

School Start Time Information

Recent developments:

- NJ legislation mandating later start times passed into law
- Germantown TN funds later start times for 2016-2017
- CDC report: 5 out of 6 schools start before 8:30 am, against AAP recommendations
- Anne Arundel County MD commits to later start times in 2016-2017
- BC study: US has largest percentage of sleep deprived teens in the world
- Newburyport forms start time task force
http://www.newburyportnews.com/news/local_news/task-force-formed-to-study-later-start-times-for-high/article_70ffaadd-b160-570b-95bb-c8054f5d3219.html

Informative data:

- Statistical analysis of avg. school start times in US for 2011-2012-
http://nces.ed.gov/surveys/sass/tables/sass1112_201381_s1n.asp
- Maine legislation (expired without being passed)-
<http://legislature.maine.gov/bills/getPDF.asp?paper=HP0487&item=1&snum=127>
- Mass. legislation (passed)-
<https://malegislature.gov/Bills/189/Senate/S254>
- 2009 JAMA study citing Duxbury, MA school district--
<http://jama.jamanetwork.com/article.aspx?articleid=184011>
- Minneapolis Public School District post switch study:
<http://www.cehd.umn.edu/carei/publications/documents/Bulletin200212Wahlstrom.pdf>

Plans and proposals to meet specific challenges:

- Sharon (MA) public schools proposed bus plan for later start times--
http://fc.sharon.k12.ma.us/special_projects/016D93E2-000F4C32.12/DOWNLOAD%20Start%20Time%20BUS%20OPTIONS%20Plan%20A%20or%20B.pdf
- Sharon plan to make it work for athletics--
http://fc.sharon.k12.ma.us/special_projects/016D93E2-000F4C32.5/Late%20Start%20-%20Impact%20on%20Athletics.pdf
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Feedback from districts that have made the switch:

- Nauset High School (Cape Cod):
<http://www.capecodtimes.com/article//20120110/NEWS/201100313>
- Wilton School Dist. (CT): <http://www.sleepin Fairfax.org/docs/CS.Wilton.pdf>