



BMS/RHS Starts 8:00 am Effective Sept. 7, 2016

As you will recall, the Rhinebeck Central School District Board of Education approved a new school start time at Bulkeley Middle School and Rhinebeck High School to begin this September.

New BMS/RHS start time is 8:00 am.
New passing time between classes is 3 minutes.
New BMS/RHS end time is 2:35 pm.

New CLS start time is 9:00 am.
New CLS end time is 3:17 pm.
New CLS bus departure time is 3:35 pm.
(Please see each school's schedule on the back of this page.)



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Inevitably, there will be adjustments in the first few days for all of us. We recognize that this change may represent both an inconvenience and a challenge for some. At the same time, we are solidly convinced that the benefits of improved sleep are well worth the effort such change will ask of parents, educators, and students alike. The district will study the impact of the later school start time and share with all members of the community its findings and recommendations during the pilot year. Below are some suggestions for helping your child with the transition to the new school year.

Tips For Getting a Good Night's Sleep

UCLA's Sleep Disorders Clinic suggests:

- A calm atmosphere should be established at bedtime.
- Teens need a chance to unwind at night.
- Teens should avoid computer games, action movies, intense reading or heavy studying right before bed.
- They should not have anything with caffeine (including soda and chocolate) after 4:00 pm.
- They should avoid smoking and drinking which will disturb their sleep.
- A regular exercise routine and a healthy diet will help them sleep better at night.
- If they need a nap, they should keep it to under an hour.
- It can be hard for teens to get enough sleep during the week, but they should not wake up more than two hours later than the time they normally rise on a weekday. This will make it even harder to wake up on time when Monday morning arrives. <http://sleepcenter.ucla.edu/sleep-and-teens>

Make Sleep a Priority

Research suggests that teens are biologically designed to fall asleep later as they mature; gaining extra sleep time in the morning actually helps to replenish that sleep deficit. Sleep wellness, however, entails much more than a later sleeping and rising time. As many parents pointed out last year, 30 minutes in the morning will make little difference in a teenager's life if the change is made in isolation. Studies show that disturbed sleep is strongly correlated with excessive stimulation and light exposure in the hours immediately prior to sleep. <https://sleepfoundation.org/ask-the-expert/electronics-the-bedroom>

An important first step to gaining the benefits of the new school start time is to encourage your teen to shift his or her sleep schedule to align with the school day over the 7-10 days prior to September 7th.

We look forward to sharing best practices for sleep wellness with you and welcome your questions as well as suggestions as the pilot year unfolds.



The First Day of School is Wednesday, September 7, 2016

2016-17 BMS/RHS DAILY SCHEDULE Building Opens 7:15 am

Period	Times	Notes
Period 1	8:00 - 8:41 am	AM BOCES bus departs at 8:00 am
Period 2	8:44 - 9:25 am	
Period 3	9:28 - 10:11 am	
Period 4	10:14 - 10:55 am	
Period 5	10:58 - 11:39 am	- First Lunch Period Begins - AM BOCES bus returns at 11:30 - PM BOCES bus departs at 11:41
Period 6	11:42 am - 12:23 pm	
Period 7	12:26 - 1:07 pm	
Period 8	1:10 - 1:51 pm	
Period 9	1:54 - 2:35 pm	

PM BOCES bus returns at 3:05 pm

After-School Extracurricular Activities are held from 2:40 – 3:20 pm

Football bus departs at 2:40 pm

Athletic buses depart @ 3:00 pm

Late bus departs for CLS at 3:25 pm

2016-17 CLS DAILY SCHEDULE Building Opens 8:45 am

Description	Time	Notes
Building Opens	8:45 am	
School Begins	9:00 am	
School Ends	3:17 pm	pick ups, walkers, electives dismissed
Begin Loading Buses	3:23 pm	
Buses depart CLS	3:35 pm	