



THE CHILDREN'S HOUSE
Montessori School

5363 N Long Lake
Traverse City, MI 49685

From: Shane, Michele

Sent: Monday, October 21, 2024 1:15 PM

Subject: Compass Schedule on November 1st Sent on Behalf of Student Senate

Hello Compass Junior High Families,

Three members of the Student Senate had an idea for a late start on November 1st. We have done some research on when the average student goes to sleep on a regular school night versus Halloween. We found that 9:30 is the average bedtime for a regular school night, and for Halloween it ended up being 12:00. This means students would lose two and a half hours of sleep that night. Studies have shown that average teenagers need around 8-9 hours of sleep each night.

Our proposal is a late start on November 1st. Time of arrival would be 8:00-9:00. This would create a one-hour open window for students to arrive. Morning meeting would start at 9:00. In this hour, there would be an open time work cycle for students to complete unfinished work. We will also provide a fun Halloween math sheet for students who are caught up on their work.

Sincerely,

Evi Danielson, Gwennie Goodreau, Ava Hagerty
Student Senate

