DON'T START SCHOOLS AT 7 AM!

by:
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Roosters already singing at the top of their lungs, the fragrance of nanay’s cooking, the crescent moon slowly fading, the stars losing their shine, all to make a way for the equally magnificent deity- the sun. The emerging rays of the sun start to tickle your face, but all you ever wanted was a precious 5 minutes more of sleep, the next thing you knew- half an hour passed. Isn’t this scene nostalgic to us? Especially when we go to school?

First things first, what are the positive impacts of having enough sleep? According to the National Heart, Lung and Blood Institute (2018), Sleep indeed plays a vital role in good health and well-being throughout our lives. We can help protect our mental and physical health, quality of life, and even our safety by getting enough quality sleep at the right times. This strengthens the fact that having enough sleep enables us to think accordingly and be well minded in our daily activities- all of which are greatly needed when we go to school. Entering school is like entering a battle, lots of challenges that need to be won, having enough sleep can greatly serve as one of our mighty weapons.

This article argues that later start time for schools should be taken into consideration by our legislators. A compelling literature review by Wheaton et. al. (2016) entitled, School Start Times, Sleep, Behavioral, Health, and Academic Outcomes: a Review of the Literature argues that, “Insufficient sleep in adolescents has been shown to be associated with a wide different outcomes, from poor mental health and physical health to behavioral problems and lower academic performance.”
Was there a moment while your teacher is discussing something, and you can’t understand anything she says? Like your mind can’t comprehend all the information and you started closing your eyes for a minute, only to be relieved. And you closing your eyes happen for a handful of times, your head losing its balance and the next thing you knew, your classmates are already laughing at your sleeping face. A funny scenario, but it is happening to most of our students. The following studies will present the dark side of not having enough sleep for our students. In the study of Perkinson-Gloor et. al (2016) on the role of daytime tiredness, behavioral persistence, and school start times in relation to sleep duration, positive attitude toward life, and academic achievement, have found out that, students with later start times were less likely to report daytime sleepiness or falling asleep in class. To add facts to this context, Lufi et. al (2011) on his study entitled, “Delaying school starting time by one hour: some effects on attention levels in adolescents” concludes that students with later start times have reported fewer problems on concentrating and paying attention in class. Also, results from a large population-based study conducted by Hysing et. al. (2015) entitled, “Sleep and school attendance in adolescence” Found out that, short sleep duration was strongly associated with higher chance of school absences. We all have experienced such, not being able to go to sleep because of feeling sleepy, the 5-minute snooze in our alarms resulted in hours.

We don’t need to delay school start times by hours, just a rough 30 minutes to an hour extension is enough. With the preceding studies, we clearly do not want such things happening to our students. Our country, just like everyone else, strongly believes in the importance of quality education. As a teacher would you want your student sleeping in your class? Not paying attention? Frequent absences? Failing grades? These circumstances, as backed up by the preceding statements, happen when a child is lacking sleep. Teachers are not just educators; they serve as also as parents in our schools. Sleep deprivation is indeed a concerning issue that needs to be tackled.
With our country being a developing one, we are in great need of graduates who can greatly contribute to our advancement. And with the amount of traffic we are currently facing, perhaps it is high time to consider adjusting the start time in our schools? We need to bring forth quality education and address the growing needs of our students. Education is a spear that no one can steal, not even the greatest thief can do. Education is a spear that no one can steal, not even the greatest thief can do.

References:


