

MA School Districts Who Have Adopted Sleep Friendly Start Times

Dover-Sherborn Public Schools: School Start Time Process (2020-2021)

- Background
<https://www.doversherborn.org/page.cfm?p=1676>
- FAQs
<https://www.doversherborn.org/page.cfm?p=1665>
- Foundation for Decision
<https://www.doversherborn.org/page.cfm?p=1071>
- Community, Faculty, HS/MS Students Survey Results
<https://www.doversherborn.org/page.cfm?p=1628>

Lincoln-Sudbury Regional High School: *Moving LSRHS to an Evidence-Based School Start Time*

https://www.lsrhs.net/UserFiles/Servers/Server_888316/File/about/School%20Comm/School-Start-Time-2019-V3.pdf.

Newton Public Schools: High School Schedule Redesign Update (2020-2021)

<https://www.newton.k12.ma.us/latertarttime>
<https://www.newton.k12.ma.us/cms/lib/MA01907692/Centricity/Domain/112/Schedule%20and%20Start%20Time%20Update%20for%20SC%204-8-19.pdf>

The Public Schools of Northborough and Southborough: School Start Time Task Force (2021-2022)

<https://www.nsboro.k12.ma.us/Page/1443>

- Start Time Proposal School Committee Spring 2020
https://docs.google.com/presentation/d/16i4cqui1HL8Ly--ufZ_9afsURiO2yTOJGeFfDtkGe1U/edit#slide=id.g8923db8551_0_7

Norwood Public Schools: School Start Time Committee (2022-2023)

<https://www.norwood.k12.ma.us/sc/school-start-time-subcommittee>

Watertown Public Schools: School Start Times (2020-2021)

https://www.watertown.k12.ma.us/about_our_district/school_start_time

Wayland Public Schools: School Start Times (2019-2020)

https://www.wayland.k12.ma.us/school_committee/school_start_times

Weston Public Schools: Start Time/Scheduling Innovation Steering Committee (2018-2019)

www.westonschools.org/wp-content/uploads/2018/02/School-Cmmittee-Presentation-2018-02-05.pdf