

Adolescent Sleep

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April 23, 2019 - School Board Meeting

- Instructional time maintained
- Continued annual surveys
 - Screen usage
 - Athletics
 - Transportation
 - Sleep
 - Homework and study habits
- Two new buses and drivers
- New bus routes and “Here Comes The Bus” App

School	Original	New
Radnor High School	7:35 a.m. – 2:27 p.m.	8:30 a.m. – 3:04 p.m.
Radnor Middle School	7:50 a.m. – 2:40 p.m.	8:00 a.m. – 3:00 p.m.
Ithan, Radnor and Wayne Elementary Schools	9:00 a.m. – 3:30 p.m.	9:07 a.m. – 3:40 p.m.

New start times offer important benefits

Academic Performance

- Improved alertness, memory, attention and cognitive processing skills
- Reduced tardiness, truancy, and drop-out rates

Mental Health

- Reduced rates of depression, anxiety and suicidal thoughts and behaviors
- Improved mood and impulse control
- More sleep per night/ reduced fatigue

Physical Health

- Reduced risk of obesity, eating disorders, and diabetes
- Stronger immune system
- Reduced number of car crashes
- Reduced risk of stimulant and other substance abuse and high-risk health behaviors

Meet the recommendation of the American Academy of Pediatrics, CDC and the American Medical Association.

Other school districts have successfully achieved benefits of later start times

- National Sleep Foundation study
 - Average increase of approximately 1 hour of sleep
 - Attendance and enrollment rates improved
 - Student reported depression decreased

Surveyed students & teachers voiced concerns

- Staying up later at night
- Traffic with new Penn Medicine building
- Coordinating sports schedules with other Central League schools



<https://www.pennmedicine.org/news/news-releases/2018/october/penn-medicine-breaks-ground-on-200m-advanced-outpatient-center-in-radnor>

Efforts to mitigate these concerns are being developed

- Radnor High School will make an effort to give athletes an 8th period gym
- American Academy of Pediatrics suggests that a later start time will not result in students staying up later; however, good study habits also need to be exercised
- No current solution to the traffic problem that may result from the new Penn Medicine building

Re-evaluation important to ensure benefits are achieved

School Board will evaluate the success of the resolution next spring

Sources

- **April 23, 2019 – School Board Meeting:** <https://www.youtube.com/watch?v=tYPHxyd3MZI>
- **February 21, 2017 – Board of Health:**
https://www.youtube.com/watch?v=aXcRyC0BBbc&list=PLWSgQZEOk8cXNyL2cmH6lhyC9_DPW6CVW&index=21
- **Radnor Schools Start Times Shifting:** <https://patch.com/pennsylvania/radnor/radnor-schools-start-times-shifting-2019-2020-school-year>
- **Penn Medicine Breaks Ground on 200m Advanced Outpatient Center In Radnor**
<https://www.pennmedicine.org/news/news-releases/2018/october/penn-medicine-breaks-ground-on-200m-advanced-outpatient-center-in-radnor>
- **Schools Start Later:** <https://www.startschoollater.net/whats-the-big-deal.html>