

Dear Parents, Staff, and Community Members:

A number of important medical associations have called on middle and high schools to start no earlier than 8:30am. The Start Times Advisory Committee (STAC) was formed one year ago in order to respond to that recommendation. STAC was charged with investigating the desirability and the feasibility of a later morning start time for Masconomet, and to understand what the impacts may be for students in Kindergarten through grade 12, their families, and the community, and to develop options for community discussion.

In a perfect world, we could change the Masconomet start time to 8:30am at no cost, with no effect on elementary schedules, and with no effect on the lives and schedules of our families and staff. It is impossible to develop an option that does all of these things, and thus our guiding principle throughout this process has been to work to provide the greatest benefit to the greatest number of students, while balancing that with the real-life concerns of our communities around cost, complexity, and change.

So, far we have developed six options to consider and we invite you to weigh in on those options in this survey:

SURVEY LINK: <http://tinyurl.com/STAC2017>

The survey should take about 30 minutes to complete. Parents, community members of the Tri-Towns, and staff at the Tri-Town Union and Masconomet districts are all invited to take the survey. Students will be completing a similar survey in school using either their own electronic devices or on school-provided devices. A PDF version of the survey is attached and a paper version will be made available to those with no access to a computing device at each school's main office and at the town halls.

After the survey has closed on March 20th and the results are analyzed, STAC and the two Superintendents will make a recommendation to all four School Committees (Masconomet, Boxford Elementary, Middleton Elementary, and Topsfield Elementary) in late April 2017 for implementation in the 2018-19 school year. The School Committees will each vote on whether to adopt the recommendation, with approval from all four required to make any change affecting Masco and the elementary schools.

- Option A: No change
- Option B: Tighten schedules and add 3 buses
- Option C: Neighborhood bus stops and tighten schedules
- Option D: Elementary first, Masconomet second
- Option E: Start all schools near 8:30am with K-12 busing
- Option F: Start all schools near 8:30am with double busing

To accompany the survey, we have developed a list of FREQUENTLY ASKED QUESTIONS, which are attached below and are also available at <http://tinyurl.com/STAC2017FAQ>.

You may also view the STAC OPTIONS REFERENCE GUIDE at <http://tinyurl.com/STAC2017reference> that includes a one-page comparison of the timetables for all of the options along with the details of each option, the criteria used to create the options, and a brief description of the options that were discarded.

To understand more about why we are considering this change, read the list of MEDICAL ASSOCIATIONS THAT HAVE RECOMMENDED AN 8:30AM OR LATER START TIME, and their position statements at: <http://www.masconomet.org/Page/512>

To gain a deeper understanding of the relationship between start time and adolescent sleep, watch the PRESENTATION BY DR. JUDITH OWENS, recorded at Masconomet, at <http://tinyurl.com/stac-owens>

In May of 2016, STAC conducted a sleep survey to learn more about the sleep habits of our students. We surveyed students in grades 5-12, parents of the PreK-12 community, and staff. Read more about those survey results here:

- Executive Summary of STAC Sleep Survey: <http://tinyurl.com/stac-sleep1>
- Student Sleep Survey: <http://tinyurl.com/stac-sleep2>
- Parent Sleep Survey: <http://tinyurl.com/stac-sleep3>
- Staff Sleep Survey: <http://tinyurl.com/stac-sleep4>
- Open Responses for the Sleep Survey: <http://tinyurl.com/stac-sleep5>
- Presentation of Sleep Survey Results: <http://tinyurl.com/stac-sleep6>

On THURSDAY, MARCH 16, 2017 at 7pm there will be a STAC COMMUNITY FORUM in the High School Library, where panelists will be available to answer questions. Panelists include those from schools who have studied a change in start time, and a local pediatrician who is also the director of Pediatrics at Beverly Hospital. Members of the STAC team will be available to answer questions about this survey and the options after the panel.

Attachment: PDF Version of Survey is provided for those who want to review it before completing the survey on-line.

Thank you for your participation! Questions can be directed to StartTime@masconomet.org

The School Start Time Advisory Committee