

This text was linked to data handling work in mathematics. Year 6 children conducted interviews with each other and with Year 5, to ascertain views on whether adults or children should decide on when bedtime should be. These were shared as a class and, prior to a formal debate, children were asked to use their findings to produce a balanced written discussion. Over the course of a week, children worked in small mixed ability groups; however, the written account, completed over two days, is entirely independent.

Should Children Choose their own bedtime?

In months we have been working on a data project on what time children go to bed. In years 4, 5, and 6 76% of children in this school have a set bedtime (mean is 8.30 pm) whilst 24% don't. We asked children in year 5 and 6 if they should be free to choose their own bedtime or should they leave it to adults who look after them? This is what they thought.

On the one hand, some children think they should get to choose because it gives them more idea of how to be responsible and it lets them show that they can be trusted. Sometimes they want to watch educational programmes on TV, which they can learn from, like ~~some~~ documentaries. Also, some older children thought they should be encouraged to watch serious programmes like the news, which is on late, so they can keep up to date with news around the world. If children can't stay up late they may not have time to do their homework or projects and then they will not do well in their SATS.

I personally think if adults stay up late, in the spirit of fairness, surely children should too.

However on the other hand, some children ~~say~~ ~~to~~ ~~say~~ said if they are allowed to stay up late they will be exhausted and they would not be able to concentrate at school. The reason parents set a ~~time~~ bedtime is so that you are full of energy in the morning. They do it for your own good. Some children think it's cool to stay up late when really it's not, although you should be able to stay up later at the weekend, because you don't have to ~~go~~ ~~to~~ ~~school~~ for school.

Not all late night TV programmes are suitable for children to watch. Normally after 9pm TV becomes inappropriate for children and may lead to nightmares or bad habits like smoking because they see it in films.

I hope this information has been informative to see both sides of the argument that the children in this school have to face. For more fascinating data on children's bedtime, visit the Year 6 maths page on the school website.

