



# WAYLAND HIGH SCHOOL

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Dear WHS Parents and Students:

Happy summer! I hope you have enjoyed the first stretch of school vacation and have a restful and exciting summer ahead of you. Thank you for the honor of working in partnership with you at Wayland High School.

As we turn to the 2019-20 school year, I wanted to summarize our planning as it relates to two topics: the change in school start time and our Advisory program.

### **Summary of information related to school start time:**

As you well know, in November of this past year, the Wayland School Committee approved a change in start times after much discussion and deliberation. In his letter to parents in early June, Dr. Unobskey summarized the reasons for this change: "In order to address one of our students' most basic needs, their need for sufficient sleep, the research and medical consensus exhorts school districts to move middle school and high school start times significantly later in the morning, aligning their wake-up times with their natural hormonal rhythms." As you read the following information, please keep in mind the fundamental objectives of the change in start time, which is to offer our secondary students the opportunity for more sleep.

- School hours will be **8:35 a.m. - 3:10 p.m.** (M, Tu, Th, F) and **8:35 a.m. - 2:25 p.m.** (Wed.)
- Bus routes for the 2019-20 school year are now posted on the WHS website.
- We encourage students to take advantage of the later start time and sleep in.
- That said, we are planning for a "rolling start" to the school day for students who would like to exercise or study prior to the start of classes. Before school, these supervised spaces will be available to students:
  - 7:00 a.m. - Fitness Room opens
  - 7:30 a.m. - Commons and snack bar open
  - 8:00 a.m. - Library Media Center and Academic Center open

Students may not be in the South Building before 8:00 a.m. unless they are meeting with a teacher or a club.

- An important part of our school culture is students meeting with their teachers and counselors for additional support. We anticipate that students will continue to schedule appointments with teachers and counselors, some of which may take place in the morning before classes begin.

### **Summary of changes related to our Advisory program:**

To achieve the goals of our Advisory program with more fidelity and consistency -- to connect students with one another and with adults, and to productively explore issues and ideas relevant to our school community -- we are making two changes to Advisory starting in the fall. First, Advisory groups will be class-specific rather than mixed grade, and they will be co-facilitated by two staff members. Second, Advisory groups will meet more frequently for less time (four times a week for seven minutes) to

establish more regular connections between adults and students. Roughly once a month, we will hold an “Extended Advisory” during which groups will engage in deeper discussions. **The new bell schedules are on the WHS website and are also linked [here](#).**

**Additional information related to the 2019-20 school year:**

- For your future planning, please know that there will be four early-release Wednesdays (**dismissal at 12:15 p.m.**) for professional development on the following days:
  - September 18, 2019
  - November 20, 2019
  - January 8, 2020
  - February 26, 2020
- In order to achieve a smoother flow to the sequence of class blocks during the school day, the period rotation will be slightly altered next year. The new rotation is on the WHS website and is also linked [here](#). (For returning families and students: you will note that B and F days will swap with D and H days.)

If you have any questions related to this information, please don't hesitate to reach me at [allyson\\_mizoguchi@wayland.k12.ma.us](mailto:allyson_mizoguchi@wayland.k12.ma.us). In the meantime, I wish you a rejuvenating and wonderful summer, and once again I offer my thanks for the privilege of working with you.

Sincerely,



Allyson Mizoguchi  
Principal