

# Anchorage School District

## Potential School Start Times Changes

### Quick Reference Card

September–October 2018

#### Recommendation

is n al scenario represents the best compromise between the need to address the sleep

		Release
High School	8:00 a.m.	2:30 p.m.
Elementary School	9:30 a.m.	4:00 p.m.

#### Pros and Cons of ASD School Start Time Potential Alternatives

PROS	CONS
adolescent sleep needs	High school start time is 30 minutes earlier than research-driven preferred start time of 8:30
15 minute earlier start for elementary school students—moves elementary start earlier and partially addressesd e0ao	Middle school start time is later in the morning and may require scheduling activities to address morning idle time

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## Why are we considering a change?

- National research on optimized school start times suggest that middle and high school students should not start school until after 8:30 a.m.
- Research suggests elementary students rise early and tire by mid-afternoon—an earlier start could be beneficial
- University research and hospital studies indicate improvements in middle and high school student performance and wellness given later start times
- A significant Rand Corporation study indicates that high school students

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later start times