Beyond the Bell

Trace how a writer uses scholarly research to support a proposal.

9.RL.26 "Compose clear, coherent writing that incorporates information from at least one scholarly source and demonstrates a clear position on a topic, answers a research question, or presents a solution to a problem."

NAME _____ DATE _____

1 READ AND MARK

Read it twice

YOUR JOB Underline the writer's position, circle the scholarly source and its recommendation, and number two places where the writer connects evidence or a concern to the proposal.

Should High Schools Start Later?

(1) At 6:30 a.m., a bus door folds open while many teens are still struggling to wake up. Should high schools begin later? They should, because an early bell can cut into the hours available for sleep. A later start does not make sleep automatic, but it gives students who must catch a bus more room in the morning. If classes begin after a reasonable wake-up time, teens can keep a bedtime that fits their lives without always paying for it at dawn. This change treats sleep as part of a school day, not as a private problem students must solve alone.

(2) That argument needs more than a picture of a tired student. In a 2016 consensus statement published in the peer-reviewed *Journal of Clinical Sleep Medicine*, Paruthi and colleagues recommend that teenagers ages 13 to 18 sleep 8 to 10 hours per 24 hours. This recommendation supplies a useful target for judging a school schedule. If a student needs to wake at 6:00 a.m. for a bus, even eight hours of sleep requires falling asleep by 10:00 p.m. A later bus pickup could move that deadline, although the research recommendation alone does not prove that every student would sleep longer.

(3) Some families depend on early dismissal for sports, jobs, or picking up younger children. Moving the first bell could push those activities later, and schools should not ignore that cost. Districts could survey families before changing routes and test a new schedule for one term. They could then compare attendance and student sleep reports with results from the old schedule. Those local results would help assess whether the change works in that community; the scholarly sleep recommendation explains why the question matters. A careful trial is more convincing than a promise that a later bell will fix every student's sleep.

2 ANSWER WITH EVIDENCE

Use the passage

1. What position does the writer take, and how does the school schedule support that position?

2. Identify the scholarly source and its recommendation. How does the writer use that recommendation?

3. Why does the writer say the research recommendation does not prove that every student would sleep longer after a later start?

4. What concern about a later start does the writer address, and what response does the writer propose?

3 YOUR TURN

Your own words

Write one paragraph of 75 to 105 words proposing a different school-based way to help teens make time for sleep, not a later start. State your position, accurately use and name the scholarly source in the passage, explain how your plan could help, and acknowledge one practical limitation.

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PART 1 · READ AND MARK

Underline the writer's position, circle the scholarly source and its recommendation, and number two places where the writer connects evidence or a concern to the proposal. Accept any marking that follows this job and points at the right text.

PART 2 · ANSWERS

#	QUESTION	ANSWER
1	What position does the writer take, and how does the school schedule support that position?	**High schools should start later because an early bell can limit the time students have available for sleep.**
2	Identify the scholarly source and its recommendation. How does the writer use that recommendation?	**Paruthi and colleagues' 2016 consensus statement in the Journal of Clinical Sleep Medicine recommends 8 to 10 hours of sleep per 24 hours for ages 13 to 18. The writer uses it as a target for judging whether a school schedule leaves enough time for sleep.**
3	Why does the writer say the research recommendation does not prove that every student would sleep longer after a later start?	**The recommendation states how much sleep teens need, not how each teen would change their bedtime or use extra morning time.**
4	What concern about a later start does the writer address, and what response does the writer propose?	**A later start could push sports, jobs, and family responsibilities later. The writer proposes surveying families and testing a new schedule for one term.**

PART 3 · YOUR TURN (SAMPLE ANSWER)

Schools should offer a quiet study period before students go home so homework does not crowd out bedtime. Paruthi and colleagues' 2016 consensus statement in the *Journal of Clinical Sleep Medicine* recommends 8 to 10 hours of sleep per 24 hours for teenagers ages 13 to 18. Finishing some work at school could make it easier to protect those hours at night. This plan would not solve long commutes or family duties, and a study period would require staff time. Still, schools could try it for a term and ask students whether their sleep schedules changed.

Accept other school-based proposals if the paragraph takes a clear position, accurately attributes the sleep recommendation, explains its connection to the proposal, and acknowledges a practical limitation. The source establishes a recommended amount of sleep, not proof that any proposed plan will increase sleep.