



2020-2021 School Start Time Proposal

February 10, 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.

Proposed Start and End Times to Begin in the 2020-2021 School Year

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

Proposed Start Time 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 40 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 for secondary students
11. School extra-curricular practice schedules not significantly impacted by 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. Our transportation department will continue to serve K-4, 5-6, and 7-12 in separate buses.
17. Early dismissals for away sporting events could cause additional minutes of class to be missed due to the slightly later end-of-day times.

It is the mission of the Ephrata Area School District to provide all students a secure learning environment and exemplary academic programs that inspire all students to reach their full potential.