

Dear AACCS Families,

Big changes have been underway at the district campuses in order to better serve our students and families. The strong focus on student achievement has been the driving force of both research and analyzing data to support two major changes to the district through configuration change and changes in start times.

LAKESIDE ELEMENTARY CAMPUS

School	Principal	Grades	Start Times
Michigan Primary	Rebecca Evanson	Early Learning Center Kindergarten	8:00-2:15
Huron Primary	Valerie Harper	First Grade	8:00-2:15
Ontario Primary	Lisa Newsome	Second Grade	8:00-2:15
Superior Intermediate	Cristine Rutz	Third and Fourth Grade	9:15-3:45
Erie Intermediate	Michele Boiarski	Fifth and Sixth Grade	9:15-3:45

LAKESIDE JUNIOR HIGH SCHOOL and LAKESIDE HIGH SCHOOL

SCHOOL	Principal	Grades	Start Times
Lakeside Jr. High	Scott Anservitz	7 & 8	8:23-2:53
Lakeside High School	To Be Determined	9-12	8:30-3:00

Pre-K – 2nd Grade

The PK-2 schools will have a start time of 8:00am and will end at 2:15pm.

- This new time will better align the research that indicates younger children have an optimal learning time earlier in the day.
- Speaking on behalf of the primary principals, Beckie Evanson said “our experience with our youngest students has also shown us that these students are awake earlier and ready to start the day. Delaying the start of school for them has resulted in students who are tired after lunch and unproductive.”
- A study from the University of Minnesota’s Center for Applied Research and Educational Improvement found that an early start time (between 7:40am and 8:40am) “had a positive impact on teaching” and students were “more on task and focused during the day and had fewer behavior problems in the afternoon.”
- “Students with Attention Deficit Hyperactivity Disorder were shown to benefit from the earlier schedule” according to the same study.
- Start times after 8:40am were shown to have a detrimental effect on learning or these youngest students.

Grades 3-6

Superior and Erie will start at 9:15am and will end at 3:45pm. This also follows research that older elementary students perform better with a later start time.

- Guidelines published by the National Sleep Foundation recommended that students in this age group get 9 to 11 hours of sleep per night. The later start will help accommodate these needs.

- These students are in a growth period and generally reach puberty within this age group, they begin to fall within the findings for adolescents as noted below.
- It is recommended that this age group needs even more sleep than teenagers to optimize their alertness, mood, behavior, and readiness to learn.

Junior High and High School

There has been significant research done over the past 25 years in the area of start times for teenagers.

- The **American Medical Association (AMA)** adopted a policy that calls on school districts across the United States to implement middle and high schools start times no earlier than 8:30am.
- The **American Academy of Sleep Medicine (AASM)** states that teens who do not get sufficient sleep are more likely to be overweight, not engage in daily physical activity, suffer from symptoms of depression, engage in unhealthy risk behaviors such as drinking, smoking tobacco, and using illicit drugs, and perform poorly in school.
- The AASM cites start times before 8:30am as being a major cause of students not getting enough sleep.
- Additionally, the **American Academy of Pediatrics** recommends middle and high schools delay the start of class to 8:30am or later. They state that doing so will align school schedules to biological sleep rhythms of adolescents, whose sleep cycles begin to shift up to two hours later at the start of puberty.

- The **American Academy of Pediatrics** links early start times to increased risk for poor academic performance, increased risk of car accidents, and reliance on caffeine, tobacco, and alcohol.
- The **American Academy of Sleep Medicine (AASM)** in a position statement by a group of scientists and health experts with over 10,000 members says that middle and high school students should start no earlier than 8:30am citing the effects on their health, safety, and academic performance.
- The **Centers for Disease Control and Prevention (CDC)** also urges schools to start later to help adolescents get enough sleep which will aid in improving their health, academic performance, and quality of life.
- A meta-analytical study on the effects of school start time published in December 2017 by Bowers and Moyer compiled research from multiple studies and found that later start times for teens are associated with less daytime sleepiness, less tardiness to school, improved general well-being, and improved academic performance.
- An article in **Phi Delta Kappan** by Kyla Wahlstrom entitled *Later Start Times for Teens Improves Grades, Mood, and Safety* states that for adolescents “the evidence shows that the later the start times, the greater the academic benefits.”
- A **Cincinnati Enquirer** article from **March 27, 2018** notes that early start times cause teenagers to:
 - perform well below their potential in school,
 - exhibit more sadness, stress, depression, and suicidal tendencies,
 - be involved in more traffic accidents,

- engage in risky behaviors with drugs, sexual activity or weapons,
 - suffer higher rates of athletic injuries,
 - be at greater risk for obesity, diabetes, heart disease, certain cancers and other serious health problems.
- The article goes on to say “a truckload of medical research going back to the 1990s has demonstrated if start school much earlier than 8:30am, they are more susceptible to all of those conditions. But if schools start 8:30am or later, the numbers go down significantly for each of them.”