Headlight

Written by the students of Marblehead High School for our school and community

www.marblehead.com/schools/mhs/headlight

A Later Start

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Student Affairs, Sophomore

The importance of getting enough sleep is undisputed. Teenagers, especially, "need even more sleep than most people and are particularly susceptible to the detriments of sleep deprivation," according to the Livestrong Foundation. Unfortunately, most teens do not get as much shut-eye as they should. The Centers for Disease Control and Prevention recommends 8.5-9.25 hours of sleep each night for children ages ten to seventeen; however, the National Sleep Foundation found less than 15% of teens get 8.5 hours of sleep each night. It does not take a mathematician to realize what a miniscule percentage 15% is. And sleep deprivation is no small matter. Not getting enough sleep can result in a number of serious consequences, including: limiting one's abilities to learn, listen, solve problems, and concentrate; worsening athletic performance; causing aggressive, impatient, and/or irritable behavior; illness; and drowsy driving. Consequences such as these are not uncommon. Now what, exactly, should be done about the issue of teen sleep deprivation,

at least here in Marblehead? The answer is simple. To give Marblehead High School students more time to sleep, school should begin an hour later.

To determine the effectiveness of such a change, one must first play the role of devil's advocate. Starting school an hour later? Really? How much of a difference will just one hour make in the grand scheme of things? And, more importantly, would a later start to the school encourage students to go to bed even later? Actually, studies have shown this is not the case. Later start times have, in fact, proven effective in getting teens to sleep more. In 2010, a study was conducted at a school in Rhode Island, in which teens started school 30 minutes later than usual. "The results were stunning. There's no other word to use," said Patricia Moss, academic dean at the school where the study was performed. Teens were more alert in class and were in better moods, there was less tardiness, and teens consumed healthier breakfasts. Even a mere 30 minutes can make a big difference, according to researchers. Why? Teens tend to be in their deepest sleep around dawn, which is when they typically need to get up for school. Since teens biologically have trouble falling asleep before 11 p.m., interrupting their

sleep at such an early hour leaves them feeling groggy and disoriented. The results of the survey were so positive the administration officially changed the school's start time from 8 a.m. to 8:30. If starting school 30 minutes later had such an overwhelmingly positive effect on the student body in the study conducted, imagine the possible results of pushing the start of school back a full hour!

What about the end of school? How would a later start time affect when students could leave school? School could end at 3:30 in the afternoon, instead of 2:30, since it would be starting at 8:55 in the morning rather than 7:55. Or, class times could be cut 5 to 10 minutes to avoid a longer school day, as was done at a school in Rhode Island. The school's dean said improvements in the alertness of students made up for lost instruction time. Therefore, a later start time would not have a negative impact on the amount of time spent learning.

The schedules of most teens are jampacked. Between spending six hours a day in school, after school sports, extracurricular activities, jobs, and hours of homework each night, sleep is not a priority for most teenagers during their busy school week. The sleep patterns of adolescents are different than those of adults

and young children. During the teen years, the body's circadian rhythm, almost like an internal biological clock, is temporary. It tells the body to fall asleep later and to wake up later. In turn, teens have difficulty falling asleep early, which is problematic on school nights.

The students' learning is what is most important. The very purpose of high school is to educate students and train them for the future. As indicated in the student handbook, "the mission of Marblehead High School is to provide a safe, respectful environment in which all students are challenged to achieve their fullest intellectual, physical, and social development and to accept responsibility for their learning." A later start time would give students more time to sleep. In turn, less sleep deprivation improves the cognitive functions of students. Students will perform better academically than they would after getting less sleep. Additionally, student athletes would perform better, as well, after getting more sleep. To improve the academic and athletic performance of students at Marblehead High School, the start of classes should be pushed back an hour.

Candide and the 2013 Drama Festival

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At its core, Drama Fest is a fun, collaborative and exciting day of theatre filled with hundreds of students from around the state who have been going through just as many rehearsals as everyone else has and are anxious to show off their work. Since everyone understands the time and effort that goes into creating a Drama Fest show, there is a greater appreciation for everyone else's work. As MHS's technical director Greg Dana said, "The actors felt each other's pain for the other performances [that we saw] because you knew that it could have just as well been you."

For Drama Fest 2013, Marblehead High School performed its own adaptation of Voltaire's novella Candide, which was written by MHS students and directed by Steve Black, with assistance from Chris Martel. It was technically directed by Greg Dana. Stage management was done by Max Levine and Biz Nuccio. Lighting design was by Alex Kerai, sound design and composition by Addy Sleeman, with the sound board run by Baie Rogers. Set design was completed by students from various art classes. The cast included Andrew Dalton (Candide), Joe Boyce (Pangloss), Tatiana Dalton (Old Woman), Annie Krivit (Cunegonde), Malachi Rosen (Brother of Cunegonde), and Lauren Nohelty (Paquette), along with a large ensemble comprised of students from all grades.

Marblehead High School had the honor of hosting the preliminary round to

Saugus, Peabody, Salem, B.C. /Newton Country Day, Malden Catholic, Austin Prep, and Covenant Christian Academy high schools. This involved a lot of extra hours and planning for the Festival Staff, which was all coordinated by Biz Nuccio and assisted by staff members Baie Rogers, festival stage managers Elizabeth Payne and Emily Kauffman, and myself, who had to assist the other schools at the Performing Arts Center (PAC) for their tech hour. During that hour stage managers from the school would mark the stage where they wanted to place props and put actors while actors worked on projection, and the tech crew worked on sound and lighting design. And finally, after months of preparation, came Drama Fest...

During the day of the preliminary round of Drama Fest, I got to see all eight shows. They all were incredible! To witness the time and effort that every person (cast and crew) put into the show is great, and it creates a wonderful result. Candide director Steve Black said that "the opportunity for so many students to create art, collaborate, and foster friendships was completely worthwhile. I am proud of the festival we hosted and proud to be a part of a community that supports arts education for our own students and others."

The shows that we, the Candide cast and crew, watched during the preliminary round were excellent. We all were thoroughly impressed with the quality of work that had been produced, but as MHS advanced to the semi-final round, we were curious to see the magnificent shows that were to be performed Satur

day, March 9, at St. John's Prep.

After moving on from the preliminary round of Drama Fest, MHS had one week to to prepare for the semi-final round and to adapt Candide to fit the Prep's stage. There was lighting, blocking, entrances and exits that all needed to be adjusted in order for the show to work. It was a stressful week of planning and execution, but we did it. We were all proud of our work and anxious to experience the semi-finals, something MHS had not competed in since 2011. The shows that we saw at the semi-finals were some of the best we had ever seen. The acting and execution of every show was brilliant, leaving us all thoroughly impressed by all the work we saw that day. Still, the spirit of Drama Fest was there with everyone congratulating one another on a job well done after they finished. Sadly, MHS did not move on from the semi-final round at St. John's, but MHS did win acting and production awards during both rounds of the festival.

Marblehead High School's production of Candide won a total of five awards for all star acting and student achievement. These were awarded to: Tatiana Dalton (two-time winner) for her portrayal of the Old Woman, Annie Krivit for her role as Cunegonde, Andrew Dalton for his interpretation of Candide, Joe Boyce for his role as Pangloss, and Kyra Jones for prop management. The judges complimented the actors of Candide for their energy and enthusiasm for the show. But the final takeaway from the two nonstop weeks of theatre, and months of rehearsal beforehand, is the experience. The fact that everyone in Drama Fest has so much fun

and is so nice to one another is great. As tech director Greg Dana said,"You got to see twelve other shows from other high schools, and you were able to self-evaluate your performance as well as others." He continued summarizing the events of the past months by saying, "It's not the winning, it's the experience."

Announcement:

Scholarship Name Change

Citizen's Scholarship Foundation of Marblehead, Inc.

Has a New Name

Marblehead Dollars for Scholars

Since 1987, we've provided financial need-based scholarships to Marblehead students.

Applications for high school seniors can found at the

MHS Guidance Office

or at

http://www.csfmarblehead.org/

*Application deadline is April 1, 2013.

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