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## Walpole High Should Delay Start Time

(3) 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,

### **TWITTER**



Walpole Rebellion @whstherebellion



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

about 24 hours ago

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

about 1 day ago

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

about 1 day ago

Johnny Adams Excels at Boston College http://t.co/8HRJxHDjHV

about 1 day ago

Academic Rigor Is Not For Everyone

http://t.co/agqkOcagZg

about 1 day ago

### INSTAGRAM









Department of Psychiatry and Human Behavior at the Brown University School of Medicine) cites advantages such as less likelihood of experiencing depressed moods; reduced likelihood for tardiness; reduced absenteeism; better grades; reduced risk of fall asleep car crashes; and reduced risk of metabolic and nutritional deficits associated with insufficient sleep, including obesity.

To conclude, Walpole's students are depressed, numb and tired every morning. It is not their fault; their melatonin cycles have shifted, leaving them lagging behind everyone else. Early start times exacerbate this problem, and students must then cope with depression, drowsiness, and worst of all, reduced academic performance. The future of Walpole depends on their education, and if they are too tired to learn, then they may as well be zombies.

### BIBLIOGRAPHY:

- [1] "Sleep isn't a priority for teenagers, and it typically isn't made one by parents or schools."
- -Jodi Mindell, PhD, Director of Graduate Program in Psychology, St. Joseph's University and Children's Hospital of Philadelphia
- [2] http://www.sleepfoundation.org/article/hot-topics/backgrounder-later-school-start-times
  [3] In one study, subjects were tested using the psychomotor vigilance task (Von Dongen et al., 2003, as cited in Walker, 2009). Different groups of people were tested with variable sleep times for two weeks: 8 hours, 6 hours, 4 hours, and total sleep deprivation. Each day they were tested for the number of lapses on the PVT. The results showed that as time went by, each group's performance worsened, with no sign of any stopping point. http://en.wikipedia.org/wiki/Sleep\_debt
- [4] http://www.sleepfoundation.org/article/hot-topics/backgrounder-later-school-start-times See 'Changes in Melatonin'
- [5] http://en.wikipedia.org/wiki/File:Biological\_clock\_human.PNG
- [6] "...studies have shown that employers indicate a change in start times has not affected their business or the number of hours their student employees can work. They indicate that extra help is not usually needed until school gets out anyway, so they can easily adjust to the new schedule."
- $\label{lem:condition} \ensuremath{[7]{lhttp://www.sleep foundation.org/article/sleep-topics/school-start-time-and-sleep}}$
- [8] http://www.sleepfoundation.org/article/sleep-topics/school-start-time-and-sleep





Like < 0

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#### 2 COMMENTS



Adam this is ridiculous, when we get home from sports practices today it is well into dark starting an hour later only makes us go home later, in a darker environment. Going home later, and in darker into the night some athletes have to walk home which may cause them to get into a accident since they cant clearly see where they are walking. Also this would prevail kids an extra hour of homework that they had time to do with school starting at 7:15. The way it works now is fine and no need to screw the system up.



































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

### LEAVE A REPLY

Name (required)

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Website





### **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

