

Situational writing [30 marks]

You are advised to write between 250 and 350 words for this section.

You should look at the poster on page 3, study the information carefully and plan your answer before beginning to write.

Recently, your school did a survey and found that many students are not getting sufficient sleep during the school week. As the President of the Student Council, you have decided to persuade the school to promote healthy sleeping habits among the students to benefit their learning and health. You will be presenting your speech to all students during morning assembly.

In your speech, you should address:

- The importance of having good quality sleep
- Two benefits of having sufficient sleep
- Two actions students can take to cultivate healthy sleeping habits
- One challenge that students may face in cultivating healthy sleeping habits and how to overcome it

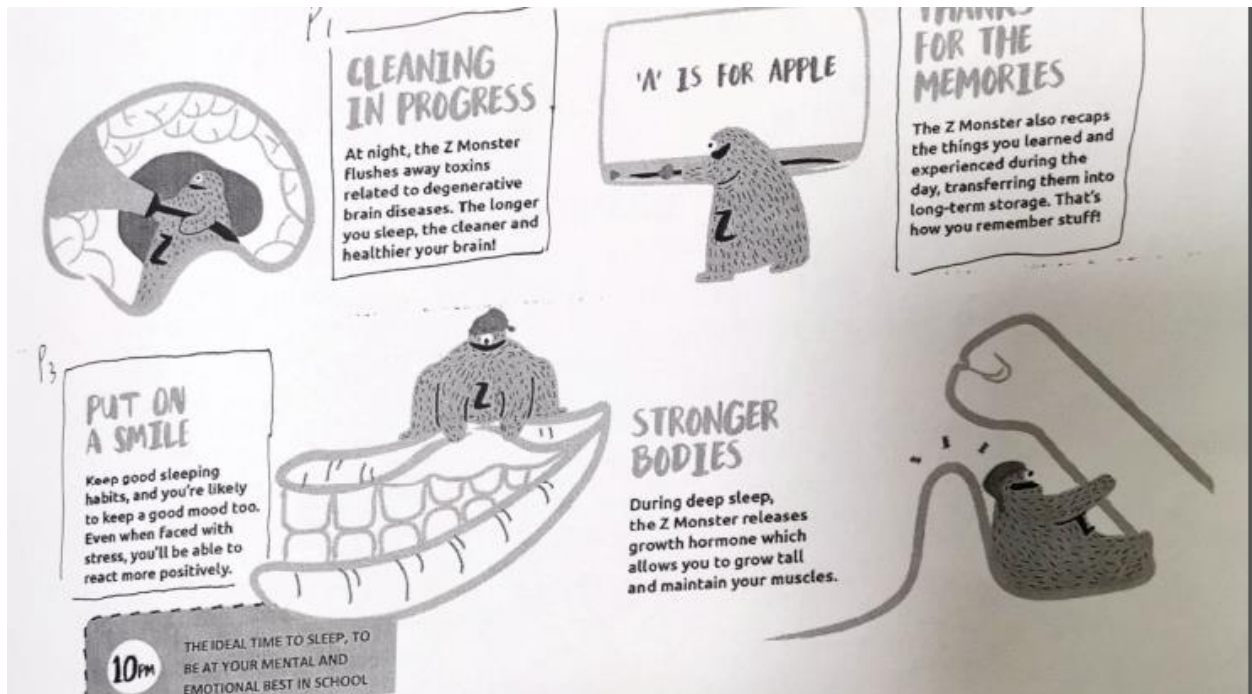
You may add any other details you think will be helpful.

Write your speech in clear, accurate English and in a concerned and persuasive tone to encourage your schoolmates to adopt healthy sleeping habits.

You should use your own words as much as possible.



7 in 10 students say they don't get good quality sleep during the school week. Are you one of those who's been avoiding the Z monster? Researchers at the Duke-NUS Medical School think you should welcome it instead, and here's why:



How to get the most out of your sleep

