

2022江西高二下学期人教版高中英语期中考试

1.

Dear Mr / Ms,

I would like to suggest that the starting time be changed at our school. Classes at Sebastian Valley Middle School simply start too early in the morning. Getting eight to nine hours of sleep each night is almost impossible when classes begin at 7:30 am. In order to shower, dress, get organized, eat a quick breakfast, and meet the school bus by 6:45, I would have to get up at 5:45.

Early in the morning, students are too sleepy to learn well. Without enough sleep, young people cannot think clearly or enjoy learning. According to a report called "Are Students Getting Enough Sleep?" from Sebastian Valley Times, "Sleepiness disturbs concentration, reduces short-term memory, and causes bad feelings."

Researchers have learned that teens normally fall asleep and wake up later than adults. Teens who stay up late at night have trouble getting up early in the morning. Studies show that some schools have already adjusted school hours to better match the teen sleep cycle (周期); as a result, students in these schools are learning better on the new schedule.

Some of my classmates argue that starting school an hour later will prevent them from taking part in after-school athletic programs. A solution would be to carry out these programs before school instead of after school. The students who are involved in sports and clubs would continue to arrive at the usual time. The rest of the student body could get a little more sleep and arrive an hour later.

Teens usually have a later sleep cycle, and learn and behave better when rested. So I would like to suggest that we have a meeting to discuss the problem and listen to all the students' voice.

Thank you for considering this request!

Tom Sullivan, Grade 8

21. A report from Sebastian Valley Times was mentioned in Paragraph 2 to show _____.

- A. the popularity of Tom's school
- B. the disadvantages of lacking sleep
- C. the importance of athletic programs
- D. the characteristics of the teen sleep cycle

22. Which of the following does Tom probably agree with?

- A. Sleep is food for the brain.
- B. Books should be few but good.