

The Start Time Case

Trace how an argument uses credible sources and relevant evidence.

6W1.b "Support claim(s) with clear reasons and relevant evidence, using credible sources while demonstrating an understanding of the topic or text."

NAME _____

DATE _____

1 READ AND MARK _____ Read it twice

YOUR JOB Underline the main claim, circle each piece of evidence, and number the source named beside each piece of evidence to see how credible sources support the argument.

Why Schools Should Start Later

- ① Middle schools should start no earlier than 8:30 a.m. Teenagers' body clocks naturally shift later during puberty, so many students cannot fall asleep early enough for a very early start. The American Academy of Pediatrics, a national group of children's doctors, recommends that middle and high schools begin at 8:30 or later. This recommendation matters because doctors study how sleep affects young people's health and learning. Their advice is based on medical research rather than a single school's experience.
- ② Research gives another reason for later starts. In a national 2015 survey, the Centers for Disease Control and Prevention found that 72.7 percent of high school students slept less than eight hours on school nights. The CDC is a federal public health agency that collects and reviews health data. Although the survey does not prove that start times alone cause lost sleep, it shows many adolescents need more time for rest. This evidence supports a change, but it is not the only evidence schools should consider.
- ③ A 2018 study published in Science Advances examined two Seattle high schools after their start time moved 55 minutes later. Students slept 34 minutes longer each night, and their median grades rose 4.5 percent. Because the study compared students before and after the change, it offers useful evidence, though one city's results may not fit every school. Schools should also plan buses and activities carefully, but the health and learning evidence supports later starts for most adolescents.

2 ANSWER WITH EVIDENCE _____ Use the passage

1 What is the author's main claim?

2 What reason does paragraph 1 give for later start times, and which source supports that reason?

3 Why does the author present the CDC as a credible source? Use information from paragraph 2.

4 How does the Seattle study support the claim, and what limit of the study does the author name?

3 YOUR TURN _____ Your own words

Argue for a different change at your school in five sentences, using 80 to 110 words. State a claim, give two reasons, include evidence from one credible source, and explain why that source is trustworthy.

PART 1 • READ AND MARK

Underline the main claim, circle each piece of evidence, and number the source named beside each piece of evidence to see how credible sources support the argument. Accept any marking that follows this job and points at the right text.

PART 2 • ANSWERS

#	QUESTION	ANSWER
1	What is the author's main claim?	Middle schools should start no earlier than 8:30 a.m.
2	What reason does paragraph 1 give for later start times, and which source supports that reason?	Teenagers' body clocks shift later during puberty, making early sleep difficult. The American Academy of Pediatrics supports this reason by recommending starts at 8:30 or later.
3	Why does the author present the CDC as a credible source? Use information from paragraph 2.	The CDC is a federal public health agency that collects and reviews health data, so its survey is a reliable source of information about student sleep.
4	How does the Seattle study support the claim, and what limit of the study does the author name?	The study found that students slept 34 minutes longer and their median grades rose after a later start. Its limit is that results from one city may not fit every school.

PART 3 • YOUR TURN (SAMPLE ANSWER)

Our school should add a 15-minute activity break during the afternoon. Moving between classes keeps students from sitting for long periods and may help them return to work with more energy. The Centers for Disease Control and Prevention says that young people ages 6 through 17 need 60 minutes or more of physical activity each day. This source is trustworthy because the CDC is a federal public health agency that uses health research. An activity break would not provide all 60 minutes, but it would help students be active and ready to learn.

Accept equivalent wording when students identify the claim, a relevant reason, accurate evidence, and the source information. For the open response, accept any school-change argument that has five sentences, stays within the word range, and uses relevant evidence from a credible source with an explanation of credibility.