



Later Start Times

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Significance of the Issue: A Story of an Oregon HS Student

- A girl who has a 4.0 GPA, a model student, not a drunk driver or a distracted driver
- Got into a serious accident that resulted in a a fatality as a result of drowsy driving
- Not a superficial issue; what could happen there, could happen here.

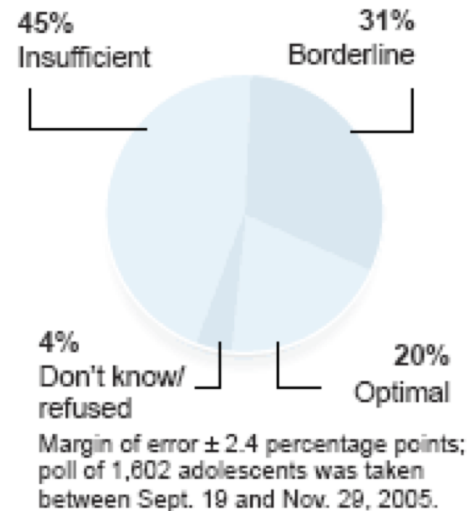
Scientific Evidence

Effects of Teenage Sleep Deprivation

- Increased Mental and Physical Illnesses
 - Depression
 - Flu
- Increased Car Accidents due to Drowsy Driving
- Decreased Attendance and Assessment Performance at School

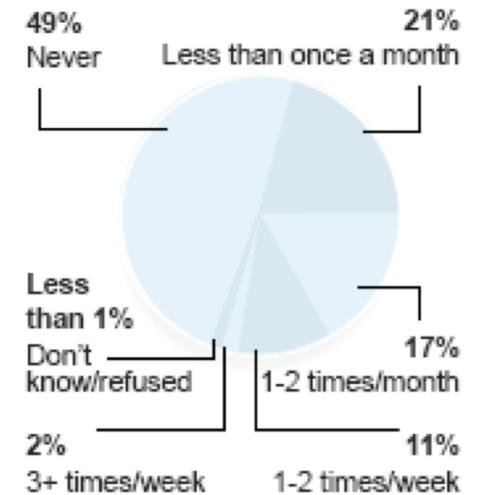
Reported amount of sleep

Eight hours is considered sufficient amount of sleep per night



Drowsy drivers

Frequency of driving a motor vehicle while feeling drowsy in the last year



SOURCE: National Sleep Foundation

AP

Teenage Sleep Schedule

- Sleep is regulated by hormones
- Hormones that signal wakefulness and sleepiness are released later for teenagers undergoing puberty
 - Dopamine = wakefulness
 - Serotonin and Melatonin = drowsiness
 - Melatonin released at nighttime
- Woken at 8 AM
- Sleepy at 11 PM to 12 AM
- Completely Different 24-Hour Sleep Schedule than Adults
- School disrupts Circadian Rhythms

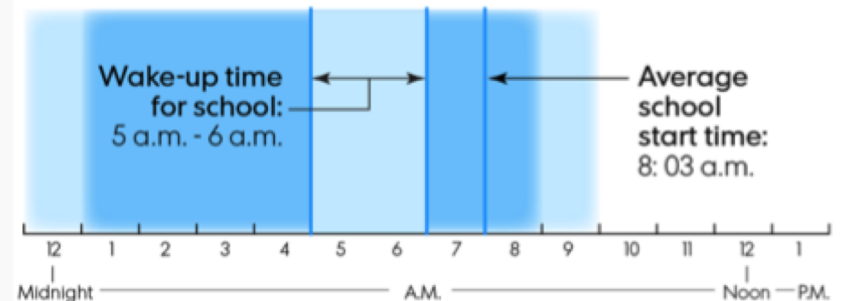
TEEN SLEEP PATTERNS

How teens naturally sleep conflicts with standard school start times:

Natural teen sleep cycle

Go to bed: Midnight to 1 a.m.

Wake up: 8 a.m. to 9 a.m.



SOURCE: Centers for Disease Control and Prevention
George Petras, USA TODAY



National Attempts

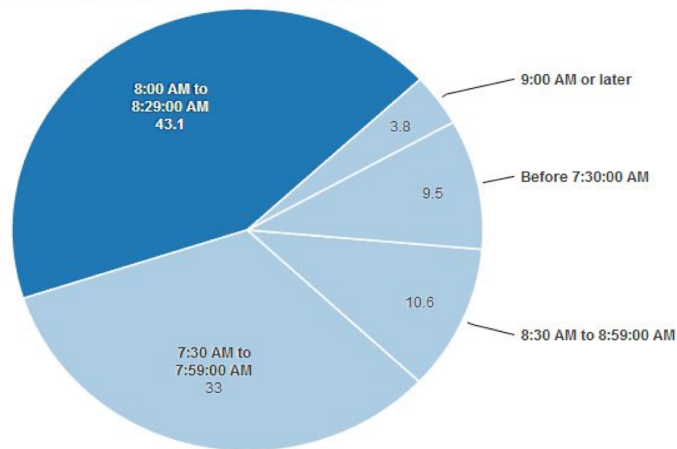
58%

of schools in the US already start at 8:00 am or later; this is not a new idea but actually a method implemented by the majority of schools in America.

Data from Other Schools Around the US

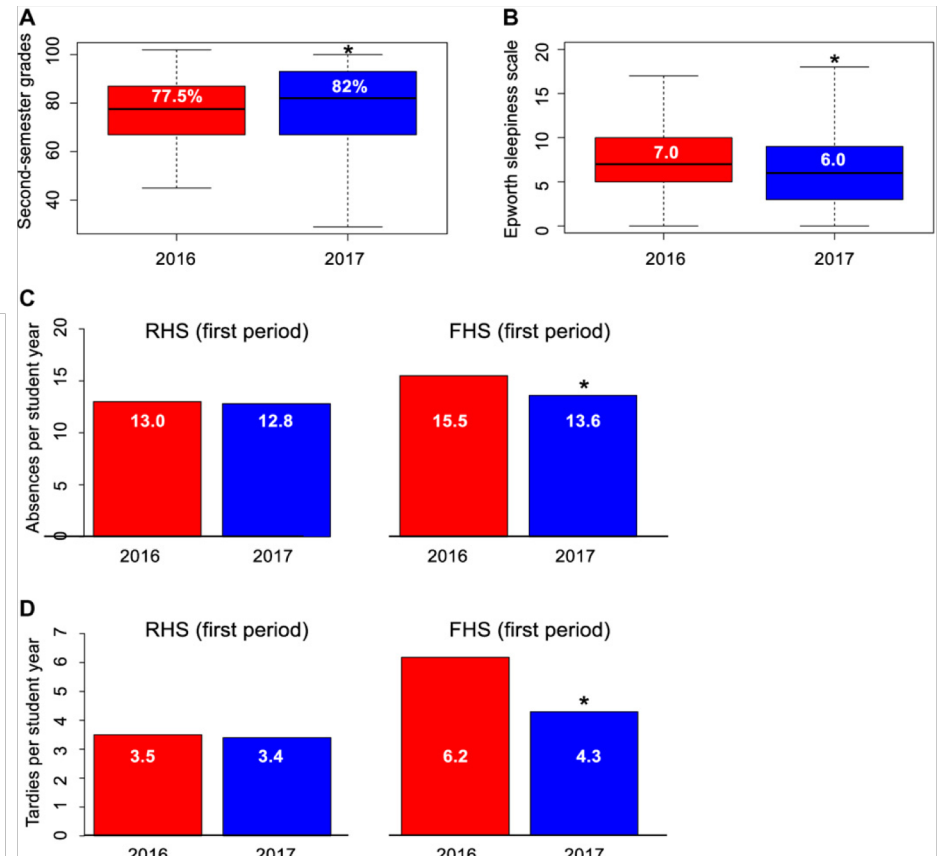
Start times for U.S. high schools

Percent of U.S. public high schools with morning start times.



Created with [Datawrapper](#)

Source: [U.S. Department of Education](#). [Get the data](#)



Community Impact

Student Impact and Response

- Surveys handed out in various homerooms around school
- 2017-2018 School Year

Survey For Later Start Time



Do you think that our school should start later?

Yes ☐

No ☐

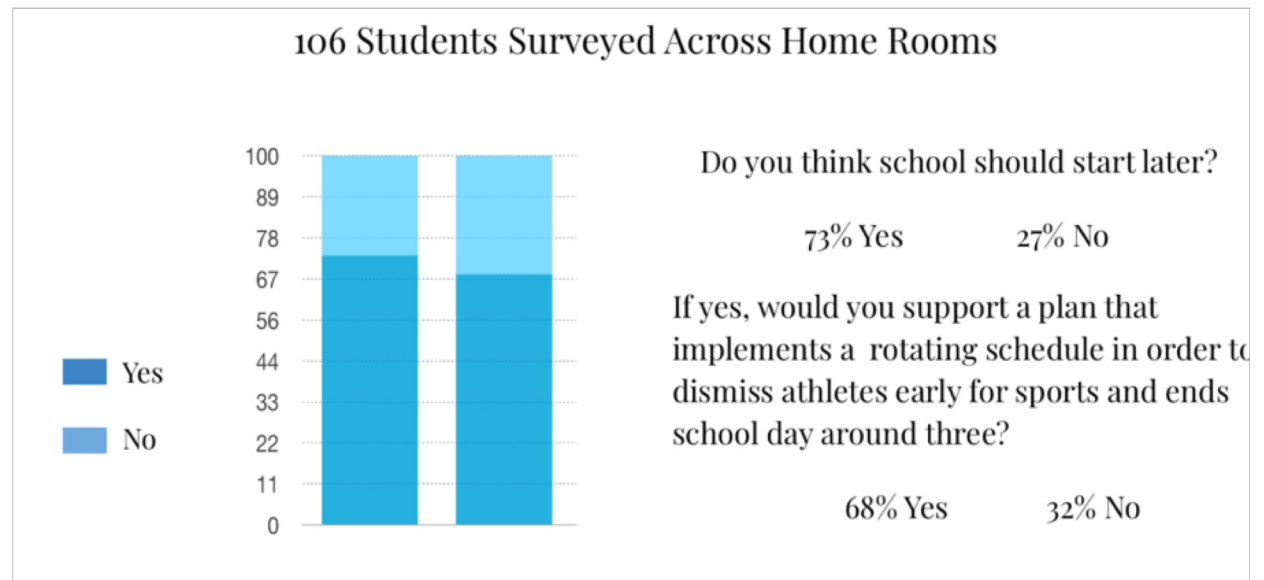
If yes, would you support a plan that implements a rotating schedule in order to dismiss athletes early for sports, and ends the school day around three?

Yes ☐

No ☐

Survey Results

- Significantly positive results
- Indicates a majority of students are interested in Later Start Times





Local Attempts

- Hingham
 - Pushed to 8:30 AM
- Westboro
 - Pushed to 8:10 AM
- Concord-Carlisle
 - Pushed to 8 AM



Local Results

Here is one example of results from Hingham.
Corresponded and received statistics from the
former principal of Hingham High School, Mrs. Paula
McCann

<u>SAT Results</u>			
Year	Verbal	Math	Combined
2002	564	565	1129
2003	560	572	1132
2004	573	587	1160

Suspensions

02-03

51 incidents; 39 students; enrollment 946

03-04

43 incidents; 32 students; enrollment 967

04-05

43 incidents; 30 students; enrollment 1043

Benefits of A Later Start Time

Benefits of Later Start Times

First Period

- Increased first period attendance—
- Higher graduation rates
- Less tardies and detentions, better grades and attention in first period

The Rest of the Day

- Better attention for the whole day, slight improvement in grades overall.



Benefits of Later Start Times

Road Safety

- Decreased accidents on way to school in morning, of which there have been many
- Less drowsy driving overall

Mental Health

- Mental health benefits for students with long work hours, large extracurricular loads, and everyone else



Questions?