



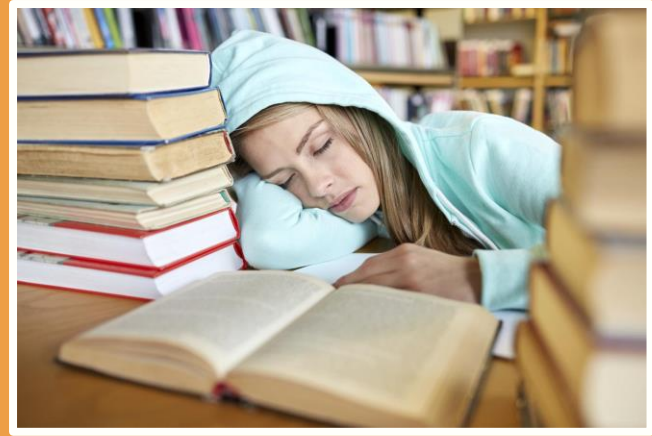
LATER START TIME DISCUSSION/ACTION

SMUHSD Board Meeting
March 23, 2017



SAN MATEO UNION HIGH SCHOOL DISTRICT

WHY LATER START?



Research suggests that students will get more sleep if school starts later. This leads to:

- Increase in physical and emotional well being
- Decrease of "drowsy driving"
- Improved cognitive function and decision-making
- Higher overall performance in everything from academics to athletics

*National Sleep Foundation



THE RESEARCH



Teen circadian rhythms have changed.
Teens are naturally going to bed later.



RESEARCH EXAMPLES



- **American Academy of Pediatrics:** School Start Times for Adolescents
- **Center for Disease Control:** Most US Middle and High Schools Start the School Day Too Early
- **Mayo Clinic:** Teen sleep - Why Is Your Teen So Tired?
- **National Sleep Foundation:** Later School Start Times
- **Stanford:** Adolescent Sleep



■ NATIONAL MEDIA COVERAGE

- NPR: Teen Night Owls Struggle To Learn and Control Emotions At School
- CNN.com: Falling asleep in class? Blame biology
- Neuroscience.com: Circadian Rhythms Shift for Later Sleep, but School Remains Early for Teens
- Student Science: Early school starts can turn teens into "zombies"
- Huffington Post: Seattle Schools Brace For A "Historic" Scheduling Change



■ BACKGROUND



- Board interested in later start for several years
- Board approved later start for next year as annual goal in the fall
- The installation of stadium lights on fields makes this action more feasible
- Board discussed at November 17, 2016 board meeting. Gave input to staff.
- Staff updated the Board at its December 2016 meeting. Board instructed staff to conduct a survey.



LATER START SURVEY



- Families, students and staff of comprehensive high schools surveyed
- Student and family surveys provided in three languages
- Survey was open from February 16, 2017 - March 6, 2017
- Number of Responses:
 - Students: 3,031 (2,917 English, 93 Spanish, 21 Chinese)
 - Families: 2,596 (2,549 English, 47 Spanish, 40 Chinese)
 - Staff: 382 (293 Certificated, 89 Classified)



Students Alert/Rested in AM?

	Yes	No
Students	29.51%	70.49%
Staff	54.85%	26.32%

Level of Difficulty Your Teen Has Waking Up?

	Not Difficult at All	Somewhat Difficult	Very Difficult
Families	31.46%	46.31%	22.23%



Would Students Perform Better in School with Later Start?

	Yes	No
Students	56.11%	43.89%
Families	58.77%	41.23%
Staff*	26.59%	44.88%

Approximately 28% of staff responded “don’t know.”



School Start Too Early, Too Late or Just Right?

	Too Early	Too Late	Just Right
Students	53.50%	2.14%	44.36%
Families	53.72%	.82%	45.46%
Staff	31.02%	.83%	68.14%



If Length of Day Stayed the *Same*, When Would You Start School?

	15 min earlier	Same as now	Start 15 min later	Start 30 min+ later
Students	4.34%	34.97%	19.90%	40.97%
Families	1.68%	34.75%	14.84%	48.73%
Staff	3.05%	50.69%	12.74%	33.52%



If Length of Day Was *Extended* to Accommodate a Late Start, When Would You Start/End School?

	15 min later	30 min later	Same
Students	22.78%	30.02%	47.20%
Families*	13.71%	42.46%	43.83%
Staff	13.92%	22.73%	63.35%

*Question for families used different wording.



Will Starting School 30 Min Later Decrease or Increase Traffic, or Will It Remain Same in AM?

	Decrease	Increase	Same
Students	22.87%	31.36%	45.77%
Families	17.34%	30.68%	51.98%
Staff	7.10%	70.74%	22.16%



OBSERVATIONS

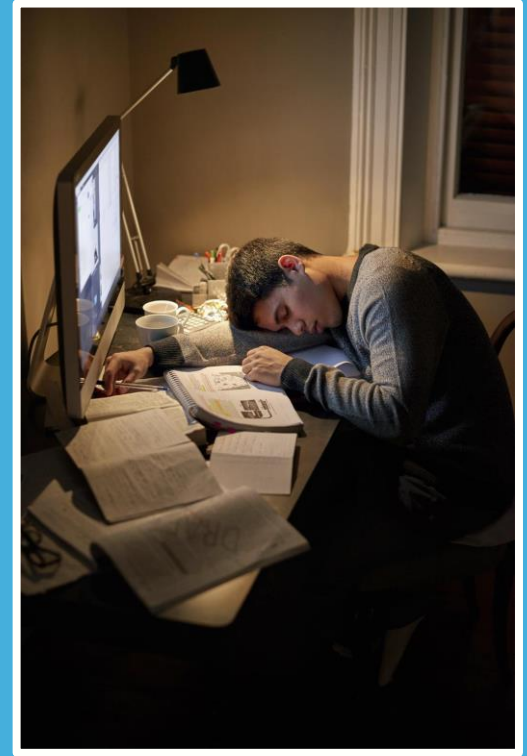


1. Mixed support from families and students
2. Students and families either feel strongly for or against
3. Teachers/staff relatively unified in opposition
4. Concerns around traffic impact (especially for Aragon and SMHS that are located next to other schools) and when students in athletics would be entirely done with the day are the most prevalent concerns
5. Homework policy frequently mentioned in survey comments and in conversations



■ OPTIONS

1. Move start to 8:30am (8:15am for Hillsdale)
2. Move start to 8:15am
3. Explore options for piloting later start at schools with students and families who voiced strong interest via survey
4. Stay the same while adopting related recommendations (*see next slide*)



■ RECOMMENDATIONS

1. Study homework issue and create board policy and administrative regulations on this topic during 17/18 school year
2. Explore ways to create more classes outside of traditional 1-7 schedule (traditional school day)
3. Discourage ADs/coaches from scheduling contests outside of San Mateo County
4. Encourage students to take 2-7 schedule if taking six classes
5. Direct Superintendent to notify parents annually about later start options
6. Recommend/require school collaboration times are moved to the morning



THANK YOU.

Questions?

