

School lets students start lessons after lunch

13th May, 2014



A high school in England has initiated a new policy to allow students to sleep longer in the mornings. The private, \$25,000-a-year Hampton Court

House school is introducing a 1.30 to 7pm timetable in September. It will become the only school in Britain that starts lessons in the afternoon. Head teacher Guy Holloway said the altered hours should help students get higher grades. He said research on neuroscience shows student productivity increases if they can sleep longer in the mornings. Mr Holloway said: "We want to get students into an environment where they can get quality sleep and their bodies are functioning well." He added: "It's about what works in our community."

The afternoon start is based on research by Oxford University. Researcher Dr Paul Kelley said: "You can't train your system to get up at a practical time." He said we are not in control of choosing the best time to work because it's biological, just like we have no control over our heartbeat and liver function. Dr Kelley added: "Anything you do to change the rhythmic systems of your body means your organs become desynchronised with each other and this is where people get ill....There is no fixing it by giving someone an alarm clock." A student at the school, Gabriel Purcell-Davis, 15, is in favour of the idea. He said students are tired all day, "but as soon as 10 o'clock hits, that's when we...do all our work".

Sources: Mirror.co.uk / Telegraph.co.uk / news.sky.com

Writing

Compare and contrast starting classes in the afternoon and in the morning. Which is best? Why?

Chat

Talk about these words from the article.

initiated / a new policy / sleep longer / higher grades / neuroscience / productivity / research / practical time / biological / rhythmic / alarm clock / in favour of / 10 o'clock

True / False

- A public school in England is testing a new start time for students. T / F
- Students will start at 1.30 and finish at 7 o'clock. T / F
- The school's head teacher believes starting later will improve grades. T / F
- The head teacher said students should work in the community. T / F
- The altered timetable is based on research from Cambridge University. T / F
- A researcher suggested we cannot train our body clock. T / F
- The researcher said trying to change your body's rhythm makes you ill. T / F
- The article says a 15-year-old student is against the idea. T / F

Synonym Match

- | | |
|-------------------|----------------|
| 1. initiated | a. out of step |
| 2. introducing | b. efficiency |
| 3. altered | c. coach |
| 4. productivity | d. amended |
| 5. functioning | e. set up |
| 6. train | f. for |
| 7. choosing | g. repairing |
| 8. desynchronised | h. starting |
| 9. fixing | i. selecting |
| 10. in favour of | j. working |

Discussion – Student A

- What are the best hours of the day for you to work?
- Do you think starting school after lunch is a good idea?
- Should other people start work after lunch too?
- Were you productive at school in the mornings?
- When is your favourite time to sleep?
- Why do some people work better in the morning and others at night?
- How would you like to rearrange your daily timetable?
- What impact do you think the new school timetable will have?

Phrase Match

- | | |
|-----------------------|---------------------------|
| 1. allow students | a. on research |
| 2. help students | b. sleep |
| 3. student | c. clock |
| 4. get quality | d. works in our community |
| 5. It's about what | e. of the idea |
| 6. based | f. productivity |
| 7. get up at | g. over our heartbeat |
| 8. we have no control | h. to sleep longer |
| 9. alarm | i. a practical time |
| 10. in favour | j. get higher grades |

Discussion – Student B

- What things do you do best at certain times of the day?
- Shouldn't our biological clock make us wake up at sunrise?
- What are you like when your body clock gets out of synch?
- When are you at your most productive, and why?
- What kind of rhythm does your daily life follow?
- What do you do when you are tired all day?
- What do you think of your alarm clock?
- What questions would you like to ask the head teacher?

Spelling

- neatdtiii a new policy
- a 1.30 to 7pm ettaeilbm
- the aeertdl hours
- research on cneourniesec
- dyurpcvtotii increases
- in our iymotnmuc
- based on ceashre by Oxford University
- get up at a aripcaclt time
- it's iolcloabgi
- change the cyrthihm systems of your body
- your rangos become desynchronised
- in frvoau of (UK) / in ovrfa of the idea (USA)

Answers – Synonym Match

1. e	2. h	3. d	4. b	5. j
6. c	7. i	8. a	9. g	10. f

Role Play

Role A – Sleeping time

You think sleeping time is the best thing to be longer. Tell the others three reasons why. Tell them reasons why their ideas do not need to be longer. Also, tell the others which of these should not be longer (and why): lunch, weekends or English lessons.

Role B – Lunch

You think lunch is the best thing to be longer. Tell the others three reasons why. Tell them reasons why their ideas do not need to be longer. Also, tell the others which of these should not be longer (and why): sleeping time, weekends or English lessons.

Role C – Weekends

You think weekends are the best thing to be longer. Tell the others three reasons why. Tell them reasons why their ideas do not need to be longer. Also, tell the others which of these should not be longer (and why): lunch, sleeping time or English lessons.

Role D – English lessons

You think English lessons are the best thing to be longer. Tell the others three reasons why. Tell them reasons why their ideas do not need to be longer. Also, tell the others which of these should not be longer (and why): lunch, weekends or sleeping time.

Speaking – Longer

Rank these with your partner. Put the things you would most like to be longer at the top. Change partners often and share your rankings.

- | | |
|-----------------|-------------------|
| • sleeping time | • shopping hours |
| • weekends | • bath time |
| • movies | • free time |
| • lunch | • English lessons |

Answers – True False

a	F	b	T	c	T	d	F	e	F	f	T	g	T	h	F
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Answers to Phrase Match and Spelling are in the text.