

School Should Start Later in the Morning

I hate getting up early in the morning. It's so hard to get out of my nice warm bed. I want to sleep more! In fact, everyone should get more sleep. That's why I think school should start later in the morning.

If school started later, kids could sleep later. Then we wouldn't be so tired in class. When kids are tired, it's hard to learn. Nothing seems interesting. We just sit there yawning. We want to close our eyes and go "Zzzz . . ." But when we get to sleep longer, we feel wide awake. We want to exercise our brains and learn new things. We should sleep longer because then we would be more awake in class and learn more. That would make teachers smile, because teachers always want kids to learn more.

Also, sleep is really good for you. Kids need a lot of sleep because it helps us grow. For example, I grew 2 inches last year. This year I want to grow 3 inches. Grown-ups need sleep, too. My mom says that she gets sick if she doesn't sleep enough. So, if school started later, everyone would sleep more in the morning. Then everyone would be healthier.

More sleep is good for everyone. Sleep helps kids learn, and that makes teachers happy. Also, sleep makes us all healthier. That's why I think school should start later in the morning. Let's all get more sleep!