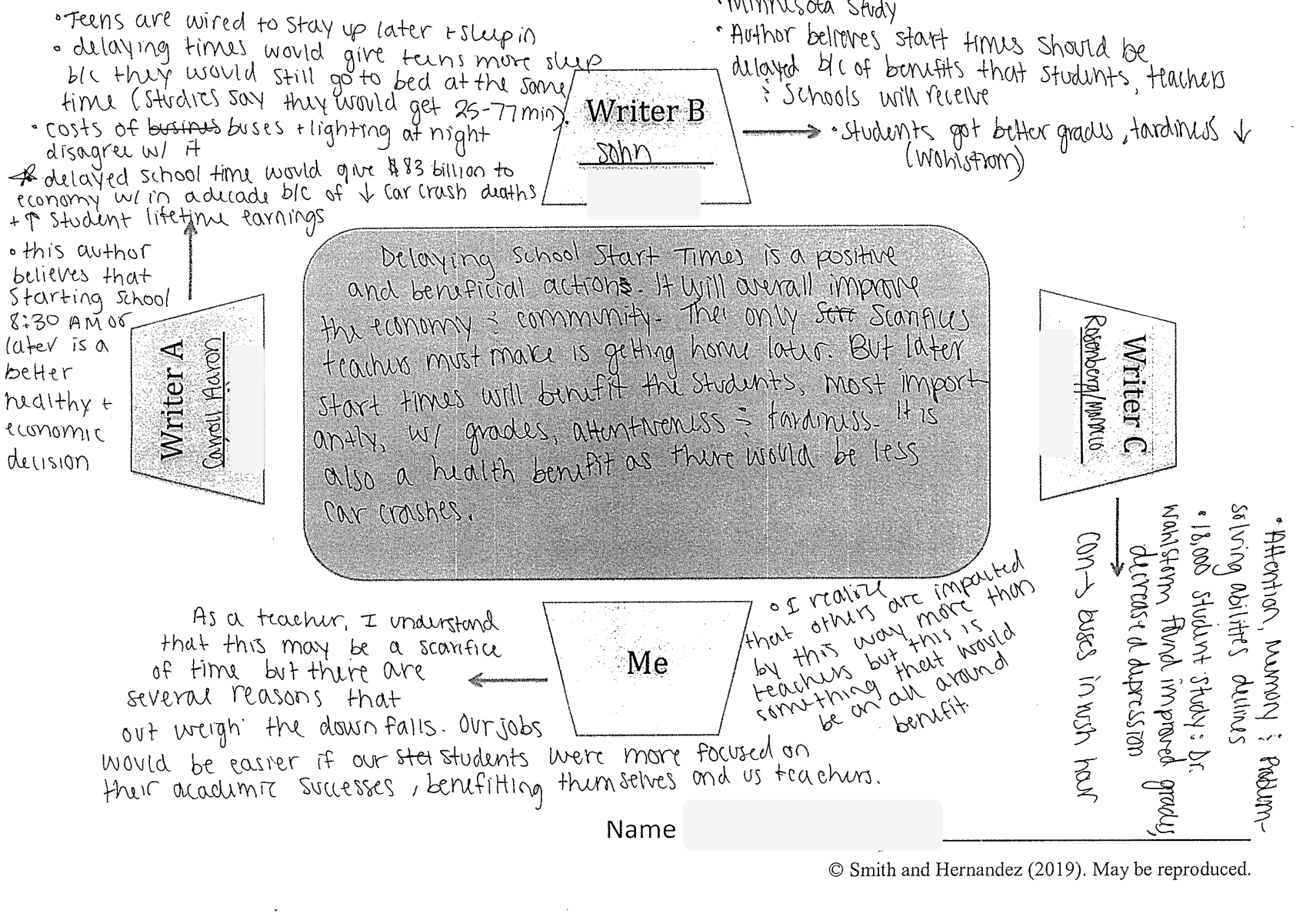
Coming to the Table About School Start Times (Teachers)



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Coming to the Table About School Start Times

School Administration

National Sleep Foundation
- natural to be hard to fall asleep before 11
- 8-10 hrs (76% not enough)
- narcolepcy, insomnia, restless legs syndrom

Writer B
Strauss

Who sleeps through 1st period - start hr. later.

"students function better academically, emotionally and physically when start times are after 8:30"

Bus costs can stay the same by consolidating bus routes.

- more busses on road during rush hour
- Athletes

We have to think about all of our students and putting them in unsafe positions and overworking students is Not the solution

"It will just make the entire complex system of a county or district even worse"

budget

Writer A
Monaco

Everyone agrees that there are benifits and that there are cost issues with changing the start times they disagree when it comes to a point outweighing another. One saying that the students are the most important and education is our #1 priority with another stating it will disrupt their overall lives so we step back and ask what is truly important.

Writer C
Rosenburg

- Attention
- memory
- problem solving abilities and mood is more optimal

Will tell other people in the discussion that we are a school and before ANYTHING else the students are the most important thing

Need 9 hours

In Minneapolis Public school district changing start times 7:15 - 8:40
- Improved grades
- ↓ attendance
- ↓ depression
- fewer dropouts

What do you want people to understand

personal thoughts/ experiences

Me

(As a school administrator)

School should start later for high school students since these are the years that matter for college. It will hopefully decrease fights, improve attendance and improve grades which makes us as a school look better.

Improved stats makes the school look better increasing the amount of kids that go there = more money

Isn't the most important thing the students?

How will this effect our school financially?

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Proves high school students are more awake, get less tardies & better grades with research. "To ask a teen to be up and alert at 7:30am is like asking an adult to be active and alert at 5:30am." -4.5% increase in grades. [illegible] Others words - "Adolescents are on one schedule. The questions: what schedule will their schools be on?"

Writer A
Uni. of Washington

Writer B
Bonnie Miller
Rubin

Through interviewing an actual AP student, we find out how important this change is. Although some families may be disrupted, the change is worth it, for the health of students. "Just a little more sleep time can reduce car accidents among teens." Others (the student) said, "I have to take my future into consideration. Its more important than going out or taking a nap." Healthwise, "children who chronically shortchange their slumber are at risk for obesity, diabetes, cardiovascular diseases - even Alzheimers."

Writer C
Aaron Carroll

We all agree that schools should begin after 8:30 - at least high schools. Yes, the change will be difficult and costly in the beginning, but the overall increase in test scores, safer driving, attendance and health of our students: the change is worth it. Is family life worth the sacrifice of happier/healthier students?

Me

As a school administrator I think this will be a very difficult change to handle, but if test scores and the economic status of our schools will increase then it is worth it. I am worried that the changes will be too much in the first year and that parents will be disappointed with this difficult change.

He describes early start times as a poor choice, not only for students health but economically. An extra $150 is estimated for transportation at a later start time (per student). But more sleep = higher academic achievement, as well as less car crashes and less obesity / serious health issues per student: this adds about $17,500 to a students lifetime earnings and increases the economy & overall wellbeing of the community.

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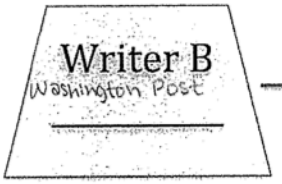
Discusses the different sides of having a later start times
- yes and no

Do the pros outway the cons?



The pros and cons faced by Montgomery County's high school when they tried later start times

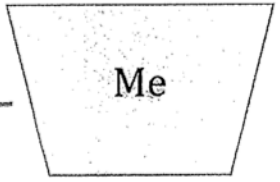
Based on how well our high School was able to adapt, how many schools do you believe will take on the change?

All writers share the idea that schools should start later. They all discuss research done on the topic by reliable sources and state both sides of the idea. The group would agree that schools should start later due to positive impacts on students all around.

Research by many universities supporting the need to start school later.

Many Universities and Doctors have stated many pros to starting later.

As a high school student with many extracurriculars, it is a challenge to wake up every morning after long nights of studying and homework, practice and meetings and work. Even research is backing this idea up, supporting the idea



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Coming to the Table About School Start Times

Writer A
Rubin

Pediatricians recommend that "delaying school start times is one of the most effective interventions to reduce the negative consequences of chronic sleep loss". Busy/active students average about 4 hrs of sleep per night which is super unhealthy for the brain and the body. many students say they are "sleep deprived" because the average amount of sleep teens need is 8 hrs

Writer B
Rosenburg

Sleep deprevations lead to negative health impacts and negative school performances. Attention, memory, problem solving, and moods are all affected by sleep deprivation. Having later start times can most likely increase higher grades and a higher attendance and also reduce tardies in the morning.

Although later school times would result in better health and less sleep deprivation for teens, it would affect coaches negatively. Practice times would have to be pushed back which would cause coaches to get home much later, this would change their day and personal routines

Writer C
Carroll

Although forcing adolescents to get up early is a bad health decision, changing that would result in a bad economic decision. Moving up school times would result in many people changing their schedules and routines including parents, teachers, coaches and bus drivers which comes with a cost. For example, coaches would have to find new practice times, and that might not work out with their personal, built in routine.

Me

I personally believe that school start times should be later, even with just an extra hour of sleep can make a big difference in a persons day. I have late arrival, so I start at 8:30 instead of 7:30 and I can the difference it has made in my day and mood. But as a coach, I think it would mess up the whole system.

Name

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