



# Rethinking School Start Times

## IN SIMSBURY PUBLIC SCHOOLS

Learn about why the district is considering later start times for secondary schools.

### Why is Simsbury Considering Later Start Times?

- Expert Recommendations:**  
The American Academy of Pediatrics & American Academy of Sleep Medicine advise:
- Adolescents should get around **8.5 to 9.5 hours of sleep** per night.
  - Research supports that adolescents are naturally inclined to go to bed later and sleep later in the morning.
  - Therefore, middle and high schools should start **no earlier than 8:30 AM.**

#### Teens often need more sleep than they get.

- Just **25%** of high school students report getting **8 or more hours** of sleep per night.
- When schools start later, students use the time to get more sleep. Students typically **sleep 25 to 77 minutes more** per night when school starts 25 to 60 minutes later.

#### Sleep can affect academic performance.

- Later school start times & more sleep can improve students' **attention**, reduce **sleepiness**, and decrease the likelihood of **students falling asleep in class.**
- Students' test scores and grades usually **stay the same or increase** when schools start later.

#### Sleep can affect health and behavior.

- More sleep can reduce rates of **depression and anxiety.**
- Teens are less likely to be in **vehicle crashes** when schools start later.
- Schools have often seen reduced **tardiness and absences** when schools start later.

### Proposed Schedules

**Current Schedule**

Secondary schools start at **7:32 AM.**

SCHOOLS	START	END
Secondary	7:32 AM	2:10 PM
Elementary (all except SQL)	8:15 AM	2:50 PM
Squadron Line School (SQL) [Buses start at 6:25 AM for secondary and 7:35 AM for elementary]	8:45 AM	3:20 PM

**Proposed Schedule: Option 1**

Secondary schools start at **8:00 AM.**

SCHOOLS	START	END
Secondary	8:00 AM	2:40 PM
Elementary (all)	8:45 AM	3:20 PM

[Buses start at 7:05 AM for secondary and 8:05 AM for elementary]

**Proposed Schedule: Option 2**

Secondary schools start at **8:30 AM.**

SCHOOLS	START	END
Secondary	8:30 AM	3:10 PM
Elementary (all)	7:45 AM	2:20 PM

[Buses start at 7:45 AM for secondary and 7:05 AM for elementary]

### Logistical Considerations

#### Athletics & Extracurriculars

- Later start times could benefit student athletes, as more sleep boosts athletic performance.
- However, later start times may also pose challenges in terms of coordinating academic and athletic or extracurricular schedules and allowing students to attend away events. (Potential financial impacts would need further study and review.)

#### Transportation

- New start times would require about the same number of buses, but bus routes would run in two "waves" instead of three.
- In a two wave system, secondary routes would likely stay the same, but because there would likely be more students riding the bus with a later start time, the rides may be longer.
- Elementary routes would need to be reconfigured.

For more information, about Simsbury Public Schools' proposed plans to shift school start times, visit the district [School Start Times](#) website.

Sources : [1] American Academy of Pediatrics. <http://pediatrics.aappublications.org/content/pediatrics/early/2014/08/19/peds.2014-1697.full.pdf> [2] American Academy of Sleep Medicine. <https://aasm.org/resources/pdf/pediatricsleepdurationconsensus.pdf> [3] Bowers, J.M. and Moyer, A. [https://www.sleephealthjournal.org/article/S2352-7218\(17\)30154-7/fulltext](https://www.sleephealthjournal.org/article/S2352-7218(17)30154-7/fulltext) [4] Centers for Disease Control and Prevention. <https://www.cdc.gov/healthyyouth/data/yrbs/pdf/2017/ss6708.pdf> [5] Marx, R., et. al. <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD009467.pub2/full> [6] Minges, K.E. and Redeker, N.S. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4844764/> [7] Morgenthaler, T.I., et. al. <https://pdfs.semanticscholar.org/4c25/837e2461821bb75f91c3a72ee6e0d0865f17.pdf> [8] Wheaton, A.G., Chapman, D.P., and Croft, J.B. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4824552/> [9] Peltz, J.S., Rogge, R.D., Connolly, H., and O'Connor, T.G. [https://www.sleephealthjournal.org/article/S2352-7218\(17\)30153-5/fulltext](https://www.sleephealthjournal.org/article/S2352-7218(17)30153-5/fulltext)

