

2024 MCAS Educator Professional Development

Essay Item Participant Pack

English Language Arts (ELA)

Grades 6-8

Read the articles about how the sleep needs of teenagers can impact the schools they attend. Then answer the questions that follow.

Read the article “The Teen Who Woke Up Her School.”

The Teen Who Woke Up Her School

by Jane Bianchi

- 1 On a typical school night, Jilly Dos Santos was lucky if she got four to six hours of sleep. Even when she finished her homework early, she often didn’t feel tired enough to fall asleep. So when her school board proposed switching her Columbia, Missouri, high school’s start time from 7:50 a.m. to 7:20 a.m.—a full half hour earlier—she was outraged. “I thought it was the worst idea I’d ever heard,” she says.
- 2 Fired up, Jilly used social media to encourage other students to join her in speaking up at the next school board meeting, and she started an online petition . . . , which got 200-plus signatures. Then, with the help of another student, she plastered more than 100 posters on school walls and emailed teachers to spread the word. The fight was on!
- 3 “In my life, I’ve always had to be an advocate for myself,” says Jilly. “I’m the youngest of seven kids. . . . I’m used to doing things on my own.”

PUSHING BACK

- 4 The good news is that Jilly wasn’t alone—once she started her fight, she became part of a growing movement to start school later. Currently, about 43 percent of public high schools in the U.S. start before 8 a.m., which is earlier than at most workplaces. One big reason schools have historically preferred early start times: They allow outdoor athletic teams to practice after school while the sun is still out.
- 5 But now, hundreds of middle schools, high schools, and school districts in 41 different states have pushed back their start times, and the issue has made headlines in national newspapers and magazines. Even U.S. Secretary of Education Arne Duncan recently tweeted his support. (“Common sense to improve student achievement that too few have implemented: let teens sleep more, start school later,” he wrote.)
- 6 So how did this movement gain steam? A growing body of research over the past two decades has shown scientists that the amount of sleep

you get (just like what you eat and how much you exercise) can have a profound effect on your overall physical and mental health. “Sleep is a simple yet powerful potion with the ability to enhance learning, boost creativity, fight infection, fuel growth, and balance mood,” says Dr. Helene A. Emsellem, the author of *Snooze . . . or Lose!*

The Snooze Revolution

The movement for more sleep is also gaining momentum:

ON COLLEGE CAMPUSES . . .

Students at Texas A&M University in Corpus Christi can reserve a sleeping pod for an hour at a time between classes.

ON THE SPORTS FIELD . . .

The Northwestern University football coach adjusts practice times to suit his players’ sleep schedules—and asks them to wear armband sensors to monitor their rest too!

IN THE WORKPLACE . . .

Many companies, such as Google, offer sleeping rooms so their employees can take short naps to recharge.

WHY TEENS STRUGGLE

- 7 The problem is, as a teen—compared with when you were a kid—you are actually hardwired to fall asleep later at night and wake up later in the morning. This naturally puts you on a much different schedule than the one your school sets for you.
- 8 It all has to do with something called growth hormone, which helps your bones and tissues grow during puberty. When this hormone starts coursing through your system around midnight, it also blocks melatonin, the hormone that’s meant to kick in and make you drowsy.
- 9 Your body isn’t just on a later schedule though—your brain also needs more total hours of sleep (about 9.25 a night) to function at its best. Sadly, most teens are able to squeeze in only about 7.1 hours, on average.

- 10 “About 95 percent of teenagers are walking zombies,” says psychologist James Maas, a leading sleep expert. . . .

THE POWER OF SLEEP

- 11 While Jilly knew *she* often felt like a zombie, digging into the research on teens and sleep gave her the confidence and motivation to continue her campaign. “I realized that there wasn’t something wrong with me and my time management skills,” she says. “The way I was feeling was physical and biological.”
- 12 As she prepared for the school board meeting, Jilly learned all of the ways that more sleep makes for better students. After a good night’s rest, you’re more alert, and it’s easier to solve problems, process and remember information, and be creative. Research has also linked sleep to higher test scores.
- 13 Plus, when you’re not exhausted 24/7, you feel better emotionally. Sleep boosts your mood and lowers anxiety, meaning you’re less likely to stress about exams, snap at your parents, or fight with friends.
- 14 And not surprisingly, sleep also matters on the playing field. In fact, research suggests that well-rested teen athletes not only perform better than drowsy ones—they get injured less often too.

Wind Down & Wake Up

You might not be able to change your school’s start time, but here’s how you can get your body on track to perform at its best—starting tonight!

Relaxation Routine

30 MINUTES BEFORE BED: Turn off your brightest lamps, lights, and screens. This helps send the signal to your brain that it’s bedtime.

15 MINUTES BEFORE BED: Relieve tension by doing light upper body stretches to loosen the neck and shoulders. Relaxed muscles make it easier to sleep.

IN BED: Read a magazine or novel with a small book light or listen to soft music. These calming activities make you drowsy.

A BIG VICTORY

- 15 At the school board meeting, Jilly shared what she had learned. "I was so nervous. My heart was pounding," she admits. But her peers gave her confidence. "About 30 students came to support me."
- 16 Armed with facts, Jilly explained her case calmly and convincingly. "The school board liked how I didn't get emotional and just provided evidence. When I presented, I kept thinking, 'If this were a class, what would get me an A?' instead of 'How loud can I yell?'"
- 17 All of that hard work—and her poised approach—paid off. The school board decided that instead of making Jilly's high school's start time earlier, they would adjust the bus schedule and make the start time even *later*, at 8:55 a.m. "I was really excited," she says. "It felt good to know that you can make a difference."
- 18 The new, later schedule—which went into effect at the beginning of the 2013–2014 school year—has been a positive change for Jilly and her classmates. "I'm late a lot less," she says, "plus I feel more refreshed and alert."
- 19 And for anyone who was concerned that the sports teams wouldn't have enough time to practice, consider this: Jilly's high school football team went to the state championships last year for the first time in 11 years. Sure, it could just be a coincidence.
- 20 But the well-rested athletes might not think so.

"The Teen Who Woke Up Her School" by Jane Bianchi, from *Scholastic Choices* (September 2014). Copyright © 2014 by Scholastic Inc. Reprinted by permission of Scholastic Inc.

Read the article “Why Schools Are Struggling to Let Students Sleep In.”

Why Schools Are Struggling to Let Students Sleep In

by Alexandra Sifferlin

- 1 Several years ago, Jodi McClay, assistant superintendent of the school district in Temecula, Calif., started fielding a bizarre complaint from parents and students. It was too hard, they said, for teens to rise in time for homeroom. Initially, she was puzzled. Classes started at 7:30 a.m. The solution seemed simple: go to bed earlier.
- 2 That’s when McClay learned about sleep phase delay, the medical term for how puberty affects bedtime. As hormones change, so do circadian rhythms, making it biologically unfeasible for some teens to go to bed before 11 p.m. and wake up before 8 a.m.—let alone get dressed, transported and ready to learn.
- 3 Concerned, McClay met with a group of parents, teachers and administrators to discuss a question that doctors have been posing for years, lately with growing urgency: Should school start later? Among adolescents, getting the recommended amount of sleep (around nine hours) has been linked to higher test scores and better behavior. Surely, McClay thought, Temecula could revise its policy.
- 4 Others were skeptical. Starting classes at 8:30 or 9 a.m. might make it harder for parents to get to work on time, and shifting the bus schedule would cost at least \$1 million, more than the district could afford. “We wanted to change,” says McClay. “But ultimately, we couldn’t.”
- 5 Temecula’s struggle is not unique. In the U.S., more than 4 in 5 middle and high schools begin at or before 8:30 a.m. That can contribute to sleep deprivation, making it harder for students to concentrate and even increasing their risk for obesity and depression. The American Academy of Pediatrics confirmed as much in 2014, when it made a formal recommendation to delay school start times. By now, hundreds of districts have started to explore alternatives. Seattle Public Schools is the latest and largest to embrace one: this fall it will push morning bells from around 7:50 a.m. to 8:45 a.m.

English Language Arts

- 6 But many districts are hitting major snags. Under a suggested change at East High School in Denver, for instance, classes wouldn't end until around 4 p.m., meaning student-athletes could have to leave early for away games. Given that 60% of the school's nearly 2,500 pupils play a sport, "that's a lot of kids missing a lot of class," warns principal Andy Mendelsberg. A new system could also impact local businesses that rely on after-school labor from students.
- 7 There are parental concerns as well. In Maryland's Anne Arundel County, one mom, Judith Keeler, started a petition detailing how delaying high school hours—and pushing up elementary school hours, since there is one bus system—would make it harder for working parents to find child care. Then she raised a fraught issue in any school district: cost. "Is this the best way to spend taxpayer dollars?" Keeler wrote of the \$8.1 million initiative, inspiring nearly 3,000 people to sign their support. "This has blown up," says Lisa VanBuskirk, an Anne Arundel parent who supports the change. "I'm not feeling great [about our chances]."
- 8 Still, it is possible to navigate these hurdles. The key, say experts, is patience and compromise. Before Fairfax County Public Schools in Virginia delayed high school starts roughly an hour—to around 8 a.m.—officials spent a decade streamlining the switch. They surveyed Fairfax students about sleep habits. They reduced bus expenses. They worked around concerns from community members. During the process, they shared insights with the public and gave people a year to prepare for the change, which took effect in September.
- 9 Several months in, the system is "still not perfect," admits superintendent Karen Garza. But there haven't been any major incidents, and students appear more engaged. "My daughter used to feel tired all the time," says Elizabeth Ende, mom to a freshman at McLean High School. "Now she gets through homework more quickly, and when she's working, she looks more alert." Eric Welch, a social-studies teacher . . . noticed a change as well. "I can see the kids in the hallways," he says. "They're not dragging as much."
- 10 Those results may well spark more schools to take the plunge—a decision that won't be easy. But given the payoff, says Garza, "it's a position we have to take."

"Why Schools Are Struggling to Let Students Sleep In" by Alexandra Sifferlin, from *TIME* magazine (February 22, 2016). Copyright © 2016 by TIME Inc. Reprinted by permission of TIME Inc.

English Language Arts

For this question, you will write an essay based on the passage(s). Write your essay in the space provided on the next two pages. Your writing should:

- **Present and develop a central idea.**
- **Provide evidence and/or details from the passage(s).**
- **Use correct grammar, spelling, and punctuation.**

Based on “The Teen Who Woke Up Her School” and “Why Schools Are Struggling to Let Students Sleep In,” write an essay arguing that middle schools and high schools should have later start times. Be sure to use information from **both** articles to develop your essay.

Write your answer on the next two pages.

A large rectangular box containing 25 horizontal lines for writing.

Grades 6-8 English Language Arts Essay Rubric

| Idea Development | |
|---|--|
| <ul style="list-style-type: none"> • QUALITY AND DEVELOPMENT OF CENTRAL IDEA * • SELECTION AND EXPLANATION OF EVIDENCE AND/OR DETAILS * • ORGANIZATION • EXPRESSION OF IDEAS • AWARENESS OF TASK AND MODE | |
| 5 | <ul style="list-style-type: none"> • Central idea is insightful and fully developed • Skillful selection and explanation of evidence and/or details • Skillful and/or subtle organization • Rich expression of ideas • Full awareness of the task and mode |
| 4 | <ul style="list-style-type: none"> • Central idea is clear and well-developed • Effective selection and explanation of evidence and/or details • Effective organization • Clear expression of ideas • Full awareness of the task and mode |
| 3 | <ul style="list-style-type: none"> • Central idea is general and moderately developed • Appropriate selection and explanation of evidence and/or details • Moderate organization • Adequate expression of ideas • Sufficient awareness of the task and mode |
| 2 | <ul style="list-style-type: none"> • Central idea may be present and is somewhat developed • Limited selection and explanation of evidence and/or details • Limited organization • Basic expression of ideas • Partial awareness of the task and mode |
| 1 | <ul style="list-style-type: none"> • Central idea is not developed • Insufficient evidence and/or details • Minimal organization • Poor expression of ideas • Minimal awareness of the task and mode |
| 0 | <ul style="list-style-type: none"> • The response shows evidence the student has read the text, but does not address the question or incorrectly responds to the question. |

*For narrative writing (Standard 3), the quality and development of narrative elements will be assessed in place of a central idea. Narrative elements should include but are not limited to: plot, character, setting, dialogue, action, and/or description. Students should use evidence/details to demonstrate understanding of text.

| Standard English Conventions | |
|---|--|
| <ul style="list-style-type: none"> • SENTENCE STRUCTURE • GRAMMAR, USAGE, AND MECHANICS | |
| 3 | <ul style="list-style-type: none"> • Consistent control of a variety of sentence structures relative to length of essay • Consistent control of grammar, usage and mechanics relative to complexity and/or length of essay |
| 2 | <ul style="list-style-type: none"> • Mostly consistent control of sentence structures relative to length of essay • Mostly consistent control of grammar, usage, and mechanics relative to complexity and/or length of essay |
| 1 | <ul style="list-style-type: none"> • Little control and/or no variety in sentence structure and/or • Little control of grammar, usage, and mechanics relative to complexity and/or insufficient length |
| 0 | <ul style="list-style-type: none"> • Sentences are formed incorrectly with no control of grammar, usage and mechanics and/or insufficient length. |

Anchor Set of Student Responses (with scores)

Idea Development: 5

Conventions:3

Based on both articles, "The Teen Who Woke Up Her School" by Jane Bianchi and "Why Schools Are Struggling to Let Students Sleep In" by Alexandra Sifferlin, high schoolers and middle schoolers should have later start times to class. Throughout the passages, there are students who provide evidence and have a variety of reasons why it would benefit them. On the other hand, most of the people contradicting this are parents and adults who are not the ones attending classes and learning so much each and everyday. The teens are using ideas such as promoting better attitudes, becoming more alert, and how not getting sleep is a natural thing that happens due to many factors of growing up to convince others.

Beginningly, sleep is scientifically proven to promote better attitudes towards peers. Whether it be towards teachers, parents, friends, or classmates; the amount of sleep people get each night can determine how they may feel and act in the morning. If a student gets any amount under around 7 hours of sleep, which is the estimated amount that teens up getting at night, they will likely end up being very grumpy and not like their usual selves. To have to get up every morning and get ready at such an early time to just go sit in a classroom is too much to ask for from a growing teenager. "Sleep boosts your mood and lowers anxiety, meaning you're less likely to stress about exams, snap at your parents, or fight with friends." (Bianchi 13) This text evidence can support the idea that school needs to start later for both middle schoolers and high schoolers because it gives a students view on factual evidence of the benefits of sleep.

For second, school starting later can lead to students becoming more alert throughout the day. Many activities teens do each day require some sort of awareness, and if one is tired, they will not be able to focus straight. Sports, activities, taking tests, listening and actually learning from lessons, and taking tests all require alertness to your surroundings and to yourself. So, teens need that extra couple hours of sleep to mentally regenerate themselves. The brain is almost like a battery, it needs to recharge every couple hours after a days use of it. "After a good night's rest, you're more alert, and it's easier to solve problems, process and remember information, and be creative. Research has also linked sleep to higher test scores." (Bianchi 12) This connects to the overall idea because with all of these scientifically proven facts and so much research, it would benefit not only the students, but the teachers as well.

Lastly, schools should start a little later than they do regularly because teenagers cannot control the fact that their bodies will not allow them to get a full night's rest. "As hormones change, so do circadian rhythms, making it biologically unfeasible for some teens to go to bed before 11 p.m. and wake up before 8 a.m." (Sifferlin 2) This piece of information from the text can support the idea of school starting later because it is not necessarily entirely controllable when teenagers go to bed. For one, their mind is on at night and hormones make it so that it is extremely difficult for them to go to bed at an early and reasonable time. "When this hormone starts coursing through your system around midnight, it also blocks melatonin..." (Bianchi 8) Based on this piece of evidence from a different passage, growth hormone blocks melatonin. Melatonin is the hormone that makes people sleepy and "drowsy", so without it you are not likely to be super tired very early. Teens grow at night, typically, so while you try to close your eyes the melatonin is not entirely functioning.

All in all, schools should start later for both middle schoolers and high schoolers because it can lead to better attitudes, more alertness, and it will benefit teens due to their lack of control over sleep (because of growth hormones). Some could argue that, "The solution seemed simple: go to bed earlier" (Sifferlin 1) but it is not all that simple. Many factors block this, so this fight for a later school start is necessary. Students have spoken up and given their part of speech, but now all they need to do is have the officials consider their valid ideas.

Idea Development: 5

Conventions:3

Do you ever feel like you're not getting enough sleep? Or that you don't have enough energy to focus and get through school? Teen bodies are hardwired to fall asleep and wake up later. A growth hormone in your body helps your bones and tissues to grow, however, when this hormone is released, it blocks melatonin, a different hormone that makes you sleepy. "The Teen Who Woke Up Her School" by Jane Bianchi, and "Why Schools Are Struggling to Let Students Sleep In" by Alexandra Sifferlin both argue that middle and high schools should have later start times.

Good sleep has been proven to improve your well-being. Dr. Helene A. Emsellem, author of *Shooze ... or Lose!*, says, "Sleep is a simple yet powerful potion with the ability to enhance learning, boost creativity, fight infection, fuel growth, and balance mood" (Bianchi 6). A school's main goal is to teach their students as best as possible. Sleep can help students do better in school, everything a school wants its students to do. If students don't get enough sleep, they'll do worse in school, which would cause problems with the school. The school could get a bad reputation for churning out zombie-like students who did bad at school. Bianchi also writes, "Plus, when you're not exhausted 24/7, you feel better emotionally. Sleep boosts your mood and lowers anxiety, meaning you're less likely to stress about exams, snap at your parents, or fight with friends" (Bianchi 13). This is important because students are already under lots of stress. Even more stress just from not enough sleep is easily preventable. In addition, getting good grades and learning a lot makes it easier for you to get into good colleges and jobs. As proven, later start times mean more sleep, which means better learning.

As well as enhanced learning, athletes perform better when well-rested. Bianchi states, "... sleep also matters on the playing field. In fact, researchers suggest that well-rested teen athletes... get injured less often too" (Bianchi 14). Less injuries is important for teams because with healthy players means better scores. Also, it means no hospital costs if the injury is severe. Injuries also prevent the athlete from practicing, and instead, they have to regain their strength and do exercises to prevent further injuries. The author reports, "Jilly's high school football team went to the state championships last year for the first time in 11 years. Sure, it could just be a coincidence" (Bianchi 19). Sleep can be the difference between winning and losing, qualifying and not qualifying. This important for schools because if the athletes can perform better, their students can get on better teams and colleges, and even a good reputation for churning out top athletes. Therefore, schools should delay their starts so that athletes can perform better.

Students also feel emotionally and mentally better when they get their sleep. The American Academy of Pediatrics confirms, "[Earlier start times] can contribute to sleep deprivation, making it harder for students to concentrate and even increasing their risk for obesity and depression" (Sifferlin 5). Students can feel emotionally ready and good if they get a good sleep. Without that good sleep, students might skip school which affects their learning. This also affects teachers who have to deal with students not paying attention and falling asleep. Elizabeth Ende, mom of a freshman at Mclean High School, says, "My daughter used to feel tired all the time, ... Now she gets through homework more quickly, and when she's working, she looks more alert" (Sifferlin 9). This example proves the effects of good sleep. Getting good sleep and being alert at work can get you more money for your job. Getting your homework done early means that students can help around the house, explore hobbies, and hang out with their friends. This could help strengthen social ties. As shown, students feel better when they get their good night's sleep.

Middle schools and high schools should delay their start times because it is proven that students perform better, whether it's school, work, or sports.

Idea Development: 4

Conventions:3

As shown in "The Teen Who Woke Up Her School" and "Why Schools Are Struggling to Let Students Sleep In", schools should have later start times for their students. In "The Teen Who Woke Up Her School", it explains how different students used their voices to advocate why there should be later start times, and why that would be beneficial for everyone. Also, In "Why Schools Are Struggling to Let Students Sleep In", it explains both sides of the debate for why students should have later start times. Overall, there are many different reasons why students should be able to have later start times, and there are many benefits.

Later start times improve teens behaviors, and mental health. In paragraph 13 of "The Teen Who Woke Up her School", it explains the benefits of longer sleep times. "Plus, when you're not exhausted 24/7, you feel better emotionally. Sleep boosts your mood and lowers anxiety, meaning you're less likely to stress about exams, snap at your parents, or fight with friends." This is a significant amount of benefits, and later start times would help increase the amount of sleep times for students. Also, in paragraph 5 of "Why School Are Struggling to Let Students Sleep In", it explains how less sleep impacts teens. "In the U.S., more than 4 in 5 middle and high schools begin at or before 8:30 a.m. That can contribute to sleep deprivation, making it harder for students to concentrate and even increasing their risk for obesity and depression." This is a major loss for students, since their sleep schedule is messed up, and that contributes to many health concerns. Students should be guaranteed later start times because it helps their sleep schedules, and that helps their mental and physical health including decreasing the risks for obesity and depression.

Later start times help increase both academic and athletic performance. In paragraph 12 of "The Teen Who Woke Up Her School", it explains the improvements of athletic and academic performance. "After a good night's rest, you're more alert, and it's easier to solve problems, process and remember information, and be creative. Research has also linked sleep to higher test scores." This is important because teens now might be feeling drowsy in school due to their lack of sleep, and their performance goes down. In paragraph 6 of "The Teen Who Woke Up Her School", it explains the effects of higher sleep times. "Sleep is a simple yet powerful potion with the ability to enhance learning, boost creativity, fight infection, fuel growth, and balance mood," says Dr. Helene A. Emsellem, the author of *Shooze... Or Lose!*" This is significant because it can help students get farther in life, since they would actually be energized instead of drowsy. Students should gain later start times because it would help their academic and athletic performance, including more creativity, better growth, and enhanced learning.

In conclusion, schools should have later start times because as shown in "The Teen Who Woke Up Her School", and "Why Schools Are Struggling to Let Students Sleep In", they would have many benefits. Later start times would increase sleep times, which helps academic and athletic learning, and better emotional and physical health. This includes creative thinking, more energy, more growth, and it would enhance learning. Also, more sleep boosts your mood and lowers anxiety. Overall, schools should have later start times because it would benefit students in many ways.

Idea Development: 3

Conventions:3

Workplaces across the country typically start much later than the average middle or high school. Schools need to make classes start later even though they need more time for sports and it might be expensive, schools need to make the change because according to the articles, "The Teen That Woke Up Her School" and "Why Schools are Struggling To Let Students Sleep In" teens need more sleep to help them socially, academically and because of the hormones in their body.

The first reason why starting school later is good for you is because studies have shown that when kids get more rest they are more likely to be happier emotionally. According to paragraph 13 in "The Teen That Woke Up Her School" "Sleep boosts your mood and lowers anxiety meaning you're less likely to stress about exams, snap at your parents or fight with your friends." Those are just three of the examples that demonstrate how sleep can help you socially.

Another reason why sleep is essential for teens is because it has been found to help children academically, which should always be the top priority for schools. The first article states "Research has also linked sleep to higher test scores." Higher test scores would be good for the school also because they would get more money. One mom of a student at McLean high school says "Now she gets through homework more quickly, and when she's working she seems more alert." If kids are drowsy and tired while doing their homework chances are they are not doing a very good job on it. A social studies teacher, named Eric Welch said that he noticed a change as well, "I can see the changes in kids in the hallways," "They are not dragging as much." Students are now more energized and are better able to participate in school.

The final reason why students need to start school later is because of Athletic reasons. Jilly's high school finally went to state champs after not going for 11 years, because the athletes were well rested. It is also scientifically proven that well rested athletes are less likely to get injured to, according to paragraph 14 in "The Teen Who Woke Up Her School." this proves that it helps students athletically too, even if they might have a little less time for practice.

This concludes the argument on why schools need to have classes starting later for the sake of the students, athletes, and everyone's mood and well-being.

Idea Development: 2

Conventions:2

High schools and Middle schools should have a later start time. Teens need sleep to function and they aren't getting enough of it. With a later start time some problems could be fixed. In the passage The Teen Who Woke Up Her School it says, "It all has to do with something called growth hormone, which helps your bones and tissues grow during puberty. When this hormone starts coursing through your system around midnight, it also blocks melatonin, the hormone that's meant to kick in and make you drowsy." This shows that it isn't always teens' fault that they aren't getting enough sleep. They can't control when the melatonin kicks in or not. If they had a later start time at school that would help get at least an extra hour of sleep.

Another reason why teens should have a later start time is because without enough sleep they won't function as well. Their brain will start to shut down and not work as well if they don't get enough sleep. In the text it says, "When you're not exhausted 24/7, you feel better emotionally. Sleep boosts your mood and lowers anxiety, meaning you're less likely to stress about exams, snap at your parents, or fight with your friends." This quote shows that you will be in a much better mood and be able to focus better if you get enough sleep. If you don't get enough sleep you could very possibly not be in the greatest mood and not get any work done. The later start time would help a lot with this. Teens would be able to get more sleep and focus in school without getting easily distracted.

Idea Development: 1

Conventions:1

Schools should start later because kids and teens need to be well rested in order to function properly. We need to be well rested to function properly because in *The Teen That Woke Up Her School* it says " " About 95 percent of teenagers are walking zombies," says psychologist James Maas, a leading sleep expert." Us kids and teens also need to be well rested to be more focused and awake during school. Being more awake and rested has also proven the teens have been getting higher grades than when they were more tired.

Idea Development: 0

Conventions:0

They both have to change the schedule to 7:20 A.M to 7:50 AM.

Set of Student Responses without Scores (for educator practice)

Middle schools and high schools should have later start times. Kids would get more sleep, focus more, and be able to handle a busy schedule better. Not only would this benefit the students, but it would benefit others as well.

The first reason why middle and high schools should have later start times is because kids would get more sleep. They would be able to wake up later and get **enough** sleep to make it through the day. In the article, "*Why Schools Are Struggling to Let Students Sleep In*", the text states, "As hormones change, so do circadian rhythms, making it biologically unfeasible for some teens to go to bed before 11 p.m. and wake up before 8 a.m. - let alone get dressed, transported and ready to learn." (paragraph 2) This shows that kids have a hard time getting ready for the day when they are sleep deprived and have to wake up early.

Another reason why students should start school later is because they would be able to focus more. In paragraph 9 the text states, "Now she gets through homework more quickly, and when she's working, she looks more alert." This is explaining that if kids start later, they are able to have a good mindset and get through the day feeling awake and ready. Not only does it help their minds, but it helps their bodies too. They could focus on their work without daydreaming or getting distracted.

The last and final reason why middle school and high school students should have later start times is because they would be able to balance a busy schedule easier. Kids who have extra-circular activities after school could be at their sports for 2-4 hours at times. Going to school and working hard after also, can be challenging most times. In the article, "*The Teen Who Woke Up Her School*", in paragraph 14 it states, "...sleep also matters on the playing field. In fact, research suggests that well-rested teen athletes not only perform better than drowsy ones-they get less injured too." This shows that if they started later they could get more sleep and work harder while becoming less tired.

In conclusion, starting later at school could help kids get more sleep, pay attention more, and help balance a busy schedule.

Response B

Idea Development: Conventions:

Based on "The Teen Who Woke Up Her School" and "Why Schools Are Struggling to Let Students Sleep In", middle schools and high schools should have later start times. In the U.S., a lot of schools start school before 8:00 am., which is earlier than some workplaces. Teens get tired from staying up at night doing homework and waking up early in the morning, making them not focused enough for classes. Some people say that schools should start earlier and others say that schools should start later. The main reasons why middle school and high schools should have later start times is because of puberty, sleep benefits in everyday life, and benefits students academically.

One reason why schools should have later start times is because of puberty. While teenagers grow up, they go through puberty to prepare them into adulthood. The natural changes in their bodies can get in the way of sleep as when "hormones change, so do circadian rhythms, making it biologically unfeasible for some teens to go to bed before 11 p.m. and wake up before 8 a.m.-let alone get dressed, transported, and ready to learn." ("Why Schools Are Struggling to Let Students Sleep In", paragraph 2) This helps explain why teens fall asleep later at night and wake up drowsy in the morning. Therefore, puberty is one of the reasons why middle and high schools should have later start times.

Another reason why schools should have later start times because of the sleep benefits it gives to teens. Sleep is important to everyday life as it helps you get ready for the day. More sleep leads to boosting "your mood and lowers anxiety, meaning you're less likely to stress about exams, snap at your parents, or fight with friends." ("The Teen Who Woke Up Her School", paragraph 13) This excerpt explains how sleep can benefit your lifestyle and your relationships with friends and family. As a result, sleep can give many benefits to teens who rely on short sleep schedules to go to school.

The final reason why schools should have later start times is because sleep benefits students academically. When teens are tired, they go through things that they may not want to do and do poorly on their work. However, with more sleep, students are "more alert, and it's easier to solve problems, process and remember information, and be creative. Research has also linked sleep to high test scores." ("The Teen Who Woke Up Her School", paragraph 12) This shows the benefits that students get when they get more sleep and have a later start times. Thus, more sleep has many benefits that help students succeed in school.

In conclusion, middle schools and high schools should have later start times because of the stages of puberty teens go through and the benefits sleep gives to teenagers and students. Although many people oppose this argument due to costs and time management, patience and compromise is key to letting teens have success in school. All people rely on sleep to function properly in their everyday lives, and since teens are young, they should get enough sleep to do well later in their lives.

Response C

Idea Development: Conventions:

I think middle schools and high schools should have later start times because teenagers are hardwired to naturally fall asleep late at night and wake up later in the morning, so it's difficult to wake up as early as most schools require us to. They need about 9.25 hours of sleep, and it's biologically unrealistic for a teenager to fall asleep before 11:00 pm, meaning that they don't get as much sleep as they should. This is a huge problem because without enough sleep, teenagers are likely to perform worse in school.

Response D

Idea Development: Conventions:

Middle schools and high schools should have later start times. By having schools start earlier, it makes it more difficult for students to focus in class and to come prepared. This is affecting the engagement of students and their energy throughout the day. During middle school and high school students go through puberty which leads up to the sleep phase delay, "the medical term for how puberty affects bedtime. As hormones change, so do circadian rhythms, making it biologically unfeasible for some teens to go to bed before 11 p.m. and wake up before 8 a.m." (Sifferlin, para. 2) This shows that starting schools before 8 a.m. or around 8 a.m. will not allow students to learn meaningfully; students will not make any significant progress. Students need energy to grow in school and to grow in general.

Getting more sleep is also important for students' mental health. "When you're not exhausted 24/7, you feel better emotionally. Sleep boosts your mood and lowers anxiety, meaning you're less likely to stress about exams, snap at your parents, or fight with friends." (Bianchi, para. 13) This shows how not getting enough sleep can also affect your social life. Not getting enough sleep can cause sleep deprivation, anxiety, and can possibly lead up to depression.

In conclusion, middle schools and high schools should have later starting times.

Response E

Idea Development: Conventions:

The point of this story is to say not to wake up teens because they get really moody, both stories are about school. this proves that you should not bother a teen.