

High School Start Time Forum

Wednesday, October 19th

7:00 p.m. at Angier Elementary School
1697 Beacon St.

Come to provide feedback on positive/negative impacts of potential changes.

The high school start time working group seeks to find solutions that increase sleep opportunities, improve overall health and wellness, ensure equitable impact, and balance benefit and impact.

Please send feedback to: laterstart@newton.k12.ma.us

Find more information at: www.newton.k12.ma.us/laterstarttime

Sleep Research

- Sleep cycle shifts later (sleepy after 11 p.m.)
- Teens need at least 8 hours
- Only 22% of Newton teens have opportunity for 8+ hours
- AAP, AMA, CDC support later start times

Potential Impacts

- New school hours K-12
- Financial costs (\$0-\$750K)
- Before/after school childcare needs and activities change
- Early bus pick ups for K-5

Process

- Analyzed 8000 surveys from parents, families, and students
- Broad community and staff feedback
- Developed 6 options for further discussion