

Community Advisory Committee

**Start and End Times
Recommendations
based on Adolescent
Sleep Research**



Schedule

Elementary Schools:

- 7:30 am - 1:52 pm (five schools)
- 8:00 am - 2:22 pm (four schools)
- 8:30 am - 2:52 pm (three schools)

Middle Schools:

- 9:00 am - 3:32 pm (Marshall, Jefferson, and Washington MS)
- 9:05 am - 3:37 pm (Reeves MS)

High Schools:

- 8:50 am - 3:27 pm (Capital and Olympia High Schools)

Adolescent Sleep Deprivation

Video

- “What Happens When You Don’t Sleep”

Sleep: Adolescents and Prepubescent Children

- Sleep Cycles and Brains, Physical and Mental Health, Academics

Community Concerns and Survey Results

- 7:30am is early! Also, afternoon childcare, out of school activities, music and athletics, and student jobs

Recommendations

- Bell Schedule and Sleep Hygiene
- Careful look at community concerns and possible solutions

What Happens When We Don't Sleep



Sleep

Transitioning Sleep Cycles

- Elementary kids don't need to sleep in (2-4am deep sleep).
- Teenagers do need to sleep in (3-7am deep sleep).
- Adults don't need to sleep in (2-4am deep sleep).

“During deep sleep... ...[y]our muscles are extremely relaxed, and you are most difficult to rouse. This is known as the healing stage, when tissue growth and repair take place, important hormones are released to do their jobs, and cellular energy is restored.”

Brain Development

- What's going on with adolescent brains?
- Neurological changes to prefrontal cortex: upper level thinking, self-control, and decision making

Physical Health

Sleep deprivation can increase risks of:

- Obesity, diabetes, heart problems, low activity levels
- Risky behaviors, vehicle crashes, use of stimulants

Mental Health

Depression, Anxiety, Suicide Ideation, Mental Disorders

Studies have shown that sleep deprivation in adolescence can “have concrete effects on even the most resilient kids and potentially devastating ones on those who have a predisposition toward mood disorders like depression.”

Academic Benefits

Moving school start later by 1 hour can have an impact on standardized test scores comparable to decreasing the class size by one-third.

- General Academic Advantages
- Socioeconomically Disadvantaged (33%)
- Achievement Gaps Between Boys and Girls

Community Challenges

7:30 am??

- Childcare, especially after school
- Changing sleep schedules and routines, are they going to get enough sleep?
- Morning darkness

After school challenges

- Athletics: game times, lost seat time, practices
- Time? homework, jobs, sibling care, other activities

Traffic

- Some see benefits and others see detractions

Community Support

What were the significant highlights?

- More sleep for adolescents
- Focus and alertness
- Ability to adjust to logistical challenges
- Increased supervision of middle schoolers
- Still majority supported

What do we Know?

What have other schools/districts done?

- Scheduling changes, study periods, late release, flexible start/end times, homework loads
- Let our education experts put their minds to solutions

What are things we know about?

- Boys & Girls Club and Y-care
- Is there enough time to fit it all in? Students are under a lot of pressure.

Recommendations

What we recommend:

- Implement the proposed schedule.
- Look into additional Transportation efficiencies in order to eliminate the 7:30am start time, if feasible.
- Create a Sleep Hygiene education program, including sending white/blue light blocking glasses home with Chromebooks.
- Take a very thoughtful approach to the community's indicated challenges. What can be done to mitigate those issues?

What are things we know about?

- Our adolescents' sleep phase delay is exacerbated by night time access to lit screens.
- Sleep is critical for development.
- Change is hard.

Thank you

Thank you to the School Board for creating this committee to evaluate this issue and for considering this proposal.

Thank you to the community for your feedback throughout this process and for those of you who volunteered to be part of the committee and for the work that you have done.

References

All documents and references will be posted to:

[https://www.osd.wednet.edu/our_district/board_of_directors/
board_advisory_committees/
s_y_calendar__start_times_advisory_committee](https://www.osd.wednet.edu/our_district/board_of_directors/board_advisory_committees/s_y_calendar__start_times_advisory_committee)