



Office of the  
Superintendent

# MEMO

TO: The Mashpee School Committee  
FROM: Patricia DeBoer, Superintendent of Schools  
DATE: December 6, 2017 (January 17, 2018)  
RE: Recommendation for Changes to School Start Times

In November of 2015, a Mashpee School Start Time Committee was formed with the charge of reviewing the scientific and medical research regarding adolescent sleep needs and the relation to school start times. This committee met on a regular basis through January, 2017. What was overwhelmingly clear from the committee's study was that our adolescent youth start school much too early for their well-being.

The difficulty with changing times, however, is that adjusting school schedules inevitably impacts all of our students and their families. I propose for your consideration the following changes to be voted on and implemented beginning in the **2019-2020** school year.

School	Grades Served	Recommended School Times	Current School Times	Difference in Start Times
Coombs School	Pre-K to 2	<b>7:30 AM – 2:00 PM</b>	8:20 AM – 2:50 PM	School begins 50 minutes earlier
Quashnet School	3 to 6	<b>7:30 AM – 2:00 PM</b>	8:15 AM – 2:45 PM	School begins 45 minutes earlier
Mashpee Middle-High School	7 to 12	<b>8:30 AM – 3:00 PM</b>	7:30 AM – 2:00 PM	School begins + ends 60 minutes later

Taking approximately 20 months to implement the change in start times allows our athletic department an opportunity to work with league athletic directors to modify schedules and also allows our families and staff ample time to plan for the change. I am convinced this is the right decision for our students and am proud to work in a district that keeps the health and wellness of our students in the forefront of all decision-making.

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*"A substantial body of research has now demonstrated that delaying school start times is an effective countermeasure to chronic sleep loss and has a wide range of potential benefits to students with regard to physical and mental health, safety, and academic achievement" – The American Academy of Pediatrics*

*"The AMA calls on school districts across the United States to implement middle and high school start times no earlier than 8:30 a.m." – American Medical Association*

*"Natural sleep rhythms change as children grow into adolescence, such that adolescents require an increased amount of sleep, have difficulty falling asleep before 11:00 PM, and function optimally if permitted to remain asleep until 8:00 AM or later" – National PTA*