

MS Start Times - Spring Forums

Attendees:

- 135 adults and 23 students attended 1 of 4 in-person forums.
- 570 attended the virtual 90-minute forum.
- Across all forums, 465 parents, 38 staff, and 123 students completed an online survey.

Sleep Presentation Takeaways:

- The American Academy of Pediatrics, the American Medical Association, and the American Psychological Association recommend that MS & HS start no earlier than 8:30 am
- Signs of deficient sleep:
 - needs to be awakened in the morning
 - sleeps 2+ hours longer on weekends vs weekdays
 - behavior/mood differ following nights of increased sleep
- Effects of insufficient sleep:
 - increased risk for anxiety, depression, suicidal ideation
 - lower academic achievement
 - increased risk for obesity

Key Parent Survey Results:

- 84% are dissatisfied with current FCPS MS start times (n=175)
- 65% indicated that the best start time for their MS student would be 8:30 am or later (n=169)
- 38% reported their MS student is currently getting up before 6:00 am on school days

Comments on Student Survey:

- *“Almost everyone I know tells me they are tired on a daily basis, and I think having later start times would be really good for mental health and learning. It would give people more opportunity to follow their natural sleeping pattern.”*
- *“One of the hardest parts of transitioning from elementary school to middle school for me was how early I had to wake up. Waking up at 6:00 AM and having 45 minutes to catch the bus was (and still is) a somewhat stressful task each morning for me. I think that changing the start time will allow new middle schoolers to transition more comfortably, along with providing teens with the sleep they need. I find that my overall performance improves with more sleep.”*
- *“I feel that the need for this discussion is entirely unnecessary. Nobody I know enjoys the start time and everyone is incredibly tired.”*

