

Changing Start Times

Wayland School Committee
Fall 2016

LEARNING CURVE

Students find more awareness with later



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THE METROWEST DAILY NEWS

Ashland: School Committee pushes back start times for grades 7-12

Wednesday
Posted Mar 9, 2016 at 9:34 PM
Updated Mar 9, 2016 at 9:34 PM

By Amanda Beland
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ASHLAND - Saving that students will be healthier, the School Committee agreed Wednesday night to

School Should Start Later Urge Doctors

Alice Park @aliceparkny Aug



The American Academy of Pediatrics scientific evidence to support later school start times for middle and high schoolers

Lack of Sleep Tied to Sports Injuries

10/21/2012 For Release: October 21, 2012

The Atlantic SUBSCRIBE SEARCH MENU

Students Aren't Getting Enough Sleep—School Starts Too Early

A new report from the American Academy of Pediatrics says a delay in school start time may help teens get more rest.

...males and 58 females; mean age 15) completed the survey, conducted in conjunction with Children's Hospital Los Angeles. Researchers then reviewed

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HEALTH NEWS

HEALTH MAY 20 2013, 3:39 PM ET

Sleep-deprived teens cause crashes, study shows

by MAGGIE FOX, SENIOR WRITER, NBC NEWS

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INSIDE THE TEENAGE BRAIN

Adolescents and Sleep

A summary of what researchers know about the need for sleep and why sleep affects memory and learning.



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Among teens, sleep deprivation an epidemic

Sleep deprivation increases the likelihood teens will suffer myriad negative consequences, including an inability to concentrate, poor grades, drowsy-driving incidents, anxiety, depression, thoughts of suicide and even suicide attempts.

Science News

from research organizations

Delayed school start time associated with improvements in adolescent behaviors

Date: July 8, 2010

Source: JAMA and Archives Journals

Summary: A short delay in school start time appears to be associated with significant improvements in adolescent alertness, mood and health, according to a new study.

Changing start times

- Why we are looking at changing school start times?
- What options are we considering?
- What are the challenges and opportunities?
- What do you think?

Why are we looking at changing start times?

Our current start times run exactly counter to the biological needs of our students.

- Our older students, whose bodies want to be up later at night and to be sleeping in in the morning, are starting school when they desperately want to be sleeping
- Our younger students, whose bodies are ready to sleep early and up and ready to go early in the morning, are starting school later in the morning

Experts are warning that the resulting sleep deprivation is causing a variety of health problems, risky behaviors and reduced school performance.

In Wayland, and nationwide, Middle and High School students are not getting enough sleep

CDC Study shows sleep issues are nationwide

- 73% of high school students get fewer than 8 hours of sleep
- 40% of teens get 6 or fewer hours of sleep per night
- 20% sleep in class

Metrowest Health Survey finds similar rates in Wayland (73% of high school students get less than 8 hours of sleep per night)

A survey of high school students last year by students in the AP Government class found that 77% of students supported starting school later.

Why aren't our older students getting enough sleep?

- Sleep research discovered adolescents have a biologically different sleep/wake pattern than pre-adolescents and older adults
- In adolescence there is a natural, biological shift in sleep patterns that delays sleep onset by about 2 hours, making sleep before 11pm difficult
- 8.5 to 9.5 hours of sleep is required each night for optimum health
- Those last hours of sleep are REM sleep, and they are critical for learning and memory, and they are the ones these students are chronically missing

If they can't get to sleep until 11pm, and we are requiring them to wake up at 6am or even earlier, then we are not even providing them with the possibility of getting enough sleep.

Note: younger school-aged students typically need and get 9-11 hours of sleep, and seldom have issues with daytime sleepiness

Myths and Misconceptions

- Teens would go to sleep earlier if their parents just made them do it
- Some teens might need 9 hours of sleep, but mine are just fine with 6
- Take the cell phones away and they will fall asleep
- If school starts later, they'll just stay up later (and if it lets out later, they'll just have to cram in the same stuff in less time)
- Teens can make up lost sleep by sleeping late on weekends
- Kids need to learn to get up early, that's real life
- They'll survive



Sleep matters because not getting enough impacts our whole lives

Health and Behavior and Safety

increase in:

- cigarette, drug, and alcohol use
- depression, feeling sad or hopeless, suicide ideation
- irritability and impulsivity
- obesity and rates of diabetes
- car accidents
- athletic injuries
- physical fighting
- risky behaviors

decrease in:

- tolerance for frustration
- physical activity

School Performance

increase in:

- tardiness
- absenteeism
- sleeping in class
- disciplinary actions

decrease in:

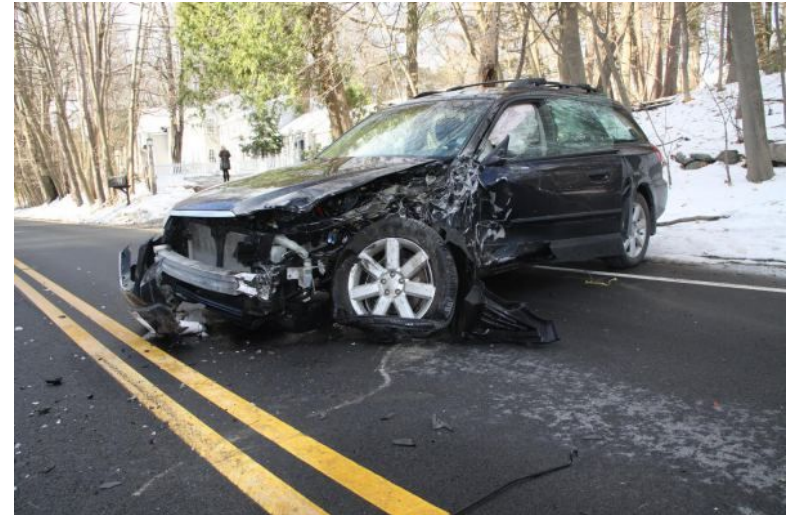
- homework completion
- focus, attention span
- problem-solving abilities and complex decision making
- GPA, test scores

Teen Safety

Automotive Crash Rates

Research has consistently found reductions in car accidents after school hours have been moved later, e.g.

- Crash rates reduced 65-70% in 2014 University of Minnesota study
- Crash rates reduced 16.5% while rest of state actually increased 7.8% over the same period.



This accident occurred in Wayland after school in November 2014 during broad daylight with clear road conditions.



HEALTH MAY 20 2013, 3:39 PM ET

Sleep-deprived teens cause crashes, study shows

by MAGGIE FOX, SENIOR WRITER, NBC NEWS

The American Academy of Pediatrics urges Middle and High Schools to start no earlier than 8:30am

American Academy of Pediatrics (AAP) Statement:

“The AAP is making a **definitive and powerful statement** about the importance of sleep to the health, safety, performance and well-being of our nation's youth.”

“**By advocating for later school start times** for middle and high school students, the AAP is both promoting the compelling scientific evidence that supports school start time delay as an important public health measure, and **providing support and encouragement to those school districts around the country contemplating that change.**”

Judith Owens, MD, FAAP, lead author of the policy statement

Organizations supporting later middle and high school start times include:

American Academy
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

American Medical Association

Physicians dedicated to the health of America



Centers for Disease Control and Prevention
CDC 24/7: Saving Lives. Protecting People™



American Foundation
for Suicide Prevention



Towns implementing later starts for HS and MS have had great success

In Sharon:

“If we polled our [high school] kids then, there was resentment, there was anger. ‘We can’t do this.’ ‘How are we going to do athletics?’ ‘How am I going to get extra help?’ ‘How am I going to do clubs?’ ‘How am I going to get to work?...”

If I polled 1,200 students now, I’d get 1,200 kids saying, ‘I would never go back to school at 7:25.’”

-- Jose Libano, Sharon High School Principal

In Nauset:

- 38% decline in Ds and Fs
- dramatic drop in disciplinary suspensions

In Duxbury:

- credited as a school strength in NEASC report the year after implementation

There is momentum in the region on high school start times

- Superintendents in the Middlesex County League have all signed a statement agreeing on a goal to change their high school start times to 8:30 or later by the 2018-19 school year
 - The Middlesex County League includes: Arlington, Belmont, Burlington, Melrose, Reading, Stoneham, Wakefield, Watertown, Wilmington, Winchester, and Woburn
 - Melrose has already decided to move start times by a half-hour
- Ashland is moving their high school and middle school start times from 7:30am to 8:30am
- Newton, with us in the Dual County League, will make a decision this winter on changes to their start time for the next school year

What options are we considering?

- Swap times with Elementary Times
 - Elementary starts at 7:50am, Middle School at 8:20am, High School at 8:30am
 - Elementary starts at 8am, High School at 8:30am, Middle School at 8:40am
- Move all times later
 - High School starts at 8am, Middle School at 8:05am, Elementary at 9:15am

What options are we considering?

Current Schedules

Level	Estimated First Pick Up at Bus Stop	School Start Time	School End Time	Estimated Last Drop off
Elementary	8:05 AM	8:45 AM	3:00 PM	3:40 PM
Middle	6:50 AM	7:35 AM	2:20 PM	2:55 PM
High	6:50 AM	7:30 AM	2:15 PM	2:55 PM
METCO Elementary	7:00 AM	8:45 AM	3:00 PM	4:50 PM
METCO Secondary A	6:15 AM	7:30 AM	2:20 PM	3:55 PM
METCO Secondary B	6:35 AM	7:30 AM	2:20 PM	3:45 PM

What options are we considering?

Swap Elementary and Middle/High School schedules, start Middle School first

Level	Estimated First Pick Up at Bus Stop	School Start Time	School End Time	Estimated Last Drop off
Elementary	7:10 AM	7:50 AM	2:05 PM	2:45 PM
Middle	7:40 AM	8:20 AM	3:05 PM	3:45 PM
High	7:40 AM	8:30 AM	3:15 PM	3:45 PM
METCO Elementary	6:05 AM	7:50 AM	2:05 PM	3:55 PM
METCO Secondary A	7:05 AM	8:20 AM	3:15 PM	4:50 PM
METCO Secondary B	7:25 AM	8:20 AM	3:15 PM	4:40 PM

What options are we considering?

Swap Elementary and Middle/High School schedules, start High School first

Level	Estimated First Pick Up at Bus Stop	School Start Time	School End Time	Estimated Last Drop off
Elementary	7:20 AM	8:00 AM	2:15 PM	2:55 PM
Middle	7:50 AM	8:40 AM	3:25 PM	3:55 PM
High	7:50 AM	8:30 AM	3:15 PM	3:55 PM
METCO Elementary	6:15 AM	8:00 AM	2:15 PM	4:05 PM
METCO Secondary A	7:15 AM	8:30 AM	3:25 PM	5:00 PM
METCO Secondary B	7:35 AM	8:30 AM	3:25 PM	4:50 PM

What options are we considering?

Push all current times out 30 minutes

Level	Estimated First Pick Up at Bus Stop	School Start Time	School End Time	Estimated Last Drop off
Elementary	8:35 AM	9:15 AM	3:30 PM	4:10 PM
Middle	7:20 AM	8:05 AM	2:50 PM	3:25 PM
High	7:20 AM	8:00 AM	2:45 PM	3:25 PM
METCO Elementary	7:30 AM	9:15 AM	3:30 PM	5:20 PM
METCO Secondary A	6:45 AM	8:00 AM	2:50 PM	4:25 PM
METCO Secondary B	7:05 AM	8:00 AM	2:50 PM	4:15 PM

Challenges and opportunities

Challenges

- Early pickup times for some young students
- Impacts on child care arrangements
- Changes to extracurricular and after-school work schedule
- Interscholastic athletics scheduling
- Mitigating the impact of change on staff

Opportunities

- Benefits for a wide range of academic performance outcomes
- Positive health, wellness and safety benefits
- Continue to look for ways to improve the implementation
- Be a leader in a change that is spreading and will keep our kids competitive, healthy and safe

Summary

- We know that insufficient sleep for our older students is a real problem
- School districts around the country, including several in this area, have already proven that later school start times work
- Past experience has shown that when school start times are changed, communities adjust accordingly and have success
- Later start times for our older students set students up for greater academic success
- If we opt to change start times, our questions will be specifically what to change it to, and what steps we should take to ensure implementation is successful