

About a year ago there was discussion about switching the high school start time with the elementary schools start time but I have not seen this being discussed recently. I have just finished reading the book "The Teenage Brain - A Neuroscientist's Survival Guide to Raising Adolescents and Young Adults" by Frances E. Jensen, MD and have attached the chapter on sleep. Please take a few minutes and read this short chapter. All the evidence shows that changing the start time of high school and if possible middle school will have huge positive results. By keeping things status quo is quite frankly irresponsible and causing unnecessary damage to our students and their families. I hope this will be a catalyst to make this change happen for the 2016-2017 school year. Thank you for your consideration.

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