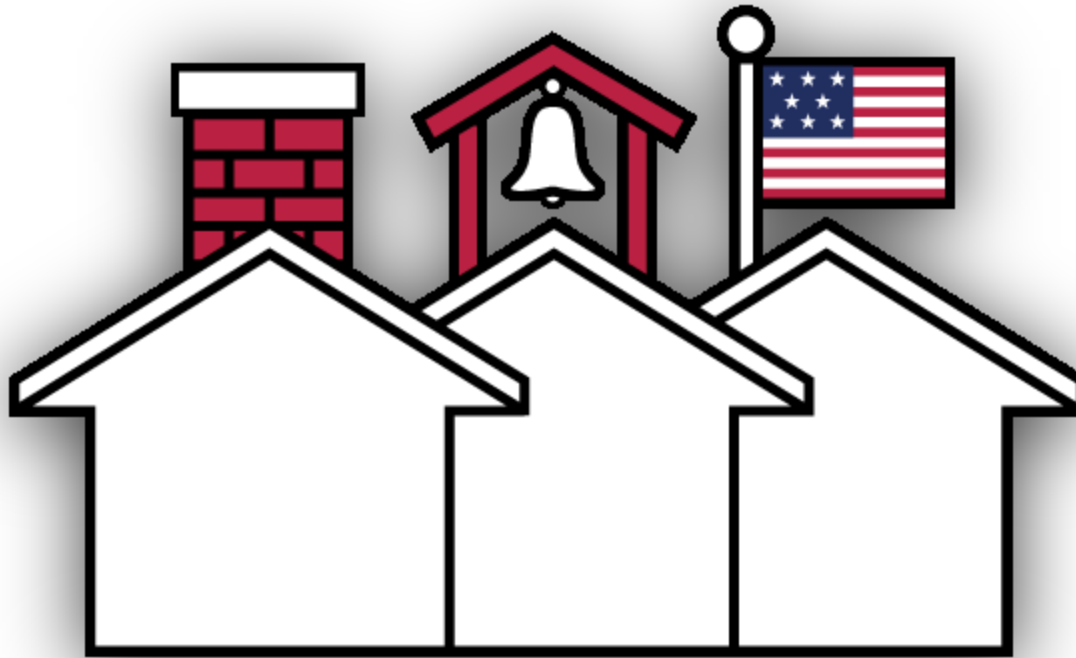


School Start Time Committee



Reaching a consensus

COMMITTEE

- **Albert, Brent** – Staff (Teacher) / Parent
- **Bourdette, Christi** - Parent
- **Brinkley, Jonna** - Parent
- **Butler, Dr. Bob*** - Community member (Physician) / Parent
- **Campione, Kay** – Community member / Parent
- **Cannon, Liz*** - Staff (Teacher)
- **Dobson, Elaine*** - Staff (Health Asst.) / Parent
- **Echeverria, Ramon*** - Staff (Elem, Administrator) / Parent
- **Goldstein, Ashby***- Staff (SRHS Band Director) / Parent
- **Hofer, Beth** – Staff (Middle, Administrator)
- **Hooper, Jeremy**
- **Howell, Page*** - Staff (VBHS Band Director)
- **Huang, Jerenda*** - Parent
- **Idlette, Jennifer*** - Staff (Director of Transportation)
- **Jankowski, Lenny** – Staff (H.S. Athletic Director)
- **Justice, Tiffany*** - Board member
- **Keaton, Dr. Jessica** – Charter Staff (Principal N. County Charter)
- **King, Briana*** - Parent
- **Land, Michele**
- **Laycock, Angela** – Parent (H.S.)
- **Lewis, Barbara**
- **Maxwell, Austin** - Student
- **McGinnis, Kimberly***
- **Miller, Patricia** – Community member / Grandparent
- **Musselwhite, Barbara/Susan Thigpen*** - Staff (Extended Day)
- **Norris, Jennifer** – Staff (Elem, Administrator) / Parent
- **O’Neill, Nicole** - Parent
- **Perry, Angelina** – Community member (GYAC)
- **Powell, Valerie**
- **Racine, Todd*** - Staff (H.S. Principal)
- **Rahal, Kimberly*** - Staff (Teacher) / Parent
- **Ratliff, Beth*** - Staff (Teacher)
- **Raulen, Thomas** – Community member (Sheriff’s Office)
- **Segal, Tracey*** - Community member / Parent
- **Shampine, Diane**
- **Thomason, Elizabeth*** - Community member (BGC IRC)
- **Vazquez, L.**- Parent
- **Villalobos, Daisy** - Parent
- **Zorc, Laura*** - Board Member

* attended 4 or more meetings

GOAL

The goal of the committee was to come to a consensus that determined whether or not a recommendation to the Superintendent of the School District of Indian River County was to be made concerning the need to change school start times in order to accommodate the needs of its secondary students.

PROCESS

The process to reach a consensus included the following:

- Developing and committing to norms that shaped the meetings of the committee
- Creating a list of considerations that would guide any decisions made
- Reviewing all the research
- Exploring the facts and discussing everything at length
- Taking the research, the list of considerations and the norms into consideration and voting to move forward with a recommendation to the Superintendent
- Designing a survey to gather feedback from the committee
- Reviewing survey data thoroughly
- Reading and categorizing every comment
- Analyzing the data
- Discussing and listing pro/cons for each option as well as the status quo
- Reviewing the pro/cons list and voting in the best interest of the students

NORMS

- We will make decisions in the best interest of students, their growth and achievement
- We will look at the district's students as a whole rather than individual situations or circumstances
- We will consider what objective research says when making decisions
- We will consider the impacts on all stakeholders
- We will focus on issues, not on individuals
- We will start and end on time
- We will treat each other with respect and dignity, when we disagree
- We will not “hog” the floor
- We will be conscious of money and resources

LIST OF CONSIDERATIONS

- Cost efficiency
- Family needs
- Logistics
- Viable co-curricular and extra-curricular program offerings
- Safety for all
- Bus stop times for middle schoolers
- After school jobs
- Overall health risks/benefits
- Early start and after school programs
- After school activities including late games and concerts
- Unsupervised kids from 2-5p.m.
- Range of ages in elementary and middle schools – Longer elementary day doesn't always translate to more learning
- Time changes still does not address research with middle schools
- VPK program logistics of getting students to after school programs
- Concern that middle schoolers will be home too early as that is an age group that is more likely to get into trouble.

RESEARCH

The American Academy of Pediatrics, the American Medical Association, and the Centers for Disease Control released policies encouraging middle and high school to start no earlier than 8:30a.m.

General

- Nearly 90% of U.S. high schools begin later than 7:30a.m. **AMA**
- In study of 92,000 students in Minnesota that implemented start time changes, there was a 94% satisfaction reported amongst parents one year later.

Social/Emotional

- Research studies of sleep patterns in adolescents demonstrate that delaying school start times is an effective strategy to reverse chronic sleep loss, which can impair mental health, physical health, safety, and academic. **AAP**
- Implementing a delayed school start time can be an emotional and potentially stressful issue for school districts, families, and members of the community, the health benefits far outweigh any potential negative consequences (Dr. Kobler.) **AMA**

RESEARCH

Academic

- Recommends school start time of 8:30a.m. or later for both middle school and high schools. **AAP**
- Scientific evidence strongly suggests that allowing adolescents more time for sleep at the appropriate hours results in improvements in health, academic performance, behavior, and well-being. **AMA**
- Elementary aged kids prior to puberty tend to wake earlier and therefore can be adversely affected by later ends to their school days because of difficulty focusing as day gets longer. Earlier start times show no adverse effect to this age range.
- Research have shown improvements in academic achievement, truancy rate, and behavior. Students also reported less depression and showed more interest in after school activities.

RESEARCH

Physical benefits

- Adolescents who do not get enough sleep are more likely to be overweight; not engage in daily physical activity; suffer from depressive symptoms; engage in unhealthy risk behaviors such as drinking, smoking tobacco, and using illicit drugs; and perform poorly in school. **CDC**
- Studies show that adolescents who don't get enough sleep often suffer physical and mental health problems, an increased risk of automobile accidents, and a decline in academic performance. **AAP**
- The average amount of nightly sleep of high school seniors is <7 hours, and most teenagers have difficulty falling asleep before 11pm. Insufficient sleep in adolescence begins at puberty with the onset of sleep-wake "phase delay". **AAP**

American Academy of Pediatrics (AAP) Policy Statement

issued August 2014

- Recommends middle and high schools delay the start time of classes to 8:30 am or later
- Doing so will align high school schedules to the biological sleep rhythms of adolescents, whose sleep-wake cycles shift up to two hours later at the start of puberty.
- AAP recommendation made because of the importance of adequate sleep to the health, safety, performance and well-being of our nation's youth.
- American Academy of Pediatrics is the professional organization which represents over 64,000 pediatricians and pediatric specialists in the USA.

AAP Policy Supported by AMA and CDC

American Medical Association (AMA) Policy adopted June 2016

- Encourages middle and high schools to start no earlier than 8:30 am
- Specifically calls on school districts across the United States to implement later start times for middle and high schools

AAP Policy Supported by AMA and CDC

Centers for Disease Control and Prevention (CDC) Published August 2015

- “Insufficient sleep is common among high school students and is associated with several health risks... as well as poor academic performance”
- “Early school start times, however, are preventing many adolescents from getting the sleep they need.”
- “Good sleep hygiene in combination with later school times will enable adolescents to be healthier and better academic achievers.”

SURVEY RESULTS

	COUNT	PERCENTAGE
Student (A1)	690	17.73%
Parent (A2)	2091	53.73%
Educator (A3)	745	19.14%
Community Member (A4)	147	3.78%
No answer	69	1.77%
Not completed or displayed	150	3.85%

SURVEY ANALYSIS

Option 1				Option 2				Option 3			
	Start	End			Start	End			Start	End	
Elementary	7:50	2:20		Middle	7:50	2:35		High	7:50	2:40	
High	8:35	3:25		High	8:35	3:25		Middle	8:35	3:20	
Middle	9:30	4:05		Elementary	9:30	3:50		Elementary	9:30	4:00	
+ Favorable	602.00	28%	41%	+ Favorable	443.00	26%	38%	+ Favorable	561.00	36%	47%
- Unfavorable	864.00	41%	59%	- Unfavorable	738.00	44%	62%	- Unfavorable	637.00	41%	53%
0 Neutral	241.00	11%		0 Neutral	198.00	12%		0 Neutral	142.00	9%	
G Good Point	31.00	1%		G Good Point	42.00	2%		G Good Point	78.00	5%	
D Don't Change	6.00	0%		D Don't Change	67.00	4%		D Don't Change	8.00	1%	
N Not Relevant	384.00	18%		N Not Relevant	204.00	12%		N Not Relevant	144.00	9%	
	2128.00				1692.00				1570.00		
Research		24%		Research		17%		Research		18%	

STATUS QUO

Indian River County School District
School Start Times

High School	7:10 a.m. - 2:05 p.m. (approx.)
Middle School	7:50 a.m. - 2:45 p.m. (approx.)
Elementary School	8:45 a.m. - 3:20 p.m. (approx.)

STATUS QUO

PROS	CONS
Familiar	Not supported by research
Doesn't affect current activities	Need before and after care
No change – Less impact to families	Dark in the morning for High School students
	Late drop off from after-care programs for Elementary students

RECOMMENDATION

The committee's final recommendation is *OPTION 1*.

This option is recommended for the 2018-2019 school year.

This vote is supported by the research and is in the best interest of the students.

OPTION 1

**Indian River County School District
Proposed School Start Times
'18-'19 School Year**

(AM drop off will occur 30 mins prior to school start time)

Elementary School	7:50 a.m.-2:20 p.m. (6hrs and 30mins)
High School	8:30 a.m.-3:20 p.m. (6hrs and 50mins)
Middle School	9:05 a.m.- 3:50 p.m. (6hrs and 45mins)

OPTION 1

PROS	CONS
Most supported by research	Lack of supervision by siblings (Elementary)
Only need after care for Elementary school	Large split with Elementary → Middle
This order is successful in other districts	Requires after care that is more structured
Still allows for activities for High School	Middle Schoolers getting to the bus by themselves
Elementary students are more alert in the morning	Dark in the morning for Elementary students
Less time for middle schoolers to get into trouble	Middle School sports

WHO ELSE HAS DONE THIS?

County	Start Time	Year of Change
Brevard	HS 8:30	2004
Marion	HS 8:35, 9:25	2004
Martin	HS 8:40	2011
Santa Rosa	HS 9:15	2007
St Johns	HS 9:15	2008
Sumter	HS 9:00	2008

WHAT'S NEXT

- Educate School Board and Seek Approval
- Market the change – “Get the word out”
 - Push it out into community events
 - Advertise
 - Presentation at orientation
- Educate the community, parents and teachers; get them onboard
- Work with Athletic directors for Middle and High schools to set game schedules that would work best with the new schedule
- Work with community partners such as GYAC and Boys and Girls club to devise new before and after school programs
- Feedback survey a year after implementation

Click Here to
[Take the School Start Time Survey](#)

ADDITIONAL RESOURCES

- Boergers, J., Gable, C. J., & Owens, J. A. (2014). Later school start time is associated with improved sleep and daytime functioning in adolescents. *Journal of Developmental & Behavioral Pediatrics*, 35(1), 11-17. Retrieved from <http://www.gwern.net/docs/melatonin/2014-boergers.pdf>
- Carskadon, M. A., Wolfson, A. R., Acebo, C., Tzischinsky, O., & Seifer, R. (1998). Adolescent sleep patterns, circadian timing, and sleepiness at a transition to early school days. *SLEEP-NEW YORK-*, 21, 871-881. Retrieved from http://projectneuron.illinois.edu/sites/default/files/U3_L8_Supplement_CarskadonEtal1998.pdf
- Minges, Karl E., and Nancy S. Redeker. "Delayed school start times and adolescent sleep: a systematic review of the experimental evidence." *Sleep medicine reviews* 28 (2016): 86-95. Retrieved from <https://pdfs.semanticscholar.org/435a/71040f011a20535c7ca79d23f0ecbdc3065a.pdf>
- Owens, J. A., Belon, K., & Moss, P. (2010). Impact of delaying school start time on adolescent sleep, mood, and behavior. *Archives of pediatrics & adolescent medicine*, 164(7), 608-614. Retrieved from <http://jamanetwork.com/journals/jamapediatrics/fullarticle/383436>
- Taras, H., & Potts-Datema, W. (2005). Sleep and student performance at school. *Journal of School Health*, 75(7), 248-254 Retrieved from . https://www.researchgate.net/profile/Howard_Taras/publication/7658672_Sleep_and_Student_P

ADDITIONAL RESOURCES con't

Wahlstrom, K., Dretzke, B., Gordon, M., Peterson, K., Edwards, K., & Gdula, J. (2014). Examining the impact of later high school start times on the health and academic performance of high school students: A multi-site study. Retrieved from

[http://conservancy.umn.edu/bitstream/handle/11299/162769/
Impact%20of%20Later%20Start%20Time%20Final%20Report.pdf%20?sequence=1](http://conservancy.umn.edu/bitstream/handle/11299/162769/Impact%20of%20Later%20Start%20Time%20Final%20Report.pdf%20?sequence=1)

Wolfson, A. R., & Carskadon, M. A. (2003). Understanding adolescent's sleep patterns and school performance: a critical appraisal. *Sleep medicine reviews*, 7(6), 491-506. Retrieved from

<http://web.mit.edu/writing/2010/July/Wolfson%26Carskadon2003.pdf>

Wolfson, A. R., Spaulding, N. L., Dandrow, C., & Baroni, E. M. (2007). Middle school start times: the importance of a good night's sleep for young adolescents. *Behavioral sleep medicine*, 5(3), 194-209.

[https://www.nationaljewish.org/NJH/media/pdf/Meltzer%20References/Wolfson-\(2007\)-Middle-school-start-times-and-sleep.pdf](https://www.nationaljewish.org/NJH/media/pdf/Meltzer%20References/Wolfson-(2007)-Middle-school-start-times-and-sleep.pdf)