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Walpole High Should Delay Start Time

🕒 SEPTEMBER 19, 2011 5:45 PM

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From deep within the bowels of the clock, a cruel note tolls. Alice stirs, but barely. It is six-fifteen in the morning, and the day has only begun. She stumbles out of bed, tired and numb. Her breakfast is tasteless by the cruel effect of the inhuman hour, and as Alice staggers into her car, she realizes her pack is no longer with her. Another sprint through the haze of exhaustion, and the ordeal is almost finished. A short ride in a vehicle and Alice has arrived at the compound, where a thousand others like her stand.


No, this is not a scene from a SEAL training documentary. This is Walpole High School, also known as Zombieville, USA. For their lack of alertness, the students may very well be undead, and they suffer depression, anger, and poor academic performance. Though academic society may regard sleep as a luxury that the ambitious cannot afford [1], sleep is a necessary period during which the brain repairs itself and forms permanent memories, both of which are necessary for learning to occur.

However, teenagers are the least likely to obtain all the sleep they need, they average 7 hours each day during the school year. This, coupled with the fact that teenagers require 8.5 to 9.25 hours of sleep nightly [2] inhibits all higher functions. For instance, lower morning alertness results in a higher likelihood of car crashes in teens that drive to school. On a less morbid but far more statistically significant note, as melatonin cycles shift[4] teenaged brains think that it is still the middle of the night while they are supposed to be “bright-eyed and bushy tailed”. This results in reduced poor performance on standardized tests (as demonstrated on adults [3]).

Furthermore, this brutality is pointless! Maximum attentiveness arrives at approximately 10:00 AM, nearly three hours after the current start of school [5]. The outdoor floodlights make practice possible later in the day, and outdoor sports end well before sunset as it stands today. A one-hour shift would make no significant dent in that margin. As for teenagers with jobs, there was no loss in pay for teenagers who start and end work later, because they are only needed after school (as opposed to a specific time frame) [6].


Finally, the moving of school start times has proven results in places such as the Minneapolis Public School District. Dr. Kyla Wahlstrom[7] of the University of Minnesota conducted a study there, and the results of four to five more hours of sleep per night are encouraging- students are more alert, and attend school more often. Students are also less likely to become depressed, and Dr. Carskadon[8] (Director of the Chronobiology/Sleep Research Laboratory at Bradley Hospital in East Providence, R.I., and Professor,

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Strong pitching for the Rebels from senior Captain Steph Sem, and strong hits from senior Captains Mehron Hoag and Lauren Regan

about 23 hours ago

After an intense game, Rebels softball beats Oliver Ames 3-2

about 23 hours ago

"Contrary to Popular Belief" Stretches Limits of Contemporary Dance <http://t.co/tX9tkzsFis>

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Walpole High School France-trip students have just arrived in Paris. <http://t.co/3cYRRqzYiI>

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Final Baseball: Walpole 4 Mansfield 3 F/8. Senior Connor Moriarty scored the game winning run after a lead off triple.

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Johnny Adams Excels at Boston College

<http://t.co/8HRJxHDjHV>

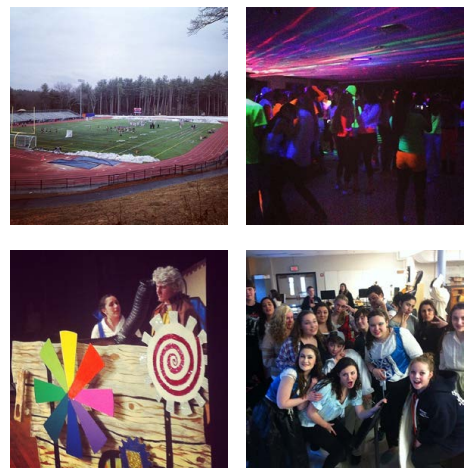
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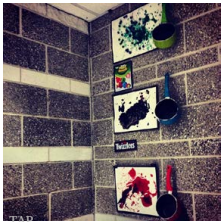
Sleep experts and economists agree with Adam.
<http://schoolstarttime.org/>

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SPRING SPORTS PREVIEW



Boys Outdoor Track Looks for 7th Herget Title

Reigning Herget Champions for the past six years in a row, Boys Spring Track has their sights on the seventh Herget title. Last year, the boys ended their season with a 4-2-1 dual meet record to tie Natick as Herget Champs. In terms



Girls Tennis Looks to Improve After Rebuilding Year

Coaches always say that experience is the key to winning. After last season, where most players on the varsity team were freshmen, the Walpole Girls Tennis team is back with far more talent and experience than before. Because the Rebels



Competitive Winter Season Raises Expectations for Girls Outdoor Track

With a 3-4 season last year, Walpole Girls Track qualified 8 individuals and 1 relay to the Division II championships, and 2 individuals advanced to the All State Championships in June. However, with the loss of several key seniors from



Morrier and Griffin Seek Postseason Bid for 11th Consecutive Season

Although Walpole Boys Tennis ultimately lost to Medfield in the first round playoff game, Walpole Boys Tennis went 11-8 last year and secured a spot in tournament for the tenth year in a row. With only two returning varsity players, senior



New Coach Leads Softball Program in Rebuilding Year

Despite a tough loss to Dighton-Rehoboth in the first round of the MIAA Division 2 State Tournament last year, Walpole Softball looks forward to another successful season this spring. The girls will have to face some adversity as all



Baseball Looks to Reclaim Herget Title in New Season

Last year was supposed to be the year. As the Rebels left Campanelli stadium — a team consisting of a half of the 2007 Walpole Williamsport Team — with their heads down, they knew that Bridgewater-Raynham had spoiled the number



Junior and Senior Leadership Carries Girls Lax into New Season

With the loss of thirteen valuable seniors to graduation, the Walpole Girls Lacrosse team will face an uphill battle to have similar success in the Bay State Conference this season. Last spring, the girls had an overall record of



Boys Lax Looks to Take a Step Forward

In the past eight years, one of the most successful spring sports teams at the Walpole High School has been the Boys Lacrosse team. Since 2005, the Boys have qualified for postseason play, won a few Bay State Titles, and even claimed a



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