



Mashpee School Start Time Committee

Frequently Asked Questions (F.A.Q.)

Mission Statement: *To review the current research on school start times, to explore relevant factors and policies of comparable districts, and to gather community input to make recommendations for start times that are feasible and appropriate for Mashpee. The success and well-being of all students in our district remain in the forefront of our work.*

Why was the Mashpee School Start Time Committee formed? The Mashpee Public Schools and the Mashpee School Committee believe that starting middle/high school later may have important health and wellness benefits for adolescents. The School Start Time Committee (SSTC) was formed in November of 2015 and is composed of two school committee members, the interim superintendent of schools, each school's principal, the MMHS athletic director, three Mashpee teachers, three Mashpee parents, a middle-high school student, other community partners, and a physician.

How could a later start time help students get more and better sleep? The reason Mashpee Public Schools is exploring later start times for the middle-high school is to help our adolescent students get additional sleep at times that are developmentally appropriate. We know from sleep scientists that the middle/high school student's sleep patterns change in adolescence and typically students are not sleepy until 11:00 pm and have their best and deepest sleep during the early morning hours of 4:00 am – 8:00 am. Changing middle/high school start time may not only help students get more sleep, but also better sleep.

Is there scientific research on adolescent sleep? There is a significant body of research in the area of adolescent sleep and the positive impact of later school start times on sleep. Two links provided below include some information in this area:

- The American Academy of Pediatrics has issued a policy statement that “strongly supports the efforts of school districts to optimize sleep in students.” The link to the full journal article is here:
<http://pediatrics.aappublications.org/content/134//3/642>
- The University of Minnesota, Center for Applied Research and Educational Improvement, has conducted numerous research studies on aspects of both social emotional learning and school start time, teens, and sleep:
<http://www.cehd.umn.edu/carei/>

When will a decision be made? The School Start Time Committee will make a presentation before the Mashpee School Committee at its November meeting. Further discussion by the Committee will take place at its December meetings. A vote will take place in January, 2017. If the School Committee votes to change school start times, the changes will take place beginning in school year 2017-2018.

Will Mashpee Middle-High School sports be affected by a change in school-day times? Athletic Director Matthew Triveri is a member of our school start time committee. He is confident that we will be able to accommodate all sports practices and games given the proposed 8:30 AM – 3:00 PM Mashpee Middle-High School day.

If the start times for the Coombs School and the Quashnet School are moved to a later time, will there by any programs put in place to provide supervision of elementary school students in the AM (prior to school)?

We are exploring options for before-school programs/activities for our elementary students.

Are there any other changes planned for the Mashpee Middle-High School daily schedule? A block schedule is being proposed at the Mashpee Middle-High School beginning in SY17-18. This schedule is more “college-like” in that every class will meet for a longer block of time but not on a daily basis. This schedule will also allow for all co-curricular activities/clubs to meet during the school day rather than after school. Students who enroll in our most challenging academic offerings will also have time during the school day to work on course requirements.

Any changes in bus schedules? Our goal with the proposed change in school start times is that no student rides a bus for more than thirty minutes. To meet this goal we may need to increase the number of busses used at each tier as well as reallocate resources currently available.

To learn more about Mashpee's exploration of later school start times, please visit <http://mashpeesstc.blogspot.com/>