



Health and Wellbeing

Article: should schools start later?

1. Lead-in discussion

Talk with a partner before you write.

1. How does sleep affect students' learning and mood?
2. What problems can early school mornings cause?
3. Why might a later start be difficult for families or schools?

Exercise 6 at a glance

Write an article, often for a school magazine.

Use a catchy title and opening hook.

Develop ideas with reasons and examples.

Use a semi-formal, engaging style.

2. Exam-style task

Your class has recently discussed whether schools should start later in the morning. Write an article for your school magazine about this topic.

Here are some comments from students to help you:

'I concentrate better when I have slept enough.'

'Teenagers often feel tired early in the morning.'

'A later start would affect buses and parents.'

'After-school clubs might finish too late.'

Now write an article for your school magazine.

The comments may give you some ideas, and you should also use some ideas of your own.

Write about 120 to 160 words.

3. Model article

Would a Later Start Wake Us Up?

Why do so many students look half-asleep in the first lesson? It may sound like a joke, but sleep has a serious effect on learning and wellbeing. A later school start could make a real difference for many teenagers.

The strongest argument is that students learn better when they are rested. If teenagers arrive at school less tired, they may concentrate more, remember information more easily and feel calmer during the day. A little more sleep could also reduce stress and arguments at home, especially before exams.

However, changing the school day would not be simple. Buses, parents' work times and younger siblings all need to be considered. After-school clubs might finish later, which could create problems for students who already have busy evenings.

In my view, schools should at least test a slightly later start for older students. Even a small change could improve energy levels without completely disrupting routines. If learning matters, then sleep should be part of the conversation too.

4. Explore the model: structure, content and register

Work with the model article. Underline, label or make short notes.

Focus	What to find	Done?
Article structure	Find the title, opening question, benefits, practical problems and final view.	
Content point 1	Where does the writer explain how sleep helps students?	
Content point 2	Where does the writer explain practical problems with a later start?	
Final view	Where does the writer suggest a possible trial or change?	
Audience and register	Find two places where the article sounds engaging but suitable for a school magazine.	
Development	Find one example, result or condition that improves the answer.	

5. Language from the task prompts

The task prompts can guide your grammar and content choices. Notice which language each prompt naturally needs.

Prompt	Useful language	Why it fits	Example from the model
benefits of sleep	conditional + result language	You are explaining what may happen if students are rested.	If teenagers arrive... less tired / they may concentrate more
practical problems	modal verbs + list language	You are showing that several groups are affected.	would not be simple / Buses, parents' work times...
your view	tentative recommendation	You are suggesting a careful first step.	should at least test / Even a small change could...

6. Build an engaging article

Notice how article phrases help you interest the reader and organise ideas clearly.

Job	Useful article phrases
hook the reader	Why do so many students look half-asleep...? / Would a later start wake us up? / Could sleep improve learning?
add context	It may sound like a joke, but... / sleep has a serious effect on... / This affects many teenagers.
introduce benefits	The strongest argument is... / students learn better when... / A little more sleep could...
show practical problems	However, changing the school day... / need to be considered / This could create problems for...
show effect	concentrate more / feel calmer / reduce stress before exams
finish with a view	In my view... / should at least test... / If learning matters, then...

7. Vocabulary and useful article phrases

Use chunks that sound natural for this task. You can also upgrade your writing with precise words and phrases.

Purpose	Useful chunks / language	Add your own
describe wellbeing	sleep / energy levels / stress / learning and wellbeing	
describe benefits	concentrate better / rested / feel calmer	
describe problems	buses / parents' work times / clubs finish later	
sound article-like	half-asleep / part of the conversation	
upgrade ideas	slightly later start / disrupting routines / serious effect	

8. Plan your own article

Use the same task, or change the details to another health or wellbeing issue at school.

Section	My idea	Useful language
catchy title		
opening hook / context		
benefits for wellbeing		
problems / other side		
final view / suggestion		

