

Update on Start Times for 2020-2021 School Year

January 14, 2020
Educational Services

Presentation Goals

- Recap timeline of presentations to date
- Provide update on Senate Bill 328 (Portantino)
- Discuss next steps for implementation of later start times across district.

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 Brown
- November 2018 Update presented to BOE
- October 2019 SP 328 signed into law by Governor Newsom
- January 2019 Second 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 Brown on 9.12.18
- Governor Brown vetoed on 9.20.18
- Introduced again on 2.15.19
- Presented to Governor Newsom on 9.20.19
- Approved by Governor Newsom on 10.13.19

Adolescent Sleep Research

- **Adolescents are sleep deprived**

- “Many studies have documented that the average adolescent in the United States is chronically sleep deprived and pathologically sleepy.” – *American Academy of Pediatrics, 2014*
- **50%** of 6th-8th graders and **87%** of 9th-12th graders get less than recommended 8.5-9.5 hours of sleep on school nights. – *National Sleep Foundation, 2006*
- “The high prevalence of insufficient sleep among high school students is of substantial public health concern.” – *Centers for Disease Control, 2015*

- **Because...**

- **Biology:** Sleep-wake cycles shift in adolescence, so teens naturally become sleepy later at night and awake later in the morning.
- **Academic and extra-curricular demands**

[Sleep deprivation among teens is] "largely driven by a conflict between teens' internal biological clocks and the schedules and demands of society."

–National Sleep Foundation

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.

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Next Steps

- A subcommittee made up of members of Alameda Education Association (AEA) and Alameda Unified School District (AUSD) staff has until January 31st to finish a report which will cover any effects that an later start time for TK – 12 will have on employees.
- Any identified effects will then be negotiated between AEA and AUSD.
- AUSD is committed to a start time of 8:30am or later for high schools across the district for the start of the 2020-21 school year.
- Subcommittee will also be working on start times for grade levels TK – 8.

Communications Plan

Audience	Communication platform	Timing
Students	AUSD newsletter, social media; plus AUSD and school websites; posters	Start on January 15, with regular reminders
Families	AUSD newsletter, social media, robocalls; AUSD and school websites; school newsletters; flyers in District Office	Start on January 15, with regular reminders
Staff	Email, AUSD newsletter	Start on January 15, with regular reminders
Community	<u>Alameda Journal</u> column; AUSD website; social media	Start with January 24 column, with regular reminders

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?