

May 20, 2015

Newton School Committee
Newton MA

Dear Newton School Committee,

We are writing on behalf of the School Council of Newton South High School to express strong support for continued and deliberate study of a later start time for the Newton high schools. We believe this endorsement is important for the following reasons:

- Clinical data supports the benefits of a later start time as a mechanism to ensure teenagers receive additional sleep.
- All research demonstrates that a later start time improves the health and mental health, as well as academic performance of students.
- Newton has a highly competitive high school environment and we believe this extra support for our students is warranted to give them the best chance to balance stress with achievement.

We understand that a change of this magnitude will require the serious consideration of all stakeholders' interests and the values of our entire community. We believe the benefits of a late start time warrant reviewing these interests fairly. We found Dr. Judith Owens statement, "*not to act is to do harm*" particularly compelling.

Thank you for your ongoing commitment to our schools. Please know we are ready to assist in whatever manner appropriate.

The Newton South High School Council

Jodi Detjen
Co-Chair

Susan Kirshenbaum
Co-Chair

Cc: NSHS Council Members
Joel Stembridge, Principal