

From: [Karen Matthews](#)
To: [Karen Matthews](#)
Subject: Optimal hours, after sunrise, for school to start for young children or teenagers
Date: March 11, 2026 9:23:21 AM

From: Gary Korpan <>
Sent: March 8, 2026 8:38 AM
To: Superintendent <Superintendent@sd68.bc.ca>; District Administration Centre Manager <DistrictAdministrationCentreManager@sd68.bc.ca>; Naomi Bailey <Naomi.Bailey@sd68.bc.ca>
Subject: optimal hours, after sunrise, for school to start for young children or teenagers

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CAUTION: External Message

To the attention of our School Board

FYI (In case you were not aware of this.)

optimal hours, after sunrise, for school to start for young children.

<https://www.perplexity.ai/search/what-are-the-optimal-hours-aft->

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Thank you for doing a generally thankless public service.

Cheers

Gary

Gary Korpan

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