

CHAPTER

1

Late Start



1 TOPIC PREVIEW

- A** People of different ages have different sleep habits. What are your sleep habits? Are they the same as your parents' or your friends' habits? Put a check (✓) in the correct column. Share your answers with your classmates.

| SLEEP HABITS | ME | MY PARENTS | MY FRIENDS |
|--|----|------------|------------|
| 1 usually sleepy by 10:00 p.m. | | | |
| 2 not in bed before 12:00 a.m. | | | |
| 3 usually sleep until 11:00 a.m. or 12:00 p.m. on weekends | | | |
| 4 get up early in the morning and it's easy to do | | | |

- B** Read the title of this chapter. Look at the picture. Then talk about these questions.

- 1 What time do you like to wake up in the morning? Why?
- 2 What is happening in the picture?
- 3 What do you think the reading will be about?

2 VOCABULARY PREVIEW

- A** Read the word lists. Which words do you know? Put a check (✓) next to them. Compare your answers with a partner. Then look up any new words in a dictionary.

| Education | Academic Word List | Biology |
|-----------------------------------|--------------------------------------|---|
| absent drop out result (n.) | administrator adult grade (n.) | alert body clock illness tired |

The chart shows some important words from the reading. These words are related to education, biology, and the Academic Word List (AWL). For more information about the AWL, see page 121.

- B** Fill in the blanks with words from Part A.

- Ms. Smith's class is easy. Everyone gets a good _____.
- A lot of students are sick. Five of them are _____ from school today.
- The top _____ at my school is the principal. She makes many important decisions.
- I'm going to bed now. I feel very _____.
- Many young children get that _____. They are sick for a few days, but then they get better.
- He wants to _____ of school. He wants to get a job and save some money.
- Go to sleep early. Then you will be _____ in class tomorrow.
- My _____ is different from my roommate's. We always go to sleep and wake up at different times.
- There is always one _____ on the playground with the children.
- She swims for an hour every day. What is the _____? She can swim much faster now.

MP3 3 READING

Look at the questions in Reading Check Part A on page 6. Then read the story.

Late Start



- 1 High schools in Minnesota have a problem. Many students are late to school. They are often **tired**. Some students fall asleep in class. They often get sick, too. The **administrators** think about the problem. They make a small change. It helps a lot! What do they do? They start the school day a little later.
- 2 This small change makes a big difference. Why? Most teens are very tired early in the morning. They usually don't go to bed until after midnight. In the morning, they wake up between 6:00 and 6:30 for school. So they don't get enough sleep. They are still tired early in the morning. But later, teens are more awake and ready to be in class. A later start time is better for a teen's **body clock**.
- 3 Everyone has a body clock. An **adult's** body clock works like this: Most adults get tired between 9:00 and 11:00 at night. They usually go to bed before midnight. Adults can get up early in the morning. It's not a problem. But a teen's body clock is different. Teens don't get tired at midnight. They usually stay up later. But early in the morning, they need more sleep.

The schools in Minnesota pay attention to the teen's body clock. They change the start of the school day from 7:20 a.m. to 8:40 a.m., 80 minutes later. Other schools in the United States change their start times, too. Some schools change the time by only 30 minutes, but they still get good **results**.

4



In fact, the results everywhere are amazing! More students are on time. Morning classes are easier to teach. Students are getting better **grades**. They are more **alert**. Students have fewer **illnesses**, so they are **absent** less. In Minnesota, there is another important change: Fewer students **drop out** of school or change schools. Now the students are happier, and the parents and the teachers are, too.

5

Today, at more and more high schools, the day is starting later.

6

Most schools can't start two hours later. But they can change the start time a little. A small change can make a very big difference! Just ask the students.

4 READING CHECK

A Are these sentences true or false? Write *T* (true) or *F* (false).

- 1 ____ The students in the story are in college.
- 2 ____ The schools change their start times.
- 3 ____ The students don't like the change in start time.

B Circle the letter of the best answer.

- 1 What is the problem in the Minnesota schools?
a tired students **b** bad teachers **c** sick teachers
- 2 The body clocks of teens and adults are _____.
a the same **b** a little different **c** very different
- 3 Many high schools start school _____ for teens' body clocks.
a on time **b** too early **c** too late
- 4 Teens don't get enough sleep because they _____.
a stay up late at night
b have bad sleep habits
c get tired between 9:00 p.m. and 11:00 p.m.
- 5 Teens' body clocks tell teens to _____.
a go to sleep late and wake up late
b go to sleep early and wake up late
c go to sleep early and wake up early
- 6 The start time in the Minnesota schools is now _____.
a half an hour later
b one hour later
c more than an hour later
- 7 The students' grades are better now because _____.
a they are sleeping more
b they have more time to learn
c the classes are easier
- 8 The teachers are happier because _____.
a the teachers can sleep later
b the administrators are happier
c the students aren't tired anymore

5 VOCABULARY CHECK

A Retell the story. Fill in the blanks with the correct words from the box.

| | | | | |
|----------|----------------|-----------|---------|------------|
| absent | administrators | adults | alert | body clock |
| drop out | grades | illnesses | results | tired |

- High school students are often very _____ in the mornings.
- Students don't get enough sleep, so they are not _____ in their morning classes.
- Why don't teens get enough sleep? A teen's _____ tells him or her to stay up after midnight.
- This is not true for _____. They usually get tired between 9:00 p.m. and 11:00 p.m.
- What are the _____ of this problem for teens?
- In school, they don't get good _____ on their tests in early morning classes.
- The students often don't feel well. They get different _____.
- Sick students stay home. They are _____ from school.
- Some students even _____ of school or change schools.
- Many school _____ are changing the start times of the school day. Now there are fewer problems.

B The words *a* and *an* can go before nouns. *A* goes before consonants. *An* goes before vowels. Circle the correct word in each sentence.

- Everybody has (a/an) body clock.
- He is in the hospital. He has (a/an) illness called Whipple's disease.
- (A/An) administrator makes the decisions at a school.
- Is there (a/an) adult in the classroom with the children?
- (A/An) result of the later start is fewer sick students at school.

6 APPLYING READING SKILLS

Finding the main idea of a paragraph is an important reading skill. Each paragraph has one main idea. It answers the question: What is this paragraph about?

- A** Look back at the reading, and find the correct paragraph for each main idea. Compare your answers with a partner.

| MAIN IDEA | PARAGRAPH |
|---|----------------|
| 1 There is a difference between teen and adult body clocks. | Paragraph ____ |
| 2 Minnesota high schools have a problem. | Paragraph ____ |
| 3 Even a small change can work. | Paragraph ____ |

- B** Circle the letter of the best main idea for each paragraph.

- 1 Paragraph 2
 a Teens are always tired in the morning.
 b Everyone has a body clock.
- 2 Paragraph 4
 a High schools are changing their start times.
 b Minnesota schools have an answer to the problem.
- 3 Paragraph 5
 a The changes bring good results.
 b Students' grades are better.

7 DISCUSSION

Talk about these questions in pairs or groups.

- 1 Think about your body clock. Is it more like a teen body clock or an adult body clock? Explain your answer.
- 2 When are you most alert? In the morning, afternoon, or evening? What do you like to do at that time of day?
- 3 What are some possible problems with starting the school day later?