

Dear Parents and Guardians:

This is the third 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.

Traffic Study: District leaders have received the preliminary memo on existing traffic conditions and draft alternatives from the independent traffic study around the High School/Middle School campus. Researchers from Resource Systems Group (RSG, Inc.) will be meeting with administrators next week to help evaluate 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.

The City and the Glens Falls Transportation Council are partnering with GFSD on this comprehensive evaluation. RSG, Inc. specializes in planning, analysis, and management of transportation design.



additional Resources

Pointers for Parents

Educate yourself about adolescent development, including physical and behavioral changes you can expect, especially those that relate to sleep needs and patterns.

Talk with your children about their individual sleep/wake schedules and levels of sleepiness. Work with them to adjust their schedules, extracurricular and/or employment activities to allow for enough sleep, if necessary.

Encourage your children to **complete a sleep diary** during a typical week (students participating in the St. Lawrence University study will be doing this in early May). The diary can give you specifics to continue the conversation about your family's sleep and health.

Be a good role model make sleep a priority for yourself.

Source: *The National Sleep Foundation*

www.sleepfoundation.org

Opt-out period continues First data collection for St. Lawrence Univ. sleep study to begin soon

Students in grades eight through twelve will soon be asked if they'd like to participate in the longitudinal study on how the school start time change affects academic achievement and overall health of students.

Unless parents return the opt-out form that was mailed home in early April, students will decide whether to answer 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, and will be paid (\$5) for completing the log.

The research is being carried out by a team from Saint Lawrence University that includes Dr. Pamela Thacher (who 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), and Dr. Serge Onyper (who holds a Ph.D. in Experimental Psychology from Syracuse University and whose research identifies factors that influence human cognition, specifically aspects of learning and memory).

Parents and guardians can view questions contained within the surveys online at the High School's web page on www.gfsd.org. Data will be collected from participants in May 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. Aggregate results of the study—which could be one of the most comprehensive and thorough examinations of the effects of a start time change on a high school population, nationwide—will be shared with parents, students, and the school community.

www.gfsd.org