Dear Principal,

Every single day I walk to school seeing hundreds of children sleepy like they didn’t get any sleep last night. With school starting so early, children don’t get enough sleep. This is can lead to many conditions such as irritation, disability to focus well, and many more. Children should also have the right to sleep as much as they want since it keeps their immune system up as well. Changing the time school starts is extremely beneficial for our school and here’s why.

Research shows that children and teenagers need at least eight to ten hours of sleep to stay healthy, focused, and alert. With such an early start, most students have to wake up before their bodies are ready. This lack of sleep can cause serious problems, such as irritability, difficulty focusing, lower grades, and a weaker immune system. We must change the time school starts for the sake of our children!

We are expected to concentrate, do our best work, and behave responsibly. But how can we do that if we are always tired? It is like trying to learn while our minds are still asleep. Research shows that schools that begin later in the morning often see better attendance, higher test scores, and students who are happier and more focused. If we want our school to have a high standard of achievement, then we must fix up the time school starts.

I believe our school should consider starting at least one hour later. This change would help students feel more rested, healthier, and ready to learn. Sleep is not just nice to have; xit is something we truly need. If we are well rested, we can do better in school and enjoy it more. I hope you I convinced you and let you know how much we need a later school starting time and is starting to consider it.

Yours sincerely

Shawn Pan