

High School Start Time

Research
November 18, 2014

Objectives

- ❖ What's the rest of the nation presently doing?
- ❖ Reasons for addressing start times.
- ❖ What are the positives?
- ❖ What are the ramifications?
- ❖ Who has changed their times? What has been the process?

What's The Nation Doing

School Characteristics	Total # of High Schools	Avg. start time	Percentage distribution of public high school start times				
			Before 7:30 AM	7:30 - to 7:59 AM	8:00- to 8:29 AM	8:30 - to 8:59 AM	9:00 AM or later
All Public Schools	18,360	7:59	9.5	33.0	43.1	10.6	3.8
<u>School classification</u>							
Traditional public	17,300	7:59	9.7	33.5	42.9	10.3	3.6
Charter school	1,060	8:06	5.8	23.8	47.5	14.8	8.2
<u>Community Type</u>							
City	4,060	8:05	9.1	25.8	41.6	16.9	6.7
Suburban	4,340	7:51	18.4	41.9	28.3	7.7	3.7
Town	2,960	8:01	3.5	35.5	50.7	8.4	2.0
Rural	7,000	8:01	6.7	30.6	50.0	9.6	3.0
Schools with - 1,000 or more students	5,840	7:52	18.5	39.1	29.4	11.1	1.9

Number of Studies Conducted

Studies Conducted by:

- ❖ The Center for Applied Research and Educational Improvement (CARE) at the University of Minnesota
- ❖ Northwestern University published in the June 2005 issue of pediatrics
- ❖ Hanover Research – 2012
- ❖ National Sleep Foundation
- ❖ Wolfson & Carskadon, 1998 et al., 2007

What's Driving the Interest

- ❖ High school students perform better later in the day than early in the morning and that most high school schedules contribute to sleep deprivation among students.
- ❖ Teenagers require between 8.5 and 9.25 hours of sleep But the problem with teenage sleep is their onset doesn't naturally occur until around 11:00 p.m.
- ❖ Melatonin biologically secreted before a person falls asleep happens later in teenagers.
- ❖ Many students of whom are entering puberty are experiencing changes to their sleep patterns, have benefited from later start times.

Positives

- ❖ Students seemed more alert in class.
- ❖ Improvements in student behavior.
- ❖ Improved student attendance and decrease in tardiness.
- ❖ Fewer disciplinary referrals to the principal.
- ❖ Substance abuse, symptoms of depression, and consumption of caffeinated drinks decreased.
- ❖ Some studies showed improved grades in the core areas, while other studies showed a slight improvement, although the change was not statistically significant.

Suburban Teachers & Principals

- ❖ Students seemed more alert in class.
- ❖ Improvements in student behavior.
- ❖ Fewer disciplinary referrals to the principal.
- ❖ After-school athletic and other activity practices and rehearsals were shortened.
- ❖ Students arriving home later.
- ❖ Parents supported the change

Urban Teachers & Principals

- Did not see any general improvement in student behavior.
- Reported fewer students being involved in extracurricular activities.
- Conflicts with after-school jobs and compromised earnings.
- Parents had mixed reactions because of work schedules and transportation limitations.

Unintended Consequences

- ❖ Reduction in participation of extracurricular activities and/or students getting home later.
 - ❖ Sports, Music, Drama, Clubs
- ❖ Teenagers caring for younger siblings after school.
- ❖ Students getting home later from school activities.
- ❖ Students stay up or rise earlier to complete their homework.
- ❖ Disruptive to parents' work schedules.
- ❖ Conflicts for students that have after school jobs.

Who Has Changed and Why

- ❖ Arlington Public Schools – recently made the change, although all they did was move the junior high times early while moving high schools later, not really addressing the concerns.



Process to Address Change

- ❖ Identifying parameters for the change such as costs.
- ❖ Talk to other districts that have implemented later start high school schedules to learn from their experience.
- ❖ Gather input from all parties affected, including teachers, families, school staff, and local employers who hire teenagers for after-school jobs.
- ❖ Consider all relevant environmental factors, such as local traffic patterns, rush hours, and faculty and staff commutes.