



Board Update on Sleep Study and Start Times

January 6, 2020

Review of Purpose

This study and our interest in considering this topic grew out of our sincere desire to provide a school experience that sets every student up for success each and every day. The mounting scientific evidence linking sleep deprivation to the growing emotional, physical, and mental health issues among adolescent students has compelled us to seriously consider later start times for our secondary schools. We believe it is our responsibility to provide the Board with opportunities to improve alignment between District operations and what our students need to be successful.

Excerpt from the December 9 Parent and Community Information Session:

Accumulated sleep restriction (several nights of ~6.5 hours or less) may lead to:

- *Impairment in mood regulation, ability to focus/maintain attention, behavioral control*
- *Decreased emotion regulation ability (reported by parents and adolescents)*
- *Led to disproportionate emotional reactions; exaggerated responses to small triggers*
- *Increased nervousness, increased "edginess," tension, anger, anxiety*
- *Lower frustration tolerance, which may impact academic and socio-emotional domains*
- *Increase in impulsivity and risk-taking behaviors*
- *Increased risk for use of stimulants (whether prescribed or not)*
- *May be associated with suicidal ideation*

Owens, et al. (2010), Walker (2017)

Timeline of Work

- Spring 2019: Task Force formed to study the importance of sleep and the impact of start times on our students
- September 2019: Sleep survey conducted for secondary students and parents
- October 30: District webpage dedicated to this topic was created featuring articles, research, and survey results summary
Email to parents about Task Force work, December 9 event, and a link to the District website
- November 4: Update on Task Force work at Board Committee Meeting
- December 9: Reminder email to parents about December 9 event
Parent and community information session featuring Ephrata WellSpan and WellSpan Philhaven medical experts
- December 20: Parent email including two strategies frequently used to accomplish later start times for secondary students and draft set of possible adjusted time scenarios

Strategy #1: Compact

Strategy	Level	Current Start Time	Current End Time	Proposed Approximate Start Time	Proposed Approximate End Time	Start Time Change	Student Day Estimated Change (Length)
1	Elem.	8:55	3:30	9:00	3:45	+5	+10 (6 hr 45 min)
	Int.	8:25	3:20	8:55	3:45	+30	-5 (6 hr 50 min)
	MS	7:20	2:50	8:05	3:05	+45	-30 (7 hr)
	HS	7:30	2:35	8:10	3:00	+40	-15 (6 hr 50 min)

Strategy #1 Features

1. Provides an opportunity for High School students to get 40 additional minutes of sleep
2. Provides an opportunity for Middle School students to get 45 additional minutes of sleep
3. Provides an opportunity for Intermediate School students to get 30 additional minutes of sleep
4. Maintains approximate current start time for elementary students
5. Reduces time in school for High School students by 15 minutes
6. Reduces time in school for Middle School students by 30 minutes
7. Presents a more consistent length of school day across all levels
8. All schools would start after 8:00 AM.
9. All students would get home slightly later than in the past (all less than 30 minutes).
10. Decreases the time between the end of the school day and the start of extra-curricular practices
11. School extra-curricular practice schedules not impacted by secondary dismissal times
12. Secondary students dismissed prior to elementary and Intermediate School students
13. Secondary students' start times are earlier than the recommended 8:30 AM start time by the leading medical associations.
14. Later start times for students in grades 5-12 could create a need for AM supervision.
15. Special arrangements will be made for students who are in out-of-district programs like CTC and those offered through IU 13.
16. Early dismissals for away sporting event could cause additional minutes of class to be missed on those occasions.

Strategy #2: Swap

Strategy	Levels	Current Start Time	Current End Time	Proposed Approximate Start Time	Proposed Approximate End Time	Start Time Change	Student Day Estimated Change (Length)
2	Elem.	8:55	3:30	7:45	2:30	-70	+10 (6 hr 45 min)
	Int.	8:25	3:20	7:45	2:40	-40	N/A (6 hr 55 min)
	MS	7:20	2:50	8:20	3:20	+60	-30 (7 hr)
	HS	7:30	2:35	8:30	3:15	+60	-20 (6 hr 45 min)

Strategy #2 Features

1. Provides an opportunity for High School students to get 60 additional minutes of sleep and to start at the recommended earliest time of 8:30 AM
2. Provides an opportunity for Middle School students to get 60 additional minutes of sleep
3. Reduces time in school for High School students by 20 minutes
4. Reduces time in school for Middle School students by 30 minutes
5. Students in grades 7-12 would get home later than in the past.
6. Students in grades K-6 would get home earlier than in the past.
7. School extra-curricular practice schedules not impacted by secondary dismissal times
8. Later start times for students in grades 5-12 could create a need for AM supervision.
9. Elementary students will need to arrive at school 70 minutes earlier but not as early as secondary students currently arrive.
10. Intermediate School students will need to arrive at school 40 minutes earlier but not as early as secondary students currently arrive.
11. Elementary and Intermediate School students will be dismissed prior to secondary students.
12. Special arrangements will be made for students who are in out-of-district programs like CTC and those offered through IU 13.
13. Early dismissals for away sporting event could cause additional minutes of class to be missed on those occasions.

Work Ahead

- Confirm times for all transportation
- Construct draft daily schedules at each level to confirm staffing and facility needs
- Continue to post updates and receive feedback via the District website
- Email to parents with update after tonight's meeting

Next Steps

Seek questions, feedback, and direction from the Board with a goal of possibly presenting refined options to the Board at the January Board Meeting