

**CINCINNATI PUBLIC SCHOOLS**

**A RESOLUTION IMPLEMENTING HEALTHY HIGH SCHOOL START TIMES**

**WHEREAS**, well over two years ago a community group of Cincinnati Public Schools parents and local medical professionals initiated an effort to inform the School Board about the physiological and developmental needs of teenagers as it pertains to sleep and sleep deprivation; and

**WHEREAS**, in the arena of mental health and thought, science has demonstrated that teenagers require more sleep than other age groups; and

**WHEREAS**, sleep deprivation increases the risk of depression, anxiety, illness, obesity, athletic injuries, and suicide; and

**WHEREAS**, the American Academy of Pediatrics and at least one dozen other national organizations recommend a high school healthy start time of 8:30 or later for all high school students; and

**WHEREAS**, robust scientific research has also demonstrated that later start times do lead to more sleep for students; and

**WHEREAS**, the Board has welcomed such community input and has performed its due diligence and deliberation on this initiative; and

**WHEREAS**, such due diligence has led the Board to believe that moving to Healthy High School Starts will lead to improvement in student mental health, safety, attendance, graduation, family happiness and positive school culture; and

**WHEREAS**, the Board has initiated a three-year District Strategic Plan commencing in August of 2019; and

**WHEREAS**, the Superintendent has directed that a three-year District Transportation Transformation Plan be developed for implementation through 2022; and

**WHEREAS**, the Board of Education has determined that it is in the best interest of all students to begin a three-year implementation of Healthy High School Starts for all Cincinnati Public High Schools; and

**WHEREAS**, that implementation will have as its target the optimum start time of 8:30 or later; and

**WHEREAS**, even if due to financial or logistical barriers, some schools may start as early as 8:00, the number of Cincinnati Public Schools high schoolers leaving home in the dark will be minimized; and

**WHEREAS**, other gained transportation efficiencies, reorganized programming and redrawn District geographic alignment will reduce travel time;

**THEREFORE BE IT RESOLVED**, that the Superintendent be directed to begin a three-year Healthy High School Start Time Implementation Plan commencing in 2019-2020; and

**BE IT FURTHER RESOLVED** that the District continue to solicit and welcome the collaboration of community groups and vendors as the District embarks on this transformative effort; and

**BE IT FURTHER RESOLVED** as the District embarks on this transformative effort, it also seeks to be full partner in any regional transportation discussion; and

**BE IT FINALLY RESOLVED** that this plan be embedded in the District Strategic Plan under the direction of the Superintendent and oversight of the Board.

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