



Superintendent's Coffee Chat School Start Time Proposal

March 3, 2021

6:00pm





The Why?

- Increased academic performance
- Increased sleep for teens
- Increased test scores with later middle and high school start *times*
(*Brookings Institution*)
- Decrease in car accidents due to falling asleep at the wheel
(*SADD & Liberty Mutual Study*)
- Decrease in teen substance abuse and depression
(*University of Michigan & U.S. Centers for Disease Control and Prevention*)



The Evidence

- Source: <https://www.startschoollater.net/wake-up-calls-fast-facts.html>
- Increased sleep = increased academic performance
- Shifts in the sleep-wake cycle at puberty mean that most adolescents get their best sleep between 11 p.m. and 8 a.m.
- The CDC's Youth Risk Behavior Survey in 2019 showed that 77.0% of U.S. high school students get fewer than 8 hours of sleep on school nights. This is an increase from the 2017 findings, which showed that 75.4% of U.S. high school students get fewer than 8 hours of sleep on school nights, and 43% get 6 or fewer hours. It also reflects a growing downward trend from the 2011, 2013, and 2015 surveys.



Proposed School Start Time

School	Proposed Times *DRAFT*	Impact
Mechanicville Elementary School	7:45AM - 2:00PM	Approximately 1 hour <i>earlier</i> start time and end times for students
Mechanicville Jr/Sr High School	8:45AM - 3:00	Approximately 45 minutes <i>later</i> start and end times for students



Recommendation

To implement the adjusted school start times for the fall of 2021.

- **No additional cost to implement**
- **No impact on extra-curricular activities and sporting events/practices**



Questions

