

Teens being deprived at RCHS

BY KYLA FRENCH

For some students, school has become a dream...literally. Snoring has become a common occurrence in RCHS classrooms, even when the classes are engaging and interesting.

Some classrooms even appear to be a war zone. Students are falling left and right, but they're not wounded, they just need more sleep.

RCHS could easily put an end to this distraction by moving our starting time to a later hour. Even a move from 8:10AM to 9:00AM would give students at least another half hour of sleep.

Many students and teachers say we would be dismissing too late in the afternoon, but I haven't spoken to anyone who is a morning person. If you're a night owl anyway, this change should help you, not hurt you.

Students also say their extra-curricular activities would be held too late. Flag team, chorus, band, weightlifting (used for football and basketball), and ROTC all have classes. All the school would need to do is provide a time for the academic team, cheerleading, dance team, and a few other extra-curricular activities to practice in the morning. I'm not suggesting we abolish after school practices. Those practices are what helps to make our school one of the top in sports. However, if we moved up our starting time, these activities could easily hold their practices in the morning.

Teens are also at a health risk if they are deprived of sleep. Teenagers keep busy schedules anyway,

and the school is part of that reason. According to WebMD, teens need from 9 to 10 hours of sleep per night, and we are naturally inclined to go to sleep later. To achieve this, if a student gets up at 6:00 like myself, they would have to go to sleep at 9:00. Teenagers nor adults do this naturally. Not getting enough sleep can affect teens mood

and performance throughout the day.

WebMD also says that over 55% of car accidents happen to people under the age of 26. Sleep deprivation is believed to have played a major role in these accidents.

Wrecks in the school parking lot and on Hwy 461 have already been an issue in these first months of school. If the school system does not act soon, accidents among our students may increase, not only on school grounds, but everywhere. Teens grades may also begin to drop, eventually affecting their scores on the CATS assessment. This will end up costing the school money, among other things.

RCHS is putting not only our grades at stake, but our lives as well. By moving up our starting hour, we may even relieve Mr. Barnett from the use of his dreaded "bell" (For those fortunate few who don't know what the "bell" is, it is a large tube that upon striking your desk when you have fallen asleep causes a ringing sensation in your ears for several days.)

Hitting the snooze-button should be an event for the home, not for the school.

RCHS could end the problem of dozing students by having a later start time.

FYI—What's on the RCHS calendar?				Oct. 11 Rockets Vs. Perry Central	12	13
14 Volleyball District Week	15 Academic Meet— Wayne County	16 Finals 1 st & 3 rd blocks A/A	17 Finals 2 nd & 4 th blocks	18 Rockets at Knox Central	19	20
21 Volleyball Regionals	22 Cross Country @ Mercer Co.	23 Kentucky Opera Don Pasquale	24 REPORT CARDS IN THE MAIL!!	25 Rockets at Cawood	26 ACT!!	27
28	29 SBDM Council	30	31 Happy Halloween	Nov. 1 Rockets Vs. Bell Senior Night	2	3
4 No School!	5 Election Day!! No School!	6	7	8	9	10
Only 31 school days remaining 'til Christmas Break						

What issues concern you? Are there problems or concerns you have that you think should be addressed? Do so...in a Letter to the Editor! All letters must be sent to Ms. Norton in Room 116. They must be signed before they can be included in the paper. Remember, you have a voice; *The Rocket* is your place to let it be heard.

The Rocket

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Letters to the editor may be submitted to Ms. Susan Norton in Room 116, and must be signed in order to be considered for inclusion in the paper. Letters to the editor should be limited to 250 words or less. The staff and adviser reserve the right to edit a letter, or refuse to print it.

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It Rocks...

- ~ Class rings!
- ~ The Young Republicans club.
- ~ Getting home earlier because of the new exit.
- ~ Having a four day weekend.
- ~ Halloween!

It Reeks...

- ~ None of them fit.
- ~ There's no Young Democrats club.
- ~ You have to start your homework earlier.
- ~ The school considers it Fall Break.
- ~ Being too old to trick-or-treat.