The Final Bell

Read how a conclusion connects evidence, limits, and implications.

CCSS.ELA-Literacy.WHST.9-10.2f "Provide a concluding statement or section that follows from and supports the information or explanation presented (e.g., articulating implications or the significance of the topic)."

NAME _____ DATE _____

1 READ AND MARK

Read it twice

YOUR JOB Underline the paragraph that concludes the explanation. Then circle two words or phrases in that paragraph that point back to earlier evidence or challenges.

Should High Schools Start Later?

1 Many high schools begin before 8:00 a.m., even though teenagers' biological clocks shift later during puberty. This shift can make it difficult for students to fall asleep early enough to get the eight to ten hours of sleep recommended for teens. In 2014, the American Academy of Pediatrics advised middle and high schools to aim for start times of 8:30 a.m. or later. Changing a schedule, however, affects buses, sports, family routines, and after-school jobs. A useful explanation of later start times must consider both the health evidence and the practical challenges.

2 Research has linked later start times with longer sleep and better attendance, although results can vary by community. When Seattle moved public high school start times nearly an hour later in 2016, researchers reported that students slept about 34 minutes more on school nights. The study found improved grades and reported better attendance at one of the schools examined, but it could not prove that the schedule change alone caused every improvement. District leaders still need to plan transportation carefully, especially when the same buses serve several schools. They also need to ask students and families how a new timetable could change work, caregiving, or athletic commitments.

3 Later high school start times are not a simple cure for tired students, because sleep also depends on homework, jobs, stress, and personal habits. Yet the evidence on teen biology and the Seattle study suggests that schedules can remove one barrier to adequate rest. Schools should therefore examine whether a later start is workable in their own communities, rather than treating an early bell as unavoidable. If leaders coordinate transportation and listen to families, a schedule change can support learning without ignoring local needs. The larger lesson is that school policies can shape students' daily ability to learn, so practical decisions deserve careful attention to health evidence.

2 ANSWER WITH EVIDENCE

Use the passage

1. What main claim does the concluding paragraph make in its final sentence?

2. Name two earlier pieces of information that the conclusion uses to support considering later start times.

3. Why does the conclusion begin by saying that later start times are not a simple cure?

4. How does the sentence about transportation and families help the conclusion follow from the earlier explanation?

3 YOUR TURN

Your own words

Use these notes from a school pilot: During four weeks of phone-free lunch tables, lunch-period referrals fell 30 percent, and 56 of 80 surveyed students said they talked with more classmates. Write a two-sentence conclusion that uses both details and states what school leaders should consider doing and why.

ANSWER KEY

The Final Bell

HIGH SCHOOL · WHST.9-10.2f

PART 1 · READ AND MARK

Underline the paragraph that concludes the explanation. Then circle two words or phrases in that paragraph that point back to earlier evidence or challenges. Accept any marking that follows this job and points at the right text.

PART 2 · ANSWERS

#	QUESTION	ANSWER
1	What main claim does the concluding paragraph make in its final sentence?	**School policies can affect students' ability to learn, so practical decisions should consider health evidence carefully.**
2	Name two earlier pieces of information that the conclusion uses to support considering later start times.	**It refers to teen biology and the Seattle study showing students slept about 34 minutes more.**
3	Why does the conclusion begin by saying that later start times are not a simple cure?	**It acknowledges that sleep also depends on homework, jobs, stress, and personal habits.**
4	How does the sentence about transportation and families help the conclusion follow from the earlier explanation?	**It addresses the earlier practical challenges of buses, family routines, work, caregiving, and activities.**

PART 3 · YOUR TURN (SAMPLE ANSWER)

The 30 percent decrease in lunch-period referrals and the reports from 56 of 80 students suggest that phone-free tables can improve the lunch environment. School leaders should consider expanding the pilot while gathering more feedback, because a calmer, more connected lunch period may support students beyond the cafeteria.

Accept conclusions that accurately connect both pilot details to a reasonable recommendation or implication. The recommendation should follow from the evidence and should not claim that the pilot proves results for every student.