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*To inspire each student to
extraordinary achievement
every day*

Dec. 10, 2021

To Staff and our Twin Rivers School Community,

Time is passing quickly with Winter Break set to begin Dec. 20 and continue through Dec. 31. While it may seem as though discussions about the next school year are premature, there are some changes on the horizon for the 2022-2023 school year that will impact our TR school community.

One such change is the new legal requirement (Senate Bill No. 328) that high school may not begin regular classes before 8:30 a.m. and middle school may not begin prior to 8 a.m. Currently, our comprehensive high school students begin class at 7:30 a.m., which allows students to complete classes by 2:37 p.m. Many of our students then participate in athletics and other extra-curricular activities, while others have part-time jobs or help care for younger siblings. Because this change in high school and middle school start time is the law – not an option – we want to give our families ample notice of this change.

As background, California will be the first state in the nation to require later start times, which is in response to medical research showing that teenagers who start their day later increase their academic performance, attendance and overall health. Sleep experts say teens have unique biological sleep patterns that make it difficult for them to fall asleep before 11 p.m., and that they need 8 to 10 hours of sleep each night to function at their best.

Our school sites will share information with staff and families regarding changes in transportation schedules, after-school activities and other details that will be of great interest to you when these changes are finalized.

Around TR!

Today we celebrated two historic groundbreaking ceremonies in our District—one for the Grant Union High School Sports Complex and the other for the Highlands High School Sports Complex. Our Board of Trustees, students, staff, alumni and distinguished guests joined both celebrations. Please check the District's [Facebook page](#) this afternoon for photos, along with renderings of the projects. Both projects started with a clear vision. We wanted to build state-of-the-art sports complexes that would serve both our students and our school communities. We wanted venues that would enhance and expand sports and recreation opportunities for all ages and where our students and community members could experience a lifetime of fitness through sports and physical activity. Both projects are scheduled to be completed next spring.

All the best,

A handwritten signature in blue ink, appearing to read "Steve Martinez".

Steve Martinez, Ed.D.
Superintendent, Twin Rivers Unified