



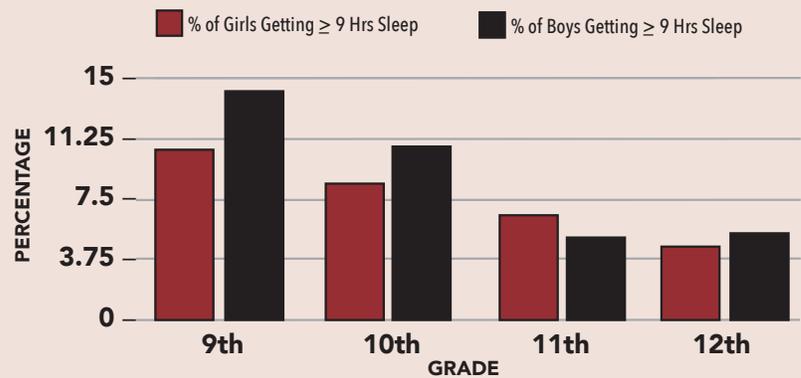
## Fact Sheet: Later Start Times

The Onteora School Board passed a resolution in October 2019 to move secondary school start times to no earlier than 8 AM in order to support student health and wellness. We invite you to learn the facts, read the resolution, and participate in the discussion.

### Some Fast Facts... Not Sleeping is Unhealthy

- At the onset of puberty, the natural sleep-wake cycle shifts up to two hours later. Biological changes in the students' circadian rhythms can lead to chronic sleep loss.
- More than half of teens (56%) with driver's licenses admit to having driven when feeling too tired to drive their best, and nearly one in 10 teens report that they have fallen asleep at the wheel. (SADD and Liberty Mutual Study, 2016)
- Insufficient sleep in teens is associated with obesity, migraines, and immune system disruption and with risky behaviors including smoking, drinking, stimulant abuse, physical fighting, physical inactivity, depression, and suicidal tendencies.
- In the 1950 and 1960s, most schools started between 8:30-9:00 AM. (National Center for Health Research)
- When schools have delayed the start of the school day, communities have seen reduced tardiness, sleeping in class, and car crash rates, as well as improved attendance, graduation rates, and standardized test scores. ([www.startschoollater.net](http://www.startschoollater.net))
- Research shows that teens who obtain less than 8 hours of sleep each night experience 68% more sports injuries than students who obtain more sleep. Sleep deprivation is known to impair hand-eye coordination and peripheral vision. Because tissue repair and glycogen storage occurs during sleep, it is not a surprise that chronic sleep deprivation is also associated with decreased growth, slower healing, and less endurance - particularly among athletes. Studies on swimmers, football players, tennis players, and basketball players at Duke University showed improvements in speed and accuracy among the athletes after they obtained more sleep each night. (Dr. Mathew Milewski, 2012 American Academy of Pediatrics Conference)

Percentage of Teens Getting Adequate Sleep by Gender and Grade Level



Source: Craig Canapari, MD. ([dcraigcanapari.com/less-than-10-of-high-school-students-get-enough-sleep-at-night/](http://dcraigcanapari.com/less-than-10-of-high-school-students-get-enough-sleep-at-night/))

### RESOLUTION:

WHEREAS, it is the responsibility of the Onteora School Board to consider the health and well-being of our students; and

WHEREAS, our district's future well-being relies on a high-quality public education system that prepares all students for college, careers, democracy, and lifelong learning; and

WHEREAS, there is substantial documentation regarding the later school start times' benefit to student health and wellness by many accredited organizations such as The American Academy of Pediatrics and others; and

WHEREAS, our Onteora School Board commits to a year-long engagement with all the stakeholders in our community regarding school start times in order to facilitate best practices and possibilities, including direct communication in the form of meetings, forums, etc.; and

THEREFORE, let it be resolved that the Onteora School Board, in order to support student wellness, resolves to move secondary start times to no earlier than 8 AM by September 2020.

### For more information and statistics on later start times:

[www.startschoollater.net](http://www.startschoollater.net)

[www.nytimes.com/2019/10/28/learning/should-your-school-day-start-later.html](http://www.nytimes.com/2019/10/28/learning/should-your-school-day-start-later.html)

[www.cdc.gov/features/school-start-times/index.html](http://www.cdc.gov/features/school-start-times/index.html)

[www.racetonowhere.com](http://www.racetonowhere.com)

## We want your input!

Contact us at [onteoraboe@onteora.k12.ny.us](mailto:onteoraboe@onteora.k12.ny.us).  
Public forum dates will be announced shortly.