



# Pathways to Teaching

# School Start Times

April 15, 2020



Lesson: April 15, 2020

**Objective:** Students will be able to read and reflect on an article about school start times.

**Learning Target:** 2.2.1, 2.5.1



## How to do assignments:

If you created a google doc last week, continue on it. If you did not, then:

- Create a google doc.
- Put today's date and the lesson topic
- Put the questions and answers under that date. (You may need to copy the questions from the lesson and paste them into your doc)



You will read the article: Sleepless No More in Seattle-Later School Start Time Pays Off for Teens.

<https://www.npr.org/sections/health-shots/2018/12/12/676118782/sleepless-no-more-in-seattle-later-school-start-time-pays-off-for-teens>

Answer the questions on the next slide to reflect on what you read and form your opinion.



1. What were some challenges that the Seattle School District faced when they made this change?
2. Describe three ways in which students benefited from a later start time.
3. What do you think about the different start times for the different ages of students that we currently use in our district? Why are they this way?
4. What would you personally like to have for a high school time frame each day and why?