



CHRISTIAN BROTHERS COLLEGE HIGH SCHOOL
on the *Bommarito* Campus

May 30, 2018

Dear CBC Families,

I hope your summer vacation is off to an enjoyable start. At CBC, we are already preparing for an exciting 2018-19 school year, and I would like to inform you of an important change to our school day schedule for the upcoming year.

The CBC Administrative Team has been working with our teachers and a committee of students to explore the idea of moving the school day start time to later in the morning. This effort was initiated because a significant amount of research now clearly indicates that the sleep cycle of adolescents changes at the onset of puberty, making it difficult for them to fall asleep before 11:00 PM and then wake up early in the morning. In light of the research available, many schools across the country are reconsidering the early start times they currently have in place for teenage students. Moving to a later start time more naturally aligns the school day with a high school student's biological clock, providing the best opportunity for him to learn and succeed.

Our school is always exploring new ways to evolve in order to best serve our students. Having thoroughly investigated the research related to this issue and after gathering input from students, parents, and teachers, we have decided to adjust our school day schedule beginning in August. **Our regular school day will now begin at 8:40 AM and conclude at 3:00 PM.**

The available research related to this issue is extensive. In a 2016 report, the *American Medical Association* adopted a policy that strongly recommends high schools transition to start times no earlier than 8:30 AM. Further, having recognized that insufficient sleep in adolescents is a public health issue, the *American Academy of Pediatrics* has endorsed the scientific rationale for later school start times, referencing the potential benefits to students' physical and mental health, safety, and academic achievement.

Beyond the research, we also considered numerous variables specific to CBC families and the many programs that are so important to our students' development into Men for Tomorrow. Potential issues such as local traffic patterns, student drop-off times, later dismissal, pick-up times of our transportation program, and the impact to after-school activities were considered. Brief explanations of the thought and conversations surrounding those issues are outlined on the enclosed page. We have also compiled a variety of helpful information and posted it all to our school website at www.cbchs.org/healthystart/. Please explore these resources, which offer links to research available from various medical, psychological, and sleep-related organizations along with the presentation used at the two parent forums that we hosted on this topic.

I would like to thank everyone who has worked so hard on this effort, especially the teachers on our Academic Leadership Council and the eight students who served on the committee that reviewed this issue. Seniors Michael Hibbard, Elijah Robinson, Logan Roehr, and A.J. Woodman along with juniors Jack Deters, Luke Hammett, Ryan McGraw, and Matt Smith did an excellent job of representing their classmates and helping our school make an informed decision.

Should you have any questions, please do not hesitate to contact me. I hope you have a restful summer vacation!

Sincerely,

Tim Seymour
Principal

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