

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

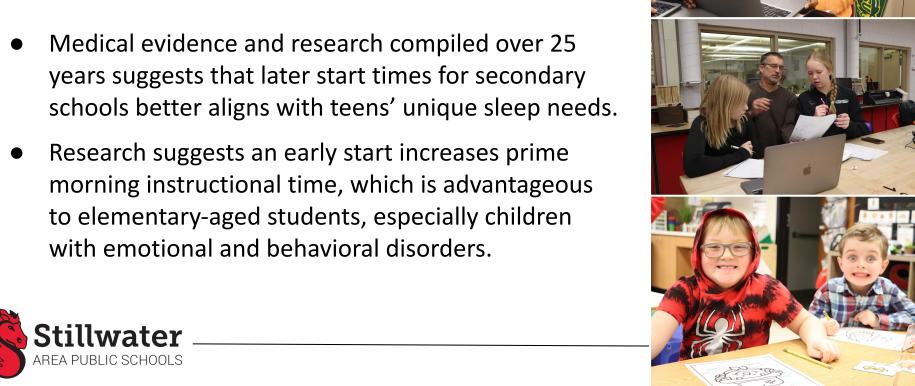
Tier 1	Tier 2	Tier 3
High school 7:40 a.m 2:10 p.m.	Elementary schools 8:45 a.m 3:15 p.m.	Charters/Non Publics Varies 9:05-9:30 a.m 3:40-4:00 p.m.
Middle schools		





Why Adjust Start Times?

Benefits to students:





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.m2:45 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.	
Stillwater	7:40 a.m 2:10 p.m.	
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
Elementary schools 7:40 a.m 2:10 p.m.	High school 8:40 a.m 3:10 p.m. Middle schools 8:50 a.m 3:20 p.m.	Non-public and charter schools 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





Questions