

Western Demographics, Inc.

4/3/23

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- ! In 2014, the American Academy of Pediatrics recommended that U.S. middle and high schools start at or after 8:30.
- ! Research indicated that early school start times restrict the sleep opportunity of adolescents, and healthy school start times are associated with increased sleep duration, decreased daytime sleepiness, increased attendance and graduation rates, fewer tardies and increased GPA, improved health outcomes, and fewer automobile crashes.
- ! Since 2014, many districts have explored changing start times with a significant number of those making changes.
- ! Additional research, both pro and con, has been published
- ! Opposition research tends to suggest benefits for middle and high school students with later starts are minimal and emphasizes potential negative effects on elementary school students of earlier starts.






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! Recently, ASD heard a presentation by Dr. Lisa Meltzer, a well-regarded sleep researcher with a National reputation. This is one of the best pre / post change studies.

! Dr. Meltzer and her team conducted pre and post change research in a school district that changed start times in Colorado.

! Cherry Creek School District (CCSD - Colorado) began a two-year process of considering the benefits and challenges of changing school start times.

! The BOE voted to implement new school start times for the 2011-2012 academic year. Elementary schools moved from 8:00 am to 7:00 am, middle schools moved from 7:00- 7:10 am to 7:00 am, and high schools moved from 7:10 am to 7:20 am.

! Most expected benefits resulted including student performance benefits along with benefits for teachers and parents (more sleep, other wellness improvements).

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- " PLCs are a means to support major ASD initiatives
  - # College, Career, Life Ready
  - # Curriculum implementation and goal monitoring
  - # Social, emotional learning and student mental health services
- " A nationally recognized model of job-embedded professional development for staff
  - # Provides time for professional educators to develop and refine instructional strategies
  - # Addresses various student needs (i.e. attendance, achievement, etc.)
  - # Prioritizes data-driven decision making to improve student outcomes
- " Districtwide at all levels in Fall 2024
  - # Continue in comprehensive ASD High Schools (since 200 )
  - # Adjust Middle School PLC model
  - # Implementation at Elementary Schools and Alternative Programs next year
- " 0 minute student late start on Monday mornings





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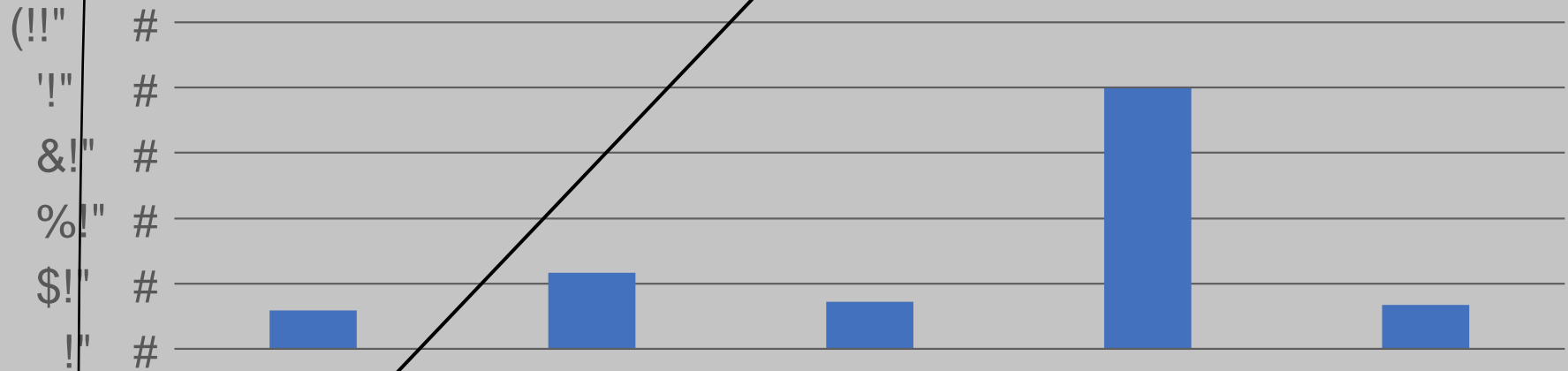


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- ! Nearly 10,000 survey responses were received (total , 2 ).
- ! Most responses were from parents ( 0 ).
- ! Employees 23 .
  - ! 2 of the employees were teachers
  - ! Teachers 14 of all responses.
- ! Students represented about 12 of the responses.
- ! Principals less than 1 .
- ! Medical Professionals 13 .
- ! A separate survey conducted with transportation personnel.



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\*Principals responses were all collected at focus group sessions, so there is not a difference for them on the two tables .

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# Percent Somewhat or Most Likely to Support Start Time Changes by School Level (Focus Group Respondents)

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# Percent Somewhat or Most Likely to Support Start Time Changes by School Level (All Respondents)

	Elementary	Middle	High	Total
Elementary	4	2	4	155
Middle	4	2	2	
High	4	2	1	

Green/Shaded cells indicate 50% or more somewhat likely or most likely to support. Totals may not sum to 100 due to rounding.



Percent of all responses to:  
“Do you think earlier start times would be beneficial,  
neutral, or harmful for elementary students?”





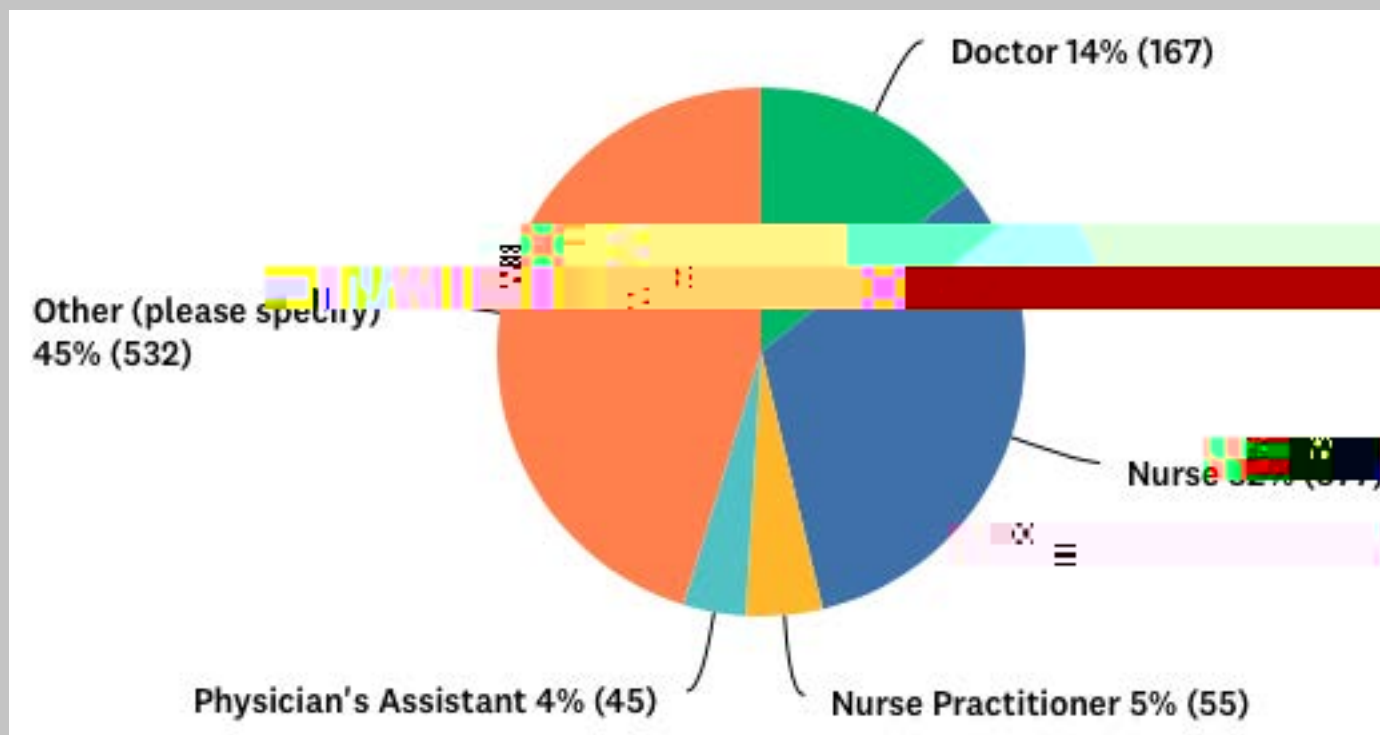


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- ! Parents highest ranked concerns were consistent with those that emerged for all as concerns.
- ! Teachers also ranked a concern (44 listed it).
- ! Students did not rank as high (3 listed it).
- ! Principals were not as concerned with a concern (72 listed it).



# Medical Professionals



Total 1,203



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Earlier start times than current for elementary	66%	42%	57%
Later start times than current for middle school	66%		

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