

Start Time Evidence

Trace how a writer uses credible sources to support a school policy claim.

8W1.b "Support claim(s) with logical reasoning 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 source name, and number the pieces of evidence that support the claim. These marks show how the writer connects credible information to a logical argument.

A Later Bell

- ① Our district should begin high school at 8:30 a.m. or later. Teenagers' body clocks naturally shift later during puberty, so many students cannot fall asleep early enough to be alert before dawn. The American Academy of Pediatrics recommends that middle and high schools start at 8:30 or later to help adolescents get enough sleep. This recommendation matters because the academy is a national organization of doctors that reviews medical research. A later schedule would better match school hours to students' health needs.
- ② Research from Seattle gives evidence beyond a medical recommendation. In a 2018 study published in *Science Advances*, researchers examined students after two public high schools moved their start time 55 minutes later. Students slept an average of 34 more minutes each night, and their median grades rose 4.5 percent. The study does not prove that sleep alone caused the grade change, but its measured results support the idea that later starts can improve students' readiness to learn.
- ③ Some families may worry that later dismissal would interfere with sports, jobs, or transportation. Those concerns deserve planning, but they do not outweigh the health evidence. District leaders could adjust practice schedules and bus routes while keeping the later start. The academy's expert recommendation and the Seattle study provide relevant, credible support for changing the schedule. Therefore, the district should test an 8:30 start at its high schools and carefully track sleep, attendance, and grades.

2 ANSWER WITH EVIDENCE Use the passage

1 What is the writer's main claim?

2 Why does the writer present the American Academy of Pediatrics as a credible source?

3 Give one result from the Seattle study and explain how it supports the writer's claim.

4 What concern does the writer acknowledge, and what solution does the writer offer?

3 YOUR TURN Your own words

Choose a school change that is not discussed in the passage. Write a four-sentence argument that states a claim, names a credible source, includes one fact from that source, and explains how the fact supports your claim.

PART 1 • READ AND MARK

Underline the main claim, circle each source name, and number the pieces of evidence that support the claim. These marks show how the writer connects credible information to a logical argument. 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 district should begin high school at 8:30 a.m. or later.
2	Why does the writer present the American Academy of Pediatrics as a credible source?	The writer explains that it is a national organization of doctors that reviews medical research.
3	Give one result from the Seattle study and explain how it supports the writer's claim.	Students slept an average of 34 more minutes each night, or their median grades rose 4.5 percent. Either result supports the idea that later starts can improve students' readiness to learn.
4	What concern does the writer acknowledge, and what solution does the writer offer?	The writer acknowledges concerns about sports, jobs, or transportation. The writer says district leaders could adjust practice schedules and bus routes.

PART 3 • YOUR TURN (SAMPLE ANSWER)

Our school should add a water refill station near the gym. The Centers for Disease Control and Prevention states that drinking water can help prevent dehydration. Because students exercise in gym class and sports, easy access to water can help them replace fluids. A refill station is a practical health improvement. Accept any clear claim about a different school change that names a credible source, accurately includes relevant evidence, and explains the connection between the evidence and claim. The response must contain four sentences.