Too Tired to Learn
Students, Teachers Would Benefit to Later Start Times

Should the start time of school be pushed back? According to recent studies, schools that start later than 8:30 tend to have students with better test scores, more focus, and have fewer car wrecks. Starting at a later time would also help out teachers. Mrs. Earl, a counselor at East Hamilton, says this would help with family life by giving more time in the morning to get her children up and ready, as well as herself. Another advantage would be students getting home later which could help with their family or their personal schedules.

Tyler Holloway, a junior, agrees that teens would be more alert and focused if school started later. He also stated that it is hard to focus in his first block, Honors Biology, at 7:15 in the morning. In addition to having to work hard and stay focused in first block, he also has to be fully alert in the morning to drive. Even though Tyler goes to bed at 10:30 p.m., he wakes up at 5:30 a.m. This only gets him seven hours of sleep. The average teen should get eight to nine hours of sleep each night, which helps them be more alert and focused. Pushing back the start time of school would increase the students’ time of sleep, giving them the much needed extra hours of sleep.

Ms. Lee, a History teacher at East Hamilton, agrees with both Tyler and Mrs. Earl. She believes it will help students be more focused, help retain information, and help classroom involvement. She also states it will help teachers be more focused on teaching and helping students. Personally, in order for Ms. Lee to get to school on time she has to wake up at 3:20 a.m. central time and drive an hour. This is not only bad for her health but also it may affect her driving, putting her at risk.

There are challenges that come with this later start time. The buses are on a two-tier system, which is when the buses run for our high school/ middle school also run for elementary schools around Hamilton County, making the bus schedule very difficult to change. There are also issues with sports. We would be getting out at a later time, so then practices would be pushed back to later times in the day. Elementary school times would also need to be pushed back, but the parents of these students would need to leave for work before elementary would start.

So in conclusion, even though pushing back start times would have many advantages, there would be many issues as well.