



# Watertown Public Schools

## School Start/End Times – Public Forums

**What?** Public Forums on proposed new school start and end times.

**Proposed Changes?** Among options being considered are two scenarios. In each scenario, the middle school and high school begin at 8:30, while in scenario 1 the elementary schools begin at 8:15 and in scenario 2 the elementary schools begin at 7:50. (See reverse side)

**Why the Change?** The most important reason is to align a later school start time with typical adolescent sleep patterns that include later bedtimes. With more sleep, students are more attentive and benefit from a better learning environment.

**Who is Proposing This Change?** Medical experts and many national organizations recommend later start times for adolescents. In 2016 and 2017 the School Department had two different groups study this issue and make recommendations. Scenarios 1 and 2 (hyperlink to report) were presented to the School Committee for consideration on June 19, 2017. Also, high schools in the Middlesex League have committed to moving their start times to 8:15 or 8:30.

**Are There Other Impacts?** Yes, there will be impacts on before and after school activities, including interscholastic athletics, afternoon jobs, homework patterns, staff commuting, bus requirements (for the Hosmer and Middle School), and other aspects of the day surrounding school start and end times.

**When Would This Change Take Place?** The School Committee is inviting public discussion on this issue and will make a decision in October or November. If approved, new school times would more than likely start in the fall of 2018.

### ***You are invited to attend one of the following forums:***

Tuesday, September xxxx, 2:30 at Watertown High School, Lecture Hall

Thursday, September xxxx, 6:30 at Watertown High School, Lecture Hall

Tuesday, September xxxx, 2:30 at Watertown Middle School, Auditorium (or cafeteria)

Thursday, September xxxx, 6:30 at Watertown Middle School, Auditorium (or cafeteria)

Tuesday, October xxxx, 2:30 at Hosmer School, Auditorium

Thursday, October xxxx, 6:30 at Hosmer School, Auditorium

You can also make comments on line at: xxxxxx

***Please see the reverse side for a visual representation of the proposed changes***