



health, safety and equity in education

FOR IMMEDIATE RELEASE:

More Schools Make Student Sleep a Priority Schools in at least 20 states to delay bell times this year August 22, 2018

School districts in at least 20 states will be ringing the first bell later this year according to the national non-profit organization Start School Later. These districts include nine in Pennsylvania and seven in Massachusetts.

"School communities are increasingly finding creative, affordable, and livable ways to run schools at sleep-friendly hours," says Start School Later's Executive Director Terra Ziporyn Snider, PhD. "With so many health and educational professionals calling for schedules that give students a chance for healthier sleep, it's no surprise we're seeing more and more schools make these changes every year."

Among the many organizations calling for later start times are the American Academy of Pediatrics, the American Medical Association, and the Centers for Disease Control and Prevention. All three groups specifically recommend that middle and high schools start class no earlier than 8:30 a.m. Not every district delaying bell times this year meets this goal, notes Snider, but all are moving to schedules that are healthier and safer for many more students.

Districts announcing plans to start school later for the 2018/2019 school year include, by state:

California: Fremont Union High School District,
Vacaville

Colorado: Brighton, Littleton, Thompson School District

Connecticut: Guilford

Florida: Hillsborough County, Pinellas County

Georgia: Cartersville City

Illinois: District 128 (Libertyville and Vernon Hills),

Indiana: South Bend

Iowa: Clinton Community School District, Des Moines

Maine: Scarborough

Massachusetts: Acton/Boxborough, Burlington, Melrose,
Stoneham, Watertown, Winchester, Weston

Michigan: Berkley School District

Minnesota: Edina Middle Schools, Mounds View

New Jersey: Burlington City, Princeton

New Mexico: Los Alamos (pilot program)

New York: Nanuet Union Free School District

Ohio: Bexley Schools, Forest Hills School District, Kings
Mills, Three Rivers

Pennsylvania: Burrell, Erie, Mechanicsburg, Peters
Township, Seneca Valley, State College, Three
Rivers, Washington Public Schools (trial), Woodland
Hills

Texas: Goose Creek ISD, Houston ISD

Virginia: Chesterfield County

Washington: Camas, Highline

While there is no official tracking of U.S. school start times each year, Start School Later regularly watches progress toward healthier school-day start times and provides support to communities making these changes. To learn more about the research and success stories, visit Start School Later's website at www.startschoollater.net.

National Contact: Stacy Simera, Communications Director

Email: stacy@startschoollater.net

Tel: 330-389-9133

###

Start School Later® is a 501(c)(3) nonprofit working to ensure school hours compatible with healthy, safety, and equity.

Healthy Hours is the research and education arm of Start School Later, Inc.

Start School Later, Inc. • P.O. Box 6105 • Annapolis, MD 21401 • www.startschoollater.net