

School Start Time Resources

Compiled by Bruce Sartwell, Atholton HS PTAC Representative

This is the web site set up by a grass roots organization in Fairfax County that advocated later start times for high school. It has a wealth of links to other articles and reviews the history of their efforts. Since they were successful, with the changes being made for the 2015-2016 school year, the web site has not been updated since December 2015 but it still is quite valuable.

www.sleepinfairfax.org

This video shows a Fairfax pediatrician, who also has children in the Fairfax County school system, speaking in favor of later high school start times. This video was shown at the meeting where the Board of Education voted to change school start times. She is speaking not only for herself but also as a representative for the 1500 pediatricians who are members of the American Academy of Pediatrics across the state of Virginia.

<https://www.youtube.com/watch?v=DK-xGGEOIws&feature=youtu.be>

This short article summarizes the process and success in Arlington County, VA in moving high school start times later:

<http://sleepinfairfax.org/docs/CS.Arlington.pdf>

This is the web site for a national organization dedicated to having later start times for schools. It has local chapters across the country, including four in Maryland and one in Howard County. From their web site:

“We are a coalition of health professionals, sleep scientists, educators, parents, students, and other concerned citizens dedicated to increasing public awareness about the relationship between sleep and school hours and to ensuring school start times compatible with health, safety, education, and equity.”

www.startschoollater.org

This web site appears to have been put together by one person, Dennis Nolan, who is a lawyer who specializes in juvenile law and child welfare. It has a wealth of links to other papers related to school start times. It also has extensive information about school systems who have made a change to later start times and those that have considered changes but did not make them. Some of this information is probably outdated but still quite interesting.

www.schoolstarttime.org

This web site was set up by the Children’s National Medical Center. A team, led by Dr. Judith Owens, was contracted by the Fairfax County Public School System to develop a “Blueprint for Change” that included several workable proposals for starting its high schools after 8 AM. Dr. Owens is Director of Sleep Medicine at Children’s National Medical Center (CNMC) and Professor of Pediatrics at George Washington University School of Medicine and Health Sciences. She is an internationally recognized authority on pediatric sleep and the author of over 100 original research and review articles in peer-reviewed journals, chapters, and books on the topic. She made presentations at public forums related to changing the Fairfax school start times so that parents and teachers could make fully informed decisions on whether to favor changing the start times.

<http://www.smartschoolstart.org/>

This is a Powerpoint presentation made to the Chesterfield County (Virginia) School Board advocating for later school start times.

<http://mychesterfieldschools.com/wp-content/uploads/schoolboard/ChangingSchoolStartTimes.pdf>

This is a 2014 video of an Arlington County high school teacher who has been teaching there for 30 years talking about the successful change of school start times in 2001 and how the fears of making the change did not materialize.

<https://www.youtube.com/watch?v=ijS4Jogz0Yc>

This is a two-page position paper from the American Psychological Association advocating for later start times.

<https://www.apa.org/pi/families/resources/school-start-times.pdf>

This is a policy statement from the American Medical Association advocating later school start times.

<https://www.ama-assn.org/ama-supports-delayed-school-start-times-improve-adolescent-wellness>

This is a lengthy, highly technical research article that analyzed Fairfax County prior to their changing start times and correlating lack of sleep in teens with hopelessness, suicidal tendencies and substance abuse.

<https://teensneedsleep.files.wordpress.com/2011/05/winsler-et-al-sleepless-in-fairfax-the-difference-one-more-hour-of-sleep-can-make-for-teen-hopelessness.pdf>

The following short article is from the World Economic Forum and was written by a Senior Research Fellow from the University of Minnesota who has researched high school start times for 20 years. The article has many links to other articles of relevance.

<https://www.weforum.org/agenda/2016/09/sleep-teenage-brains-and-getting-up-for-school>

The following is the article in the journal Pediatrics (Official Journal of the American Academy of Pediatrics) that was published in 2014 that received national attention in the news media

<http://pediatrics.aappublications.org/content/early/2014/08/19/peds.2014-1696.full.pdf>

Here is the policy statement from the American Academy of Pediatrics that was published at the same time as the above article:

<http://pediatrics.aappublications.org/content/134/3/642>