

High School
Delayed Start Time
Recommendation



Student Forum

Chester County Intermediate Unit



Student Forum

The Chester County Student Forum exists to strengthen bonds between Chester County high schools and the community and to foster student leadership.

Student Forum is made up of students from the following high schools

- Avon Grove High School
- Coatesville Area Senior High School
- Collegium Charter School
- Conestoga High School
- Downingtown East High School
- Downingtown STEM Academy
- Downingtown West High School
- B. Reed Henderson High School
- Octorara Senior High School
- Oxford Area High School
- Phoenixville Area High School
- Unionville High School

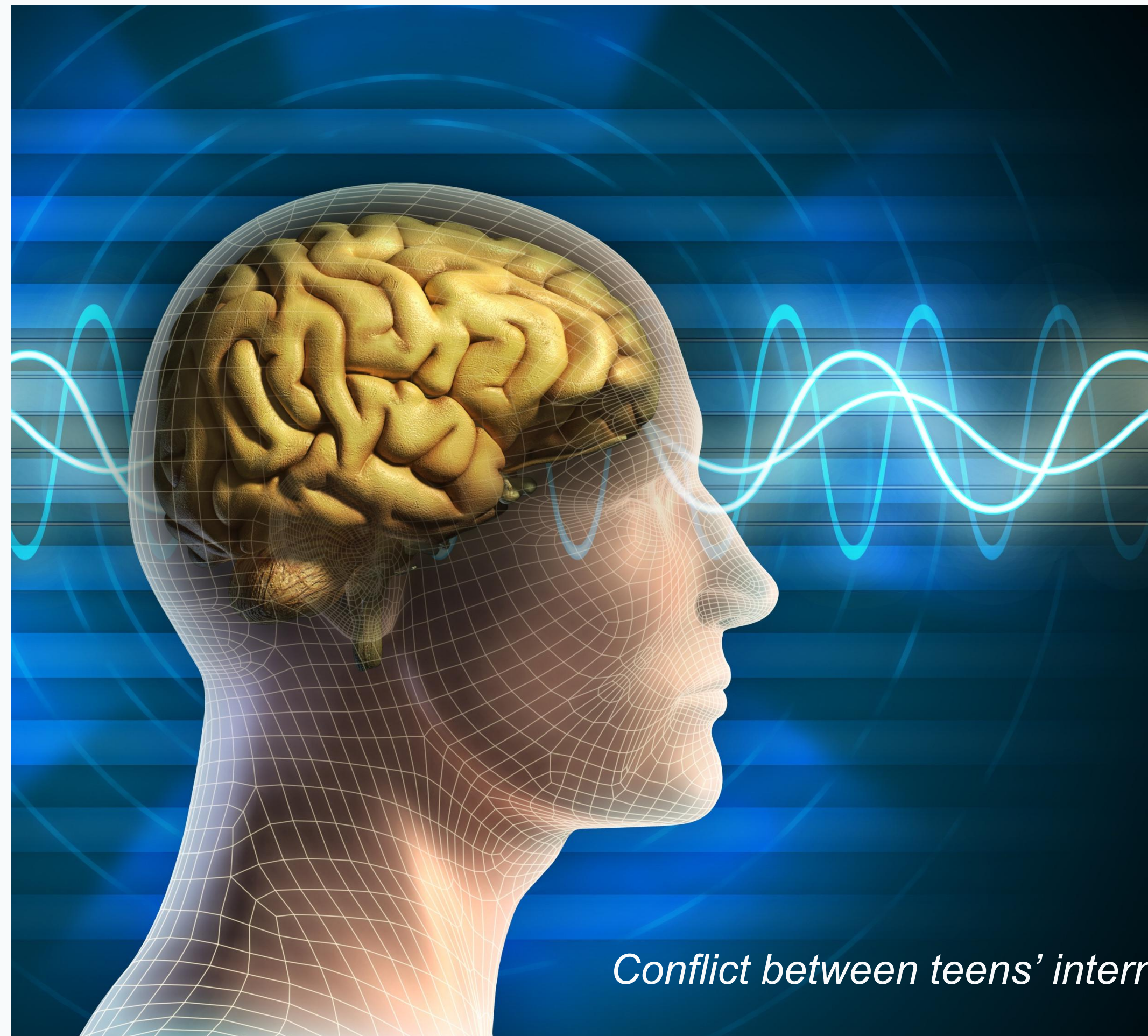


High School Delayed Start Time

Do the academic, physical, social and emotional benefits of a delayed high school start time warrant further research into strategies to overcome potential obstacles to implementation?

Methods

- Partnership with Hanover Research
- Guest speakers including district transportation authorities and psychologist
- Committee research
- Survey dissemination



8:30 a.m. or later

American Academy of Pediatrics Recommendation

Adolescent biological circadian rhythms cause teens to develop a sleep pattern of staying up and sleeping in later.

Conflict between teens' internal biological clocks and the schedules and demands of society
~National Sleep Foundation



Academic Benefits

Academic Benefits

Improved academic performance that may be twice as great in lower-performing students

Improved alertness, memory, attention, and cognitive processing skills



Physical Benefits

Physical Benefits

Improved athletic performance

Reduced risk of obesity, eating disorders and diabetes

Stronger immune system

Emotional Benefits

Reduced depression, anxiety, and suicidal thoughts and behaviors
Improved mood and impulse control

Emotional Benefits



Student Safety Benefits

Student Safety Benefits

Fewer car crashes and better psychomotor performance
Reduced risk of stimulant and other substance abuse and high-risk health behaviors

Transportation

Recommendation

- Synchronizing bell schedules
- Direct flip of schedules
- District-wide later start
- Public transportation
- Sharing of buses between neighboring districts
- Legislation
- Sharing of buses between middle and high schools
- Online classes

Extracurricular Activities

Recommendation

- Use of gym or study hall
- Lights on fields
- Period zero
- Faster homework completion

Impact on Other Students

Recommendation

- Shorten time between classes
- District-wide later start
- Period zero

Arlington Public Schools, VA



Rhode Island High School, RI

Arlington Public Schools, VA



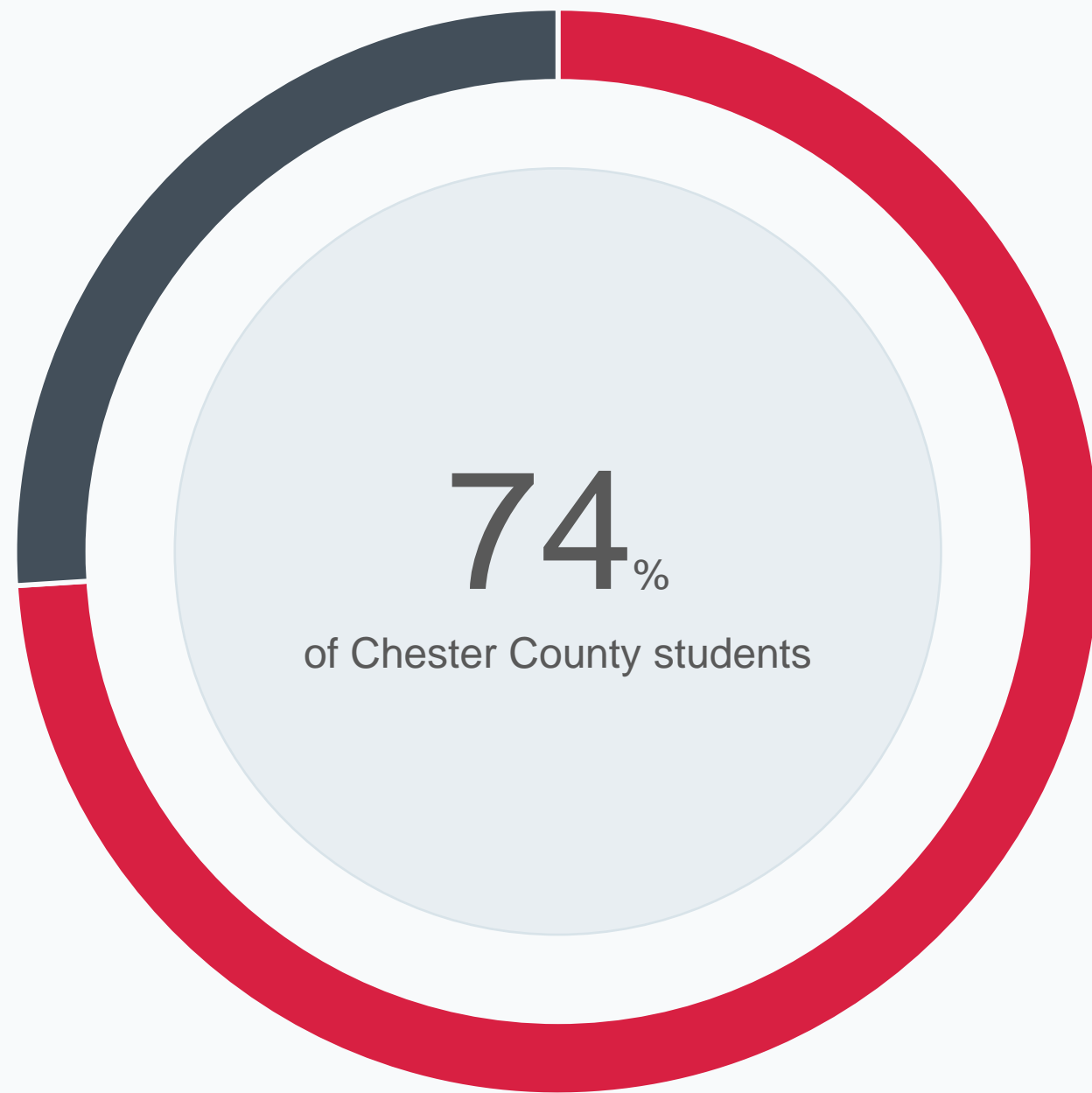
Rhode Island High School, RI

Arlington Public Schools, VA

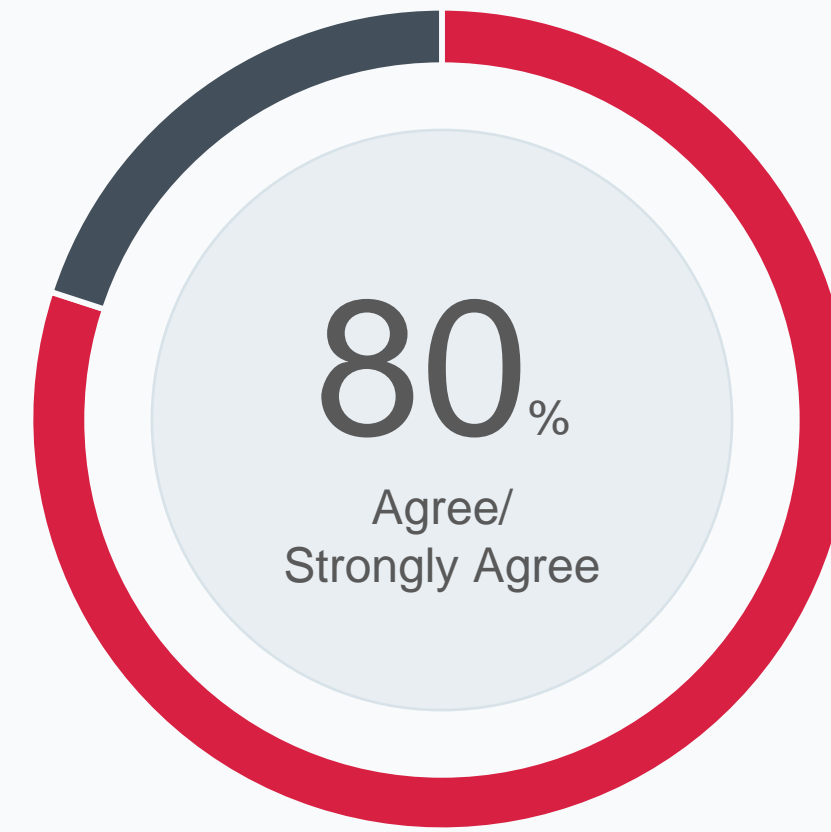
Denver Public Schools, CO



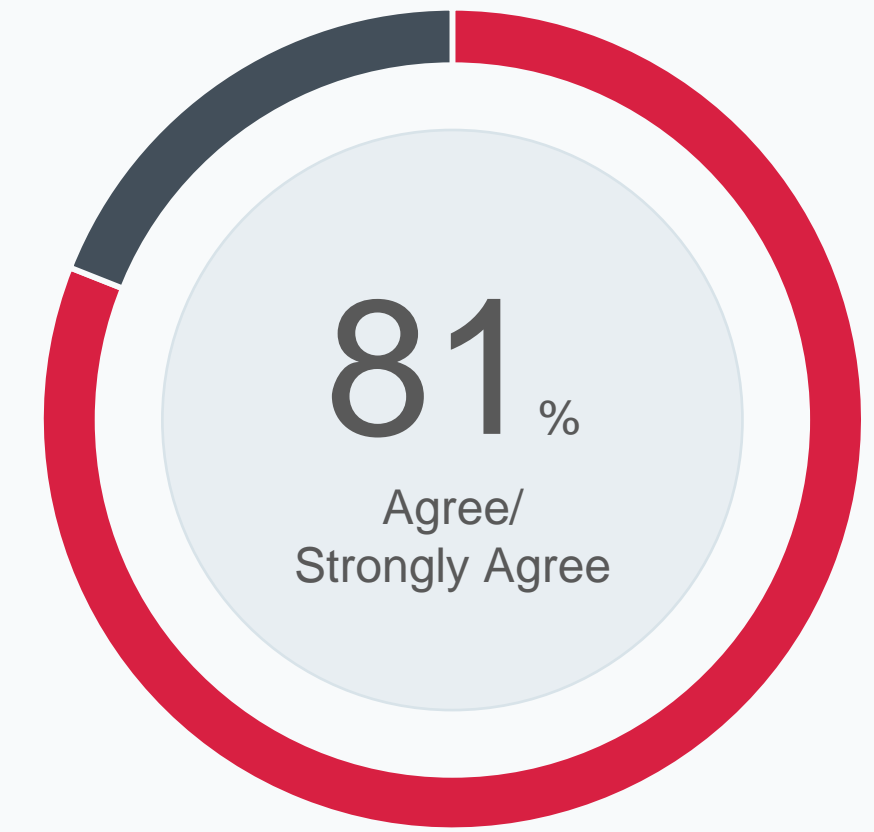
Chester County High School Survey Results



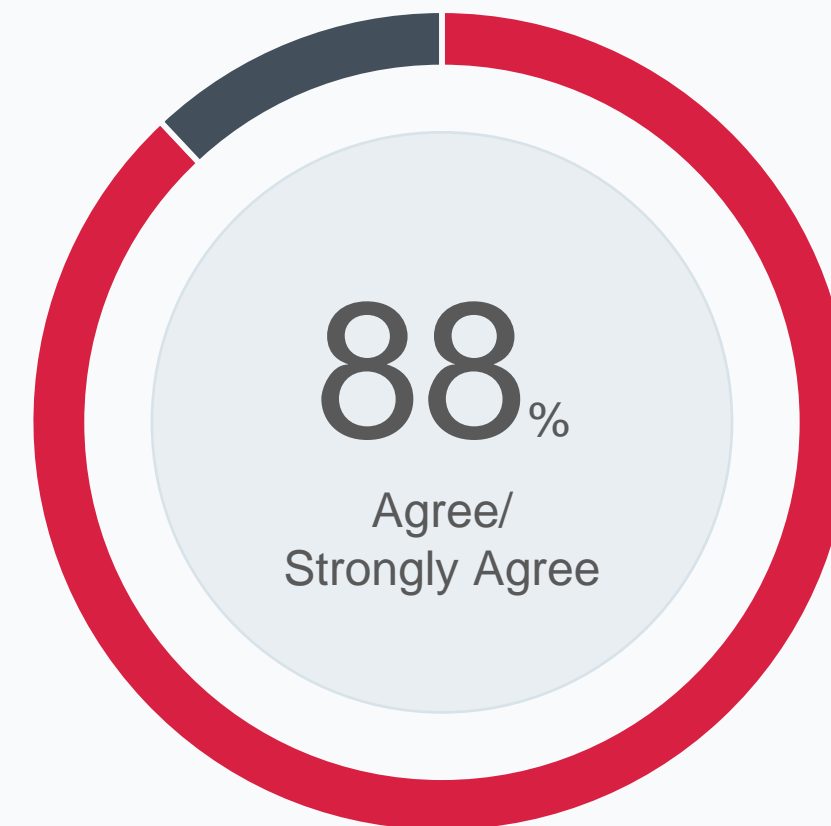
preferred that school districts consider changing their high school start time



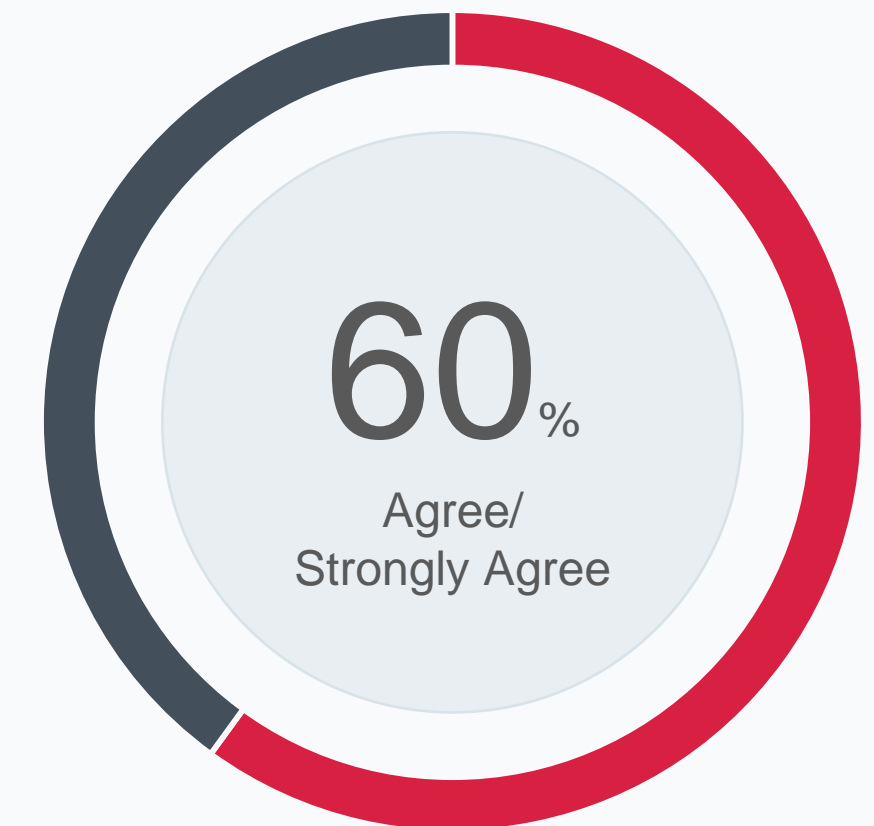
a delayed start time would benefit Chester County high school students



a delayed start would result in academic benefits

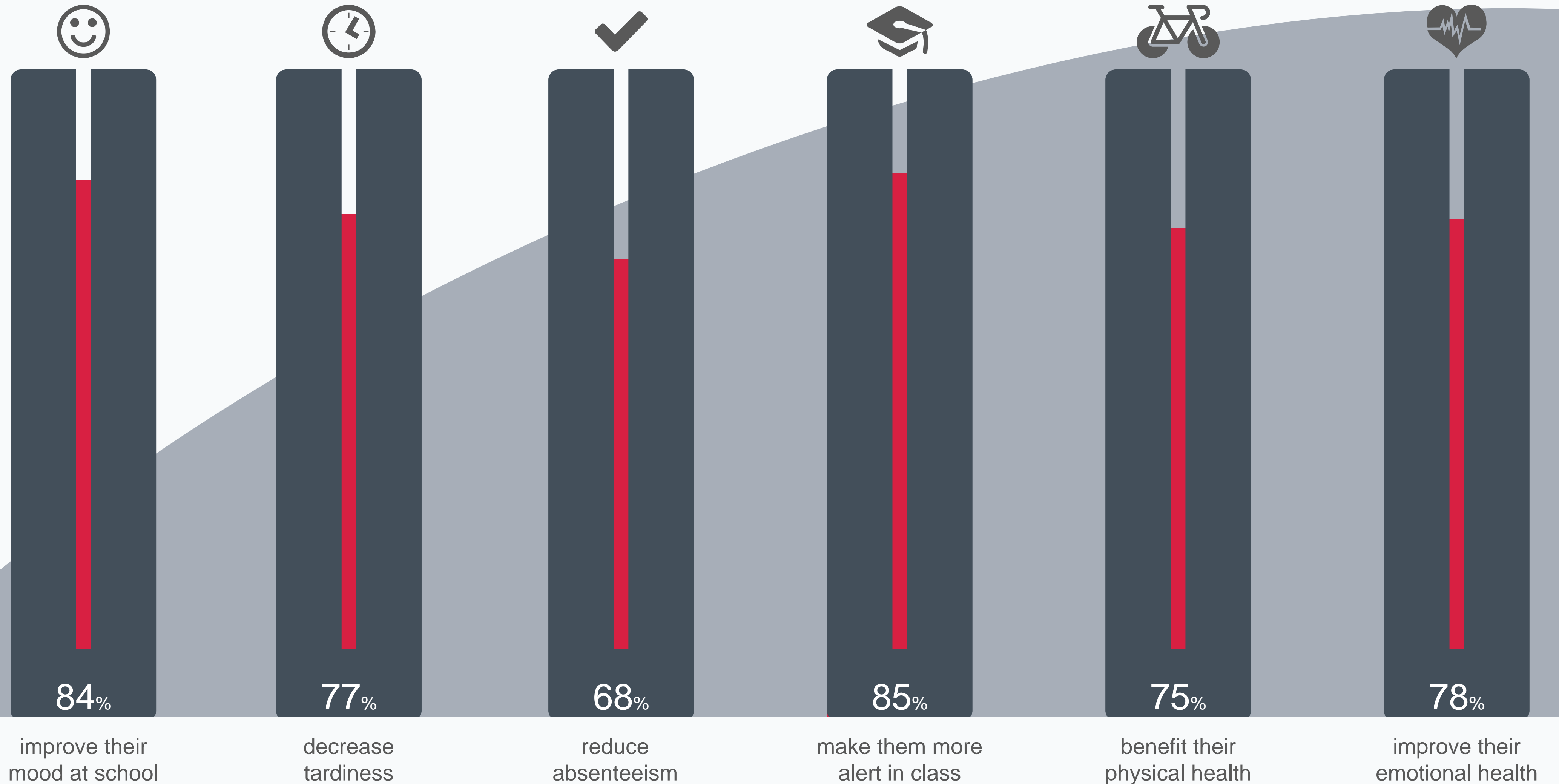


A delayed start would positively impact their sleep



A delayed start would positively impact student safety

Survey Results - agree/strongly agree that a delayed start would:



Due to the overwhelming positive effects and with the recommendations for overcoming potential obstacles, the DSTC recommends that the Chester County Intermediate Board and district school boards strongly consider implementation of a delayed high school start time for Chester County schools.

Delayed **Start Time** Committee
Student Forum of Chester County

Questions?

Thank you!

Delayed **Start Time** Committee Student Forum of Chester County

Chris Arencibia	Avon Grove High School
Lindsay Wanner	Coatesville Area High School
Emily Mancilla	Collegium Charter School
Safoora Siddiqui	Collegium Charter School
Alex Moon	Conestoga High School
Brody Wilson	Downingtown East High School
John Paul Bell	Downingtown West High School
Zoe Friedman	Downingtown West High School
Jackson Ray	Octorara Area High School
Matt LoPolito	Phoenixville Area High School
Alice Liu	Unionville High School
Matthew Daniels	Unionville High School
Caroline Camp	B Reed Henderson High School