

Dear Parents and Guardians:

This is the fifth in our series of publications designed to help you acclimate your family to the High School's new **8:26 a.m.** start time, and keep you informed about the district's efforts towards a smooth and results-oriented transition.

Your efforts at home are much appreciated. For additional tips and resources, check the High School home page at www.gfsd.org.



SLU team returns in Nov.

Dr. Pamela Thacher and members of her research team from St. Lawrence University will be back on the High School campus in mid-November for the second round of data collection in the multi-year study on GFHS student sleep schedules and academic achievement. Dr. Thacher will give an update on the study's progress at the Board of Education meeting on November 19. Parents and community members are encouraged to attend the meeting, which begins at 7:30 p.m. in the administration building.

During the second week of November, students will again be invited to fill out web-based survey questionnaires that ask about sleep times, mood, caffeine use, and personal preference to get up early or stay up late. Students will also be invited to complete a seven-day sleep diary, logging their bedtimes, wake times, and total hours of sleep in a day.

Data was collected in May so researchers could compare results from before and after the start time change took effect. A third round of data collection is planned for April of 2013. Students will again be paid a small incentive for their participation in November, and all surveys are available for review online at the district's web site. To opt your child out of being invited into the study, call Liz Collins at 792-6564 or see the opt-out letter on the High School page at www.gfsd.org.

New Quade St. traffic circulation makes for smoother student arrival, departure

Drivers are noting fewer traffic jams and a quicker drop-off process, now that most vehicles are following a "counter-clockwise" traffic flow on Quade Street for student arrival and dismissal. Over the summer, the district requested that parents and guardians travel from Grant to Quade to Shippey when they are dropping off Middle School students, and West Notre Dame to Quade to Sherman when dropping off High School students, in an effort to address concerns that an aligned start time would cause significant traffic and student safety issues.

"It's making a big difference," said Superintendent Paul Jenkins, as he monitored the traffic during the first few days of school. "Most cars are able to pull into the yellow-striped drop-off zones and get back into the traffic flow in less than a minute."

Officer John Norton of the Glens Falls Police Department said he only had to give a couple of friendly reminders to drivers on the second day of school for the 2012-13 academic year. Some parents dropping off their Middle School students agreed that the process has seemed smoother so far.

The district expanded the High School's drop off zone to include all of Quade Street in front of the school, plus a section of Sherman Avenue from Quade to approximately Larose Street. The Middle School's drop off zone was extended along Grant Avenue by the baseball field, and new sidewalks were constructed for student use. Drivers use the zones as an area to pull out of traffic to load or unload passengers.

Zone expansion—and the request for vehicles to use counter-clockwise circulation—was one of the recommendations in a professional traffic circulation study and analysis conducted by Resource Systems Group, Inc. The transportation engineering firm conducted a comprehensive evaluation of traffic patterns in the spring of 2012, as district leaders prepared for the alignment of start times at the High School and Middle School. Classes in both buildings now begin at approximately 8:30 a.m., which means nearly 1,300 students are arriving at the Quade Street campus at the same time.

"I'm sure there will be adjustments to make as we progress through the year," said Mr. Jenkins, "but our parents' efforts so far have kept our students safe and prevented most of the gridlock."