

GRADE 7 ENG  
ELA Grade 7 CCS Practice

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Yonkers City School District

Student Name: \_\_\_\_\_

Teacher Name: \_\_\_\_\_

Read the following and answer Question 1 through Question 6:

## **Need Those ZZZZZs: Young Night Owls Still Require Plenty of Sleep**

*by Kathiann M. Kowalski*

1        You've got to get an early start tomorrow, but you're not sleepy yet. Blame your brain, at least in part.

2        Yet that same brain is still under construction. And much of that important work takes place on the night shift—while you sleep. Here's what's happening—and why it matters.

### **Hello, Night Owl!**

3        Today's lifestyle is one reason for late bedtimes. Many teens don't finish with after-school activities, part-time jobs, dinner, chores, and homework until 10 p.m. or later. Add in some time for relaxing, and bedtime may not roll around until 11 p.m. or nearly midnight.

4        Those "relaxing" activities can actually delay sleep longer. Screens for television, games, computers, tablets, e-readers, and cell phones give off blue light. "The brain reads that as daylight," says Kyla Wahlstrom, an expert on education and sleep at the University of Minnesota.

5        In response, the brain cuts back melatonin, a hormone that promotes sleep, explains public health professor Lauren Hale at Stony Brook University. Plus, time is limited. "If you're doing more screen time, you're getting less sleep time," she says.

6        "There are emotions involved in going online Hale adds. Falling asleep can be harder if texts, chat, social media, or even sports reports excite or upset you. Caffeine from sodas and energy drinks makes matters worse.

7        Even without modern technology, though, teens shift their circadian rhythm. That's the daily cycle for sleeping, waking, and various other activities. In particular, the brain's pineal gland starts releasing melatonin later. That's the "sleepy" hormone.

8        Teens' time shift is a little like the jet lag you'd feel traveling from New York to Colorado. Until your body adjusts, you'd stay up later despite the time change. But teens' brains stay in that later time zone.

### **Sleep Deprivation**

- 9 The rest of the world doesn't shift, however. So most teens must head to school before they've gotten the 8.5 to 9.5 hours of sleep recommended by the American Academy of Pediatrics (AAP). And that's a serious public health problem.
- 10 For one thing, lack of sleep makes it harder to pay attention. When studies compared teens who had earlier and later school start times, they found that those who had more time to sleep did better in class. They also suffered fewer accidents in sports, driving, and other activities.
- 11 Adequate sleep is important for learning too. "Basically at night the sleep processes all your information from the previous day" says Wahlstrom. She compares it to cleaning up a computer's hard drive.
- 12 Lack of sleep could hurt mental health. Studies have found an inverse correlation<sub>1</sub> between teens' amount of sleep and depression and other mental illnesses. As sleep time went down, the risks for the mental illnesses went up.
- 13 Beyond that, sleep-deprived teens report more relationship problems and feelings of inadequacy. "They just get overwhelmed," Wahlstrom says.
- 14 Having sleep cut short could curb the brain's processing of emotions from the previous day. For some reason, Wahlstrom says, "The negative stuff hangs on longer." Crankiness can result, especially if you don't feel well.
- 15 Other studies suggest sleep-deprived teens get sick more often. "Our immune system is negatively affected by inadequate sleep," notes psychologist and academic affairs vice president Amy Wolfson at Loyola University Maryland.
- 16 Weight control suffers from too little sleep too. "Hormonally, your body is saying "eat more, eat more," explains Hale. And because lack of sleep lowers impulse control, you're more likely to grab chocolate cake than celery.
- 17 "You don't just think better and act better" when you get enough sleep, adds psychiatry professor Mary Carskadon at Brown University "You look better" One study found that the more sleep people got, the more likely people were to find them attractive.

### **Under Construction**

- 18 Just as importantly, burning the midnight oil can interfere with brain development. When teens hit puberty, the number of long brain waves drops during non-REM (rapid eye movement) sleep.
- 19 Neuroscientists Ian Campbell and Irwin Feinberg at the University of California, Davis,

suggest the drop shows that the brain is pruning unnecessary connections between nerve cells. The brain loses some plasticity—the ability to adapt in response to injury or other big changes. But the process lets the brain mature. "It will streamline your brain—make it a more efficient adult brain," explains Campbell.

- 20 Lots of issues remain for sleep researchers to explore. For now, though, studies are clear: Teens' brains need sleep!
- 21 In August 2014, the AAP urged high schools nationwide to delay start times to at least 8:30 a.m. Later starts can let teens get a bit more sleep when their brains really want it. Unfortunately, not all schools can or will heed that advice. And you can't easily change your body's natural circadian rhythm.

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**<sup>1</sup>inverse correlation:** a relationship between two factors, where when the value of one factor goes up, the value of the second factor goes down

- 1 The use of quotation marks around the word "relaxing" in paragraph 4 suggests that
- A some activities hinder true relaxation
  - B deep sleep helps one experience true relaxation
  - C teens do not value activities that give true relaxation
  - D blue light helps one experience true relaxation
- 2 Which statement **best** describes how the section "Hello, Night Owl!" supports a central idea of the article?
- A It describes an important cause and effect relationship.
  - B It creates an effective comparison and contrast between ideas.
  - C It provides evidence that disproves a popular theory.
  - D It presents a counterargument to the initial claim.
- 3 Which idea would be most important to include in a summary of the article?
- A "Screens for television, games, computers, tablets, e-readers, and cell phones give off blue light." (paragraph 4)
  - B "Caffeine from sodas and energy drinks makes matters worse." (paragraph 6)
  - C "For one thing, lack of sleep makes it harder to pay attention." (paragraph 10)

D "One study found that the more sleep people got, the more likely people were to find them attractive." (paragraph 17)

4 Which claim from the article is **most** strongly supported with evidence?

A "Even without modern technology, though, teens shift their circadian rhythm." (paragraph 7)

B "The rest of the world doesn't shift, however." (paragraph 9)

C "Lack of sleep could hurt mental health." (paragraph 12)

D "Lots of issues remain for sleep researchers to explore." (paragraph 20)

5 Which sentence from the article **best** shows the author's point of view?

A "Blame your brain, at least in part." (paragraph 1)

B "And that's a serious public health problem." (paragraph 9)

C "Crankiness can result, especially if you don't feel well." (paragraph 14)

D "And you can't easily change your body's natural circadian rhythm." (paragraph 21)

6 Which paragraph **best** summarizes a central idea from the article?

A paragraph 1

B paragraph 3

C paragraph 20

D paragraph 21

Read the following and answer Question 7 through Question 9:

*The narrator, her brother, Moy, and her mother, Manman, have just emigrated from Haiti to reunite with their father in Brooklyn, New York.*

## **Excerpt from *Behind the Mountains***

*by Edwidge Danticat*

*Friday, December 22*

- 1 We slept until noon, then ventured out to see the street. The snow had stopped falling, but there was still a lot of it on the ground.
- 2 The street was quiet; the red-bricked row houses lined up like snow-capped soldiers standing at full attention. The snow now seemed to muffle things, even people, who as they walked past us would keep their heads low, close to their chests, their entire bodies covered in layers of thick material, their faces wrapped with scarves, which, even if they were looking at us, would barely allow us to see their eyes.
- 3 It suddenly occurred to me that we looked like those people. Papa had gotten us sweaters, knit caps, scarves, coats, and rubber boots that made squishing noises each time we took a step.
- 4 Out in the cold, I understood why the people walking past us didn't raise their heads, for each time I raised mine, my nose ran, my eyes watered, and my face twitched as though a million ice needles were being hammered into my skin. Each time I took a step, I kept slipping on ice patches, nearly falling down. Even though the sun was shining, it did nothing to warm me. Instead it seemed allied with the chill, transforming itself into something I never knew existed, a cold sun.
- 5 Needless to say, we were only outside for a few minutes. Manman couldn't bear much more than that and pleaded with Papa to take us back inside.
- 6 Papa said we would soon get used to the cold, just as he has. But I don't think I will ever get used to this cold that seeps into your body, all the way to your bones.

*Later*

- 7 We live in a two-bedroom apartment on the ground floor of one of the row houses owned by Franck. Manman and Papa have the larger bedroom and I have a smaller one next to theirs. Poor Moy is sleeping in the front room again.
- 8 We are waiting for a larger apartment upstairs which will become available at the end of February. Then Moy will finally have his own room.

9 After our brief trip outside, we spent the afternoon cooking and talking. Papa wanted to hear about everything that's happened in Beau Jour since he's been gone. He had so many questions that even before we finished answering one question, he already had another. It seemed like he asked about everyone and everything he's ever known. Moy appeared to enjoy answering the questions the most because he was finally getting to speak to Papa, face-to-face, man to man. I feel as though I can see inside Moy's head. There must be something in him that feels complete now, just like something in me feels whole, like a piece of me that's been missing for five years has finally been found.

*Saturday, December 23*

10 It's another cold day, but we decided to be brave and go out because Papa was going to take us shopping.

11 We took a bus near our house to Flatbush Avenue, which gave us a chance to see more of Brooklyn without being too cold. I kept my face glued to the window, watching the streets go by: more row houses, lines of detached ones, too, and then clusters of giant buildings that could house most of Port-au-Prince.<sup>1</sup>

12 Moy pointed out the parks, which were empty, the trees bared by the cold. None of Granme Melina and Granpe Nozial's mango, almond, and avocado trees would survive here in the cold.

13 Manman called our attention to churches, beauty parlors, and restaurants, all of them bigger than any buildings I had ever seen in Port-au-Prince. I could tell that these buildings amazed her, too, by their size and matching constructions, by the fact that there appeared to be so few people in them, compared to how crowded they would have been in Port-au-Prince.

14 Moy said the names of the mechanics' shops and gas stations out loud as Papa corrected his pronunciation in English. The signs here were not as colorful as the ones that Bos Dezi made or as brightly embellished as the ones in Carrefour, but some were written in lights, which impressed Moy nonetheless.

15 I wish Therese could see all of this. She would be so amazed. Having spent even less time in Port-au-Prince than I have, Brooklyn would have been all the more startling to her.

16 Looking around, I kept thinking the same thing I did the first time I went to Port-au-Prince with Manman. How can some people live in a small village in the mountains with only lamps for illumination at night and others live in a city where every street corner has its own giant lamp? It made the world seem unbalanced somehow.

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<sup>1</sup>**Port-au-Prince:** the capital of Haiti, with a population of about 1 million people

7 Explain how paragraph 8 of "Excerpt from *Behind the Mountains*" contributes to the story. Use **two** details from the story to support your response.

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8 What is a central theme of "Excerpt from *Behind the Mountains*"? Use **two** details from the story to support your response.

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9 How do the new environments affect the narrator in "Excerpt from *Behind the Mountains*" and Kia in "Excerpt from *Little Cricket*"? What events suggest that the narrator and Kia are each adapting to their new environments? Use details from **both** stories to support your response.

In your response, be sure to

- explain how the new environment affects the narrator in "Excerpt from *Behind the Mountains*"
- explain how the new environment affects Kia in "Excerpt from *Little Cricket*"
- describe the events that suggest the narrator and Kia are each adapting to their new environments
- use details from **both** stories to support your response





Read the following and answer Question 10 through Question 11:

**Excerpt from**  
***How I Lost My Station in Life***  
*by E.L. Konigsburg*

- 1        Although there were occasions, like music days, when I did not enjoy school, I always enjoyed—really, really enjoyed—being the baby of the family. There were only two of us. Although Harriett was smart and responsible, these things were expected of her, for she was the older sister. The baby of the family is never expected to do things as well as the older ones do and when you are the baby of the family, they are all the older ones. The baby of the family is always in training. She gets the kind of attention that is something between being a daughter and being a household pet. And she feels slightly adorable even when she isn't. There is an *unexpected* quality to everything you do when you are the baby of the family.
- 2        Phoenixville was a mill town. The mill was called Ajax. I don't know what was manufactured there, but I do know that when the mill closed down, people stopped buying dresses and dry goods. My parents had to close up shop, and we had to move from over the store.
- 3        I was in the middle of fifth grade. I was in the middle of learning about decimals in math and in the middle of learning about the middle of Europe in geography. Before we left, my school principal gave my mother two envelopes for my new school principal. One had my school records and the other had a "To Whom It May Concern" letter. My mother never let me see that letter because it contained my IQ and standard test scores, which were big secrets back then, especially to the person whom they most concerned—me. I had overheard my mother and father whispering about that letter, and I knew they were proud of whatever it said.
- 4        We packed up the family Plymouth four-door and went west, all across the width of Pennsylvania, and moved in with Aunt Rozella in Youngstown, Ohio.
- 5        Compared to Phoenixville, Youngstown was big. Last year's geography book printed **Youngstown** in boldface and gave it four lines of text. Phoenixville was not even mentioned.
- 6        Compared to our place over the store, Aunt Rozella's house was big. Aunt Rozella's husband was so successful that I was sure that if he ever appeared in a textbook, **Uncle Iz** would be printed in boldface and be given at least four lines.
- 7        Although this was to be only a temporary arrangement until we could find affordable

housing, I think my mother did not like being beholden to her younger sister; and I think having a whole family move in must have felt like a minor invasion to Aunt Ro. She had a big house, yes, but she had her own uses for it. There was Aunt Ro herself, Uncle Iz, Dorothy, their live-in maid, and their adorable little boy, my cousin Morley. Morley was smart for his age—not smart enough to get A’s in school, but only because he was too young to go.

8        Except for Morley, who paid attention to no one, and my father, who was on the road in the Plymouth four-door, none of us was very comfortable during the week in Aunt Ro’s big house with the live-in maid.

9        Weekends were another matter. On weekends we went to Farrell, just over the state line in Pennsylvania, where my father would meet us. There we stayed with my father’s sister. Aunt Wilma worked in a bakery, and she lived over the store, and her children—she had two—were older than I was, older than Harriett, and one of them was old enough to drive us from Youngstown to Farrell. At Aunt Wilma’s we were much more crowded and much more comfortable.

10       But on Mondays it was back to Youngstown.

11       Right across the street from Aunt Rozella’s house was Warren G. Harding Elementary School, and a few blocks farther on was Rayen High, the only public high school on the entire Northside. A lot of kids from lesser neighborhoods went there. Harriett registered at Rayen. Once enrolled, she could remain there even after we found affordable housing.

12       Warren G. Harding Elementary School, on the other hand, did not have kids from lesser neighborhoods; so when my mother marched across the street to register me for the fifth grade, she knew that I would not be there when we moved into our affordable housing in a lesser neighborhood. I would be there for a few weeks at most. It was the time of year between the end of Christmas break and the start of a new semester, and both Mom and Dad had promised that by the start of the new semester, we would leave Aunt Ro’s. So even though my mother knew that going to Harding would be a temporary thing, she took that “To Whom It May Concern” letter over to the principal and enrolled me in their fifth grade.

13       By this time I had observed that my cousin Morley, who paid attention to no one, needed a lot of attention himself. Furthermore, whenever attention was to be paid, he always needed to be the center of it. I had also observed that as adorable as he was, when Morley didn’t get his way, he was not. Furthermore, as the new family pet, he was treated as extremely adorable even when he wasn’t even slightly.

14       As long as we lived at Aunt Ro’s, I would be expected to do things as well as the older ones because I was one of them now. As long as we lived at Aunt Ro’s, I would have to

make do with only one of my two best things; and that was getting A's.

- 10** How does paragraph 10 affect the reader's understanding of the story? Use **two** details from "How I Lost My Station in Life" to support your response.

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- 11** Why is Morley important to the narrator's understanding of herself? Use **two** details from the story to support your response.

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Read the following and answer Question 12 through Question 18:

**Excerpt from *Coral Reef:*  
*A City That Never Sleeps***

*by Mary M. Cerullo*

- 1 By late afternoon, the daytime fishes become less interested in feeding and start to move closer to their evening retreats. Perhaps they grow nervous as their day vision becomes less efficient at dusk. The smallest fishes start the rush hour to return to their shelters for the night. Soon others follow their example.
- 2 The bright colors of the diurnal<sup>1</sup> fishes fade fast in the twilight. Some fishes can actually adjust color cells in their skin to alter their flashy daytime look to dull, darker night shades. The gathering gloom just makes others appear darker. The best defense is to disappear entirely inside the coral reef, because now the fishes' dark outlines are silhouetted against the setting sun to predators below.
- 3 Parrotfishes leave their feeding grounds in single file to seek out their individual hiding places in the reef. Some parrotfishes secrete a sticky cocoon from beneath their scales to seal their scent from hungry moray eels. If any creature tries to penetrate the mucus bubble, the parrotfish wakes up and bolts from its "bedroom." Some species of wrasses<sup>2</sup> also make cocoons for the night. Others bury themselves in the sand.
- 4 Because fishes don't have eyelids to close, it's impossible to tell whether or not most fishes are really sleeping. Parrotfishes do seem to go into a trance-like state at night. If they are disturbed from their rest, they act dazed and confused, like humans wakened out of a sound sleep.
- 5 A triggerfish locks itself inside a coral cave with a tall spine on its back fin. One spine folds down over the first spine like a door latch to hold it in place. Only the triggerfish can release its trigger spine, so a moray eel can't pull it from its retreat.

**Shadow Patrols**

- 6 Many carnivores, such as jacks, snappers, sharks, barracuda, and groupers, take advantage of the weariness and confusion of transition time on the reef. Their eyes, sensitive to dim light, are better equipped for this time of day than those of the diurnal fishes. Though twilight predators are not very good at distinguishing colors, they can detect shape, outlines, and movement well. The daytime fishes flowing back to the reef offer a constant stream of shape and movement.
- 7 Many predators that have been quietly waiting in the background all day become more

active at dusk and dawn. The crepuscular<sup>3</sup> hunters have ingenious<sup>4</sup> ways of picking off their prey. A grouper leaves its den beneath a coral overhang to vacuum up prey with its cavernous mouth. By thrusting out its lower jaw, its mouth becomes big enough to swallow almost any prey. It has been rumored that giant groupers (which may weigh up to 1,000 pounds) have been known to swallow divers whole! Then, the stories go, they spit them out again because they don't like the taste of their wetsuits.

- 8 Streamlined jacks hunt in packs like jackals. They surround a school of fish, separate several from their companions, and bring them down after a high-speed chase. A lionfish may use its winglike side fins to sweep fish into a corner of the reef where they can't escape. Other times, it lies motionless and gulps fish that come too close.
- 9 Although sharks visit the coral reef at dawn and dusk, they have such an effective array of sensory devices that they can zero in on prey at any time. Their excellent sense of smell has earned sharks the nickname of "swimming noses." Sharks' lateral lines are especially sensitive to the low-frequency vibrations given off by struggling fishes. Their most impressive sense is located inside sensory pores on the snout. This sense detects the faint electric pulses generated by the beating hearts of their victims. Vision is probably their weakest sense, yet many sharks have catlike eyes with mirror cells to reflect and concentrate dim light. Some sharks' eyes are so sensitive that they can hunt by starlight on a moonless evening.
- 10 Dusk, that time between twilight and full darkness, is the spawning time for many diurnal fishes. As one scientist explains, "It gives their eggs and sperm a twelve-hour head start to escape the hungry mouths on the reef." Many daytime fishes move into deeper water, rise to the surface, or spawn during outgoing tides to let ocean currents carry their eggs and sperm to less populated areas far from the reef.

### **Ghost Town**

- 11 About ten minutes after sunset, an eerie quiet descends on the reef. Swaying sea fans provide the only visible movement, like tumbleweeds blowing through a ghost town in a Western movie. The coral passages are silent, deserted, and vaguely menacing. The daytime fishes have retreated to their shelters. Many large predators have headed off with the setting sun into the deeper waters beyond the reef. Others—some groupers, snappers, and reef sharks—remain hidden in the shadows where they can ambush any lone stragglers.
- 12 The quiet period lasts only about 15 to 20 minutes. Then, as abruptly as if a film director had shouted "Cut!" nocturnal creatures burst onto the set and the scene changes to night maneuvers.

<sup>1</sup>**diurnal**: active during the daytime

<sup>2</sup>**wrasses**: marine fish of tropical and temperate seas having thick lips, strong teeth, and usually a bright coloration; many are used as food

<sup>3</sup>**crepuscular**: active in the twilight

<sup>4</sup>**ingenious**: clever

- 12 According to the article, why do some parrotfishes make a cocoon?
- A to attract other fishes to their hiding place
  - B to show other fishes they are asleep
  - C to create a safe place for their eggs
  - D to hide themselves from predators
- 13 Why are some diurnal fishes harder to see in the evening than in the daytime?
- A The movement on the reef blurs their shapes.
  - B Their predators can only detect outlines.
  - C The light casts shadows that hide them.
  - D Their skin color changes to blend in.
- 14 What statement **best** summarizes the information in paragraphs 1 and 2?
- A Daytime fish who live in the coral reef generally stop feeding at dusk.
  - B Fish have the natural ability to become less visible at night in the coral reef.
  - C Predatory fish hide in the coral reef so they can feed on the diurnal fish.
  - D Fish in the coral reef have remarkably better vision during the day.
- 15 Which sentence from the article **best** explains why some fishes may be dangerous to humans?
- A “Though twilight predators are not very good at distinguishing colors, they can detect shape, outlines, and movement well.” (paragraph 6)
  - B “Many predators that have been quietly waiting in the background all day become more active at dusk and dawn.” (paragraph 7)
  - C “The crepuscular hunters have ingenious ways of picking off their prey.” (paragraph 7)
  - D “By thrusting out its lower jaw, its mouth becomes big enough to swallow almost any prey.”

(paragraph 7)

- 16 What does the phrase “zero in on” in paragraph 9 mean?
- A to locate
  - B to look
  - C to threaten
  - D to smell
- 17 The author develops a central idea about how fishes adapt to their environments by focusing **mostly** on the
- A light in the water
  - B depth of the reef
  - C currents in the water
  - D shape of the reef
- 18 Which detail is **most** important to include in a summary of the article?
- A “Because fishes don’t have eyelids to close, it’s impossible to tell whether or not most fishes are really sleeping.” (paragraph 4)
  - B “Many predators that have been quietly waiting in the background all day become more active at dusk and dawn.” (paragraph 7)
  - C “It has been rumored that giant groupers (which may weigh up to 1,000 pounds) have been known to swallow divers whole!” (paragraph 7)
  - D “Many daytime fishes move into deeper water, rise to the surface, or spawn during outgoing tides . . .” (paragraph 10)