Should Kids in School Have Longer Weekends?

By Imogen Mora

I believe that kids should have longer weekends. The reason being that we 5th graders need 9-12 hours of sleep, or more! We usually end up getting less sleep which can affect our studies. Having longer weekends could change that. Study leader Reut Gruber, professor in Mcgill’s Department of Psychiatry, shows that sleep is linked to better grades. So, if we move the arriving time to 8:30 we can sleep longer, and therefore be able to work more efficiently and get better grades. 

Kids should also have three day weekends so that they can relax and unwind. Then, when they return on Mondays, they are relaxed and ready to work hard to get good grades.

Teachers should also have 3 day weekends. If they aren't relaxed and ready to teach, then they can be grumpy and won’t be able to teach well . Even though I know that shorter weekends give longer time to teach than longer weekends, longer weekends give kids something to look foward to.

In conclusion, I believe that kids and teachers should have longer weekends because it would be better for both overall!