

New Paltz Central School District Superintendent Angela Urbina-Medina and the Trustees of the New Paltz Board of Education wish to thank the students of our District for submitting their public comments at our Wednesday, October 21st Board of Education meeting. We regret that we were not able to read all of the letters publicly, but appreciate our student body taking the time to voice their individual opinions. We are proud of our students and have listed their comments below. We thank each and every one of you for your thoughtful submissions. Please note that submissions with inappropriate language or private information have been edited for content.

“I feel that the administration should have communicated with students, families, and teachers before creating a new remote schedule.” **Sara Perl**

“What brought on the current changes in the schedule? Why are you removing the asynchronous days that allow students time to recover mental and physical health?”
Anthony Luke Sackett

“I am very infuriated with the lack of communication regarding the new schedule. I am a student who works 2 jobs, and I’m graduating early I know that me and many other people have been exhausted mentally and physically. Students are already getting entirely too much work and barely have time for free time. I think more communication with Parents and students should have been more of a priority.” Ashya Farris

“I have been notified that the High School schedule has been changed to where there are no asynchronous days and only Tuesday has been considered flexible. I am disappointed that the district did not consult any staff or students before making this decision as it interferes with personal schedules and could increase workload.” **Josiah Cook**

“I think this schedule is going to be significantly worse than the current schedule. I appreciate the breaks in between classes but that's about the only thing that was taken in from student and teacher advice. I don't understand why there wouldn't be a survey, or just a feedback form to fill out before this schedule was made. We've been learning in our social studies classes since we started school, that making decisions without listening to the public opinion and what we have to say is just reckless and overall a bad idea. Classes like gym class are going to be pointless, considering just about every student turns off their camera and microphones and sits in bed for the entirety of class, which is now going to be an hour long. It's not fair for the teachers either; almost all of my teachers dislike this schedule as well, it's just not convenient for at home teaching and learning.” **Jena Russo**

“The new schedule is absolutely terrible, as a senior I am very upset because our senior year has already been stripped from us and now we are getting thrown curve balls and it is just very upsetting confusing and I disagree.” **Jordan Bailin**

“This is a jarring and upsetting invasion of my free time. It was already a constant stress and a looming threat to have sync 3 days a week. This hurts me greatly.” **Orion Cain**

“I have a conflict because I have a class that’s at the same time as one of my boces class. And my question is will we still have a lot of out of class work?? Because it’s going to be a lot of work for students to handle if they’re on the computer all day then have to work on out of class work all night. It will especially be more difficult for students who have after school activities like work or sports. Like I wouldn’t mind so much if we did most of our work in class and had some work outside of the class room but I don’t want to be writing an essay every day.” **Caitlin Coiteux**

“I am currently a senior at the high school and I know that it’s taken quite a while to get used to the new old remote learning schedule. Students already deal with extremely large stress levels due to the amount of work given, and trying to adjust to the remote schedule. This new schedule seems like it has gotten no student input, and I feel like it will implement having students staying on the computer for an even longer period of time. I am incredibly upset with the changes made because I feel like the high school and the people making these decisions are not doing it for the students. I will be sending other emails to the superintendent and the principal.” **Vivian Chesky**

“The new schedule for the high school is god awful. In the current schedule I would get majority of work and learning done on asynchronous days. The 40 min breaks in between classes are really awkward and there are such big gaps between when I have the same class again that will lead to just forgetting what happened the last class. The current schedule is a lot easier to work around and gives more time for working since synchronous days we get little work done since its just classes.” **Elliot White**

“Firstly, I think that the short notice of the implementation is a huge issue. I personally have my entire life of activities shaped around the current schedule; now that everything is changing MONDAY I have to scramble to try and salvage my own schedule. This new plan is extremely different from the other one, but I am going to focus more so on the absence of asynchronous days. This brings me to the next point, those “off” days that some may see as breaks are actually valuable to me and my peers who may be applying to college. The application process is extreme rigorous and time consuming, the asynchronous days are the opportunity for me to spend some of my limited time completing requirements. Lastly, I have not spoken to one person who singularly agrees with this now schedule. In the spirit of a liberal democracy and a voice of majority, I believe the students should have the most input (besides acting teachers) because they are the ones who undergo the schedule every day. Their opinion and comfort of experience should be the most valuable aspects of any major school decisions right? We are not adults, but we are sentient individuals who can think and act for themselves;

we should be able to make decisions about our own future, exotically when we are the ones being directly affected. Thank you for your time and consideration.” **Samantha Landrum**

“Hello.

Stress is at an all-time high due to an ongoing pandemic that has completely upended our lives. I understand this is a hard process to figure things out, but those two days of asynchronous classes were huge for a lot of students to get their work done and get some extra sleep to relieve some stress. I believe we should revert back to the old schedule, but if we do continue with this plan I just wanted to express some concerns:

1. Having A/B-Days back-to-back is problematic, as I will take a class on Friday and what I learned won't be reinforced until the next Thursday. That time off presents a huge problem for a lot of classes.

2. Please make the FLEXIBLE day Wednesdays. Taking away the asynchronous days is already a big enough issue, the "day off" should be in the middle of the week.

3. Study after study has shown that high school students don't get enough sleep. Taking away these 40 minutes of sleep (and even more compared to what we were getting on asynchronous days) is very problematic. I'd prefer "only" 30 min in-between blocks and starting the school day 30-40 min later compared to this current plan.

Please take these thoughts into consideration.” **Adam Koplík**

“This schedule is out of hand. Make this more suitable for all students for the benefit of everyone's health please.” **Thomas Pishkur**

“The new schedule seems to be more draining to students rather than helpful. I've spoken to my peers and we all agree it's worse than the previous schedule for students. I'm unsure if the school even thought about taking student input but if they had, they may have realized most students were comfortable/ getting comfortable with the old schedule. Please think about schedule revision so students aren't sitting at home all day in front of their computers.” **Kendall Lucchesi**

“I feel that the new schedule is not suitable for the students and I'm sure some of the teachers disagree. Many students are upset on social media, but realistically that will not change anything. I just have a suggestion to shorten the time between blocks. I know it's probably unlikely but just a suggestion.” **Brian Kotalik**

“I did my ulster schedule based off the original schedule and we decide to change the schedule now? Did no one consider the tons of other kids that take classes through ulster as well? And the kids that based off their work schedule through the original schedule?” **Maddy Garcia**

"I believe that switching to this new schedule is a mistake, with the double a and b days causes a large gap between lessons after that second day and there is no way that us students can remember the lesson over that length of time. And changing the schedule once we students already got in a groove is just adding more stress in an already stressful time. We high schoolers should be the priority especially junior and seniors. We need to go back to school." **Ander Pierson**

"The new schedules that you are due to put in October 26 leave me, and a lot of me fellow peers to wonder if you guys are even considering the students mental health and well-being. Why would you put 40 min breaks between each class first of all, just to idle on the screen and wait for the next class, we don't need 40 minutes between each class that's so annoying! Second, why would you put (a day a day b day b day), like what?!?! We used to alternate for a reason, to keep engagement levels high and learning levels at a max. And people have created schedules already surrounding the previous schedule where you even thinking of them?" **Massimo M.**

"Should alternate A days and B days." **Jules Branitz**

"The new schedule given out today is not reasonable. How are students like myself expected to obtain the information on an A day for 2 days and then not have class again for another week as well as a B day. Also many students including myself have voiced to our teachers about screen time on the computer and now we are expected to be online for 4 days a week now. I understand everyone is trying their best but no communication was given out to students, teachers, or parents about this and since just finding out this morning we only have the weekend to prepare for a brand new schedule." **Natalya Knoth**

"As everyone began to settle into their new school schedules, the administration took it upon themselves to take absolutely no student or teacher opinions and change the schedule to promote further draining of each and every student's mental health. In a system made for the education of students and not the administration don't be selfish, this is not a game." **Sophia Schwartz**

"I don't feel the new schedule is an improvement at all. I think almost all student feel the same way. I think the change is not warranted the current plan is fine. I would love to see a plan on going back into school as all over schools in the area have made except us." **Brady Saunders**

"Did any of the students or teachers have a say within making the schedule? From what I've seen students are furious. There are students who made up their schedule around the existing one with working, college visits, and to do other things for other classes. This schedule is definitely not going to help with the mental health of students." **Queen Irving**

“Who do you guys think you are? We are the students, we are what matters, and completely changing our ENTIRE schedule is probably the worst you thing you guys could have done. And you didn’t even bother to have us share our opinions. Like seriously? The lack of communication between the principle, board of Ed and the student is a complete joke.” **Jackson Soper**

“I am not a fan of the new system I don’t have time for anything now and the hour Long breaks mean I could be done earlier.” **Owen Friberg**

“The fact that schedules were changed without students and teachers input is absurd. The people that school is all about had no idea that anything would change. I believe the schedule should stay that same. But if that is not possible please get the teachers and students input. They are what school is all about.” **Alyssa Puleo**

“This schedule feels to disregard all respect for students and their mental health at this time. Being synchronous 2 days a week is already extremely exhausting, but four days a week is way over the top. I understand the desire to prepare for a hybrid schedule but the administration must understand that we are not hybrid yet and treating schoolwork and the schedule as if we are hybrid when we are not is negligent. This gives teachers the ability to overwhelm students with copious amounts of work and does not take into account that keeping track of our work will be much more difficult now. I’m extremely disappointed with the lack of teacher and student consultation on this new schedule that clearly affects us the most.” **Maggie Heenan**

“I don’t like this new schedule at all. I’m not sure who complained about it in the first place. I think teachers and students should have a say in which they did not, and I know for a fact that nobody wants to wake up earlier then we have to, I’m not sure when you expect us to get all of our work done.” **Alex Engel**

“It’s stupid that we have to do this 4 days a week nobody is learning a thing kids are not even in the room when the zoom call is going on half the time.” **Dylan**

“I very much like the breaks in between each class. That will really help with time management and struggling to get to each class but if it was maybe 20 minutes instead of 40, we could have a shorter class day which would be much better. If classes started at the original time of 8:45 that was also much better and smoother to get online and start classes. Because everything is online going right onto a computer for hours earlier then 8:00 is not good for many students and will reflect in their attention span during the class.” **Naomi Chesky**

“Our school shows a constant lack of planning and communication between staff. Throughout last year we gave the school lee way because it was all new but now

there's still a common lack of structure in our schooling. The district had a lot of time to plan and they still are all over the place. In our google meets when the new schedule was released we as students asked the teachers and they all had no idea of such schedule they haven't even ever discussed it let alone make it the new way we run our school. New Paltz has gone from one of the best districts in our area to the one school that doesn't have a plan of action to even return. Honestly so disappointed and wish I could change schools. There is no valid reason why we shouldn't be back right now all of this is hurting our learning more than improving it and the fact that the staff is missing that is truly upsetting and needs to change." **Ryan McCrory**

"I struggle with personal things and for us to be on computer this long is horrible. I'm not saying the schedule that is now is any better but they are re both horrible. I have a lot on my plate and I know others do too." **Isabella Finch**

"Respectfully I cannot overstate how terrible this new schedule is." **Seamus Cannon**

"I think the new schedule is fine, people are being children about having classes for an hour when it's really not that bad, and Boces does it." **Joseph Steinback**

"I am a senior at the New Paltz High School and this new schedule is far from what anyone I know is looking for. The lunch break starting at 10:40 doesn't make sense to me, the 40 minutes breaks are too long and without them we could end school much earlier which would be ideal, and there's almost a week in between B day classes. Also, asynchronous days have proven to be the best days for me since I had the power to create my own schedule and do my work at my own pace, and now they are practically eliminated. Why were teachers and students not consulted? Teachers and students are the ones actually partaking in this schedule and know best what works and what doesn't. I can only try to understand how difficult it must be to make a schedule that works for everyone, but talking to my peers today has made it clear that this schedule is not what we were looking for. Thank you for your time." **Jessica Dugatkin**

"This new schedule is completely absurd. Not only did the school notify us with less than a week to prepare. They also totally ignored that people plan their lives around the school schedule we are on now. Without talking to the teachers, kids, parents they decided to go through with this decision. They are being completely inconsiderate of the other obligations that we have. Some people can't move their schedule to work around this and they didn't think to consider that??? I'm already staring at a screen more than I need to be during the week and I would much rather not do that even more" **Katie Geisler**

“Hi! As we all know online learning has been incredibly stressful for students, but having the 2/3 days on google classroom allowed students to complete different types of work, rather than staring at teachers on google meets all day. The new schedule will without a doubt be problematic for students mental health, it is not less intense, rather, it is more taxing because the level of focus needed for synchronous learning is much more than that of the google classroom days. As students we are asking you to reconsider, as this new schedule will be too much for students to handle.” **Emily Lawrence**

“This schedule is so inconvenient for everyone. Can you keep it the same or improve it. An idea to improve the schedule is to have a and b day separate like you had but a days on Monday and b day on Wednesday, Tuesday and Thursday can be not on zoom so we can be in our element and focus. Fridays could be flexible. The main reason the schedule now doesn’t work is because we have up to 8 classes a day of work and that’s a ton when you aren’t used to this kind of learning. The reason the one you just released doesn’t work is because no one wants to spend every day on zoom, they need off days to do work by themselves sometimes. Also an hour lunch and 40 minutes breaks between classes is ridiculous we could end so much earlier and then eat lunch. Consider the people you are making the schedule for before making the schedule.”

Josh Finch

“We should go back to school, it’s unfair that the high schoolers aren’t going back. I feel like I and being robbed of my high school experience.” Aidan Reynolds

“I believe that the A and B days should alternate throughout the week. With the new schedule there are five days in between B days and four in between A days which seems unnecessary” **Ryan Hovey**

“The decision to change the schedule this morning was incredibly insensitive to the students, the past year has had almost no redeeming qualities however one of them was the flexible schedule. The schedule was super hard at first but now people are finally starting to get used to it and using its benefits to keep their mental health up, my mental health has actually been good for the past few weeks bc of the schedule. I’m in the middle of college applications and that topped with dealing with remote high school is brutal but being able to have a flexible schedule, get a healthy amount of sleep for once in my life, and being able to take breaks and do work at my own pace has saved me from getting crushed by the pressure. So please think before you act. Jasper Ashton

“I appreciate everything you guys are doing to try your best in this difficult time for a “normal” feeling school year. I know firsthand how hard making these schedules are and the amount of steps most people won’t think about because of my parents working in schools. But I don’t believe you are truly listening to us as students. We tell you constantly how hard this is, being expected to learn the same amount as you would in person, keeping your camera on, etc. No adult in the school system will listen to us. I know that making this new schedule took an extreme amount of time parents and student won’t understand, but it benefits no one. The students will be given even more

work, the teachers have to make longer lesson plans, and students might have gotten into a routine that you have Thursdays and Tuesdays to do work when you get the chance. You have taken away from time students have to spend with friends and family. I know you had everyone's best interest in mind but I don't think you had the CHILDRENS best interest." **Lindsey Clinton**

"The school schedule was just dropped both on us, the students, and the teachers without warning and now the teachers now have a matter of days to redo all their lessons. The new schedule is complicated and what we had before worked and people liked it. What we have now gives students less time to do their homework, more times to remember instead of actual work, a random day in the week that is asynchronous, as well as many other problems. The schedule was an unnecessarily put into place with no prior warning and no need." **Rachel Drillings**

"I noticed the new schedule is mainly synchronous classes, which I find much harder to learn and focus with compared to asynchronous days. Many of my friends and peers have said the same thing. I understand it is difficult to find a schedule that works for everyone, but it is important to take into consideration of the amount of screen time this new schedule would have and how that can affect the students very negatively." **Bren Montero**

"I believe the new schedule they gave out for us is really bad how come we didn't stick to what we've been doing these past 2 months? I really don't like the idea of having both A days back to back and the same for B days. I feel like by the time I have my A or B days the following week I will have forgotten much that I learned in class. Also the 40 minute breaks are just a waste of time honestly I can't put it in any other words why should

I be waiting all that time for my next class to start when I have more important things to do than that. I'd much prefer all my classes back to back and get the day done quicker and swap between A and B days. I hope you guys read this thanks." **Alejandro Rodriguez-Murcia**

"Hi there!! I would like to address the two issues regarding the newly released schedule. Having four synchronous days is far more tedious for students and staff. It is hard enough sitting in front of a computer on synchronous days, but now the work load will be more demanding and students will be required to do work on synchronous days as well. This is mentally detrimental for students and extremely stress inducing. Please reconsider your decision to alter the schedule." **Nyah Cunniff**

"The schedules were fine just the way they were. With this new schedule it gives no time to get off screens. It's too much." **James**

“The new schedule was made without any input from the students or teachers, the people being the most affected by it. The back to back days of A and B B doesn’t make any sense and the Tuesday being the flexible day especially doesn’t make sense, Wednesday should be the day if anything. Many students just got accustomed to the schedule now and we’re comfortable with it. It gave us Tuesday and Thursday as somewhat of a break from the pressure of Google Meets (which are very anxiety producing for many students) but now that’s taken away from us. Having no input about the schedule as a student is frustrating.” **Trinity**

“I feel that this schedule is stretching out the day for far too long, and that student’s personal lives and well-being are not being considered.” Cleo Verderosa

“One Star. Thanks for trying, but I’m not a fan of this new situation because no one wants to have a full school day from home. The 8 am start time is not good. Yes, that is or was our start time last year, but teenagers have been studied to need more sleep so starting earlier does not help anyone. The 40 minute breaks in between are slightly appreciated but I predict it will lead to even more screen time as teachers may likely assign work during the day that will need to be done during those 40 minute breaks. Also, why Tuesday? I heard it’s because the present asynch days interfere with BOCES but aren’t things always interfering with BOCES? May I suggest having an open student forum to make the schedule seem less stressful? Thx xoxo” **EJ Blaisdell**

“I feel like having 4 days of synchronous learning a week will be very hard for students to pay attention. And can be very strenuous on the eyes.” Michael Lynn

“I believe that the forty minute breaks in between blocks are pointless for students. I think I speak for many when I say I’d much rather go through the day with five minutes in between blocks and end significantly earlier. Also, I think an 8:45 AM start time is much more effective at allowing students enough time to sleep in.” **Jack Rubin**

“As a New Paltz student I’ve talked to many other students about the schedule change and the vast majority of opinions have been against the increased number of synchronized days. I would really like to hear why we are implementing this new system because it doesn’t seem like students, parents, or teachers were taken into account in this decision.” **Sascha Bath**

“The original schedule was literally the perfect schedule. I don’t see why we needed to change it. I rly enjoyed the asynchronous days, they were easy and I could get my work done and enjoy the rest of my day. Also the new schedule gets in the way of people’s jobs. I just don’t see why it needed to be changed.” **Dominick Olear**

“20 hours a week 20 whole hours sitting in front with a screen???? This is absolutely ridiculous. Not only is this change making our screen time increase traumatically but also kicking us out of the stable routine every student has finally adjusted to. What about mental health of our students. As if this time wasn’t stressful enough now you

want us to sit inside on screens all week. When is this school going to start taking consideration of the students?" **Rae Stauss**

"I've already struggled with 2 days of live classes a week, and it affected my work weeks by taking 2 days off my schedule. I now can only work 1 day a week, and before I thought there was a lot, but now it's basically every day google meets + schoolwork. I've been stressed and my life is really affected by my school schedule, and if this stays I don't see anything improving for me as an individual, or anyone else as a school."

Vincente Fernandez

"As young adults, we have been faced with the hardest times of our lives in the past 7 months. Now, I believe it is inconsiderate to put us through yet another major life change while we are just now getting used to our current lives. Yes, the old schedule has problems too, but we learned to live with them and to accept them along with the benefits. I believe if we get thrown into another schedule, the next 2+ months will not be spent effectively learning. We will go through another long and arduous transition time and come out of that time more mentally and physically drained than we are now. I ask you to please consider student input on this decision.

The following are direct quotes from new paltz students...

"The school keeps claiming that you care about our mental health, and at the same time force us to deal with huge, unnecessary changes. Change is stressful, certainly more for some than others, but stressful all the same. Also, the fact that our input is not even asked for shows you believe our input to be invalid and unimportant. Teenagers have some of the most fragile self-esteem of any age, and feeling like nobody cares what you have to say is horrible and damaging. "

"Administration is making decisions without taking students into consideration and they need to either make a more flexible schedule or keep it as is."

"new paltz got complaints that kids were on the computer too much and their solution was to add two days where kids are in front of the computer for 6 hours we're doing GREAT at"

" 15-18 year olds don't have time to sit in front of a computer for 6 hours straight, 4 days of week when you have students that work, have mental illness issues, babysit, etc. not to mention beyond stressful and a very large amount of baggage for all of us already.

"No one eats LUNCH at 10:40??? Literally we could end so much earlier and eat lunch then"

"we don't need 40 minute breaks if we didn't have them we could be ending at 1 not 2:20

"like what do they think we're going to do with them? Go outside?? it's not enough time to get work done I'm just going to be on my phone"

"As students begin to settle into their new school schedules, the administration took it upon themselves to take absolutely no teacher or student input and change the schedule to promote The further draining of each and every student's mental health. In a system made for the education of students and not the administration's"

"More than a quarter of the student body is preparing to apply to colleges, which was a lot of work before but is even worse now after covid. Especially for ED applicants, this is the worst possible time to change the set schedule and pile on more work, as well as take away more free time that could have been devoted to preparing their applications. " Thank you for your consideration." **Jonah Nidorf**

"The new schedule may not seem that bad to the administration, but to a handful of students and even teachers it does. This schedule for school was created without any teacher or students input. Not a single discussion was had about any of this. We were to adapt to a new schedule for the last 2 months, and we were made to learn to manage at home things and situations, along with handling their own issues (mental, physical, etc.), and joining google meets 2 days a week for 6 hours, in the condition of our homes. Not to mention having us sit in front of a computer for hours on end, multiple days a week, when we are taught to not stare at screens all day. 2 days was already overwhelming enough for students, in many different aspects. Not to mention you're talking about 15-18 year olds who most likely have jobs, and responsibilities that need to be handled, that are now being asked to rearrange our schedules for a schedule switch that no one really asked for. Even if some asked for it, it was not discussed with any teachers or students beforehand. I feel this was a very fast decision that nobody was aware of, and can name a handful of students that feel the same way." **Laila Mach**

"I'm sorry but I just got used to the old schedule and for me it works out great I like it a lot I like when we have asynchronous cause that's when I can calm down a little and work at my own paste. Plus I have a job and this new schedule will mess up the times. Also being online for that long is very uncomfortable physically." **Sisa Castellanos**

I personally feel like the schedule change is far more inconvenient for both students and teachers than the first schedule as we're on the computer more days a week than before which I thought was the opposite of what the school was trying to accomplish." **William D'Angelo**

"I this plan has many flaws. We don't need 40 min breaks, and i liked having the free schedule of asynchronous days a lot." **Madison McPadden**

"How do you expect me to go in 5-7 hours a day, 4 days a week. When I and other students are literally already struggling as is. I also work a job almost every day, and

you expect me to do 7 hours a day and one day off. This by itself is going to ruin my hours for work and take away money from my family. Thanks.” Liam Defoe

“Don’t change the schedule and leave it how it was” **Stephanie Dobosh**

“Why change our schedules when we just started to get used to it makes zero sense.”
Jayden

“I think that this is a lot of screen time, and does not give students enough time to actually do anything in between classes except wait.” **Lily Horowitz**

“We just got used to the other schedules and it gave us enough time to work on school and other outside activity’s and now with this new schedule that’s all gone.” **Madison T.**

“I believe separating a days and b days is a good idea—I’m just not sure how productive students will be after being sat in front of a screen for an hour in one class.” **Stella Keskey**

“That shouldn’t be happening it helps us kids to have asynchronous days so we don’t stare at a screen the whole day.” **Jack F.**

“School has been difficult enough for me. Online school not only has affected my mental health but physical too. I’ve gotten more stressed, my anxiety has gotten bad. And I just struggle with keep up. I put so much energy into it as I’m staying up till 11 pm just to finish work on time. having to sit in 4 or 5 classes for an hour each won’t help my case, and I know many other students of new paltz high school with agree with what I’m saying, just please take into consideration the students that need a little be more time to keep up with themselves during these times, thank you for reading this.” **Hayley Brown**

“The new schedule is draining both mentally and physically. Students can barely sit in front of a screen for seven hours every other day, how can we expect them to do it each day?” **Davion Mumper**

“I think that removing all of the breaks could make the new schedule much better. Imagine the following schedule: 8-9 9:05-10:05 10:10-11:10 11:15-12:15. We wouldn’t even need a lunch break if school ended at 12:15. I know that I would be completely willing to start school earlier and be online four days a week if it meant ending school at 12:15 and I have talked to many of my classmates who agree. The classes would be exactly the same time but we would be able to do something with the rest of our day. I think that if this change is made, it would be much better than the current schedule. Thanks!!!” **Ryan Hovey**

"I appreciate the precautions that New Paltz has taken to keep the students and staff safe, but I am dissatisfied with our new schedule. I think I can speak for a lot of students when I say that remote learning has been very stressful, so having to be online for four out of the five school days is not good for our mental health. I fully understand how difficult of a situation this is but I am upset that the students' opinions were not considered when making this schedule. Again, thank you for what you have done to keep us safe." **Sophia Camiola**

"This is just insane. Why do we need this new schedule? It should be A days then B days then A days again. It should be the same thing as when we were in school but keep the hour. Also why 40 minutes break between each class that doesn't make sense." **Arianna Phillips**

"I think the fact that this change was so sudden and not even told to teachers in advance shows how unprecedented and random this decision was, and it shows how nobody really had a say on what would be the best idea for the new schedule. I believe the current schedule is more than ok, so I don't see why anything should be changed." **Mark LaBorde**

"I recently saw the new schedule and I believe that it is also way too much screen time, I also play for an academy soccer team and I'm going to have to miss practices and games because of the new schedule." **Clive Cunniff**

"This new schedule will increase screen time, doesn't leave students enough time to go outside, be active and take some time away from screens. Technology is linked to depression, mood swings, obesity etc. If the district really cared about students' mental health and physical health they will not implement this schedule." **Zofia T-Quinn**

"This schedule interferes with my schedule with work that I made based on synchronous and asynchronous days." **Kyle Weinman**

"I completely disagree with this new schedule. Most of my classes talk about our mental health, and mental and physical wellness, well staring at a computer screen all day is horrible and not beneficial it can cause kids to be anxious, depressed, and have lower self-esteem. If we were in actual school it would be different. We would be communicating and interacting, being on a "google meet" is completely different and not good to be looking at a screen all day long. I enjoy being able to do asynchronous work on Tuesdays and Thursdays on my own time it is not nearly as stressful as synchronous days. I strongly, strongly encourage this "new schedule" to change." **Susie Wells**

“The schedule is a total hindrance on actually learning in an online school environment. Especially when seniors have early applications due, I find it very self-centered of the school for students. Please change it.” **Aidan Grinevics**

“I am beginning to feel a bit overwhelmed by the proposed high school remote learning schedule that was released this morning, and it hasn't even started yet. While I applaud the efforts that the board and administration are making to help us students adapt, I feel this new plan is flawed in many ways.

As a senior, I had grown fond of NPHS' block scheduling, and though I was originally upset to see the 'period' schedule back in August, I've gotten used to it and have found ways to balance my days appropriately. This new schedule proposes that we have A days and B days right after each other. My schedule is such that I have two AP level courses and another equally difficult class on B days. How is it fair that my B day AP teachers assign us homework that we only have one night to complete, when my A day teachers have two or three nights?

Another concern is the number of days in between each class. This proposed schedule has B days 7 days apart; that number is far too large for students in any class, but especially math and foreign languages. How are we supposed to continue maintaining our skills with a week in between each class?

Again, while I respect the efforts being made in this bizarre time, I feel this new plan completely disregards the importance of the routines students and teachers have established, both in school and their home lives. I, as a student, am displeased by the earlier wake-up time, but I could make it work. What about the students with familial responsibilities or teachers with kids of their own to look after? What happens to the routines they've created to make their lives work?

I am also shocked that the teachers were as equally blindsided by this new plan as the students were, and we are being asked to make this change in a matter of days.

This proposed plan quadruples our screen time and completely uproots any form of normalcy we had implemented in our lives. In no way does this new schedule make our lives easier. In this situation, I sincerely hope you listen to the frustrations of the teachers and students, as we are the ones being asked to live this change. I appreciate the efforts being made, but I hope we can continue with the routine of the current schedule that students and teachers have grown accustomed to, now almost seven weeks into this school year.” **Talia Feinsod**

“I think we should have at least two days in a week without going live to give us time to work. This will make school a lot less stressful.” **Julian Giordano**

“Don't do that.” **Nicholas Cerchia**

“First of all I think that 4 synchronous days a week is too much for me. From what I have seen a lot of other students agree and are very overwhelmed. I am only just getting used to the current schedule and this new schedule is very demanding and not flexible enough for me. I have really appreciated the flexibility of having asynchronous days and I do not think that getting rid of them benefits the students. Starting school an hour

earlier is also a big shock and I don't think it's helpful in any way seeing as many students including myself are already struggling to get up for class in the morning. I think that the principal and school board should be working with the students to get their input on the schedule changes because it has a huge effect on us. We need to be included in the decisions that have such a big impact on us, it doesn't need to be this overwhelming and stressful." **Stella Hoose**

"I have a schedule built around async days where I do school before and after an activity on Tuesdays and Thursdays and the new schedule will mess that up." **William Forstell**

"I appreciate the school taking into consideration the boces students and how still having work due on Tuesday effects their work load. I do however feel that the 40 min breaks in between each class in unnecessary." **Noah Brown**

"I appreciate the idea behind the longer breaks between classes. However, I believe 4 days a week of online school, about 4 hours a day of class, is too much time spent on my computer." **Kieran Weinstein**

"I understand that it must be near impossible to create a popular schedule in these times. However the main problem for students is being assigned too much work to the point some have to work well into the night on just one day's amount of work. This proposed schedule is only adding to the time spent each day looking at a computer screen between google meets that last well beyond our attention span and doing the assignments for each class. Please consider alternative schedules and/or limits on amount of work teachers can assign each day." **Dylan McQuade-Dolan**

"Me and many other students have been trying our best to get through online learning the best we can, I don't think adding more time on the screens is going to benefit anyone. I've finally gotten used to this new schedule and now that it's being switched I know many students are going to be too stressed to complete their work. I think this plan is just going to cause students to be much less motivated." Zoe Ogden

"They didn't even ask us for feedback they just assumed this new change was better. 8am is an extremely early change, especially for two more days in the week" **Melanie Kniffen**

"Simply put, this new schedule is a mess. There are some positive qualities, but they are severely in the minority. Firstly, why is this schedule being implemented so quickly? It is shocking to me that neither teachers nor students have been given time to adjust to this drastic change. We're already more than an eighth through the school year, and together we've created a rhythm and strategy. Changing it now forces everyone to start from scratch. The most prominent example I can think of is Choir Lessons. In Choir, we rely on asynchronous days to attend our lessons. Are we seriously going to go back to the old way, where Choir lessons eat up other classes' time? There has to be a better way. Secondly, why are the A-days and B-days being put back to back? This has never

been done before and I don't understand why we're trying it now. With period style classes, we see all of our teachers every day. With normal block scheduling, we see our teachers every other day, with the exception of Friday classes. With this new schedule, A-Day classes would be 5 days apart and B-Day classes would be 6 days apart. Obviously, this is absurd. That much time apart makes it impossible to keep momentum, especially in math and foreign language classes. Teachers would be forced to waste valuable class time on reviewing old material. Naturally, I understand that this is a strange and confusing time for everyone, and I appreciate administration's efforts to help, but I strongly hope you reconsider this schedule. Thank you for your time" **Viviane Tirone**

"The new schedule posted today (10|21), is highly unproductive and was created without the input of students or teachers. Almost every single person I have talked to has voiced their clear dissent of this new schedule. It requires more time sat in front of a computer, less time to work on our own and requires that students completely rework their schedules outside of school as well. I wouldn't be so against this schedule had students and teachers been consulted AT ALL. I am incredibly disappointed in the way the administration has gone about this schedule change without the consultation of the people it effects the most." **Reeti Patel**

"I really am perplexed about who thought this change would be a good idea whatsoever. I'll try to not to spew out my ideas on this, but this change really shows how unsupportive the BOE is. This drastic change was made out of the blue without discussion with parents, students or teachers who would be the primary groups affected. To make a change like this is unnecessary when the system we had in place was just becoming routine. Now a change like this will in my opinion be a waste of time when our already 40 minute long classes are full of silence and little productivity. Hopefully my comment, and the many other you receive will actually be acknowledged, and not just disregarded. Overall I am extremely disappointed in this decision and hope to see a new idea put into place." **Joaquin Crosby-Lizarde**

"I don't think this change will be any good to any students and being on my computer all day almost every day + homework would be awful" **Sergio M.**

"I feel like the synchronous and asynchronous schedule works better for every one, I don't see many benefits with the new schedule. The other one kind of provided balance." **Rachael Kasper**

"The utter lack of inputs from the student body and faculty shows the boards compete disregard for the effects their choices have on the people they are directly responsible for. You in a year of so much unrest manage to pull the rug from under our feet forcing us into unneeded stress and chaos. The system in place already worked and was good it provided a good balance and pace to the days. This new schedule is uncalled for and

under developed, student and teacher voices should have been listened to on these regards. Do better.” **Kylie Mattsen**

“This new schedule is beyond stupid the old one worked perfectly fine stop making our lives harder thx. “ **Kayla C.**

“I am a NPHS student, and I am not comfortable with the new schedule. The balance of synchronous and asynchronous days is so important for students and teachers during remote learning. Students already have so much stress from the online schooling environment, and with the new schedule (only synchronous days) it just adds an immense amount of more stress. Asynchronous days provide students more time (a whole day) to get work done or catch up on assignments. Asynchronous days let students work at their own pace and have their own schedule for the day. We should definitely still have synchronous days, but there needs to be a balance. Having one hour length classes for remote learning makes students more exhausted and tired. In my opinion shorter synchronous class time in the original schedule is better, because it keeps the focus of more students and makes students more engaged. They can think more clearly and therefore perform better on assignments and in participation during synchronous class. Having to be in front of a screen for all aspects of learning is straining. Students and teachers are in front of a screen during synchronous learning, while working on assignments during asynchronous times, for studying or grading, as well as for student-teacher communication both written and via zoom chat. I have found the current schedule of synchronous, asynchronous, and flexible days to be a healthful and helpful balance for remote learning.” **Olivia Wyns**

“I think the new schedule is extremely stress full and changing it now when people already have made schedules for themselves is overwhelming. It is already hard to focus on google meets and I think we get more done when we can manage our time ourselves. It is a very stressful time right now and this is extremely overwhelming especially given the fact that this is changing now.” **Noor Eljamal**

“This schedule seems to be a bit worse than the one we are currently using. Asynchronous days are great for catching up on work, and I find it much more helpful when I can work at my own pace. So I think there should be at least 2-3 asynchronous days, as I think synchronous classes are helpful as well, but a lot of the times my computer can't handle it all day: it's laggy, it's harder to learn when it's just a lecture, and everyone has their connection problems. I really enjoy doing homework alone because I can do it with my neighbor or on the phone with friends, it makes me feel much more productive. I think 4 whole days of synchronous is just too much, and to add a lot of homework on top of that? The screen time would be through the roof and I

would barely have time to do anything outside of school. I hope you take the students and teachers into consideration when creating a new schedule, and hopefully the next time you want to make a change you can survey us.” **Elise Gingold**

“I strongly dislike the new schedule and don’t find it fair how is student had no say in this change nor did the teachers. From what I’ve heard from students, they all like the old schedule and I think its working, I don’t understand the point in changing something when it was working great. You know what they say if it’s not broken don’t fix it.”

Michael Dobosh

“The 40 minute break in between classes is very inefficient and I’m not sure what they expect us to do in that time period. It will just drag out the day longer than it needs to be. I completely agree with going back to A and B day schedule but it needs to just be from 8-12 every morning. That will give us the rest of the day to do school work and exercise and do whatever we need to do freely. Rather than giving us awkward 40 min breaks that feel restrictive and unproductive.” **Garrett Toman**

“I am very disappointed with the new schedule. The fact that it was sprung upon students and teachers without our input is disheartening. It makes me feel as though this administration does not care about our views. I agree that the three minute break was not long enough, but extending it to 40 minutes is an absurd waste of time. The claim that this change was made in support of the student body's mental health is unbelievable, if this claim were true, the administration or Student Support Center would have reached out to us rather than assume our feelings, or only take parent feedback into consideration. Our parents are not enrolled in New Paltz High School. The current schedule does have some issues, but it should not have been changed so dramatically. Students have scheduled their lives around the current plan, and making such a drastic change with only 6 day’s notice just shows how much the administration really cares about our mental health. In no way is this new schedule an improvement. I am in disbelief.” **Briana Carlini**

“1. If the goal is to help the mental health of students, this is doing the complete opposite. Asynchronous days are a break for students to decompress and do work at their own leisure and taking them away is doing more harm than helping
2. For the board and the school to create a plan that affects the students and teachers WITHOUT EVEN CONSULTING the students and teachers is absolutely ridiculous. If even ONE student was present when creating this plan, it would NOT have come out like this.

Overall, students are already overwhelmed, stressed out and not in a good place while dealing with the pandemic and this new school setting. Making a new plan while

students are just getting used to the old one is unfair. I would be more than happy to offer a student perspective and help with a new plan. My email is above.” **Paris White**

“I just want to go back to school in person so make it happen!!” **Kayla Cafaldo**

“The new schedule is terrible and I think it needs to be changed... this does not benefit the students whatsoever.” **Warren Reynolds**

“This new schedule is just more stressful than the last. We have no time to prepare for it either and with our teachers not being notified either it has become a mess. Our schedule now is fine and I’m not looking to be stressed this entire year trying to appease this horrible solution of a schedule.” **Gage Mowen**

“I think this new schedule is just dumb. It’s such a big change so fast. Also it’s going to add more homework. And how are we going to do that homework when we’re live almost every day!” **Gavin Swanander**

“I think it’s problematic, we just got used to the new schedule so a new schedule would distract us from learning, and no one was asked about or told about it before hand.” **Kyle Newman**

“I’m sure you’ve been told by parents and students alike that being on the computer for 6 hours is horrible for you. So what I don’t understand is why you’ve increased the amount of time by a two full days. Please rethink this.” **Rhiannon**

“This new schedule is not going to work for us students, too much screen time for us and it is way too stressful. This also came as such a surprise to all of us. We had just gotten into a routine and you guys threw us off of it.” **Jannah Hazma**

“This schedule change is very inconsiderate, especially since seniors will be applying to college very soon, and you have just increased the amount of time spent in high school each week. You guys often do a bad job, but I believe this could be avoided if you just spent more time coming up with these ideas. In the future you should ask what people think about POSSIBLE changes, rather than telling people they must adapt to DEFINITIVE changes. You need to give people input in the decision making process. This affects us, we should have a say.” **Noah Fishman**

“Students will not be able to focus for that long period time and the work load will extremely increase and will stress out the students.” **Nick DeGiacomo**

“The schedule is very overwhelming. As someone with anxiety, having this change so sudden is both daunting and nerve wracking. I don’t understand why there are two a days in a row. It’s stupid, as there are now 6 days between classes. The fact that both faculty and students are frustrated with the change is telling. I don’t know who came up with the schedule but they didn’t really take into account of student jobs, teachers plans and the fact that the schedule is plain bad.” **Tessa Q LaPolt**

“This is HORRIBLE and completely stresses me out beyond. Just looking at this and thinking about how my life would be made me go into tears. I seriously started crying. Our schedule now is stressful enough and works flawlessly. This would be million times more stressful and there’s no need to put more stress on us.” **Sage Wolfson**

“I think this new schedule is very inconvenient and it takes a toll on my personal life I feel like I won’t have time to do anything outside of school and I just got used to the current schedule and I think it’s kinda unnecessary to change it if there’s nothing wrong with it.” Ethan Heller

“This new change completely diminished any pro about online school.” **Luca Bradt**

“I find that the revision of the schedule was very poorly executed. With 40 minutes in between classes, we have no time to actually get work done, so we’ll just be sitting around for the whole day. On top of that, teachers will take complete advantage of that and assign more work. With the new schedule, we wouldn’t have asynchronous days, therefore we would have less time to do MORE work. It would make more sense to have class in the mornings from 8-12 so that students have time to get their work done. Students also have gotten jobs during quarantine, and now have to quit because of the schedule revision. Having class only in the morning would also prevent students from sitting at the computer all day...which isn’t healthy at all.” **Vivian Kay**

“This plan is unnecessary and too much for students to handle. It doesn’t make sense that that the letter days aren’t alternating, instead it’s two a days in a row followed by two b days in a row. How does this make sense?? First of all, students will have to spend 4 hours on the screen PLUS the boatload of homework that teachers assign for homework, as if spending 4 hours on the screen isn’t enough!! Furthermore, since the letter days aren’t alternated, that gives students EVEN less time to do homework that’s due the next day. I don’t think work should be due the next day, that’s not fair. I mean c’mon new paltz, you can do better! Every other high school seems to have a functioning plan and myself as well as many others thought the current remote plan was working just fine. Why not just keep it???” **Evie Kortan**

“This schedule kind of sucks sorry. There’s way too much time on the computers and it can’t be easy for the teacher either. I usually like block schedules bc they let you get into the work but I don’t think it will work on the video meets, they tend to be harder to pay attention in. I think students will probably end up doing their work for other classes during online meetings.” **Ceci Harris**

“I really don’t mind the new schedule because I like having separate days for A and B day classes, but I don’t like the entire 40 minute breaks that we have. I just feel like they aren’t necessary or productive and make it harder for those who are busy with other things/ have jobs but can’t work as much because they are in school all day. I don’t mind it for myself, but I just think it will probably waste a lot of peoples’ time.” **Molly Bogart**

“How can high school students be expected to completely switch schedules on such a short notice? As a senior this year, I have worked around our synchronous and asynchronous days to figure out a schedule for my job, my college open houses, and the rest of my school work. We are now being asked to change everything with less than a week’s notice. Why was student and teacher input completely disregarded?” **Calla Savelson**

“I understand the thought behind this. But I think it was done in a totally ridiculous manner especially with the fact that the teachers weren’t even told before the students. The lack of communication is frankly appalling. Yes, people were mad that we didn’t have breaks between classes but 40 minutes is too much. The day could be over so much faster if we didn’t have the breaks. It’s not helping us at all to have 2x the amount of synch class, we get nothing out of it. Please make the days shorter.” **Riley Stutzman**

“High School is the most important years of our schooling, in order to be successful. The high schoolers should be the first ones back, because this is how we will get into colleges, jobs, etc.” **Katherine Chokalis**

“This new schedule is absurd please
Reconsider it. It’s not just me it’s the majority” **Nectarious Rodriguez**

“The new schedule is such a big shift and unnecessary especially when we’re all just starting to get used to the normal asynchronous- synchronous pattern. There’s a four day gap between seeing our teachers which makes no sense for students learning or for teachers planning sake.” **Hanna Buekelman**

“Regarding the new schedule change on the 27th, I understand that when you make decisions which apply to hundreds of people, it can be difficult to satisfy everyone, however, I have yet to see and satisfaction at all, in fact I have seen and felt the opposite. The problem affecting us is excessive amounts of time in front of a computer, and the workload. Your solution? In summary what you did was increase days of which were synchronous, giving us only one day, Tuesday, to have to ourselves, and even that’s not guaranteed being that it’s flexible. You’ve made the starting time earlier, and

time of these classes and breaks mess with our normal lives, since we have more than school in our lives. I've heard a common theme that this new schedule is stressing others out more than they were, and I'm worried I'll have to change my day to day personal schedule. What I'd recommend is to keep us the way we are, as we're accustomed and used to this current schedule already. I feel this change may cause more problems than we already had. Please think about this." **Rebecca Lucchesi**

"This new schedule is worse, more stressful, and leaves less time for asynchronous days which help kids a lot with mental and physical health. We can get more exercise and do more mental care for ourselves. That is why asynchronous is very important to have." **Alyvia Burda**

"The new schedule doesn't seem very sustainable to me. I don't like how it's so spread out. I also don't like how we now have synchronous every day because it is extremely stressful. Please reconsider it." **Milo Olear**

"The new proposed high school schedule was created without consulting the student body or teachers in NPHS. As a student I know I'm not alone when I say it took me until now to adjust to the way the schedule is, I have formed my life around the school schedule and now I would have to do that all again. I don't like the new schedule and I don't like that when this decision was being made I wasn't asked my opinion, after all it is my education." **Hannah Spillhaus**

"So, here's my issue with the new schedule. School was already hard as it is, with teachers assigning the same amount of work, with reduced class time. Also, you need to consider that school isn't the only thing students do. We have lives, like the rest of you, and we want to have some free time. But when I find myself doing assignments that take me 2 hours each, I don't have time for anything. Especially on synchronous days, where the school hours feel like a waste of time, because you know you could be using this time to get your homework done. But now, with synchronous days being more often, and with there being more class time is both a positive addition and a negative addition. The positive is that there is more class time so we can understand what we are doing. The bad part about this is that there is synchronous classes every day, and knowing my teachers, they will assign more work because we spend more time in class. Also, there is no day that is a guaranteed day with no teachers. We have a flexible day on Tuesday, where again, it will not be flexible. It's going to be the same

thing as all the rest of the days, and I don't support it. Also, (this is no fault of the school district) I have no motivation to do my work. Usually I'll have a teacher that is in class, surveying me. I won't have my guitar or xbox next to me, and I see in person school as a perfect time to get work done. But when we are home, there is so many things that could distract from you doing school work. So, with there being more school work, less motivation to do school work, and more time wasted in class, it doesn't have an ideal combination. I would say that in order to fix this, you need to make classes like an independent study. You can still talk to the teacher for help, but you are the primary one who has to do the work. This is my problem, and my solution to this problem.” **Jamie Newell**

“The new schedule is so bad.” **Jayden Brown**

“I'm writing because, frankly, I'm overwhelmed and exhausted. I do not believe the new proposed schedule reflects the will of students nor teachers, as both were not at all involved in the decision making process. As a senior at NPHS, I've never felt more overlooked and ignored than I feel currently, and, from what I gather, my peers feel the same way. We wish we could have been a part of this important decision, as we are the party impacted by the results. I was also very disappointed to hear that teachers were just as blindsided as students and are now forced to make many unanticipated changes to their already difficult job of teaching during a pandemic.

I understand that the administration is dealing with the impossible task of creating a plan that won't negatively impact students in some way. Truthfully, any plan is not ideal and will likely cause negative repercussions among the student body. This plan, however, is certainly not a step in the right direction, and, from what I understand, will make students' lives much more difficult.

In the future, please just talk to us students. We want to be with you on these important issues rather than against, but only if you let us be. We're all dealing with this pandemic together. Please let us have our say.” **Eliza Behrke**

“I hate the new schedule.” **Domenic Hono**

“I strongly dislike the new HS schedule because of how long the blocks are. It's hard enough for us students to focus at home, but now we have to sit there for an hour doing one thing with no breaks. I also strongly dislike only one asynchronous day because me and many other students work better on our own time, and having those 2 asynchronous days are vital for us in our current time.” **Danielle Salciccia**

“Hello, I'm a student of the high school and am very unhappy with the new schedule. It is already very hard for me and other students to be on the computer the whole day for just 2 days a week. Personally I feel sick after being on the computer too long and this is very frustrating to me. Online school is hard enough and this schedule makes it harder for the students. I understand you are trying to keep us safe but if you actually

asked teacher and students what we need this, I feel there could have been a better solution” **Emma Danisi**

“Bring more awareness and talk about the athletic plan more so athletes can get a plan what to do outside of school if there are no in school athletics.” **Justin Coiteux**

“Good evening board of education. When I saw the email and new schedule I was stunned and angry. Before you make a new schedule you should ask every single student and teacher because we are the ones using this schedule five out of the seven days of the week. I also have some questions. Is it necessary to make a new schedule? Why now? Why did you not ask us students and teachers for our opinions? And lastly where is the communication? The leadership? Because right now I see no leadership that is helping us... if anything it's hindering. In this time we need leaders and leadership and so far our leaders are not performing as well as they should be. They should be talking and communicating with us. You're leaving us in the dark even though we are the ones who are using this schedule and using it to learn. I think if you are ever going to make a new schedule you should ask the students, teachers, and parents for their opinions for what they think is appropriate for an online learning system. This is my first year of high school and I want to be able to remember it positively but I don't think I will be able to do that if I have no voice to tell my school leaders what I think my schedule should or should not be, or what my online experience could have the potential to be built up to. Thank you for giving me this opportunity to voice my opinion.” **Kalle Masseo**

“So this is about the new schedule, I think it's absurd and we should just stick to the one we have right now, a lot of people such as myself have other things we need to do during the day and we are very stressed already.” **Alicia Veranes-Suarez**

“I'm upset about it. The teachers didn't even know before we did. We have to get up earlier.” **Willa Voorhis**

“I don't particularly like this. I like having days like Tuesday and Thursday where I have time to be in my other meetings. Also, with the amount of work we are given and the amount of time, I am often up very late finishing, which means starting at 8:00 is really hard.” **Meg English**

“A lot of us wished for an earlier notice for the sudden schedule.” **Mina Pine**

“Well I have been told that with the new schedule it will give us less time to have the teacher teaching. And it's on such a short notice. We have gotten so used to the current one.” **Madison Hunlock**

“Hello, I am just concerned that I don't know how I will be able to handle the work as well as the synchronous day. We have specific schedules based on the schedule right now but now we can't balance both work and school.” **Gabriel Cook**

“The new schedule is absolutely terrible. Not only are you not giving any teachers a heads up which is degrading. Also we have just planned our lives around the schedule some kids have to work or watch their younger siblings. It’s a terrible system that we are going into this year. The people that created this schedule also aren’t even doing the school work and don’t understand how draining it is on synchro mesh days. It’s also unhealthy for anyone to sit at a computer for 6 hours every day. And on TOP of you guys not letting us go to and not having an excuse as normal. OTHER SCHOOLS ARE IN SCHOOL. WHATS UP WITH THAT.” **Brooke Vos**

“This new schedule is messing up a lot of our daily schedules. I have to drive with my mom to her job at lunch break and now that’s changing and now I have class at the time that I’m supposed to leave my house.” **Carmela Ciardiello**

“I think this schedule is a much improved schedule than before. I like the new plan.” **Cooper Driscoll**

“I’m just getting into a routine!!” **Dylan Herter**

“WE NEED ASYNCHRONOUS DAYSS.” **Lexcia Eisenhardt**

“The lack of student and teacher representation in the schedule change is insulting. The removal of asynchronous learning is a step backwards rather than forwards in the sense that for the first time students were able to learn and work at their own pace, something that has always been needed but has never been truly addressed.” **Ariel Montero**

“This is the worst change that has come so far. Why change it if it is not broken. I have not talked to a single person that liked this change.” **Tomasz Z.**

“I think it’s not only unfair that school has changed the schedule but also changed the times too.” **Anna Goodman**

“The people who are actually impacted by this schedule change should have been interviewed about what they thought and what works for them. Teachers and students both feel disregarded by this complete lack of acknowledgment of their opinions.” **Annabel Evans**

“It feels like this schedule was designed to lower screen time, but didn’t take into account that without asynch days for homework, we’re going to be using all of our breaks to do homework, and therefore will be spending more time on screen because a combination of extra synch days and no homework days. This schedule is supposed to be designed for students and teachers, so we should have had a say in the change. Because of this new schedule, I won’t have time to see my friends anymore, or to exercise, or to work on my mental health, because of the amount of homework I will have at the end of the day, which isn’t okay.” **Alli Zissu**

"I am sure you have been getting a lot of angry forms about the new NPHS schedule. I know a number of people who have written to you about how they feel about the schedule, and let me say, my form is going to be nothing like theirs. I want to say I appreciate how much you've done for school and I also know the only reason the schedule changed is because of complaints about the other schedule and how we do not have enough time in between classes. I see that you are doing your best and I honestly do not mind the new schedule. I am sure that none of you feel good about all the hateful forms you are receiving and you do not deserve any of them. I see the only reason you changed the schedule is for the students and I believe you are doing a great job. Thank you." **Nicholas Kutzin**

"I think you the school did a great job and under these conditions it was a thought out plan. Maybe it has some drawback but I see many positives in this new plan." **Oliver Watson**

"I don't like the new schedule, it's inconvenient for students." **Alaina Garza**

"The proposed school schedule is absolutely ridiculous. Firstly, the layout must be revised. How does it make sense to have two b-days in a row and then not have another for FIVE days? Not to mention a-days are broken up by a random asynchronous day??? Where did this come from? I appreciate the effort to have block classes but it just really isn't practical for online learning. If this schedule would to stay in place it would at least need to be modified. The 40 minute breaks should be eliminated and condensed at the end of the day as an asynchronous work time. I would be much happier and relieved getting through my school day in 4 hours and then having the rest of time to work at my own pace. The 40 minute breaks are not beneficial in anyway. Many students rely on full asynchronous days to submit college apps, do other work, and catch up on school. It's almost as if this plan was created impulsively with no input from teachers or students. School already feels like a never ending loop, and asynchronous days added some relief to that feeling." **Emily K.**

"Were students surveyed to see what type of remote learning would work best for them?" **Aracely Watson**

"As you probably know, many students are very firmly against the new High School schedule, I among them. They have probably repeated the same issues I agree with, so I won't reiterate them again. But you should know many people do not have the time, the energy, or the ability to be in hour-long classes all day every day. Personally, I am not learning much in my classes and feel regularly that I don't need to be there because I've already learned the information on my asynchronous days. I can't imagine being in a full hour of those class, even though I know that on a regular basis, classes are 80 minutes long. And I understand that the expectation of having 40 minute breaks between classes is for us to be away from our computers, but I simply do not have the time after school or on weekends because I, like many other students, have two working

parents and younger siblings. Those 40 minutes will be devoted to schoolwork, which will end up being more screen time than I am using already. That is not even to mention how completely exhausted I am after a synchronous day, and 4 of those a week will not be good for my overall mental health. I have constant headaches already, and I do not wish to have more of those in the future. Also, my father is a 7th grade Social Studies teacher in Kingston, and his students have online classes all day every day from 9-3. He complains about his students' lack of interest in what he's teaching, and a few of my friends who live in Kingston say it's just too much time. I don't think that having 4 days of class would be a good thing for students, especially considering their productivity and interest in their work, which I know is mainly what teachers are looking for." **Margaret DiDonna**

"I think the new schedule has potential, but adding more synchronous days is only making the problem worse." **Oliver Casey**

"I was wondering why we have two A days in a row then two B days." **Nick Knoth**

"Why have asynchronous on Tuesdays, and why have 40 minutes breaks in between classes?" **Joseph Miller**

"This system does not help me in any way I am going to have to change my work schedule and will have to do all my weekend assignments after 8pm over the weekend due to work. Why were no students or teachers involved in this?? The two major groups affected were excluded this decision was brain dead and lacked any thought." **Noah Leone**

"The new schedule forced students to be online four times a week instead of two. It forces us to get up earlier. On top of that, we'll have to do homework online after hours of classes. Please don't change the schedule, the old one's better." **Mason Eycler**

"This year is hard enough and this new schedule is really hard especially since we have less than a week to prepare. Also the schedule that you're preparing for us is very confusing it doesn't really make that much sense." **Fiona Walsh**

"This new schedule has to me, and many others, been a confusing and sudden change which has left me with many concerns. I have talked to my teacher about it and most of them don't have anything to say to reassure me and my fellow classmates about how the schedule will function. They were also caught entirely off guard by it. It's just unfair to keep teachers entirely out of the discussion on the school's schedule. The general lack of communication and explanation around this change has made the whole thing seem like a bad idea. Not only is it difficult to understand what this new schedule means for how classes will function but there is no explanation as to why this has been changed.

The fact remains that unless there is some other motive changing a functioning system just causes more pain than good. I also have concerns about the lack of forewarning and how this is going to affect the schedules students have made for themselves. I, and

many of my classmates, were just getting used to the schedule we have. It was not the most ideal situation, but we built up our life around it, getting in extracurricular activities and socialization on asynchronous day. Now with the loss of all asynchronous days students are forced to rearrange their own personal schedules on short notice.

All the other students I asked about this change all had negative things to say about it. Most took issue with how sudden it was, the earlier start time, and the apparent increase in screen time. There is also valid concern about how this is going to work for people who don't have consistent internet access.

Overall, this schedule was a rude shock for almost everyone. The communication needs to be improved, decisions need to be explained and implementation needs to be adequately scheduled." **Josephine Quinn**

The new schedule has us staring at the screen for too long and it's unnecessary. It's also more difficult to find time to finish school work with this new schedule." **Veda Keon**

"According to the NIH (National Institutes of Health), the Nationwide Children's Hospital, the Mayo Clinic, and the current ABCD study being conducted to further examine the brain in adolescence and how events affect it, the following is true. Excessive screen time has moderate to strong evidence that obesity, sleep disturbances, poor quality of life, decrease in cognitive performance in school, impulsivity, depressive symptoms, and less healthy diet have strong associations.

It is suggested that teenagers should get between 7-9 hours of sleep each night and only spend a maximum of 2 hours on screens. If those recommendations are not followed there is a huge increase in impulsivity. And impulsivity is at the core of ADD/ADHD, behavioral addictions, substance abuse disorders, and eating disorders. Impulsivity is also linked to emotion dysregulation leading to self-harm and suicide attempts among youth.

Engaging with electronics during development leads to powerful dopamine releases (feel-good hormone) which promotes greater use resulting in impaired inhibitory control, perseverance, emotional regulation and other self-regulatory cognitive processes in post pubertal adolescents. And the excessive blue light can cause delayed sleeping time and overall sleep deprivation.

With the new schedule change, students will spend upwards of 7 hours in front of a screen not only in lessons but when completing assignments. And studies show that more than 7 hours of screen time a day causes thinning of the brain's cortex which is the area of the brain that is related to critical thinking and reasoning. That is essential during this time of increased propaganda.

Overall this huge increase in screen time compared to the current schedule has nothing but costs. And productivity is also affected when long periods without breaks are a part of daily life. Everyone has different learning styles and the current schedule is more accommodating. Putting this in place without any prior consultation of the people involved in the program was not a good decision. Please take this into consideration as this is a very serious matter." Kind regards, **Natalia Seager 9th grade**

“This new schedule is awful. It’s harder on students, teachers, and families in myriad ways. It was not well thought out and you should have consulted those who were affected by this abrupt change before upending any semblance of routine this district had.” **Aki Densmore**

“In concerns with the new schedule, will it be mandatory to attend every class now because it is in conflict with my BOCES schedule now. I have mandatory classes for them during the same times now and days. And how will homework and assignments work now because there’s so much time in the class?” **Samantha Shane**

“Why is there no longer a student rep on the board? I feel a student rep would help increase communication between the student body, administration and the board. Which is something the board stated they would like to do” **Brady Saunders**

“Hi! I’m a freshman and I’m a little confused by the new schedule change. It seems like a great deal to put onto teachers and students so suddenly, and the formatting doesn’t seem fluid to me. I would really prefer if we stuck to the old schedule so we don’t have to deal with more stress with a time shift. Thank you!” **Raamina Chowdhury**

“As a New Paltz High School student, I find the new scheduling that is to take place on Monday inconvenient for both students and teachers. With the new plan, I won't be able to do my activities that I am now able to do outside of school, and I feel that everyone has gotten used to our current layout. Many other people that I have talked to like having asynchronous days, and those who have difficulties can seek help with teachers during office hours. This plan and its short forewarning restricts many students instead of helping us.” **Alex O’Neill**

“Dear Members of the School Board and District Administrators:

“Your voice matters”. This saying is nailed into our brains throughout our childhood. We are told that we can make changes in society; that our opinion as concerned citizens will be heard and valued by those in power. At some point, however, it seems that everyone learns the cold, hard truth--that our opinion doesn’t matter. Once people are in power, they stop caring about the opinions of those facing the consequences of their decisions. The school board consulting neither students nor teachers when deciding the new school schedule is a sad example of this fact.

This is a tough time for everybody. Keeping students and teachers safe is at the forefront of everybody’s mind, and we need to recognize that struggle. But the way to figure out the best way forward is not to ignore the groups of people that are actually

being affected by these changes.

The worst part of the new schedule is not that it got rid of asynchronous days that kids use to catch up on work. It's not that we're now losing an extra 40 minutes of sleep despite numerous studies showing teenagers need sleep. It's not that the schedule was upended--a schedule that both parties were finally getting used to. The worst part of all of this is that no one asked our teachers or students for their opinion.

Clearly, our administration doesn't value student input. Here at The Maroon, we did what the administration should've done--asked the students. Within a few hours, we received nearly 200 responses from New Paltz High School students. Polling found that 82.5% of NPHS kids approved of the current schedule that we had been working under for the first six weeks of the school year. One anonymous student said, "What we have, although not perfect, works!! We've adapted and molded our lives around it, as well as our families. Please keep the current schedule, at least until second quarter or semester, when teachers and students can be properly consulted."

On the question of if they approved of the proposed schedule, 92.8% of students said "no". If district administration took the time to actually ask the students before announcing this new schedule, they would know this. Over 90% of students DISAPPROVE of the proposed, with one saying, "It's absolutely ridiculous that no students or teachers were asked about this change, and they decided to announce it right as students are starting to get the hang of the current schedule. The school says they don't want us to be on a screen so often, so they added another day of video calls. That makes no sense and is extremely unfair to kids with jobs, mental health issues, family responsibilities, and so much more. And, of course, the school is going to claim they care about the students and did everything they could to make this work, but, like always, they don't even take us into consideration. The current schedule still isn't great, as teachers assign absurd amounts of work on asynchronous days, but it's still much better than this new plan."

The final question asked students if they believed they were being consulted enough on decisions. A whopping 89.2% of students voted NO, with one saying, "The announcement of the new schedule is disrespectful to teachers and students. It essentially tells us that our opinions and feelings don't matter when we are the ones experiencing this. We were given two months to plan our entire lives around the existing schedule, just to have it changed with less than a week's notice. People have altered their work schedules, clubs, and even choir has worked around the existing synchronous days for graded presence in separate google meets. It is completely unacceptable, and it would be wise for the administration to at least delay the change of the schedule until the teachers and students are consulted about how it would affect not only their other responsibilities but also their mental and physical health."

We were only able to print some of the many heartfelt responses to the survey. If the school board would like access to it to read the opinions of our students, The Maroon would be more than happy to provide this information.

Collaboration seems to be dead. Look at any level of the world and you'll notice this cold, hard fact. From the Democrats and Republicans refusing to work together on a

stimulus bill that would help millions of Americans, to a school district in upstate New York ignoring the opinion of students and teachers--this lack of collaboration has become a stain on society. I personally dislike the schedule. However, if it was discussed by groups of both students and teachers whose input was valued, and this is the compromise they came to, I would understand it and deal with it. But that's not what happened. District Administration made a unilateral decision without collaborating with those that this scheduling change actually affects. I understand it's hard to please everyone, but it's a lot harder to do that without listening to basically anyone. It's hard to do anything during a pandemic. Something as little as going to the grocery store has become a chess match. I understand how tough creating a schedule must be. That's why I'm asking the school board to let us help. Collaboration is a lost art, and it's even harder to do without listening to others. It is our education, and we should have the loudest voice in how it's built. Let our voice matter."

Thank you for listening.

Adam Koplik - Editor-in-Chief, The Maroon