Superintendent's Advisory Committee (SAC)
October 27, 2016

Present Condition

Our high school students begin classes at 8:00 a.m. on four (4) days a week. One day they begin classes at 8:45 a.m. This schedule appears to be in conflict with the medical science which indicates that a teenager's biological clock is not "in sync" with a typical high school schedule. Conversely, it would be a better practice to start high school much later in the morning.

We know that many high school students attend extra-curricular activities after school and some even have jobs to attend. Pushing the end time of a high school day forward (e.g., 3:30; 3:45; or 4:00) would impact their ability to attend those activities. Approximately 80% of our student body is involved in after school activities.

On October 26, the ASB Leadership Class students reported to me that on late-start Wednesday (8:45 a.m. start), they find themselves in more traffic, which is taking them longer to commute to school.

Variables to consider:

We need a minimum of 30 minutes that separates the beginning and end times for elementary students and 30-40 minutes that separates the beginning and end times for elementary and middle school.

It appears that a best way to accomplish a later start time for high school would be to move all three levels' bell times (e.g., elementary –earlier; middle—later; high school – later)

Positive Outcomes for moving bell times for all levels	Negative Outcomes for moving bell times for all levels

What is your group's consensus on moving bell times:	