



Watertown Public Schools

School Start/End Times – Public Forums

What? Public Forums for educators, parents and the community to provide input to the School Committee on proposed new school start and end times.

Proposed Changes? Among options being considered are two scenarios. In each scenario, the middle school and high school begin at 8:30, while in scenario 1 the elementary schools begin at 8:15 and in scenario 2 the elementary schools begin at 7:50. (See reverse side)

Why the Change? The most important reason is to align a later school start time for middle and high school students with typical adolescent sleep patterns. With adequate sleep, students are more attentive and engaged in the school learning environment.

Who is Proposing This Change? Medical experts and many national organizations recommend later start times for adolescents. In 2016 and 2017 the School Department had two different groups study this issue and make recommendations. Scenarios 1 and 2 were presented to the School Committee for consideration on June 19, 2017. ([click here to access report](#)) Also, high schools in the Middlesex League have committed to moving their start times to 8:15 or 8:30.

Are There Other Impacts? Yes, there will be impacts on before and after school activities, including interscholastic athletics, afternoon jobs, homework patterns, staff commuting, bus requirements (for the Hosmer and Middle School), and other aspects of the day surrounding school start and end times.

When Would This Change? The School Committee will make a decision in late October or November. If approved, new school times would likely start in the fall of 2018.

You are invited to attend one of the following community forums:

Tuesday, September 26, 8:30 at Hosmer School Auditorium

Tuesday, September 26, 6:30 at Watertown High School, Lecture Hall

Thursday, September 28, 8:35 at Lowell School

Thursday, September 28, 6:30 at Watertown Middle School, Auditorium

You can also provide feedback online at: <https://goo.gl/forms/YU02URTOQ8slKs593>

Please see the reverse side for a visual representation of the proposed changes

Proposed Changes to School Start Times

7:00 AM 8:00 AM 9:00 AM 10:00 AM 11:00 AM 12:00 PM 1:00 PM 2:00 PM 3:00 PM

Current School Times

Watertown High School: 7:55 AM to 2:30 PM

Watertown Middle School: 7:40 AM to 2:10 PM

Cunniff Elementary School: 8:15 AM to 2:30 PM

Hosmer Elementary School: 8:30 AM to 2:45 PM

Lowell Elementary School: 8:15 AM to 2:30 PM

Proposed Scenario #1

Watertown High School: 8:30 AM to 3:05 PM

Watertown Middle School: 8:30 AM to 3:00 PM

Cunniff Elementary School: 8:15 AM to 2:30 PM

Hosmer Elementary School: 8:15 AM to 2:30 PM

Lowell Elementary School: 8:15 AM to 2:30 PM

Proposed Scenario #2

Watertown High School: 8:30 AM to 3:05 PM

Watertown Middle School: 8:30 AM to 3:00 PM

Cunniff Elementary School: 7:50 AM to 2:05 PM

Hosmer Elementary School: 7:50 AM to 2:05 PM

Lowell Elementary School: 7:50 AM to 2:05 PM