

October 17, 2018

Dear Parents and Guardians,

The purpose of this communication is to keep you informed about one of our strategic plan goals concerning improving the physical and mental well-being of the students and invite you to a community forum. In the fall of 2017 over 90 stakeholders came together to help develop a new strategic plan. One of the priority initiatives is to “Identify current practices in District 50 that address the “whole child” and research new educational trends to aid in the advancement of these programs including school start times...”

Please join us for a Board of Education Forum - Monday, Oct. 29 from 7:00 p.m. to 8:30 p.m. at Woodland Intermediate School, 1115 N. Hunt Club Road, Gurnee. The forum will include information about the research on school start times, benefits of later start times for certain ages, as well as time to address comments and questions from those in attendance.

A vast body of research in the medical field supports later start times, especially for middle school and high school students, to improve mental health, sleep deprivation, safety, depression and academic achievement. The American Medical Association, the American Academy of Pediatrics and the National Sleep Foundation all support the need for school to begin after 8:30 a.m. for middle and high school students.

You may visit the dedicated school start times website that includes research documents, presentations and frequently asked questions related to later start times for middle school age students. Click here, www.dist50.net/starttimes.

Questions/comments about the initiative may be directed to Carolyn Waller Gordon, Communications Manager, at cwaller@dist50.net or 847-596-5604.

Sincerely,

Dr. Joy A. Swoboda
Superintendent