



## BMS/RHS Start Time Appears to Have Benefits

This September, students at BMS and RHS headed back to school a little more rested, thanks to the Rhinebeck Central School District's new 8:00 AM start time.

Early reviews of the change have been positive. Parents and administrators note that well-rested teens are approaching first period classes with less stress and more focus. Traffic during morning drop off at BMS/RHS has been notably less congested. More students appear to be riding the buses in to school.

The District will be studying the impact of this later school start time pilot project throughout the academic year. **Be watching for an October survey as the Board of Education solicits feedback on the changed schedule from all our families, students, faculty, and staff.** In the meantime, if you'd like to share your experience of the new start time, please click the "contact all the board members" link on this page: <http://www.rhinebeckcsd.org/pagecontent.php?id=67>

### Time for Breakfast

Experts agree that eating a healthy breakfast helps young people to learn and retain information more effectively. Not all morning meals are created equal, however. Nutritionists know that foods with a low glycemic index, such as oatmeal, allow kids to power through the day: <http://www.npr.org/templates/story/story.php?storyId=5738848>

Rhinebeck is committed to providing tasty and nourishing options for students in all three of our schools. Check out this month's menus! <http://www.rhinebeckcsd.org/pagecontent.php?id=17>

Staying after school? Pick up a **snack** before practice or club meetings in the BMS Cafeteria.



BMS/RHS students arrive at school a bit more rested this year.

### Did You Know?

Getting a good night's sleep is crucial for adolescent health and wellness. But sleep is only one component of a healthy lifestyle. Managing stress is equally important.

### Research Shows

Teens are now the most stressed out age group in America. Find out why:

[http://www.huffingtonpost.com/2014/02/11/american-teens-are-even-m\\_n\\_4768204.html](http://www.huffingtonpost.com/2014/02/11/american-teens-are-even-m_n_4768204.html)

Parents can help their children tackle anxiety, and it starts with a simple plan:

<https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/For-Teens-Creating-Your-Personal-Stress-Management-Plan.aspx>

Students who confront stressful situations with what researchers call a "growth mindset" tend to do better and feel more confident about their abilities.

[http://greatergood.berkeley.edu/article/item/can\\_a\\_change\\_in\\_mindset\\_help\\_teens\\_destress](http://greatergood.berkeley.edu/article/item/can_a_change_in_mindset_help_teens_destress)

The good news is that we are all capable of growth and change when it comes to "mindset" and parents have an important role to play in cultivating resilience:

[http://www.huffingtonpost.com/smart-parents/growth-mindset-parenting\\_b\\_6951252.html](http://www.huffingtonpost.com/smart-parents/growth-mindset-parenting_b_6951252.html)