

Wednesday, November 6th 2019

Dear Mr. Porcello,

This letter is being written in regards to changing the start time of our school day. The opportunity of late arrival and early release for upperclassmen is a great choice that our school offers. There are different problems associated with having early start time to the school day; such as poor academic performances and worsened physical and mental health. A reform we have in mind is to have a later start to school one day of the week. Such as how Riverside, Madison, and Mentor school districts offer a late start day each week. Studies show that students who arrive later are more likely to get the recommended amount of sleep which can boost their performance in the classroom. We recognize that starting school later would affect athletics or extracurriculars. Also, that later school times would cause students to need to leave school early in order to arrive on time to athletic events. Although this seems like a big issue, most schools have not reported having major issues with this problem. Especially if the school only did this one day a week. Students would not get too far behind with their work. The website "Start School Later- Healthy Hours" addresses the problems associated with starting school early in the morning; as well as different success stories from schools that have changed their school times. Another source that addresses the issue of early school times is Fox 8 News Cleveland. Fox 8 mentions how there are later start times in California due to sleep deprivation as their main issue. Fox 8 also mentions how there is a law that was going through legislation in order to prevent schools from starting before 8:30 a.m..

Sincerely,

"Counter Argument." *Later School Start Times*,  
<https://startschoolslater.weebly.com/counter-argument.html>.

"Should the School Day Start Later in Ohio?" *fox8.Com*, 17 Oct. 2019,  
<https://fox8.com/2019/10/17/should-the-school-day-start-later-in-ohio/>.

"OH - Statewide." *Start School Later*, <https://www.startschoollater.net/oh---statewide.html>.