



Understanding the Effects of the Later Start Time

The School Start Time (SST) committee has established a clear time line for assessing this year's pilot program so that the Board of Education can make a decision to either adopt or rescind the 8:00 start time next year.

On the agenda:

- An electronic survey to parents, students, teachers/staff will be distributed by late January;
- Following the survey, SST group will set aside time for focus group discussion with interested faculty and staff from each building;
- SST team will meet with Pupil Personnel Services (school psychologist, social worker, guidance, nurse) to gather qualitative feedback;
- Principals will be consulted for quantitative data in December and again in the spring;
- Athletic Director will be invited to share concerns/issues that may have arisen with scheduling games this year;
- Sleep Questionnaire to be distributed to BMS and RHS students in early spring;
- Our goal is to work toward a full board discussion and vote on adoption or revocation of the new start time by late March or mid-April (pending feedback from all stakeholders).

As always, we welcome your feedback. Please email us: [Email the Board of Education](mailto:BoardofEducation@rhinebeckcsd.org)

Drive Safely!

With every hour of lost sleep, the crash rate for motor vehicles rises. A report released recently by the AAA Foundation for Traffic Safety explains: <https://www.aaafoundation.org/acute-sleep-deprivation-and-crash-risk>



Best wishes for a happy, healthy and safe winter season!

Though the coming weeks may be full of activity, they can also be a time to rest and recharge. Help your child regain some of those lost hours of sleep.

The Winter Solstice is December 21

Though we're fast approaching the winter solstice, and the daylight hours are few, there are ways you and your children can offset the effects of the natural desire to hibernate.

- Go outside
- Exercise regularly
- Get a good night sleep
- Relax
- Eat the right foods

For more information on beating "winter tiredness," read on: <http://www.nhs.uk/Livewell/tiredness-and-fatigue/Pages/winter-tiredness.aspx>

Did You Know?

Seasonal Affective Disorder (SAD) is a serious condition. Learn more about helping you and your family get through the dark days of winter:

<http://www.parents.com/health/mental/does-your-child-have-seasonal-affective-disorder/>