



# Start School Later

The case for starting New Fairfield  
High School Later



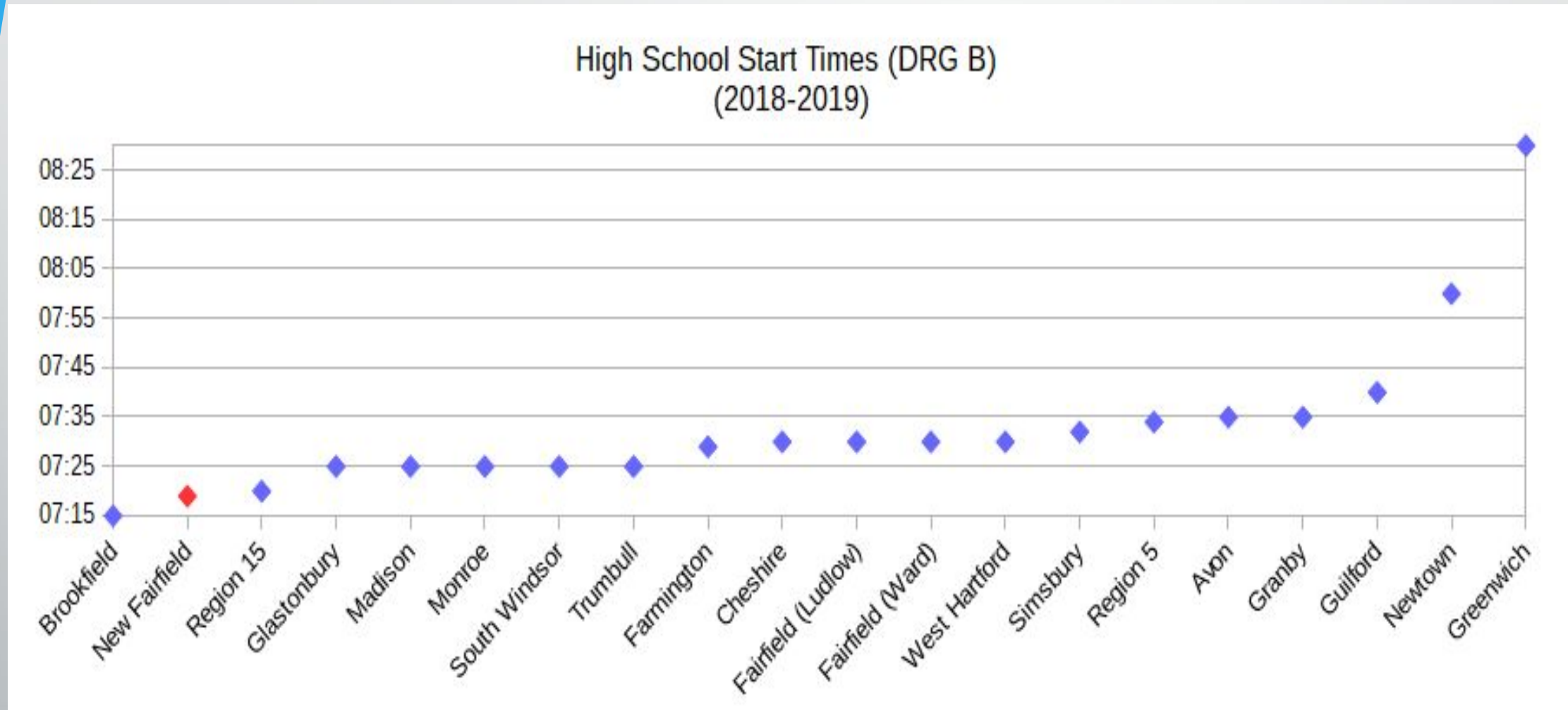
# In a nutshell

- Teens require about 9 hours of sleep per night
- US HS seniors average around 7 hours of sleep per night
- Teens undergo a biological shift in sleep cycles making it difficult to fall asleep before 11pm
- Sleep deprivation in teens strongly associated with:
  - Increase in traffic accidents
  - Increase in depression, thoughts of suicide and suicide attempts
  - Increased risk of obesity
  - Lower academic performance

# A public health issue

- "Sleep deprivation is a growing public health issue affecting our nation's adolescents, putting them at risk for mental, physical and emotional distress and disorders" **American Medical Association**
- "Chronic sleep loss in children and adolescents is one of the most common – and easily fixable – public health issues in the U.S. today" **American Academy of Pediatrics**
- "Adolescents today face a widespread chronic health problem: sleep deprivation" **National Sleep Foundation**
- "Children and adolescents who do not get enough sleep have a higher risk for many health problems, including obesity, diabetes, poor mental health, and injuries" **Centers for Disease Control & Prevention (CDC)**
- "Chronic sleep loss among teens is associated with a host of problems, including poor school performance, increased depressive symptoms, and motor vehicle accidents" **American Academy of Sleep Medicine**

# New Fairfield HS starts too early



# Let's be leaders, not followers

- Districts and entire cities across the country and world have taken notice
- They are changing their start times & seeing immediate, positive impacts
- Our kids continue to face higher risks physically, emotionally, mentally, academically and athletically

CT Districts Already Changed	CT Districts Actively Investigating	
Wilton 2003	Ridgefield	West Hartford
Newtown 2017	New Canaan	Brookfield
Greenwich 2017	Bethel	Westport
Guilford 2018	Norwalk	

# What does this mean for New Fairfield?

- NO change for Consolidated or MHHS
- Aligning High School with the Middle School start time between 7:50 and 8:00 am
  - Allows for sharing of resources - leading to better efficiencies for the district and students
- Consolidating to 2 bus runs instead of 3
  - Potential cost saving by eliminating a bus run (fuel, etc.)

# BOE School Start Time Subcommittee

- **Done:** Selected start time scenario, modeled combined bus run, reviewed parking lot designs, analyzed student drop off patterns, gave parent survey, met with PTO presidents, reviewed sleep science, created this presentation
- **Todo:** Impact on high school sports, details on bus routes, impact on before and after school activities, impact on youth sports, community education, focus groups





Attend a School Start Time Subcommittee Meeting

(6:00 - 7:00 PM, Community Room: April 4, May 2, September 5,  
October 3, November 6, December 5, 2019)