

Middle School Classes Should Start Later

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Category : Education/Family

Unlocking Word Meanings

Read the following words/expressions found in today’s article.

1. **suburban** / səˈbʌr bən / (adj) – describing an area outside the city
Example: I can’t visit malls that much because I live in a **suburban** area.
2. **drowsiness** / ˈdraʊ zi nɪs / (n) – a feeling of sleepiness
Example: I keep yawning because of **drowsiness**.
3. **doze off** / doʊz ɔf, ɒf / (phrasal) – to sleep lightly or for a short period of time
Example: He suddenly **dozed off** while in class.
4. **predispose** / ˌpri dɪˈspəʊz / (v) – to have a certain tendency
Example: Teenagers are **predisposed** to sleeping late, so they have difficulty waking up early.
5. **academically** / ˌæk əˈdɛm ɪ kli / (adv) – in relation to education
Example: Students who perform well **academically** may apply for a scholarship.

Article

Read the text below.

～を示唆する(suggests : 示唆する、提言する)より目が覚めている状態(awake : 目覚め)

A US study suggests that starting middle school classes at a later time can help students be more awake during their lessons in the morning.

非営利団体追跡する(track : 追跡する、道を辿る)郊外の学区(suburban : 郊外)

Researchers from the non-profit organization Child Trends tracked almost 1,000 students in 11 middle schools in a **suburban** school district. Three schools start classes around 7:23 a.m., while the rest starts at around 8:00. a.m.

オンラインでの統計を遂行した(accomplish : 成し遂げる、完成する、果たす)彼らの眠気は、日中の時間帯を占めた(rank : 占める drowsiness : 眠気)うたたね(doze off : うたたね、うとうとと眠り込む)

For the study, parents and students accomplished online surveys that stated certain bedtimes. Students also ranked their **drowsiness** during the day and described situations wherein they **dozed off**.

Survey results revealed that students who started school at an earlier time slept for eight hours and nine minutes on average. On the other hand, those who started school later got to sleep for around eight hours and 23 minutes. In addition, students who started school at a later time were more awake and were less likely to fall asleep during daytime.

更に目覚めている状態で、眠気に落ちている可能性も低い(less likely : 可能性が引い more awake : 更に目覚めが良い状態)～に属している状態(belong to : ～に属す)大抵は、遅くまで起きがちである(predispose : ～しやすい性質、傾向)寝る時間が更にある(additinal time : 追加の時間)学問的に、よいパフォーマンスを発揮出来る可能性が高い(academically : 学問的にmore likely : 可能性が高い)

Middle school students belong to an age group that is naturally **predisposed** to stay up later. Starting classes later thus means that students will get additional time to sleep and will be more alert during class. As a result, they are more likely to perform better **academically**.

彼らの学問のパフォーマンスを維持するだけでなく、彼らの健康と安全(ensure : 維持する)～を強調した(emphasize : 強調する)

In another study, the American Academy of Sleep Medicine (AASM) recommended starting schools after 8:30 a.m. to ensure not only students’ academic performance but also their health and safety. The AASM emphasized that students with sufficient sleep are less likely to be absent, to be involved in driving-related accidents, and to suffer from depression, obesity, and cardiovascular diseases.

十分な睡眠を取った生徒は、低い確率で授業を欠席する(absent : 欠席 sufficient : 十分)鬱、肥満、そして心血管を被る事によって、運転に関する事故に関わる(depression : 鬱、意気消沈 obesity : 肥満)

Viewpoint Discussion

Enjoy a discussion with your tutor.

Discussion A

- Do you think that starting classes later can be implemented in schools in your country? Why or why not?

- In your opinion, should schools be accountable for the insufficient sleep of students? Explain.

Discussion B

- How does lack of sleep affect your productivity?

- What are some things that you do to boost your productivity? Discuss.