



Adolescent Sleep and School Start Time

All Forward Research & Development Workgroup

Update to the Curriculum Committee of the Board

May 29, 2018

New Information Gathered/In Process

- Challenge Success Student Survey
- Hanover Research Staff Input Study
- Hanover Research Benchmarking Study
- Traffic & Parking Assessment
- Stadium Lighting Feasibility Study
- Alternative Transportation Modeling Methods (Dr. Hagani, Univ. of MD)
- Parent Feedback through ISC Hot Topic Session
- New research and cases in the news

Lesson 1: School end times are a critical part of the planning process.

When the school day ends later:

- Instructional time is lost for students and teachers/coaches/sponsors who need an early dismissal to travel to out-of-district events.
- Substitute coverage needs increase (see bullet 1).
- Outdoor athletic events are pushed into darkness during the last part of the fall season and the first part of the spring season.
- Afterschool activities are condensed into a tighter schedule.
- Afternoon childcare needs for elementary-aged children shift.

Lesson 2: A delayed schedule is not a cure-all.

Schools and families must work together to promote healthy sleep patterns and healthy work-life balance.

- **Research:** Systematic studies of the effect of school schedule changes on students' sleep have shown mixed results.
- **Homework:** Appropriate types/amounts of homework (school strategy) coupled with a distraction-free environment (home strategy) are both important factors in determining how much time is spent on homework.
- **Planning Out-of-School Time:** Extracurricular activities (school and non-school), rigorous course loads, and other personal responsibilities come with time commitments that won't go away with a delayed school schedule.

Lesson 3: Schedule Changes are Likely to Cost \$, not only for the District, but also for families, staff, and students.

- Stadium lighting: **Estimated Cost \$1.75 million +**
- Transportation cost increase likely; additional analyses needed.
- Substitute costs for teachers who coach or sponsor LMSD teams and need early dismissal.
- Potential new childcare costs for families and staff.
- Potential wage cuts for students and staff who work outside of school.

What Comes Next?

- More Data Analysis
 - Staff Input
 - Challenge Success Student Data
- Presentation from Hanover Research
- Detailed presentation in the Fall