



Teacher Resource

School Hours

Focus Questions

Discuss the BTN High story as a class and record the main points of discussion. Students will then respond to the following:

1. Why is sleep so important?
2. How much sleep do you get each night, and do you feel it's enough?
3. What are some things you can do to ensure you get the best sleep possible?
4. Do you think a later school start time would allow teenagers to get more sleep? Provide reasons.
5. Would you like your school to start later? Explain why or why not.
6. If your school already has a later start time, how effective do you think it is?
7. What benefits are there in students starting school later? What are some disadvantages?
8. Have your sleep patterns changed in recent years? Explain your answer.

Activities

- '*A later school start time promotes teenage sleep*'. Do you agree or disagree with this statement? Organise a class debate.
- Survey your fellow students about their sleep times. Devise a list of questions, present your information as a graph and provide a summary.
- Write an essay about the importance of sleep. Explain how it can enhance mental health and wellbeing.

EPISODE 51

11th September 2024

KEY LEARNING

Students will discuss the importance of sleep, and explore the idea of later school start times in Australia and overseas.

CURRICULUM

[Health and PE – Years 7 & 8 \(v8.4\)](#)

[Health and PE – Years 9 & 10 \(v8.4\)](#)

[Health and PE – Years 7 & 8 \(v9.0\)](#)

[Health and PE – Years 9 & 10 \(v9.0\)](#)