

Fairbanks North Star Borough School District
Potential School Start Time Changes – Pros and Cons
11/14/19

Pros:

❖ **Improved student academic performance**

- Many research studies indicate that middle and high school students have improved academic performance and test results when they move from school start times before 8:00 AM to start times later in the morning

❖ **Healthier students**

- Many research studies indicate that students are healthier, less prone to depressions and moodiness and other health indicators when they start school later

❖ **Reduced tardiness and accidents**

- Many research studies indicate that tardiness and attendance rates all improved when secondary students started school later
- The Rand Corporation and the University of Kentucky have established that high school age drivers have fewer accidents when they are well-rested and start school later

❖ **Changes in child care patterns**

- Moving elementary school start earlier can reduce the need for early morning childcare between 8 and 9 AM

Cons:

❖ **Impacts to after school extra-curricular activities, athletics and student jobs**

- Less time in the afternoon has the potential to impact after school activities of all kinds – many school districts have made schedule and configuration adjustments to intensively used fields and gyms in order to address more intensive use
- Some high school students have expressed concern over impacts to available hours and schedules for after school jobs

❖ **Challenges addressing student childcare and supervision of younger siblings**

- Changing start order can result in elementary students being released before older high school siblings who may be responsible for after school childcare