

BUILDING A BETTER
"SCHOOL DIVISION"

RICHMOND PUBLIC SCHOOLS

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WHY THE RECOMMENDED CHANGE TO “STUDENT” SCHOOL START AND END TIMES

A substantial body of research has now demonstrated that delaying school start times is an effective countermeasure to chronic sleep loss and has a wide range of potential benefits to students with regard to physical and mental health, safety, and academic achievement.

The American Academy of Pediatrics strongly supports the efforts of school districts to optimize sleep in students and urges high schools and middle schools to aim for start times that allow students the opportunity to achieve optimal levels of sleep (8.5–9.5 hours) and to improve physical (e.g., reduced obesity risk) and mental (e.g., lower rates of depression) health, safety (e.g., drowsy driving crashes), academic performance, and quality of life.

Recommends starts times after 8:30 a.m.

Pediatrics 2014;134:642–649

RECOMMENDED "STUDENT" SCHOOL START AND END TIMES FOR 2015-2016 SCHOOL YEAR

- HIGH SCHOOL 8:00am – 2:45pm
 - (ALL EXCEPT COMMUNITY – 15 min earlier as per Board approval)
- MIDDLE SCHOOL (ALL) 8:30am – 3:15pm
- ELEMENTARY SCHOOL (ALL) 9:00am – 3:45pm

ALL TIMES EQUAL 6 HOURS AND 45 MINUTES

RECOMMENDED TRANSITION YEAR BECAUSE OF SOME OF BUT NOT LIMITED TO THE FOLLOWING...

- Feedback from community engagement meetings:
 - Unanswered/unresolved questions
 - Elementary Childcare – still analyzing current information and collecting additional information
- Feedback from staff meetings:
 - Unanswered/unresolved questions
 - Impact on athletic schedules
- Min. significant change for most of schools **while still adjusting**:
 - High School start 35 minutes later
 - Middle School start 20 minute later
 - Elementary School – mostly no impact (5 minute chg) except 7 schools:
 - Carver, Ginter Park, Greene, Overby-Sheppard, Redd, Westover Hills, Patrick Henry – were operating on the middle school schedule
- Budget and Facilities:
 - Possibility of decreased transportation cost and improved services
 - Unanswered/unresolved questions
 - Facility Task Force Report
 - Academic Improvement Plan
 - Rightsizing Process, etc.

SOME OUTCOMES OF THIS TRANSITION RECOMMENDATION...

- Moves high school start time back
 - 35 minutes/day
 - 175 minutes/week
 - 6300 minutes/school year
- Can still support options for increased teacher professional development
 - Option for staff to come to work early or stay late
- Incr. Support for Academics & Instructional Time
 - Adds approx. 10-15 minutes/day in schools
 - Adds approx. 50-75 minutes/week in schools
 - Adds approx. 200-300 minutes/month in schools
 - Add approx. 1800-2700 minutes/year in schools

EVIDENCE STRONGLY IMPLICATES EARLIER SCHOOL START TIMES (I.E., BEFORE 8:30 AM) AS A KEY MODIFIABLE CONTRIBUTOR TO INSUFFICIENT SLEEP, AS WELL AS CIRCADIAN RHYTHM DISRUPTION, IN THIS POPULATION.

AMERICAN ACADEMY OF PEDIATRICS