

## Dear Parents and Guardians:

As you know, the High School's daily schedule is being restructured to run the current nine periods of instructional time beginning at approximately 8:30 a.m. instead of 7:45 a.m. and ending at 3:00 p.m. instead of 2:22 p.m. This change will take effect in September.

The shift is being made to allow students approximately 45 extra minutes of sleep in the early morning, which will increase student performance, elevate the overall health of our students, and ultimately improve the learning process.

Change is a challenge for everyone, and it takes time to adjust. Some of the resources below may be useful to parents and guardians as they prepare their families for the start time change.



We thank you in advance for your cooperation as we move forward in implementing the later start time at the High School. We're confident that our students, parents and staff members can work together to "provide a safe, positive and stimulating environment — one that fosters self-growth, a passion for continuous learning, confidence and the ability to succeed in a changing world."

## *additional* Resources

### The National Sleep Foundation

[www.sleepfoundation.org](http://www.sleepfoundation.org)

Find facts on adolescent sleep needs and patterns, and get advice on how to maximize the value of your sleep from this nonprofit organization dedicated to alerting the public to the importance of adequate sleep.

### School Start Time.org

<http://schoolstarttime.org>

Read a wide sampling of annotated sleep research from the scientific community and case studies from school districts that have instituted a later start time.

### American Psychological Association

[www.apa.org](http://www.apa.org)

Read the October 2001 cover story from the APA's professional journal, *Monitor on Psychology*: "Sleep deprivation may be undermining teen health."

### Glens Falls City School District

[www.gfsd.org](http://www.gfsd.org)

Check the High School's home page on the district web site for links to the School Start Time Committee's research, analysis and recommendations.

## Did you know?

# Quick facts about teens and sleep

- Studies have proven that adolescents have trouble staying awake in early-morning classes because of their biological clocks, not lethargy, "laziness," or lack of parental discretion (*Lawton 2005*).
- Poor sleepers are more likely to fail a grade than other students are, even when they do a similar amount of homework (*Kahn, et al. 1989*).
- Research has shown that sleep deprivation in teens can lead to irritability and impulsiveness (*Bates, et al. 2002*); depression and lower self-esteem (*Fredriksen, et al. 2004*); and decreased functionality, even though the teenager may not report feeling sleepy (*Beatty, 2001; Horowitz, et al. 2003*).
- Adolescents require at least as much sleep as they did when they were children, generally 8 1/2 to 9 1/4 hours each night (*Carskadon et al. 1980*).
- A 2006 poll conducted by the National Sleep Foundation on 1,600 adolescents nationwide found that more than half (56%) of teenagers report getting less sleep than they need to feel rested during the school week.
- A large-scale longitudinal study of schools that changed their start times showed that for all six grade levels (7-12), there was a significant increase in reported academic grades with progressively later start times (*School Start Time Study, 2000*).
- A 2011 report from the Brookings Institute recommended starting school later in the day for middle and high school students as an organizational reform with the greatest potential to increase student performance at modest costs.