



6832 Phillips Mill Road  
New Hope, PA 18938-9682

215.862.5261  
Fax: 215.862.1870  
[www.solebury.org](http://www.solebury.org)

## Solebury School's 8:30am Start Time Featured on Channel One News

CONTACT:

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Holly Victor

[hvictor@solebury.org](mailto:hvictor@solebury.org)

215-862-5261 x150

**New Hope, PA**— Solebury School is proud to announce that Channel One News will feature the school in a segment on the teenage brain, airing Wednesday, March 22. Reporter Arielle Hixson recently spent the day on campus talking with our faculty and staff about the benefits of a later start to the academic day.

In September 2016, Solebury School launched a new daily schedule to address teen sleep deprivation and to reduce stress. As recommended by the American Association of Pediatrics, the American Medical Association, and the Centers for Disease Control, classes at Solebury do not begin until 8:30am (on Wednesdays, classes start at 9:00am). A growing amount of research has shown that teenagers are chronically sleep deprived, due to circadian rhythms that biologically keep them up later at night and put them at a disadvantage first thing in the morning.

Schools with a later start time are seeing positive results with happier, well-rested students who arrive at school ready to face the day. In a recent survey of Solebury students, almost 75% report being able to sleep later and/or eat breakfast more often than last year. Over half say that they feel less stress. "We instituted the new schedule because we felt it was the right thing to do for the mental and physical health of our students," said Director of Studies Rick Tony. "Now we are seeing the results."

While at Solebury, Hixson and the Channel One News crew caught up with Brian W, a freshman. Throughout the day on March 22, Brian will serve as a guest poster on Channel One News instagram feed, documenting a typical day at Solebury School. "It was a great experience to meet Arielle Hixson and to be part of the story," said Brian. "I love our later start time and am happy that more people will now know about the benefits of teens getting more sleep."

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### About Channel One News

Channel One News, a Houghton Mifflin Harcourt company, is an award-winning daily news program that encourages young people to become informed, global citizens. Every day, our newscast plays to more than 6 million students in thousands of classrooms across the country. We are the only news program created just for young people – with young journalists, young voices, covering the news from a young perspective. Channel One News provides the appropriate context to understand how global events affect students' everyday lives, while providing educators with teachable moments in the classroom.



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### **About Solebury School**

Founded in 1925, Solebury School is a coed boarding and day school serving approximately 235 students grade 7-12 in beautiful Bucks County, Pennsylvania. Our school's mission is to create an environment of educational excellence that prepares students for success in college and beyond. In the Solebury community, we strongly value intellectual challenge and academic achievement, creative and independent thinking, mutual respect between students and teachers, deep respect for each individual and diversity. [www.solebury.org](http://www.solebury.org).