

SCHOOL START TIMES

Status and Update

May 20, 2021



ANDOVER
PUBLIC SCHOOLS
Massachusetts



Why has Andover been looking at start times?

From the *Guiding Principles* established August 2018:

- **Goal**: Make an overall positive impact on student well-being
 - Physical health
 - Mental health
 - Academic performance

- **Scientific Research**: Many professional medical and public health organizations have made the recommendation that **middle and high schools should not start before 8:30 AM** in order to provide adolescents more sleep.



Sleep Cycle Shifts During Adolescence

- Teens need approximately **8 to 10 hours of sleep per night** ⁽¹⁾
- Biological sleep patterns shift toward later times for both sleeping and waking during adolescence, meaning it is **natural not to be able to fall asleep before 11:00 pm** ⁽²⁾
- The sleep shift is not due to lifestyle choice; it is a factor of **biology and circadian rhythms**
 - Going to bed earlier is not a solution
 - When school starts later, **student bedtimes remain the same.** ⁽³⁾

References: ⁽¹⁾ American Academy of Sleep Medicine, 2016 and others; ⁽²⁾ National Sleep Foundation, 2019; ⁽³⁾ University of Minnesota, Dec 2002 and others.



Impact of Adolescent Sleep Deprivation

- Adolescent sleep loss poses a **serious risk** to the physical and emotional health, academic success, and safety of our nation's youth ⁽¹⁾
- Adolescents who do not get enough sleep are more likely to: engage in **unhealthy risk behaviors** such as drinking alcohol, smoking tobacco, and using illicit drugs; **perform poorly in school**; be overweight; suffer from **depressive symptoms** ⁽²⁾
- Sleeping less than 8 hours at night is associated with an almost threefold **increased risk of suicide attempts** ⁽³⁾
- Sleep deprivation lowers impulse control and reaction times. Est. 27% of all **drowsy-driving-related car crashes** involve 16-19 year old drivers ⁽⁴⁾

References: ⁽¹⁾ Dr. Judith Owens and American Academy of Pediatrics, 2014; ⁽²⁾ CDC, Aug 2015 and others; ⁽³⁾ Liu X, *Sleep and adolescent suicidal behavior. Sleep, 2004*; ⁽⁴⁾ AAA Foundation, 2018.



Impact of Later Start Times

- Delaying school start times is an **effective countermeasure to chronic sleep loss** and has a wide range of potential benefits to students with regard to physical and mental health, safety, and academic achievement. ⁽¹⁾
- Delaying middle school and high school start times **promotes student health and performance**,⁽²⁾ is linked to **higher attendance & graduation rates**,⁽³⁾ shows **improvement in standardized test scores**, **reduces injuries to student-athletes**,⁽⁴⁾ and **reduces car accidents** among teen drivers.⁽⁵⁾

References: ⁽¹⁾ American Academy of Pediatrics, Adolescent Sleep Working Group, *School Start Times for Adolescents* Policy Statement, 2014; ⁽²⁾ American Academy of Sleep Medicine, 2017; ⁽³⁾ Reuters Health, Feb 2017; ⁽⁴⁾ Dr. Mathew Milewski, American Academy of Pediatrics Conference, 2012; ⁽⁵⁾ Dr. Wendy Troxel, Why School Should Start Later for Teens Ted Talk, 2017.

Andover Timeline

August 2018	Established guiding principles of start time evaluation
October 2018 to February 2019	Regular meetings of the Administrative Working Group focused on logistic options, transportation, curricular and extra-curricular impacts
November 2018	Community presentation by Dr. Judith Owens, sleep expert from Boston Children's Hospital and Professor of Neurology at Harvard Medical School
March 2019 to March 2020	Community outreach including: public forums, PTO and parent meetings, informational coffees, student discussions
June 2019	Survey conducted of parents, students and faculty/staff
Fall 2019	Transportation study commissioned (Edulog consultants)
Jan to March 2020	Establishment and regular meetings of the Parent Advisory Group
June 2020	Report published that outlined pros/cons of multiple options
September 2020	Addition of 3 buses to contracted fleet beginning in 2020/21 school year
September 2020	Start time of Andover High changed from 7:45 AM to 8:15 AM
May/June 2021	Consideration of start time in preparation for 2021/22 school year

Information Collected

- Community Feedback
 - Forums
 - Survey data (parents, students, staff)
 - School-based meetings with PACs/PTOs and students
 - Emails
 - School Committee meetings
 - Additional private feedback

- Transportation Analysis
 - Three additional buses have been added to APS contracted fleet

- Report of the Start Time Working Group
 - Reflective of input from stakeholders including administration, transportation, athletics, community groups (childcare, AYS, other extracurricular activities), and Parent Advisory Group

Additional Pandemic Learnings

- Community focus on mental health/social-emotional wellness during pandemic, with expected impacts beyond end of pandemic
 - Supportive environment for mental wellbeing more critical than ever before
- Community focus on the relevance and importance of science in school decisions
 - Evidence-based science imperative during pandemic and beyond
- Experience of later start times (8:15 AM vs 7:45 AM) at Andover High School during the 2020/21 school year

Current School Times

2020/21
School Year

Elementary Schools

Start	8:45 AM
End	3:15 PM

- Unchanged from previous school years

Middle Schools

Start	7:45 AM
End	2:20 PM

- Unchanged from previous school years

High School

Start	8:15 AM
End	2:51 PM

- Start/end times moved 30 minutes later than previous years
- Change did not impact any other levels because only limited bus service offered to grades 9-12

Consideration of Next Year

2020/21 School Year	<table border="1"><thead><tr><th colspan="2">Elementary Schools</th></tr></thead><tbody><tr><td>Start</td><td>8:45 AM</td></tr><tr><td>End</td><td>3:15 PM</td></tr></tbody></table>	Elementary Schools		Start	8:45 AM	End	3:15 PM	<table border="1"><thead><tr><th colspan="2">Middle Schools</th></tr></thead><tbody><tr><td>Start</td><td>7:45 AM</td></tr><tr><td>End</td><td>2:20 PM</td></tr></tbody></table>	Middle Schools		Start	7:45 AM	End	2:20 PM	<table border="1"><thead><tr><th colspan="2">High School</th></tr></thead><tbody><tr><td>Start</td><td>8:15 AM</td></tr><tr><td>End</td><td>2:51 PM</td></tr></tbody></table>	High School		Start	8:15 AM	End	2:51 PM
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Considerations for 2021/22 School Year	<table border="1"><tr><td data-bbox="421 668 823 860">Should AHS start time remain at 8:15 AM or be changed to a different time?</td><td data-bbox="873 635 1889 915"><ul style="list-style-type: none">• Is any additional information or feedback needed to make a decision on start times for next school year?• What process and timeline should be used?• What are the options?</td></tr></table>			Should AHS start time remain at 8:15 AM or be changed to a different time?	<ul style="list-style-type: none">• Is any additional information or feedback needed to make a decision on start times for next school year?• What process and timeline should be used?• What are the options?																
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THANK YOU

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April 2021**



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