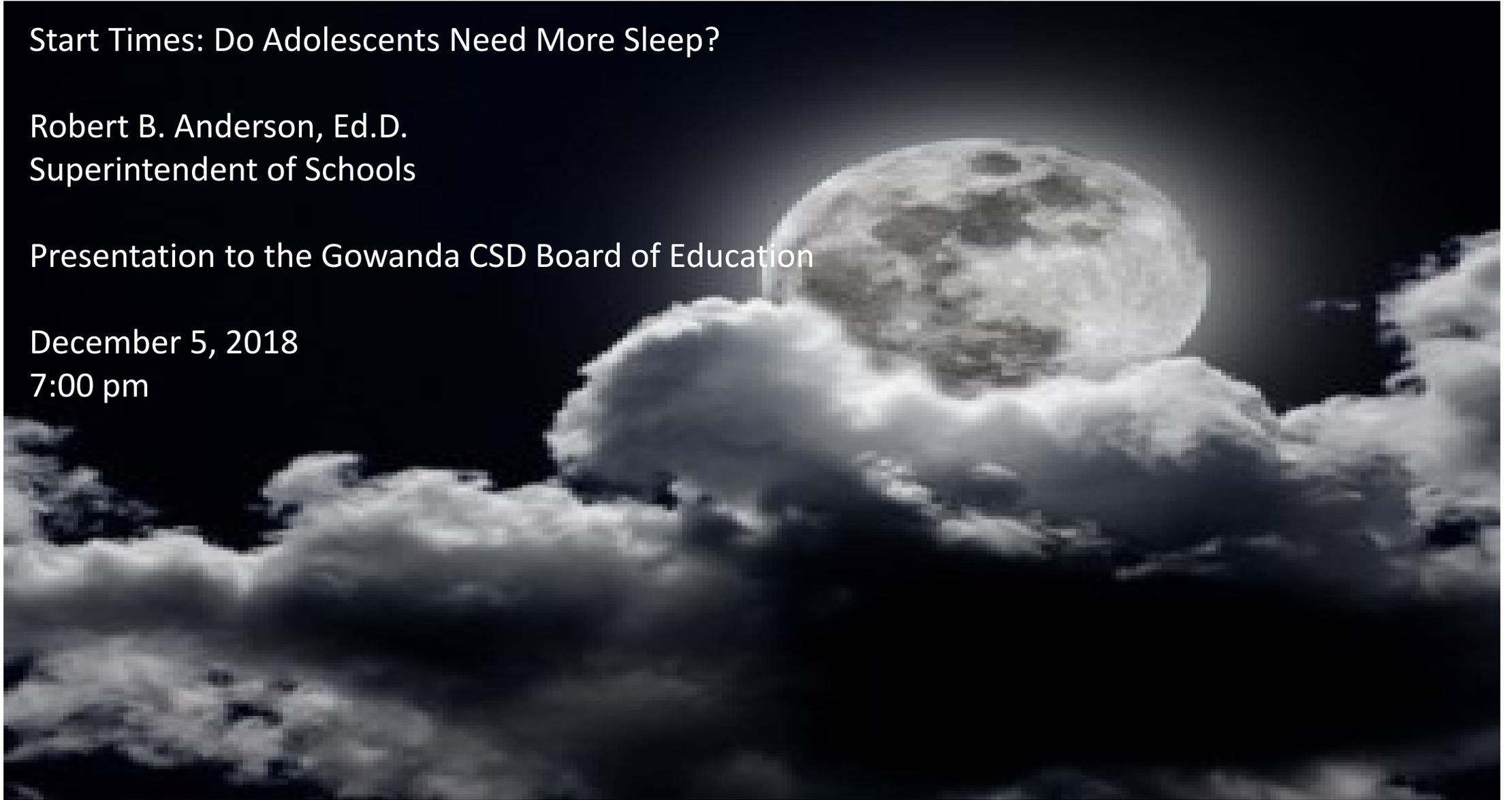


Start Times: Do Adolescents Need More Sleep?

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Superintendent of Schools

Presentation to the Gowanda CSD Board of Education

December 5, 2018
7:00 pm



Questions to Contemplate

- Is the proposal “evidence-based?”
- Is the proposal in the best interest of our students?



Adolescents & Sleep



- During puberty, around age 13, circadian rhythms put most teens on a later-sleep-wake clock due to biological changes involving melatonin in the brain.
- Stronger phase shift until peaking between 17-19.
- Clock says time to go to school, body says its is still the middle of the night.

On school nights, teens typically get less than 7 hours of sleep, yet need approximately 9 hours.

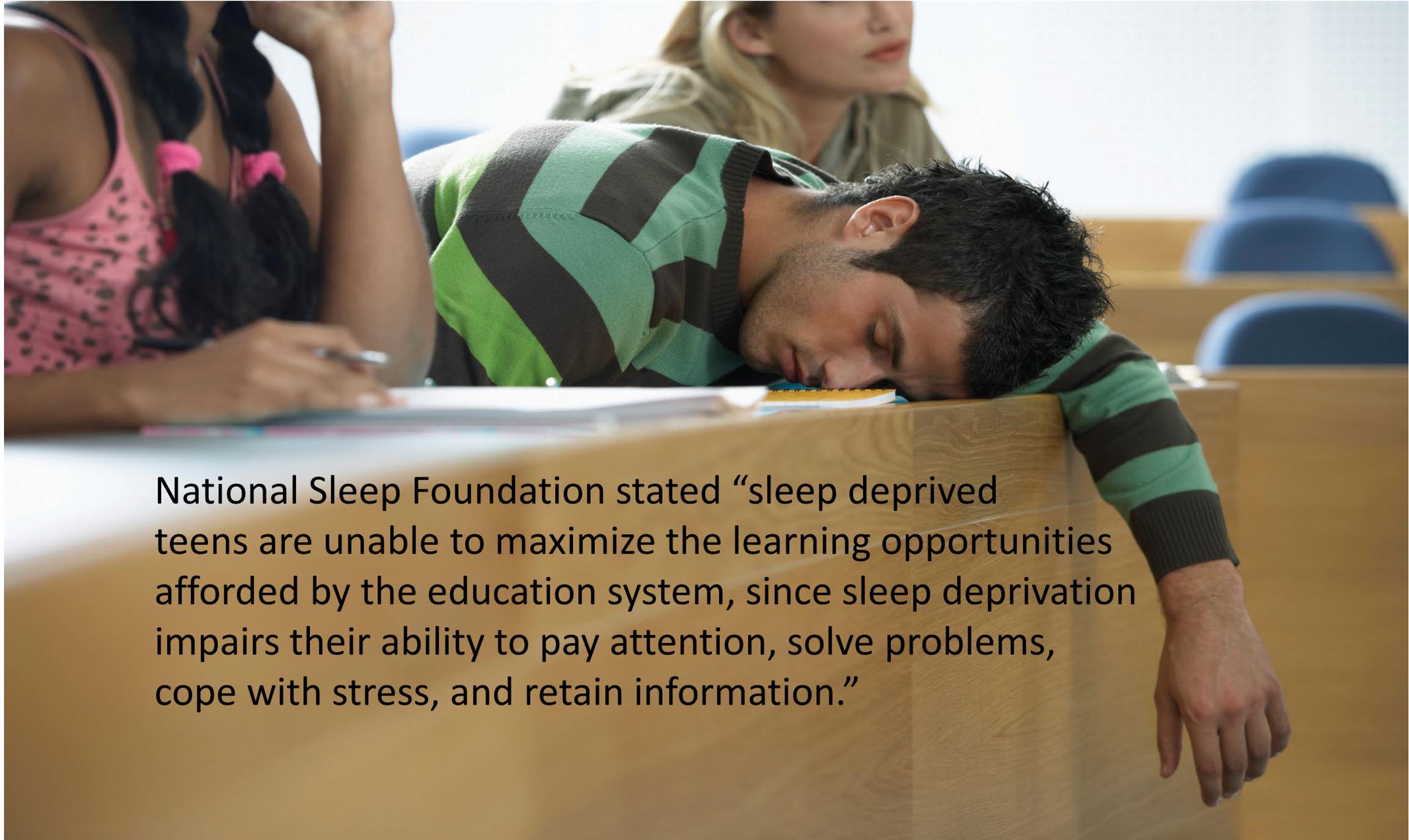


A hand is holding a piece of crumpled yellow paper against a light blue background. The word "Why?" is printed in a large, bold, black serif font in the center of the paper. The paper has some faint, illegible text and diagrams visible through it, suggesting it was once part of a document or presentation.

Why?

Of course, in addition to biological factors, lifestyle choices, environment and academic demands, negatively affect middle and high school students from obtaining adequate sleep.





National Sleep Foundation stated “sleep deprived teens are unable to maximize the learning opportunities afforded by the education system, since sleep deprivation impairs their ability to pay attention, solve problems, cope with stress, and retain information.”

What else?

Adolescents who do not get enough (insufficient): sleep

- More likely to be overweight;
- Not engage in daily physical activity;
- Suffer from depressive symptoms;
- Engage in unhealthy risky behaviors; and/or,
- Perform poorly in school.

Evidence strongly implicates earlier start time (earlier than 8:30 am) as a key modifiable contributor to insufficient sleep.

GHS: 7:32 am
GMS: 7:15 am



Evidence suggests that ...

1. delaying start times is an effective counter measure to chronic sleep loss as well as benefitting physical/mental health, safety and academic achievement.

2. later start times have an impact on standardized scores, especially lower performing students.





other positives

- There are several advantages for teens to get the sleep they need:
 1. less likelihood of experiencing depressed moods;
 2. reduced likelihood for tardiness;
 3. reduced absenteeism;
 4. better grades;
 5. reduced risk of [drowsy driving](#); and
 6. reduced risk of metabolic and nutritional deficits associated with insufficient sleep, including obesity.

Recommendations



American Academy of Pediatrics: MS/HS start at 8:30 am or later.

Recommendations



American Academy of Sleep: students aged 13-18 regularly need 8-10 hours of sleep.

IT'S TWO IN THE
AFTERNOON, AND YOU
ARE STILL IN BED?!

YEP! SCHOOL STARTS
SOON, SO I'M CRAMMING
IN AS MUCH LAZY TIME
AS I POSSIBLY CAN.

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SUN NEWS



Possible Barriers & Issues to Address

- Contractual issues
- Sports/after school activities: late start/late return
- Vocational; Out of District Programming
- After school care by older siblings
- Reverser impact on younger children
- Public sentiment
- Change



Possible examples,
but certainly not only possibilities...

- Single start time w/
one bus schedule (\$)
- Flip current start times
- Move all start times later



RECOMMENDED

Recommended Action:

- Create Steering Committee, with stakeholders, to Investigate Issue Further and Make Specific Recommendations to BOE
 - Specifics to Follow
- Earliest Targeted Implementation: 2020-21 School Year

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