

School Start Times Update

January 8, 2019
Teaching and Learning
Educational Services

Presentation Goals

- Recap timeline of presentations to date
- Provide update on Senate Bill 328 (Portantino)
- Present overview of outcomes at districts that have enacted later start times
- Seek guidance from Board regarding next steps

Timeline

- February 2016 Community petition brought to BOE
- April 2016 Superintendent directs staff exploration
- Fall 2016 Staff exploration
- February 2017 Senate Bill 328 introduced
- March 2017 Staff administers stakeholder survey
- April 2017 Initial presentation to BOE
- September 2017 SB 328 fails to pass in Assembly
- December 2017 Update presented to BOE
- Spring 2018 Additional engagement of stakeholders
- August 2018 SB 328 reconsidered – passes
- September 2018 SB 328 vetoed by Governor
- November 2018 Update presented to BOE

Key Information Presented to Date

- Local and state trends
- Adolescent sleep research including sleep deprivation rates, impacts of sleep deprivation on academic performance, health, and behavior
- Recommendations by professional organizations for later secondary school start times
- Potential challenges
- Survey data
- Progress of potential state legislation
- Potential schedule changes based upon current state

Senate Bill 328 (Portantino)

- Introduced in February 2017, SB 328 proposed to set the start time for middle and high schools at no earlier than 8:30 AM
- After passing at the Senate level on 5.30.17, the bill failed at the assembly on 9.14.17
- Reconsideration was granted on 8.16.18
- Passed on 8.31.18
- Presented to the Governor on 9.12.18
- Governor vetoed on 9.20.18

Governor's Veto Message

To the Members of the California State Senate:

I am returning Senate Bill 328 without my signature.

This bill would prohibit middle and high schools from starting earlier than 8:30 in the morning, unless in a rural area.

This is a one-size-fits-all approach that is opposed by teachers and school boards. Several schools have already moved to later start times. Others prefer beginning the school day earlier. These are the types of decisions best handled in the local community.

Key Survey Results (AUSD)

- The majority of student respondents (90%) report that they typically get less than 8 hours of sleep per school night. 75% of parent/guardian respondents report the same.
- The majority of student respondents report that sleep deprivation affects sports performance, mood, social life, family life, and makes it difficult to wake up and get going on school days. The majority of parent/guardian respondents report the same for each indicator.
- The majority of student respondents (56%), parent/guardian respondents (75%), and staff respondents (69%) reported that they were very likely or likely to support later start times if school started and ended later but afterschool activities could be maintained.

Key Survey Results (AUSD)

- Fewer stakeholder respondents indicated they would support later school start times if it made it harder for students to maintain afterschool activities: 29% of students, 49% of parents/guardians, and 44% of staff.
- 95% of student respondents indicated that it would be a little more difficult or not at all difficult to get to school if school started later. 88% of parent/guardian respondents reported the same.
- 9% of staff respondents indicated that later start times would negatively impact their ability to get their own children to school. 91% indicated that it would positively affect them, have no change, or that they don't have school aged children.

Recent Survey Results (National)

- In a recent survey of districts across the country, Hanover found that:
 - 32% of staff report seeing students fall asleep during class
 - 57% of parents, staff, and students are open to a change in school start times

Sleep Research

- **Children ages 6-10** should get between **9 and 11** hours of sleep per night.
- **Adolescents** should get between **8.5 and 9.25** hours of sleep per night.

Sleep Research

- Most school-aged students get **less** than the recommended amount of sleep on weeknights.
- Parents report that **children ages 6-10** get only **8.8** hours of sleep per school night.
- Only **25%** of high school students report getting **8 or more hours** of sleep per night.

Effects of Later Start Times on Secondary Students: Academics

- Students' test scores and grades typically **stay the same or increase** when schools start later.
- More sleep is correlated with **better attention** and improved reaction test time.

Effects of Later Start Times on Secondary Students: Sleep

- Studies have found that when schools start at least **25 minutes later**, students tend to use that time to get extra sleep.
- Students sleep **25 to 77 minutes** more per weeknight when delaying start times by **25 to 60 minutes**.

Effects of Later Start Times on Secondary Students: Behavior

- Schools see **decreased tardiness and absence rates** when they implement later start times.
- More sleep leads to **reduced depression and anxiety** in students.
- Adolescent drivers are **less likely to be involved in vehicle crashes** when schools start later.

Effects of Later Start Times on Secondary Students: Academics

- Students' test scores and grades typically **stay the same or increase** when schools start later.
- More sleep is correlated with **better attention** and improved reaction test time.

Next Steps

- Option 1: No action – maintain current start times
- Option 2: Implement later start times at middle and/or high school levels following engagement and planning process
- Option 3: Include for consideration in approaching strategic planning process and pending decision to consolidate/redesign high schools

Sources

From 2018 Hanover Fast Facts about Sleep Research and School Start Times

- <https://aasm.org/aasm-position-delaying-middle-school-high-school-start-times-is-beneficial-to-students/>
- <https://www.ncbi.nlm.nih.gov/pubmed/28346157>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4844764/>
- <https://sleepfoundation.org/sleep-topics/children-and-sleep/page/0/2>
- [https://sleepfoundation.org/sites/default/files/sleep and teens report1.pdf](https://sleepfoundation.org/sites/default/files/sleep_and_teens_report1.pdf)
- <https://sleepfoundation.org/sites/default/files/2014-NSF-Sleep-in-America-poll-summary-of-findings--FINAL-Updated-3-26-14-.pdf>
- <https://www.cdc.gov/healthyouth/data/yrbs/pdf/2017/ss6708.pdf>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4844764/>

Questions?