

210 Barnett Street
Somerset, KY 42501
February 24, 2017

Dear Mr. Lively,

I know that the school board is seeking public opinion about starting the school day at a different time next year. I think the school day should begin at 9:00 AM. Starting the school day an hour later will be helpful for several reasons. The first reason is that students will be better rested. The second reason is that teachers will be in a better mood. The last reason is that students will be more alert. If the school day starts at 9:00 AM, it will benefit students, parents, and teachers.

Students will be better rested if school starts an hour later. When I get more sleep, I can accomplish more. I usually feel better and I work in everything, not just in school. When I get a full night's sleep, I perform better in school. I don't feel sleepy during class. I know from personal experience that an extra hour of sleep can be extremely helpful.

Teachers will also be in a better mood if school starts an hour later. Teachers love when students complete their work and participate in class. Classroom discussions go better when everyone alert and willing to participate. Teachers will not have to stop teaching to wake up students who fall asleep or are not paying attention. Teachers might even be able to get in a second cup of coffee before coming to school if they had an extra hour each morning. We all know that happy teachers make for even happier students.

Starting the school day an hour later means that students will be more alert. It is difficult to do anything when you are sleepy. Even minor tasks become monumental when all of your concentration is focused on simply keeping your eyes open. You cannot complete assignments because you are not alert enough to finish your work. After several days like this, your grades will be affected, and that is when parents will not be happy. A later start to the school day could help eliminate these problems.

I think that starting the school day an hour later is an excellent idea. It will benefit both students, teachers, and parents. There are several advantages to a delayed hour day. Besides getting an extra hour of sleep each morning, students will be better rested, teachers will be in a better mood, and students will be more alert in class. I know there are those who will say it is still the same amount of time, just different hours, but the later hour can make a huge difference in how students feel and perform. One hour can change the entire day for everyone involved.

Sincerely,

Cody Fuller