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School Start Time Board Committee

School Board Update on Feb 11, 2025

School Start Time Board Committee

Purpose

The School Start Time Board Committee is a representative group of School District of Elmbrook stakeholders charged with exploring options that better align sleep research and academic performance with school start times. The School Start Time Board Committee will produce one or more recommendations to the Board of Education by March 18, 2025.

Membership

70 actively engaged members, representing students, parents, teachers, administrators and the school board

Committee Timeline

Meeting	Agenda Items
Wednesday, November 13, 2024	Committee Introductions & Expectations; Review of Sleep Research; Current Status and Background Information
Tuesday, December 3, 2024	Contributing Factors; Benchmark Comparisons; Considering Options
Wednesday, January 15, 2024	Evaluating Start Time Options
Next Meeting: Tuesday, February 18, 2025	Narrow Start Time Options Consider Policy Changes Confirm Survey Needs

School Start Time Advisory Team

15 Members from the School Start Time Committee

Meet virtually for one hour in between Committee meetings in order to:

- Provide feedback on the facilitation and execution of each meeting
- Offer insight into questions and ideas generated by one or more groups during small group discussions
- Help shape and narrow start time options as we near a recommendation

Sleep Research & State Legislation

Research and Position Statements

- American Psychological Association Summary [Article](#)
- American Academy of Sleep Medicine's [Position Statement](#)
- American Academy of Pediatrics 2014 [Position Statement](#)

State Legislation

- [California](#) legislation effective 2022 - Middle & High School Start after 8am
- [Florida](#) legislation effective 2026 - High School after 8am, Middle after 8:30am

Other Key Data and Information

District History of Start Time Studies or Alternative Consideration (1998, 2017)

Transportation Data

- Bus Ridership
- Expenditures
- Drivers and bus constraints
- Pickup, Dropoff, Parking

WI State Statutes Regarding:

- Private and Parochial School Transportation Requirements
- Hazardous Zones
- Instructional Minute Requirements

Attendance and Co-Curricular Participation Data

Benchmark Start Times

After School Care Needs

Next Steps

Critical Success Factors

1. Create a shared understanding of the current environment and all contributing factors
2. Establish a school start time recommendation for elementary, middle, and high school based on sleep research, student performance data, Committee member perspectives and values, family and staff feedback, and human and financial constraints
3. Consider and recommend changes to any related School Board policies necessary to successfully implement the school start time recommendation(s)

Meeting	Agenda Items
Tuesday, February 18, 2025	Narrow Start Time Options Consider Policy Changes Confirm Survey Needs
Tuesday, March 11, 2025	Review Survey Feedback Reach Consensus on Recommendations
Tuesday, March 18, 2025	Presentation of Recommendations to the Board of Education

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Questions or Comments