



LATER SCHOOL START TIMES FOR 2015-16

Many Saint Paul Public Schools (SPPS) families shared a preference for later school start times for secondary students. Based on several factors, Johnson High School was selected to pilot an 8:30 a.m. start time in fall 2015, with the additional benefit of using Metro Transit to get to and from school. This pilot program is a direct result of feedback received during our Rethinking School Start Times engagement process.

Johnson High School was selected because:

- The school is in a good location to use Metro Transit's current bus routes
- Principal Micheal Thompson has experience working with Metro Transit
- SPPS will be able to better understand how a Metro Transit partnership will work with a district-wide magnet school

BENEFITS TO CHANGING START TIMES

Later School Start Times

- More sleep for teens who naturally get sleepy and wake-up later.
- Improved attendance.
- Improved alertness and ability to concentrate in class.
- Increased health benefits and fewer trips to the school nurse.

Metro Transit Transportation

- Access to transportation before and after school and on weekends for sports, school events and extra-curricular programs.
- Access to Metro Transit, 7-days per week, for jobs, internships, community service and Post-Secondary Enrollment Options (PSEO).
- More student participation in extra-curricular programs.

Students who require transportation will receive a Metro Transit Go-To card at no cost. Students who walk to school and qualify for Free/Reduced Price meals will also receive a Go-To card. SPPS will continue to provide school bus transportation for families who live in neighborhoods with limited access to public transit. There will also be a limited number of school bus routes for families who are concerned about using public transportation, but those students will not be able to receive Metro Transit benefits.

**Questions about Metro Transit and Go-To cards? Contact James Jorissen at 651-744-3583.
Questions about the start time change? contact Steve Taylor at 651-744-2857.**

metrotransit.org | johnsonsr.spps.org



BENEFITS TO CHANGING START TIMES



SLEEP

Science behind teen sleep patterns

- Later sleep patterns are biological, not behavioral
- 9 or more hours of sleep is best for teenagers
 - However, 69% of high school students do not receive 8 hours of sleep
- Delayed onset of melatonin for teens makes it difficult to go to sleep earlier
- Melatonin release and natural sleep cycle begins between 10:45 – 11 p.m.
- Later school start times show no impact on when teens fall asleep



HEALTH

When students receive fewer than 8 hours of sleep

- Increased rates of depression, anxiety and fatigue
- Interference with brain development (memory formation)
- Increased rates of auto accidents
- Decreased athletic and motor skills
- Weight gain and/or elevated blood pressure
- Increased likelihood of risk-taking behavior
- Increased risk of suicide



SCHOOL

When students begin school at 8:30 a.m. or later

- Improved attendance and decreased tardiness
- Improvement in continuous enrollment
- Improved health and fewer trips to the nurse
- Improved alertness
- Increase in GPA
- Increase in percent of students scoring “proficient” on MCA math
- Increase in secondary students eating breakfast

*Source: Examining the Impact of Later High School Start Times on the Health and Academic Performance of High School Students: A Multi-Site Study, Kyla L. Wahlstrom, Ph.D., University of Minnesota.

CHALLENGES

Family and Student Based

- High school students would not be able to watch younger siblings after school
- Students will get home later from after-school activities
- Student athletes may miss a portion of last period for non-conference games
- Less time for after school student employment

School Based

- After school activities, including athletic practices and competitions, will run later
- Schedule shifts may be needed for evening high school or credit recovery programs
- Disruption to staff routines

Your feedback is valuable.

