

Sauquoit Valley Middle School Reading Article
The early bird gets the worm; but teens are getting too tired (CBNNL)

Instructions: COMPLETE ALL QUESTIONS AND MARGIN NOTES

Read the following article carefully and make notes in the margin as you read.

1. Number the paragraphs.
2. Chunk the text.
3. Underline and circle with a purpose.

For each paragraph you must do one of the following:

4. What is the author saying? Summarize?
5. Dig deeper! What is the author doing? Use power verbal! Draw a picture. Ask questions. Use a tool on your annotation note-card.

Student _____ Class Period _____

Your margin notes are part of your score for this assessment.

The early bird gets the worm; but teens are getting too tired

By Chicago Tribune, adapted by Newsela staff
 Sept. 26, 2014

CHICAGO — While backpacks only get few hours of sleep most nights, the early school start times, often the school day begins, creep in the dawn, and is a constant of the student's world.

The early start for homework before 10:30 p.m.

"It's probably not the healthiest way to live, but it's the only way to get everything done," said Radkowski, a senior in high school.

The new school year has just started, but students are already sleep-deprived. They aren't getting the 8 to 9 hours of sleep each night they need to grow and learn.

Not Enough Sleep

Last week, an organization of pediatricians — doctors who treat children and young adults — called on schools to start later so students can get more sleep.

Young people are getting enough sleep is "a national public health crisis," according to Robert Owens, a sleep expert at a children's medical center in Washington, D.C.

Write an eye thought, reaction and question in 1 row.

Newsela Staff. "The early bird gets the worm, but kids are getting too tired." Chicago Tribune, 26 September 2014.

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