



Changing start times

Why the District is Taking a Look at Changing School Start Times

District administration, through its Quality Steering Committee, examined the impact of start times on student learning and other school operations, including busing schedules. The Centennial Middle School currently begins its day too early.

What the Research Shows

Studies consistently show school start times have a direct impact on our childrens' developmental needs.

Students learn better when they are well rested and alert.

The research on start times for adolescents is extensive and consistent. Research addresses both biological reasons for delaying start times along with anecdotal findings on the benefits of the delays.

- Later start times are advantageous for mature adolescents to ensure quality learning.
- The biological basis for delaying start times for mature adolescents is based on the biological timing system, a 24-hour internal clock that regulates sleeping and waking cycles.
- Anecdotal findings include a direct correlation between sleep and learning. Optimal start times for middle school and high school students should be somewhere between 8:15 a.m. and 8:45 a.m.

Proposed Bus and School Start Time Schedules

Currently, Centennial School District operates a three-tier bus schedule, meaning buses make three separate runs to pick up elementary, middle and high school students separately each morning and afternoon.

Changing start times to better meet the educational needs of students would change the bus schedule to a two-tier system.

- Middle and high school students would be bused together; no changes in busing at the elementary level.
- Fewer buses will be needed at the high school, therefore, easing congestion on the high school campus and increasing safety for our students.
- There is no cost associated with bus schedule changes.

Current School Start Times:

Elementary: 9:15 a.m.-3:45 p.m.

Middle School: 7:40 a.m.-2:20 p.m.

High School: 8:25 a.m.-3:05 p.m.

Proposed Start Times, Effective 2013-2014:

Elementary: 9:10 a.m.-3:40 p.m.

Middle School: 8:20 a.m.-3:00 p.m.

High School: 8:10 a.m.-2:50 p.m.

Bus Ridership

- Many metro school districts transport middle and high school students together.
- The transportation industry cites having high school students on the bus has a "stabilizing" impact on student behavior issues typically seen on middle school buses.
- The ratio of bus ridership will be approximately 80% middle school and 20% high school students. Students from the same neighborhood will ride together.

The District Would Like to Hear from You!

Please let us know your thoughts on the proposed changes:

- Send comments by email to info@isd12.org **or**
- Attend a Community Informational Forum
May 14 or May 15, 6:00 p.m. – 8:00 p.m.
Centennial Performing Arts Center, 4757 North Road