

School Start Time Policy Presentation



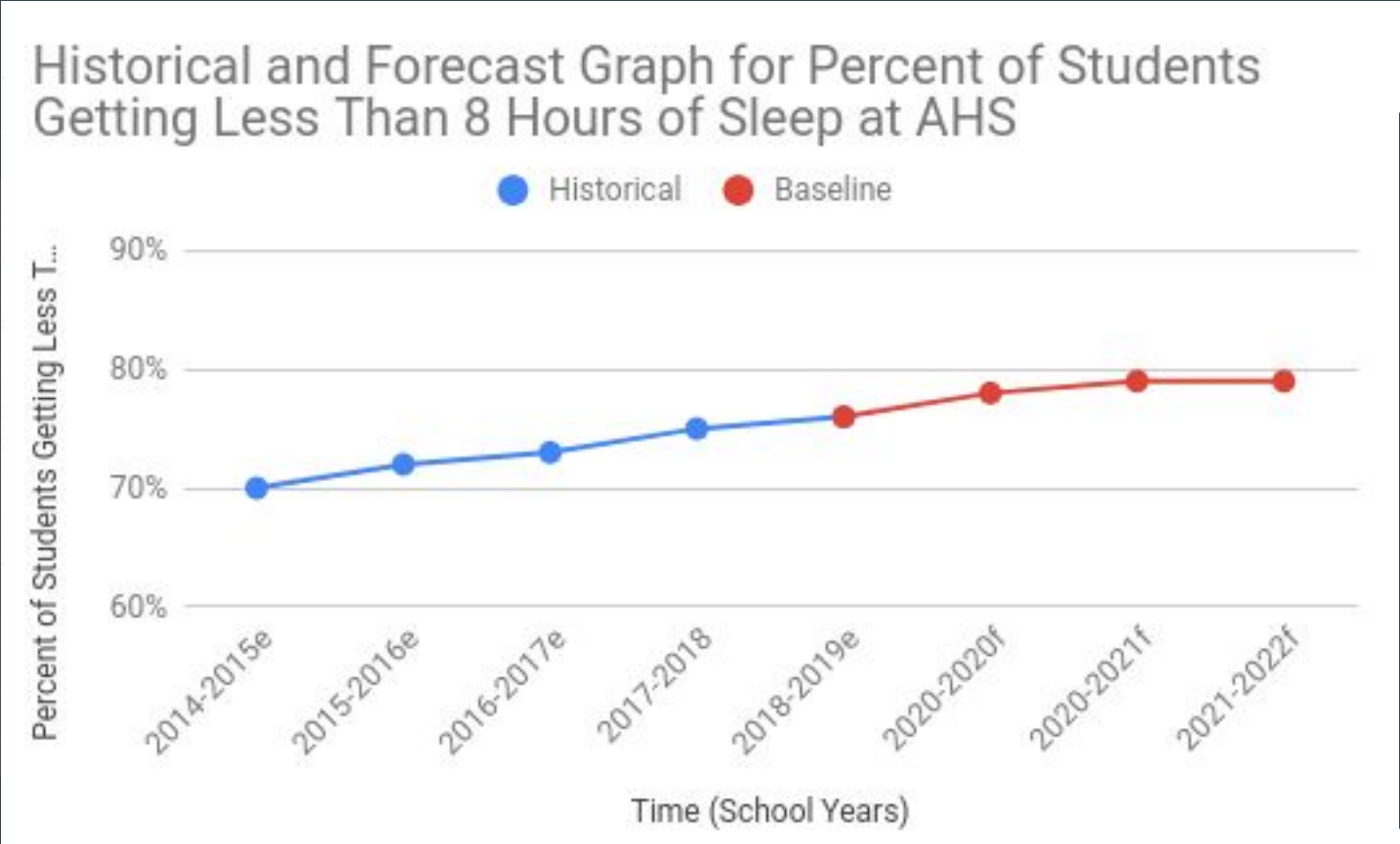
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Societal Problem

The early start time of Arlington High School diminishes the health and economic opportunity of students who attend, because it is more difficult for students to learn if they are not awake or alert in class, and it is unhealthy for teenagers to consistently get less than 8 hours of sleep every night.

Arlington High Student Sleep Data and Predictions (No Time Change)



Source:
Arlington
YHSC
High
School
Survey

Major Effects of Societal Problem

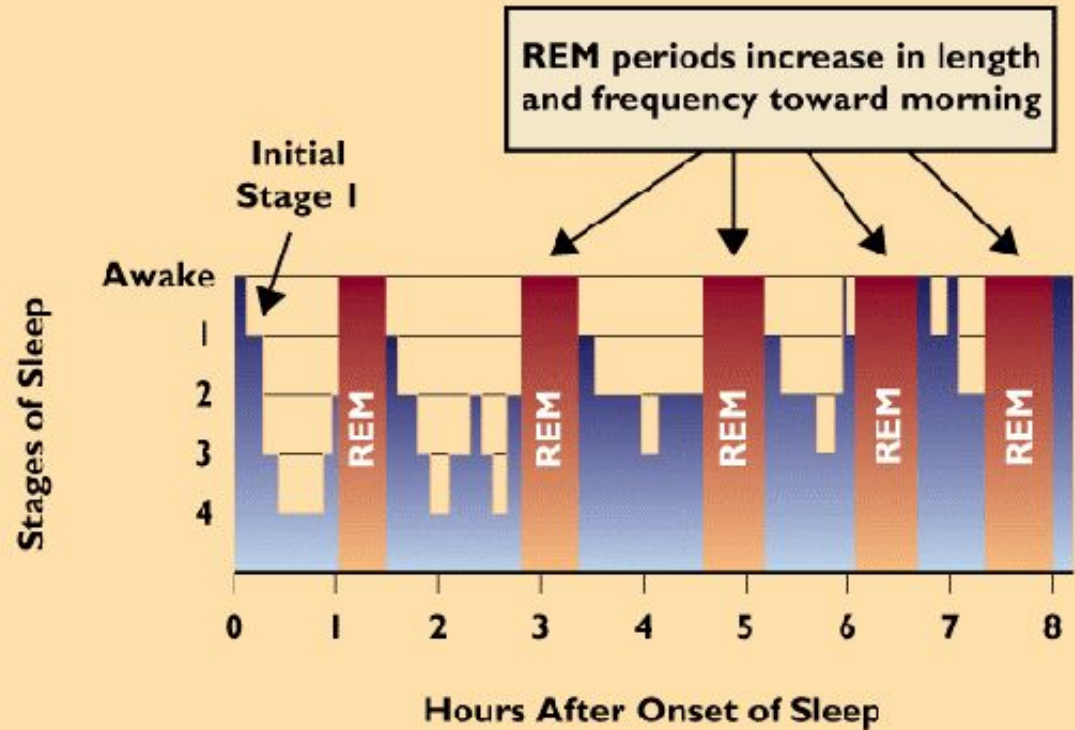
Decreased Health due to Decreased Sleep

- “Studies show that sleep deficiency harms your driving ability as much as, or more than, being drunk. It's estimated that driver sleepiness is a factor in about 100,000 car accidents each year, resulting in about 1,500 deaths” (National Heart, Lung, and Blood Institute)
- “Depressed patients who experience sleep disturbances are more likely to think about suicide and die by suicide than depressed patients who are able to sleep normally.” (Harvard Health Publishing 2018)

Decreased Academic Performance Due to Decreased Sleep

Sources we used included National Sleep and Student Health Foundations such as Harvard Health Publishing and the National Heart, Lung and Blood Institute as well as medical research journals exploring the effects of sleep deprivation

REM Sleep Graph



Source: Prince George's
Community College

Why 8:30?

- If it were earlier, like 8:15, students would see a marginal at best increase in sleep because 15 minutes isn't a large difference
- If it were later, sports and extracurriculars would run very late, sports in particular losing time due to lack of lights and interfering with students' jobs

Implementation

- ❑ The Middlesex League has been discussing Start Time Changes and coordinating them for a reasonable amount of time. The administrators in the Middlesex League would organize logistics for sports and ensure all the start times would effectively work with each other
- ❑ The Superintendent and AHS Principal would work with the School Committee to integrate this policy into Arlington High School smoothly

Possible Issues

- Could conflict with after-school activities, specifically sports teams, and their practices and games against other schools in the league
- Could create difficulties with morning commutes for teachers, as teachers would be more likely to get stuck in rush-hour traffic from the 7:00 to 8:30 AM range