

# Middlesex League Superintendents

## **Joint Statement on Later Start Times for High Schools**

*“Everybody learns better when they’re awake.”*

*([Mary Carskadon, The Atlantic, August 17, 2015](#))*

The purpose of this collaborative statement is not to make a case for later high school start times. The research is clear on this topic that later start times best support the social and emotional needs of our high school students. The Middlesex League Superintendents collectively wanted to express our clear support for later high school start times. Our intention is to commit to a deadline and to the necessary consensus building required to make a change in long-standing practice. Doing what is right for adolescents will mean changing adult schedules and behaviors. Ultimately, the choice to change will distill down to what communities value most.

To this end, our League goals are as follows:

- High School start times between 8:00 a.m. and 8:30 a.m. for all Middlesex League High Schools by the start of the 2018-2019 school year. (Current start times range from 7:30 a.m.-8:00 a.m.)
- After-school competitions will be scheduled so that students do not routinely miss academic time

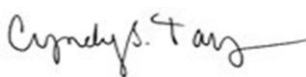
The expression of our intentions and our timetable should provide ample opportunity to address all stakeholder concerns and to reallocate existing funding or commit to the new funding that may be needed to implement later start times. Moreover, by setting a timeline for Fall 2018, we believe districts, families, and organizations that oversee athletic competitions, academic competitions and other student activities will have sufficient time to prepare for a change that will benefit all our students.

We hope this joint statement is the first of many as we work together across our respective communities to implement practices that are in the best interest of children.

Sincerely,

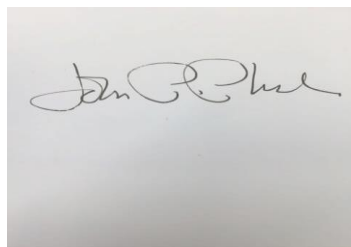


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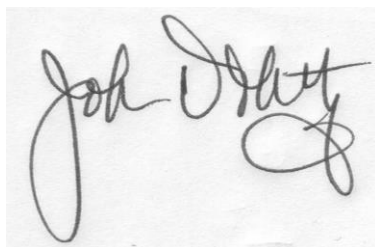


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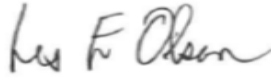
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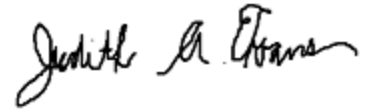
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