



Craving Sleep By Aspasia

Kids Need More Sleep, But How Will They Get Some?

Its 6:45 a.m. and Sara is putting her pillow over her head. She has to drag herself up every morning. She can't seem to get enough hours of sleep and she cant concentrate in school. "This happens every morning," Sara says. Sara goes to sleep late every night but lets face it, who doesn't? Sara is a 12-year-old 6th grader who has need for more sleep. Its all because of School Start Times.

Since kids go to sleep late every night, it is hard for them to get up in the morning. Most schools start at 7:45 a.m. A child has a mind which isn't fully working that early in the morning. Here are some kids who struggle to get up

every morning. Jack says that every morning, he has to search for his alarm clock and when he finds it, he bangs on it until it stops making noise.

In 6th-12th grade, 81% of kids have trouble waking up in the morning. That is about 213 kids! 4.3% of kids don't check what time they go to sleep and they don't keep track of what time it is in the morning.

5% of kids say that their parents still wake them up in the morning. Its normal and it actually helps kids. "It wouldn't hurt them if kids went to sleep early," most parents say.



Over 1,000,000 kids struggle to wake up and go to school every morning.

TUFSD

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Is going to sleep early too much to ask for? Kids think so.

Kids think going to sleep early is horrible. Here is what some kids had to say. Aspasia thinks that kids from age 10 and up should be able to go to sleep late and school should start around 8:30 . In fact, some schools do. Most middle schools have their first period at 7:45 and most kids dot go because they

come second period when school really starts.

Parents say that going to sleep early is good for kids because they can get up in the morning when school doesn't start so late. Kids in elementary school have trouble getting up that is why they get late passes in the morning. That's usually the reason.

Here are some tips on how to wake up in the morning. The first thing is that after school, after you eat, do your homework, you should go outside and spend your day so time can pass by and you can feel tired. On the weekends, hangout with a friend or go out with your family, you will be sleepy before you know it.

Kids Survey: Lets Hear What Some Kids Have to Say

Jack, 11, says that the school times don't really matter because we get the same amount of school hours. Jamie, 12, says that we get out of school earlier and we have more time to hang or with friends or we can just relax at home. Irene, 12, says that schools should start at 8:00 because most kids go to sleep late and they don't pay attention in school. Lastly, Sara, 12, says that school starts way too early, we are still young and other school start early and so it is not fair. Sara is right. It isn't fair. But all this can be changed if all of us kids work

together. Evidence suggests that teenagers are indeed seriously sleep deprived. A recent poll conducted by the National Sleep Foundation (NSF) found that 60% of children under the age of 18 complained of being tired during the day, according to their parents, and 15% said they fell asleep at school during the year.

Inside Story Headline

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed internally, you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice column, a book review, a letter from the president, or

an editorial. You can also profile new employees or top customers or vendors.

"To catch the reader's attention, place an interesting sentence or quote from the story here."

Inside Story Headline

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances the message you're trying to convey. Avoid selecting images that appear to be out of context.

Microsoft Publisher includes thousands of clip art images from which you can choose and import into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the caption of the image near the image.



Kids fall asleep in school every single day and that is why it is so hard for them to focus on their work.

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Caption describing picture or graphic.

the article. Be sure to place the caption of the image near the image.

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This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

It would also be useful to include a contact name for readers who want more information about the organization.

Back Page Story Headline

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

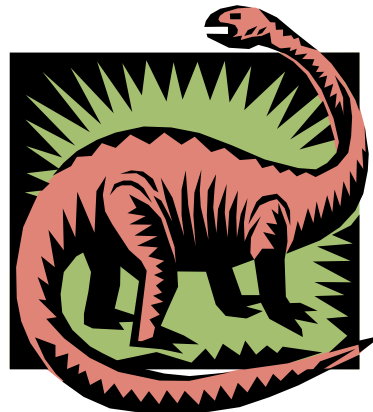
A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is a good way to give your newsletter a personal touch. If your organization is small, you may want to list the names of all

employees.

If you have any prices of standard products or services, you can include a listing of those here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a bi-annual charity auction.



Caption describing picture or graphic.

If space is available, this is a good place to insert a clip art image or some other graphic.