



Petition Calling For Later School Start Times Makes Rounds At Statehouse

May 30, 2017 2:21 PM

Filed Under: [Anna Meiler](#), [School Start Times](#), [Start School Later](#)

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BOSTON (CBS) — A group of education and pediatric [health](#) activists spent three hours at the Statehouse Tuesday asking state officials to start school later in the day.



The group, [Start School Later](#)'s delivered a petition asking the legislature and governor to move the start time to 8:30 a.m. for Massachusetts middle and high school students.

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The Start School Later group and State Representative Paul McMurtry, D-11th Norfolk, lobby on the Statehouse steps. (Photo credit: Start School Later)

The group cites the American Association of Pediatrics, which [said in 2014](#) that the start time for most students, around 7:30 a.m., disrupts [sleep](#) for teens, who experience a later shift in their sleep cycle during

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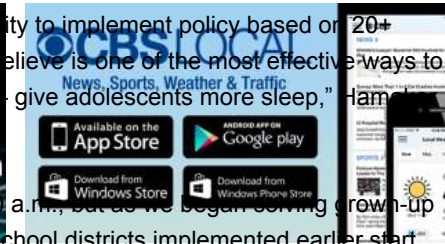
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puberty.

They also say starting school later will improve student performance.

Start School Later-Massachusetts chapter leader Mary Hamaker says studies show starting school later is better for everyone.

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"Schools used to start after 8:00 a.m., but as we began solving crown-up problems in the 60's and 70's, school districts implemented earlier start times," Hamaker said. "The science on adolescent sleep requirements and the harmful effects of early school start time – including increased rates of diabetes, obesity, heart disease, depression, anxiety, car accidents, sports injuries, and more – are now well known."

She adds that later start times are extremely beneficial to students from poorer families.

"Children from economically and ethnically diverse populations are particularly adversely affected by early start times, and studies show that they benefit even more from moving start times later," she said. "We urgently need state action to set minimum standard for school start time, just as we have set minimum standards for nutrition and exercise in schools."

"All Massachusetts schools could enjoy similar success," the group's petition reads. "Statewide support in the form of legislation will help Massachusetts communities mobilize to meet the goal of healthier school start times—and will help coordinate across-town scheduling for academic, athletic, and other competitions and events, which otherwise can be a logistical roadblock."

Their petition has nearly 5,000 signatures. The group presented their petition

WBZ NewsRadio 1030's Doug Cope reports



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A Group Of Educators Worked The Statehouse Tuesday Pushing For Later Start Times For School

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Richard L DePaulo Jr.

June 3, 2017 at 11:55 pm

I would like to express my opposition to the Petition Calling For Later School Start Times That in the news Heads To the State House as of today as shown in article linked below:

=====

I feel:

It will cripple Boston by riddling it in morning rush hour traffic jams far worse than now. Since the current time was in years oast put together to mitigate it. It will also worsen it for parents who must go to work in the morning as well. Since they will not leave the house until after the parents have left. Thus MA and Dad's in many homes will ready the kids and not say leave now to them because they will be gone to head into work. The kids can then crawl back into bed or fall asleep again in a chair and be late or stay home from Bostons School's again.

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Richard L DePaulo Jr.

June 3, 2017 at 11:56 pm

I would like to express my opposition to the Petition Calling For Later School Start Times That in the news Heads To the State House as of today as shown in article linked below:

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I feel:

It will cripple Boston by riddling it in morning rush hour traffic jams far worse than now. Since the current time was in years past put together to mitigate it. It will also worsen it for parents who must go to work in the morning as well. Since they will not leave the house until after the parents have left. Thus MA and Dad's in many homes will ready the kids and not say leave now to them because they will be gone to head into work. The kids can then crawl back into bed or fall asleep again in a chair and be late or stay home from Bostons School's again.

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State House Petition to force schools to open later in boston

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Richard L DePaulo Jr.

June 3, 2017 at 11:58 pm

Having all the school bus's stop the traffic with flashing lights in that newer time frame will riddle the traffic jams more so!

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