

Research on School Districts with Start Times of 8 am or Later

SLEEP volunteers reviewed myriad school districts around the country to determine where later start times were successfully implemented. Instead of looking for districts “comparable” to Fairfax, we looked for districts that were able to make start times work. This was not a comprehensive survey, but relied on the ability of the volunteers to locate these districts in the amount of time they could devote to the effort. Our initial search was based on the US News ranking of the top large territory suburban high schools in the country.

The ultimate goal of such an effort is to find out how the various districts are able to give their high school students enough necessary sleep and still provide them with the instructional and afterschool programs such as athletics that we strive to offer. Even districts with only one high school still have to interact with the districts around them for athletics and other afterschool activities and information about how they are able to do this is important to obtain. Each school district is unique and solved the particular challenges in a manner from which we can learn, and possibly incorporate into making later start times a reality.

Florida has 67 countywide school districts. Of these, 18 have high schools that start later than 8:00. Examples include:

- The Marion County School District in the Ocala FL metro area is 1584 square miles and serves 41,872 students. Their buses travel 7.8 million miles annually and they have had an 8:50 high school start time since 2002.
- St. John’s County School District in the Jacksonville metro area covers 600 square miles and serves 31,000 students. They changed to a high school start time of 9:15 in 2008 and saved money on transportation.
- Brevard County School District serves 75,000 students in a 3 tiered bus system and starts its 16 high schools at 8:45.

Texas has over 1200 school districts, many of which could be considered comparable in size to Fairfax. Sports in Texas are regulated at the state level and leagues are based on school enrollment, not districts. The length of practices is also regulated at the state level.

- Austin Independent School District (ISD) has 86,697 students and 16 high schools that start at 9:00 and dismiss at 4:10. They bus the 22,000 students who are 2+ miles from campus. These start times have been in place for 15-20 years.
- Dallas ISD has 157,158 students and 30 high schools, including 9 magnets. High schools run from 9:00 – 4:00. Transportation is provided by Dallas County Schools that operates 1700 buses and transports 60,000 students daily.
- Northside ISD is located in San Antonio, has 97,439 students and 15 high schools. High schools run from 8:50 – 4:05. They transport 60,000 students daily.

In Georgia, Cobb County School District has 106,509 students and 19 high schools with start times of 8:20 am. Fulton County School District, with 92,604 students and 16 high schools has opening bell ranging from 8:25-8:40. DeKalb County School District, with over 100,000 students, has an opening bell time of 8:10 for its high schools.

New Jersey districts with later start times include Cherry Hill, Weehawken, New Providence and Scotch Plains. Cities like Newark and Jersey City have first period bells after 8:00, as do many of the single high school districts located in their counties (Essex and Hudson, respectively). Athletics are accommodated by having all games begin at or after 4:00. Although a number of these districts do not provide transportation to and from school, they do have some innovative ideas to consider. Many districts use a period prior to the first bell, called 0 period, in a variety of ways to offer classes to students. More investigation is warranted to determine if any of these would be useful in Fairfax County. For example, Montclair offers classes that are not part of the “core curriculum” during 0 period, freeing up the last period of the day for those students who need earlier dismissal or for those who just want to take an additional class.

It should be noted that all of the following schools with gold and silver ranking in US News have an 8:00 am or later 1st bell:

**High Schools With An 8:00 AM Or Later 1st Bell
US News GOLD or SILVER Ranking
April 27, 2012**

<u>Name of School</u>	<u>1stBell</u>	<u>City/Town, State</u>	<u>District</u>	<u>County</u>
Acalanes HS	8:00	Lafayette, CA	Acalanes Union High School District	Contra Costa County
Campolindo HS	8:00	Moraga, CA	Acalanes Union HS District	Contra Costa County
Miramonte HS	8:00	Orinda, CA	Acalanes Union HS District	Contra Costa County
Adlai E. Stevenson HS	8:35	Lincolnshire, IL	Adlai E Stevenson District 125 School District	Lake County
San Gabriel HS	8:00	San Gabriel, CA	Alhambra Unified School District	Los Angeles County
Amherst Central HS	8:32	Amherst, NY	Amherst Central School District	Erie County
Beechwood HS	8:05	Fort Mitchell, KY	Beechwood Independent School District	Kenton County
Catalina Foothills HS	8:30	Tucson, AZ	Catalina Foothills Unified District	Pima County
Lawndale HS	8:00	Lawndale, CA	Centinela Valley Union High School District	Los Angeles County
Academic Magnet HS	8:15	North Charleston, SC	Charleston County School District	Charleston County
Cherry Hill HS East	8:10	Cherry Hill, NJ	Cherry Hill Township School District	Camden County
Walter Payton College Prep	8:00	Chicago, IL	Chicago Public Schools (District 299)	Cook County
Coppell HS	8:20	Coppell, TX	Coppell ISD School District	Dallas County
Stanton College Preparatory School	8:25	Jacksonville, FL	Duval County School District	Duval County
Westlake HS	8:40	Austin, TX	Eanes ISD School District	Travis County
Edina HS	8:30	Edina, MN	Edina Public School District	Hennepin County
Thomas Jefferson HS for Science and Tech	8:30	Alexandria	Fairfax County Public Schools	Fairfax County
Bolsa Grande HS	8:00	Garden Grove, CA	Garden Grove Unified School District	Orange County
Garden Grove HS	8:00	Garden Grove, CA	Garden Grove Unified School District	Orange County
Santiago HS	8:00	Garden Grove, CA	Garden Grove Unified School District	Orange County
Deep Run HS	8:45	Glen Allen, VA	Henrico County Public Schools	Henrico County
Highland Park HS	8:10	Dallas, TX	Highland Park ISD School District	Dallas County
Jericho HS	8:59	Jericho, NY	Jericho Union Free School District	Nassau County
California Academy of Math and Science	8:35	Carson, CA	Long Beach Unified School District	Los Angeles County
Mercer Island HS	8:00	Mercer Island, WA	Mercer Island School District	King County
Millis HS	8:00	Millis, MA	Millis Public School District	Norfolk County

Mt. Lebanon HS	8:00	Pittsburgh, PA	Mt. Lebanon School District	Allegheny County
Hume-Fogg Academic Magnet	8:00	Nashville, TN	Nashville Municipal School District	Davidson County
Needham HS	8:00	Needham, MA	Needham Public School District	Norfolk County
New Providence HS	8:05	New Providence, NJ	New Providence School District	Union County
Science Park HS	8:00	Newark, NJ	Newark Public Schools	Essex County
Northwestern HS	9:30	Hyattsville, MD	Prince Georges County Public Schools	Prince Georges County
Richardson HS	9:00	Richardson, TX	Richardson ISD School District	Dallas County
South Side HS	8:05	Rockville Centre, NY	Rockville Centre Union Free School District	Nassau County
Roseville HS	8:10	Roseville, MN	Roseville Public School District	Ramsey County
Westwood HS	9:05	Austin, TX	Round Rock ISD School District	Williamson County
San Marino HS	8:00	San Marino, CA	San Marino Unified School District	Los Angeles County
San Ramon Valley HS	8:30	Danville, CA	San Ramon Valley Unified School District	Contra Costa County
Scarsdale HS	8:00	Scarsdale, NY	Scarsdale Union Free School District	Westchester County
Sharon HS	8:05	Sharon, MA	Sharon Public School District	Norfolk County
South Pasadena HS	8:00	South Pasadena, CA	South Pasadena Unified School District	Los Angeles County
Tamalpais HS	8:00	Mill Valley, CA	Tamalpais Union High School District	Marin County
Deerfield HS Academy for Information Technology	8:10 8:00	Deerfield, IL Scotch Plains, NJ	Township High School District 113 School District Union County Vocational Schools	Lake County Union County
Sanderson HS	8:05	Raleigh, NC	Wake County School District	Wake County
Weehawken HS	8:15	Weehawken, NJ	Weehawken Township School District	Hudson County
West Lafayette Jr/Sr HS	8:05	West Lafayette, IN	West Lafayette Community School Corporation	Tippecanoe County
Sante Fe High School	8:05	Santa Fe Springs, CA	Whittier Union High School District	Los Angeles County
Wilton HS	8:20	Wilton, CT	Wilton School District	Fairfield County
Zionsville Community HS	8:10	Zionsville, IN	Zionsville Community School District	Boone County