READING

1 Read the article about school start times and tick (✓) A, B, or C.

Dr Breus, sleep scientist

All humans have a 'body clock' that says when we should wake up, work and sleep. In ancient times, people woke up at sunrise and went to bed when it was dark. But modern life, with its indoor living and artificial lighting, has broken our biological body clock.

For teenagers, the problem is even worse. Their biological clock *and* their modern living clock are telling them to stay up late and sleep all morning. Their brains are at a key stage of development. This is why sleep scientists often use them in research. Teenagers actually *need* to go to bed late. Because the teenage brain prefers to be awake at midnight, teenagers find activities that they can do at midnight, like texting and playing video games. And this then makes them stay up even later.

I believe there are four different 'chronotypes' or sleep personalities. I call them bear, wolf, lion and dolphin. Lions enjoy mornings but can't work very well from the late afternoon onwards. Because of their brain biology, many teenagers have the 'wolf' personality. They tend to get up very late and work best in the afternoon or early evening. Our chronotype changes as we get older but we shouldn't ignore it. Our chronotype affects our relationships, our chances of academic success and even our health. We should take teenage clocks very seriously.

Veronica, student (16)

I'm studying biology, chemistry and literature. My ideal job would be in science. I'd really like to develop new vegetarian foods or create plants that don't get diseases, something like that. But I'd like to travel abroad for a year before I go to university. I enjoy my school subjects but I don't like mornings at all. I think it's great that we'll start school at 11.30 a.m. when Mr Lincoln's experiment begins. We'll have one class before lunch and school won't end until 6.30 p.m. So for the last three hours we'll have the school to ourselves, without the younger children. Personally, if lessons were later — say, 1.30 to 7.30 — I'd be able to concentrate even more.

Mr Lincoln, headteacher

My school, Hamilton Secondary School, is not the first in this region of the UK to change its start time. In fact, Ashwell Grange, where the fees are around £10,000 per year, introduced a later start time for its sixth form three or four years ago. Although this isn't a new idea, there has been some resistance from parents. A later start time will mean that teenagers often have to be left at home on their own for a few hours each day. Of course, I understand their concerns. However, this is an experiment for 6 months for 16 and 17 year olds only. If pupils' school results don't improve, we won't continue with the new timetable.

Example: _____ has broken our body clocks.

A Modern furniture ☐ B Spending time indoors ☑ C Social media ☐

1 Sleep researchers _____ teenagers.
A often study ☐ B don't usually study ☐ C have recently studied ☐

2 People with a 'wolf' chronotype like to _____.
A go to bed early ☐ B work in the evening ☐ C wake up early ☐

3 Dr Breus thinks our chronotype _____ .
A is created by our activities ☐ B affects our personality ☐
C changes over time ☐

4 Veronica is studying _____ at school.
A science subjects ☐ B science and art subjects ☐ C art subjects ☐

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5 She wants to work _____ after school.
A abroad ☐ B with young children ☐ C with plants ☐
6 Veronica's ideal start time would be _____.
A in the afternoon ☐ B 11.30 ☐ C before lunch ☐
7 Children aged _____ go to Hamilton School.
A 5–10 ☐ B 11–18 ☐ C 5–18 ☐
8 The experiment at Hamilton School is only for _____.
A the oldest pupils ☐ B teenagers ☐ C a term ☐
9 Mr Lincoln will change the times permanently if _____ .
A the parents agree ☐ B the pupils' grades improve ☐
C the pupils are on time ☐

2 Read the article again. Mark the sentences T (true) or F (false).

Example: Some people don't have a body clock. *F*

1 Teenager brains are the same as adult brains. ____
2 If teenagers stopped texting they'd be able to go to sleep. ____
3 Veronica wants to take a year off after leaving school. ____
4 Veronica has a 'lion' chronotype. ____
5 Ashwell Grange is a private school. ____
6 Some parents at Hamilton Secondary don't support the experiment. ____

LISTENING

1 Listen to the conversation about primary school. Who said the following? Write *C* (Cara) or *S* (Sachin) or *N* (Neither).

1 I think children should study more practical subjects. ____
2 I completely disagree with your opinion on homework. ____
3 School would be better if there were no exams. ____
4 If I was head teacher, I'd introduce cooking lessons for everyone. ____
5 Once a week, the children could cook and serve the school lunch. ____

2 Listen to five conversations. Tick (✓) A, B, or C.

1 Where has Alistair moved to?
A A ground-floor flat ☐ B A top-floor flat ☐
C A small house ☐
2 What does Kat think is the good side of sharing a flat?
A Cheaper rent ☐ B Meeting new people ☐ C Independence ☐
3 Where would Martina like to live?
A In a house with a view ☐ B Nearer to her family ☐
C Not far from the city centre ☐
4 Why is Annie renting the flat?
A She's a student for 6 months. ☐ B She's deciding where to live permanently. ☐
C Her new house isn't ready yet. ☐
5 Why does Carly want to stay with Becky?
A She's argued with her parents. ☐ B She wants to leave home for the first time. ☐
C She can't afford her rent. ☐

LIVEWORKSHEETS