

Dear Parent/Guardian:

Cherry Creek Schools began the school year with new start times designed to support student learning and wellbeing. Since that time, two metro-area districts have followed suit and additional districts are considering doing so. While existing sleep research indicates the change in start times will have an overall positive effect, we are committed to understanding the impact this change has on our own students, parents and staff. Thus we are asking students, parents/guardians, teachers, and staff to complete a brief survey about sleep, daily routines, and general wellbeing.

You will receive an email on February 8<sup>th</sup> with information on the student survey, including opt out instructions. A later email will be sent with instructions on how to access the parent survey. All surveys will need to be completed between February 26<sup>th</sup> and March 10<sup>th</sup>.

Thank you in advance for completing the survey, which should take no more than 10-15 minutes. Your feedback is extremely important.