

Should school start later to allow longer sleep?

Is your child always extremely tired in the morning when they have to wake up for school? Sometimes they don't even want to get up? Being tired isn't always the best way to start off the day. If your child is tired every morning sometimes they aren't getting enough sleep which isn't very good for their health. This is one of the reasons why schools should start later to allow longer sleeping time.

As a first reason, school should start later to allow longer sleep because it is better for their health. Research shows less sleep can affect judgement, mood and can even increase injuries and accidents. Jessica was walking to Lonsdale High school yesterday in a slightly sleep state. She wasn't concentrating and came close to being crushed by a car. Similar things happened at Sandbury primary school to Alisha who is in year six. Unfortunately she didn't notice soon enough and ended up in hospital from the tragic accident. Would you enjoy if that happened to your child? This is definitely why schools should start later to allow longer sleeping time.

Following up from that, school should definitely start later to allow longer sleep because, it can help children concentrate better. If they are tired and they can't concentrate the teacher often finds it harder to teach the student any problems in maths or narratives in English. Imagine you are a teacher at a primary school. The students have a really early start to the day 7 o'clock in the morning. If they have a late night the day before they may be very tired and sleepy during the day. They might not want to do their work and they could also give you a much harder time if they are moody and don't feel like doing things. If they misbehave and do something bad you could even get fired. If they started later this may not have happened because they get a longer sleeping time. This is why schools should start later to allow a longer sleeping time.

Finally, if parents and teachers are worried about not learning enough throughout the day they could move the end of the day forward slightly so it still would be a normal school day. If parents are also worried about snacks they could have snacks at school so they would be prepared for any other activities in schools or extra curricular activities. Even if parents are worried about being late to after school activities that are at the time that school may be extended to there could be an option of leaving slightly earlier to do that activity. There are also many other ways to solve this problem like have that activity as part of school. If all of this happened then the day would be a lot easier. This is the final reason why school days should start later.

In conclusion, I firmly believe that school should definitely start later to allow longer sleep time because you could still have a 6 hour school day, it can help students concentrate better and it is better for your health to sleep for longer. Do you agree? Should schools start later so students have a longer sleep time?

