chosen on the basis of personal characteristics and community need. Also a mate is chosen, to enter into a 'Holy Matrimony' Contract.

During CE every young She and He are evaluated (emotionally, mentally, physically) on their ability to mate. 'CE' decides on certain variables' who is suitable to enter a 'Holy Matrimony' contract (H.M.c.).  
**Variables** : Emotionally, mentally and physically fit; Provincial diversity; Racial integrity.



She, He that physically are unable to multiply become Foster parents. They enter a 'Holy Matrimony' Contract. CE supplies children. Every He that completed 'CE' becomes a reservist on stand by, until age 49. She after completing H.M.c. becomes a reservist on stand by, until age 49.

### Education creed

Non Government education (No Go) is elitist, anti social, anti community. Government that give public money to No Go's is stealing from Pub-



lic education. Government that steal public money is criminal, corrupt is replaced, prosecuted, **MS R6**.

Universities a elitist short cut to top positions. Lack of work experience makes them unsuitable for top jobs. This Ends! High paid work must be earned via Custodian Guardian Apprenticeship: Apprenticeship > Work experience > further studies > promotion by seniority > work experience > further studies > promotion by...



Home education interferes with assessment, goals of public education. Public education is mandatory. Parents are accountable for truancy.

**Copyright** is selfish greedy profiteering of, Intellectual Property (**IP**). All 'IP' belongs to the community for everyone to use freely. Copyright Ends! Claiming Copyright is stealing from the community, **MS R6**.

**Plagiarize** to build on and advance new ideas. Why rewrite something that is well written. Rather use it and expand on it. Plagiarizing is good education, good writing skill !!!

**Homework** is the most dishonest, useless form of learning or teaching. A Scholar is under pressure from distractions, friends, parents, ignorance, time line. Most homework is not done by the scholar who is being assessed, graded. Homework because of its dishonest nature is useless, misleading for assessment. Parents, educators supporting homework, support cheating.

Educators have moral issue when marking. They suspect that the scholar did not do the assignment. Because of this uncertainty any marks given are useless



Homework as tool of assessment of comprehension is misleading. Homework is a waste of time, resources. Say **No to Homework!**

Class work is split evenly, studying and assignments. Class duration is 90 minutes. 45 minutes subject study 45 minutes completing assignments. During Assignment work, when needed teacher helps by giving examples. Quick scholars help teacher with slower scholars. Unfinished assignments in class time are completed at school in recreation time.



Scholars that consistently have unfinished assignments are transferred to slow scholar class. 'Slow Scholar' class is taught by teacher + parent aids. No scholar can progress to next subject module without having 70% pass for current subject module. 70% pass means you understand and comprehend, can apply and teach others. Less is a fail! Fail means repeat(s) of subject module (not whole year) until a 70% pass rate.

## Assessment

Scholar: Pass or Fail. Pass rate is 70% comprehension.

Educator: Class Pass rate of at least 90%. Less, teacher is retrained.

Principal: School pupil comprehension rate of 80%. Less, Principal goes.

1 God is waiting to hear from you!

**Education Prayer**

**Fun Day Celebration 6.1.7. NATm**

Dear **1 God** Creator of the most beautiful Universe  
Your most humble faithful custodian guardian (1<sup>st</sup> name)  
Promises to seek, gain, apply Knowledge all life long  
To Learn and Teach via Free Education  
To support public Free Education  
Pass on Life Experiences to next generation  
For the Glory of **1 God** and the Good of Humankind



This prayer is used in class and on Education day.



**SmeC** is the hub of community living most She will spend most of their lives there. She's and children need to socialize to live up to their full potential. Seniors volunteer! Communal living is the community raising children rather than individuals.

**She's** start attending 'SmeC for prenatal activities. (**Note!** He is not involved) From 3 weeks before birth onwards She attends SmeC daily. This continuous after birth. She will be involved with SmeC until all her children have completed their education there. She then starts a career. She will have completed an Apprenticeship (**Medical Education Trade Certificate**). She will attend 'SmeC' Gatherings. Eventually She will be attending **Senior Activity Club**.

SmeC free medical education part of Custodian Guardian community!  
Everyone has a **1 God** given right to free health care, education and a dignified end of life!

