

Anchorage School District

Potential School Start Times Changes

Quick Reference Card

September–October 2018

Recommendation

This final scenario represents the best compromise between the need to address the sleep needs of students and the desire to avoid significant disruption in current family schedules. The scenario reflects the input of parents collected during dozens of community meetings and significant discussion and analysis by the school board.

Recommended Changes

	Start	Release
High School	8:00 a.m.	2:30 p.m.
Middle School	8:45 a.m.	3:15 p.m.
Elementary School	9:30 a.m.	4:00 p.m.

Pros and Cons of ASD School Start Time Potential Alternatives

PROS	CONS
30 minute later start for high school students—complies with research on adolescent sleep needs	30-minute reduction in potential high school student employment hours
45 minute later start for middle school students—complies with research on adolescent sleep needs	High school start time is 30 minutes earlier than research-driven preferred start time of 8:30
15 minute earlier start for elementary school students—moves elementary start earlier and partially addresses “afternoon burnout”	Middle school start time is later in the morning and may require scheduling activities to address morning idle time

Join the Conversation...Open House Presentations

All Open House events are 6:00–7:30 p.m.

Thursday, September 13

Gruening Middle, 9601 Lee Street, Eagle River

Monday, September 17

Lake Otis Elementary, 3331 Lake Otis Pkwy.

Tuesday, September 18

South High, 13400 Elmore Road

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 a.m.
- 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

Later School Start Time Outcomes

Many U.S. school districts are implementing changes to later secondary start times and earlier elementary starts

Better academic outcomes

- Students achieve better academic results and realize other health benefits when they get eight hours or more sleep
- Better attendance rates
- Higher graduation rates
- Reduced tardiness

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

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

- Later start times result in middle and high school students getting eight hours or more sleep
- Middle and high school students experienced less sleepiness from later starts
- Middle and high school students experienced improved grades and GPAs
- Middle and high school test scores improved
- Graduation and attendance rates improved—tardiness is reduced

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.

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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