

## Webster high school classes to start later

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High school students in Webster will soon get a little more sleep, as the district's Board of Education voted Tuesday to move the secondary start time to about 8:45 a.m. starting in 2019-20.

It is a change that tracks with extensive research into adolescent sleep patterns. Webster is the first district to make a significant change, as complicating factors including transportation and after-school activities have deterred other Rochester-area districts from acting.

Elementary school students, in turn, will begin classes more than an hour earlier, about 7:45 a.m. The district will spend the 2018-19 school year working out some of the details and communicating with parents.

Currently, secondary schools start at 7:30 a.m. and end at 2:30 p.m., and elementary schools start about 8:55 a.m. and release at 3:25 p.m. The new release times would be about 3:45 p.m. for older students and about 2:15 p.m. for younger ones.

A working group comprising parents, faculty, staff and administration spent about a year crafting a proposal for changing start times. Webster's 8:45 a.m. start will be, by far, the latest in suburban high schools; some Rochester high schools start at 8:30 a.m.

The Brighton, Fairport and Pittsford school districts have all discussed later start times recently.

The district doesn't expect any sports scheduling complications. Practice will still likely start a half hour after the last bell.

"Games don't start till 4:30/4:45 anyway so our kids getting out at 3:15 we should be able to get them to where they need to be by 4:30," Gumina said.

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