

Starting School Later

By Emily Gutierrez

Do you struggle getting to school on time? If so, just know you're not the only one. Many other students have this problem too. Due to early school start times, students go to school really tired and have trouble focusing during the day. Early start times has affected grades, physical and mental health problems, and sleep cycles. In my opinion, we should start school later because we can benefit from it. Amy Morin from Very Well family says "According to studies of inadequate sleep , students do way better in school when they get the sleep they need." It is important that we get the sleep we need, even doctors agree with the idea of changing school times. "Starting school before the human brain is awake is problematic" says Kyla L. Wahlstrom, a researcher of human development.

Grades are a huge part of this topic. Almost all students fail to keep their grades up since they are too tired during the school day. This causes them to get distracted and they don't complete their work. If teens were to get the sleep they needed, grades would improve. We can all focus more on homework or classwork instead of falling asleep during class. If their grades get really bad, they will eventually be in danger of repeating the school year again.

Another problem students have is dealing with consequences. Most students don't understand why the instructors give consequences for being tardy. Being tardy usually leads to detention, but if you're tardy on a regular basis, instructors give you Saturday school. According to attendance instructors, they believe students don't give logical or reasonable explanations for why they are late. Some argue that Saturday school is better for students so they can catch up on their assignments. However, Saturday school may cause more stress and doesn't help the situation.

Sleep is a problem with starting school early. According to studies, even delaying school by 30 minutes can have a big impact on students. In Morin's article "The Pros And Cons of Starting School Later", she states that going to sleep early isn't likely to work. For teens it might be difficult to fall asleep by 8:00 p.m. Most doctors recommend school start times being changed to at least 8:30 am. Later school times can help kids with their sleep/wake cycle. Once students get the sleep they need, they'll be more alert during the day. Getting the sleep we need can reduce the chance of deprivation.

Others argue that districts shouldn't change school times. One of the reasons why they don't think delaying school times is a good idea is because this change is most likely going to impact the schedules of other schools. Morin also states that teens won't go to sleep even if districts delay start times. Districts also aren't changing school times because when they do, it

could pose problems with the bus schedule. However, I believe that if all schools change school start times, there wouldn't be a problem with other schools or kids saying that it is unfair. Even if students don't go to sleep early, they will still have time to get up since districts have changed the times. Who knows, students might even be able to study for a test or do homework.

In conclusion, changing school times will have a good impact on many students. If you think about it, we can **all** benefit from later start times. We will come to school prepared and possibly a better attitude. School districts should change their start times.