



# NEW FAIRFIELD PUBLIC SCHOOLS

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January 4, 2023

**Re: Healthier High School Start Time Initiative**

Dear New Fairfield Families and Staff,

I want to welcome you back to school and wish you good health and happiness in 2023. It is good to see students and staff relaxed and recharged following a lengthy break. I certainly appreciated spending time with family and enjoying time outdoors in some uncharacteristically mild December weather. As we move into the new year, I want to share an important update with you regarding the Board of Education's agenda to promote a healthy learning environment.

The Board of Education is planning to resume discussions regarding a healthier high school start time, which were tabled during the construction of the new high school. The health and learning benefits of a later start time are [well documented](#). The current start time for New Fairfield High School is 7:15 a.m., which is the earliest start time in the region. Many Fairfield County school districts have adjusted their high school start time to align with recommendations from adolescent sleep research. New Fairfield is well positioned to recommence its study of this important topic as the new high school is approaching completion.

**The New Fairfield High School Start & End Time Ad Hoc Subcommittee will meet on Thursday, January 5 at 6:00 p.m. in the Senior Center Community Room to discuss the possibility of shifting the high school start time to 8:00 a.m., beginning with the start of the 2024-25 school year.** This meeting is open to the public and will be the first of several opportunities for the school community to weigh in on the topic. There are logistical considerations, including but not limited to, transportation, traffic management, budget, and athletics that will need to be addressed throughout the review process.

Please note that the high school school start time change is the only start time change under consideration in this process. In the coming months, you may refer to the [quick link](#) at the top of the NFPS website to access any documents, presentations and meeting videos generated in conjunction with this topic.

Be well.

*Ken*

Ken

***NEW FAIRFIELD HIGH SCHOOL  
START & TIME Ad Hoc SUBCOMMITTEE  
NEW FAIRFIELD BOARD OF EDUCATION  
NEW FAIRFIELD, CT***

The New Fairfield High School Start & End Time Ad Hoc Subcommittee of the New Fairfield Board of Education will hold a regular meeting on Thursday, January 5, 2023, at 6:00 p.m. in the New Fairfield Community Room, 33 Route 37, New Fairfield, CT.

**MEETING AGENDA**

- I. CALL TO ORDER
- II. ELECTION OF CHAIR
- III. APPROVAL OF MINUTES - none
- IV. ACTION ITEMS
- V. INFORMATION ITEMS
  - A. NFHS Start and End Time Task Force Update
- VI. OTHER
- VII. ADJOURNMENT

**BOARD OF EDUCATION, NEW FAIRFIELD, CT**  
**New Fairfield High School Start & End Time Ad Hoc Subcommittee Meeting**

Name of Subcommittee: NFHS Start & End Time Ad Hoc

Meeting type: Regular

Date of Meeting: 1/5/23

Minutes submitted by: Tim Blair

Members present: Kathy Baker, Tim Blair, Ed Sbordone

Member absent: Kim LaTourette

Other attendees: Ken Craw, Dominic Cipollone

Place of meeting: New Fairfield Community Room

The meeting was called to order at 6:04 p.m.

**II. ELECTION OF CHAIR**

**Motion:** To nominate Kathy Baker as chair of this committee

Made by: Ed Sbordone

Seconded by: Tim Blair

**Recording of Vote:** All in favor

**III. APPROVAL OF MINUTES - none**

**IV. ACTION ITEMS - none**

**IV. INFORMATION ITEMS**

A. NFHS Start and End Time Task Force Update

Dr. Craw began by giving reasons for the idea of potentially moving start times to later in the morning. Currently, New Fairfield has one of the earliest high school start times in the state, and data shows there is many positives for students getting the potential to have extra rest and positives in giving educators more time to plan. This data shows improved outcomes in many cases. Dr. Craw indicated this community is well positioned to make this change.

There was discussion with some of the parents present on how their current students have indicated they liked the earlier start times for reasons of getting out earlier. One parent also indicated that the earlier start times often help the working parent, as they can get to work on time when their kids are already in class. Another parent indicated as a professional that there is plenty of data that shows getting more rest is beneficial to students. Another who is also a teacher indicated the change for teachers and coaches should be considered as well since there is a significant number of them who would need to adjust other obligations, such as second jobs. Kathy Baker reminded the parents this was an initial meeting and Dominic Cipollone indicated the data is clear on the benefits for potential extra rest in students and we need to consider this. A parent asked if there was any data on the potential negatives of a later start time. A question was asked if there would be a possibility to implement any early morning clubs/activities with this new start time.

Dr. Craw also talked about the 3rd party traffic study that will be conducted once the new school is complete to measure the impact of changing the traffic patterns at that time of the morning.

**V. OTHER –** Kathy Baker indicated the next meeting would be on 3/2.

**Motion to adjourn:** Made by: Ed Sbordone

**Seconded by:** Tim Blair

**Recording of vote:** All in favor

**Meeting adjourned at:** 6:41 p.m.