

## West Hartford Public School District

**Agenda Item:** Resolution Supporting a Statewide Change to School Start Times  
**Meeting Date:** February 19, 2020  
**From:** Deb Polun, Board Chairperson

**Recommendation:** THAT the Board of Education accept as a **Second Reading** the Resolution Supporting a Statewide Change to School Start Times.

First reading: Tuesday, February 4, 2020  
Second reading/Vote: Wednesday, February 19, 2020

WHEREAS the West Hartford Board of Education has considered the issue of school start times, and established a Rethinking School Start Times Committee, comprising parents, teachers, administrators, and students, which met from September, 2017 to November, 2018; and,

WHEREAS a substantial body of research has demonstrated that delaying school start times for adolescents is an effective countermeasure to chronic sleep loss and has a wide range of benefits with regard to physical and mental health, safety, and academic achievement; and,

WHEREAS a district-by-district approach to changing school start times presents complications for inter-district activities, as well as for family work schedules; and,

WHEREAS a statewide approach to start times would ameliorate those issues and provide equity across districts, benefitting all students.

NOW, THEREFORE BE IT RESOLVED that the West Hartford Board of Education urges the Connecticut General Assembly to pass legislation requiring schools for students in grades 6-12 to begin academic classes no earlier than 8:30 am daily, to ensure that every student arrives at school healthy, awake, alert, and ready to learn.

**Agenda Item:**  
**IV.A.**