

408 responses

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Summary

After reviewing the options under consideration for GPS school start times, please provide any comments or feedback in the text box below that you would like to us to consider as we develop the recommendations.

option 6

HOW ARE WORKING PARENTS WHO ARE NOT ELIGIBLE FOR BUS SERVICE SUPPOSED TO GET TO WORK!!!! Traffic will be horrendous and TEENS will just stay up later thinking they have more time. No significant benefit AT ALL. This will be a disaster and hope you accommodate parents leaving kids early because I will have no choice!!

Please remove option 6 even if there is no plan yet in place. Please make a commitment to implementing a later school start time. I like the new option below: Middle School 8am High Schools 8:30am Elementary school 9 & 9:15am

I personally cannot understand why there can't be sufficient buses provided in order to allow all schools to start at 9am. Other districts have succeeded in doing this. As a parent of Elementary and Middle School children whilst I am very much in favor of later start times for Middle School & High School children I would not want my elementary school children walking to school in the dark. Currently, we have opted for my middle schooler not to take the bus as I do not want her walking to the bus stop on dark mornings given the number of distracted drivers racing for trains etc. & we have elected instead to drive her to school which is far from ideal. I do think that the dangers of early mornings should be considered as well as the proven academic benefits.

Option 4 seems to make the most sense and easiest and there is no need to complicate things -- just move the high school start time. High School is a serious time for these children -- the work level is directly correlated with college opportunities etc. It's the Board's job to listen to the parent and student body who have overwhelmingly responded that a change in start time is necessary. The Board would not be doing there job as advocates to the community if they do not listen. Do not need to make it complicated -- this is a high school problem. This should not cost a boat load of money on survey and hiring consultants. Unfortunately, if certain staff do not like the changes, they can look for a job elsewhere -- that is what is wonderful about the country we live in.

Option 4 only. Please do not alter the current elementary or middle school start times.
Thank you.

Option 1A Switch Elementary School and High School Start time.

It's been getting dark picking my child up from extra curricular activities. Pushing it later is tough. It's 7:00 pm when we get home from a home football game. How would that be if school and extra curricululars started later? 8:00 pm? Does the school have lights on every field? Because sometimes practices go until 6 pm. Would that be until 7 pm practices go until? Although practice is supposed to end at 5--- it is more often than not 5:30, and closer to 6 pm. I honestly feel that working parents did not go to these meetings to speak up because they are tired from working and juggling life. If I can speak on their behalf, it is not to do this. If I can speak on the town's behalf and people who commute to Greenwich for work....it is also not to do this. The infrastructure of this town is not favorable for an additional car on the road at rush hour times. Accidents are bound to happen. Rush hour is not fun. Let's continue to keep the high school open early. It will prepare our students for the real world of college classes at 8:00 am and commuting to the city for a job at 7 am. Enabling the youth is not the answer. Limiting and structuring ones activities is necessary and if the kids can't fall asleep, they can work out and pass out like my son and I do every night. They need impulse control to be successful in this world. Please do not have the schools start later for everyone. I think it would not be good for traffic and the kids.

Starting later has been recommended by the CDC. Also, teenagers don't get enough sleep and starting at 830 should be the norm. Keeping at school until 3/330, should be no issue at all. I would be fine with Options, 1A, 2C, 3, 4 and 5. ABSOLUTELY THINK STARTING at 730 is RIDICULOUS for teenagers. Thanks to the CDC for bring this to light.

In my opinion, a viable change would be one that would only affect the start time of GHS - which would be have a flex starting time at GHS or switch the GHS school start time later. The elementary and middle school start times could remain the same. The age group that is most impacted by the early start times are the high school students so it seems like the option that would address this would be to push the start time at GHS later for all the students without affecting the rest of the students in the district.

I choose Option 6. I really don't think its bad that children start early for school, it prepares them for when they are adults and they have to wake up early to go to work. When they are adults the job they get some will need to be early and punctual. I think it prepares them for reality as adults.

The administration is not fooling anyone. It's obvious you don't want to change anything. And if the teachers were really concerned about the students, they would have voted to change the time. 7:30 is absolutely crazy. Stop protecting yourselves and change the HS time to something more reasonable like 8:15 or 8:30. The committee is made up mostly of people who have a vested interest in keeping things the way they are. Put the kids first and commit to changing the time.

I am strongly against options 1A and 1B. I am also against any option in #2 that will

require elementary students to walk to school/wait for the bus in the dark in October or walk home from school/get off the bus in the dark after daylight savings (so December, January, February). The current elementary start/ed time works great and is fully supported by before and after school programs. It also leaves enough time for homework, after school activities, and just time to play, while still allowing elementary students time to eat dinner with their families and get to bed at a reasonable hour. I don't have a problem with starting the high school or middle school later but am concerned about the following: 1) how that will impact after school activities and sports (will some of those have to be before school now due to darkness thereby negating the later start time and ensuring students are tired at school because they have already had an hour or two of activity before starting school), 2) how that will impact traffic in Greenwich (traffic is already difficult enough with a 7:30 a.m. start time, it will be much, much worse with a start time that coincides with rush hour) 3) that we will lose excellent teachers and staff members who can't afford to live in lower Fairfield County as pushing their commuting time into rush hour traffic could double or triple their commuting to or from work 4) that the money required to change the bus schedule will impact existing student resources and teachers and other staff members will lose their jobs as a result I think it is wonderful that this committee is carefully considering all of the options. However, changing high school and/or middle school start times will not address many of the issues that we have in terms of student health and well-being in this school district. I would love to see a permanent committee established that looks at the late start time as just one of many possibilities for addressing student health and well-being. That committee should also examine homework levels, number of APs that students take, number of hours students spend on athletics and school activities like orchestra, the amount of screen time that students now have with the device roll-out (school plus home screen time is extreme), figuring out to ensure more students walk to school and have a healthy diet, and figuring out how to ensure that students become more independent and advocate for themselves instead of their parents doing everything for them (I wonder if all of the parents who blame lack of sleep on their child's inability to cope are in fact contributing to the problem because they haven't instilled any coping skills in their children, instead constantly handling every problem for their children??) These are all things that will go a long way toward ensuring the health and wellness of our student body. Addressing the school start time is just a band aid - many of us started high school between 7:00 a.m. and 7:30 a.m. yet despite getting up at 5:30 a.m. to get to school on time, students at my high school did not display the extreme levels of stress and emotional issues that GPS students display so there have to be other things contributing to these problems in addition to sleep deprivation. All of these issues could be examined and addressed by establishing a permanent committee on health and wellness.

Option 4 8:15 start time is best for teenagers allowing them to get much needed rest and still have a full day of class time and after school sports. Currently my son must wake at 6:00am in order to catch the bus and it is difficult to get adequate rest when waking so

early.

I am in favor of option 2C and option 4. option 1 puts our youngest children at bus stops in the dark hours of cold mornings. This is unsafe and unnecessary. No school should start before 8am. Option 3 will lead to scheduling chaos at GHS. Option 5 has no merit, in fact research shows that this can be more harmful to sleep patterns. Option 6 - simply unacceptable. The current schedule is unhealthy and has been hurting our children for much too long. While we empathize with problems such as traffic and childcare, these should not sway any decision. We're grown ups. Part of being an adult and a parent is dealing with issues like that. Most of us deal with traffic and commutes to get to work - its is sadly a part of life and it is not GPS's job to solve it. The health (physical and mental) and well being of Greenwich students MUST come first, before all other considerations. No student should start school before 8am at the earliest and NO student should be standing at a bus stop, in the dark, before 7am.

Option 6 There is no way that elementary schools can start later than they already do. After school sports/dance classes all begin at 3:45 or 4:00 for elementary ages. If they aren't getting out until 4:15, they will have no opportunity to participate in these activities. And what are they doing from 7:30-9:45 all morning now while my husband and I are at work.

As an educator in GPS I do not see the need for a time change. Students will NOT be getting any more sleep than they get right now whether they had a one 2 or even 3 hour delay in starting school. Until all ELECTRONICS is taken out of the picture will these kids get more rest. I see a huge problem with kids missing actual seat time in classes to participate in sports with a time change kids will have to leave classes earlier and miss all their AP instruction how can this have a positive impact on student learning?? Instead they will be leaving their AP classes at 1:30 instead of the 3 ? dismissal. Leave the time the way it is. Not to mention the impact the time change will have on dedicated, caring and passionate GPS teachers with the added commute most of us will be having, If you had to change anything it should go no further then Option 5, Remember the family dynamics is where the sleep time begins its up to parents to enforce a proper bedtime.

There is low hanging fruit that can gain 15 minutes for both the high school and the middle schools, without changing start times. The buses come unreasonably early for the Keofforam Road spot in Old Greenwich for the high school, 6:45 am for a start time of 7:30 am. It would be much better if the bus got there at 7 am and used the half hour to get to school. Buses can be given priority to make it to the circle. By the same token, the Eastern Middle School bus at the Keofforam Road stop comes at about 7:05 am for a 7:45 am start. The school is only 2 miles away. This is much too early. If the bus came at 7:20 it would be moderately more civilized. This can be applied throughout the school system. The buses come too early. That saves 15 minutes. If you want to push the start time of GHS to 7:45 am and the middle school to 8 am, you will be able to push the buses by another 15 minutes which it toto would capture a half hour more sleep. The elementary schools stay the same. This is a 30 minute gain for only a 15 minute push in the

schedule, which could be implemented now. That is a nice compromise and would not complicate after school sport and practices as much. In addition, parents going to work in the morning may still be able to see their kids off to school.

1A

1B

option 2 E - All schools start 90 minutes later! Why should the students and parents suffer with the ridiculous & uncivilized school start times? I'm sick and tired of waking up that early and so are my kids!

Option 2 , 5 or 6 would be my vote

I prefer option 1B or 2A. I have children in both elementary and middle school & have seen that once puberty hits kids have a much harder time getting up. My 12-yr-old is like a different person once he's had some extra sleep & time to wake up.

We want later start times here at the high school. Everyone has been talking about it for a long time. Teachers should not try to convince us to not talk about it they seem to try to change our opinions too much on this one. That is why I like to leave a comment here.

Option 2C is best for us.

Option 2 or 6

I support 2C the most but I would like whatever we choose to be in line with the recommended guidelines from the AAA and CDC. If we are unable to make a change for 2016 and this discussion needs to continue into 2016, then I urge the IMMEDIATE removal of options 6 and 1 so that all those advocating for the change can relax knowing change is coming. I also do not support options 3 and 5.

I think option 2D. The 75 min. later schedule will benefit the children and give the parents time to get to work. I am all for a later start time. My son is constantly exhausted! He's a growing teen and hypocycemic! He need his sleep. Teens grow in their sleep; it's a necessity. It will promote better attendance and attention in class as well.

Option 3 or Option 4 would be preferable. Having the elementary schools or middle schools start earlier is not good either. Those kids needs their sleep as well.

I thought this was already decided. Wasn't their a poll that showed big support for later start time in Greenwich? I went to the meeting at Western. Seemed clear to me majority want something different. Move the high school an hour later for 2C. Done. Move on and stop wasting our time and money. I saw in the paper staff are against it. Really? This seems selfish. Who speaks for kids and what is right for them?

Option 4 seems the most reasonable of the lot, though any option that involves changing the school start time of the High school to later than 8:30 every day (as the American association of pediatrics has recommended) is better than the current schedule. What is the point of going to school if us students are just going to groggily drag ourselves through the first few blocks, basically not learning anything?

option 1A

Option 4

Option 6

It's unfortunate that I would probably have to leave the district if any change is made. I would have to put my children in after school programs for the whole week since I will not be able to pick them up anymore. It will be thousands of dollars that my family would have to spend in order to accommodate a later high school start time (if that is the route chosen). This district means a lot to me and would be a shame if I had to begin to look elsewhere.

1a

I support option 1A and 1B.... As a elementary school teacher I see benefits in having students start school earlier and end earlier. My students are fresh and "ready to learn" during the earlier hours in the day. Later in the day it is difficult to get the same level of focus out of them. Personally, I believe this will work just as well if not better considering I have young children at home.

Please change the high school start time to 8:30. What bonehead came up with 7:30! Teens need more sleep in the morning. Their health is at risk. How can you expect kids to perform better through your digital initiative if they are sleeping through class? How can you say that your strategic initiative is to promote the health and wellbeing of students when you are unwilling to make the most obvious fix. Give the kids a reasonable start time. Put them first in your planning. The committee should be ashamed of itself for all the fear, uncertainty, and doubt it is trying to create in its attempt to delay or avoid making a change that absolutely needs to be made. Change the start time!

I attended the EMS forum last night, and one woman suggested "starting from scratch" and had times that seemed to make sense: 8:15 for Middle 8:30 for High School 9:00 for Elementary I don't see this as option - can you include?

The HIGH SCHOOL start time should be 8 am or 8:15 am. But I am agnostic about whether that should be accomplished through options 1A, 2A, 2B or 4, I would defer to the input from parents of elementary and middle school students on that. The estimated associated costs should not be a concern. Greenwich has the resources to do what we think is right by our students. If, after resolving the question of SST we turn our attention to improving the busing system, which seems to be the biggest contributor to the estimated cost increase, that may be a welcome outcome of the SST debate.

My first choice is option 6, because I don't see how any changes can possibly work unless all the local public school districts formed a coalition to create uniform start/end times so that sports and other extracurriculars would be compatible. That said, it appears to me that like all other initiatives pushed by a vocal minority, this later start for high school will be pushed through regardless of the opinion of the majority of taxpayers, just like the MISA was. Therefore, if a change is going to be made, I would support Option 1a-which I presume would not cost anything because it's an even switch. I am the parent of a GHS graduate.

If the main argument for delaying the start of school is supporting the AAP's sleep for teens recommendation, then any option that doesn't start high school at 8:30 or later should be discarded. Options 3 and 5 are ludicrous. Also, I am really unhappy with the tenor of the emails I have been receiving about this. Last spring's survey results supported an exploration of the issue, it did not ask us to vote on actually changing school start times.

Pursue option 2A

Option 2C/Delay Middle and High School Start times.... Where is the option to switch Middle School and High School only? The Elementary School start time of 8:30/8:45 is perfect. The current Middle School start time of 7:45am is ridiculously early for these growing children. Currently, my 6th grader gets on a bus at 7am and arrives at 7:30am? How is this acceptable for a 2 mile trip? A 6:50am start just so they can arrive at AB to read until 1st period. We need to respect our children and their need for enough sleep to keep them safe, healthy and alert. Let's adhere to the recommendation from the American Academy of Pediatrics.

I believe the most important change is for a later start time for the HS. We all now know that these teen students are suffering both mentally and physically due to the ridiculous early start. We should no longer continue to do this to our children. I believe elementary school is fine - could probably start a little earlier, but fine either way. Middle school students would benefit with an 8:15 am start as they're bodies are beginning to change as well as their sleep patterns. But again, HS is most critical. To really make a difference, I believe it's best to move the start time - at the very least - 45 minutes later. It should be on a daily basis. I strongly oppose the recharge schedule. Best to keep the same schedule which will hopefully enforce and help teens to fall asleep and wake up around the same time each day. Another proven beneficial medical fact. I hope for the sake of our children something is done soon and it's a significant change that makes a difference for their well being.

Is changing start time really the answer? Where is the discussion on the hours of sleep that students get? It seems that the number of hours is at least as important as school start time. These proposals are going to cause tremendous upheaval and cost to the town.

Option 6 is UNACCEPTABLE Change High School and Middle School LATER....why isn't that an option?

A recent article addressing SST begins, "What if just one slight change could foster the development of happier, healthier, higher achieving teens?" The problem is that we are not talking about one slight change. We're talking about a number of changes that will affect the development of happier, healthier, and higher achieving teens to varying degrees, both positively and negatively. Possible dollar amounts have been identified for some areas being affected, primarily related to transportation. Other expenses are yet to be identified. For none of the areas have the dollars been translated to show if or how

they will impact the District's ability to maintain the currently offered services. This is to say nothing of the fact that the GPS Managing Director of Operations, Mr. Hricay identified in July of 2015 that projections show the operating budget growing 2.88% to maintain current services. The BET Budget Guidelines called for an increase of 2.0% once again. We are already in the position of needing to find reductions totaling \$1.3M for next year. This dollar reduction is without a number of program, service, or staffing changes, some of which are mandated, that will require us to spend additional money. The dollar amounts that have been presented as costs to change the start time need to be translated into the specific service losses that would be incurred in order for me to weigh the consequences relative to the suggested changes. The changes noted that will not cost the District money may have consequences for the students as well. These consequences need to be measured as they relate to the development of happier, healthier, higher achieving teens. If we are relying on science to guide our decision, then let's go with ALL the research we can find on ALL of these factors to make the right decision. My concern relates to the bottom line. Which option will result in the greatest number of happier, healthier, and higher achieving teens? Despite what I might choose for my own children, I am interested in the greatest good for all and hope that is your goal as well. The investigation thus far is insufficient for any of us to identify the best option.

I understand the need to change high school start times, but I don't think it's wise to do it at the expense of elementary school students. As is, it's very difficult to figure out child care before and after school, any change would add to that burden. I know some of the above options were already eliminated, but even a 30 minute delayed start would cause a major child care issue in the morning. I hope you take into consideration how your changes will affect child care (before and after school), as well as any after school activity. Thank you

6 Keep elementary school the same

Option 6!!! Delaying start time cuts into the already chaotic afternoons. There is little enough time to juggle sports, meals, homework, jobs. Please keep it as it is!

1B or 2C both seem good. For the good of the students, I hope middle & high schoolers can start around 8:30 or later.

It would be great if the teachers and board of education would get behind this and commit to a start time that is at least the national average. 8:00 would be much better. 8:30 even better. How did the school get away with 7:30 for so many years? It's crazy.

I believe we should have two main options available, both with the high school near 8:30am, middle school shifted later (8:15-8:45), and elementary school either at 7:50-8am or closer to 9am. Costs and other issues should be fleshed out for these two options and then presented to the community. I do not think a refresh option or staying the same are acceptable. I do not think the flexible start time at the high school is likely to work. I think only changing the high school will leave 8th grade teenagers starting at 7:45.

Option 1 proves the most effective. High school students are proven to perform best at at

later start time where as younger students are academically at their best at an earlier time. Option 6 also seems fine. All of Option 2 would be nearly impossibly logistically for working parents. In a household where both parents work, it would be very difficult for parents to get their children to school and arrive at work on time. I don't even know how working parents would be able to make that feasible.

I would like to see the High School and Middle Schools start later. The Middle Schools spend the first period in Homeroom reading. That is an easy fix. While reading is important, if you talk to a middle school student they will tell you they don't read during that time because they are half asleep so they are just staring at a book. The High School could also start later and not lose out on education time by eliminating opens and cutting back on electives. I am sure you could cut one block from the day without cutting back on core education. Or you could also take 5 minutes from each block and save 30 minutes a day. Having electives at the end of the day was another creative solution I heard. I also support hiring a consultant to look at the problem and come up with suggestions. Not just the busing costs but the other costs that people may not have thought about. I also support team sports and clubs and I would hate to see out kids getting to bed at midnight because they started school later. I really think the problem is the school day is not efficient. Thanks for listening!

Why are we allowing a national organization drive our local policies. Haven't we learned from the failure that is common core? If HS students need more sleep adjust the HS time and leave the rest the same. If school starts later than kids will stay up later and then nothing has changed.

I cant believe we are even considering this. It is healthy to look at the time constraints that our high schoolers are under, but most of these are parent created. Too many AP classes, sports, music, SAT classes etc activities are the cause, plus unreal parental expectations. Not sure how starting all of this an hour later will help anything. This is simply poor parenting, and looking at the schools to fix it. I got an idea, how about sending your kid to bed at a reasonable hour, without his / her electronics. If you don't over program your child, they can get their work done, and still get enough sleep. See, I just solved the problem without impacting everyone else because I cant parent my child.

Option 4.

Option 6. I am a teacher in the system, although I do not "represent" anyone other than myself. Changing the start time also changes the building support systems, and the end time is later as well. I have no desire to leave later- traffic is bad enough at 4:30 or 5, when I leave school now. Student activities will be compromised after school. There is a case for swapping elementary with high school start times, but on the whole it isnot worth the bother.

Most parents will tell you that their elementary school age children are up before they are and are ready to start their day. With an earlier dismissal time these kids will also benefit from having more time to play outdoors, etc., after school. Most parents will also tell you that middle school and high school age children are struggling to get up at those earlier

times. There is no need for scientific studies as it is the common every day occurrences that speak the loudest. Switching their start times is the most logical and practical solution.

I think that switching the elementary school and high school start times is the easiest and most cost effective solution. Not sure how you come up with any cost attached to that. It is simply directing the buses to switch which school they go to first each day. High school children need their rest to perform effectively. That has been proven time and time again. Many schools have implemented the later start time. It is about time Greenwich came into the 21st century on this one! Sports come second to education. If the children who play sports are so dedicated, they are welcome to practice before school starts!

Option 2b

I have a child that will be attending Riverside elementary school next year . The idea of switching the elementary and HS start times are ludicrous . For anyone to think that a HS student needs more sleep then a child somewhere between the ages of 5 -12 lacks any perspective . Go with the simplest schedule adjustment possible . How and why anyone is considering the impact on those that we pay and hire , such as teachers or the school bus operators is a clear sign that this is a bureaucratic nightmare surely . Put the children first .

I initially brought this up to the school board when my boys were in Middle School; about 10 years ago after review of the MN study which concluded that Middle School and High School kids going through puberty and beyond find it harder to fall asleep due to Melatonin levels. The Elementary kids are up early and if someone needs to start earlier, they are the ones that should start earlier and give the teenagers an additional hour - hour and a half to sleep and get to school. Classes can conclude at 3:45 and after school activities can begin at 4:00. This is not a new argument and I feel this should have been implemented years ago.

Has a thought been given to a trial-run of a community wide "bed-time" (for lack of a better term) on school nights? My children are now both in college but having done the great juggle of school work, sports & jobs I saw lots of families that had no structure as far as nightly schedules(I know they are constantly changing) and I can't help but think that comes into play.Changing a start time won't do anything to change that and allow for the kids to properly re-charge each night. Also, I think by the time the kids hit the high school level, their habits are pretty well in place. Our house has always been an "early to bed early to rise" one since day one - school days or not! But my girls had several friends that were night owls and functioned just fine too (but enjoyed the chance to sleep in when they could) and I say all this regardless of homework load/sports commitments, etc since that too varies so much from child to child. I am rambling - but my main point is that I would like to see more personal accountability rather than the blame the system mentality that prevails in seemingly everything today! Also - my kids do not have tvs in their bedrooms and their computers were kept in the kitchen! Bedrooms were to sleep! Cell phones were not "smart" until later in their high school years, but were never an issue as

their habits were in place by then. How about trying a "code of conduct" like you have for the sports teams, and implement a trial run of unplug at night and go to bed early and see if there are any improvements before upending everyone's schedules and incurring such high costs...just my 2 cents!

I say NO! to option 6: remove this option. I am in favor of later school start times for Greenwich high school students. There is a solution and it needs further discussion in order for this change.

I would like to suggest a compromise. Start classes at 8:30 and then shorten all blocks by 4 minutes. Then we get to sleep and no students seem to mind getting out by around 2:45. Thank you [REDACTED]

option 6. option 5 seems worth investigation

I would like to see the language of the administration change from: being committed to the process - to: being committed to implementing a later start time for the high school. Right now it seems to me that the administration is just going through the motions - stalling, delaying, and doing anything it can do to subtly resist making a change. The attitude needs to change, and the administration needs to fall in line and do what is necessary to improve the health and wellbeing of the kids. The administration needs to commit to implement a change to the start time. I have a freshman who started GHS and came from a private school that had a reasonable start time (8:30). Now my son is getting up at 5:30. Suddenly his concentration has gone downhill. And so has mine because now I have to wake up 45 minutes earlier each day to assist him. I feel horrible - not just because I have to wake him up that early each morning. But because I can see the negative impacts. I'm doing something that I know is unhealthy for him. So please accept that this is something you need to do. Change your mantra from commitment to the process, to commitment to implementation.

I think the start time should remain as is. This gives the students a responsibility of getting up and realizing after college, this is the real world with a job. There is no starting late....you have to get up and start your day in a career to support yourself and family one day. If it does start later, will it make that much a difference? These kids go to bed late anyway, whether they are out and about, talking on their phones or texting....most sleep till 10 or noon and still can't function!!! If it gets out later, what family time will they have? What after school activities will they be in when daylight savings time occurs?? What about after school jobs?? I don't believe starting later and getting out later will resolve any issue and not fair to those that are responsible to getting up, being on time and wanting to start their day and learn.

I am not in favor of option 6. Thank you

While I understand the need for teens to sleep later, I don't understand why there is consideration of changing Elementary and Middle. This seems to be a High School issue. There is an entire economic infrastructure in place for elementary students that you would disrupt by changing their start and end times. This impacts parents, child care, and all the

after school programs. Not sure there is justification for touching the Elementary and Middle schedule - just fix the High School.

Option 2A Faculty convenience and bus schedules cannot be more important than student well-being and academic achievement. The fact that the community is strongly in favor of change and the system's teachers are not tells you all you need to know about the priorities and interests of both groups. That Board leadership is "struggling" w this decision would be comical if it were not so telling

I vote for Option 4 which is to allow High School to start later.

If the start time change will benefit GHS students, then certainly change the GHS start time to be later, whether that be 30 mins or 45 or 60 mins. Do not change the elementary start times. We can all agree that MOST of our elementary schools are working well. DO NOT MESS WITH SUCCESS! If GHS start times move later, perhaps the Middle school times should be later too. This should be considered. This town wastes money in so many ways, both in the BoE budget, as well as the town-wide budget, that a mere \$2m to \$3m annual incremental bus cost should not be the reason to keep the GHS start time the unchanged. Financial cost would be the worst reason to keep the current start time, particularly given all the money that is spent on education, testing, attempting to improve tests scores, etc.

Option 2A

By making ALL schools later, you're creating an issue for working parents who need to get to work at a reasonable hour.

I love how many things are being considered (family time, sports, teachers, etc) but the only thing that should be driving this decision is what is best for the kids. There are numerous studies that show that later start times for high school students improves grades and decreases behavior issues. That certainly seems like a win/win. I believe option 4 is the best where high school starts later and everything else remains the same. I have a Kindergartner and shifting all schedules to make him start later would be disastrous for us. As it stands we are limited with after school options because of a child's early dinner and bedtime. If he got out at 3:45, we would be sitting around waiting for school to start in the morning and then not able to do anything after school. If he got out at 4:45, he would immediately come home and have dinner. He wouldn't even have time for a playdate. Option 4 seems like the best of all.

Option 6 Eliminate the physical education requirement.

option 2E all the school should start later, in that way we wont have any kids sleeping in the classroom

Please do not move the start times earlier for elementary and middle school students. They need 10-12 hours of sleep each night, and that would be next to impossible if the time is any earlier that it is now. You should consider starting all schools 30 to 45 minutes later. Maybe even phase it in 15 minutes each year to better understand traffic implications.

I firmly believe Option 6 and Options 1A and 1B should be off the table; the Greenwich Public School District absolutely needs to address adolescent sleep needs, but should NOT try to address this problem by creating new problems with the sleep needs of elementary children. The research neither recommends nor supports this approach. I support Option 4, Option 2A or Option 2B at this time.

option 1a- young children are up early by nature

Other schools throughout the country, and even private schools here in Greenwich can make 8:00 or 8:30 work. Why can't you? You act like we are asking you to give up your first born.

Remove option 6. In favor of a later start time for middle and high school students.

As a GPS parent of three children and full supporter of later start times to protect the health of our children and given them the best learning environment possible I urge you to abandon the following options: 1. Not right to send little children in the dark when much of this town lacks sidewalks. Bad idea with little support. 3. This will create sleep pattern disruption and a "jet lag" effect. Recent medical research shows this is harmful. See new study published in NYT on how irregular college start times harms health of college students. http://well.blogs.nytimes.com/2015/10/26/poor-sleep-may-spur-college-weight-gain/?_r=0 6. The the medical profession and majority support in Greenwich mandate that we remove Option 6. I feel the time has come for implementation. Why do we research the medical research? Why are we polling and polling. Get on with implementation. Stop putting our children at risk. Stop wasting time and money to delay what we know is right. Our district and school administrators that delay or block this effort may well be held liable for teen motor vehicle accidents or a student health crisis with current knowledge and warning voiced on so many occasions during this extended examination period. Trust me. Attorneys will have a field day when it comes to any future litigation unless GPS takes fast, proactive, corrective action. There will be no veil of ignorance to hide from. Be warned.

Option 1 A is best considering the elementary kids always get up early and would prefer to go to bed early. It will work really well for them. Their school will end soon and they will have more playtime in hand. Also high schoolers will benefit as this would accommodate their sleeping schedule well thereby getting better grades in academics.

Please NO TO OPTION ONE. But High School time can be pushed back if necessary. When my oldest daughter was 11, she had to walk from to Perrot Library school bus stop in the dark. I feared for her life. The traffic on Sound Beach Avenue is like the Interstate! Other parents observed the danger and fortunately a school bus stop was put on Forest Ave. The time change would again make start times even earlier for K-5 and earlier time would go back to walking in the dark again and little ones needing to be awakened at 6:15 in the morning.

Option 6 please.

Option 5 if you want to appease parents and Option 6 if you don't want 1/2 the staff to quit

My son is a freshman at GHS and he previously attended a private school that started at 8:30. The adjustment has been really difficult. Even though I get him to bed by 10:00, i still have to drag him out of bed at 5:45. It kills me to do it because I know it is not good. Now he complains of a sore throat most mornings and he says he super tired for the first two periods. So I support any initiative that allows him to sleep in the morning. I think the private schools are way ahead of the greenwich public schools on this issue. We should catch up and make the start time later as soon as possible. If you cannot push the start time later for the next school year, then you should at the very least implement option #5 ASAP. For those that say it would throw of the kids and make things worse, I say doesn't sleeping late on the weekend? Of course not. A recharging day mid-week is like a mini weekend day from a sleep perspective. It is an excellent short term option. Long term I think option 1A is the most logical. My wife and I both work, and If the elementary school had started earlier, we wouldn't have needed morning coverage when my kids were younger and needed us to out them on the bus. I know many neighbors who were in the same boat. Having the high school kids start later works because they can get themselves ready and on the bus, and we can leave for work before they get on the bus. Also, my kids didn't have that much homework in elementary school. So it was possible to get them to bed early, and they always woke up early. They now have a ton of homework in high school and it is not practical to get them in bed before 10:00. I have to believe that the start time swap between elementary and high school would be the least costly. Right now three buses stop at my bus stop - HS, middle, then Elementary buses - all within a the time period from 6:45 to 8:00. If we swapped times, the same three buses would still stop during the same time period. They would just stop in a different order - elementary, middle, HS. So I can't see how that would impact the private school bus schedules. And I can't see how making a swap could cost millions. Finally, i would like to say that I got the impression last week at the western middle school information session that the administration does not want to change the time and was simply going through a process hoping that they don't have to implement any changes. The superintendent basically said he was committed to the process of vetting the issues, but not committed to the change. He is a brilliant and talented guy, and If he truly wanted to make a change, he would lead that change, and it would get done.

Switching the elementary school start times to anything later than what they are today would make it extremely difficult for working parents to get to work at a reasonable hour.

Option 1A

For the love of Pete, option 6. You figure out which Pete.

OPTION 6 No Change In reviewing comparisons a lot of the ones used do not reflect the demographics of the Greenwich Area. The changes would effect traffic patterns, for the whole working community not just The school system. What communication has been done with CT.DOT Traffic Planners along with the City. Also what are the specific benefits to be gained by such a change. I would not worry about what the Jones's are doing but what serves the Students and Families best. Don't just change to change. Also do not

change in the middle of a school year, any change should take place in the next school year.

I think we should have later start times at the high school because my kids are constantly tired. They get up in the dark and it not good for their health can't imagine going to school at 7:30 helps them learn. I don't support option 3, option 5 option 6. I hear it is good and working well in Wilton. Our students deserve the same. Thank you,

I really want later high school start times. At 7:30 am I see so many kids asleep in class they are not learning. Teachers get mad and hate it. I hear other schools that do it students get better scores and feel better. Drop Option 3. That will be crazy and just confuse everyone. Also get rid of option 5. Makes no sense it will just be chaos every week. We need do do something for later start times here at GHS. I say we don't do Option 6 that is just giving up not paying attention to us. Really dumb. We can do better and not quit when it gets hard. That is what I hear my coach say.

I support any option, regardless of cost, that would allow GHS to start at or later than 8:30 am. With the science so clear, why is there even a debate about whether or not this is a good idea??!! The District is putting the cart before the horse. Why not say "We are doing this for the benefit of the students" and then figure out how to make it happen? Other districts have? Do we not have as intelligent and/or committed educators & administrators as they do? I resent that there has been so much misinformation and subterfuge surrounding this issue. Get it done.

Option 6 Child 1 - freshman in college, #2 a senior, #3 a sophomore all GHS. All have/had job from sophomore year, afterschool with real or anticipated college savings = \$6,000 to \$8,000. The change will alter this significantly with a later start. #1 and 2 are Honors society members, #3 on track for this. #2 and 3 leave the house by 6:40 am every day and are in bed typically between 10 and 11pm, later, occasionally when homework dictates. Early to bed, early to rise makes a man healthy, wealthy and wise. Hey, but what did B.Franklin know that we don't know?

Option 2 B will be a good option

I am STRONGLY opposed to any change of start times, especially to the middle schools (where I teach). On a personal level... - When teachers chose to accept positions in this district, the current start times were possibly considerations. Many of these teachers who chose to teach in this system, rather than Darien, Westport, Wilton, Ridgefield,.... travel from places up the line on 95. The horrible traffic situation is, as you know, a significant deterrent for drawing and retaining fantastic teachers that our school system needs. Already, commute times are barely sustainable for many of these teachers. For me personally, I already spend at least 2 hours of my day in slow traffic on 95. Currently, in the morning, I leave at 6:20. I do not mind leaving early since for every 10 minutes later I leave, I spend another 20-30 min. in traffic. This compounds as you go through the morning. The same is true for the evening commute- for every 10 minutes later I leave, 20-30 and eventually- 40 -50 minutes is added to the commute. Starting later and ending later will place me in the worst of traffic in both the morning and the evening, adding

another 1-2 hours on 95 to the 2 hours I usually spend. When I was deciding where to give my teaching service, this job worked for my own family schedule and life. Changing to any later start times for middle school at this point in time would make it very difficult to continue to work in this district. I know my situation is not a all rare among the staff in this system, and I am not alone in these sentiments. Very few teachers in the district live and have their own children attending the Greenwich Schools. Most of the district's teachers would then have to decide if they were going to be able to manage the change with with their own children in different districts who have not changed their start times; a problem that could not be anticipated when they accepted the job. My personal issues aside, I have serious concerns for my students should the start times be shifted later for middle school students. I love my students, and I know them very well. My students perform very well early in the morning. They are responsive, focused, and often, early morning is their very best time of the day. They are positive in disposition and bright. They are able to tackle harder tasks and persevere through more challenging tasks in the morning without getting frustrated or silly. When we have special schedules and the period order gets switched, I especially notice this. When I get to see a class early that I usually have late in the day, they accomplish more than they usually can accomplish in a class period. Emotionally, they handle things much better in their morning classes than they do in the afternoon. Middle school students also need to move their bodies and let out energy. Getting out earlier allows them to have the time to do physical activities after school, right when they need it. Middle school students also desperately need to be able to be involved in activities after school that help their social emotional learning. They need to feel connected, and be involved in their school. Friendships and feeling a sense of belonging is most crucial to this particular age group, and I feel that this is not being sufficiently considered in these possible plans to shift start times and end times later. Every moment that the day is shifted later for middle school students takes away moments and opportunities for them to find those safe spaces to build relationships and their sense of self that is crucial for their human development and success. I realize that that there is research being quoted about elementary students and high school students and test performance, etc, but I feel that caring for the middle school child is being wrongly ignored with these possible plans for change. Our current system is working for middle school kids, yet they may just get shifted for the sake of everyone else. Later start times would mean less involvement for them in afternoon activities, whether it is because teachers will not be able to stay to offer the activities, the students need to get home to make travel team practices, they are just too spent after a long day, or it being too close to dinner, etc. Either way, failing to consider the well-being of these children who fall "in between" the two issues for the sake of re-routing buses or saving money is just wrong. Thank you for considering some of my feedback.

Options need to be designed by professional transportation expert, none of the above represent valid options

Option 4 please.

Option 2B - It allows all children to have more sleep time & does not drastically change the sequence of the school start times. New times H.S start 8:15, dismissal 2:55, Middle School start 8:30, dismissal 3:15, Elementary Start Doors open 9:15 - 9:30, dismissal 4PM

Maintain current school start time

Overall, for elementary school children, starting earlier will really put stress on evening routine - our children, for example, would need to go to bed by 6:30 in order to get enough sleep.

I am not in favor of option 6. I would like to see the start time change occur in 2016-17. I am in favor of all schools starting slightly later and all students benefitting. I have children in lower middle and hs. I understand logistic such as busing and sports are not a problem in changing the start time and can be worked out to satisfy all if not most families.

Option 1 A Desired ty

Without knowing all the financial implications, the options that seem to make the most sense are Option 4 - Switch High School Start Time Later - All other school bell times remain the same, or else Option 2 B - All schools start 45 minutes later. A start time of 8:15 am is a compromise between allowing for enough sleep and after-school athletic scheduling demands, etc. Although Option 3 would be nice it does not seem practical. Does it assume there would be 2 buses going in the morning and 2 buses in the afternoon at staggered times?

As a parent of a 4th grader and 6th grader, I would prefer option2A, which is not too late but give them enough sleeping hours, as they have the habit of getting on bed at 9:00p.m. since K. Thanks alot for hearing our voice.

Students should be able to wake up later in order to focus more on their academics and focus in class more.

All options are better than what is now.

Maintain Current School Start Times.

Delaying the start times for all schools seems to be the best option here and won't effect the busing issue. It is amazing that on all fronts everyone is supporting the later start times and we can not come to the decision to do just that. Enough and please make the right decision in doing so!

As a member of the GHS faculty ([redacted]) for ([redacted]) years I feel that the increased level of student stress, anxiety, and depression should be noted. The level is concerning and this is something that school start time, in my opinion, will not address. If anything it could potentially make the issue worse as students will only get home later from activities and stay up later. What really needs to be addressed is student course load, homework load, etc. I do not think that the start time will have any beneficial noticable difference with students. It will only open the door for a new set of problems/stresses. In addition, students will also very likely lose some of their quality GHS teachers and/or counselors. If the start time changes it is most likely that I will have to leave GHS to work somewhere

else. Most staff commute in to Greenwich from quite a distance (as we cannot afford to live close and want our children to be in a good school system as well). As a mother of very young children a later start time would still require me to leave at 6am due to traffic and I would not get home until 6pm. This is not an adequate schedule as a parent to young children and for child care reasons. I truly hope that all of this will be considered.

I think a more holistic view needs to be taken. Will changes in school start times also come with NO before school activities being scheduled? When I was a kid, my high school started at 8:40am and my brother was at hockey practice at 5:30am. How many kids are currently getting up to be at a pool, rink or field before 7:30am on the weekend? Switching high or middle school start times with elementary schools should be taken off the table. Parents will have to decide between waking their preschooler (who needs more sleep than the high schoolers) or leaving them at home alone while they take their other child(ren) to school.

Either Option 2B or Option 6. Please consider shutting down the electronic portal at a certain hour so that students cannot access it. Part of the problem is that students are staying up and looking at blue light, which suppresses melatonin.

There is some discussion that kids will simply stay up later if school starts later. This isn't true. Kids who are well rested will work more efficiently and get to sleep at the same time or earlier than now. They will get more sleep and be healthier as well if school starts later. kids can't learn well when they are exhausted.

Options 2 c, 2 d and 2 e are fine. Option 4 is also sensible since it seems the elementary parents don't want their kids going earlier. No other option makes sense. 7:30am is too early for high schoolers to learn and be healthy. Greenwich MUST change the start times - it will improve academics. Too bad that some teachers don't want things to change and will have to commute in traffic. School should be FOR the kids, not for the teachers.

Option 5 is no good - one day a week is not enough to catch up on sleep. Option 3 is a terrible idea - to have some kids be second class citizens because they come later - no. Having elementary kids end school at 4:30 or any time after 4 pm is just awful. They are young children. This also makes it impossible to do any sports for young kids in this town - all 5-9 yr old sports are offered at 3:45 or 4 pm. Starting elementary at 715 or 730 is equally awful. Way too early. If it's too early for high school it's too early for elementary. Please just adjust the high school start time or allow a more flexible option or a one day catch-up late opening. Don't transfer the problem to elementary. Please.

Middle School: 8:00 High School: 8:30 or 8:45 Elementary: sometime between 8:30-9
Let's not make the GHS high school curriculum for motivated kids who enjoy rigor as an excuse to not change the start time.

OPTIONS 1A OR 1B

I'm in favor of Option 3 because of its flexibility, and its focus on the high school where students are more independent, more mature and more self-directed than at the elementary and middle schools. Because of this, I would think impact on other programs

that working families rely on (especially childcare, preschools) would be impacted less. It doesn't make sense to me to switch high school and elementary start times as younger children need more sleep. At age 5, the National Sleep Foundation recommends 10-13 hours. If our kindergarteners start school at 7:30 am, assuming 6:15 am wake up, these children would need to be ASLEEP as early as 5:15 pm!

I am highly in favor of delaying start times. Please remove option 6 Such important issue to me...would like it to be in the budget for 2016

Option 6 as none of the other options make sense.

I agree that High School should start later - however I am firmly OPPOSED to making Elementary School time earlier. Actually, the best option is not listed: Have Middle School start first, then High School, then Elementary.

I choose option 2A.

I support any option which complies with the American Academy of Pediatrics position that high school and middle school should start no earlier than 8:30. That includes option 1B with the 8:45 variation and options 2C, 2D and 2E. Options 3 and 4 offer an improvement for the high school, and that is very significant, but are less desirable because they would not help the middle school.

Traffic was extremely heavy today at 7:00 am. If the high school begins at 8:30 am, I can not possibly imagine how the traffic will be backed up. Indian Field Road is a zoo at 7, let alone 8 am! Our infrastructure in this highly populated town can not compare with the other locations who have implemented a later start time. Please do not change it all on everyone. If you must, make it flexible so not everyone will be on the road at the same time, those individuals working an 8-5 and those taking their children to school. The earlier start allows the avoidance of much traffic, which will result in accidents.

Maintain current start times. Any changes would wreak havoc on the sports/afterschool activities schedule. Reasonable homework limits need to be set and firmly adhered to. Parents need to ensure kids do not stay up too late and manage their time to allow for much needed rest. Athletic facilities expanded and improved to allow all teams to practice immediately after school.

I'm a new resident in Greenwich for couple of years now and heard this issue has been going on for years now. The wellbeing of students in Greenwich is quite an important matter to BOE. So, it should be considered as a priority. And sometimes I feel that faculty comes before students when these changes are considered. Our students are core of Greenwich BOE umbrella. If other BOE made that change and successfully operating it, we could do it as well. Keep talking about it doesn't get anywhere. Please take some action.

Later start times will mean longer commutes so any "savings" in sleep will be offset to a large degree by longer commutes, and you will make traffic worse for the workers! Rested children and stressed parents. won't exactly help the teenagers relax. How do teenagers sleep if their parents can't find work that will start late? Isn't financial stress a huge factor

in sleep and well-being? Will schools provide morning care? Additional costs for that? So the rich kids get to sleep in and the one's with two working parents will have to go in early. How do kids perform with more group day care and less time with their parents? Will more teenagers have to work after school to help make ends meet? More on free lunch? Can't make the evening or morning meetings because of work. If you push back the times, when will the parent meetings be? 10:00AM? Until 11:00PM? Good luck getting a representative audience! why are the loudest voices for the kids who CHOOSE to go to before school programs? why are there before school programs? Not enough time in the afternoon? So the solution is to shorten that time? Really? End up putting more programs before school? Pay more for buses and then have more parents drive kids in. P.S. GHS doesn't have a huge obesity problem so I don't get that argument at all. I'm a working parent of 3rd graders and think the elementary school start time of 8:30 works the best for all of us. I would not want to see this time changed to an earlier time for their sake, and for mine can't have them start any later as I then need to get to work. My suggestion would be to just tackle the early start time at the High School by making that time later and the other schools remain the same and so I would chose option # 4.

You should consider shortening each block by 2 or 3 minutes - thus having the day go from 8:30 to 3 (instead of 3:15). Compare the block times to most all the other high schools around and you will see ours are much longer (Darien, New Caanan, Staples). WE MUST CHANGE SCHOOL START TIME and carefully evaluate the best approach for implementation. Our children's health and being come first and as a community we can work together to make this happen for the 2016 school year. Option 6-Should be taken OFF the table. It is not an option.

Option 6 - Maintain Current School Start Times

I am outraged that you would consider sending the smallest children to school at an earlier time! This age group would potentially wait for buses in the dark, or parents would have to wake babies from sleep to take elementary age children to school. If this is a "must-do" (and frankly, that million dollars would be better spent than accommodating spoiled teenagers) don't even think of doing it at the expense of the smallest children. If you would like to discuss "research," perhaps you all need to read the research on how much sleep the smallest children need, and what it would mean for their little siblings, not yet school age!!!

OPTION 2 OR 4--the facts and science speak for themselves on teens needing more sleep. This needs to happen

There are too many options: Currently GHS starts at 7:30 Middle schools start at 7:45 Elementary 8:30 and 8:45 One option you didn't offer is, GHS start at 8am Middle schools start at 815 All elementary stays the same. I really don't want my 6 year old in school until 4 or later... Plus if the elementary has a start time of 8:30, once your child starts middle school they would need to start nearly a whole hour earlier? That is a big difference

Thank you

Option 6

What I want to understand is what will happen at the end of the day,. How does this early start work with regards to sports and outside activities. It is important that students remain in their classes all day. Will the dates of these activities be moved later or will students just have to give them up.

The closest I see is 1B. 7:45, 8:15, 8:45. I would like all schools to start at 8am or later. Elementary school first, middle school next and high school last (8:30 or later).

Remain the same

I am a parent of three elementary school children, one of whom will be in middle school next year. I therefore have a vested interest in seeing this issue resolved. Having reviewed all of the materials available, while I support the general premise of moving the HS start time later (Option 4), I would be strongly against any option which would change the start time for elementary and middle school children without further details and further data. Some of the information presented is downright shocking - cost is between 0 and 3.6M? Which is it? And what's available in the budget now? What are the traffic implications? Clearly, there will be some, but do we know how traffic would be affected by any of the options? It is frankly surprising that the superintendent plans to make a recommendation in approximately 10 days without having the details of the data. All of Option 2 is ludicrous for working parents (and frankly for older kids who work after school). I am a working parent, and would be forced to make other, costly arrangements for my children because their school would not start until 915 am, while I generally have calls starting at 9 am. In addition, if school starts too late, my kids will not be able to participate in after school activities, because they have to do their homework before bed, and still get to bed at early hours (7 through 8 pm). Options 1A and 1B are also not well-researched. What effect would such an early start time have on young children? My young children do not wake up until 7 am every day after going to bed at a reasonable 7 - 8 pm bedtime. They need sleep to grow, they need early bedtimes because that is what THEIR clock tells them, and still they need to sleep until their bodies are ready to wake. In summary, there simply doesn't seem to be enough information yet to make a detailed decision that would affect the entire district's school times. This is yet another instance of using a sledgehammer when a scalpel would do. If the impetus is there, please change the high school time, and let's see what effect that has on the budget, the traffic, the field availability, our student athletes, our teachers and administrators. If the effect is positive or neutral, then we can examine changing other start times as well, or perhaps simply devoting more budget to make sure our schools ALL start at a reasonable hour of the morning.

Options 1A and 4 are the best options. I have had 3 children go through the Greenwich Public School System, and my personal observations back up the abundantly clear research data that teenagers need a later start time to function best both academically and emotionally. Change is always difficult and I sympathize with faculty and staff whose childcare arrangements will be affected. However, the schools need to be run first and

foremost for the students, not the teachers unions.

Yes for 2C less so for 2B No for 3,5, 6

ELEMENTARY SCHOOLS SHOULD BEGING EARLIER. OPTION 1

I am against Option 6! I am in favor of a later starts time for GHS starting 2016.

Option 1 A, B are absolutely not a good change, options 2 C, D, E are not good either.

Leave elementary schools out of it. Option 3 , 5, and 6 are OK.

Opción 6 mantan current School start times

PLEASE NO OPTION 1. TERRIBLE IDEA. it is hard enough getting a 5 year old ready for school and out of the house by 8:15. Elementary school children are slow moving, forgetful, and completely dependent upon their parents to get them ready. You are talking about waking up a small child at 6:00 to force feed them at an unreasonable hour, dress them etc. Young children's brains and bodies are developing and NEED SLEEP to thrive. Teachers would have a terrible time keeping tired children's attention, plus small children can't self regulate (not to mention many of these children are 4 years old.) If a teenager is tired, he or she will not have a tantrum. A small child who is over tired will have a tantrum and collapse in tears. Personally I have a baby who sleeps until 8 AM, which means I would have to wake her too to take her with us to the bus stop. This will affect her brain and body development as well, not to mention behavior. Many parents with elementary aged children have babies and toddlers at home and it would affect the whole family. For most of the year, I would be crossing a busy street in the pitch black, with a baby and a small child and risk being hit by cars or buses who can't see us. There are also no sidewalks on our main road which is a very busy road in town, so we would be standing on a street corner. I am fine with later school start times for middle school and high school, but not to the detriment of small children, many of whom were just considered toddlers a year ago. How is it ok to rally for having high school students have later start times to get more sleep but then make the youngest children in town feel sleep deprived ? This is the first school experience for young children and it will make a life-long impression on them. They will despise school and their attitudes toward learning will suffer. Not only that, but teachers will not be able to reach these young minds and test scores WILL DROP. Teachers come from all over CT and surrounding areas and they would need to wake up at 4 or 5 AM and find child care for their own children for before and after school. Teachers have a hard enough job as it is and this would make things even harder for them. For working parents they will have to find childcare from 2 PM onward until they get home at night. This will cost them more money. You are forcing people to completely change their entire lives so high school students can sleep later. I do not know what the answer is, but please DO NOT CONSIDER OPTION 1. This is a decision that needs time and careful consideration and much parent input and should not be rushed. One survey in which only a small percentage of parents responded should not cause a major change in such a rushed manner. The best option is pushing back middle and high school with no change to elementary, or slightly later start times. Thank you for listening.

I feel that there is insufficient data to support any option other than Option 4. Once the committees are able to present real evidence and data, we as a community can look into whether Options 1, 2, 3 and 5 make any sense for our district. However, at present, the only clear data is that our high school children ought to have a later start time. Additionally, Option 4 is the simplest, most straight-forward solution to the current problem and it will give the community more time to see what impacts such a change might have on the elementary and middle schools. Therefore, Option 4 is the only option that makes sense at the present time.

This all seems so arbitrary!!! What is the research??? What does the research show??? This is a common problem, also with advanced science for 6th graders for instance. Is there any evidence for it? No, actually all the studies are against it!!! So, arbitrarily I'll say they should all start later so all the kids get more sleep. I'm not sure what the research says but that is what you should START with!!!!!!

There is no way to make an intelligent recommendation without understanding the entire plan. Shifting start times may be a very good idea but start times are only 1 piece of the solution. Teen sleep deprivation will not be resolved by just shifting times. Parents need to further understand what will happen to the entire schedule of the students including after school programs before meaningful input can be provided. I attended the forum at North Street School (parent of 5 - 1 GHS grad, [REDACTED] 3 minute time to speak was not near enough to convey important points or concerns. The audience was rushed out before many questions could be answered. There is a lot of work that needs to be done. Including better information to the public. The Committee is still waiting for 2 studies that the public will have no comment. Consideration to health and quality of life issues that pertain to our young children should not be rushed to meet the Town budget time line. Thank you [REDACTED]

I vote for Option 6 - "if it isn't broke don't fix it". The root of this problem to change times is not that the students don't get enough sleep is that they are being pressured by the parents to over extend themselves in activities after school and take five AP courses. Along with that studies have indicated that students spend too much time on technology. Many of them sleep with their phone next to their bed so they can text all night long if they wanted to. The money slated to make the school time work can be better appropriated for needs in the school district. Maybe bathrooms on the football field at GHS. A-johns do not represent Greenwich very well! Team sports will be impacted in such that students will have to get earlier dismissal from class to get on 95 to travel to sporting events. Anyone who drives 95 regularly knows that traffic builds up on some days at 12 noon. So a double standard is then presented - don't we want our students in class to learn and not being dismissed to beat the traffic. While mentioning traffic - (many and most of the teachers do not and can't afford to live in Greenwich) will be faced with a double rush hour commute - one in the morning since traffic builds at 7:15 am and one again in the afternoon. You will lose good teachers because the commute will be unbearable (if it isn't already). Greenwich will not be able to attract quality teachers

because of that commute. We have a quality staff now - does anyone care about the impact on the teachers? The traffic in town will also be impacted with more students driving to school during higher volume times of the morning and early evening. Students that have to work after to school will jeopardize their jobs because hours will change. Students that have to take care of younger siblings will now be late for them. Leave well enough alone. Let students be teenagers and not pressured to be the best at everything. I attended GHS many years ago when the start time was just as early, we were eating lunch at 10:40, was in high level classes, worked a job after school and another one on Saturday and Sunday, also was able to enjoy teenage life. the one variable different in this equation was NO TECHNOLOGY.


Option 1a or Option 6

I have only one child in middle school, but I feel strongly that all the children should be starting at 8:30am or later, not just the high-school students. If buses are the issue, we should consider options outside the box such as combining students from different schools if the start times coincide, or combining public and private students, if that works more efficiently.

I propose to keep the start time for all the schools but extend the end time in order to give for time for lunch (minimum 45 min to give opportunity to the students to choose the right menu and has the lunch time as an important moment to socialize and eat healthily (and not only to swallowing food) . if not feasible, I prefer option 6

Option 6! Please keep the current start times. A later start to the day will greatly interfere with after school sports, clubs and student employment. The later start will make it difficult for working parents to arrive to work on time if they have to transport their children to school. High school students should be able to adjust to early morning routines in preparation for college, employment and the real world.

Option 4 . High schoolers can get to school on their own parents can still get to work on time. Younger children go to sleep earlier and wake up early. hs Athletes can opt to train early morning as opposed to after school leaving more time for homework.

I am supporting option 2 or 4 and it is imperative that high school start time be changed. Option 6 needs to come off, option 5 makes the problem worse and option 3 is almost laughable-the logistics will never work and coaches will scream at kids to take early classes. 

2A is my vote. I think any age that needs to be at school before 8am is unrealistic. And I think all kids should be at school by 9am so they are dismissed at a reasonable time to participate in after school activities. I think it makes more sense for the younger kids to start earlier, and the older kids later. So while I think 2A is the best option, I actually think it would be better if Elementary started at 8, Middle stay at 8:15, and High School be 8:45/9.

I would urge the Superintendent and the Board to consider only Option 4 at this time.

There is no question the HS start time should be later; however, there should be no

change to the start times for the other schools until ALL data has been gathered and analyzed. Switching the elementary school start times to later will create havoc for working parents and for the younger children. Dismissal at 3:45 would mean these children can no longer participate in off-site after school activities, because they will already have started by the time of dismissal. In addition, a later dismissal time (e.g., 3:45) means less time to do homework after school, which is likely to lead to later bedtimes for these young children - who also need their sleep. Finally, it simply seems like the data hasn't been examined very closely. For example, has anyone looked to see that our HIGHEST performing elementary schools all start at 8:45? Perhaps there is some connection, even at these younger grades, with the later start time for elementary as well. I URGE you to please proceed prudently and at this time change only the HS start time; see how it goes, and if the middle school start time should be changed as well (and it likely should), take the next year to fully analyze the impact on traffic, expenses, buses, activities, field use, and the community as a whole. Please proceed slowly and carefully!

Option 1A - Switch Elementary School and High School Start Time

I am in favor of middle and high school starting later by 45 mins. Even if children go to bed at 9:00pm, it is still difficult to wake them in the morning. In order for them to learn and retain knowledge, they need to be able to focus on the information. Without enough sleep their focus is not going to be on the lesson plans, unless they are up and moving, not sitting at desks.

Option 6 - these are young adults who are preparing for their futures and changing the start time is not preparing them for the future. You cannot walk into college and ask for a later start time or your place of employment. With the one change it has many complications and impacts to parents and students. Not to mention the financial impact to the town budget. Why not leave well enough alone.

Option "4" or Option "2 A" would be fine, because 1) Elementary students need longer sleep than teens, 2) Teens should have good sleep as well, and 3) flexible start time might be confused or be used for some excusing for the delay.

I strongly support Option 2 A -all schools start 30 minutes later I would not be a good high school student if I had to be in an honors calculus at 7:30am after being up until 11pm or 12midnight doing homework the night before. And the homework load for good students taking high level classes gives the kids lots of homework. If they do a sport or have a part time job it makes it worse. And I think the students should partake in sports and have a job,,, both are good for them. But having to set an alarm clock for 6:15am is crazy for them. Just a 30 minute push back of the start time would help.

I prefer Option 3, perhaps some of the Advanced Placement classes could be taught during that block prior to the start of the school day.

I have 2 children in elementary and 1 in a preschool. I prefer Option 2 or 4. Any of the Option 2s is an improvement. Ideally all the children would start school at the scientifically proven best times for their age groups (ditto for homework load but that's another issue)

but I understand the need for high schoolers to be available to work in after school care with elementary children. I had thought Option 4 was a no-brainer until I realized high schoolers were needed by the Boys & Girls Club etc. I would like a survey to discover the impact of high schoolers being dismissed before or after elementary schoolers. When I pick up my children I only see a handful of high school babysitters/siblings but I realize how important that is to those who need them, and to the Boys & Girls Club etc who need high school employees. I like Option 2 because it means less stress in the morning and elementary schoolers are calmer and more willing to do homework and required reading. Home made lunches might increase as parents have more time in the morning to make them and a decent breakfast is more likely to be eaten. Children might even get in some exercise before school. High school activities that run in the afternoons could switch to mornings, especially sports because it is very healthy to start the day with exercise. All working parents need after school care but I don't know anyone who would need before school care if school were to start later. I hear rumors of parents who drop their children at school then go back to bed, but I think that is at the high school level. My children's elementary school starts at 8:45 and I am up and out of the house with them well before my husband; sometimes they don't see him in the mornings. The disconnect between school hours and work hours is the stress of the early mornings for the children then the stress on the parents to find after school care for the hours and hours before they get home from work. My only concern is that preschools begin at 9am so it would be good for preschool and elementary start times to be within 15min of each other. Imagine dropping my preschooler at 9am then the elementary kids at 10 then going back for preschool pick up at 11:30! You could start the elementary schools before the high school but add a 30min recess to lengthen the elementary school day by 30min to allow the high schoolers to finish earlier. The extra break is exactly what young children need. It could be recess or aerobics. Or even two recesses as per other countries that rank well on graduation rates. Option 1 simply switches the burden from one set of students to another. Option 3 is viable but will create confusion. Or worse, no change at all! If students have the option to start at the current time or start/finish later I believe all the after school sports/activities will stay the same and the late start option will become moot as students have no choice but to start early in order to attend activities later. Option 4 is perfectly viable for me. Option 5 will create confusion. It is easier to have the same schedule everyday than to have one day different. Option 6 is unacceptable. Studies have told us officially what we already knew. Now that we know better we must do better.

As a parent of elementary school children, our family would find it very hard to move elementary SST earlier. Bed-time would be earlier resulting in less time in the evenings for parent-child time interacting, reading, homework etc. I was a little surprised that there is an option to move elementary SST earlier - I thought the issue at hand was that the high school start time was too early, so switching the time with elementary schools seems to shift the issue, not solve the issue. While not a parent of a high school student, it does seem to me that high school starts very early and I can understand desires to move it

later. My first choice is Option 4. Second choice is option 2A.

It seems that the options are different on the different webpages. I am fine with the Flexible Start/Extended day, the different start times for the different houses, or no change at all. My main concern is that I can drop my son off at GHS around 6:45 am regardless of the selection. I hope that no matter which option is selected that parents who need to go to work and who live almost 2 miles away who do not receive bus service can be accommodated. The weather has not been favorable in the past years to have my son walk to school on his own. It is dark in the morning and traffic is heavy in the Post Road and Hillside Road areas. Without having a ride to school, it would be a significant amount of physical exertion to walk to school, perform in physical education, and in the after school sport team. My son will not be a student who gets to take advantage of the extended start time. We are fine with that. I need to get him to school so I can be at my place of employment in Stamford at 7:10 am. I actually feel more productive the earlier I wake up. I am able to accomplish more. My son is fine with it too. He told me he wrote an unbiased essay in Social Studies class regarding it.

I like 1A and 1B

Option 6- maintain current school start times

I think the best option for Greenwich would be I start with Middle School first, then High School, then Elementary School. Also, please delete option 6 ... no change is unacceptable. High school should not start until 8:30 ... The current system is unacceptable!

My very general sentiment is let the tweens and teens get more sleep and 30 minutes is not enough of a game changer. And if you really want to make for a happier existence for this age group, minimize the voluminous written homework and make that an in-class learning process. It solves the dilemma of getting out of school later and finishing homework later. Studies show the benefits of homework diminish after one hour.

We moved here from another school district a couple of years ago. The school start times were later in the other district. Since, we moved to Greenwich my child has been complaining that she has to wake up too early and is often tired. I would like the start times for middle school and high school to start 30 or 45 minutes later.

I like option 1 B and option 4. I am very much in favor of later start time for high school students. I was a high achieving, hard working, highly involved teenager when I was in high school(which started at 7:20am) and I was exhausted for 4 years. Demands on children have only increased since I was in high school. Please consider our childrens' mental + physical health when making this decision.

I agree with starting high school later in the morning as I believe teenagers need more sleep and do not perform well academically when they are sleep deprived. However, I do not agree with starting elementary schools any later than 8:30 AM as younger kids go to bed earlier and wake up earlier which would leave a large gap of time before school starts. Also, starting school even 30 minutes later would cause problems for working

parents and would not allow a lot of parents to be able to take their kids to school. In addition, if kids get out at 4:00 pm they will not have time to do activities, homework, and just have free play. I believe 4:00 pm is way too late for an elementary school release time.

Option 6 because it will not fix the amount of sleep students get. Students need to have reduced workload so they can sleep more no matter the time.

Make it later for all!!! All start 90 min later

Are you aware how incredibly biased the survey you sent out is? Filled with leading questions and confusing options. Disappointing and unfortunately may decide a time change that will have huge ramifications on district operations, student athletes missing class, teachers seeking to work elsewhere because of impossible commutes, young children waiting at a bus stop in pitch black...yet all we hear about is "American Pediatrics say that kids need more sleep..."

I would say option 3 or 6 would be the best course of action. Pushing all schools back with impact all after school programs which result in those programs running later. For example my son plays travel hockey an several days a week has practice at 4pm. If school start time is pushed back then hockey practice is pushed back along with everything else. This would likely result in later bed time. I also have not seen and study on what the later start time would do to evening rush hour. I think that there is no way to say that later start time will definitely result in more sleep. Most kids would likely just stay up later.

I feel asking young children (4,5 and 6) to wake up at 6:00 to be at school for 7:30 is very early. My children go to be at 7:30 pm and it is a struggle to wake them up at 7:00 am.

I suggest we remove option 6. 7:30 am is much too early for high school students. There is no question about the science and as parents we know it is not right. Here in Greenwich we used to start later but drifted earlier over time. When I read that faculty are overall not supportive of later start times this is alarming. Commuting times should not take priority over health, safety and school performance of children. I think the best solution would be: 8 am all the Middle School 8:30 am our High School 8:45 am all the Elementary Schools I like this because kids don't go to in the dark. I don't see this option and think we need to be flexible as we make our decisions.

Option 5 seems to be the best, as something like this is, in a way, already in effect.

Having seen my older children struggle with the current early start time for high school, which did not allow for proper teenage sleep schedules and thus made them continuously compromised in health and cognitive abilities, I ask you to remove Option 6 from the discussion. It is imperative we allow our teenagers proper sleep hours according to AAP standards, I support: MS 8am(8:15), HS 8:30, ES 8:45 (or 9) Or: any of Option 1A, 2B-E, 3 or 4 I would also support this scenario: High School start at 8:30. Middle school start between 8 am and 8:45 am. Elementary school start between 8 am and 9 am. Middle and Elementary could go in either order around the High School. Please do everything you

can to put a changed schedule into practice for NEXT year. It is imperative that we put our children's health as the highest of priorities.

I think the best option would be to push all schools 60 minutes later. This would follow government-recommended standards for high school.

Option 4,5,or 6...

I am completely against option 1a and 1b. It assumes that elementary children go to bed earlier and, as such, will get the amount of sleep needed. It would also take away parent/child time as kids would have to go to sleep earlier. I am totally against options 2A-2E. Option 3 is the most reasonable. Alternatively, high school students should be able to use their free periods in the morning as they saw fit to come in later. This matter needs to be looked at more carefully instead of making a rush decision, unless it affects only those that are at the high school. Even then, that assumes that all at the high school would be on Baird with any changes to their schedules.

Stay with Option 6. The BET will not give you \$1mm more for buses without asking you to cut the budget elsewhere.

I would do a combination of 1a and 2a. Smaller children tend to be up earlier naturally (mine get up by 6am everyday), but they also shouldn't be waiting for the bus in the dark. With my plan, elementary school would start at 8am, middle school at 8:30 and high school at 8:45. I think the recharge option is confusing for both parents and students, wreaks havoc with family schedules and does not provide enough relief for sleepy teens. I think the "flexible" high school start does not work well either. Scheduling multiple AP courses is difficult enough, and I would be concerned that teens trying to take a heavy academic load would be the ones penalized with earlier start times in order to make their schedules "work". Given that several elementary schools already start at 8:15, hopefully pushing this back to 8am for all elementary students will not leave children in the dark. If it does, then I would amend my recommendation to 8:15 for elementary, 8:45 for middle and 9am for high school. Thank you for your consideration.

I think that if we are going to make a change based on the research then we should do what the research suggests. If that is not feasible, why make a change at all.

The most important factor of any option is to make a later start time for the high school
Maintain current school start times

Option 2-C seems the most logical. Anything earlier is too early, it gives the kids a bit of extra time to get rest. Starting any earlier than 0830 seems detrimental to giving the children the best chance of being rested, alert and able to learn properly. Even as an adult, it would be difficult to be properly rested and ready to do anything before this time on a daily basis for an entire year.

I am in favor of option 6. The bus schedule is the issue. My child is the first picked up in the morning and the last dropped off which means he has a two hour commute (one hour each way) every day to a school that is ten minutes from my house. The bus schedule needs to be adjusted to a first-on is first-off schedule.

I feel option 4 is a good one b/c a later start to all schools & getting out later will effect all after school programs. I feel the children need a little break in between ending school & starting an after school program. A later start will also affect working parents , sibling school start etc.

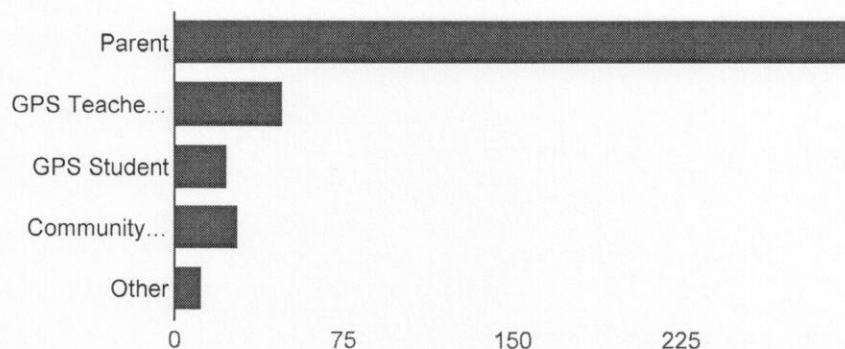
Option 4 as the High Schoolers have a different clock and need more time to sleep If necessary Option 1A is also viable as the elementary school students wake up early. And we are still allowing the High School to start later Thanks

For many reasons, our family would not like to see the school start times change. I have students who have adapted extremely well to the high school and middle school schedules. I have an elementary school student who needs to be woken up at 8am for school. My husband can drive my older children to school on his way. Of course, all of these are personal reasons not to change the start time. I understand the research and the desire to provide more sleep time for teenagers. I agree more sleep is optimal for everyone; parents, children, teachers but I feel the reality is quite different. My son is an honors student, taking all honors class including 2 AP classes, on the high honor roll, who also plays 2 athletic sports at the GHS. (He would like to play 3 but for our family life we have limited him to 2) Changing the start time for my son, will not change the number of hours he gets to sleep, it will only change when he gets to sleep them. I appreciate not all students, may have as demanding schedule as he does but I imagine with over half of his class taking honors and/or AP classes and with the extremely large number of student athletes at GHS, this is likely the case for good portion of the students. One of biggest concern I have regarding the change in start time for these athletes is what will happen to game times? Even now with a 2:15 dismissal there are times, when these students are being pulled from their last class or sometimes 2 classes to attend a sporting event. If you push back the start time, how many classes will these same students have to miss to attend these same events in the future? Has the athletic department and their coaches addressed this issue? Have there been discussions to consider the impact the later dismissal will have when scheduling practices, games and events? Are they willing to push back the games and events to ensure that there is no unnecessary loss of classroom instructional time for the students? The students should not be missing classes and/or tests for games. In addition, I would highly recommend that a discussion take place now with the coaches and athletic department. Just recently, the varsity football team had an away game. The bus did not return to GHS until almost 11pm. The coach called for a film review at 7:30am the next morning. The one morning the students can sleep in, after a full week of school, practice each day plus a late game and the coach had the team show up the next morning at 7:30am. If you are truly concerned about the students, why aren't you doing as much as you can to support sleep now, not just because of the start time issue. My son does not want me to complain, he is afraid speaking up will hurt his chances to play, which concerns me so much. I appreciate this is not an easy issue to address but please think of all issues before changing anything.

Options 2 and 6 are the only reasonable, agreeable and affordable options open to

elementary children. Thank You!

Please let us know which group(s) you represent:



Parent	301	76.2%
GPS Teacher/Staff	48	12.2%
GPS Student	24	6.1%
Community Member with no children currently attending GPS	28	7.1%
Other	12	3%

Number of daily responses

