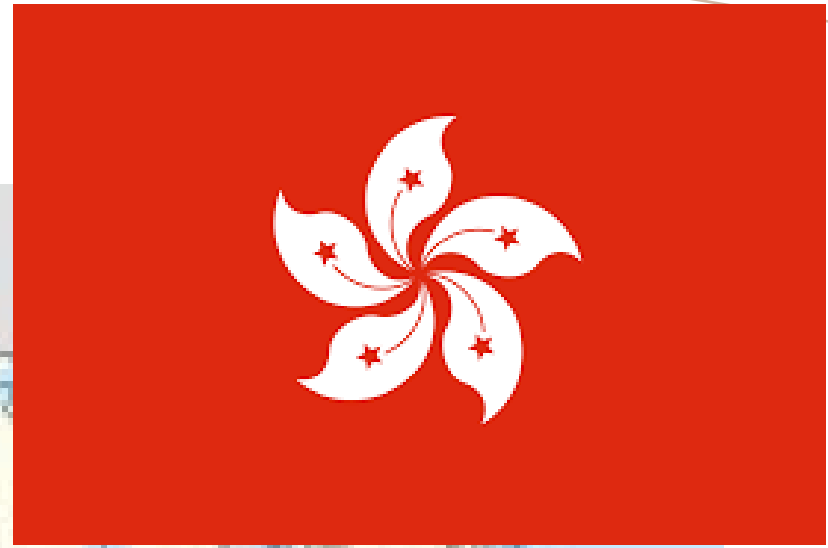


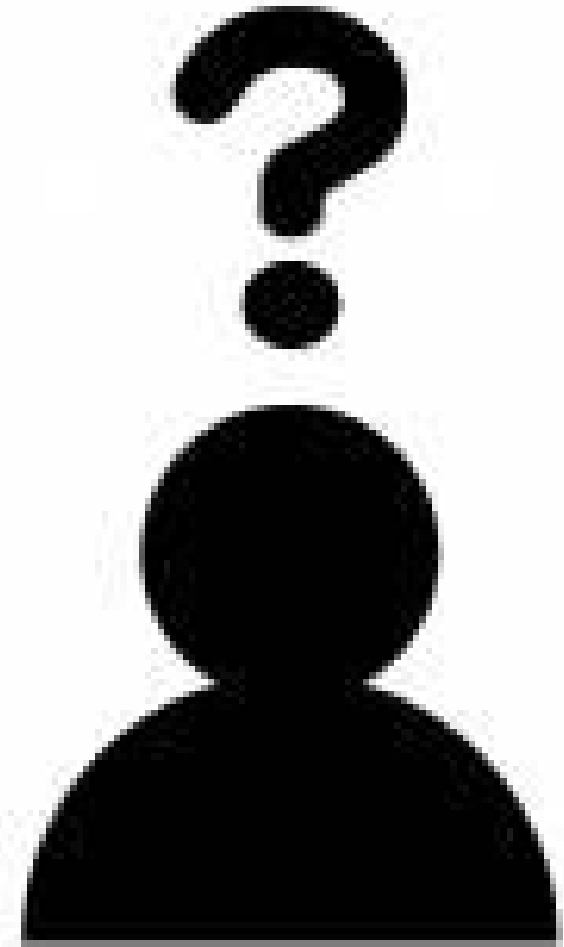
We should start the school day class at 10:00am

ADACHI, IKUSHIMA, TADA,
TSUJI, HASHIMOTO
(AFFIRMATIVE)



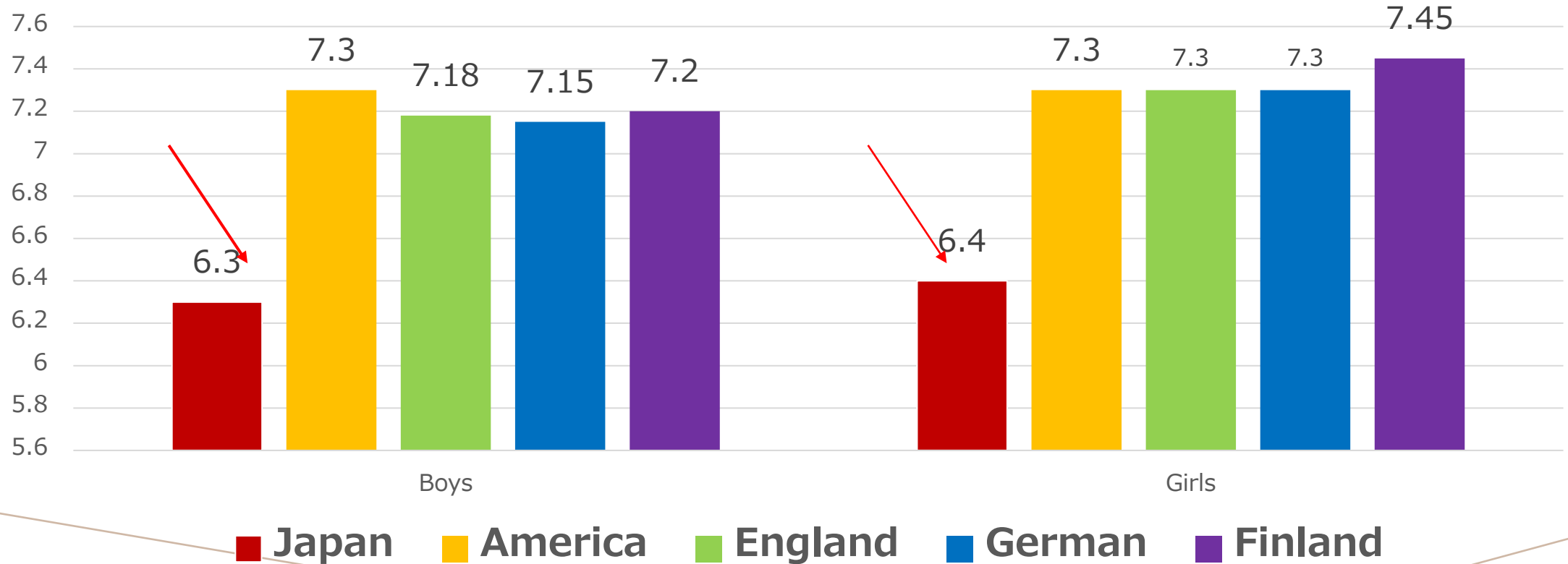


WHY?



① mental health and academic progress

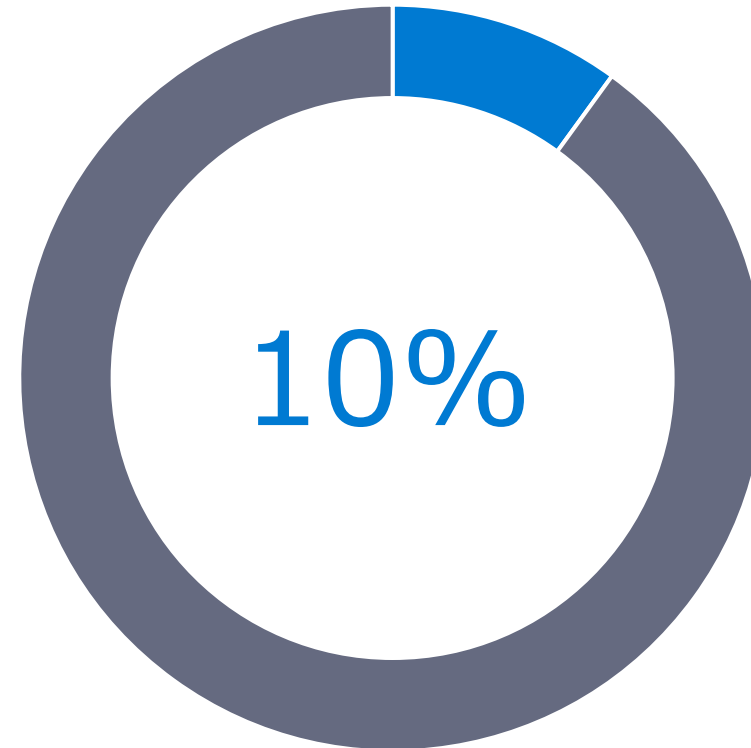
The average sleeping hours



Lack of sleep

- ① decline of the academic ability
- ② lack of concentration
- ③ emotional instability
- ④ health issues

The number of high school students who
meet the ideal sleeping time

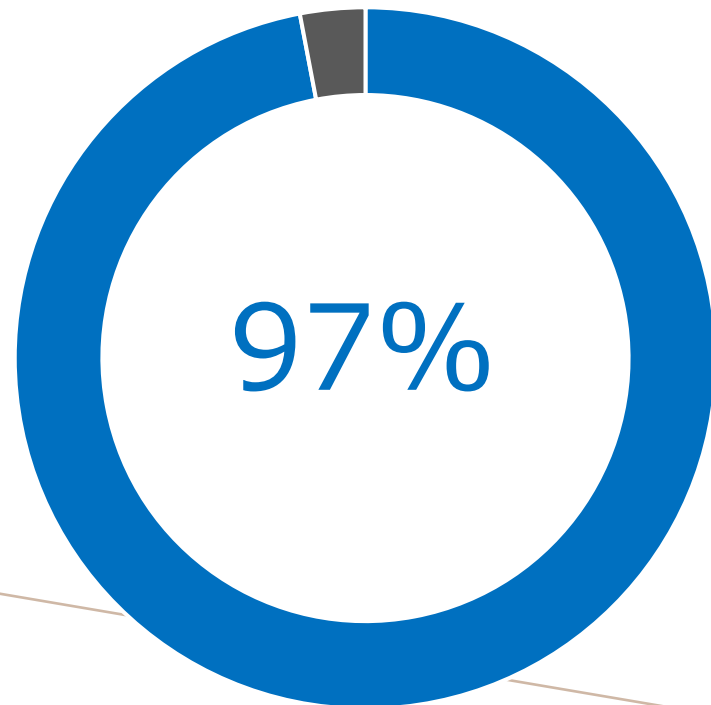


In Germany

- 8:00→9:00

Average sleeping hours

increased by **1 hour**



- Didn't feel fatigue anymore
- We could concentrate better



② change in time of club activities

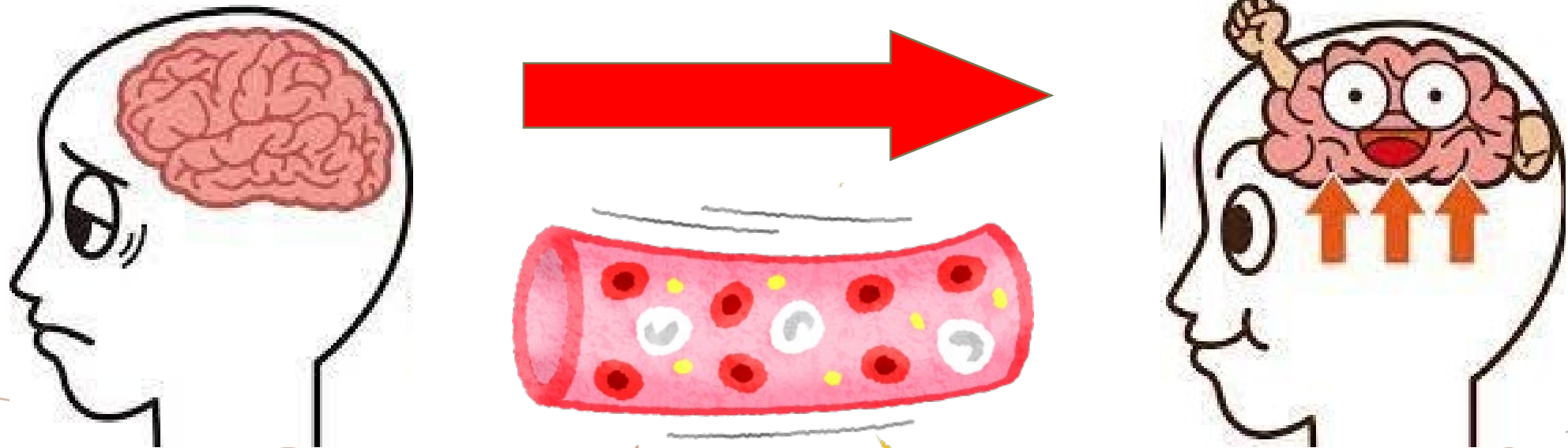
✓ Keimei's timetable

10:00-10:45	10:55-11:40	11:50-12:20	12:30-13:15	13:15-13:55	13:55-14:40	13:50-16:35	16:45-17:30	17:30-
1st class	2nd class	worship	3rd class	Lunch time	4th class	5th class	6th class	

Club activities

Good effect for us to exercise in the morning

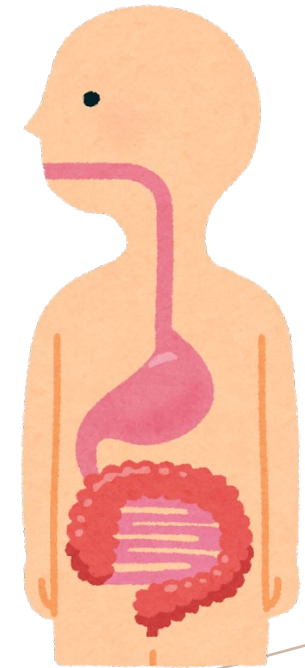
- ① it improves our concentration after exercise.



② it improves our lifestyle habits



③ It makes it easy to balance the autonomic nerve



③ Going to and from school becomes safer than usual.





Thank you

Site

- https://cfltd.co.jp/archives/20191023_1641
- <https://www.itmedia.co.jp/news/articles/1804/09/news097.html>
- <https://www.s-re.jp/magazine/health/108/>
- <https://startschoollater.esleep.jp>
- <https://t-semi.jp>
- <https://www.lifehacker.jp/2017/09/170917-schools-should-start-later-when-teen-brains-are-ready.html>

Negative Team

**We should not start
the school day at
10:00 a.m.**

SAKI FUKUTA, YUKA KATO, NENE
CHIHARA, SAE KATSUYAMA,
AKINOSUKE SAKAGUCHI

THE CURRENT SYSTEM AFFECTS STUDENTS' SLEEPING TIME

“Sleeping golden time”

10:00 p.m.~2:00 a.m.

“sleep guideline “ published by Ministry of
Health, Labor and Welfare in 2014



The examples of when the school day starts

8:30 am



10:00 am

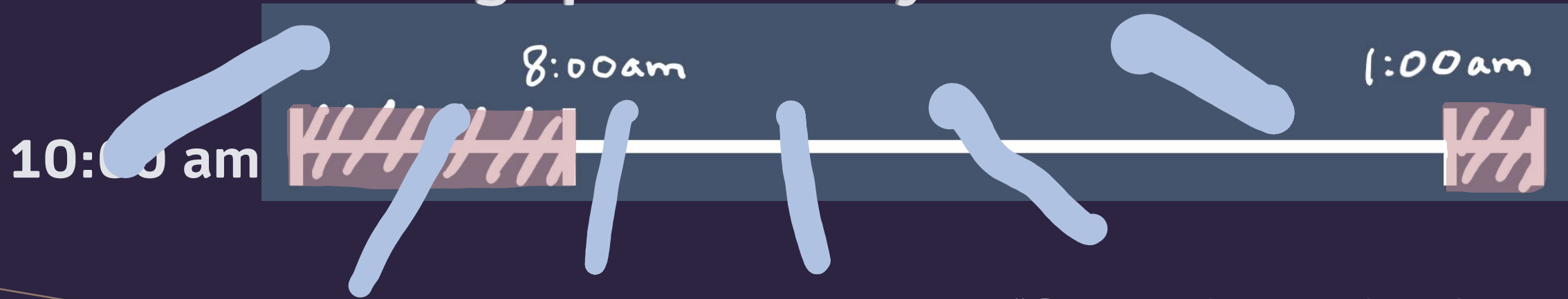


*Same 7 hours sleeping

The examples of when the school day starts



A gap in family life



*Same 7 hours sleeping

The things we do after school



Club activity

Preparing for events

Supplementary lessons



The things we do after school

Supplementary

Can you do these in the morning?

Club activity



Hospital



Students who go in
the morning



dentist



**The way will become
crowded with changes**

Students who go at
night



The range and number of classes is already established

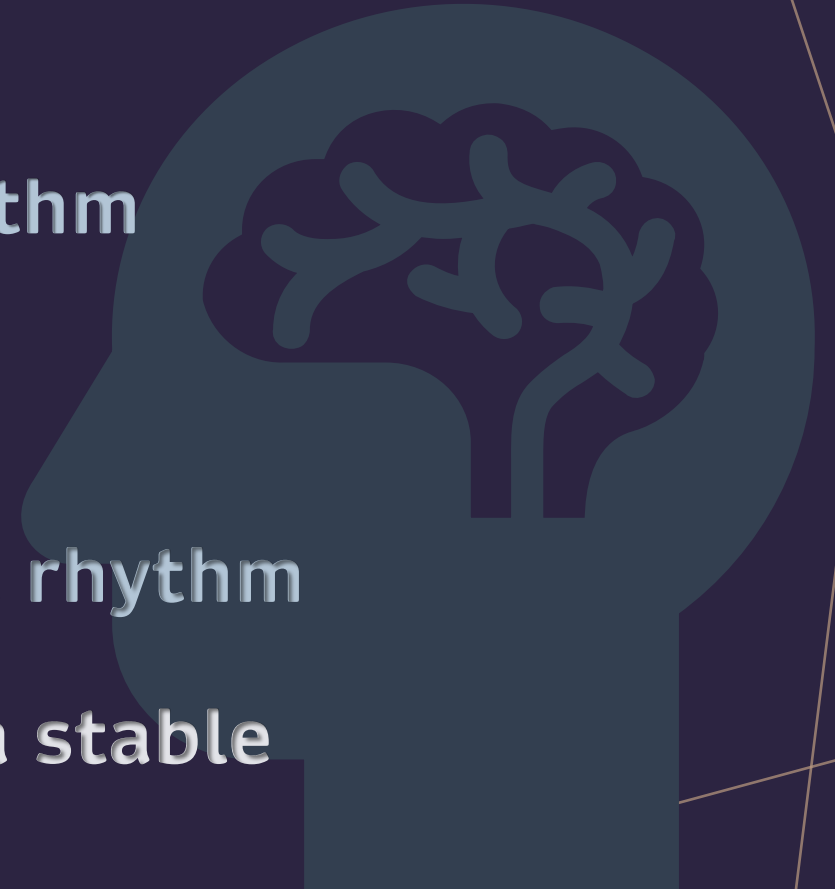


**Necessary to assign staff
and recreate the timetable**



People who get up early have many benefits

- Easier to set the nervous system
- When it comes to the morning rhythm
 - ┌ Daily rhythm is adjusted
 - ┌ Body clock becomes a constant rhythm
 - ┌ Easier to spend every day with a stable feeling



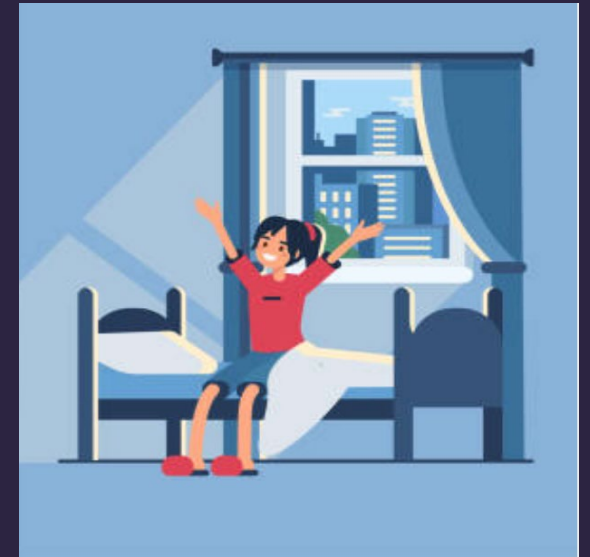
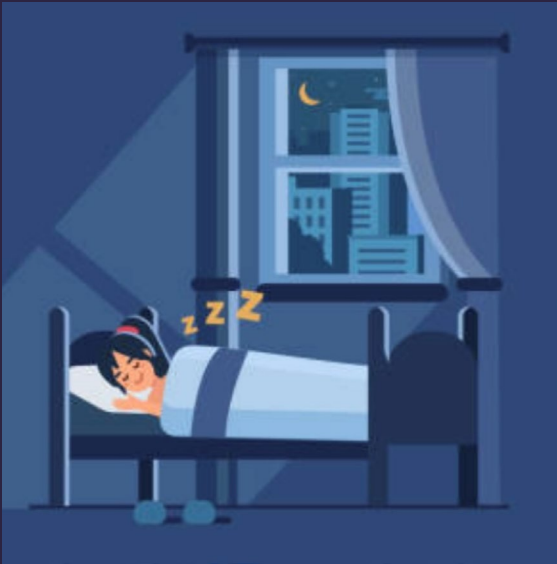
By a professor of Northwestern University

Night people - raises the risk of...

**diabetes or mental illnesses
by 1.5 ~ 2 times higher**



**Bathing in the morning sun
can help relieve tiredness and
improve sleep quality**





Apple's current CEO **Tim Cook**



Facebook founder
Mark Zuckerberg



Twitter and Square founder **Jack Dorsey**



Thank you!

$$(a + b)^2 = a^2 + 2ab + b^2$$