



# School Start Times

Presented to the school board  
April 11, 2023

# History of School Start Time Discussions

- Edina High School was the first high school in Minnesota to adopt later high school start times in the mid-1990s in response to research and medical evidence.
- Requests to change high school start times in Stillwater schools have been made by community, parents and students through various district surveys and conversations with building and district leaders.
- Start times were considered as part of both Vision 2014 and Bridge to Excellence strategic planning processes.
- In 2016-2017 a School Start Time Study was shared with school board. No action was taken at that time due to other district initiatives (grade reconfiguration, etc.).

# Current School Start Times

Tier 1	Tier 2	Tier 3
<p>High school 7:40 a.m. - 2:10 p.m.</p> <p>Middle schools 7:50 a.m. - 2:20 p.m.</p>	<p>Elementary schools 8:45 a.m. - 3:15 p.m.</p>	<p>Charters/Non Publics Varies 9:05-9:30 a.m. - 3:40-4:00 p.m.</p>



# Why Adjust Start Times?

## Benefits to students:

- Medical evidence and research compiled over 25 years suggests that later start times for secondary schools better aligns with teens' unique sleep needs.
- Research suggests an early start increases prime morning instructional time, which is advantageous to elementary-aged students, especially children with emotional and behavioral disorders.



# Research: Impact of later starts on teens

- **Academic outcomes with later start:** Significantly improved grades, reduced tardiness, reduced absenteeism, improved graduation rates.
- **Social/emotional and other outcomes with later start include:** Statistically significant less reported depression, fewer discipline incidents, fewer emotional outbursts, reduced risky behavior, and fewer car accidents.

## Research Examples:

- [American Academy of Pediatrics](#)
- [American Association of Sleep Medicine](#)
- [American Medical Association](#)
- [Minnesota Sleep Society](#)
- [University of Minnesota Center for Applied Research and Educational Improvement](#)



# Research: Impact of earlier start for elementary

- Younger children are able to modify bedtimes forward to compensate for the earlier wake up time; this is biologically difficult in older adolescents (*Appleman, et al., 2015*).
- Unlike teens, elementary-aged children are biologically capable of falling asleep earlier in the evening and thus can awaken early as well, with no ill effects (*Facts About Sleep, Iber & Wahlstrom*).
- An early start will increase prime morning instructional time, which is advantageous to elementary-aged students, especially children with emotional and behavioral disorders (*Wahlstrom, 1998*).
- Research suggests that the academic achievement of elementary aged children is not negatively affected with earlier start times (*Dupuis, 2015*).

# Start Time Comparisons

Our Conference High Schools	School hours
Cretin-Derham Hall	8:15 a.m. - 2:45 p.m.
East Ridge, Park & Woodbury	8:30 a.m. - 3:06 p.m.
Forest Lake	7:55 a.m. - 2:30 p.m.
Mounds View	8:35 a.m. - 3:15 p.m.
Roseville	8:10 a.m. - 2:40 p.m.
<b>Stillwater</b>	<b>7:40 a.m. - 2:10 p.m.</b>
White Bear	8:25 a.m. - 3:10 p.m.

## Sample of early start times

- **Edina:**  
8:30 a.m. - 3:16 p.m.
- **Eden Prairie:**  
8:35 a.m. - 3:20 p.m.
- **Robbinsdale:**  
8:35 a.m. - 3:25 p.m.
- **Wayzata:**  
8:20 a.m. - 3:10 p.m.

# EXAMPLE: Possible school hours

Tier 1	Tier 2	Tier 3
<b>Elementary schools</b> 7:40 a.m. - 2:10 p.m.	<b>High school</b> 8:40 a.m. - 3:10 p.m.  <b>Middle schools</b> 8:50 a.m. - 3:20 p.m.	<b>Non-public and charter schools</b> Varies by building 9:30-9:40 a.m. 4:05-4:15 p.m.



## Example:

- Elementary schools start 55 minutes earlier
- Middle and high schools start 60 minutes later



# Future Considerations

- Provide the best educational environment that meets the needs of our students and staff.
  - Start times are consistent with the district's educational mission, vision, values.
  - Start times are consistent with medical evidence and research best-practices.
  - Families are supported through any disruptions caused by changes to start times.
- Operate in a fiscally responsible manner.
  - The cost of any adjustments are financially sustainable.

# What's Next?

If the board is interested in considering a change to start times:

- **Fall 2023:**

- Gather feedback from students, staff and families
- Present a recommendation to the school board for the 2024-2025 school year

- **Winter 2024:**

School board to vote on start time changes

- **Fall 2024:**

- Implement new school start times



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# Questions

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