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A lot of students dread waking up in the morning to go to school for a seven hour day five times a week. Imagine this, good grades, no crabby teens and less mind wandering. Tests have been proven by letting teens sleep in and having school start later would increase the teens emotion and grades.

For that to happen school hours would change, sleeping hours would change, and emotion would change. Yet all these positive things would happen if school started later no school has made the change. Brightwood Elementary School starts at 8: 50 am and ends at 3: 50 pm. Des Moines High School starts at 7: 40 am and dismisses the teens at 2: 35 pm. Collin Hills High School starts really early at 7: 10 am and ends at 2: 10 pm. Haverhill Public Schools have an 8 hour day starting at 8: 00 am and ending at 4: 00 pm.

According to the Chicago CBS newspaper, just delaying thirty minutes from your regular schedule can keep big rewards for tired teens. Kathryn Orzech, says research shows that each teen needs 8. 5 to 9. 25 hours of sleep.

Without that much sleep the brain gets tired and you may get mood swings.

Thirty percent of american adults sleep less than seven hours each night. HarvardUniversity did a study that says women who get five hours of sleep or less gain weight. Sleep disorders occur in a lot of humans, 10% of americans have them today. Proven by an internet poll, 78% of students say it is very hard to get up in the morning. If you don't get enough hours of sleep your emotion can rapidly change.

Mind wandering sitting in class causes you not to pay attention all from not getting enough sleep. Yawning excessively happens too. Being tired and crabby does not increase teens grades which has been proven by most teens

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and teachers. Confidence would rise just even if they got thirty minutes more to sleep in. Imagine this..

school starting later, happier students, better grades. For that to happen schools would have to start later. Most likely, all teens would be ok with school going an hour later than regular time just to get one more hour to sleep in.