

Dr. Martin Karp, Vice Chair

SUBJECT: LIMITED PILOT FOR LATER START TIMES IN HIGH SCHOOL

**COMMITTEE: INSTRUCTIONAL EXCELLENCE AND COMMUNITY
ENGAGEMENT**

**LINK TO STRATEGIC
FRAMEWORK: STUDENT, PARENT, AND COMMUNITY ENGAGEMENT**

Numerous research studies and high school student testimonials support exploring a pilot during the 2014-15 school year for later start times at the high school level. Perhaps, a limited number of high schools in the District or a select number of students in each high school can be considered for a pilot program regarding later start times.

Typically, teenagers find it more difficult to go to sleep and rise early. Experts say the cause is biological. In addition, students maintain that school projects and greater workloads contribute to later bedtimes.

In Fairfax County, Virginia, a program has begun allowing eligible high school seniors to drop their first classes on the schedule. Miami-Dade County Public Schools (M-DCPS) can track this effort and review the results.

A lack of sleep may impact students' mental and physical well-being, and contribute to health problems including depression and headaches. Additional negative consequences have been cited due to early start times for high school students such as greater school absenteeism, lower school performance, and behavioral problems.

Certain student behaviors may further exacerbate the problems associated with sleep deprivation. M-DCPS can distribute information to parents and students addressing strategies to negate specific student behaviors such as poor study habits, increased usage of social media, or lack of guidance and establishment of routines, which all lead to staying up late and getting less sleep.

ACTION PROPOSED BY VICE CHAIR

DR. MARTIN KARP:

That The School Board of Miami-Dade County, Florida, authorize the Superintendent to:

1. explore on a limited basis the academic and financial feasibility of offering later start times to high school students, and providing information to parents and students including health benefits associated with earlier bedtimes, along with helpful tips and suggestions; and,
2. present a report on the proposed action above on or before the February 2014 Miami-Dade County School Board meeting.

MEMORANDUM

September 17, 2014

TO: The Honorable Chair and Members of The School Board of Miami-Dade County, Florida

FROM: Alberto M. Carvalho, Superintendent of Schools *AMC*

SUBJECT: UPDATE TO STAFF FOLLOW-UP: BOARD MEETING OF OCTOBER 16, 2013, AGENDA ITEM H-16, LIMITED PILOT FOR LATER START TIMES IN HIGH SCHOOL

At the School Board Meeting of October 16, 2013, the Board approved Agenda Item H-16 proffered by Dr. Martin Karp, School Board Member, requesting the Superintendent to explore, on a limited basis, the academic and financial feasibility of offering later start times to high school students. The request also included the provision of information to parents and students regarding the health benefits associated with earlier bedtimes.

Listed below is the current status related to the proposed agenda item:

- Currently 15 Miami-Dade County Public Schools, serving high school age students, start at 8 a.m. or later on a daily basis. Additionally, eight (8) high schools across Miami-Dade County are participating in our Limited Pilot for Later Start Times in High Schools.
- Students involved have opted to take a Florida Virtual School class off-campus in the morning under the approved supervision of their parents rather than at the school site. Their arrival time to school will be later than 8:00 a.m. Contracts for each student involved were initiated and completed between school site, parent/guardian, and identified student.
- Data related to attendance and grades will be monitored quarterly. Progress monitoring surveys related to factors that impact student achievement and health benefits (i.e., energy levels, alertness, attention, and cognitive processing skills) will also be provided mid-year, as well as at the end of the year to determine the impact of starting school at a later time of the day.

If you have any questions or require additional information, please contact Mrs. Valtena G. Brown, Deputy Superintendent/Chief Operating Officer, School Operations, at 305 995-2938.

AMC:gp
M222

cc: School Board Attorney
Superintendent's Cabinet
Mr. Luis E. Diaz