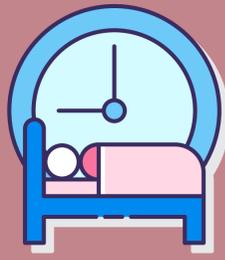




# HEALTHY START TIMES



## WHY CHANGE SCHOOL SCHEDULES?

With the onset of puberty, changes occur in the biological systems that regulate the sleep/wake cycle. Teens' natural urge to sleep is delayed until later in the evening than children or adults. This shift, when coupled with early start times, makes the prospect of getting a good night's sleep challenging for many teenagers. Major medical and health organizations, recognizing the toll that sleep deprivation takes on student health and wellness, recommend beginning secondary school classes no earlier than 8:30 AM to give adolescents the best opportunity to get the sleep they need and to start the school day alert and ready to learn.

### PRIOR BOARD ACTION

In October 2020, the Board passed a unanimous motion demonstrating their commitment to starting high schools in the second tier of a three-tiered schedule, pending approval of permanent lights on athletic fields.



### CURRENT SCHEDULE



Tier	Level	Start Time	End Time	Total Time
1	High School	7:30 a.m.	2:40 p.m.	7 hrs. 10 mins.
2	Middle School	8:15 a.m.	3:05 p.m.	6 hrs. 50 mins.
3	Elementary School	9:00 a.m.	3:35 p.m.	6 hrs. 35 mins.

### PROPOSED SCHEDULE

to begin September 2023

Tier	Level	Start Time	End Time	Total Time	Diff.
1	Middle School	8:00 a.m.	2:50 p.m.	6 hrs. 50 mins.	No Change
2	High School	8:40 a.m.	3:30 p.m.	6 hrs. 50 mins.	20 min. decrease
3	Elementary School	9:20 a.m.	4:05 p.m.	6 hrs. 45 mins.	10 min. increase



## SOME CHALLENGES...



ALL	ELEMENTARY	MIDDLE	HIGH
Potential impact on transportation for student trips	Childcare hardship in mornings for families	Early start time does not meet AAP recommendations	Impact on teaching & learning due to 20 minute decrease in instructional time
Finding drivers to staff later runs	Late end time impact on child fatigue & behavior	MS girls have disparate impact due to earlier puberty	Impact on Vo-Tech & other non-traditional programs
Concerns for earliest/latest pickup/drop-off times	Delayed after school activities compromises earlier bedtimes	Earlier end time may result in unsupervised time at home	Compromise after school activities & jobs
Impact of later workday end time for secondary staff	Impact of longer day on student experience		Lights & other accommodations needed for activities/events
Cumulative impact on staff and families of COVID and K-8 Transition	Impact of longer day on staff coverage		
	Late start doesn't take advantage of early attentiveness		



A schedule for upcoming stakeholder input opportunities will be shared on [www.lmsd.org/sleep](http://www.lmsd.org/sleep), via School Messenger and on LMSD's social media accounts.

The Board also welcomes comments via email at [sleep@lmsd.org](mailto:sleep@lmsd.org). Please share:

- How you think this change will impact you/your family
- What can be done to make this work for you/your family
- Any other relevant thoughts or feedback

