



Thursday
January 3
2019

RAMPAGE

PR Explores Pushing Back Start Time

AIDAN PAVLICK STAFF REPORTER

In October at a town hall meeting, the school board met to discuss the possibility of moving the school start time, pushing the time homeroom starts back. On November 17th, the district released a podcast to inform the community on the possible change.

The school board and many others within the PRSD administration have weighed the practical advantage that a later start time could have for high school and middle school students. While this could lead to good things for the school and its students, there also comes the risk of negative unintended consequences for other students and parents in the district, which has factored heavily into the school's decision making.

Principal Mrs. Bowman said, "Our district has been researching and investigating this topic for the past year. The district has looked at research related to start times and the impact of school start time on older adolescents."

She went on to explain. "There are many pieces to the puzzle, while trying to address the health and wellness of students in grades 7-12, we know there will be an impact on the lower grades as well as it relates to transportation."

Many schools around the area have or will make changes to when they start their school days. In May of 2017, Dr. Franson, an assistant professor of psychiatry at the University of Pittsburgh and Ms. Rambeau, leader of the western PA chapter of Start Schools Later, presented to the superintendents of western PA schools and advocated for schools to have later start times so students can get more sleep. Many other prominent institutions have also outlined the benefits of teenagers getting more sleep. The American Medical

Association, The Center for Disease Control, and many other statistical studies have all confirmed that teens need 8.5 to 9 hours of sleep, and since schools start so early, it can prove difficult for teens to get this sleep.

PR has looked at many different options for a new start time. Shifting the start time back to 7:45, 7:50, and 8:00 have been discussed as possible times.

Along with many medical professionals, Mrs. Bowman also supports the move to a later start.

"It's a win for everybody. It gives students an opportunity for more balance in their daily routine and schedule. With the extra sleep time in the morning though, it is important for students to not change their bedtime."

When comparing with schools around the area, PR has one of the earliest start times and longest school days. Currently, PR starts at 7:20 AM and ends at 2:25 PM. North Allegheny starts at 7:25, and ends at 2:15, 15 minutes shorter than PR. North Hills begins at 7:20, but ends at 2:00, 25 minutes shorter than PR. Deer Lakes begins at 7:45 and ends at 2:35, 35 minutes shorter than PR. But out of all the districts around PR, Seneca Valley comes in as the most enviable, with a 8:09 start time, and a school end time at 2:41, 33 minutes shorter than PR.

Most of these schools have made their changes in recent years, due to the movement for later school start times. PR

also falls 39 minutes earlier than the average national start time of 7:59.

PR has looked at many different options for a new start time. Shifting the start time back to 7:45, 7:50, and 8:00 have been discussed as possible times. A more outside the box solution that was brought up was switching the school times of Eden Hall and the high school/middle school, but that option was eventually discarded.

As of now, the 7:45 start time looks the most likely to get recommended to the school board when they meet to make a decision on the matter. In the 7:45 plan, the first bus pickup would take place at 7:00 AM, 45 minutes later than the current time of 6:15, with school then starting at 7:45. School would end at 2:35 PM. The plan would have school start 25 minutes later and end 10 minutes later, cutting the school day by 15 minutes. These 15 minutes will be made up by making homeroom shorter and taking a minute out of each between-class-change. The school board will decide on a decision and a direction later this month.

DON'T FORGET THE MIDTERM SCHEDULE

January 15- periods 3 and 10

January 16-periods 4 and 11

January 17-periods 2 and 8/9

January 18- periods 1 and 5/6

BRACE YOURSELVES



Midterm Tips: What to Study?

ABBY MORELAND STAFF REPORTER

Since I'm only a freshman and it's my first time taking midterms at the high school, I looked up the top study tips to help me prepare. The top three tips were: process your notes, review concepts before, during, and after class, and make flashcards.

I know that in the middle school, we used to get study guides weeks before the midterms and review in class day after day. I know that some of my teachers have already prepared to do the same, but I like to study on my own and create a way that I feel helps me best when I need to study.

Like Google said, the top midterm studying tip was to process your notes. If you don't understand a topic in class or are having trouble understanding a concept, take notes in class. I do this a lot when it comes to a class where I have a bunch of different terms, like English and biology. For tests back in first quarter, I used to make my own page of notes for biology so that I put the lesson that we were learning in my own words. This helps me a lot, because then I can understand the topic in a way where I can remember and understand things easier.

When it comes to a class like studying for math, I usually go back to problems we worked out in class and cover up all my work and try doing it again to see if I get the same answer. Other people say they don't really study that much for math because they don't know how to study in the best way. Even if I don't necessarily study past examples, I usually look up the concept and find a video or picture to help me understand it.

For Social Studies it starts to get very hard to study. I look at the million terms on my study guide and wonder how in the world I'm going to memorize it all. Then, I remember Quizlet. The app that helps me no matter what. This even applies to all of my classes when I want an easy way to look at my phone and remember terms easy. I find the app most helpful (for me at least) when I need to study for Social Studies. I like to organize myself when it comes to studying, but instead of writing all the terms I have to know on multiple sheets of paper, I just go straight to Quizlet and type in the terms and definitions I need to know.

I find the most effective way to study when I write down the things I need to know over, and over again. This helps when I have a lot to study and I need to find little ways to help me not get topics or definitions confused.

Also, the environment I'm studying in is key. Most people need to listen to music when they study, but all I need is peace and quiet. I can't have any noises distracting me from what I'm trying to do. I also can't have the place I'm studying be too hot, because if it is, then I can't focus or be at a temperature that makes me comfortable. Lastly, I need study on my own. Some people are like that too, but a lot of people I know, like to study in groups or with someone. Whatever helps you study best is what you need to do.

A lot is on my mind about school and midterms is just another thing to think about. When I find the best studying tip for me, I can focus on the priority of time management and figure out how far before midterms I should study, and which classes will be my main focus.

My final tip to you is to study the way that works best for you. Whatever it may be, find a new way to understand topics in a way where it is easier to know something whether that's flashcards, Quizlet, jotting down notes, studying with a friend, or simply looking at your notes.

First Ski Trip: Snowy Success

CAMERON PERKINS STAFF REPORTER

The first ski trip to Seven Springs took place on December 21st. I was looking forward to the day because I thought skiing with friends was going to be a lot of fun. Additionally, the trip was the start of winter break which was a great way to start off the holiday.

On the bus ride to the slopes, it started snowing and there was a lot of fog. The conditions did not seem the best at first, but the snow falling was not a problem at all. It was actually more fun to ski in the snow than I had ever expected. The lights lit up the mountain in the dark, so the fog was not an issue either.

My friends and I stayed mostly on trails for easier skiing. Our favorite trails of the night were "Lost Boy" and "Phillip's Run." Besides the students in ski club, Seven Springs was not crowded which also made the trip enjoyable. Many members of the club learned to ski or snowboard for the first time while other members have been doing these activities for many years.

Overall, I would say the first ski and board club trip was very successful and I am looking forward to the upcoming trips. If you are considering joining ski and board club next year, I recommend that you try it because it is a great opportunity to have fun with your friends and try something new.

Zodiac signs- what 2019 has in store for you*

Aries- straight A's Taurus-meeting your idol

Libra-eventful summer

Gemini- going to more concerts

Cancer- doing well on your mid-terms and finals

Leo- less tests Aquarius-happiness

Virgo-growth Pisces-adventures

Scorpio- traveling Capricorn-clear skin

Sagittarius- less homework

* These are all fictitious! © YOU decide your own fate in 2019!

—ALEXA DEZLAN DESIGN EDITOR

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**THANKS FOR
READING,
RAMPAGE FANS!
SEE YOU NEXT
WEEK! 😊**