January 6, 2013

Happy New Year Olympic families!!! We hope everyone had a restful break.

I’m writing to share with you an exciting change in the Olympic High School schedule that will begin on Monday.

* Starting next week, **January 13, 2014, and continuing until February 10, 2014,** Olympic High School will be starting its instructional day at **9:15 am** and dismissing students at **2:59 pm** (a copy of the schedule is included in this letter).
* Students will have the exact same scheduled classes as before, but begin and end 45 minutes later in the day. Teachers and staff will be on campus from 7:00 am to 3:00 pm, so any student wishing to come to school earlier than 9:15 will be welcome.

The new schedule is being tested in order to find out if a later start time helps students improve their attendance and catch up on their credits more quickly. Because many students arrive at Olympic High School behind on credits, the staff is always searching for better strategies to increase student performance. While it might not come as a surprise to many parents, changing hormones have a profound effect on young people.

Research has clearly shown that adolescents (teenagers) have a harder time going to sleep and a harder time waking up than adults. The reason has to do with how the hormone melatonin is released (signaling sleepiness) and also how the hormone Cortisol is released (signaling wakefulness). A copy of this research will be available in the Olympic office for any parent or guardian wishing to have a copy printed or emailed to them.

If you have any questions, please be sure to call me at 310/392-2494 x66-104.

Thank You,

Anthony B. Fuller, M.Ed.

Cc: Janie Yuguchi Gates, Ed.D.

**OLYMPIC HIGH SCHOOL**

### Daily Schedule

Bell 9:15 am

# Period 1 9:18 am – 10:03 am

## Period 2 10:06 am – 10:51 am

Period 3 10:54 am – 11:39 am

LUNCH 11:42 am – 12:24 pm

PM Sign-in 12:24 pm – 12:28 pm

Period 4 12:28 pm – 1:13 pm

Period 5 1:16 pm – 2:01 pm

Period 6 2:04 pm – 2:59 pm

### Friday Minimum Day Schedule

Bell 9:15 am

# Period 1 9:18 am – 10:03 am

## Period 2 10:06 am – 10:51 am

Advisory 10:54 am – 11:09 am

Period 3 11:12 am – 11:57 am

Period 4 12:00 pm – 12:45 pm