



Mountain View  
Whisman  
School District

# Wellness Topic #1: Middle School Start Times

October 24, 2019



# Senate Bill No. 328

- Approved October 13, 2019
  - Requires all non-rural middle and high schools to start no earlier than 8:00 am (middle) and 8:30 am (high)
  - Law takes effect July 1, 2022
  - Middle schools start at 7:50 am (Graham) and 7:55 am (Crittenden)
    - Issue was brought up by parents during the 2017-18 school year.



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# Research behind start times

# Hanover conducted a meta-analysis

- American Academy of Pediatrics recommends
  - middle schools should not start earlier than 8:30 am
- American Academy of Sleep Medicine recommends
  - children between the ages of 6 and 12 receive between 9 and 12 hours (elementary)
- Appropriate start time for elementary school 7:30-8:30 am

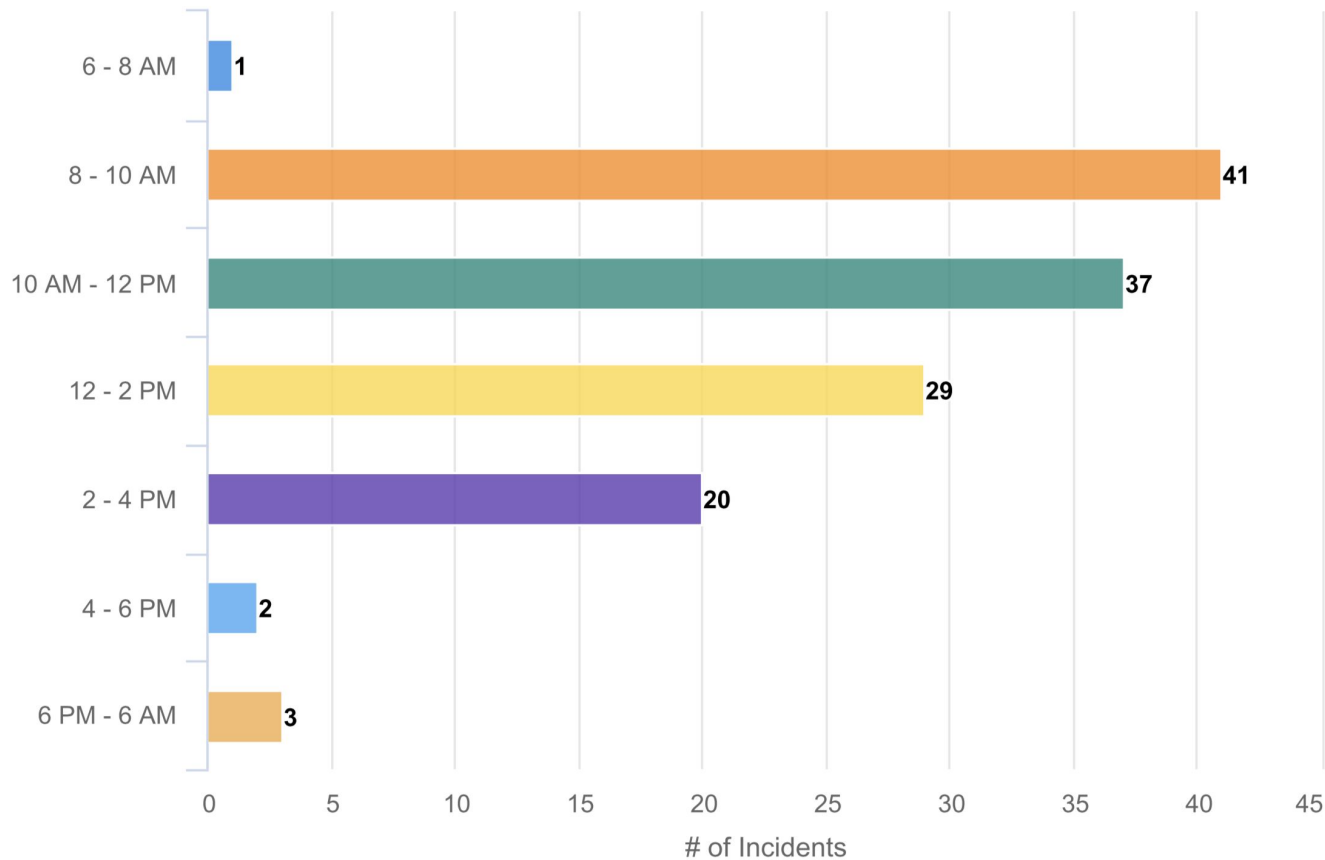
# Hanover continued...

- In 2015 Kentucky found that elementary schools experienced
  - modest correlations between start times and positive impact on student achievement for schools serving low number of Socioeconomic Disadvantaged (SED) Students
  - no impact on schools serving high need SED students
  - Positive outcome for behavioral outcomes for elementary students

# Hanover continued...

- 2007 study found that students self-reported 50 more minutes of sleep, by moving school time from 7:15 to 8:37 am
- 2012 study in Wake County found that delaying start times from 7:30 to 8:30 yielded
  - 1% percentile increase in ELA scores
  - 2% percentile increase in Math scores

# YTD Behavior Patterns in Middle School





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# Things to consider



# Impact on various Stakeholders

1. Students
2. Families
3. Staff
4. Athletics/Afterschool programs
5. Food Services
6. Busing
7. Traffic



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# Questions for Board

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- Ideally, when would the Board envision implementing a later start time for middle school students?
- With recommended start times ranging from 8:00 to 9:30am, are there times that you would like the district to collect feedback on?



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# Next steps

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- Develop schedules to test with the public
- Conduct outreach with all stakeholders
- Develop a committee to review data and provide recommendations

# Questions

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