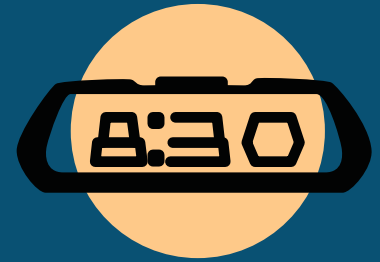
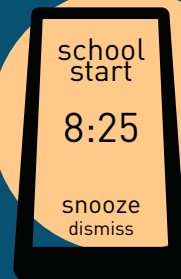
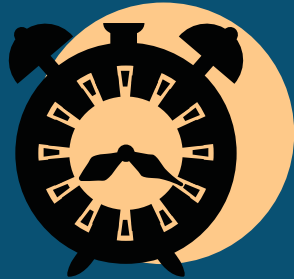




# Healthy Start Times

## Middle and High School



Have you heard? **Denver Public Schools will be making changes to allow middle and high schoolers to get more sleep!**

The DPS Board of Education in May 2021 passed a resolution to have all middle schools and high schools start no earlier than 8:20 a.m. each school day to support healthy sleep habits in adolescents. With this shift to Healthy Start Times in fall 2023, we need your input on what scenarios work best for the community in implementing this change.

*Be on the lookout for high-level scenarios to provide input on, starting in February, 2022.*



Learn more

[dpsk12.org/healthy-start-times](https://dpsk12.org/healthy-start-times)



More rest.  
Greater success.

