

# KENT POLICE DEPARTMENT

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**MICHELLE A. LEE**  
Chief of Police

August 19, 2013

Re: Healthier and Safer School Start Times in Kent

To Whom It May Concern:

We are familiar with the large body of evidence that correlates chronic sleep deprivation with substance abuse, aggression, impulsivity, anti-social behavior, and auto accidents. We are also familiar with myriad studies linking adolescent sleep deprivation with early school start times, primarily due to the later shift in sleep cycle that naturally occurs during puberty.

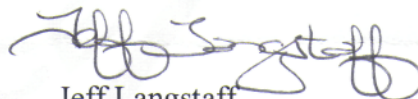
National organizations have recommended that middle and high schools start after 8:30 am and hundreds of schools around the nation, including many in Northeast Ohio, have acted. Beyond the improvements in grades and test scores, benefits also have included decreased detentions and disciplinary referrals, decreased truancy, and decreased teen auto accidents.

In our mission to maximize the safety of all of our residents, the Kent Police Department supports later school start times for adolescents. We encourage school officials and residents to explore the research and discuss the various ways that we can adopt safer school start times in Kent. We are confident in our community's ability to engage in productive dialog and act in the best interest of our youth, and throughout any discussions we at the Kent Police Department offer our assistance and input as your proud and dedicated public servants.

Signed,



Michelle Lee  
Chief of Police



Jeff Langstaff  
Juvenile Counselor/CIT Officer/  
LICDC-CS