




# SCHOOL START TIME REPORT

6/27/2016



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# Wellness Concerns

- Insufficient sleep in adolescents is a public health issue
- Average teenager has difficulty sleeping before 11:00 PM
- American Academy of Pediatrics recommends school start time of 8:30 or later for secondary students.
- Sufficient sleep leads to fewer tardies/absences, fewer student involved traffic accidents, improved student behavior and academic success.

## Effect of Technology on Sleep

- Students who reported more bedroom distractions were statistically significantly more likely to get less than 8 hours of sleep on school nights.
- Teens who reported getting insufficient sleep on school nights were significantly more likely to:
  - Have a computer in their bedroom (46.5% have one in their bedrooms)
  - Have a cell phone in their bedroom (87.6% have one in their bedrooms)
- We found no significant differences in amount of sleep for teens who had a T.V. in their bedrooms.



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# Start Times

- In 2011-12 43% of high schools had a start time before 8:00 AM (School Start Times for Adolescents p.644)
  - *LPS High Schools start 8:05*
- Minnesota study, most start times before changing were 7:30 or 7:35
- “From 8:01 onward, start time was not significantly associated with getting adequate sleep on weeknights.” (School Start Time and Adolescent Sleep Patterns p.1354)

## Percentage of HS students sleeping $\geq$ 8 hours on school nights by start time

- 7:30 AM 33.6 % Fairview HS, CO (2010)
- 8:00 AM 49.7% Mahtomedi, MN
- 8:00 AM 44.5 % Boulder HS, CO
- 8:05 AM 42.5% Fairview HS, CO (2011)
- 8:35 AM 57.0% Woodbury HS, MN
  - 58.9% East Ridge HS, MN
  - 60.0 % Park HS, MN
- 8:55 AM 66.2% Jackson Hole, WY



# How does this apply to LPS?

- Currently employ flexible scheduling
  - *Zero hour (7:00)*
  - *Reduced schedule – may start late*
  - *Late start days on Wednesdays – 9:05*
- Free State requesting to pilot adding 8<sup>th</sup> period for some students to start at 9:00 and finish the day later in credit recovery.

# Considerations

- Administrators at all levels report significant numbers of students who arrive at buildings well before posted supervised times.
- Athletics/Activities
  - *Later start times for practice*
    - HS Basketball has eight teams and two gyms.
      - *Practices currently run until 9:00 or 9:30 when all teams are practicing. Later start time would likely require some teams to practice before school.*
  - *Lost instructional time since games times would not be adjusted at league level. This loss of instructional time includes teachers who coach and students.*
  - *Research indicates that participation is not impacted by later start time*
- Potential impact on students and staff who work after school.

# Scenarios

- Move all school start times equally
  - *No impact to transportation*
  - *Creates a later start time for late start elementary schools (currently 8:45)*
- Move all elementary school start times to 8:00 and all secondary start times to 8:45
  - *Would need to add at least 7 buses due to our double tier model.*
  - *Estimated cost \$286,000*
- Add 8<sup>th</sup> period to high school (being piloted by Free State)
  - *Would create three start and end times*
  - *Continue to bus only 8:05 start*

# Recommendations

- Consider additional flexible scheduling options at the high schools by offering more 8<sup>th</sup> period opportunities for students and allowing students to start the day after 9:00.
- Maintain the current start and end times for elementary and middle schools in order to maximize transportation efficiencies.