

High School Start-Time Discussion

Research and Position Statements

- [American Academy of Pediatrics](#)
- [National Sleep Foundation](#)
- [RAND](#)
- [CDC](#)
- [American Academy of Sleep Medicine](#)
- [Johns Hopkins School of Medicine](#)
- [National Education Association](#)
- [American Academy of Child and Adolescent Psychiatry](#)
- [American Medical Association](#)
- [American Psychological Association](#)
- [National Parent Teacher Association \(PTA\)](#)

**ALL recommend starting
the high school day at
8:30 am or later**

American Academy of Pediatrics

Sleep Guidelines for Adolescents Ages 13 - 18

- **8-10 hours per 24-hour period**
 - published 6/13/2016

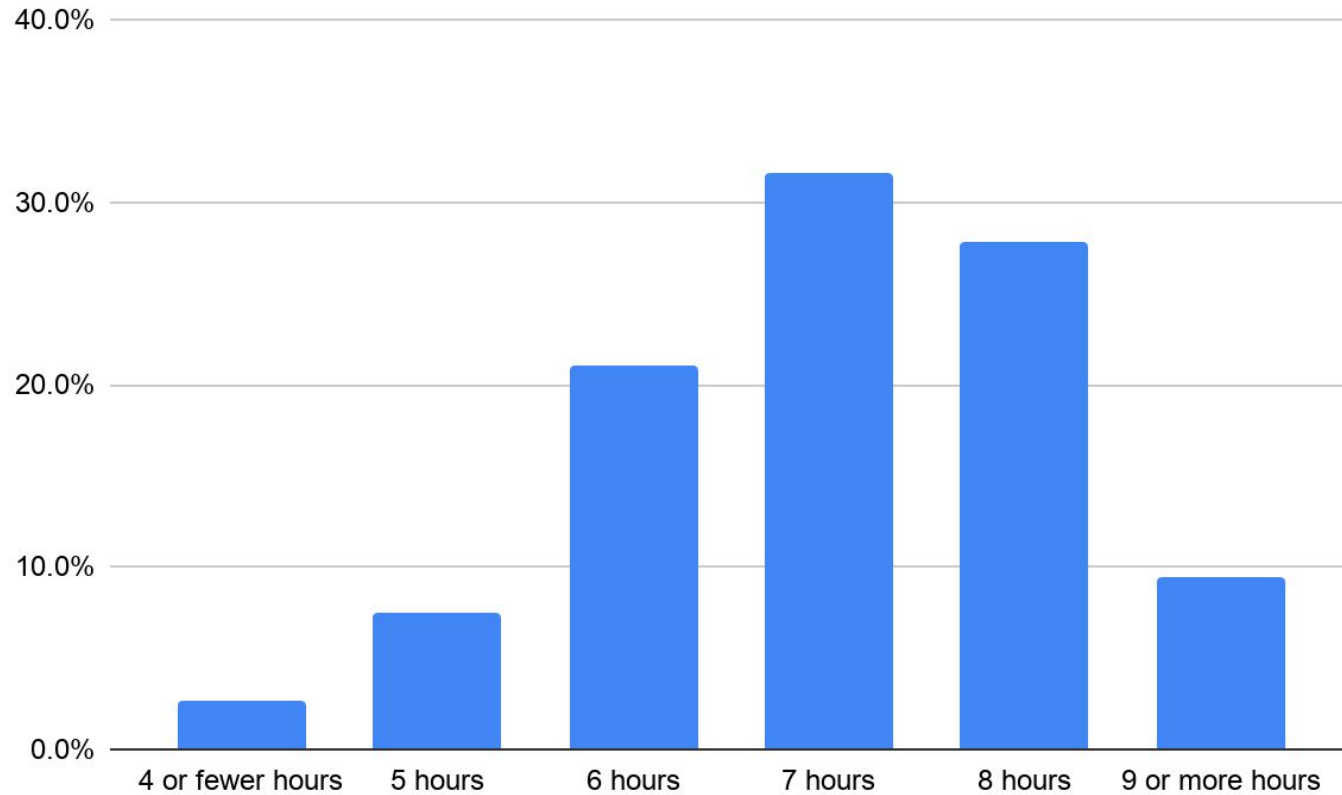
2019 Survey of Chatham Students

Madison-Chatham Coalition: 2019 Epiphany Community Services Survey

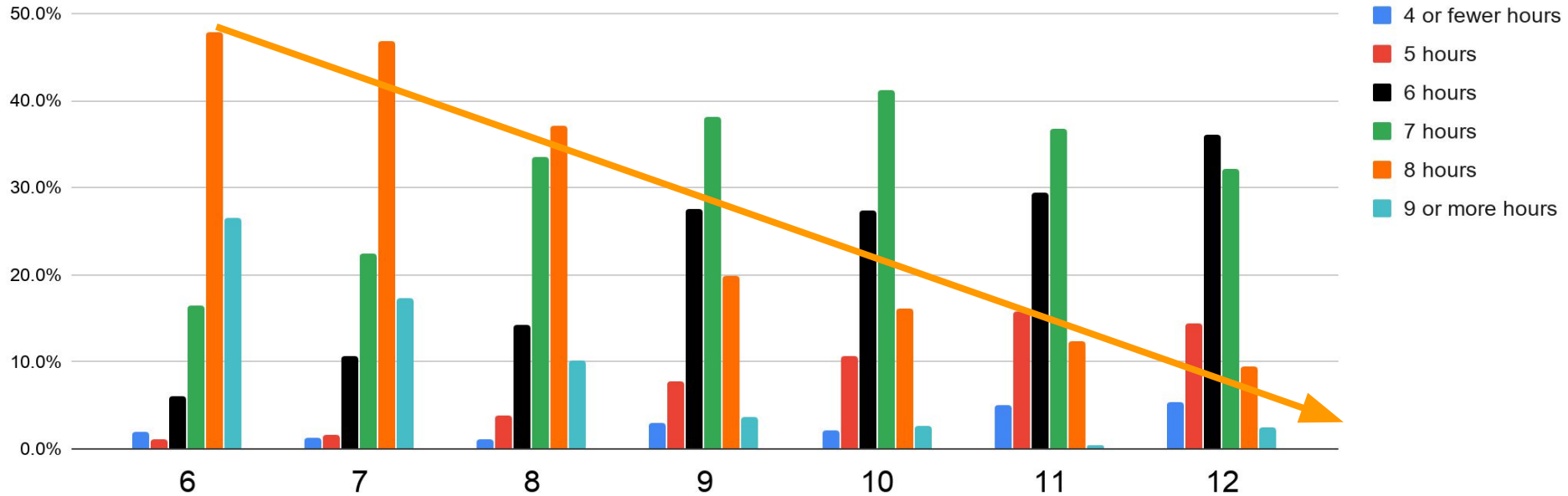
- 1,776 total respondents from CHS and CMS

Grade 6	271
Grade 7	255
Grade 8	268
Grade 9	272
Grade 10	276
Grade 11	235
Grade 12	202

Hours Slept per Night during the Week

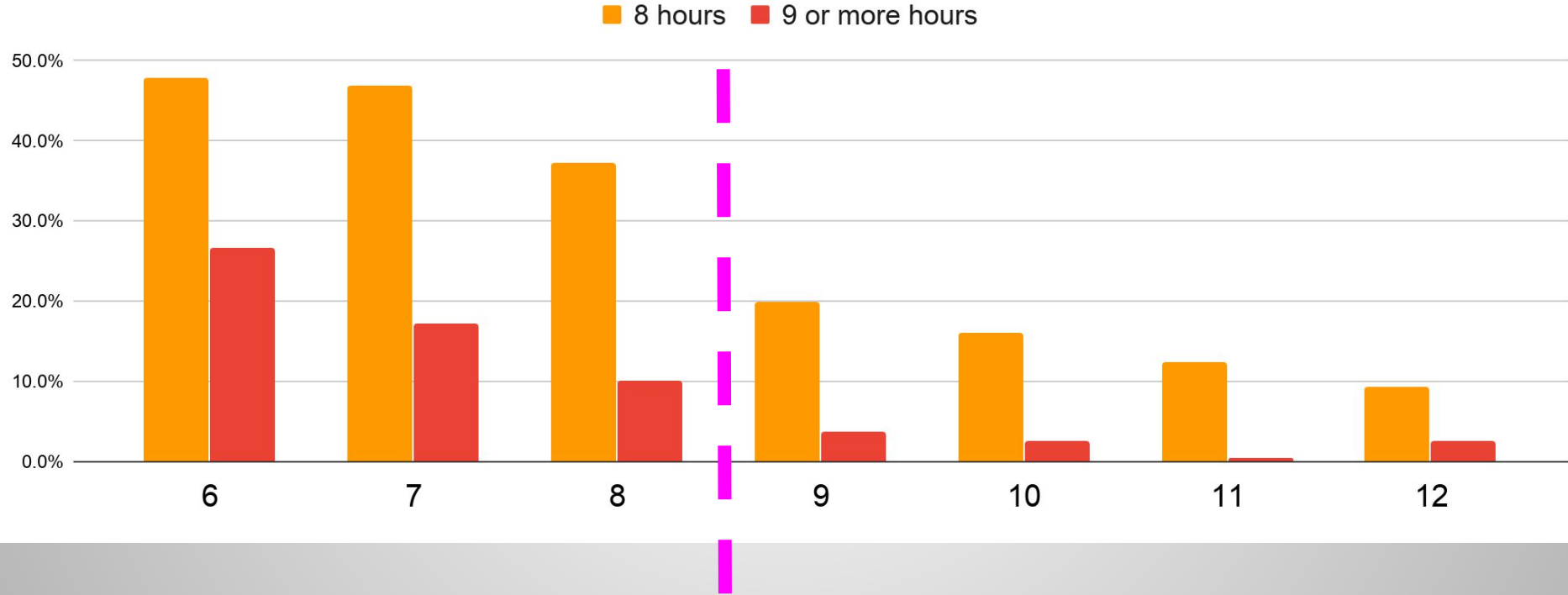


Hours Slept by Grade

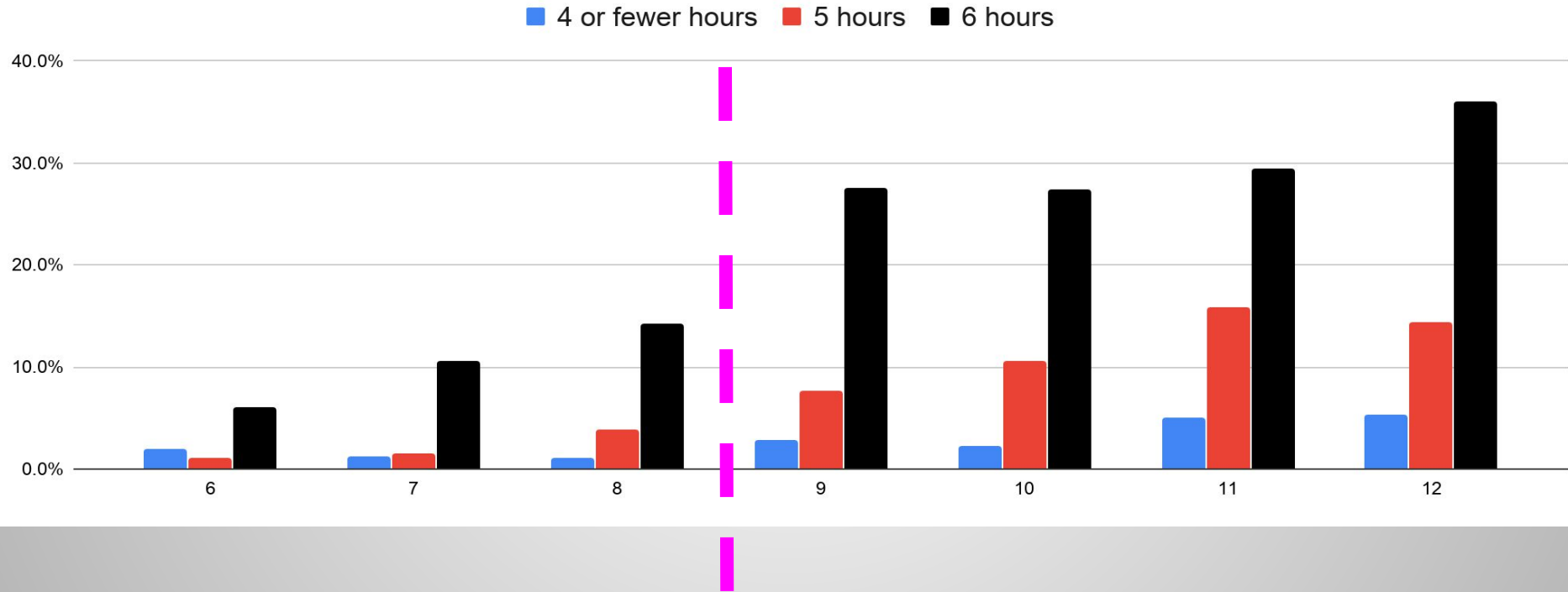


Orange = 8 hours

Hours Slept by Grade

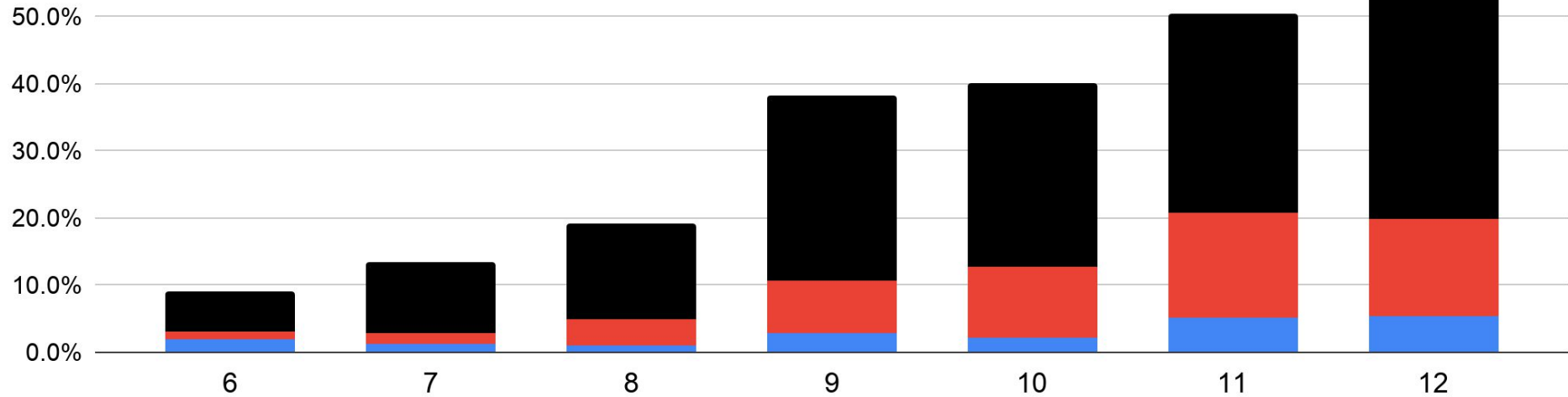


Hours Slept by Grade



Hours Slept by Grade

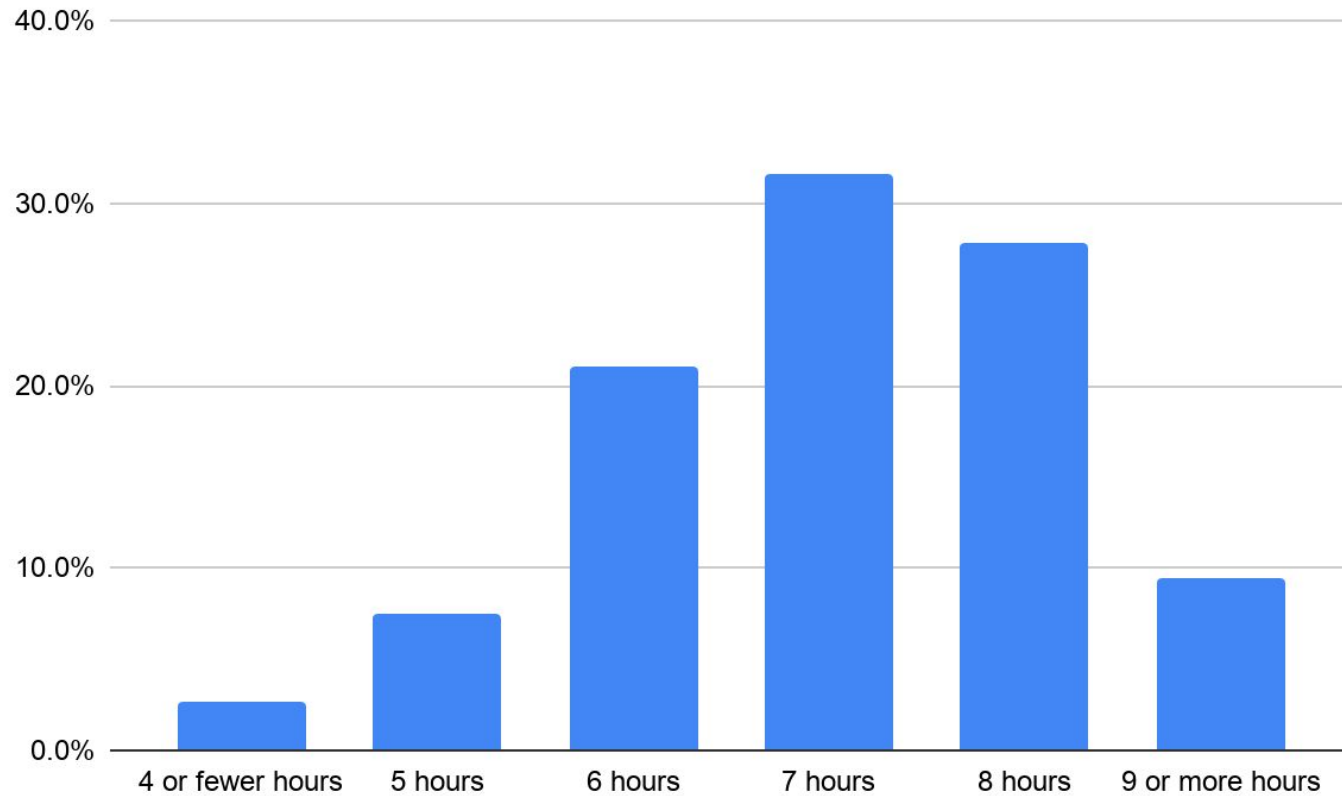
■ 6 hours ■ 5 hours ■ 4 or fewer hours



Chatham High School Sleep Patterns

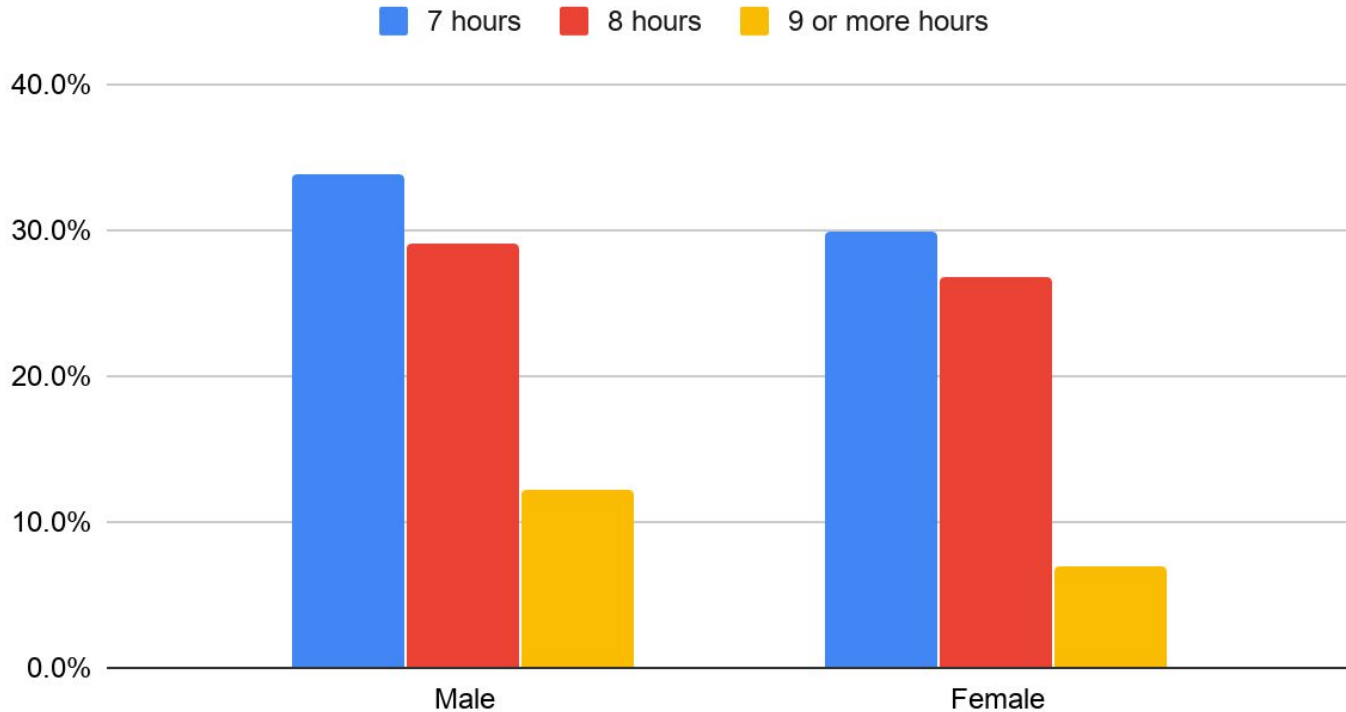
- 38.2% of freshmen report sleeping 6 or fewer hours
- 40.2% of sophomores report sleeping 6 or fewer hours
- 50.4% of juniors report sleeping 6 or fewer hours
- 55.9% of seniors report sleeping 6 or fewer hours

Hours Slept per Night during the Week



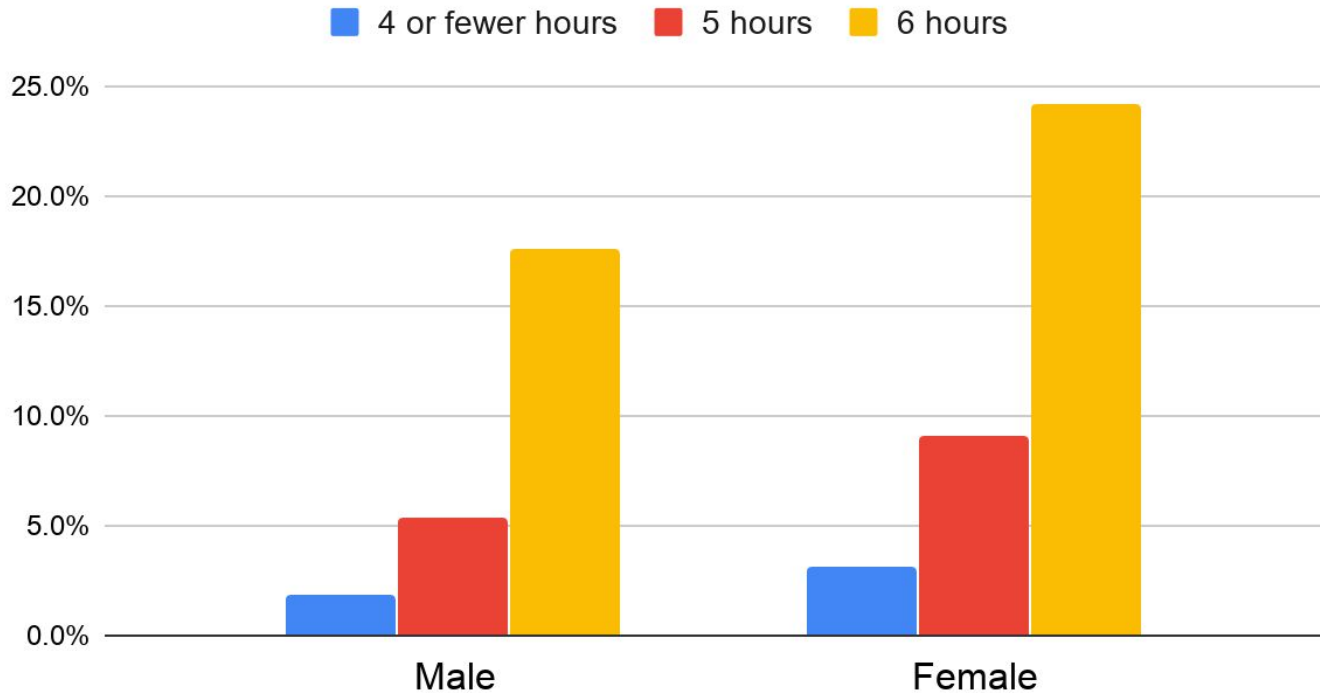
Hours Slept by Gender

Males Report Sleeping More than Females

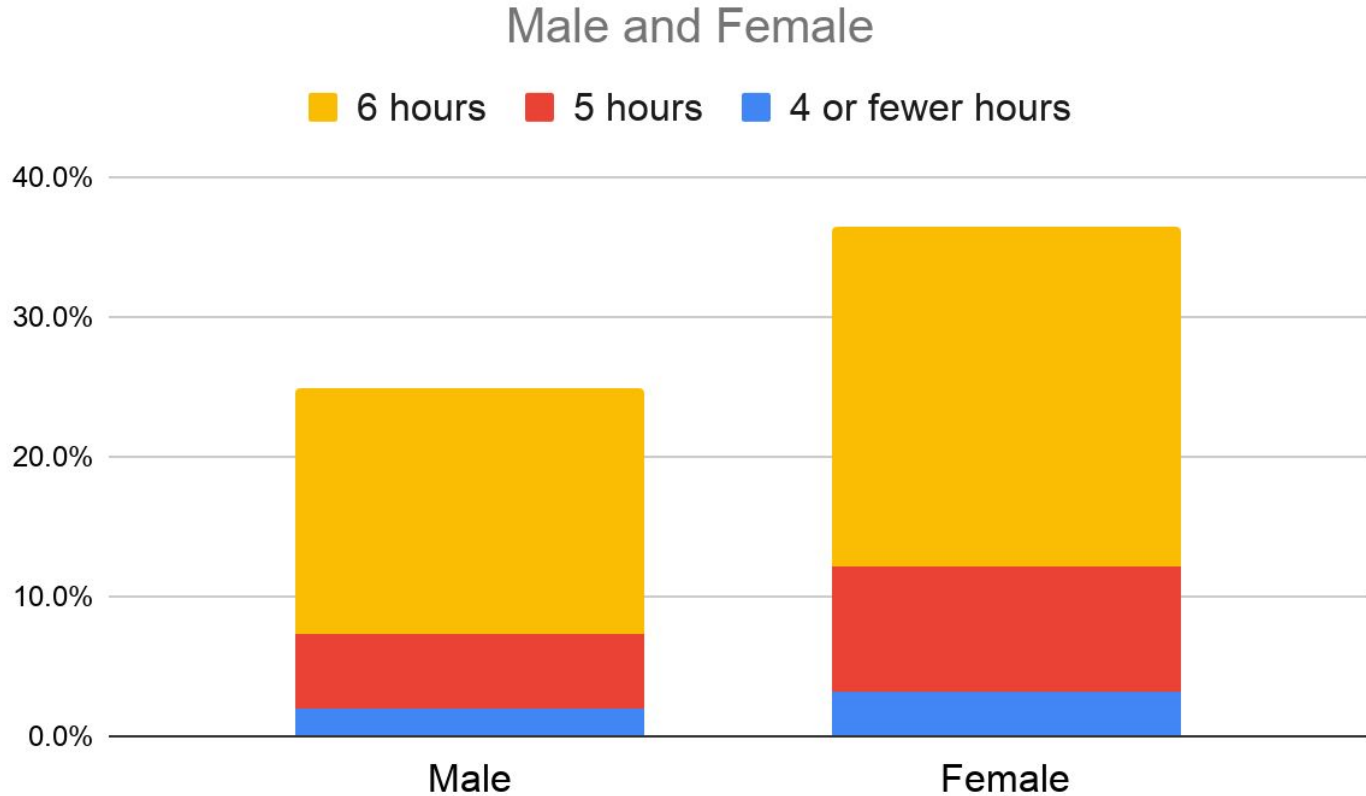


Hours Slept by Gender

Females Report Sleeping Less than Males

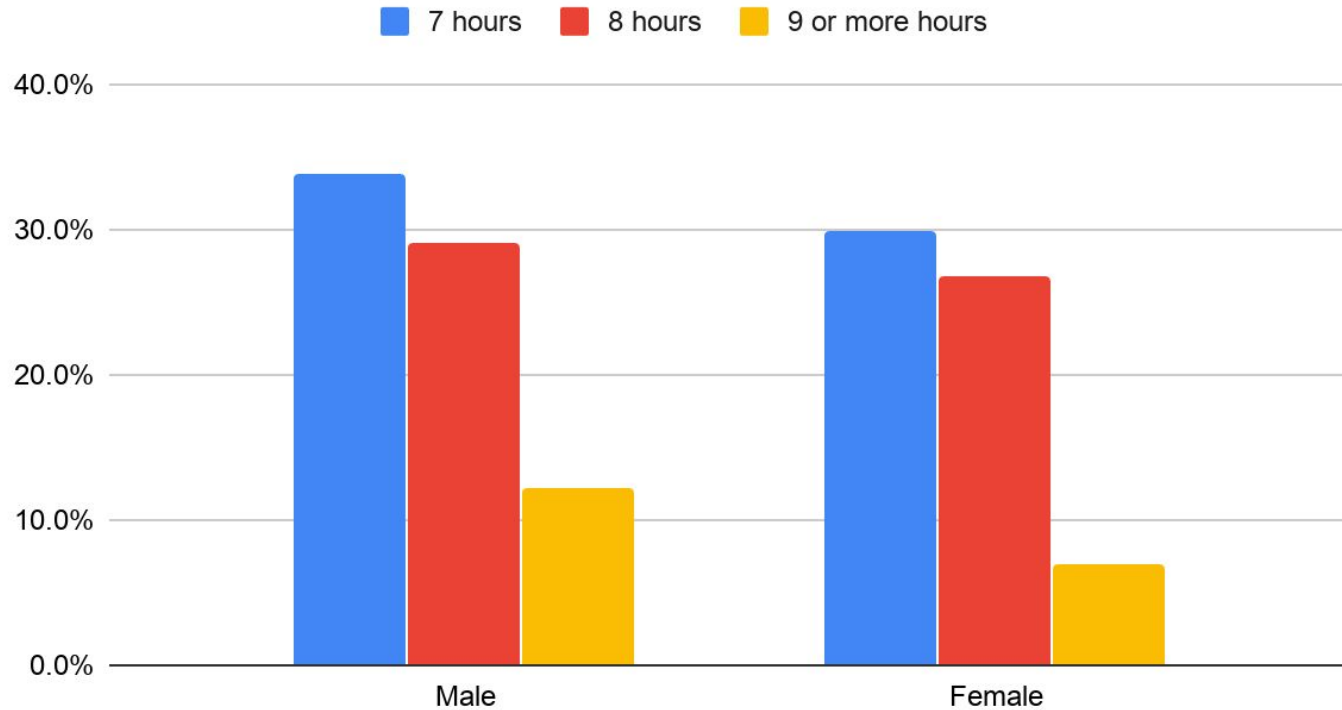


Sleep by Gender



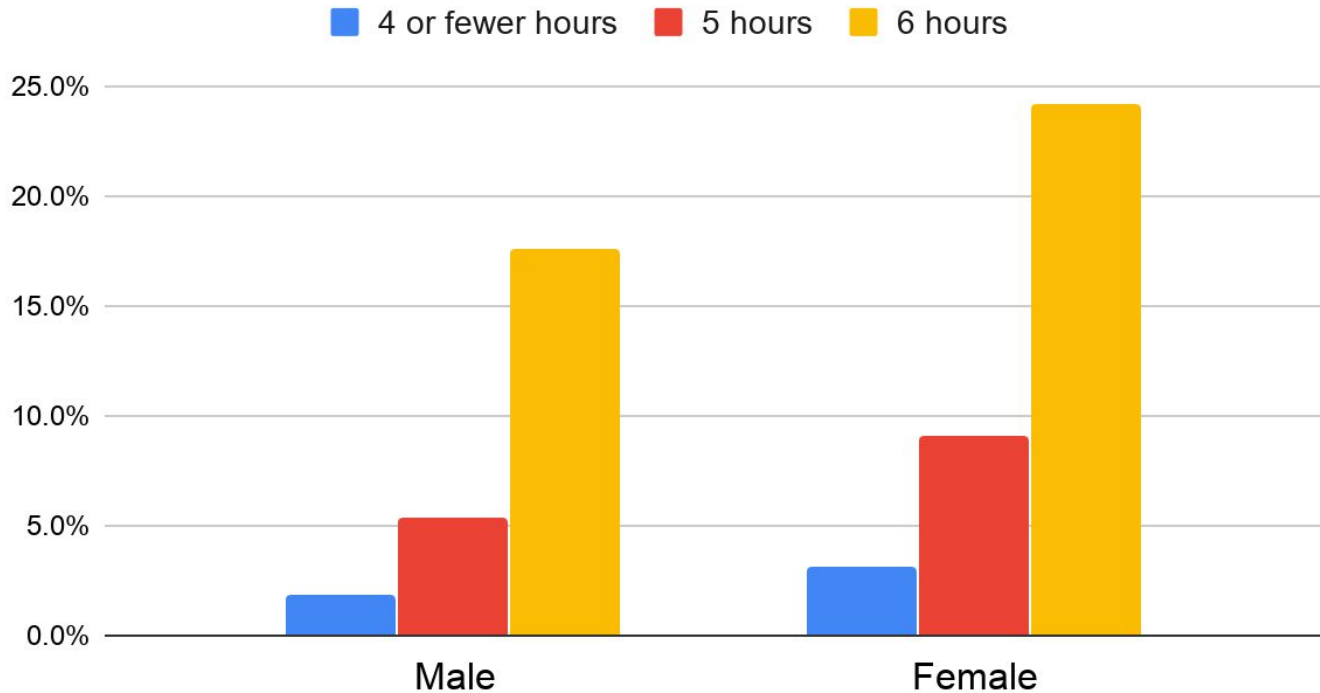
Hours Slept by Gender

Males Report Sleeping More than Females

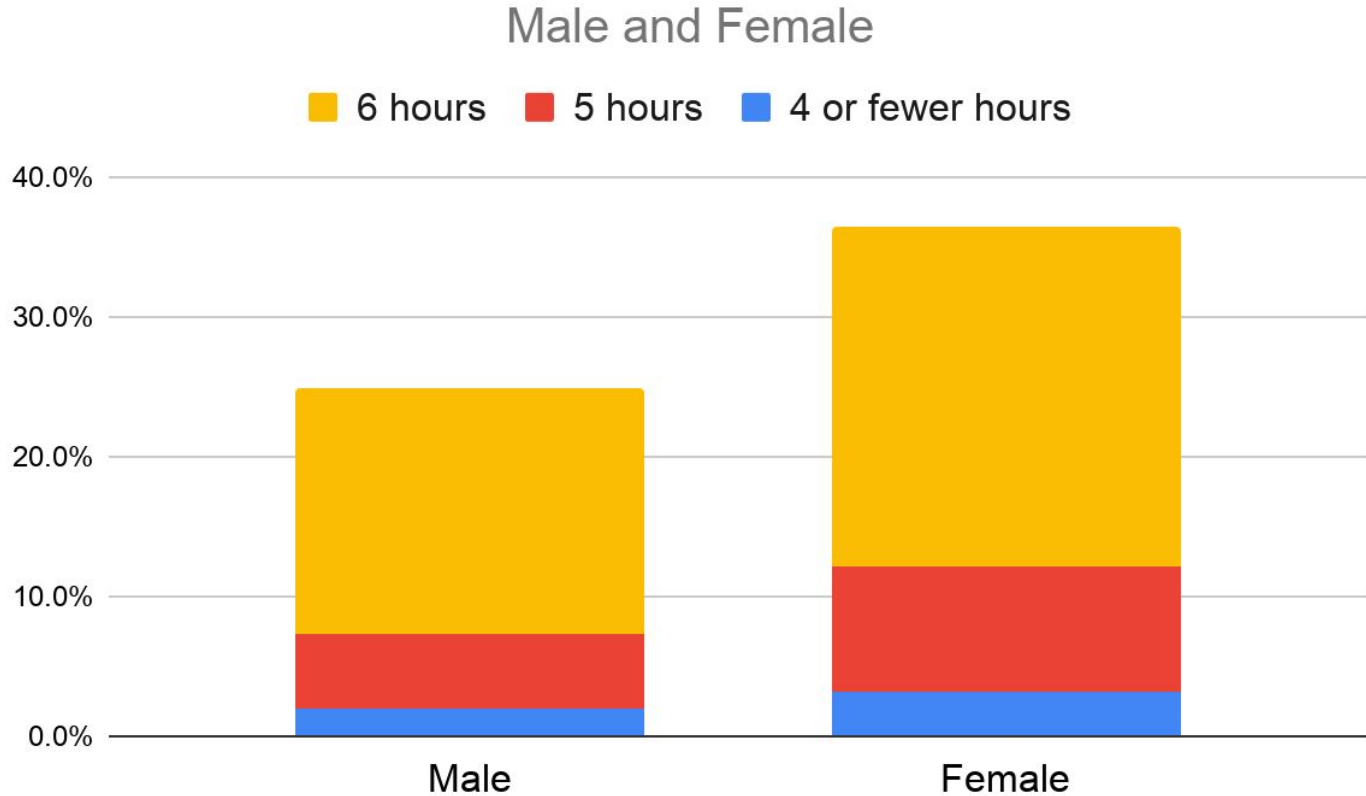


Hours Slept by Gender

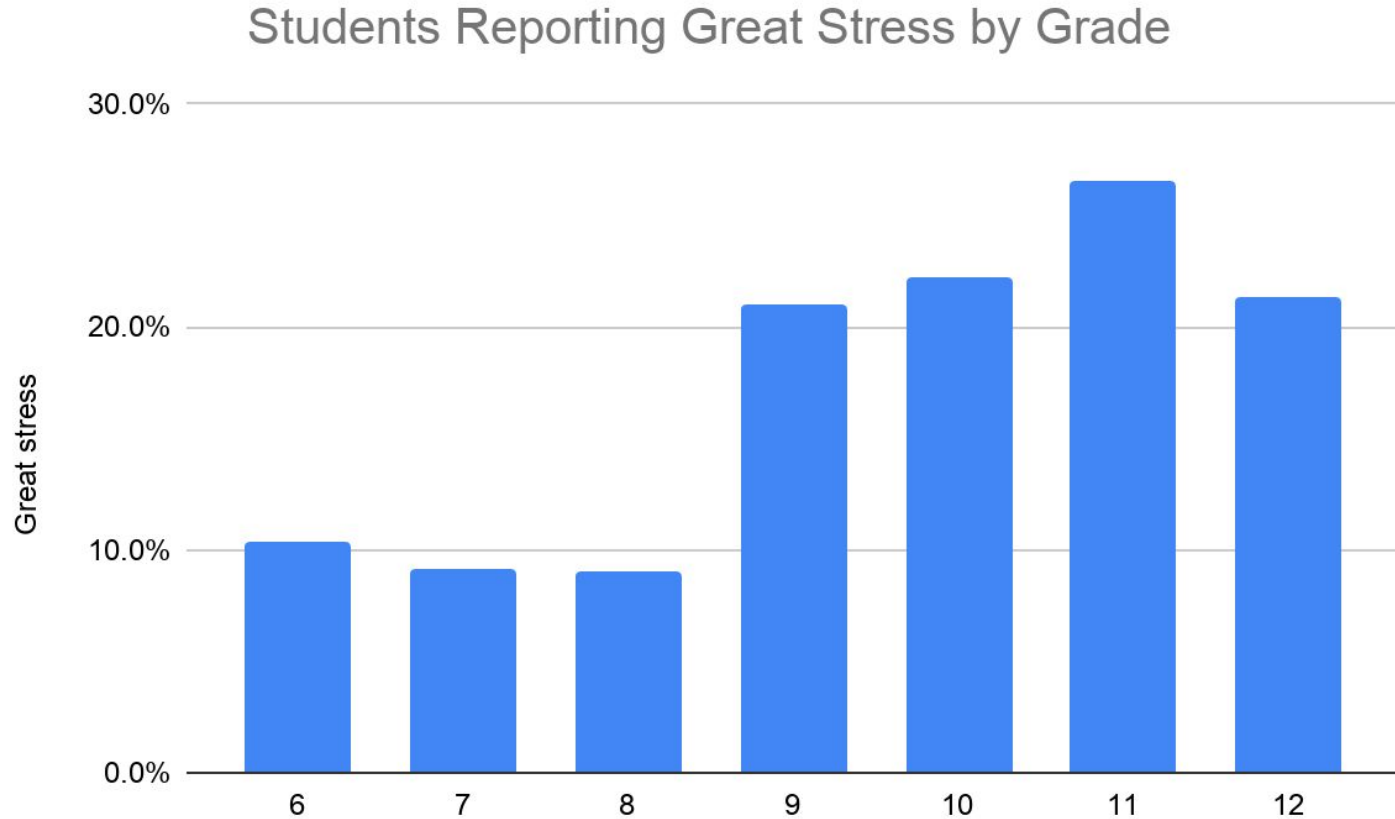
Females Report Sleeping Less than Males



Sleep by Gender

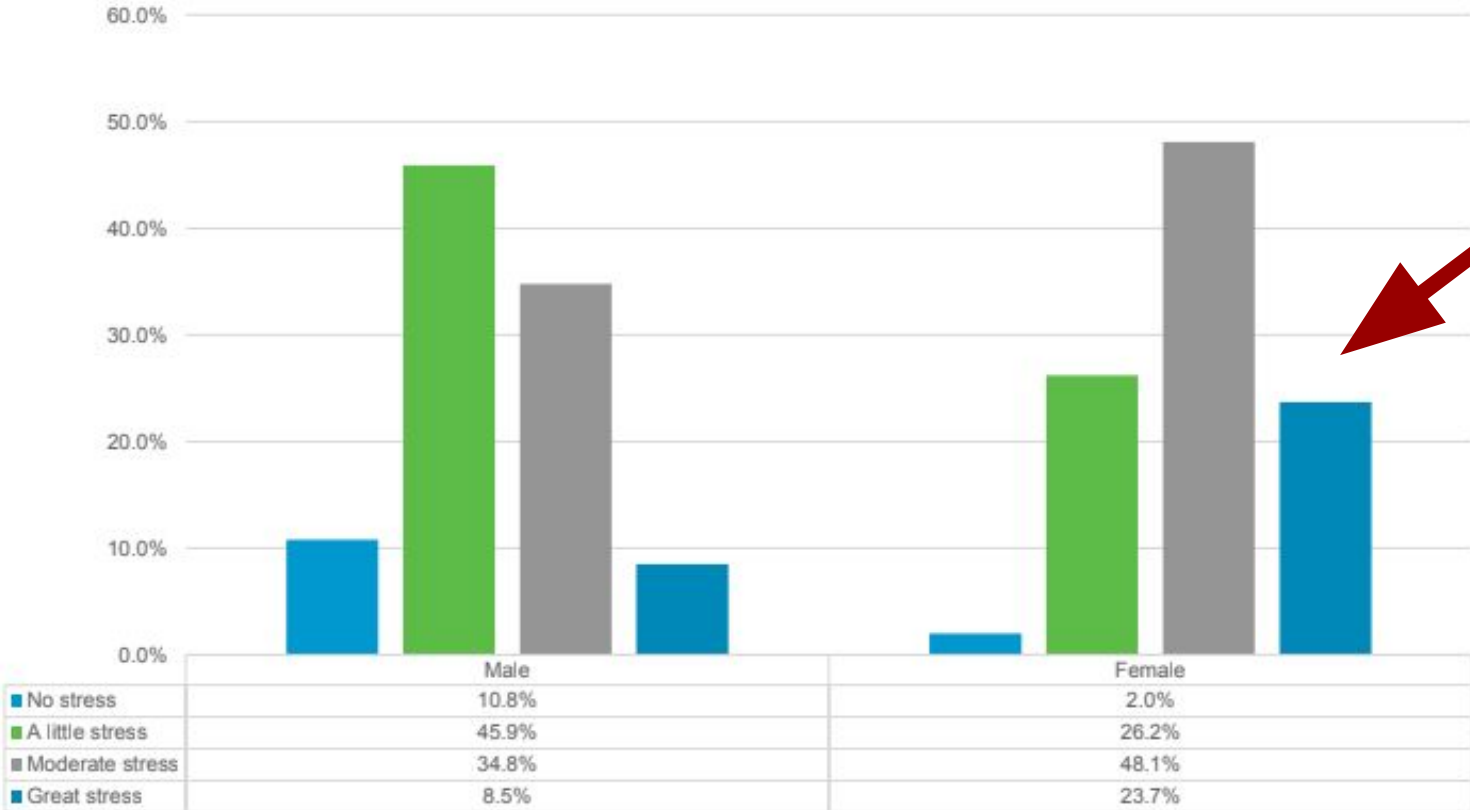


Students Reporting Feeling Great Stress



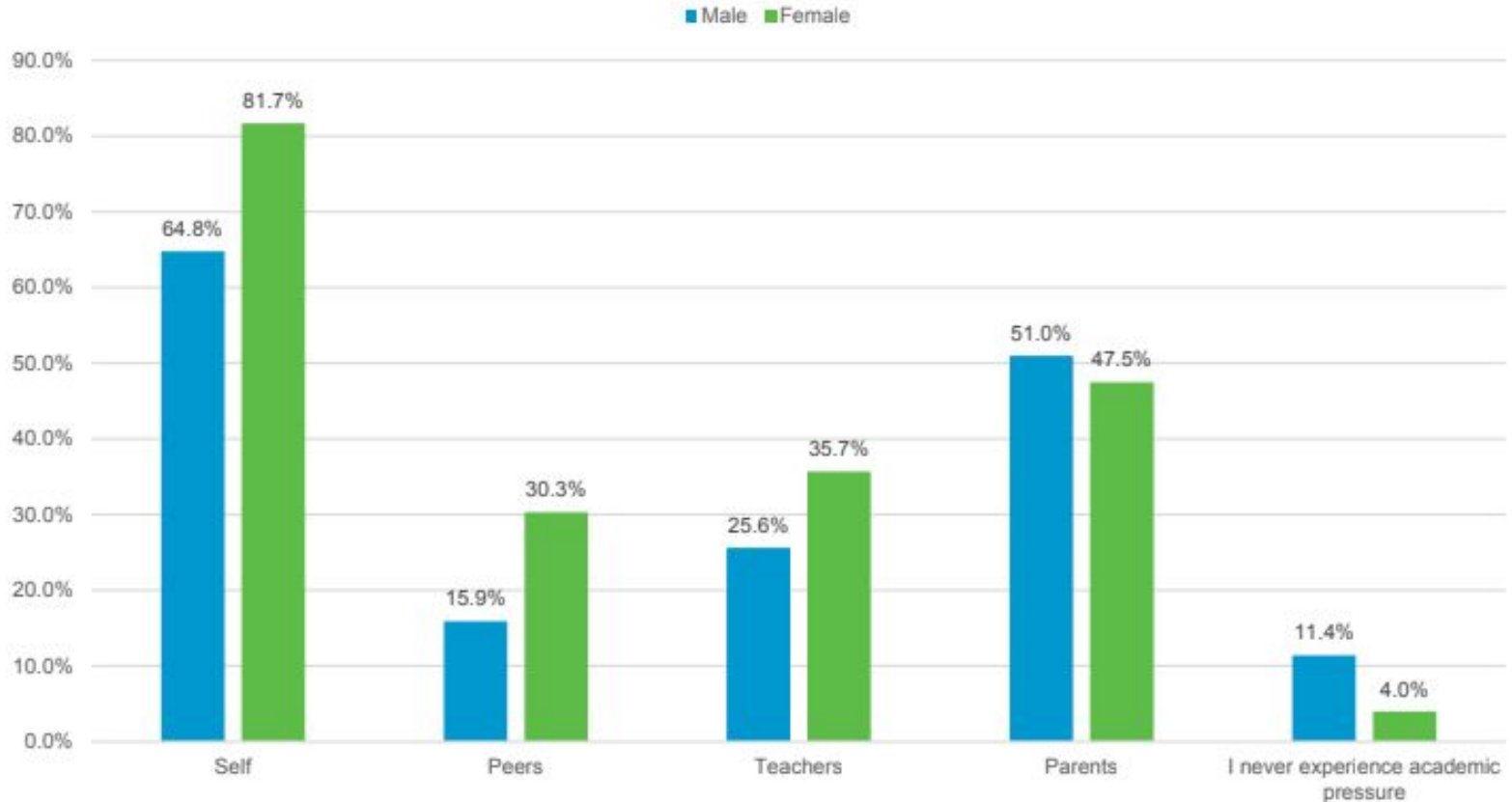
Stress by Gender

How much stress do you experience in a typical week?



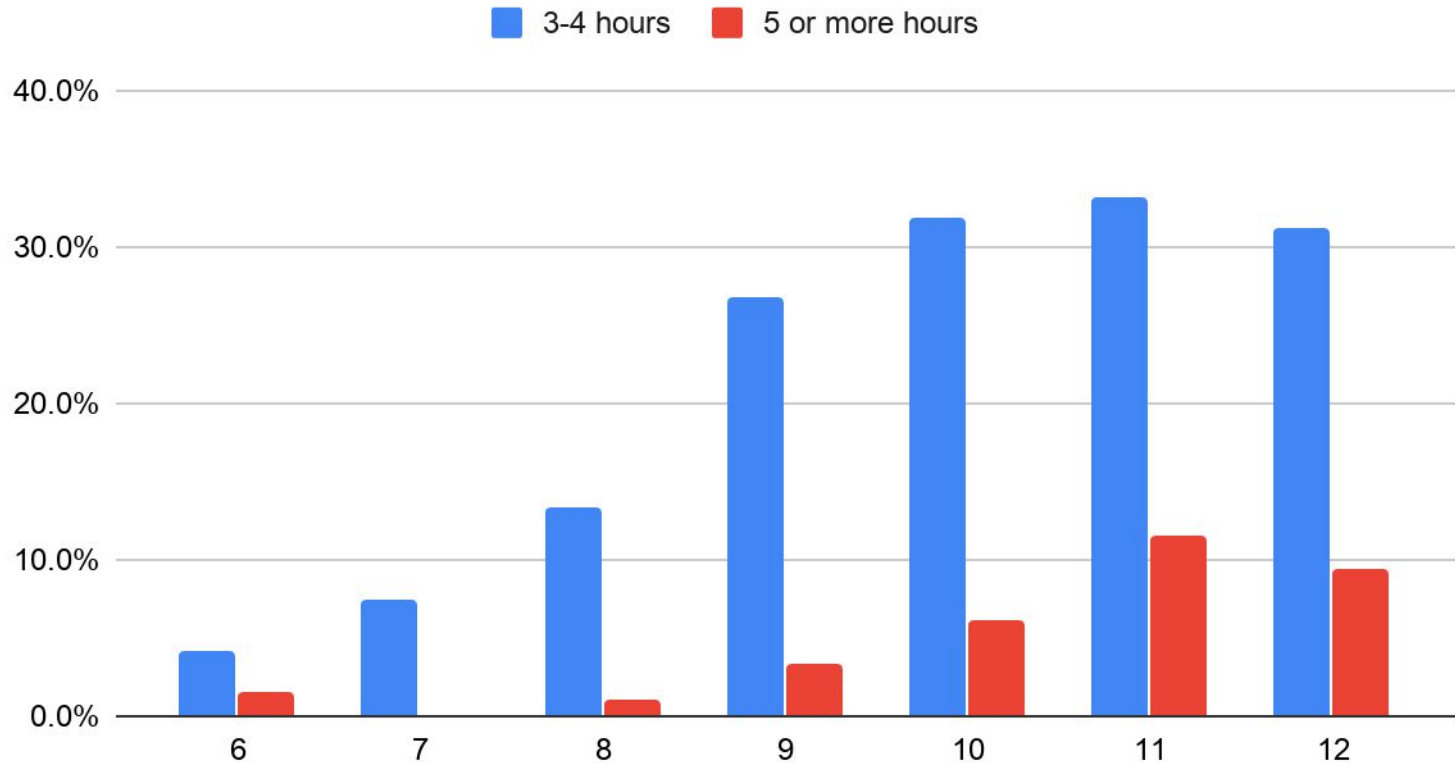
Sources of Academic Pressure by Gender

If you experience academic pressure, where does it come from?



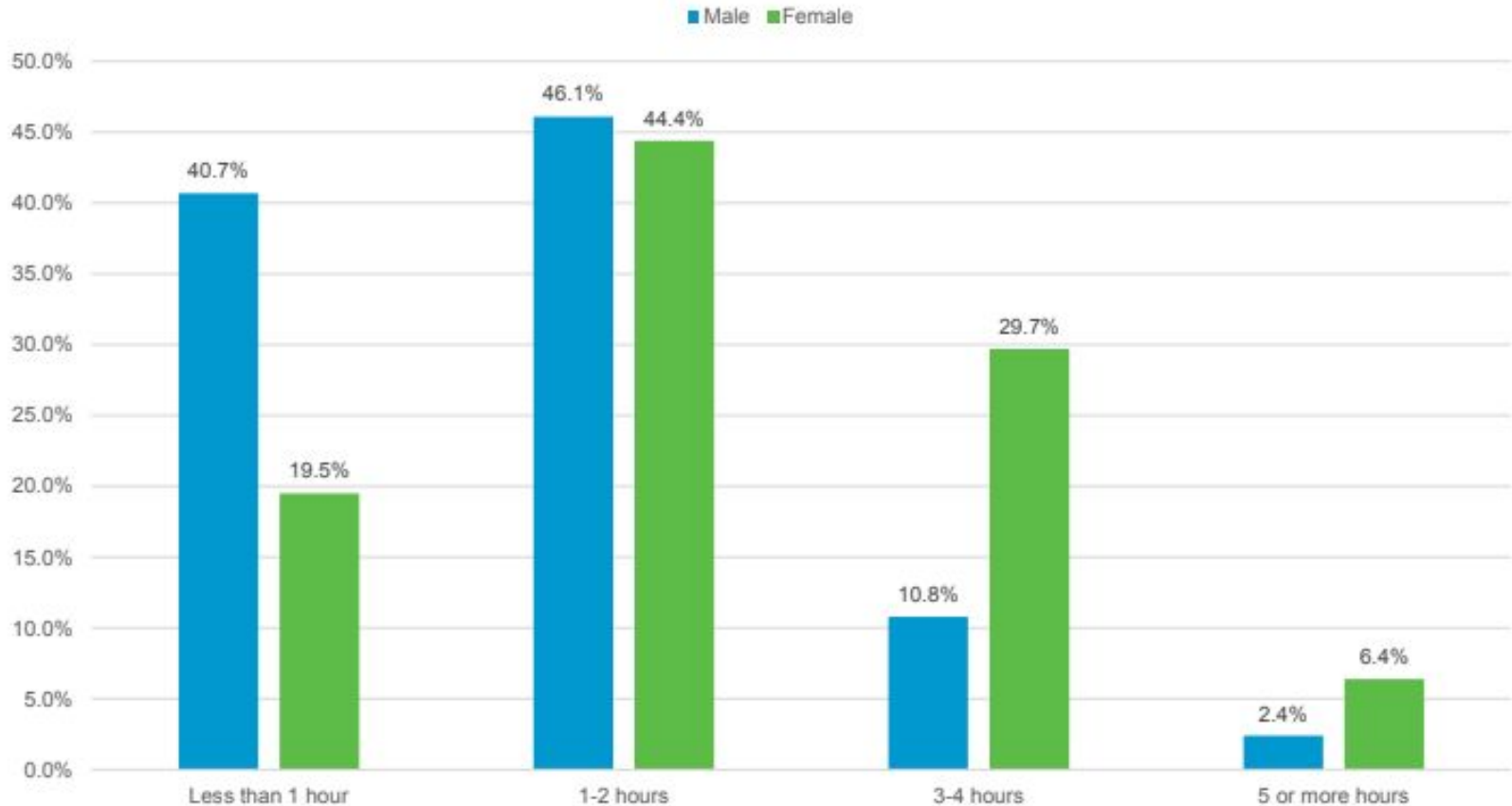
Significant Amounts of Homework

Students Reporting 3-4 or 5+ Hours of Homework by Grade

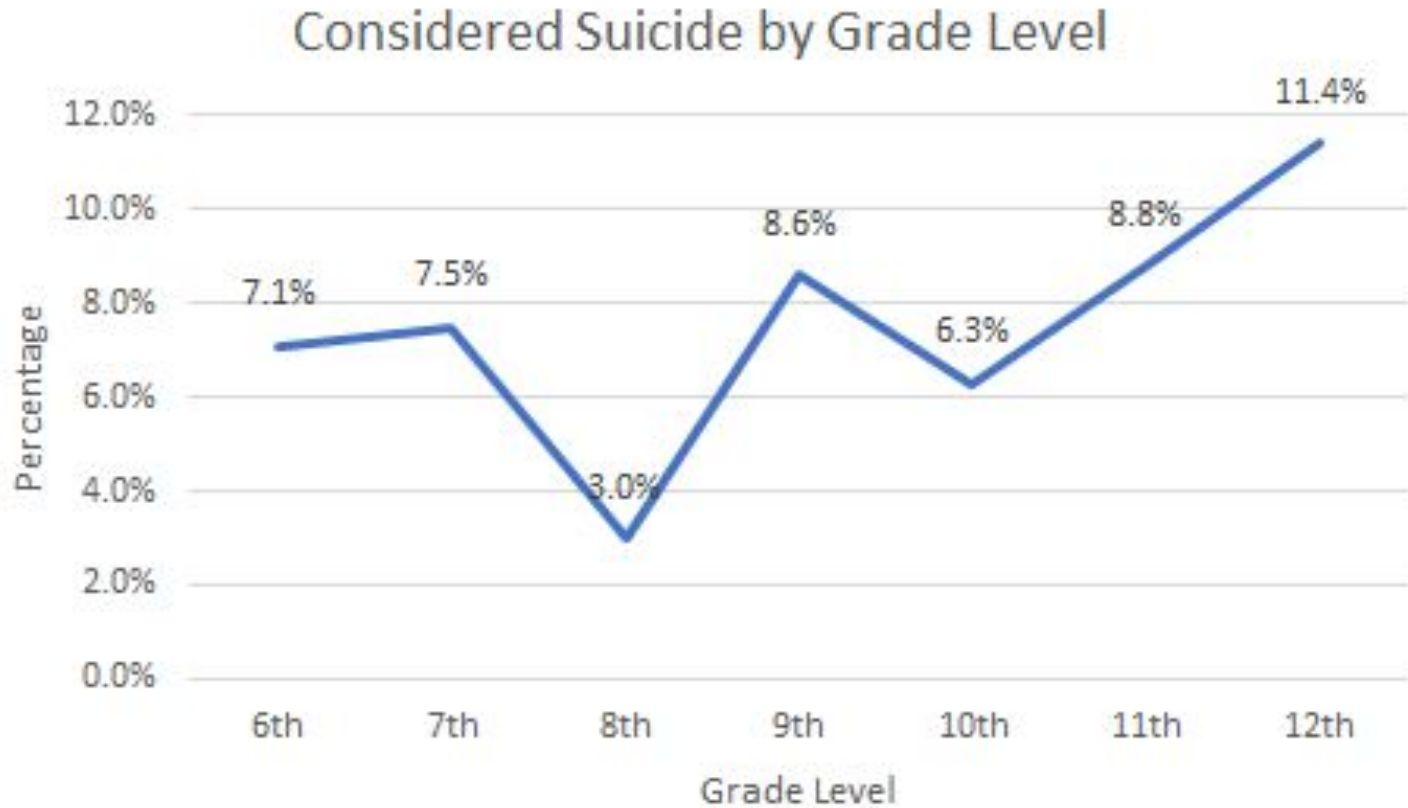


Amount of Homework by Gender

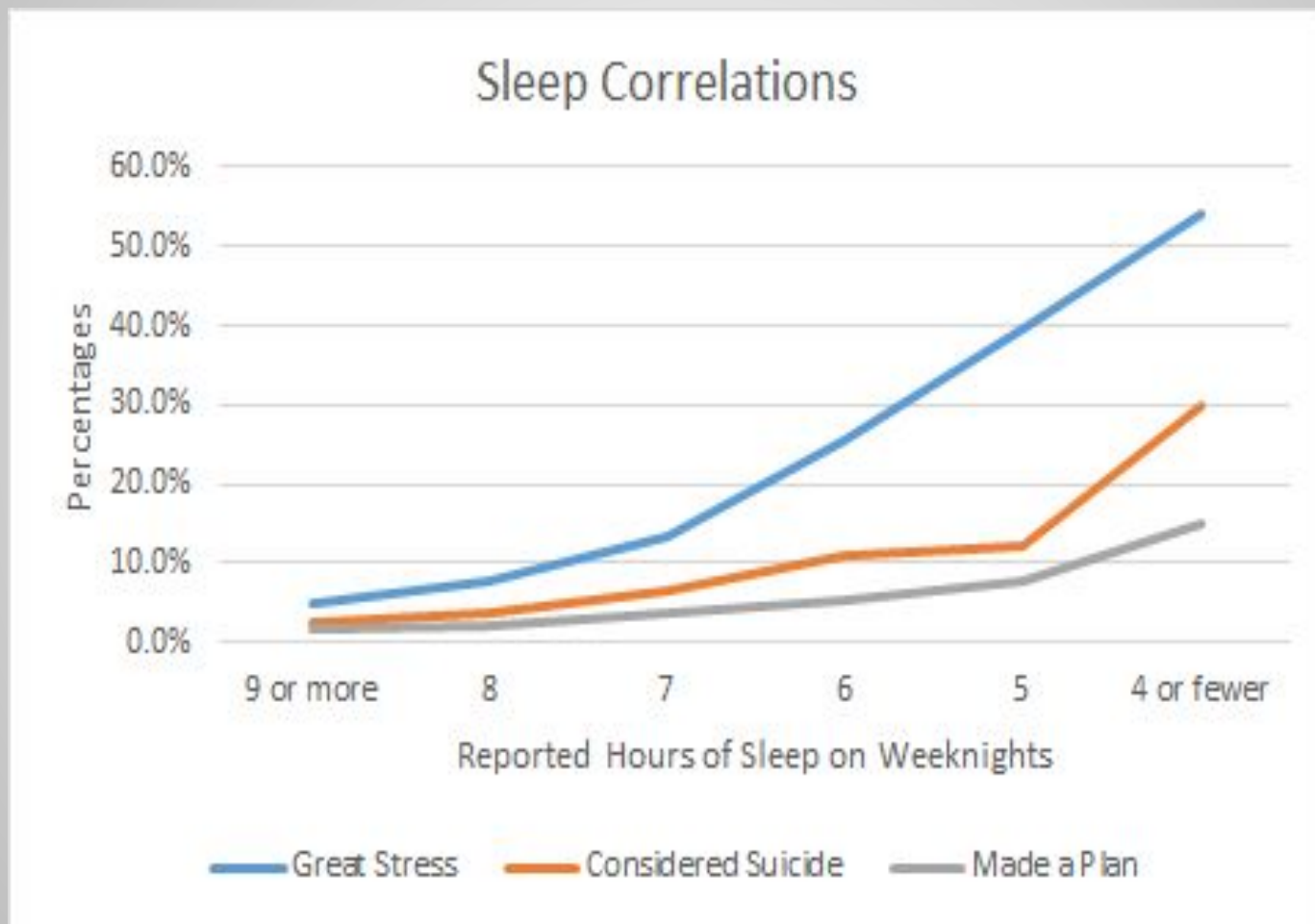
How many hours per night do you usually spend on homework?



Suicide Ideation by Grade



Sleep, Stress, and Suicide Ideation among Chatham Students

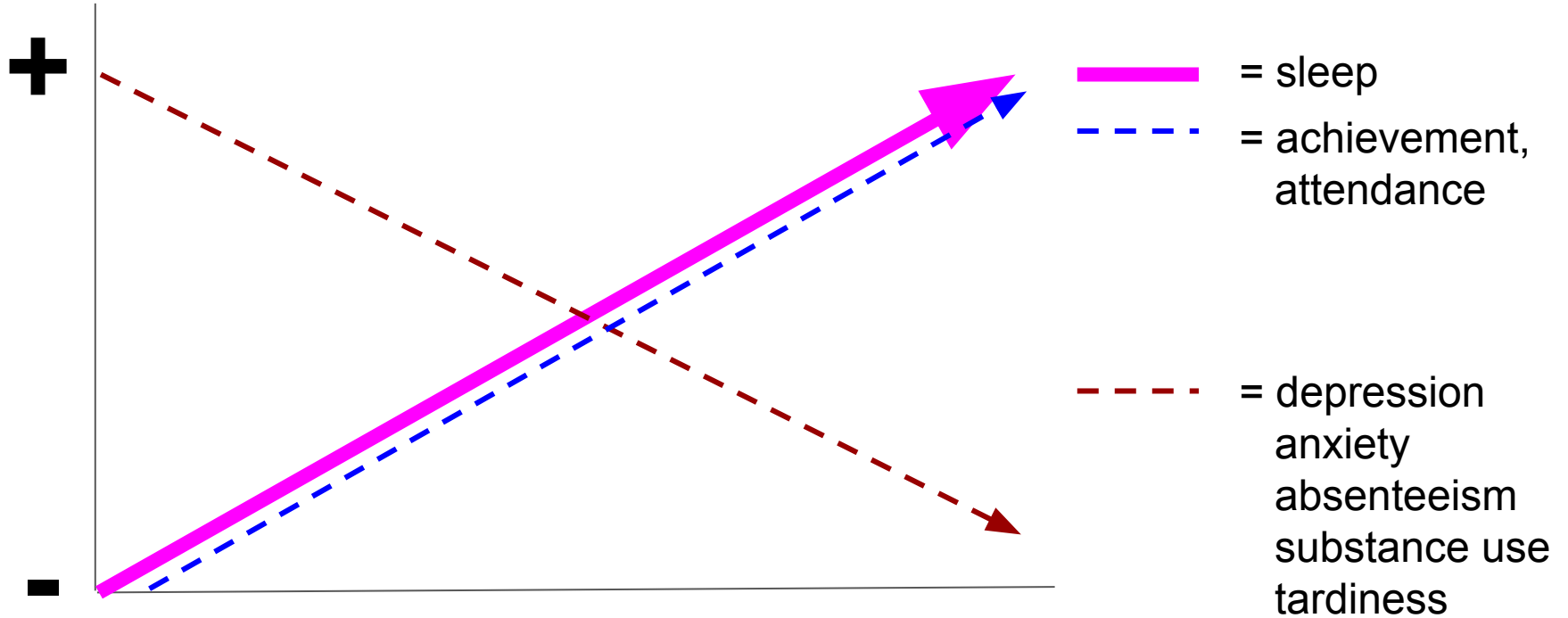


Research and Position Statements

- [American Academy of Pediatrics](#)
- [National Sleep Foundation](#)
- [RAND](#)
- [CDC](#)
- [American Academy of Sleep Medicine](#)
- [Johns Hopkins School of Medicine](#)
- [National Education Association](#)
- [American Academy of Child and Adolescent Psychiatry](#)
- [American Medical Association](#)
- [American Psychological Association](#)
- [National Parent Teacher Association \(PTA\)](#)

**ALL recommend starting
the high school day at
8:30 am or later**

The Effect of Sleep on other Stuff



How Can We Help Our Students to Get the Sleep They Need?

Challenges:

- Schedules
- Transportation
- Traffic
- Competing Priorities
 - Sibling Care
 - Darkness/Light
 - Athletics

Options Moving Forward

1. Go Real Late
2. Flip
3. Join Them
4. Seize the Delay
5. Shorten Up
6. Hybridize

Option # 1: Go Real Late

Description: Begin the high school day at 9:15 am or later

Plusses

- No interruption to other schools.
- Bus routes may remain tiered.
- No cost.
- Maintains length of school day.

Minuses

- Causes high school day to end at close to 4:00 pm.
- Requires student-athletes to have to miss up to the final two periods of the day in order to arrive on time to events.
- Causes high school students to arrive home after their younger siblings.

Option # 2: Flip

Description: Flip the high school start-time with either the LAF start-time or the pK-3 start-time

Plusses

- No cost.
- Maintains length of school day.
- No change to bus routes.

Minuses

- Alters the start-time of some elementary-aged students.
- Requires some elementary-aged students to await the bus in the dark for a portion of the year.
- May cause some elementary-aged students to arrive home before their older siblings.

Option # 3: Join Them

Description: Begin the high school day at about 8:30, along with most of the other schools

Plusses

- Start-times would be fairly consistent for all district students (about 8:00 am - 8:40 am).
- Length of day would remain unchanged.

Minuses

- Consistent start-times translate into more traffic at once.
- Would require additional bus routes because certain routes could no longer be tiered--cost would be approximately \$300K.
- May not be possible due to bus driver shortage.
- Requires student-athletes to have to miss a period at the end of the day in order to arrive on time to events.

Option # 4: Seize the Delay

Description: Institute a 2-hour delayed opening every Wednesday for students

Plusses

- No cost.
- No interruption to other schools.
- Gives students a respite in the middle of the week.
- Maintains the same end-time of the school day.

Minuses

- Does not provide respite to students every day.
- Results in reduction of the length of the high school day once per week.

Option # 5: Shorten Up

Description: Reduce the length of periods and start the later by a commensurate amount of time

Plusses

- Maintains the same end-time of the school day.
- No disruption to other schools.

Minuses

- Requires additional bus routes and costs (about \$300K).
- Starting at about the same time as other schools translates into additional traffic.
- Results in a reduction in the length of the school day on all days.

Option # 6: Hybridize

Description: Alter the high school schedule so that all courses rotate through the schedule; drop the first block of the day and virtually assign work for that period so that students can complete it on their own time

Plusses

- Looks more like a college model of learning.
- No disruption to other schools.
- Provides students more autonomy in completing assignments and learning.

Minuses

- Looks more like a college model of learning.
- Still requires students to arrive at school at about 8:30, thereby leading to the same traffic concerns and transportation costs.
- Less face-to-face time with teachers.

Moving Forward

Discuss and explore options and other iterations further.

Establish a timeline: goal should be implementation in 2020 or 2021

Pilot a model or two.

Make a plan to implement.