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**The Public Schools of
Northborough and Southborough**
Ten Schools, Three Districts, One Community of Learners



Later School Start Time Task Force

Led by the Northborough,
Southborough, and
Northborough-Southborough
School Committees

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Why is a later school start time important? Adolescents need 8.5-9 hours of sleep each night. Sleep patterns change as children become adolescents: they fall asleep later and sleep later in the morning. These are normal, developmentally appropriate patterns, and students cannot simply go to bed earlier to get a sufficient amount of sleep.

Early school start times are an important cause of sleep deprivation in adolescents. Studies have shown clear benefits of a later school start time for teens:

- Better academic performance
- Fewer car accidents
- Fewer sports injuries & faster healing after concussions
- Reduced rates of depression, anxiety, & drug/alcohol use

Later high school start times are recommended by the American Academy of Pediatrics, US Centers for Disease Control and Prevention, American Psychological Society, and American Medical Association. The American Academy of Pediatrics specifically recommends that teens should not start school before 8:30 am.

Why was a task force formed and who is on it?

A district-supported task force to study a possible later start time for our high school was formed to address this key aspect of healthy sleep for our students. Members include teachers, district and school administrators, parents, students, and school committee members. Community input is welcomed, so that questions, concerns, and suggestions can be addressed.



Why is Northborough-Southborough considering a later school start time?

Algonquin Regional High School currently begins classes at 7:20 am—one of the earliest in the state. Many high schools in Massachusetts have implemented later start times for high schools, including Ashland and Westborough.

When would a change take place?

The earliest that a change in start time would be implemented would be for the 2021-2022 school year. The District aims to finalize the daily schedule for all schools one year in advance, to give families time to plan.

How will the change be implemented? Will elementary school children have to swap with the high school students and start at 7:20 am?

No. It is the goal of the task force that all schools will have start times that are healthy for the ages of the students they serve. It is not the intention of the task force to make a recommendation that solves the ARHS start time challenge and creates other start time challenges at our middle and elementary schools in Northborough and Southborough.

Will there be a cost to implementation of a later start time for the high school?

Initial analysis by the transportation consultants suggests that the District will likely incur costs for additional buses, which would be needed to effectively implement a later start time.