Bell Time Evidence

Read a model argument that connects claims, evidence, and credible sources.

CCSS.ELA-Literacy.W.7.1b "Support claim(s) with logical reasoning and relevant evidence, using accurate, credible sources and demonstrating an understanding of the topic or text."

NAME _____ DATE _____

1 READ AND MARK

Read it twice

YOUR JOB Underline the author's claim, circle each named source, and number the facts or study results that support the claim, so you can see whether the reasoning uses relevant, credible evidence.

Why Schools Should Start Later

(1) Middle and high schools should begin no earlier than 8:30 a.m. The American Academy of Pediatrics recommends this start time for middle and high schools because teenagers' sleep cycles naturally shift later during puberty. This recommendation comes from pediatricians who study young people's health, so it is stronger than an opinion from a social media post. Starting later would not make homework disappear, but it would give many students a better chance to get the sleep their bodies need.

(2) The Centers for Disease Control and Prevention states that teens ages 13 to 18 need 8 to 10 hours of sleep each night. Yet the CDC also reports that many high school students do not get enough sleep on school nights. When a bus arrives before sunrise, a student cannot simply decide to fall asleep earlier if homework, activities, and family responsibilities fill the evening. A later bell time addresses one barrier by moving the required morning schedule later.

(3) Evidence from a real schedule change supports the idea. In 2018, researchers from the University of Washington and the Salk Institute studied two Seattle high schools after their start time moved nearly one hour later. Students slept an average of 34 more minutes per night, and their median grades rose 4.5 percent. One study cannot prove that every school will have identical results, because districts differ. Still, measured changes in sleep and grades give stronger support than a guess.

2 ANSWER WITH EVIDENCE

Use the passage

1. What claim does the writer make about middle and high school start times?

2. What evidence from the Centers for Disease Control and Prevention supports the writer's claim? Explain how it is connected to the claim.

3. Why does the writer describe the American Academy of Pediatrics recommendation as stronger than a social media opinion?

4. Why does the writer say that one study cannot prove every school will have identical results? How does this statement strengthen the argument?

3 YOUR TURN

Your own words

Write four sentences arguing whether your school should consider a later start time. State a clear claim, use details from at least two named sources in the passage, explain how the details support your claim, and acknowledge one limit of the evidence.

ANSWER KEY

Bell Time Evidence

GRADE 7 · W.7.1b

PART 1 · READ AND MARK

Underline the author's claim, circle each named source, and number the facts or study results that support the claim, so you can see whether the reasoning uses relevant, credible evidence. Accept any marking that follows this job and points at the right text.

PART 2 · ANSWERS

#	QUESTION	ANSWER
1	What claim does the writer make about middle and high school start times?	**Middle and high schools should begin no earlier than 8:30 a.m.**
2	What evidence from the Centers for Disease Control and Prevention supports the writer's claim? Explain how it is connected to the claim.	**The CDC says teens need 8 to 10 hours of sleep and that many do not get enough sleep on school nights. A later start gives students more opportunity to get the sleep they need.**
3	Why does the writer describe the American Academy of Pediatrics recommendation as stronger than a social media opinion?	**The recommendation comes from pediatricians who study young people's health, making it a more credible source than an unsupported social media opinion.**
4	Why does the writer say that one study cannot prove every school will have identical results? How does this statement strengthen the argument?	**Districts differ, so Seattle's results may not happen exactly the same way everywhere. The statement strengthens the argument by recognizing a limit instead of making an overly broad claim.**

PART 3 · YOUR TURN (SAMPLE ANSWER)

Our school should consider moving its high school start time to 8:30 a.m. The CDC says that teens need 8 to 10 hours of sleep, so a later required schedule could help students meet that health need. University of Washington and Salk Institute researchers found that Seattle students slept 34 more minutes after a later start, which is relevant because it measures an actual schedule change. Seattle's results may not be identical in our district, but the health recommendation and study give credible reasons to test the change.

Accept answers that accurately identify the claim, cite passage evidence, and explain how credible sources support the reasoning. For Part 3, accept a clear position supported by two relevant source details, explanations, and a reasonable limitation.