

PURPOSE: To change weekday student curfew from 10:25 PM to 10:00 PM in order to promote better sleep, improve mental health, and support overall student well-being.

INTRODUCED BY: Mental Health Committee

BE IT RESOLVED BY THE MISSISSIPPI SCHOOL FOR MATHEMATICS AND SCIENCE SENATE:

SECTION ONE (REASONING):

Students at the Mississippi School for Mathematics and Science experience rigorous academic expectations, extracurricular commitments, and leadership responsibilities. Many students remain awake well past curfew, completing homework, studying for assessments, or attending meetings. As a result, consistent sleep deprivation has become common within the student body.

Additionally, room checks and inspections occasionally take longer than anticipated. When this occurs, students who prefer to shower after room check are pushed further back in their nightly routines. It is not uncommon for students to finish showering and preparing for bed close to midnight or even later. This leaves insufficient time for meaningful rest before the next academic day begins.

Research consistently shows that teenagers require 8–10 hours of sleep per night for optimal cognitive function, emotional regulation, and physical health. Many MSMS students are not currently reaching that standard. A modest 25-minute adjustment to curfew would encourage students to begin winding down earlier and build healthier nighttime routines. This change is not drastic, but it signals that the institution values sustainable habits and student wellness.

It is important to note that this proposal does not change the existing midnight lights-out policy. Lights-out would remain at 12:00 AM. This ensures that students who need additional time for

academic work still retain that flexibility, while the earlier curfew promotes a healthier transition toward rest.

SECTION TWO (SPECIFIC CHANGE):

On page 93 of the Student Handbook (PDF page 98), under the section “Curfew and Evening Hours,” the following would be changed to:

Curfew – Going by residence hall office clocks, the front doors of residence halls will be locked at 10:25 p.m. Sunday through Thursday. On Friday and Saturday, doors will be locked at 11:55 p.m.

RL.41. Students must report to their rooms by **10:00 p.m.** Sunday through Thursday and 12:00 a.m. Friday and Saturday. Students cannot leave the residence hall until 6:00 a.m. the following morning.

Room Check — Room checks will occur at **10:05 p.m.** on weekdays for all students. On weekends, room checks will occur at 11:00 p.m. for students on Junior Plan and IP and 12:00 a.m. for all other students. Students will be asked to stand outside the doors of their rooms with their keys and IDs until a Residence Hall staff member has accounted for them.

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Schedule:

School Week - Sunday- Thursday Evenings

4:00 p.m. - 6:45 p.m. Assembly/Activity Time

7:00 p.m. - 9:00 p.m. Study Hours

10:00 p.m. Curfew and front doors of residence halls locked

10:05 p.m. "All Accounted For" Check

10:05 p.m. - 12:00 a.m. *Halls quiet

12:00 midnight Lights out & computers turned off unless permission given by hall director on duty for extended study. (Students in their own rooms) *Pizza, etc. must be delivered by **9:45 p.m.**

Weekend – Friday and Saturday Evening

11:55 p.m. Curfew; front doors of residence halls locked

12:00 a.m. "All Accounted For" Check

12:00 a.m. Halls quiet

1:00 a.m. Lights Out

SECTION THREE (APPENDIX):

Response 1 (MSMS Junior Katie Chung):

“Making curfew to 10:00 gives students more time to shower and wind down after room check before lights out. One of the biggest reasons why I haven’t been going back at 10:00 is because I don’t feel like I have enough time to shower before 10:30.”

Response 2 (MSMS Senior Vincent Young):

“Personally, I go back to the dorms at 9:00 pm to take my shower and relax. I believe that this 10:00 pm curfew would allow more time for students to decompress.”

Response 3 (MSMS Science Faculty, Mrs. Aiken):

“I am very much in support of moving weekday curfew up from 10:25 to 10:00 pm. I do not think you all should have any room disruptions past 10 pm.”

Response 4 (MSMS Mathematics Faculty, Mrs. K):

“Making room checks at 10:00 p.m. instead of 10:30 p.m. would be much better for our students. As a faculty, we’ve discussed this multiple times, yet no changes have been made. Increasing sleep by just 30 minutes can significantly improve overall well-being. It supports better focus, memory, and decision-making, while also improving mood and reducing stress. Over time, that extra 30 minutes adds up to meaningful rest, making mornings easier and helping students feel more energized, patient, and mentally clear throughout the day. I’ve also heard of students being woken up for room checks or having to delay showers when sharing with three other students, which further reduces their sleep. This is not acceptable and is something we should address for the well-being of our students.”