



SCHOOL START TIMES

Downingtown Area School District

UPDATE – March 2023

RECAP: WHY FOCUS ON HEALTHY START TIMES?

8-10

Teens need 8-10 hours of sleep each night

27%

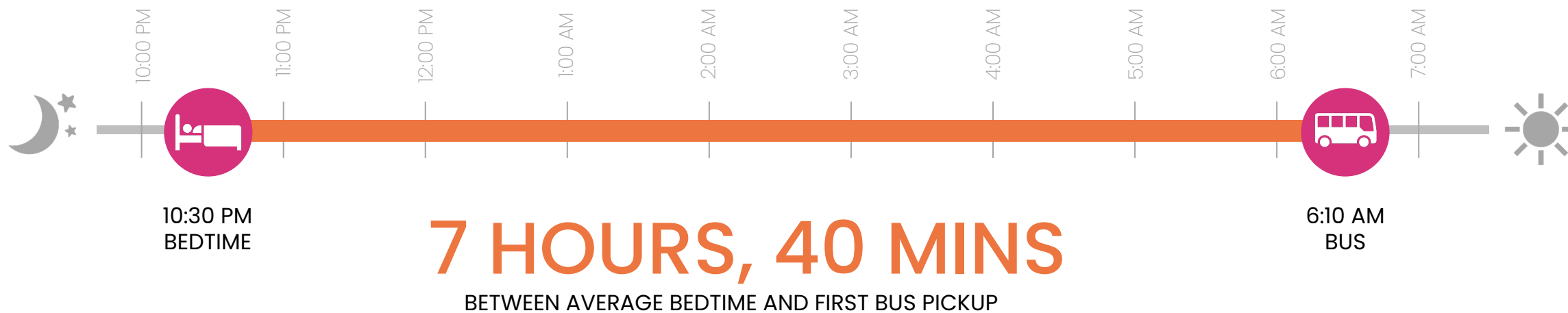
DASD secondary students are getting 8 hours



Monday Jet Lag



SCHEDULE BREAKDOWN





COMMITTEE RECOMMENDATION

Consider flipping current elementary and secondary start times

CHALLENGES TO FLIP

BUS SCHEDULE WITH FLIP

AM bus pick up

Elementary: 6:10AM – 7:30AM
Secondary: 7:40AM – 8:40AM

PM bus drop off

Elementary: 2:40 pm – 3:50 pm
Secondary: 3:50 pm – 4:50 pm



SURVEY

Elementary

- 55% – Concern relating to students waiting at bus stop in early morning
- 41% – Afternoon childcare challenges

Secondary

- 32% – Ending the secondary school day later would impact on afterschool activities



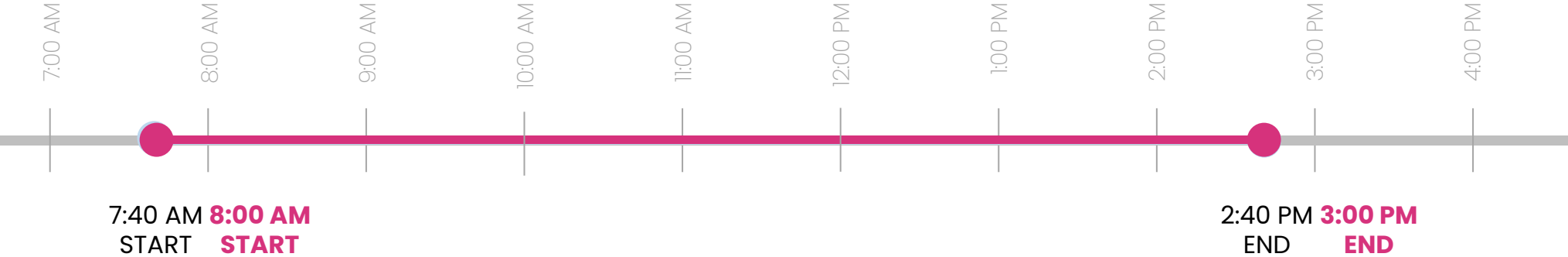
ATHLETICS & BAND

- ~3,000 students participating in outdoor DASD activities
- Potential for increased missed class time or missed after school athletics and band opportunities
- No lights at East, LMS & DMS



INVESTIGATED 20-MINUTE SCHEDULE SHIFT

SECONDARY





STAKEHOLDER CONCERNS

18 Staff Meetings
Community Survey – 900 responses

- 9:00 AM elementary start impact on families
- Elementary home arrival times

REVISED PROPOSAL

Shift in 2024-2025 school year

- Improve transportation
- Utilize the increased instructional hours to revise schedules
 - 2 PD -> Instructional Days
 - Lunch & Learn

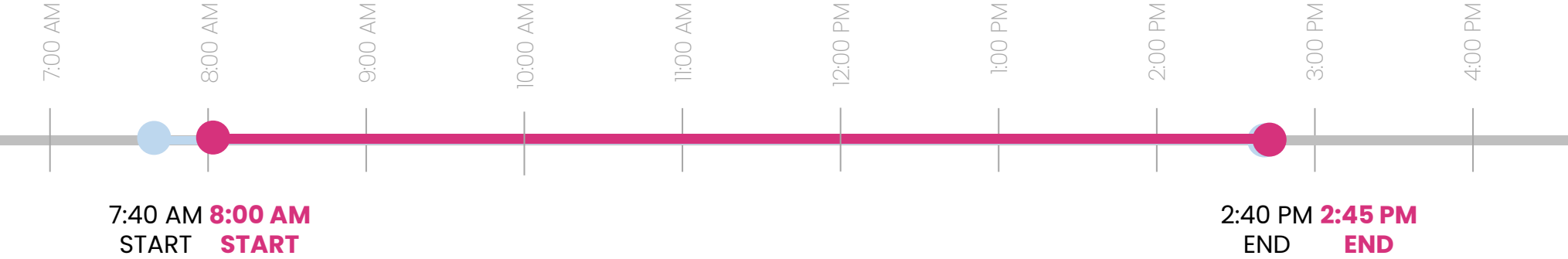
PROPOSED 2024-25 SCHEDULES

- Elementary (K-6): 9:00 AM- 3:35 PM
- Secondary (7-12): 8:00 AM - 2:45 PM



PROPOSED 2024-2025 SCHEDULE SHIFT

SECONDARY





QUESTIONS

