

Finding a Healthy Balance

In a quest for excellence,
how do we create a culture of wellness in our schools?



Dr. LaSusa – Chatham School District



Other NJ Schools With Late Times

- Chatham High School 8:20 - 3:00
- Princeton High School 8:20 - 3:21
- Tenafly High School 8:10 - 3:11 every 5th day 8:30
- Ridgewood High School (Proposed time) 8:20 - 3:30 (Includes Period 9)



NJ Legislation



**ALL High Schools in NJ to move to a 8:30
start time as early 2024 - 2025 school year**



Lack of Sleep

- Poorer decision making
- Decreased memory and cognitive functioning
- Increased level of depression and anxiety
- Diminished coordination
- Lower academic performance

Higher level of Absenteeism



More Sleep

- Associated with positive health and academic outcomes
- Better rates of attendance
- Higher grades
- Lower rates of depression and anxiety
- Fewer car accidents



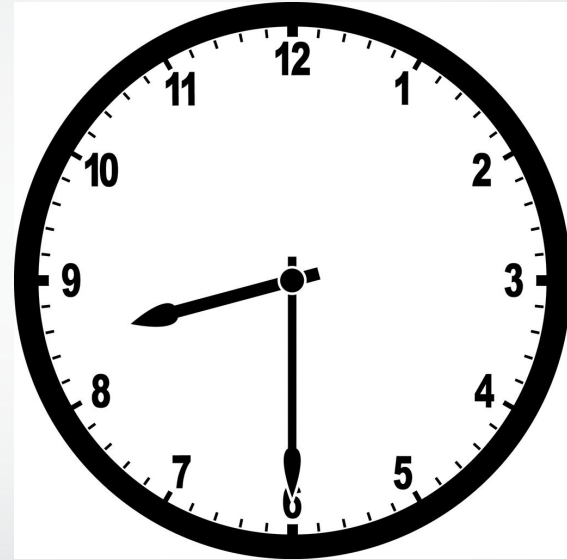
9 Hours



American Academy
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™



8:30 Start



Functions of Sleep:

Restorative: health, strength, well-being

Concentration

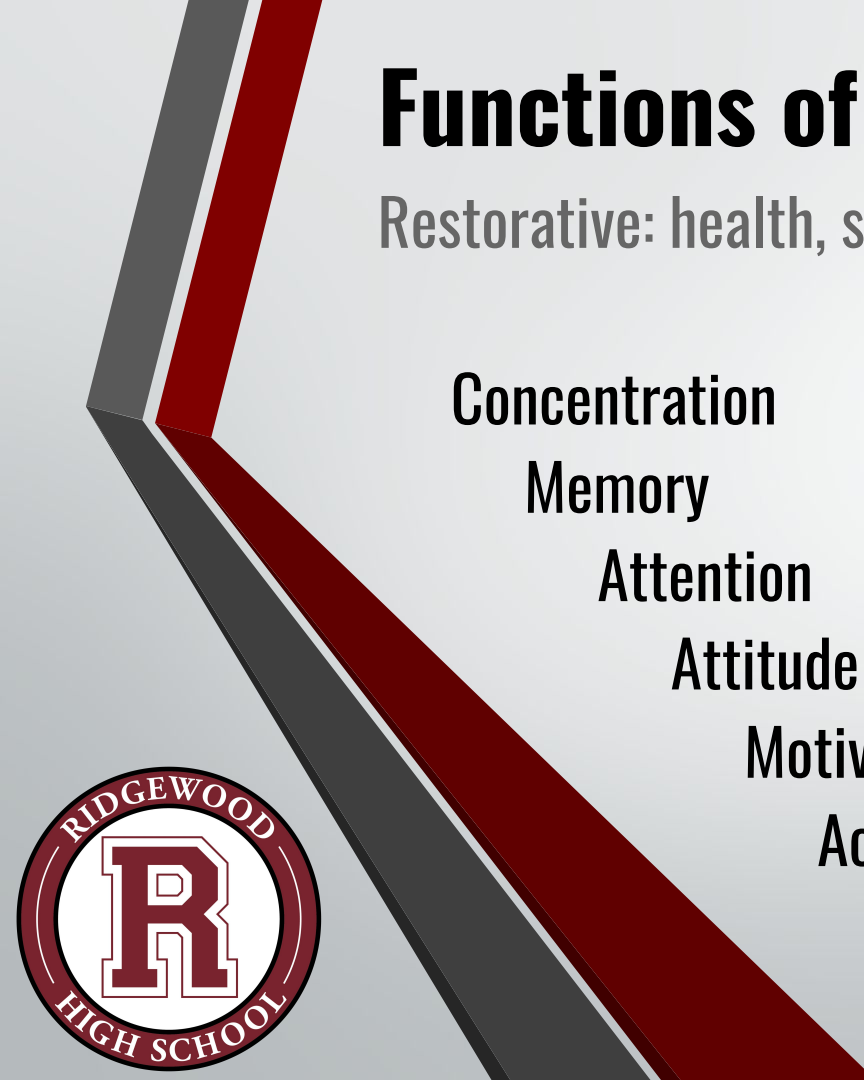
Memory

Attention

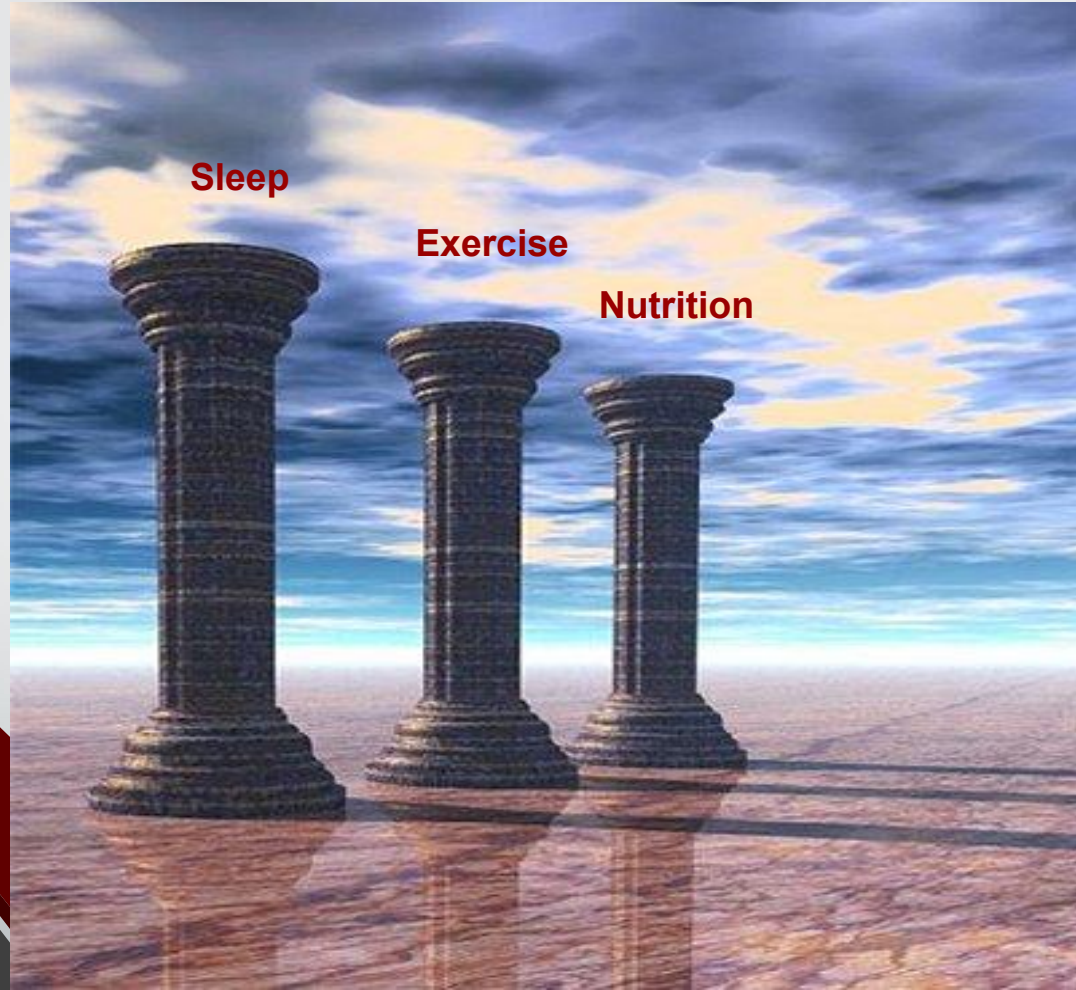
Attitude

Motivation

Academic Performance



3 Pillars of Health



Sleep

Exercise

Nutrition



HOMEWORK

MINUTES BY GRADE

K-2



> 10 - 20
MINUTES

3-6



30 - 60
MINUTES

Junior high



90 MINUTES

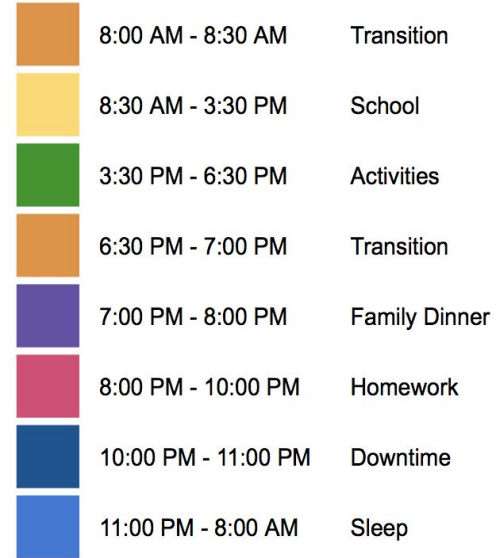
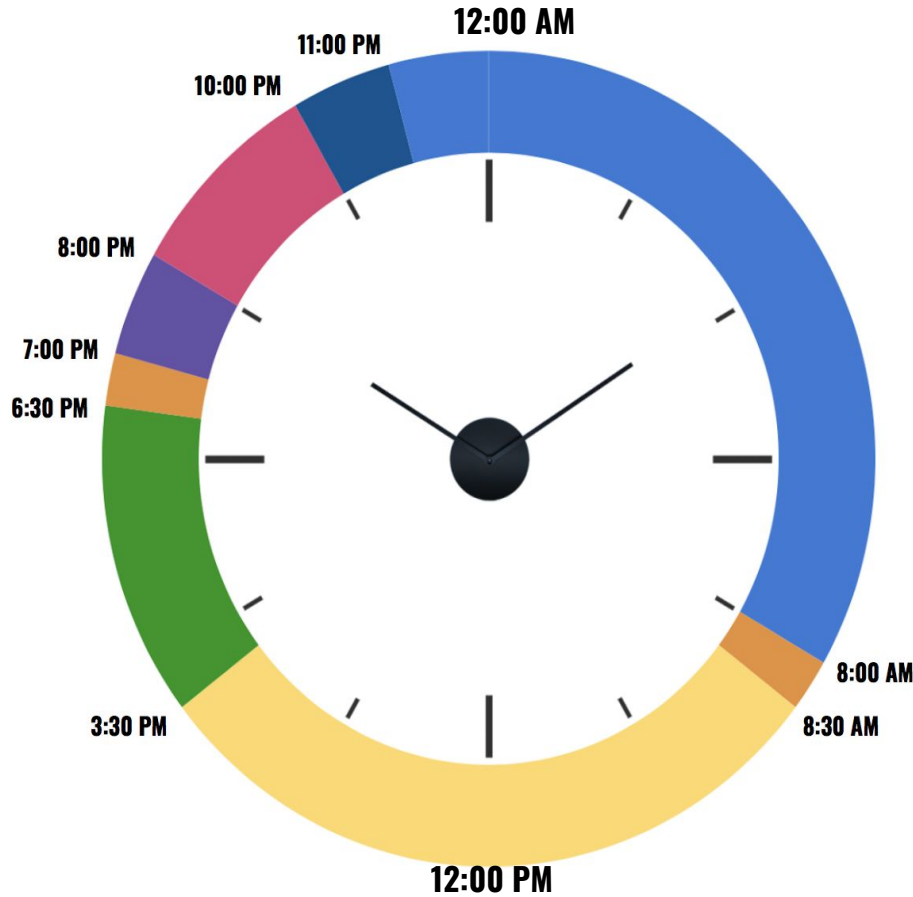
High school

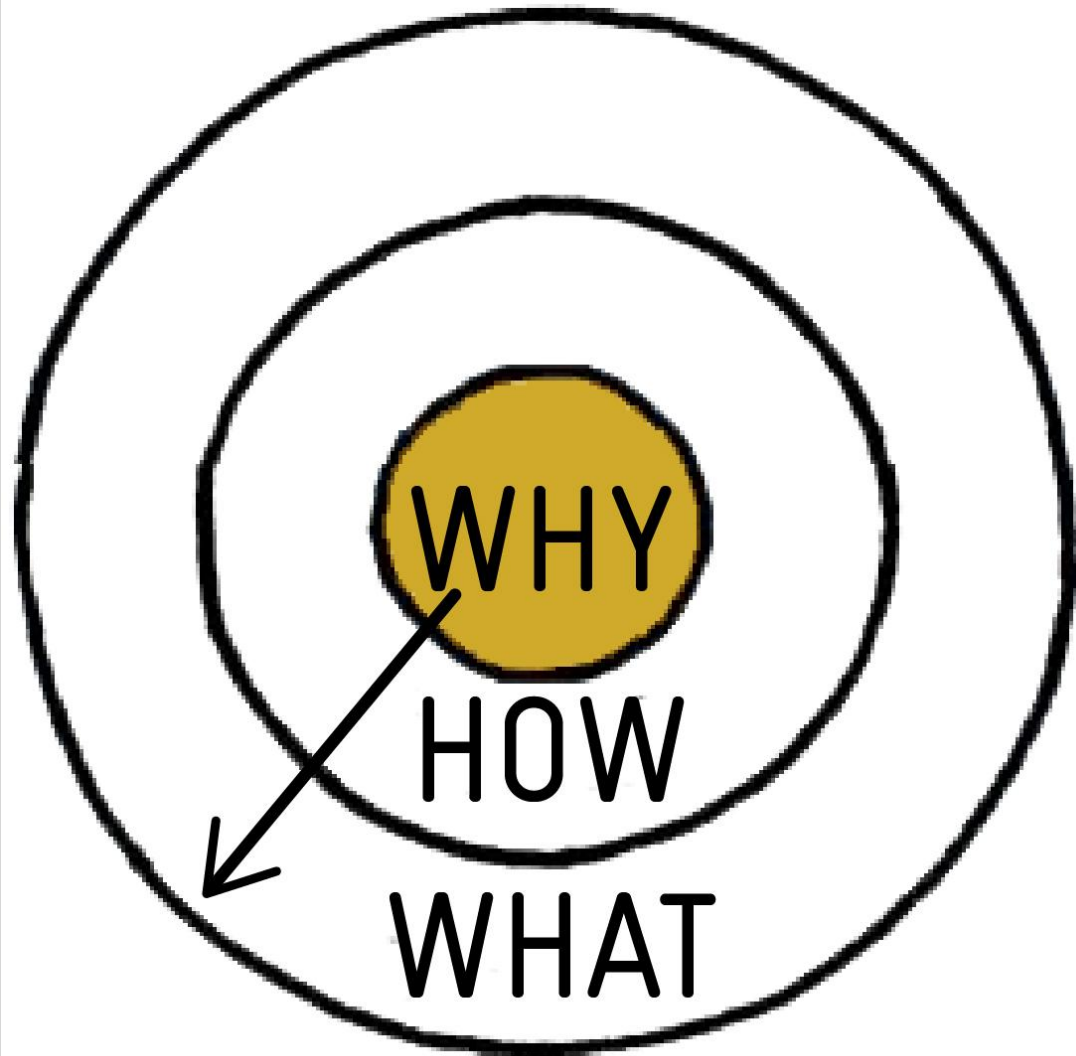


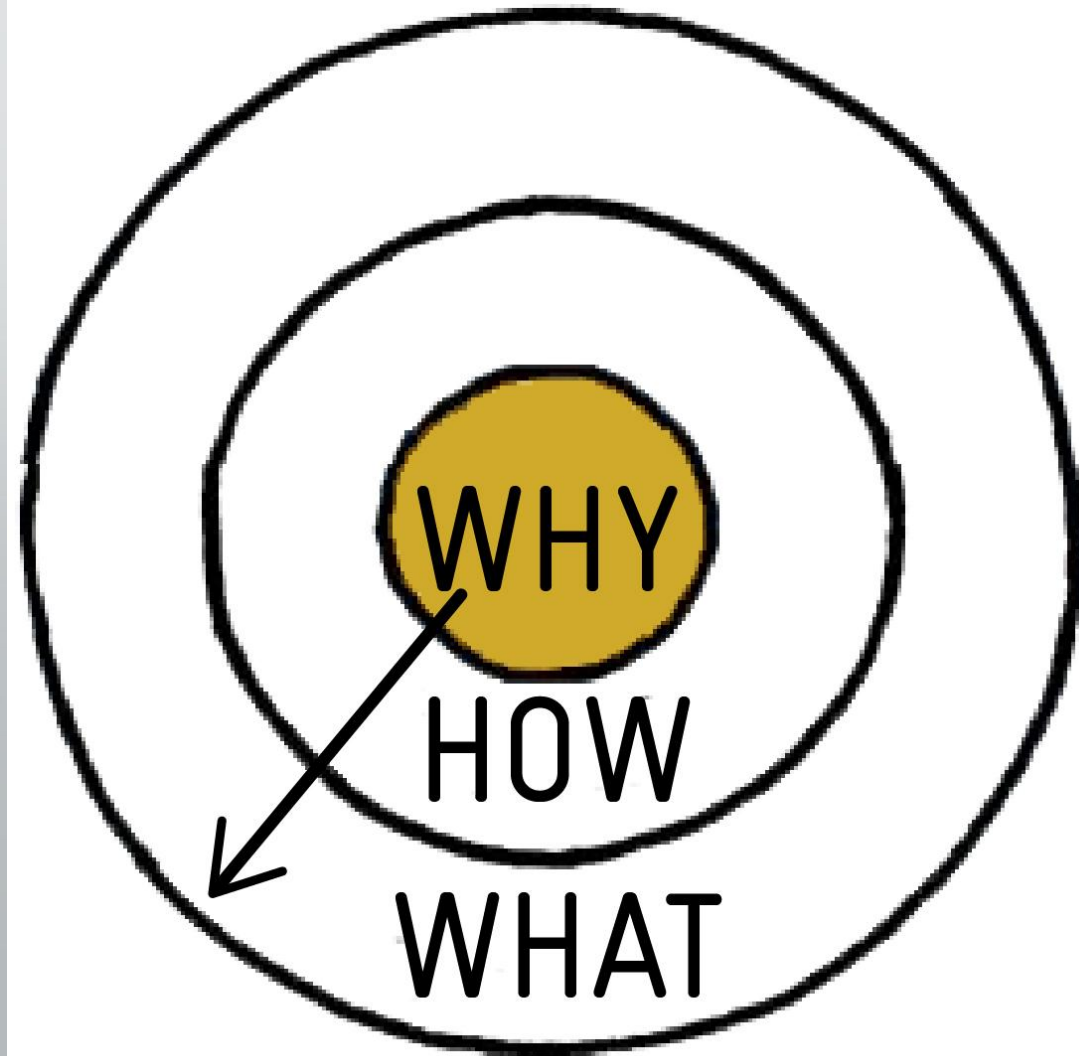
90 MINUTES - 2.5
HOURS



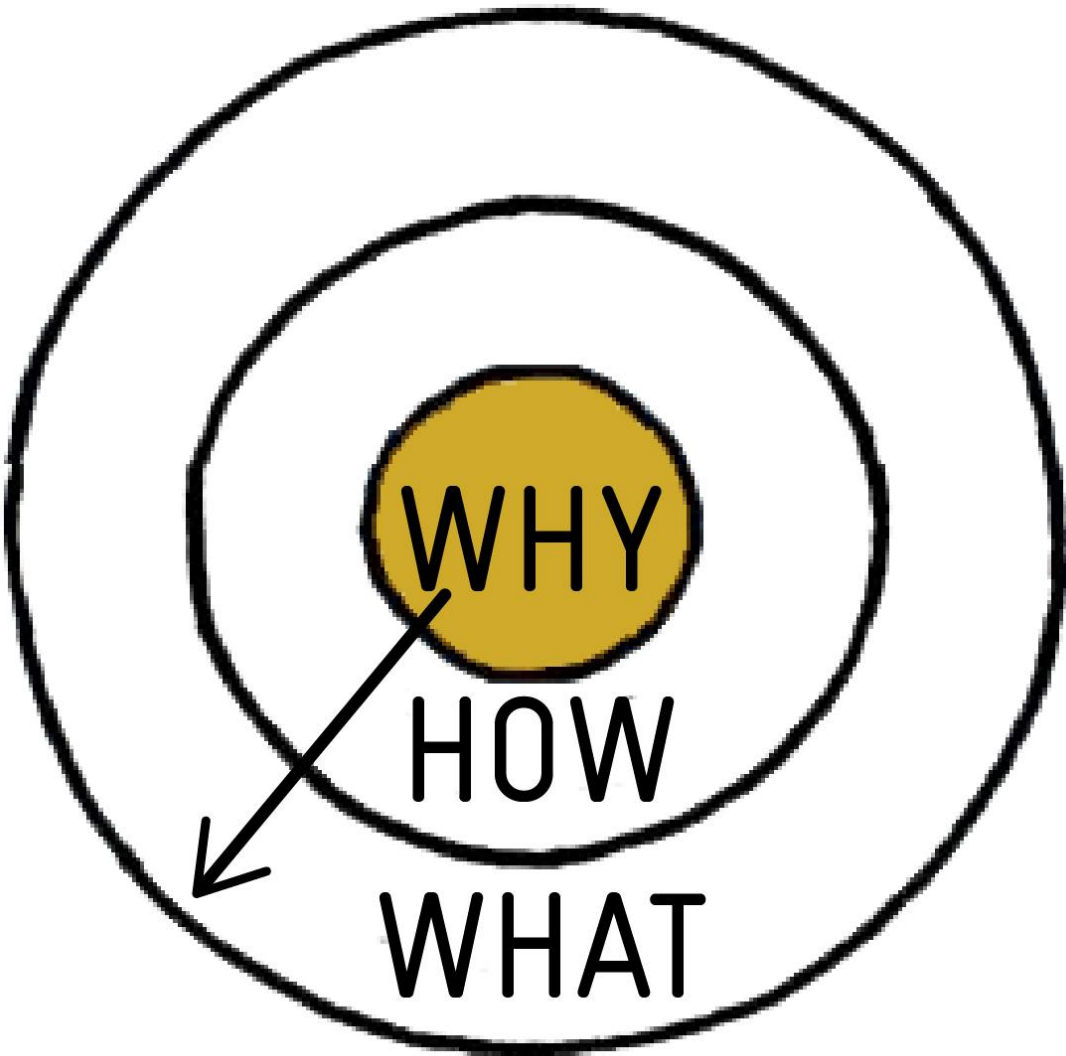
HEALTHY CLOCK





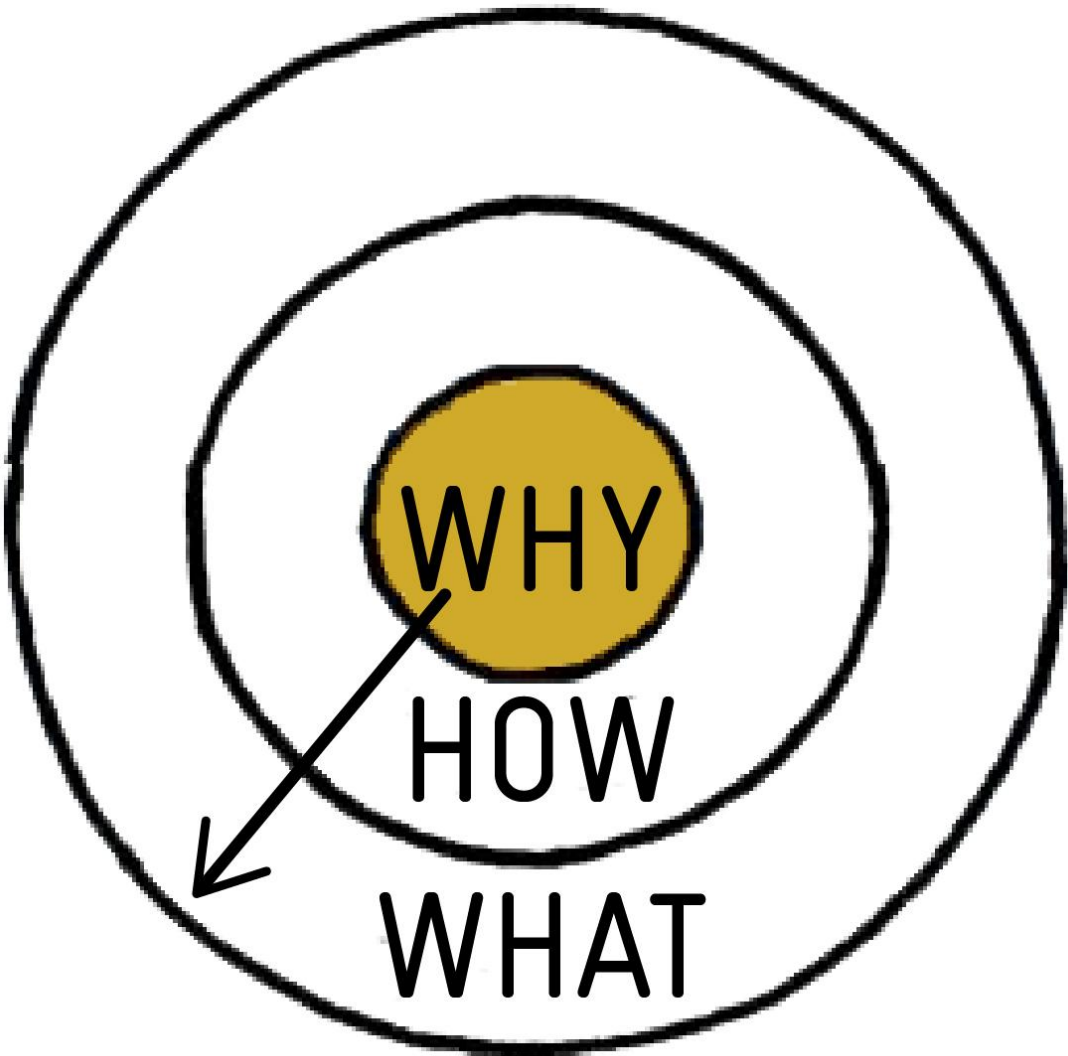


WHY=
Students



HOW=

- Creating a culture of wellness
- Building a supportive school community
- Opening up lines of communication



WHAT=
Initiatives

Eliminate Early Detention

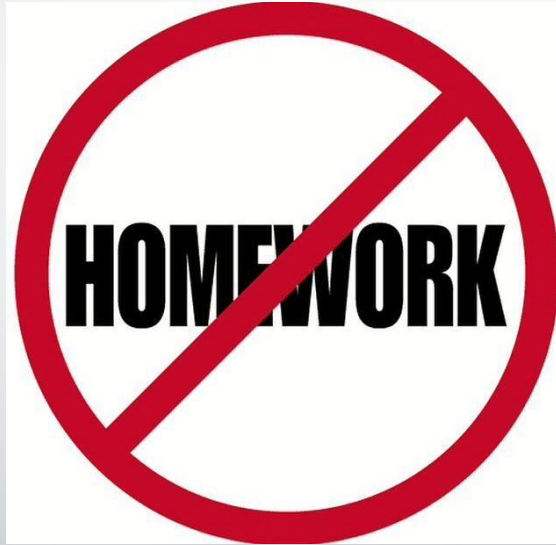


Eliminate Decile System

Ranking



HOMWORK FREE BREAKS



Established: Student, Parent, Faculty/Department Advisory Committees



[http so://tinyurl.com/ycmyor49](http://tinyurl.com/ycmyor49)



Summer Black-out Weeks



Wednesday Sleep-ins/Enrichment Days



Extended Period 9



Final Steps



