

FAQ's

Anchorage School District

Potential School Start Times Changes

Frequently Asked Questions

Why are we considering a change?

- National research on optimized school start times suggest that middle and high school students should not start school until after 8:30
- Research suggests elementary students rise early and tire by mid-afternoon—an earlier start could be beneficial
- University research and hospital studies indicate improvements in middle and high school student performance and wellness given later start times
- A significant Rand Corporation study indicates that high school student safety could improve dramatically with later start times

What are some of the academic and student performance benefits experienced elsewhere?

- Later start times result in middle and high school students getting 8 hours or more sleep
- Middle and high school students experienced less sleepiness from later starts
- Middle and high school students experienced improved grades and GPA's
- Most elementary school studies found improvements from earlier starts
- Middle and high school test scores improved
- Graduation and attendance rates improved—tardiness is reduced

What are some of the student wellness benefits experienced elsewhere?

- Middle and high school students have experienced health benefits including:
 - ✓ Less depression
 - ✓ Fewer visits to clinics because of fatigue
 - ✓ Less caffeine, tobacco, and junk food use
 - ✓ Fewer car accidents
 - ✓ Fewer negative behaviors
- The academic environment in numerous sites that have moved to later middle and high school start times have significantly improved



Why doesn't the District start all schools at the same time?

ASD uses a three-tiered school start and end schedule so that we may use buses and drivers for multiple routes. This saves the District millions of dollars and is the typical practice throughout the U.S. Starting all the schools at the same time would require us to purchase dozens of buses and hire additional drivers.

What is the key feature of the change for the Anchorage School District?

Exchange of elementary start time for high school

The two most promising time schedules are displayed in the table below:

	Current		Scenario 1		Scenario 2	
	Start	Release	Start	Release	Start	Release
High School	7:30 a.m.	2:00 p.m.	9:00 a.m.	3:30 p.m.	9:15 a.m.	3:45 p.m.
Middle School	8:15 a.m.	2:45 p.m.	8:15 a.m.	2:45 p.m.	8:30 a.m.	3:00 p.m.
Elementary School	9:00 a.m.	3:30 p.m.	7:30 a.m.	2:00 p.m.	7:45 a.m.	2:15 p.m.

When would adjusted start times take effect if the Anchorage School Board decides that a change is warranted?

- Anchorage School Board decision in 2018
- Implementation will begin with the 2019-20 school year



Anchorage School District
Educating All Students for Success in Life

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