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LA Set 4-5

Should High Schools Start Later

Do you ever find yourself falling asleep during class? With most public high schools starting at 7:30, students have to get up so early that they aren't well rested and do poorly in school. Schools should push back the time they start one hour because it saves lives and raises the grades of their students.

Schools should push back the time they start to save the lives of their students. When driving you need to be awake and ready to avoid crashing. If you do not get enough sleep your chances of crashing raise. The university of Kentucky researched that the crash rate of teen drivers dropped sixteen and a half percent in the two years after the start times of the schools delayed (Fred Danner 2008). With a later start time of schools teen accidents would drop saving the lives of people everywhere.

Schools should also push back their start time so their students can be well rested for the day. If the time was pushed back, students' grades would improve. Hundreds of school districts in the U.S. have changed the start time and the academic performance of their students has improved. A study tracked 9,000 high school students and showed

their grades in all classes rose when school started later (Mark Fischetti 2014). "It would benefit me greatly to start school at a later time because I would not only do well academically but I would not be as tired when doing my work" (Myah Rhines). If school started later students would be rested for the day and have improved grades.

Adults may say that school should start early so the parents can get to work on time. With fifty four percent of students taking the bus to school and ten percent of students carpooling (Tony Omer 2013) with others there should be no hassle for parents to get to work on time. It is also much easier to do these things and safer for the environment by saving eighty five million gallons of gasoline every year. There is no reason to drive your child to school when there are safer options that will also ensure getting to work on time.

In conclusion, pushing back the time school starts would save the lives of students and improve their grades. Being well rested on the road can save your life and the lives of the people around you. With more sleep you can come to school fully rested to do your best and improve your grades in the long run. Pushing back the time school starts can only help, your grades will improve and you can save your life and the life of others around you. If you want this to change, write to your local school board so they can push back the start timeout your high school

Work Cited

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