

Inter-Lakes School District Universal Start/End Time Information Sheet

Purpose:

The Inter-Lakes School District is engaging in a study of a universal start/end time for Inter-Lakes Elementary School, Inter-Lakes Middle Tier and Inter-Lakes High School. In this model, Sandwich Central School would have approximately a twenty (20) minute staggered start/end time from the other two buildings.

Key reasons for investigating this change are:

- Research indicates that adolescents benefit from later school start times. This has a positive impact on their physical and mental wellbeing, which better prepares them for learning. Presently, some of our students begin their day on a bus at 6:00 a.m.
- It would allow for the opportunity to more effectively share resources from PK – 12. This would create greater flexibility in providing students what they need instructionally. As we continue to implement competency based learning, having more options for learning is essential.
- The change would allow for improvements to our transportation system. Rather than running two bus routes, one K – 12 bus route would be established and designed to be more efficient and dependable.
- The schedule change would provide for common professional learning time for staff.

Research:

“[T]he American Academy of Pediatrics (AAP) recommends middle and high schools delay the start of class to 8:30 a.m. or later. Doing so will align school schedules to the biological sleep rhythms of adolescents, whose sleep-wake cycles begin to shift up to two hours later at the start of puberty.

“Chronic sleep loss in children and adolescents is one of the most common – and easily fixable – public health issues in the U.S. today,” said pediatrician Judith Owens, MD, FAAP, lead author of the policy statement, “School Start Times for Adolescents,” published in the September 2014 issue of Pediatrics.

“The research is clear that adolescents who get enough sleep have a reduced risk of being overweight or suffering depression, are less likely to be involved in automobile accidents, and have better grades, higher standardized test scores and an overall better quality of life,” Dr. Owens said. “Studies have shown that delaying early school start times is one key factor that can help adolescents get the sleep they need to grow and learn.”

Many studies have documented that the average adolescent in the U.S. is chronically sleep-deprived and pathologically sleepy. A National Sleep Foundation poll found 59 percent of 6th through 8th graders and 87 percent of high school students in the U.S. were getting less than the recommended 8.5

to 9.5 hours of sleep on school nights.” (American Pediatric Association; <https://www.aap.org/en-us/about-the-aap/aap-press-room/Pages/Let-Them-Sleep-AAP-Recommends-Delaying-Start-Times-of-Middle-and-High-Schools-to-Combat-Teen-Sleep-Deprivation.aspx>)

Proposed Start/End Times:

Although, the American Pediatric Association recommends a start-time of 8:30 a.m. or later for adolescents, we are proposing 7:55 a.m. for SCS and 8:15 a.m. for ILES/ILMT/ILHS. Reasons for our time recommendations are alignment with the Huot Technical Center in Laconia and a compromise on the impact on afternoon activities. If the decision is to move forward with this change, the goal would be to implement it for the 2017 – 2018 school year.

Draft Proposed Start/End Time Changes			
School	Schedule	School	Schedule
ILES/ILMT/ILHS	8:15 a.m. – 3:00 p.m.	SCS	7:55 a.m. – 2:40 p.m.
Current Start/End Times			
ILES	8:25 a.m. – 3:00 p.m.	SCS	8:05 a.m. – 2:35 p.m.
ILMT	8:20 a.m. – 3:00 p.m.		
ILHS	7:20 a.m. – 2:08 p.m.		

Transportation:

- One K – 12 bus run (excluding the afternoon trip home for Sandwich Central School)
- Bus routes would start no earlier than 7:00 a.m.
- Examining the possibility of late bus runs to strategic locations
- Addition of cameras on buses

Traffic:

- The flow of traffic for buses, parent drop off/pick up, student drivers and staff are in the process of being examined.
- It is anticipated that a new traffic pattern would need to be established to support this plan.

Athletics/Co-Curricular Activities:

- Will still require occasions that teams are dismissed early, however, such supports as Office Hours at ILHS and online tools can assist with minimizing the impact of the missed time.
- Examining athletic schedules to see if there are ways to reduce the number of occasions requiring early dismissal.
- Future plans to light the Turf Field would provide for greater use during periods of reduced daylight.

Feedback:

- Feedback is important as we investigate the change. Please visit our website at www.interlakes.org for a list of feedback forums or share your thoughts by completing an online feedback form at: <https://goo.gl/forms/LbowCmVIFlsdZrxJ3>.