



Welcome!

PARENT FORUM

LATER SCHOOL START TIME

CHRISTIAN BROTHERS COLLEGE HIGH SCHOOL

STUDENT COMMITTEE

Later School Start Time

Michael Hibbard

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PURPOSE

Later School Start Time

Current School Start Time:

8:05 AM

Proposed School Start Time:

8:40 AM

PURPOSE

Later School Start Time

American Academy of Pediatrics

"Studies comparing high schools with start times as little as 30 minutes earlier versus those with later start times demonstrate such adverse consequences as shorter sleep duration, increased sleepiness, difficulty concentrating, behavior problems, tardiness, and absenteeism."

AGENDA

Later School Start Time

Research & Position Statements

Quick Facts

Adolescent Biology

Student Health & Well-Being

Student Performance

Proposed Bell Schedule

Transportation & Traffic Patterns

Morning Opportunities & Supervision



RESEARCH & POSITION STATEMENTS

CHRISTIAN BROTHERS COLLEGE HIGH SCHOOL

RESEARCH

& Position Statements

American Academy of Pediatrics

"The American Academy of Pediatrics recognizes insufficient sleep in adolescents as a public health issue, endorses the scientific rationale for later school start times, and acknowledges the potential benefits to students with regard to physical and mental health, safety, and academic achievement."

RESEARCH

& Position Statements

American Medical Association

In June 2016, the American Medical Association adopted a policy "specifically calling on schools and school districts across the United States to implement high school start times no earlier than 8:30 A.M."

RESEARCH

& Position Statements

American Academy of Pediatrics

American Medical Association

American Academy of Sleep Medicine

American Psychological Association

Center for Disease Control and Prevention

Society of Behavioral Medicine



QUICK FACTS

CHRISTIAN BROTHERS COLLEGE HIGH SCHOOL

QUICK FACTS

Optimal sleep for teenagers is 8.5 – 9.5 hours per night.

87% of high school students get less than the recommended hours of sleep on school nights. The average amount of school night sleep is less than 7 hours.

82% of high schools require students to attend class at times earlier than what is recommended.

QUICK FACTS

On average, high schools in the U.S. start the day at 7:59 A.M.

33% of teenagers admit to falling asleep in school each day.

56% of licensed teen drivers admit to having driven when feeling too tired to drive their best.



ADOLESCENT BIOLOGY

CHRISTIAN BROTHERS COLLEGE HIGH SCHOOL

ADOLESCENT BIOLOGY

Sleep - Wake Cycles

Chronically Sleep-Deprived

Socio-Cultural Influences

Biological Demands

Circadian Rhythm

Melatonin

MAJOR change occurs during adolescence

Shift of two hours relative to middle childhood

Preference moves from morning to evening

ADOLESCENT BIOLOGY

Sleep - Wake Cycles

Melatonin production begins later

11:00 PM

Continues in peak production later

Until 7:00 AM and then stops at 8:00 AM

Sleep - Wake Cycle

Difficulty falling asleep before 11:00 PM

Best suited to wake up at 8:00 AM or later

ADOLESCENT BIOLOGY

Sleep Drive

Altered sleep drive across adolescence
Longer to fall asleep after being awake 15-18 hours



HEALTH & WELL-BEING

OF STUDENTS

CHRISTIAN BROTHERS COLLEGE HIGH SCHOOL

HEALTH & WELL-BEING

Physical Health

Adverse consequences due to insufficient sleep:

Increased risk of obesity

Increased use of alcohol, tobacco, and drugs

Increased risk of cardiovascular disease

Increased risk of type-2 diabetes

Increased use of stimulants (caffeine)

Decreased levels of physical activity

HEALTH & WELL-BEING

Mental Health

Adverse consequences due to insufficient sleep:

Increase in risk-taking behaviors

Poor impulse control

Decreased positive affect

Increased anxiety, depression, and mood disorders

Decreased motivation

Increased vulnerability to stress

Impairments in memory and behavior control

Impairments in executive function

HEALTH & WELL-BEING

Safety

Short sleep time is associated with increased motor vehicle accident risk due to impaired driving.

Young drivers are involved in more than one-half of the estimated 100,000 police-reported, fatigue-related traffic crashes each year.



STUDENT PERFORMANCE

CHRISTIAN BROTHERS COLLEGE HIGH SCHOOL

STUDENT PERFORMANCE

Achievement

Achievement suffers from earlier start times

Courses taken earlier in the morning

Continues throughout the entire day

Negative effect diminishes with later start

Cognitive functioning peaks late morning / early afternoon

STUDENT PERFORMANCE

Absenteeism / Tardiness

Higher Rates of Absenteeism

Increased Tardiness

Decreased Readiness to Learn



PROPOSED BELL SCHEDULE

CHRISTIAN BROTHERS COLLEGE HIGH SCHOOL

PROPOSED BELL SCHEDULE

Constraints

End Time of No Later than 3:00 P.M.

Third Lunch Begins No Later than 1:00 P.M.

Classes of At Least 80 Minutes

PROPOSED BELL SCHEDULE

Purple Day

PURPLE DAY SCHEDULE				
7:30	8:30	Faculty Collaboration	60	
8:40	10:05	Period 1	85	CSN Broadcast
10:10	11:30	Period 2	80	
11:30	12:00	1st Lunch	30	
12:05	1:30	Period 3 Class	85	
11:35	12:15	Period 3 Class - First Half	40	
12:15	12:45	2nd Lunch	30	
12:50	1:30	Period 3 - Second Half	40	
11:35	1:00	Period 3 Class	85	
1:00	1:30	3rd Lunch	30	
1:35	3:00	Period 4	85	Announcements
3:00	3:10	Faculty in Classrooms (Mon. - Thurs.)	10	

PROPOSED BELL SCHEDULE

Gold Day

GOLD DAY SCHEDULE				
7:30	8:30	Faculty Collaboration	60	
8:40	10:05	Period 5	85	CSN Broadcast
10:10	10:50	Advisory Period	40	
10:50	11:30	Activity Period	40	
11:30	12:00	1st Lunch	30	
12:05	1:30	Period 6 Class	85	
11:35	12:15	Period 6 Class - First Half	40	
12:15	12:45	2nd Lunch	30	
12:50	1:30	Period 6 - Second Half	40	
11:35	1:00	Period 6 Class	85	
1:00	1:30	3rd Lunch	30	
1:35	3:00	Period 7	85	Announcements
3:00	3:10	Faculty in Classrooms (Mon. - Thurs.)	10	



TRANSPORTATION & TRAFFIC PATTERNS

CHRISTIAN BROTHERS COLLEGE HIGH SCHOOL

TRANSPORTATION

CBC Bus Program

BUS ROUTE	DEPARTURE TIME	
	CURRENT	PROPOSED*
Central West End	6:30 AM	To Be Determined
St. Charles - ICD	6:45 AM	7:15 AM
St. Charles - Cottleville	7:05 AM	7:45 AM
South City / County	6:45 AM	7:20 AM

**All proposed times are currently tentative.*

TRAFFIC PATTERNS

CBC Bus Program

	TIME BASED ON DEPARTURE		
BUS ROUTE	6:30 AM	7:00 AM	7:30 AM
Central West End	20	24	29
St. Charles - ICD	46	49	47
St. Charles - Cottleville	25	29	24
South City / County	47	54	52

**Estimated based on 2017-2018 routes*

Calculated using waze.com

TRAFFIC PATTERNS

Regional

PAROCHIAL GRADE SCHOOL OR TOWN	7:00 AM	7:30 AM	8:00 AM
ST. CHARLES COUNTY			
Immaculate Conception - Dardenne Prairie	29	32	27
St. Cletus	23	27	24
St. Joseph - Cottleville	25	30	26
St. Patrick - Wentzville	37	38	32
Assumption - O'Fallon	35	36	33
NORTH ST. LOUIS COUNTY			
Sacred Heart - Florissant	24	25	24
St. Norbert	29	30	28
SOUTH ST. LOUIS COUNTY			
St. Paul - Fenton	26	31	28
Sacred Heart - Valley Park	15	18	17
Queen of All Saints	47	46	38
St. Catherine Laboure	26	29	26

Calculated using waze.com

TRAFFIC PATTERNS

Regional

PAROCHIAL GRADE SCHOOL OR TOWN	7:00 AM	7:30 AM	8:00 AM
SOUTH ST. LOUIS CITY			
St. Gabriel	25	30	28
St. Joan of Arc	24	29	27
MID-ST. LOUIS COUNTY			
Mary Queen of Peace	20	25	23
St. Gerard Majella	11	12	12
WEST ST. LOUIS COUNTY			
St. Alban Roe	30	32	28
Holy Infant	19	28	22
ILLINOIS			
Shiloh, IL	50	49	44
Belleville, IL	51	49	45
Columbia, IL	46	47	39
Troy, IL	49	47	43

Calculated using waze.com



MORNING OPPORTUNITIES & SUPERVISION

CHRISTIAN BROTHERS COLLEGE HIGH SCHOOL

MORNING OPPORTUNITIES

For Students

CURRENTLY

X-Period Classes (7:00 A.M.)

Scheduled Office Hours

Breakfast in Ross Hall

MORNING OPPORTUNITIES

For Students

WITH LATER START

Later X-Period Classes (7:30 A.M.)

Scheduled Access to Weight Room

Scheduled Access to Open Gymnasium

Classroom Access for Silent Study

Scheduled Office Hours

Breakfast in Ross Hall



QUESTIONS? & DISCUSSION

CHRISTIAN BROTHERS COLLEGE HIGH SCHOOL