

Section 1

#1: Opening paragraph ("Do you get tired, even after a good breakfast? that's probably because you don't get enough sleep. Sleep is super important its how your body and brain recharges so you can feel fresh, happy and ready to learn.")

Strengths:

- Your opening question immediately connects with readers by asking about something they've probably experienced themselves
- You clearly explain the main purpose of sleep in simple, relatable language

Incomplete sentence structure → You've written "Sleep is super important its how your body and brain recharges" as one sentence, but this actually combines two separate ideas without proper punctuation. When you join two complete thoughts together without a full stop or connecting word, it becomes confusing for readers to follow. You need to either separate these into two sentences or use a comma with a connecting word like "because."

Exemplar: *Sleep is super important. It's how your body and brain recharge so you can feel fresh, happy and ready to learn.*

#2: Body paragraph about brain function ("When you sleep, you brain can sort through everything that happened that day... If you don't have a good night sleep it will be harder to concentrate in class and stay in a good mood.")

Strengths:

- Your comparison to "pressing the save button on your homework" is a clever way to help readers understand how sleep helps memory
- You've included a reference to an expert (Matthew Walker) which makes your writing more trustworthy

Limited development of ideas → While you mention that sleep helps the brain "sort through everything," you haven't explained what this actually means or why it matters beyond just

remembering things. You could strengthen this section by adding one or two more sentences about what happens when your brain sorts information—does it help you solve problems better? Does it help you understand new topics? Readers would benefit from understanding the specific ways this "sorting" helps them in their daily lives.

Exemplar: *When you sleep, your brain sorts through everything that happened that day, organising information and strengthening important memories. This process helps you remember what you learnt in maths or understand that tricky science concept better the next day.*

#3: Practical tips paragraph ("So, what can you do to sleep better? Try going to bed at the same time every night—even on weekends...")

Strengths:

- You provide specific, actionable advice that readers can start using tonight
- Your explanation about how screen light tricks the brain gives readers a clear reason to follow this tip

Missing connections between ideas → Your tips are helpful, but they appear as a simple list without explaining how they work together or which ones are most important to start with. Additionally, you suggest alternatives to screens ("read a book, listen to calm music, or do some drawing") but don't explain why these activities specifically help you relax better than screens. Readers would understand your advice more deeply if you connected these suggestions to the sleep science you mentioned earlier.

Exemplar: *The most important thing you can do is create a calming bedtime routine. Start by turning off screens at least half an hour before bed, since the light from tablets and TVs tricks your brain into thinking it's still daytime. Instead, try quiet activities like reading a book or listening to calm music—these help your brain shift into "sleep mode" naturally.*

■ Your piece does a solid job of explaining why sleep matters and giving practical advice, but there's room to make your arguments even stronger. Right now, you've covered the basics well—sleep helps your brain and body—but your readers would benefit from more specific details about *how* these processes work. For example, when you mention that sleep "helps your brain build strong connections," you could add a sentence explaining what these connections actually do for learning.

Your structure follows a logical pattern (why sleep matters, what it does, how to improve it), which makes your writing easy to follow. However, some of your paragraphs feel a bit rushed. The body paragraphs about brain function and body health could each use one or two more sentences to fully develop your points. Think about adding specific examples that primary school students can relate to—maybe mention how sleep helps you remember spelling words or perform better in sports.

Additionally, your conclusion paragraph becomes quite forceful with phrases like "you WILL wake up feeling energetic." While enthusiasm is good, you could make this section more convincing by summarising your strongest point from earlier in the piece rather than making bold promises. Also, the sentence "If you give your body what it needs then you WILL wake up feeling energetic refreshed and happy" tries to list three things at the end but needs commas to separate them properly.

Your use of the Matthew Walker reference strengthens your credibility, but you could make even better use of your Australian Department of Health citation by weaving it more naturally into your sentence rather than just placing it in brackets. Lastly, check carefully for small grammar errors throughout—there are several spots where you've missed apostrophes (like "you brain" instead of "your brain") or combined sentences that should be separate. These small fixes will make your writing much more polished and professional.

Score: 40/50

Section 2

~~#1 Do you get tired, even after a good breakfast? that's~~ [Do you get tired, even after a good breakfast? That's] probably because you don't get enough sleep. ~~Sleep is super important its~~ [Sleep is super important. It's] how your body and brain ~~recharges~~ [recharge] so you can feel fresh, happy and ready to learn.

~~#2~~ When you sleep, ~~you~~ [your] brain can sort through everything that happened that day. It's like pressing the save button on your homework. If you don't have a good night ~~sleep~~ [sleep,] it will be harder to concentrate in class and stay in a good mood. One sleep expert Matthew Walker said '~~sleep~~ ["Sleep] helps your brain build strong connections so you can learn ~~better~~ [better"]' (Walker, 2009). So if you want to do well in school, sleep is a big help.

Sleep also helps your body stay strong and healthy. While you're snoozing, your body is fixing muscles, fighting off germs, and helping you grow. Kids between 5- and 13-years old need about 9 to 11 hours of sleep every night to feel their best (Australian Department of Health, 2023). If you don't get enough sleep, you might feel slow, grumpy, or even get sick more often.

#3 So, what can you do to sleep better? Try going to bed at the same time every night—even on weekends. Turn off screens like tablets and TVs at least half an hour before bed. The light from screens can trick your brain into thinking it's still daytime. Instead, you could read a book, listen to calm music, or do some drawing to help you relax.

Would you rather be grumpy and annoyed or refreshed and happy? Sleeping is a ~~super-power~~ [superpower]. It helps you feel awesome and do your best in studies. So tonight, give your body a good ~~night~~ [night's sleep] and see how ~~feel~~ [you feel] tomorrow. If you give your body what it needs~~then~~ [, then] you WILL wake up feeling ~~energetic-refreshed~~ [energetic, refreshed,] and happy.