

Text D: Letter to the Editor

Here is another letter to the editor on the topic of sleep deprivation among Hong Kong secondary school students. This one is written by a student.

Letters to the Editor
.....**Snoozing Students Made to Lose**

Thank you for publishing Ms Tanya Green's letter entitled "Snoozing Students Losing". I am so glad that Ms Green pointed out a serious problem to parents and teachers – maybe principals too.

I cannot agree more that some teachers tolerate students sleeping in class, particularly in afternoon lessons. In some cases, the problem is so bad that almost half of the class is snoozing! Yet, the teacher goes on teaching and is probably glad that those students won't disturb the lesson. I feel these teachers are not doing their job properly.

Students don't always sleep in class because they stayed up the night before playing computer games. Some of us really have a lot of school work and revising to do because some teachers like to assign a lot of work.

Another reason that students fall asleep in class is that the lesson is boring. Many teachers just stand there and talk, talk, talk for the entire lesson. The students can only listen quietly or have to write down everything that the teachers say. This way of learning is not interesting and it does not keep students awake.

If the teachers can be more creative and make the lessons livelier, then the students will pay attention. For example, they can use games, ask students to solve interesting problems or debate issues. How can students fall asleep when they are busy participating in activities? Not only that, they will also be learning.

I share Ms Green's concern that the problem is becoming common and that not many teachers and parents are doing anything about it.

Stephen Wong

Hong Kong Island Secondary School