

WANTON

Local School District

Changing School Start Times

The Swanton Local School District is exploring the idea of starting school in all buildings later in the morning beginning with the 2020-21 school year.

We strongly believe that sleep deprivation among our teenage students is a serious health issue and that is why we are exploring these changes.

Currently Swanton High School and Middle School are among the earliest starting schools in the area.

Area High School Start Times

HIGH SCHOOL START TIMES

- Swanton - 7:40
- Archbold - 8:15
- Perrysburg - 8:30
- Defiance - 7:55
- Wauseon - 8:00
- Delta - 8:10

MIDDLE SCHOOL START TIMES

- Swanton - 7:40
- Archbold - 8:10
- Perrysburg - 7:50
- Defiance - 7:50
- Wauseon - 7:55
- Delta - 8:10

ELEMENTARY START TIMES

- Swanton - 8:45
- Archbold - 8:20
- Perrysburg - 9:05
- Defiance - 9:00
- Wauseon - 8:00
- Delta - 8:15

Things To Consider

There are many factors to consider when looking at a change to the school day:

- Health benefits for the students.
- Transportation issues raised by changing start times.
- Impact on parents who drive students to school.
- Impact on child care for younger students before and after school.
- Impact on administration in making weather related decisions.
- Impact on extracurricular events.

Proposed Swanton Start/ End Times

- SHS - 8:15AM - 3:05PM
- SMS - 8:15AM - 2:55PM
- SES - 9:15AM - 3:40PM

Teens Changing Sleep Patterns

- A typical teen's natural time to fall asleep may be 11PM or later.
- This means that teens will feel wide awake at bedtime even if they are exhausted.
- This change along with the need to wake early for school leads to irregular sleep patterns.
- Adolescent sleep deprivation is driven by the conflict between teen's biological clocks and school schedules.

<https://www.sleepfoundation.org/articles/backgrounder-later-school-start-times>

Why Sleep Matters To Teens

- Insufficient sleep is the most common health risk among children.
- Students in high school should be getting 8.5 to 9.5 hours of sleep each night.
- Lack of sleep affects self-regulation, attention, memory, behavior control and executive function.
- There is a strong correlation between lack of sleep and anxiety and mood disorders

Health benefits of later school start times.

Research shows that delayed start times can lead to improved health and behavior in teens.

- Later school start times correlate with improved mental and physical health.
- Academic achievement is increased.
- There is a reduction in behavioral issues when school starts later.

Health benefits of later school start times.

According to the CDC teens who do not get enough sleep are more likely to:

- Be overweight
- Not engage in daily physical activity
- Suffer from symptoms of depression
- Engage in unhealthy risk behaviors
- Perform poorly in school

<https://www.cdc.gov/features/school-start-times/index.html>

Impact of delaying school start times

- A 30 minute delay in school start times can increase attendance and graduation rates.
- Students who drive to school are safer on the roads when they have had enough sleep.
- The administration would have more time in the morning to assess road conditions to determine if school should remain open.
 - Because our buses are on the road so much earlier than other districts Swanton must make decisions earlier than most others. The extra time afforded by a later start would allow for more accurate decision making.

Swanton Start Times

- Early school start times, and a corresponding need to get up early to catch the bus or drive to school mean that most students are not getting enough sleep.
 - Our earliest bus pick ups in Swanton happen around or before 6:30AM.
 - This means that students are waking up before 6:00AM.
 - In order for a student to get the recommended 8.5 to 9.5 hours of sleep they would need to be in bed between 8:30 and 9:30PM.
 - Due to the changes in their circadian rhythms these early bedtimes are not realistic.
 - Additionally, student involvement in extracurricular activities or jobs means that they are most likely not at home at such an early hour.

Swanton High School student survey results

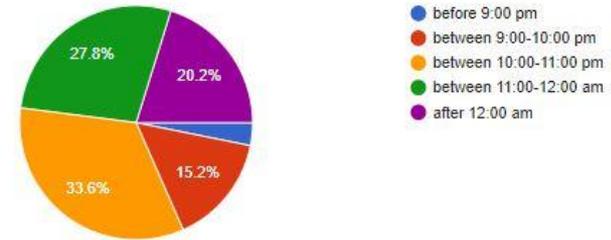
This survey was conducted at Swanton High School in the spring of 2019. In all 223 students responded.

Based on their response only 2.2% of Swanton High School students are getting the recommended 8.5 to 9.5 hours of sleep.

Our hope is that by moving back school start times our students will start to get closer to the recommended sleep times.

What time do you normally go to bed during a school night?

223 responses



On average, how many hours of sleep do you get per night on a weekday?

223 responses

