



NEW FAIRFIELD PUBLIC SCHOOLS

3 Brush Hill Road, New Fairfield, CT 06812
Phone: 203 312-5770 Fax: 203 312-5609 www.newfairfieldschools.org

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