

To Dr. Malchesky,

The institution of school has brought the common student to stress levels that we have not seen before. This is a result of sleep altering education hours. Schools have been starting the day too early for decades and that has made it the national norm. Since no one is questioning this daily procedure, it has gone unimproved for way too long. Growing children and younger adults need a certain amount of sleep to be productive as a member of our school and community.

Biologically, the common school schedule makes zero sense. We need to adjust our ways with the times. As new information about what's best for every day students is uncovered, we need to adapt and acknowledge that information so progress can be achieved. According to The National Sleep Foundation, teenagers (aged 13-17) require 8 to 10 hours of sleep per night to grow healthy and reach their full potential. Studies like these have been urging schools to make a change but have been overlooked because of a fear of change and education systems sticking to strict scheduling. Perry Schools have an opportunity to be the momentum shifter in student health. If we choose to make this change we can be trailblazers in the field of student growth and mental health.

Sincerely,