

Start Time Case

Tracing claims, evidence, and source credibility.

CCSS.ELA-Literacy.WHST.6-8.1b “Support claim(s) with logical reasoning and relevant, accurate data and evidence that demonstrate an understanding of the topic or text, using credible sources.”

NAME _____

DATE _____

1 READ AND MARK _____ Read it twice

YOUR JOB Underline the writer’s claim. Circle each fact, number, or research result that supports it, then put a star beside the source named for that evidence.

A Later Bell Time

- ① Our middle school should begin classes at 8:30 a.m. instead of 7:55 a.m. Teens’ body clocks naturally shift later during puberty, so many students cannot fall asleep as early as younger children. The Centers for Disease Control and Prevention states that teenagers ages 13 to 18 need 8 to 10 hours of sleep each night. An earlier bus schedule does not change that biological need. A later start would give students a more realistic chance to arrive rested and ready to learn.
- ② The American Academy of Pediatrics, a national group of child-health doctors, recommended in 2014 that middle and high schools start at 8:30 a.m. or later. This recommendation is useful evidence because it comes from specialists who review research about adolescent health. It also matches the sleep information from the CDC, a federal public-health agency. When two credible health sources point to the same concern, the district has a stronger reason to examine its schedule rather than relying only on personal opinions.
- ③ Research from Seattle offers a practical example. In a 2018 peer-reviewed study published in Science Advances, University of Washington researchers studied students before and after their school start time moved 55 minutes later. Students slept a median of 34 more minutes per night, and their grades increased by 4.5 percent. The study cannot guarantee that every district will get identical results, because communities and schedules differ. Still, its measured results make a later start more reasonable to test than a decision based on guesses.

2 ANSWER WITH EVIDENCE Use the passage

1 What is the writer's main claim?

2 How does the CDC sleep information support the writer's claim?

3 Why is the American Academy of Pediatrics a credible source for the recommendation in paragraph 2? Use one detail from the passage.

4 Which Seattle finding is evidence that a later start may help learning, and why does the writer still avoid making a guarantee?

3 YOUR TURN Your own words

Choose a school policy that is different from school start time. Write exactly four sentences that state a claim, use a specific fact, number, or research finding from two credible sources, and explain why those sources are credible.

PART 1 • READ AND MARK

Underline the writer's claim. Circle each fact, number, or research result that supports it, then put a star beside the source named for that evidence. Accept any marking that follows this job and points at the right text.

PART 2 • ANSWERS

#	QUESTION	ANSWER
1	What is the writer's main claim?	The middle school should start at 8:30 a.m. instead of 7:55 a.m.
2	How does the CDC sleep information support the writer's claim?	The CDC says teens need 8 to 10 hours of sleep, so a later start gives them a more realistic chance to get enough sleep.
3	Why is the American Academy of Pediatrics a credible source for the recommendation in paragraph 2? Use one detail from the passage.	It is a national group of child-health doctors, and its specialists review research about adolescent health.
4	Which Seattle finding is evidence that a later start may help learning, and why does the writer still avoid making a guarantee?	Grades increased by 4.5 percent after the later start. The writer avoids a guarantee because other districts may have different communities and schedules.

PART 3 • YOUR TURN (SAMPLE ANSWER)

Our school should require phones to stay in backpacks during lessons unless a teacher asks students to use them. The OECD's PISA 2022 report found that students who reported distraction from their own digital devices in most or every math lesson scored 15 points lower in mathematics. UNESCO's 2023 Global Education Monitoring Report states that nearly one in four countries has a policy or law banning smartphone use in schools. Both sources are credible because the OECD analyzes international education data and UNESCO is a United Nations agency, so their evidence supports testing a rule, although it does not prove phones alone cause lower scores.

Accept responses that make a clear school-policy claim and connect relevant, accurate evidence to that claim. Students should name two credible sources and give a reasonable explanation of each source's credibility.