



## ***Franklin Public Schools***

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To: Franklin School Committee Members  
From: Sara E. Ahern, Ed.D. Superintendent of Schools  
Re: School Start Times Advisory Committee Recommendation  
Date: March 21, 2019

### ***Summary of the Process***

Established by the Franklin School Committee in December 2017, the School Start Times Advisory Committee (SSTAC) was established to study the feasibility of adjusting school start times in Franklin based on current research related to children and sleep. The Advisory Committee, comprised of parents and community volunteers, as well as district staff, was designed to consider any proposed changes within the local context. Representatives from the Advisory Committee were instructed that they would present their findings and possible recommendations for the School Committee to consider and that changes to school start times, if any, were to be decided by the Franklin School Committee.

The SSTAC has been studying school start times because research shows that the biological clock shifts for adolescents and they begin to sleep later and stay up longer as a result of natural changes in their brains. Yet, they still need at least 8 hours of sleep. School start times often do not coincide with these natural rhythms and, as a result, many school districts are adjusting the start of high school and sometimes middle school to begin later in the morning.

In order to study the possibility of adjusting start times locally in Franklin, the advisory committee split the work among six subcommittees:

- Research on sleep and adolescents
- Impacts on before school programs and childcare
- Impacts on after school programs and childcare
- Implications for transportation
- School start times in other Districts

In addition to conducting research, the committee surveyed parents/families as well as faculty and staff to better understand the impact on the community. Additionally, a parent/guardian education event was held to inform the community about the latest sleep research and the study process.

Currently, the SSTAC Steering Committee is writing a report of its findings. Representatives will present the findings to the Franklin School Committee on Tuesday, March 26, 2019. If the School Committee takes a vote on adjusting start times, that vote is scheduled to take place on April 23, 2019.

### *Recommendation of the School Start Times Advisory Committee*

After giving all due consideration to the research on adolescents and sleep, survey feedback from parents/guardians and faculty/staff, and potential implications on after school and before school activities, as well as transportation and traffic, the School Start Times Advisory Committee voted on 3/14/2019:

**13-2 In favor of recommending to the School Committee that School Start Times be adjusted.**

3 Committee members were absent.

The group was polled as to which scenario they could/could not support.

Scenario A only received 1 vote

Scenario B only received 2 votes

Preference for A better than B received 2 votes

Preference for B better than A received 8 votes

### *Scenarios Considered*

School Level	Current Time	Scenario A: Potential Time
Elementary Schools	8:30 AM - 2:40 PM	↔ 7:45 AM - 1:55 PM
Middle Schools	7:20 AM - 1:50 PM	↔ 8:15 AM - 2:45 PM
Franklin High School	7:35 AM - 2:05 PM	↔ 8:45 AM - 3:15 PM

School Level	Current Time	Scenario B: Potential Time
Elementary Schools	8:30 AM - 2:40 PM	↔ 7:55 AM - 2:05 PM
Middle Schools	7:20 AM - 1:50 PM	↔ 8:55 AM - 3:25 PM
Franklin High School	7:35 AM - 2:05 PM	↔ 8:25 AM - 2:55 PM

