



◀◀美國賓州上達比高中將上學時間延後到 9 點半，受到學生好評，圖為上達比高中的學生和校車。



睡飽有益身心

文 · 圖 / 美聯社 編譯 / 張瑩 審校 / Leila Edmunds

美賓州高中延後 2 小時上學

To improve teen students' mental health, some schools in the US start later. Many experts argue starting school later can help students get the sleep they need. California became the first state to mandate a later school start time. Public middle and high schools cannot start earlier than 8 AM and 8:30 AM, respectively. In the state of Pennsylvania, some high schools have pushed the start time back by two hours, from 7:30 to 9:30.

It's a welcome shift for many students. "I'll be honest, I've been much happier in the mornings.

I've been more positive, and I've come to school smiling more rather than, you know, grudging out of bed and stuff like that at 7:30," said one student.

Also, school officials said much of the mental health struggle and social anxiety students felt after coming back to in-person learning has dissipated.

為了改善青少年的心理健康，一些美國學校決定延後上學時間。許多專家認為，延後上學時間可以幫助學生獲得所需的睡眠。加州率先規定中小學必須延後上學時間，公立

中學和高中的上課時間必須分別在 8 點和 8 點半之後。在賓州，則有一些高中將上學時間推遲了兩個小時之多，從 7 點半推遲到 9 點半。

對於許多學生而言，他們歡迎這個新政策。一名學生說：「老實說，早上我更開心了。我變得更積極，更常面帶笑容來到學校，而不是，你知道，因為得在 7 點半勉強起床而垂頭喪氣之類的。」

此外，校方也表示，學生恢復實體學習後所經歷的心理健康問題與社交焦慮，多半已消失。

世衛取消新冠全球緊急狀態



▲身穿防護服的北京工作人員為一名男性進行 COVID-19 檢測。

The World Health Organization (WHO) downgraded the COVID-19 pandemic on May 5th, saying it's no longer a global health emergency. The WHO first declared the coronavirus to be an international crisis on Jan. 30th, 2020. Since then, it has triggered widespread lockdowns, upended economies and killed millions of people worldwide.

The pandemic has been on a "downward trend" for more than a year, but Dr. Tedros Adhanom Ghebreyesus, the head of the WHO,

warned this does not mean it is over. He said countries must remain vigilant in case a new highly infectious variant emerges.

世界衛生組織在 5 月 5 日下調了新冠肺炎大流行病的級別，稱它不再是全球公共衛生緊急事件。世衛組織在 2020 年 1 月 30 日首次宣布新冠危機是國際危機，該危機造成廣泛的封鎖、打亂經濟並在全球造成數百萬人死亡。

降級是因為這個大流行病一年多來呈現「下降趨勢」。但世衛秘書長譚德塞警告，這並不代表新冠疫情已經結束。他說，各國仍須保持警惕，以防出現新的高傳染性變種。



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