

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 The local proposal is a fictional classroom example; named research and health guidance are real. 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 17 need 8 to 10 hours of sleep daily. 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 A 2018 study by Dunster and colleagues compared different groups of biology students at two Seattle high schools before and after a 55-minute start-time delay in 2016. Median school-night sleep was 34 minutes longer afterward. Median biology grades were 77.5 percent before and 82 percent afterward, a difference of 4.5 percentage points. The study cannot guarantee that every district will get identical results or that the schedule alone caused the grade difference. Communities, students and teaching may differ. Still, these measured associations make a later start reasonable to test.

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

Sources for Your Turn

Use the supplied source summaries to write about a school phone policy. You may cite these cards without opening their links. For another permitted topic, obtain the required number of credible sources before writing. Quote only wording labeled as an exact source quotation; paraphrase summaries.

Source A: OECD (2023). PISA 2022 Results: From data to insights.

Editorial summary: Across OECD countries, students reporting distraction from their own digital devices in most or every mathematics lesson scored 15 points lower than those reporting it never or almost never, after adjustment for student and school socioeconomic profiles. OECD is an international organization that analyzes education data.

Scope and limits: This is an association among assessed students, not proof that phones alone cause a score difference or that a ban will improve scores.

https://www.oecd.org/en/publications/2023/12/pisa-2022-results-volume-i_76772a36/full-report/from-data-to-insights_f1c46d26.html

Source B: UNESCO (2023). Global Education Monitoring Report: Technology in education.

Editorial summary: The report linked excessive or inappropriate technology use with weaker student performance, while recognizing benefits in some learning contexts. In 2023, fewer than one in four countries banned smartphones in schools. UNESCO is the United Nations education agency and reviews international evidence and policies.

Scope and limits: The policy count describes 2023, not current policy or evidence that bans work. Benefits depend on context and purpose.

<https://gem-report-2023.unesco.org/>

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.

Write your response

Write exactly four sentences. Use one fact or finding from each of two sources and explain why both sources are credible.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

PART 1 • READ AND MARK

The local proposal is a fictional classroom example; named research and health guidance are real. 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?	Median biology grades were 4.5 percentage points higher after the delay, comparing different groups (77.5 to 82 percent). That association may support investigating learning benefits, but it does not prove sole causation or guarantee identical results in other districts.

PART 3 · YOUR TURN (SAMPLE ANSWER)

Our school should test a rule keeping phones in backpacks during lessons unless teachers request them. Across OECD countries, PISA 2022 students distracted by their devices in most or every math lesson scored 15 points lower than those rarely distracted, after socioeconomic adjustment. UNESCO's 2023 report found that fewer than one in four countries banned smartphones in schools, showing this policy had been tried elsewhere rather than proving it works. OECD analyzes international education data and UNESCO reviews global education evidence, making both credible sources for considering a trial, while their findings cannot 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. CDC age-specific daily duration guidance: <https://www.cdc.gov/sleep/about/index.html> . Local proposals are fictional classroom examples; named research and guidance are real. Seattle compared separate cohorts, not individual gains, and does not establish sole causation. Its Results explicitly labels the grade medians 77.5% and 82%, a 4.5-percentage-point difference. Sources: AAP (2014), <https://pubmed.ncbi.nlm.nih.gov/25156998/> ; Dunster et al. (2018), <https://doi.org/10.1126/sciadv.aau6200> .