

Later Start Time for Teens

Pros and Cons for Starting Secondary Schools at a Later
Time.



Granite School District Information

We Support 89 Schools and 64,281 Students

Current School Start and End Times:

- High School begins at 7:30 a.m. and ends at 2:10 p.m.
- Jr. High begins at 7:50 a.m. and ends at 2:45 p.m.
- Elementary begins from 8:15 to 9:10 a.m. and ends at approximately 2:55 to 3:45 p.m. based on special needs students and bussing.



Rationale for delayed Start Times

- Secondary Schools should begin one hour later in an effort to help students meet the recommended 9.25 hours of sleep for optimal performance, health, and brain development (National Sleep foundation, 2015).
- Seven out of ten High School students do not get enough sleep.
- CDC research demonstrates that the lack of sleep for adolescents is detrimental to good health.



The Pros: Proponents of delayed school start times report some of the benefits could include:

- Teens may be more likely to get the recommended amount of sleep.
- Delayed start time could help teens sleep during their natural sleep/wake cycles. 10:45 p.m. to 8:00 a.m. (National Sleep Foundation, 2014).
- Teens may be less likely to depend on caffeine to stay awake during the day.



The Pros Continued: Proponents of delayed school start times report the benefits could include:

- Adequate sleep could help teens be more alert during the school day, which could boost their academic performance.
- Sleeping longer could reduce health-related issues that accompany sleep deprivation.
- Getting home later in the afternoon may reduce the amount of time some teens are home alone and could decrease the likelihood teens will engage in unhealthy activities.



The Cons:

Critics of Delayed Start Times Offer These Concerns

- Delaying junior high or high school start times would likely impact the schedule for all schools within a district.

Current Schedule:

- High School at 7:30 a.m., Jr. High at 7:45 a.m., and Elementary at 8:15 to 9:10 a.m. based on special needs students.

Challenges for Possible New Schedules:

- Elementary 7:30 a.m., Jr. High School at 8:00 a.m., High School at 8:30 a.m. (Elementary Students could be walking in the dark including Kindergarteners; bussing schedules may require loading before 6:30 a.m.)
- High School at 8:30 a.m., Jr. High at 9:00 a.m., Elementary from 9:30 to 10:30 a.m. (Due to rush hour driving – students may often be late to school.) Later starting elementary students would be walking home in the dark during winter.
- Jr. High and High School begin at 8:30 a.m., Elementary start at 9:00 a.m. (This will cost \$130,000 per additional bus, land purchase for parking, bus drivers would not have a full contract.)
- Teens would get out of school later in the afternoons, which could pose problems for teens who provide **childcare to younger siblings** or who have **after school jobs**. Also, **parent work schedules** may not easily align with changes.



The Cons Continued: Critics of Delayed Start Times Offer These Concerns

- Students who participate in sports and extra-curricular activities would be affected in the evenings.
This poses two potential dilemmas:
 - 1) If activity start times remain the same; Granite students would miss significantly more school for activities.
 - 2) If activity start times change an hour later; our students will not finish with some activities until 10:00 p.m. and a student would not arrive home until 11:00 p.m. or later. This would also effect fall and spring sports due to darkness.
- Teens may stay up even later if they don't have to wake up for school at an earlier time.
 - Students have less time to do homework so they may stay up late.
 - In any scenario it requires parents to be involved with their students sleep habits.



Options we are Currently Providing our Students



GRANITE
ONLINE SELF-
PACED ALLOWS
STUDENTS TO
TAKE CLASSES
AT THEIR OWN
PACE AND
PARENTS CAN
OPT FOR HOME-
RELEASE 1ST
PERIOD IF
DESIRED.



SOME SCHOOLS
OFFER A "0" OR
5TH PERIOD
CLASS OPTION
FOR STUDENTS.
WE CURRENTLY
HAVE MORE
STUDENTS
REQUEST
CLASSES BEFORE
SCHOOL RATHER
THAN AFTER
SCHOOL.



STATE
REQUIREMENTS
FOR
GRADUATION IS
24 CREDITS. A
STUDENT
COULD TAKE 6
CREDITS FOR 4
YEARS AND
EARN THE
CREDITS
NEEDED FOR A
DIPLOMA.

What can we do to Educate our Students and Parents to Make the Biggest Difference: CDC, 2015

- No matter what time our teen's start school, it's important to support them in getting plenty of high-quality sleep. Parents need to teach their teen about appropriate sleep hygiene and talk about the benefits of sleep.
- While we can't force your teen to fall asleep at a certain time, we can establish a "lights out rule." Put electronics away at least 60 minutes before bedtime and encourage them to read quietly in their room to help them get ready for bed.



References:

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- <https://adaa.org/understanding-anxiety/related-illnesses/sleep-disorders>
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