

## Fairbanks-North Star Borough School District Potential School Start Time Changes – Information Sheet

Many school districts throughout the U.S. are exploring changes in school start times. University and research hospitals have determined that students experience performance and health benefits when middle and high school students start school later. The American Medical Association and the American Academy of Pediatrics have recommended that start times for secondary schools shift to 8:30 or later. Accordingly, the FNSBSD is conducting an exploration of potential changes to determine if district students could benefit from a change. The district is working with a consultant and is organizing community meetings and an on-line survey to collect stakeholder response to potential changes. The following information summarizes the existing start times and potential scenarios for change. The Board of Education will collect community input and survey results and make a decision in February to retain the existing start times or implement changes for the Fall of 2020.

### **Potential Benefits:**

- Improved student academic performance
- Healthier students
- Reduced tardiness and accidents

### **Potential Challenges:**

- After school extra-curricular activities, athletics and student jobs
- Childcare and supervision of younger siblings

*The existing start times are shown below. Currently, Fairbanks uses its buses three times in a “three-tier” system, while North Pole combines middle and high school riders and uses a “two tier” system using its buses twice. The scenarios proposed include Fairbanks going to a two-tier system.*

Current Order – Fairbanks	Current Order – North Pole	Current Order – Eielson
HS – 7:45-2:15	HS – 7:45-2:15	Grade K-2– 7:50-2:20
ES / K8 - Various	MS – 8:00-2:30	Grade 3-6 – 7:45-2:15
MS – 9:30-4:00	ES – 9:00–3:30	Jr/Sr HS – 7:45-2:15

*Four scenarios have been developed that shorten the time between school start times, move the starts later and potentially change the start order. The potential changes are displayed in the following table:*

Status Quo	Scenario 1	Scenario 2	Scenario 3	Scenario 4
No Changes	HS – 8:00-2:30	ES – 8:00-2:30	ES – 8:00-2:30	MS – 8:00-2:30
No Changes	MS – 8:15-2:45	MS – 9:15-3:45	HS – 9:00-3:30	HS – 8:15-2:45
No Changes	ES – 9:30-4:00	HS – 9:30-4:00	MS - 9:15-3:45	ES – 9:15-3:45

*•Charter and special curriculum schools will not be affected - Not all regular schools would be affected.*

### **Transportation / Financial Implications:**

**Scenario #1** –Combined MS/HS Riders (Fairbanks) – Shorter 1hr, 30-min. Time Window Between School Starts – Potential Savings **\$539,523**

**Scenario #2** – Change in Start Order, Combined MS/HS, 1hr, 30-min. Time Window Between School Starts – Potential Savings **\$539,523**

**Scenario #3** – Change in Start Order, Combined MS/HS, 1hr, 15-min. Window Between Starts - One hour and fifteen minute time window between starts – Potential Savings – **\$360,887**

**Scenario #4** - Change in Start Order, Combined MS/HS, 1hr, 15-min. Window Between School Starts - One hour and fifteen minute window between starts – Potential Savings – **\$360,887**