

## Should Schools Start Later for Teens?

### REASON #1

- Schools should start later because kids can't focus on what their teacher is saying to them, in the morning.

by Issac Varghese



Age	Wake-Up Time	School Start Time
10	6:30 a.m.	8:30-9:00 a.m.
16	8:00 a.m.	10:00-10:30 a.m.
18	9:00 a.m.	11:00-11:30 a.m.

In Wendy Troxel's Ted talk in 2016, she brings up why school should start later for teens. Her speech was watched by 1.8 million people. She brought out points, such as, how "teens don't get enough sleep, and it's not because of Snapchat, social lives or hormones, it's because of public policy". Now, as a sleep researcher, clinician and mother of a teenager, she shows how early school start times deprive adolescents of sleep during the time of their lives when they need it most.

Many parents wake their children up. But they have a hard time doing this sometimes. Because of that, some parents must splash water on their children's faces, shake their beds vigorously, etc. This is all just to wake them up. Wendy Troxel, being a sleep researcher knows that in waking her kid up, that she, like many other parents are depriving their children's sleep. She said, "When I wake my son up, hours before his natural biological clock would, I rob him of his dreams. The sleep most associated with learning, remembering and emotional functions."

Research shows that only 1 out of 10 get the need 8-10-hour sleep needed. However, the teens that get 8 hours of sleep are only getting the bare minimum. It is like just passing on a test. A major factor in losing sleep is how some schools start at 7:30 a.m. or earlier whilst major medical organizations suggest that schools start at 8:30 a.m. or later. Many schools put kids against their bodies in an unwinnable fight. At their age teens' bodies delay when they release melatonin, a hormone which regulates how energetic or tired a teen feels. Teen bodies release the hormone about 2 hours later than adults and younger kids. Which in turn, make them feel ready to get up and do things later. Waking a teen up at 6:00 a.m. is the equivalent of waking an adult up at 4:00 a.m.

Daily sleep deprivation leads to moodiness, irritability, laziness, and even depression. Teens struggle to concentrate because important brain functions are not working as well. Sleep loss is a factor in making bad decisions and lifestyle choices because when our brains are developing most, not treating them well has lasting effects. Not having enough sleep contributes to common problems our country faces, such as obesity, heart disease and diabetes.

Scientists around the country are finding that schools starting later has tremendous benefits. One school district found that starting school later made their absence rate drop by 20%. Kids do better academically. Mental and physical health improves with more sleep. Pushing school start times back is a no-brainer. But many schools say that they do this to prepare kids for the real world which like saying to not let a 2-year old take naps to prepare them for kindergarten. Updating bus routes, increased transport costs, sports, these are major problems. But we must work around them for worthy benefits.



## Winter Wonderland

by Gianna McCoy



Now that winter is here, it's holiday time. There's Christmas, Chanukah, and Kwanzaa. Here's the story for each one.

First, I'll discuss Christmas with jolly Old Saint Nick the man with the plan to deliver toys to kids. Christmas the Christian holiday celebrates the birth of Jesus or most kids celebrating the gifts and presents. Christmas isn't just about gifting and presents galore, its about love and appreciation for those near and far away. So, spend time with family and enjoy company of friends because this loving holiday should be spent laughing again and again.

Next, I'll discuss Kwanzaa. The African holiday founded in 1966 derived from Swahili meaning first fruits of harvest. While it doesn't have a Santa-type, it's still important to little kids. Kwanzaa is a seven day festival that celebrates African culture and history. Kwanzaa takes place from December 26th through January 1st. Kwanzaa consists of a week of celebrations, which ends with a feast and the exchange of gifts.

Finally, I'll discuss Chanukah or the Festival of Lights. This eight-day event in December is a time to celebrate the rededication of the Second Temple in Jerusalem during the second century B.C. Each night one candle is lit on a *menorah*, a candelabra that holds 9 candles. By the eighth night of Chanukah, all eight lights are kindled. During this special celebration, families get together to exchange presents, play the dreidel game, and eat special Chanukah foods, like potato latkes and *sufganya* (jelly-filled donuts).

Even though many of us celebrate many different holidays, they all have one thing in common, spending time with family.



## Middle School Sports

by Liam Halpin

In middle school, sixth graders do not get to play any school sports and that is unfair. To begin, most people in sixth grade who would like to play sports either have been playing the sport for years, or they trying it out for the first time. So, if some kids were trying a sport for the first time in sixth grade, they would know if they are going to play the sport in the future.

Furthermore, sixth graders can see if they like the sport. There are different sports in the fall, winter, and spring, so it will be better if all middle school students get to see if they like the sport or not. This way sixth graders can see which sports they would like to participate in.

I also believe they should remove tryouts. I think that tryouts are unfair to kids because some kids would really like to play a certain sport, but do not get to do it because they did not make the team.

Overall, I think the school should consider changing sports procedures and requirements.



## The Rise of Social Media

by Jackson Rocco

Electronics are taking over our lives. Every 2 seconds, people are on their phones. This is mainly because of social media.

Did you know that over 71% of teens use multiple social media platforms? Also, communicating is a big way of life. If you are constantly on your phone, you are not communicating face to face. And not communicating can cause you to lose your social skills.

Experts say kids using social media grow up with more anxiety and less self-esteem. Survey results also show that using social media leads to depression, anxiety, poor body image, and loneliness.

Social media platforms like Instagram have banned likes from public view, but they are thinking of banning likes all together. And many agree with this and are encouraging creators to ban the like button, and the comment section was a very bad decision to add to almost all social media platforms. Over 60% of fights in school are caused because of social media.

So think before you go on your phone.



## Winter Word Search



**Instructions:** Try to find all of the hidden Winter words in the word search puzzle below. (Words can be spelled forwards, backwards, diagonally, up, or down.)



### Word List

ANTIFREEZE	HEATER	SLED
BLIZZARD	HOOD	SLEET
BRISK	ICE	SLIPPERY
COCOA	SCARVES	SNOWBOARDING
FROST	SEASON	WEATHER





### M & M Cookie Bars

Prep Time: 5 minutes  
Cook Time: 25 minutes  
Yield: 24 cookie bars

#### INGREDIENTS

1/2 cup unsalted butter, melted  
2 cups brown sugar packed  
2 tablespoons vanilla extract  
2 large eggs  
2 cups flour  
1 teaspoon salt  
1 cups M&M's  
1 cups semi-sweet chocolate chips

#### INSTRUCTIONS

Preheat oven to 350°F and line a 9×13 baking dish with parchment paper.

In a large bowl mix together melted butter, brown sugar and vanilla. Then add in eggs and stir until batter is like a thick caramel.

In a separate bowl, whisk together flour and salt. Then pour flour into batter, roughly a 1/2 cup at a time, folding batter over itself to smooth any ribbons of flour into the batter. The batter will be very thick.

Add in red and green M&M's and chocolate chips to batter and gently combine.

Pour into baking pan and spread evenly. Top with additional M&M's and chocolate chips if desired. Bake at 350°F for 26 minutes.

Remove parchment paper from pan and set on a cooling rack to cool.

Use a knife or bench scraper to divide into 24 squares.

## Glittery Mason Jar Snow Globe

from: <https://heyletsmakestuff.com/jar-snow-globe/>



### Snow Globe Supplies

1. Mason Jar with gasket lid
2. Clear Elmer's Glue
3. Snack cup (washed and dry) - optional
4. Scissors
5. Elmer's CraftBond Glue Gun + Glue Sticks
6. Bottlebrush Christmas Tree or other miniatures
7. Glitter

### Directions

1. Start off by hot gluing the two parts of your mason jar lid (the ring and the insert) together.
2. Next, hot glue your tree or other miniatures to the lid.
3. Then, prepare your water/glue mixture. Start by pouring Elmer's Clear Glue into your jar. You can use more or less, depending on how quickly you'd like your glitter to settle.
4. Then add your glitter to the jar — add about 1/5 of a small jar of glitter.
5. Then fill the jar the rest of the way with warm water. Flip your tree lid over, slide the tree into the jar, and seal. You can hot glue it closed, if you'd prefer. Then flip over and shake gently to combine the water, glue, and glitter and you have an adorable mason jar snow globe!

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