

Dear Mr. Porcello,

Thank you for taking the time to listen to some of the feedback from your students. It means a lot to be able to communicate with the people who are capable of creating change. We appreciate your willingness to listen. We write this letter in hopes to spark some sort of change within our scheduling system, and maybe turn a few heads our way. Many students use “late arrival” and “early dismissal” as part of their schedule, maybe to catch up on much needed sleep or to leave school early for work. Whatever the case may be, students love the little flexibility and we think this is a great option to have. We think it would be a great idea to add in delayed start for school a few days of the week to help students get more rest, and there’s a couple reasons for that. A sleep expert at the University of Texas says that teen drivers who start class earlier in the morning are twenty-nine percent more likely to be involved in a car accident because they may have not gotten enough sleep. It also states that two out of three teenage students are not getting the recommended eight to ten hours of sleep per night. With that being said, studies say that inadequate sleep can result in increased risk of depression, suicidal thoughts, obesity, and hypertension. Students that are not getting the recommended amount of sleep per night tend to not pay attention as much in class and sometimes start to doze off. With delayed start, students can catch up a bit more on sleep and they won’t need things like caffeine to help them through the school day. The minimal required hours for schools in Ohio must be 1001 hours per school year. With an average 5.75 hour schedule (not including lunch or ice), perry schools hit about 1035 hours per year, which is 34 hours over the required limit. With this extra time we could dedicate certain days during the week for a later start to our school. We can also cut five minutes from each core class, freeing up at least 20 minutes for a later start. Every little bit helps.

Rabe, Yen. “Starting School Later Helps Teens.” ATPE, 11 Dec. 2011,
www.atpe.org/en/News/ATPE-Blog/2018/December-2018/Starting-School-Later-Helps-Teens.

“We Need to Talk about School Start Times.” Science Bulletin, 23 Jan. 2017,
sciencebulletin.org/we-need-to-talk-about-school-start-times/.