

Letter to the Editor

Dear Editor,

I am writing to share my perspective on why students often experience fatigue, as well as to discuss whether a 9 a.m. start time could be a viable solution.

One of the primary factors contributing to student tiredness is insufficient sleep. Many students have additional tutorial classes or supplementary lessons after regular school hours, causing them to return home later. As a result, they are faced with a multitude of tasks such as completing homework, revising, and preparing for the following day's lessons. These demands often lead to late nights, ultimately resulting in fatigue.

Another significant factor affecting student's sleep patterns is the early school start time. Students who live far away from school are required to wake up before sunrise, disrupting their natural sleep rhythm and further exacerbating their fatigue.

While some propose implementing a 9 a.m. school start time to address these issues, I respectfully disagree with this idea. Although it might provide an extra hour of sleep, it would necessitate a delay in the entire daily schedule, including dismissal time. Consequently, students would find themselves completing their homework and revision even later, perpetuating the cycle of sleep deprivation and exhaustion.

Moreover, altering sleeping habits is not a simple task. Even with a later school start time, students who have developed a habit of staying up late are likely to continue doing so, rendering the suggested solution ineffective.

In summary, students experience fatigue due to heavy workloads and early school start times, particularly for those with lengthy commutes. However, I am of the opinion that a 9 a.m. start time may not be the ultimate solution. Instead, students can benefit from employing effective time management strategies such as creating a timetable or utilizing a to-do list to better organize their tasks, thus enhancing productivity and potentially reducing fatigue. I sincerely hope that students can recognize the importance of managing their workload and prioritizing their well-being, ultimately striving for a balanced and healthy approach to their academic pursuits.

Yours faithfully,
Leona Lam

