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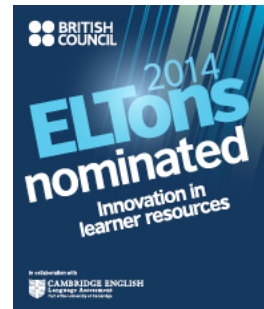
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Level 6

School lets students start lessons after lunch

13th May, 2014

<http://www.breakingnewsenglish.com/1405/140513-teenagers.html>



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Please try Levels 4 and 5 (they are easier).

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THE ARTICLE

From <http://www.BreakingNewsEnglish.com/1405/140513-teenagers.html>

A high school in England has initiated a new policy to allow students to sleep longer in the mornings. The private, \$25,000-a-year Hampton Court House school is introducing a 1.30 to 7pm timetable in September. It will become the only school in Britain that starts lessons in the afternoon. Head teacher Guy Holloway said the altered hours should help students get higher grades. He said research on neuroscience shows student productivity increases if they can sleep longer in the mornings. Mr Holloway said: "We want to get students into an environment where they can get quality sleep and their bodies are functioning well." He added: "It's about what works in our community."

The afternoon start is based on research by Oxford University. Researcher Dr Paul Kelley said: "You can't train your system to get up at a practical time." He said we are not in control of choosing the best time to work because it's biological, just like we have no control over our heartbeat and liver function. Dr Kelley added: "Anything you do to change the rhythmic systems of your body means your organs become desynchronised with each other and this is where people get ill....There is no fixing it by giving someone an alarm clock." A student at the school, Gabriel Purcell-Davis, 15, is in favour of the idea. He said students are tired all day, "but as soon as 10 o'clock hits, that's when we...do all our work".

Sources: <http://www.mirror.co.uk/news/uk-news/hampton-court-house-private-15k-a-year-3516750#ixzz31NqE6C90>
<http://news.sky.com/story/1259077/sixth-formers-given-stress-free-late-start>
<http://www.telegraph.co.uk/education/educationnews/10818678/School-introduces-no-mornings-policy-for-tired-teenagers.html>

WARM-UPS

1. TEENAGERS: Students walk around the class and talk to other students about teenagers. Change partners often and share your findings.

2. CHAT: In pairs / groups, decide which of these topics or words from the article are most interesting and which are most boring.

initiated / a new policy / sleep longer / higher grades / neuroscience / productivity / research / practical time / biological / rhythmic / alarm clock / in favour of / 10 o'clock

Have a chat about the topics you liked. Change topics and partners frequently.

3. BEST TIME: Complete this table with your partner(s). Change partners often and share what you wrote.

Best time for...	Time	Why?
starting school		
watching a movie		
dating		
taking a shower		
studying English		
flying somewhere		

4. AFTERNOONS: Students A **strongly** believe it is better for classes to start in the afternoons; Students B **strongly** believe the opposite. Change partners again and talk about your conversations.

5. LONGER: Rank these with your partner. Put the things you would most like to be longer at the top. Change partners often and share your rankings.

- sleeping time
- weekends
- movies
- lunch
- shopping hours
- bath time
- free time
- English lessons

6. SLEEP: Spend one minute writing down all of the different words you associate with the word "sleep". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

BEFORE READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1405/140513-teenagers.html>

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

- | | |
|---|-------|
| a. A public school in England is testing a new start time for students. | T / F |
| b. Students will start at 1.30 and finish at 7 o'clock. | T / F |
| c. The school's head teacher believes starting later will improve grades. | T / F |
| d. The head teacher said students should work in the community. | T / F |
| e. The altered timetable is based on research from Cambridge University. | T / F |
| f. A researcher suggested we cannot train our body clock. | T / F |
| g. The researcher said trying to change your body's rhythm makes you ill. | T / F |
| h. The article says a 15-year-old student is against the idea. | T / F |

2. SYNONYM MATCH: Match the following synonyms from the article.

- | | |
|-------------------|----------------|
| 1. initiated | a. out of step |
| 2. introducing | b. efficiency |
| 3. altered | c. coach |
| 4. productivity | d. amended |
| 5. functioning | e. set up |
| 6. train | f. for |
| 7. choosing | g. repairing |
| 8. desynchronised | h. starting |
| 9. fixing | i. selecting |
| 10. in favour of | j. working |

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

- | | |
|-----------------------|---------------------------|
| 1. allow students | a. on research |
| 2. help students | b. sleep |
| 3. student | c. clock |
| 4. get quality | d. works in our community |
| 5. It's about what | e. of the idea |
| 6. based | f. productivity |
| 7. get up at | g. over our heartbeat |
| 8. we have no control | h. to sleep longer |
| 9. alarm | i. a practical time |
| 10. in favour | j. get higher grades |

GAP FILL

From <http://www.BreakingNewsEnglish.com/1405/140513-teenagers.html>

A high school in England has (1) _____ a new policy to allow students to sleep longer in the mornings. The private, \$25,000-a-year Hampton Court House school is (2) _____ a 1.30 to 7pm timetable in September. It will become the only school in Britain that starts lessons in the afternoon. Head teacher Guy Holloway said the (3) _____ hours should help students get higher (4) _____. He said research on neuroscience shows student productivity increases if they can sleep (5) _____ in the mornings. Mr Holloway said: "We want to get students into an (6) _____ where they can get quality sleep and their bodies are (7) _____ well." He added: "It's about what works in our (8) _____."

grades
environment
introducing
community
longer
initiated
functioning
altered

The afternoon start is (9) _____ on research by Oxford University. Researcher Dr Paul Kelley said: "You can't train your (10) _____ to get up at a practical time." He said we are not in control of choosing the best time to work because it's (11) _____, just like we have no control over our heartbeat and liver function. Dr Kelley added: "Anything you do to change the rhythmic (12) _____ of your body means your organs become desynchronised with each other and this is where people get ill....There is no (13) _____ it by giving someone an (14) _____ clock." A student at the school, Gabriel Purcell-Davis, 15, is in (15) _____ of the idea. He said students are (16) _____ all day, "but as soon as 10 o'clock hits, that's when we...do all our work".

systems
alarm
system
tired
based
fixing
favour
biological

LISTENING – Guess the answers. Listen to check.

From <http://www.BreakingNewsEnglish.com/1405/140513-teenagers.html>

- 1) A high school in England has initiated _____
 - a. a new policy
 - b. a new policies
 - c. a new policing
 - d. a new poll icy
- 2) the altered hours should help students get _____
 - a. heighten grades
 - b. highest grades
 - c. higher grades
 - d. hire grades
- 3) He said research on neuroscience shows student _____
 - a. productivity increased
 - b. productivity increasing
 - c. productivity increases
 - d. productivity increase it's
- 4) they can get quality sleep and their bodies _____
 - a. are function in well
 - b. are functioning well
 - c. are functioning in well
 - d. are functions well
- 5) He added: "It's about what works _____"
 - a. in our communities
 - b. in our commune a tea
 - c. in our community
 - d. in our communication
- 6) You can't train your system to get up at _____
 - a. a practical time
 - b. a practically time
 - c. a practical times
 - d. a practical timed
- 7) He said we are not in control of choosing the best time to work _____
 - a. because it's biological
 - b. because it's biology call
 - c. because it's bio-logical
 - d. because it's biology
- 8) Anything you do to change the rhythmic systems of your body means your _____
 - a. organs become desynchronised
 - b. organs become synchronised
 - c. organs become unsynchronised
 - d. organs become synchronicity
- 9) There is no fixing it by giving someone an _____
 - a. alarms clock
 - b. alarm clocks
 - c. alarms clocks
 - d. alarm clock
- 10) Gabriel Purcell-Davis, 15, is _____ the idea
 - a. in flavour of
 - b. in favour of
 - c. in fervent of
 - d. in favoured of

LISTENING – Listen and fill in the gaps

From <http://www.BreakingNewsEnglish.com/1405/140513-teenagers.html>

A high school in England has (1) _____ policy to allow students (2) _____ the mornings. The private, \$25,000-a-year Hampton Court House school is introducing a 1.30 to 7pm timetable in September. It (3) _____ school in Britain that starts lessons in the afternoon. Head teacher Guy Holloway said the altered hours should help students (4) _____. He said research on neuroscience shows student productivity increases if they can sleep longer in the mornings. Mr Holloway said: "We (5) _____ into an environment where they can (6) _____ and their bodies are functioning well." He added: "It's about what works in our community."

The afternoon start (7) _____ by Oxford University. Researcher Dr Paul Kelley said: "You can't (8) _____ to get up at a practical time." He said we are not in control of choosing the best time to work (9) _____, just like we have no control over our heartbeat and liver function. Dr Kelley added: "Anything you do to change (10) _____ of your body means your organs become desynchronised with each other and this is where people get ill...There is no fixing it by giving someone (11) _____." A student at the school, Gabriel Purcell-Davis, 15, is in favour of the idea. He said students are tired all day, "but as soon (12) _____, that's when we...do all our work".

COMPREHENSION QUESTIONS

From <http://www.BreakingNewsEnglish.com/1405/140513-teenagers.html>

1. How much does it cost to send a child to the school?

2. When will students finish under the new system?

3. What does the head teacher hope the students will get?

4. What area of research did the head teacher look at?

5. What kind of sleep did the head teacher say he wanted students to get?

6. Where did the research take place?

7. What two things did the researcher say we cannot control?

8. What happens when your organs become desynchronised?

9. What cannot fix desynchronised organs?

10. When did a student say other students do their work?

MULTIPLE CHOICE - QUIZ

From <http://www.BreakingNewsEnglish.com/1405/140513-teenagers.html>

1. How much does it cost to send a child to the school?
 - a) \$25,000 a semester
 - b) \$20,000 a year
 - c) \$25,000 a year
 - d) \$20,000 a semester
2. When will students finish under the new system?
 - a) 7pm
 - b) 7.30pm
 - c) 8.30pm
 - d) 8pm
3. What does the head teacher hope the students will get?
 - a) higher grades
 - b) a degree
 - c) quality
 - d) time
4. What area of research did the head teacher look at?
 - a) neurosis
 - b) neuroscience
 - c) neuropsychiatry
 - d) neurosurgery
5. What kind of sleep did the head teacher say he wanted students to get?
 - a) power naps
 - b) deep sleep
 - c) uninterrupted sleep
 - d) quality sleep
6. Where did the research take place?
 - a) Stanford University
 - b) Oxford University
 - c) Harvard University
 - d) Cambridge University
7. What two things did the researcher say we cannot control?
 - a) heartbeat and liver function
 - b) heart rate and brain function
 - c) health and body functions
 - d) heart condition and lung condition
8. What happens when your organs become desynchronised?
 - a) they stop
 - b) they go crazy
 - c) we get ill
 - d) they get stronger
9. What cannot fix desynchronised organs?
 - a) lasers
 - b) surgery
 - c) time
 - d) an alarm clock
10. When did a student say other students do their work?
 - a) 10pm
 - b) 9pm
 - c) 8pm
 - d) 7pm

ROLE PLAY

From <http://www.BreakingNewsEnglish.com/1405/140513-teenagers.html>

Role A – Sleeping time

You think sleeping time is the best thing to be longer. Tell the others three reasons why. Tell them reasons why their ideas do not need to be longer. Also, tell the others which of these should not be longer (and why): lunch, weekends or English lessons.

Role B – Lunch

You think lunch is the best thing to be longer. Tell the others three reasons why. Tell them reasons why their ideas do not need to be longer. Also, tell the others which of these should not be longer (and why): sleeping time, weekends or English lessons.

Role C – Weekends

You think weekends are the best thing to be longer. Tell the others three reasons why. Tell them reasons why their ideas do not need to be longer. Also, tell the others which of these should not be longer (and why): lunch, sleeping time or English lessons.

Role D – English lessons

You think English lessons are the best thing to be longer. Tell the others three reasons why. Tell them reasons why their ideas do not need to be longer. Also, tell the others which of these should not be longer (and why): lunch, weekends or sleeping time.

AFTER READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1405/140513-teenagers.html>

1. WORD SEARCH: Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'quality' and 'sleep'.

quality	sleep
----------------	--------------

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. GAP FILL: In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. TEST EACH OTHER: Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none">• new• become• higher• longer• quality• works	<ul style="list-style-type: none">• based• practical• control• change• 15• hits
--	--

TEENAGERS SURVEY

From <http://www.BreakingNewsEnglish.com/1405/140513-teenagers.html>

Write five GOOD questions about teenagers in the table. Do this in pairs. Each student must write the questions on his / her own paper. When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

TEENAGERS DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

- a) What did you think when you read the headline?
- b) What springs to mind when you hear the word 'teenager'?
- c) What are the best hours of the day for you to work?
- d) Do you think starting school after lunch is a good idea?
- e) Should other people start work after lunch too?
- f) Were you productive at school in the mornings?
- g) When is your favourite time to sleep?
- h) Why do some people work better in the morning and others at night?
- i) How would you like to rearrange your daily timetable?
- j) What impact do you think the new school timetable will have?

School lets students start lessons after lunch – 13th May, 2014
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TEENAGERS DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

- a) Did you like reading this article? Why/not?
- b) What do you think of the time you wake up every morning?
- c) What things do you do best at certain times of the day?
- d) Shouldn't our biological clock make us wake up at sunrise?
- e) What are you like when your body clock gets out of synch?
- f) When are you at your most productive, and why?
- g) What kind of rhythm does your daily life follow?
- h) What do you do when you are tired all day?
- i) What do you think of your alarm clock?
- j) What questions would you like to ask the head teacher?

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

LANGUAGE - CLOZE

From <http://www.BreakingNewsEnglish.com/1405/140513-teenagers.html>

A high school in England has (1) _____ a new policy to allow students to sleep longer in the mornings. The private, \$25,000-a-year Hampton Court House school is introducing a 1.30 to 7pm (2) _____ in September. It will become the only school in Britain that starts lessons in the afternoon. Head teacher Guy Holloway said the (3) _____ hours should help students get higher grades. He said research (4) _____ neuroscience shows student productivity increases if they can sleep longer in the mornings. Mr Holloway said: "We want to get students into an environment where they can get (5) _____ sleep and their bodies are functioning well." He added: "It's about what works in our (6) _____."

The afternoon start is based (7) _____ research by Oxford University. Researcher Dr Paul Kelley said: "You can't train your system to get up at a (8) _____ time." He said we are not in control of choosing the best time to work because it's (9) _____, just like we have no control over our heartbeat and liver function. Dr Kelley added: "Anything you do to change the rhythmic systems of your body means your (10) _____ become desynchronised with each other and this is where people get ill....There is no (11) _____ it by giving someone an alarm clock." A student at the school, Gabriel Purcell-Davis, 15, is in favour of the idea. He said students are tired all day, "but as soon as 10 o'clock (12) _____, that's when we...do all our work".

Put the correct words from the table below in the above article.

- | | | | | |
|-----|------------------|-----------------|----------------|-----------------|
| 1. | (a) instigated | (b) initiated | (c) initialed | (d) initilaised |
| 2. | (a) timings | (b) timed | (c) timetable | (d) timer |
| 3. | (a) altar | (b) alternating | (c) alteration | (d) altered |
| 4. | (a) by | (b) on | (c) for | (d) as |
| 5. | (a) quality | (b) top-notch | (c) classy | (d) power nap |
| 6. | (a) community | (b) population | (c) citizenry | (d) people |
| 7. | (a) of | (b) an | (c) in | (d) on |
| 8. | (a) practice | (b) partial | (c) practical | (d) particle |
| 9. | (a) neuroscience | (b) physiology | (c) physics | (d) biological |
| 10. | (a) keys | (b) organs | (c) notes | (d) pedals |
| 11. | (a) fixating | (b) fixing | (c) fixative | (d) fixed |
| 12. | (a) gongs | (b) chimes | (c) smacks | (d) hits |

SPELLING

From <http://www.BreakingNewsEnglish.com/1405/140513-teenagers.html>

Paragraph 1

1. neatdtiii a new policy
2. a 1.30 to 7pm ettaeilbm
3. the aeertdl hours
4. research on cneourniesec
5. dyurpcvtotii increases
6. in our ymotnmuc

Paragraph 2

7. based on ceasrhre by Oxford University
8. get up at a aripcactl time
9. it's iolcloabgi
10. change the cyrthihm systems of your body
11. your rangos become desynchronised
12. in frvoau of the idea (UK) / in ovrfa of the idea (USA)

PUT THE TEXT BACK TOGETHER

From <http://www.BreakingNewsEnglish.com/1405/140513-teenagers.html>

Number these lines in the correct order.

- () your organs become desynchronised with each other and this is where people get ill....There is no
- () in the afternoon. Head teacher Guy Holloway said the altered hours should help students get higher
- () longer in the mornings. The private, \$25,000-a-year Hampton Court House school is introducing a 1.30 to 7pm
- () they can sleep longer in the mornings. Mr Holloway said: "We want to get students into an environment where they can get
- () quality sleep and their bodies are functioning well." He added: "It's about what works in our community."
- () The afternoon start is based on research by Oxford University. Researcher Dr Paul Kelley said: "You can't
- () timetable in September. It will become the only school in Britain that starts lessons
- () time to work because it's biological, just like we have no control over our heartbeat and liver
- () grades. He said research on neuroscience shows student productivity increases if
- () fixing it by giving someone an alarm clock." A student at the school, Gabriel Purcell-Davis, 15, is in favour
- (**1**) A high school in England has initiated a new policy to allow students to sleep
- () function. Dr Kelley added: "Anything you do to change the rhythmic systems of your body means
- () of the idea. He said students are tired all day, "but as soon as 10 o'clock hits, that's when we...do all our work".
- () train your system to get up at a practical time." He said we are not in control of choosing the best

PUT THE WORDS IN THE RIGHT ORDER

From <http://www.BreakingNewsEnglish.com/1405/140513-teenagers.html>

1. students to sleep longer Initiated a new policy to allow.

2. altered get help hours higher students The grades should.

3. they Student can productivity sleep increases longer if.

4. Get and are sleep bodies well quality their functioning.

5. community our in works what about It's.

6. research start on Oxford afternoon based by The is.

7. your You practical up system can't time at to train a get.

8. over and We control heartbeat no our liver have.

9. systems the to you change rhythmic . do Anything

10. by Fixing clock an giving it someone alarm .

CIRCLE THE CORRECT WORD (20 PAIRS)

From <http://www.BreakingNewsEnglish.com/1405/140513-teenagers.html>

A high school in England has *ingratiated / initiated* a new policy to allow students to sleep longer in the mornings. The *private / privately*, \$25,000-a-year Hampton Court House school is *introduced / introducing* a 1.30 to 7pm timetable in September. It will become the only school in Britain that starts lessons in the afternoon. *Head / Boss* teacher Guy Holloway said the *alerted / altered* hours should help students get higher *gradients / grades*. He said research *on / for* neuroscience shows student productivity increases if they can sleep longer in the mornings. Mr Holloway said: "We want to get students into an *environ / environment* where they can get quality sleep and their bodies are functioning *well / good*." He added: "It's about what *works / gives* in our community."

The afternoon start is based *in / on* research by Oxford University. Researcher Dr Paul Kelley said: "You can't *train / coach* your system to get up at a *practical / practically* time." He said we are not in control of choosing the best time to work because it's *bibliography / biological*, just like we have no control over our heartbeat and liver *function / functioned*. Dr Kelley added: "Anything you do to change the rhythmic *systemic / systems* of your body means your organs *be / become* desynchronised with each other and this is where people get ill....There is no *fixing / fixating* it by giving someone an alarm clock." A student at the school, Gabriel Purcell-Davis, 15, is *in / on* favour of the idea. He said students are tired all day, "but as soon as 10 o'clock *smacks / hits*, that's when we...do all our work".

Talk about the connection between each pair of words in italics, and why the correct word is correct.

INSERT THE VOWELS (a, e, i, o, u)

From <http://www.BreakingNewsEnglish.com/1405/140513-teenagers.html>

__ h__gh sch__l __n __ngl__nd h__s __n__t__t__d __n__w p__l__cy
t__ __ll__w st__d__nts t__ sl__p l__ng__r __n th__ m__rn__ngs. Th__
pr__v__t__, \$25,000-__-y__r H__mpt__n C__rt H__s__ sch__l
__s __ntr__d__c__ng __ 1.30 t__ 7pm t__m__t__bl__ __n S__pt__mb__r.
__t w__ll b__c__m__ th__ __nly sch__l __n Br__t__n th__t st__rts
l__ss__ns __n th__ __ft__rn__n. H__d t__ch__r G__y H__ll__w__y
s__d th__ __lt__r__d h__rs sh__ld h__lp st__d__nts g__t h__gh__r
gr__d__s. H__s__d r__s__rch __n n__r__sc__nc__ sh__ws
st__d__nt pr__d__ct__v__ty __ncr__s__s __f th__y c__n sl__p
l__ng__r __n th__ m__rn__ngs. Mr H__ll__w__y s__d: "W__w__nt
t__g__t st__d__nts __nt__ __n __nv__r__nm__nt wh__r__ th__y c__n
g__t q__l__ty sl__p __nd th__r b__d__s __r__f__nct__n__ng
w__ll." H__ __dd__d: "__t's __b__t wh__t w__rks __n __r
c__mm__n__ty."

Th__ __ft__rn__n st__rt __s b__s__d __n r__s__rch by __xf__rd
__n__v__rs__ty. R__s__rch__r Dr P__l__K__ll__y s__d: "Y__c__n't
tr__n__y__r syst__m t__g__t __p__t __pr__ct__c__l__t__m__." H__
s__d w__ __r__n__t __n c__ntr__l __f ch__s__ng th__ b__st t__m__
t__w__rk b__c__s__ __t's b__l__g__c__l, j__st l__k__w__h__v__n__
c__ntr__l __v__r __r h__rtb__t __nd l__v__r__f__nct__n__. Dr
K__ll__y __dd__d: "__nyth__ng y__d__t__ch__ng__ th__
rhythm__c syst__ms __f y__r b__dy m__ns y__r __rg__ns
b__c__m__d synchr__n__s__d w__th __ch__th__r __nd th__s__s
wh__r__p__pl__g__t__ll__...Th__r__ __s__n__f__x__ng__t by g__v__ng
s__m__n__ __n l__rm cl__ck." __st__d__nt __t th__ sch__l,
G__br__l__P__rc__ll-D__v__s, 15, __s __n f__v__r __f th__ __d__.
H__s__d st__d__nts __r__t__r__d __ll d__y, "b__t__s__s__n__s 10
__'cl__ck h__ts, th__t's wh__n w__...d__ __ll __r w__rk".

PUNCTUATE THE TEXT AND ADD CAPITALS

From <http://www.BreakingNewsEnglish.com/1405/140513-teenagers.html>

a high school in england has initiated a new policy to allow students to sleep longer in the mornings the private \$25000-a-year hampton court house school is introducing a 130 to 7pm timetable in september it will become the only school in britain that starts lessons in the afternoon head teacher guy holloway said the altered hours should help students get higher grades he said research on neuroscience shows student productivity increases if they can sleep longer in the mornings mr holloway said "we want to get students into an environment where they can get quality sleep and their bodies are functioning well" he added "it's about what works in our community"

the afternoon start is based on research by oxford university researcher dr paul kelley said "you can't train your system to get up at a practical time" he said we are not in control of choosing the best time to work because it's biological just like we have no control over our heartbeat and liver function dr kelley added "anything you do to change the rhythmic systems of your body means your organs become desynchronised with each other and this is where people get ill...there is no fixing it by giving someone an alarm clock" a student at the school gabriel purcell-davis 15 is in favour of the idea he said students are tired all day "but as soon as 10 o'clock hits that's when we...do all our work"

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.BreakingNewsEnglish.com/1405/140513-teenagers.html>

A high school in England has initiated a new policy to allow students to sleep longer in the mornings. The private, \$25,000-a-year Hampton Court House school is introducing a 1.30 to 7 pm timetable in September. It will become the only school in Britain that starts lessons in the afternoon. Headteacher Guy Holloway said the altered hours should help students get higher grades. He said research on neuroscience shows student productivity increases if they can sleep longer in the mornings. Mr Holloway said: "We want to get students into an environment where they can get quality sleep and their bodies are functioning well." He added: "It's about what works in our community." The afternoon start is based on research by Oxford University. Researcher Dr Paul Kelley said: "You can't train your system to get up at a practical time." He said we are not in control of choosing the best time to work because it's biological, just like we have no control over our heart beat and liver function. Dr Kelley added: "Anything you do to change the rhythmic systems of your body means your organs become desynchronised with each other and this is where people get ill.... There is no fixing it by giving someone an alarm clock." A student at the school, Gabriel Purcell-Davis, 15, is in favour of the idea. He said students are tired all day, "but as soon as 10 o'clock hits, that's when we...do all our work".

FREE WRITING

From <http://www.BreakingNewsEnglish.com/1405/140513-teenagers.html>

Write about **teenagers** for 10 minutes. Comment on your partner's paper.

ACADEMIC WRITING

From <http://www.BreakingNewsEnglish.com/1405/140513-teenagers.html>

Compare and contrast starting classes in the afternoon and in the morning. Which is best? Why?

HOMework

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find out more about teenagers. Share what you discover with your partner(s) in the next lesson.

3. TEENAGERS: Make a poster about teenagers. Show your work to your classmates in the next lesson. Did you all have similar things?

4. AFTERNOON CLASSES: Write a magazine article about afternoon classes for schools. Include imaginary interviews with people who are for and against it.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

5. WHAT HAPPENED NEXT? Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

6. LETTER: Write a letter to an education expert. Ask him/her three questions about teenagers. Give him/her three ideas about how to make them study better. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

TRUE / FALSE (p.4)

a F b T c T d F e F f T g T h F

SYNONYM MATCH (p.4)

- | | |
|-------------------|----------------|
| 1. initiated | a. set up |
| 2. introducing | b. starting |
| 3. altered | c. amended |
| 4. productivity | d. efficiency |
| 5. functioning | e. working |
| 6. train | f. coach |
| 7. choosing | g. repairing |
| 8. desynchronised | h. out of step |
| 9. fixing | i. selecting |
| 10. in favour of | j. for |

COMPREHENSION QUESTIONS (p.8)

1. \$25,000 a year
2. 7pm
3. Higher grades
4. Neuroscience
5. Quality sleep
6. Oxford University
7. Heartbeat and liver function
8. We become ill
9. An alarm clock
10. 10pm

MULTIPLE CHOICE - QUIZ (p.9)

1. c 2. a 3. a 4. b 5. d 6. b 7. a 8. c 9. d 10. a

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)