

Dear Parents and Guardians:

This is the second in our series of publications designed to help you acclimate your family to the High School's later start time in September, and keep you informed about the district's preparations for a smooth and results-oriented transition.

The district's independent traffic study around the High School/Middle School campus is progressing, and we expect a preliminary memo on existing conditions and draft alternatives within the next few weeks.

The City and the Glens Falls Transportation Council are partnering with GFSD on this comprehensive evaluation. Resource Systems Group (RSG, Inc.)—a firm that specializes in planning, analysis, and management of transportation design—is conducting the study.

In mid-January, the team held a site visit to collect a wide range of data. The team studied early-morning circulation patterns, set up road tubes to collect traffic data throughout the day, met with staff members of both schools for their perspective and feedback, and conducted a site analysis of the parking lots, access roads and other campus structures. Data from the Glens Falls Police Department will help complete the safety analysis portion of their report. Additional demographic data from the schools will be incorporated into the report as well.

We expect the final analysis to suggest a range of options for improving traffic flow and student safety, from easy-to-implement, low-cost improvements to more significant infrastructure changes that the district could consider.



additional Resources

Glens Falls City School District

www.gfsd.org

Check the High School's home page on the district web site for summaries of current and ongoing research, updates on the traffic safety study and recommendations, questionnaires for the St. Lawrence University academics and sleep study (when they become available), and links to the School Start Time Committee's research, analysis and recommendations.

The National Sleep Foundation

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.

Watch for the detailed parent letter St. Lawrence University to study GFHS start time change

Glens Falls High School is partnering with a research team from Saint Lawrence University to conduct a longitudinal study on how the school start time change affects academic achievement and overall health of students.

All students in grades eight through twelve will be asked to participate in this voluntary study, which includes a series of questionnaires that ask about sleep times, mood, caffeine use and personal preference to stay up late or get up early. Participating students will also complete a sleep diary for one week.

Data will be collected from participants in April of 2012 (to create a baseline for comparison before the start time change takes effect), in November of 2012, and again in April of 2013, to provide for a comprehensive analysis of how students fare with a later start time. Students will be paid for their participation, and all surveys will be available for review online at the district's web site.

"We want to stress that participating in this study is completely voluntary for students," says High School Assistant Principal Liz Collins. "While any parent can easily opt their child out of survey participation, we hope to have as many students in the study as possible, so we can have the best data for the analysis."

Lead researcher Dr. Pamela Thacher holds a Ph.D. in Clinical Psychology from the University of Connecticut and completed a post-doctoral fellowship at the E.P. Bradley Sleep and Chronobiology Laboratory in Providence, Rhode Island.

Watch for the detailed parent letter arriving in your mailbox soon.

www.gfsd.org