

Dear Editor,

(By 5A Jessica, no.8)

I am writing in response to an article lately posted in the Young Post suggesting that an 8:00am start to the school day makes students feel tired and sleepy and I can't agree more on this.

To start with, I would like to bring out the main reason why students always feel tired or tend to sleep in the class. As we all know, for students, homework is not viewed simply as a way to consolidate the knowledge, but as a hefty burden to them. Students even need to go to tutorial schools and join some extra-curricular activities after school, meaning that they may not have enough time to finish their schoolwork. As a result, students have to do their assignments till late night. As school starts at 8:00 am, students need to sacrifice their sleeping time. Staying up late, some students may doze off during class or even not sleep a wink. Some who are under pressure may also suffer from mental health problems, like depression, anxiety, insomnia, which are common symptoms in Hong Kong.

However, students can have more time for themselves if schools start at 9:00am. In this way, they have one more hour to sleep and be refreshed from schoolwork stress. Students can go to sleep at the same time, but earning more time for sleeping. Some surveys in Hong Kong show that Hong Kong's students did not get enough sleep and the highest percentage of this cause is academic stress. If school starts at 9:00 am, students can definitely improve their quality of life, both mentally and physically. Moreover, they do not need to get a ride in a hurry and miss the breakfast.

To sum up, if schools start at 9:00 am will surely solve the problem of lack of sleep. What's more, many students have the additional hour to make good use of, even enjoy a nutritious breakfast. I believe this decision will help them out.

Yours faithfully,
Chris Wong