

Time Commitment Guidelines for activities outside of the school day

Co-curricular and Extra-curricular Activities

Rationale:

- Guidelines are being proposed to ensure that students at South High School maintain a daily schedule that best promotes academics as well as their physical and mental well being.
- The following are specific concerns:
 - **Sleep**
 - According to the National Sleep Foundation, teenagers need between 8.5 and 9.25 hours of sleep to function best
 - Detrimental effects of sleep deprivation include deterioration in learning, listening, concentrating and solving complex problems. Further, the National Sleep Foundation sites that sleep deprivation is associated with many health concerns including depression, high anxiety and poor physical health.
 - **Academic/Homework demands**
 - At Grosse Pointe South High School, academics is job #1 thus homework takes precedence over any other school function.
 - The Grosse Pointe Public School's has created guidelines recommending that high school students can expect 2 to 2.5 hours of homework an evening. Those in the honor's pathway may have slightly more than this number.
 - **Family Time**
 - Grosse Pointe South High School recognizes the importance of family time and wish to ensure that we support families as they support their sons/daughter's school endeavors.
- Sample Student Daily Schedule without extra-curricular activities
 - 7 hours – School hours (8:00-3:05)
 - 1-2 hours – Preparation for school/Commuting etc...
 - 1-3 hours – Homework
 - 1-2 hours – Family Time
 - 8 hours – Sleep
18-22 hours

Proposed Guidelines for student time committed to co-curricular and extra-curricular activities outside of the school day:

- 1) **Total Hours** - As a guide, students should not spend more than a total of 20 hours a week on co-curricular or extra-curricular activities. Extensions beyond this guideline may be necessary for special events or for students in multiple activities, but any extension will require approval by the building principal or designee.
- 2) **Weekend** – Weekend practices/activities are discouraged, but if necessary, one weekend day is recommended to be free of ALL school commitments to co or extra-curricular activities.
- 3) **Timeframe** – Whenever possible, practices for school activities should end by 9:00 p.m. Any practice that goes beyond this timeframe must be approved by the building principal or designee.