

School Committee Members,

Please consider the following info before making any decisions regarding the proposed time change plans:

1. **There are no positives for elementary students in either of the two proposed changes.** While the benefits for high schoolers are detailed in the provided slides, there is no mention of benefits for elementary students.
2. Elementary students should be considered with higher priority than high schoolers in any proposed plan. They require more sleep than high school students, (typically) wake up earlier, and are less independent. The American Academy of Sleep Medicine has recommended that children aged 6–12 years should regularly sleep **9–12 hours per 24 hours** and teenagers aged 13–18 years should sleep 8–10 hours per 24 hours. Why are we catering to high school students who (should) have the independence to go to bed at a reasonable hour so they can fulfill their biologically necessary sleep requirements, while neglecting the sleep requirements and schedules of elementary students?
3. Shrewsbury traffic will have a dramatic effect on drop off time for elementary schools. The point of schools ending early is so that the buses can finish their routes BEFORE there are too many cars on the road. **A 3:40 PM end time means dismissal will go until 3:55 PM,** leaving the last buses to fight traffic just as it is starting to build up.
4. A later release time will negatively affect elementary student participation in after-school athletics and co-curriculars.

Beyond these points, it should also be noted that the proposed changes have not been publicized enough to implement. This is a big change that would affect a lot of families, but I don't see it be treated as such in the weekly notifications I get from my school.

Given the above info, I hope that the committee will choose to make no changes until such time that a plan is crafted to accommodate the sleep needs of ALL Shrewsbury Public School Students and their school communities can be properly warned.

Thanks for your time and consideration,

Tony Marciello
978-877-0437

Weston

Elementary - 8-2:20

Middle and High - 8:45-3:15

Hopkinton

Elementary - 8:55-3:15

Middle - 8-2:25

High - 8-2:25

Wellesley

E - 4 Days - 8:30-3:05, Wed. - 8:30-12

M - 7:40-2:30

H - 7:30-2:30

Lexington

E - 9-3:30

M - 8-2:40

H - 8:30-3:10

Dover/Sherborn

E - 7:50-2:15
M&H - 8:30-3:10

Newton

E - 4 Days - 8:10-2:50, Wed. - 8:10-12:20
M - 7:50-2:20 staggered times x4, latest 8:20-2:50
H - 9-3:45

Brookline

E & M - M-Th 8-2:30, F 8-1:40
H - 8-3

Wayland

E - 7:55-2:25 m t h f wed until 1:15
M - 8:40-3:15 wed 2:30
H - 8:35-3:10 wed 2:25

Belmont

E - 8:40-2:50 wed 1:40
M - 7:55-2:25 wed 1:15
H - 8-2:25 wed 1:25

Westwood

E - 8:50-3:10
M - 7:48-2:25
H - 7:25-2:05

Westboro

E - 8:50-3:05
M -
H - 8:05-2:40

Northborough

E - 8:20-3 or 855-3:25
M - 7:45-2:10
H - 8-2:30

Southborough

E - 9:10-3:25

Shrewsbury (current)

E - 9:00-3:15
M - 8:00-2:35
H - 7:35-2:00

Shrewsbury (Option A)

E - 9:15-3:40
M - 8:35-3:00
H - 7:55-2:20

Shrewsbury (Option B)

E - 9:15-3:40
M - 7:55-2:20
H - 8:35-3:00