

MEDIA RELEASE
TIME CHANGE INFORMATION

Oregon-Davis School Corporation continues to explore strategies to improve student achievement, enhance opportunities for all students, and to foster our students as 21st century citizens. We are currently studying the feasibility of a change to the school start and ending times to 8:00 a.m. to 3:00 p.m. Currently, both our Elementary School and Jr./Sr. High School begin at 7:20 a.m. The ending time for the Elementary School is 2:20 p.m. and 2:35 p.m. at the Jr./Sr. High School. The Oregon-Davis School Corporation does reside in Starke County which is on Central Standard Time (CST).

There will be a work session with the Oregon-Davis School Board on Monday, February 6, 2017, at 6:30 p.m. at the Jr./Sr. High School Cafeteria. A portion of the work session will be to discuss the feasibility of a change to the school start and ending times. The public is invited to attend the work session.

Below are research articles that include recommendations that Junior High Schools and High Schools begin classes no earlier than 8:30 a.m. for the sake of sleep, health, and learning. A video is also included.

Parents will be sent an on-line survey to complete between January 25, 2017 - February 1, 2017.

Video:

<https://www.youtube.com/watch?v=X2uHyDmjlgc&t=15s>

Articles:

AAP POLICY STATEMENT - School Start Times for Adolescents:

pediatrics.aappublications.org/content/pediatrics/early/2014/08/19/peds.2014-1697.full.pdf

Teens, School and Sleep: A Complex Relationship:

sleepfoundation.org/sleep-news/teens-school-and-sleep-complex-relationship

Insufficient Sleep in Adolescents and Young Adults: An Update on Causes and Consequences:

pediatrics.aappublications.org/content/134/3/e921.long?trendmd_shared=0

Sleep:

healthychildren.org/English/healthy-living/sleep/Pages/default.aspx

CDC: Lack of sleep associated with risky behavior among teens:

aappublications.org/news/2016/04/08/TeenSleep040816/?trendmd_shared=0

School Start Time and Sleep:

sleepfoundation.org/sleep-news/school-start-time-and-sleep

AAP: Pediatricians play key role in children's success in school:

aapublications.org/news/2016/08/29/SchoolReadiness082916/?trendmd_shared=0

AAP endorses new recommendations on sleep times:

aapublications.org/news/2016/06/13/Sleep061316/?trendmd_shared=0

Early Elementary School Start Times Tougher on Economically Advantaged Children, Study Finds

apa.org/news/press/releases/2014/06/school-start-times.aspx

Impact of School Start Time on Student Learning

shorewood.k12.wi.us/uploaded/Family_Resources/general/Impact_of_School_Start_Time.pdf