

ADOLESCENT SLEEP AND SCHOOL START TIMES

Presentation to Education Committee

April 2018

GOALS FOR 2017-18 SCHOOL YEAR

- Continue to educate the Board and Administration about adolescent sleep needs and school start times
- Monitor the actions of other local districts who are investigating adolescent sleep needs and school start times

ACTIONS TAKEN

- Participate in discussions during meetings of the Chester County Intermediate Unit Curriculum Council
- Receive updates from the Regional Adolescent Sleep Needs Coalition (RASNC)
- Communicate directly with administrators in local districts including Unionville-Chadds Ford, Phoenixville, and Radnor
- Attend presentation in Radnor School District for administrators by Dr. Wendy Troxel about adolescent sleep needs
- Survey Chester County districts to determine actions taken this year and actions planned for next year

ADOLESCENT SLEEP RESEARCH HIGHLIGHTS

- During adolescence, internal circadian rhythms and biological sleep drive change to result in later sleep and wake times. As a result of these changes, early middle school and high school start times curtail sleep, hamper a student's preparedness to learn, negatively impact physical and mental health, and impair driving safety.
- The AASM recommends that teenagers 13 to 18 years of age should sleep 8 to 10 hours per 24 hours on a regular basis to promote optimal health, and this recommendation has been endorsed by the American Academy of Pediatrics, Sleep Research Society, and American Association of Sleep Technologists.

~ Position Statement of the American Academy of Sleep Medicine (2017)

CURRENT START TIMES IN LOCAL DISTRICTS

MIDDLE SCHOOL

TESD – 7:50 AM

District	Time
Avon Grove	7:30 AM
Kennett	7:40 AM
Lower Merion	8:15 AM
OJ Roberts	7:30 AM
Oxford	7:35 AM
Phoenixville	7:18 AM
Radnor	8:00 AM
Unionville-Chadds Ford	8:00 AM
West Chester	7:30 AM

HIGH SCHOOL

TESD – 7:20 AM

District	Time
Avon Grove	7:30 AM
Kennett	7:40 AM
Lower Merion	7:30 AM
OJ Roberts	7:30 AM
Oxford	7:39 AM
Phoenixville	7:24 AM
Radnor	7:35 AM
Unionville-Chadds Ford	8 :00 AM
West Chester	7:30 AM

LOCAL DISTRICT ACTIONS 2017-18

INFORMATION COLLECTED FROM SURVEYS

District	Actions
Avon Grove	Surveyed stakeholders. Monitored research and actions of other districts.
Kennett	Monitored research and actions of other districts. Developed teacher committee to evaluate high school options.
OJ Roberts	Had a formal task force. Surveyed stakeholders. Monitored actions and research of others.

LOCAL DISTRICT ACTIONS 2017-18

INFORMATION COLLECTED FROM SURVEYS

District	Actions
Oxford	Had a formal task force. Surveyed stakeholders. Monitored actions and research of others. Public presentations during regular meetings of the School Board.
Phoenixville	Sleep exploration study at the present time.
Unionville-Chadds Ford	Changed start times. Continued formal task force. Surveyed stakeholders. Monitored actions and research of others.

PROPOSED LOCAL DISTRICT ACTIONS 2018-19
INFORMATION COLLECTED FROM SURVEYS

District	Actions
Avon Grove	Continue to monitor research and actions of others.
Kennett	Continue to monitor research and actions of others.
OJ Roberts	Continue to monitor research and actions of others.

PROPOSED LOCAL DISTRICT ACTIONS 2018-19
INFORMATION COLLECTED FROM SURVEYS

District	Actions
Oxford	Maintain start times.
Phoenixville	Continue to monitor research and actions of others. Establish a formal task force. Make recommendation to Board November 2018.
Unionville-Chadds Ford	Continue to monitor research and actions of others.

ADDITIONAL INFORMATION FROM LOCAL DISTRICTS

RADNOR

- Established exploration of student sleep needs and school start times as 2017-18 “priority project”
- Established a committee to study sleep needs and school start times
- Recommendation released by Administration by end of 2017-18 school year

LOWER MERION

- Study of student sleep needs and school start times is part of LMSD’s Strategic Plan
- Committee met from December 2016-May 2017
- Recommendations from Committee include further study of new transportation scenarios, traffic and capital improvement; further community engagement including focus groups and possible surveys; review existing policies and practices

FOR CONSIDERATION

- Include the study of adolescent sleep and school start times as a TESD District goal for 2018-19