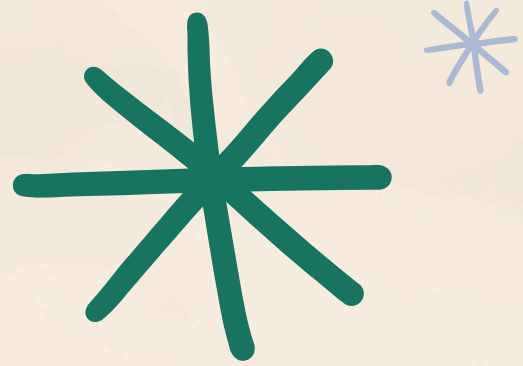


APUSH A3



LATER SCHOOL START TIMES



Statistical Evidence:

69% to 77%

HIGH SCHOOL STUDENTS WHO DID NOT GET ENOUGH SLEEP FROM 2009-2021

FOR EACH ADDITIONAL HOUR OF SLEEP REPORTED, THERE WAS A 28 PERCENT REDUCTION IN STUDENTS WHO SAID THEY FELT UNHAPPY, SAD, OR DEPRESSED. LONGER SLEEP DURATIONS WERE ALSO ASSOCIATED WITH FEWER STUDENTS REPORTING USE OF ALCOHOL, CIGARETTES, AND OTHER SUBSTANCES.

Main Idea:

WITH LATER STARTER TIMES, TEACHERS, PARENTS, AND STUDENTS ALL REPORTED FEELING LESS TIRED. TEACHER FATIGUE AND BURNOUT IS ACTUALLY TIED TO LATER START TIMES.

Circadian Rythms:

During puberty, teens undergo a shift in their circadian rhythms, causing them to naturally go to sleep later, regardless of any outside factors.



SLEEP IMPACTING THE BRAIN

Ben, Jack, and Brielle

Quote:

“‘‘ADOLESCENT HEALTH IS SIGNIFICANTLY IMPROVED BY HAVING LATER START TIMES,’ WAHLSTROM SAID, WITH REDUCTIONS IN SUBSTANCE USE, SUICIDALITY, AND DEPRESSION.” (WAHLSTROM IS A DOCTOR).

Homeostatic System:

ANOTHER FACTOR AT PLAY IS THE SLEEP HOMEOSTATIC SYSTEM, WHICH CONTROLS THE RHYTHM OF SLEEPINESS AND WAKEFULNESS. THE LONGER YOU STAY AWAKE, THE GREATER THE PRESSURE TO SLEEP BECOMES. THERE’S EVIDENCE THAT DURING ADOLESCENCE, THAT PRESSURE TAKES LONGER TO BUILD.



SLEEP IMPACTING MENTAL HEALTH

IMPACTS ON STRESS AND COPING

Most Teens use Sleep as a way to cope with mental health. Most mental health issues related to stress are caused by lack of sleep.

Teens who are able to receive a successful 8-10 hours of sleep a night are less likely to get a chronic mental health problem.



University of Pittsburgh study found that over 77% of PA high school students get subpar sleep, and that severe mental health issues can stem from this.

- Depression
- Anxiety
- Emotional dysregulation
- Cognitive impairment

These mental health issues are just some of the major effects of poor sleep, alongside the slew of additional physical effects.

COUNTERARGUMENT

Some argue that school times should stay the same because some Kids need to get out of school in order to work or pick up younger siblings.

We could make elementary school start times earlier because younger children wake up earlier. Younger children are naturally wired to wake up much earlier than teenagers, typically rising spontaneously between 6:00 a.m. and 7:00 a.m. Since puberty shifts a teen's circadian rhythm to delay sleep, younger Kids are roughly 2 to 3 times more likely to wake up before 7:00 a.m. compared to older adolescents. The YMCA could watch Kids after school who didn't have someone to watch them. This would also make it so that buses were available for both slots. Essentially, we want elementary and high school start times swapped.

Kids could work at different times, there would be no less time out of school.



Whats being done already?

Many petitions are already being made in support of implementing this change, specifically to make the time match up with the sleep schedule of teenagers. PSHS are meeting with Dr. Campbell and the town to discuss this change.

Plymouth School Committee would have the most influence in making this change. Also the superintendent, Dr.Christopher Campbell.

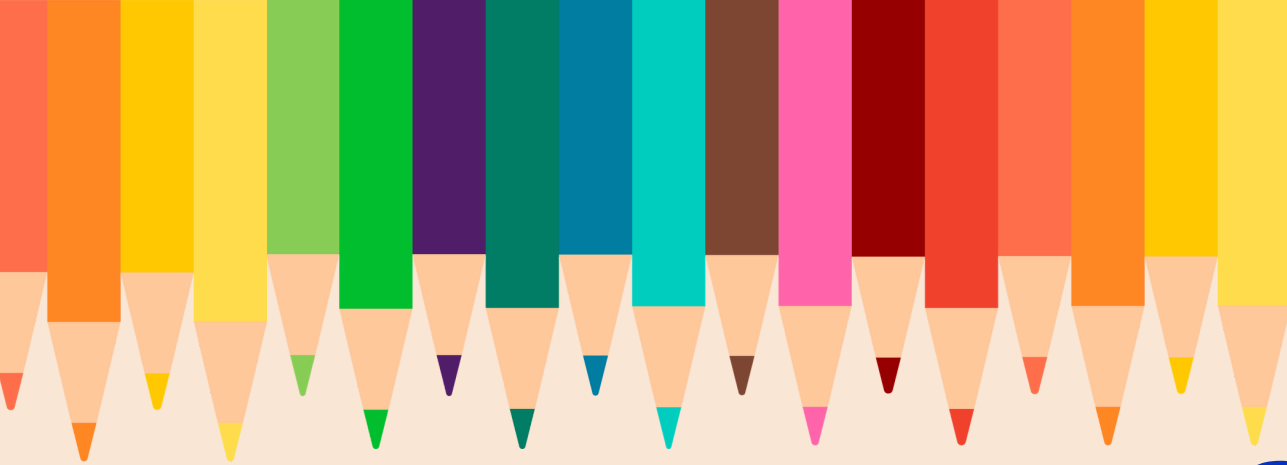
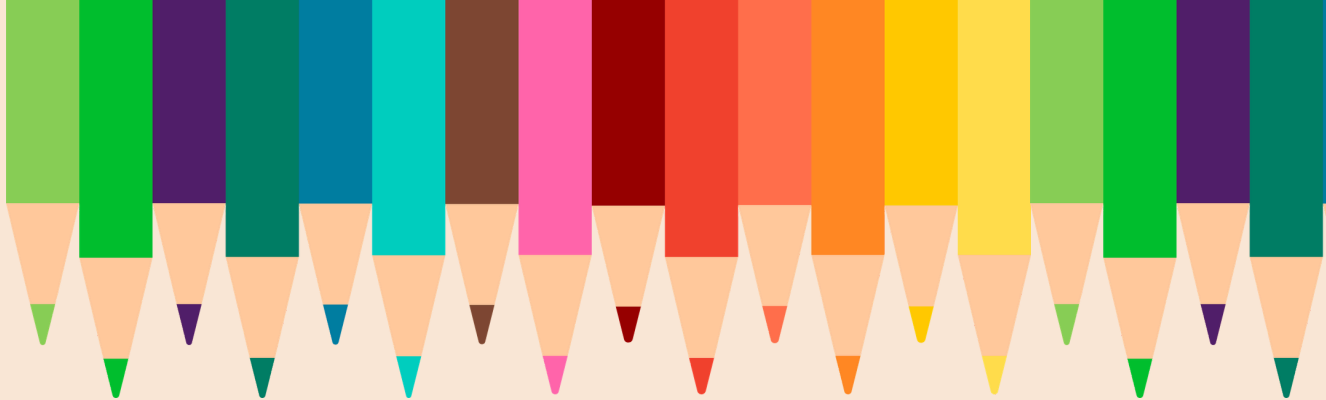
Who has the most influence?



QUESTIONS TO EMAIL THE LOCAL SUPERINTENDENTS

- HAVE YOU SEEN A POSITIVE IMPACT ON THE STUDENTS?
- HOW WAS THE CHANGE APPROVED
- WHAT WAS THE REASON BEHIND IT
- IS THERE STUDENT AND STAFF FEEDBACK
- ACADEMIC OUTCOMES
- AND AN EFFECT ON ATTENDANCE.
- ARE KIDS HAPPIER/MENTAL HEALTH IMPACT





OUTREACH TO LOCAL SCHOOL SUPERINTENDENTS

DUXBURY HIGH SCHOOL

<https://docs.google.com/document/d/1KOdKd6Wu0IGeYPQK7Zr06YaGXLRStp-yC83shTcNalk/edit?tab=t.0>

MASHPEE MIDDLE-HIGH SCHOOL

https://docs.google.com/document/d/1guL4e9uiAfGVx-LoF4GkuW6DHnl3jXCezl8tKwE3_iE/edit?tab=t.0

PLYMOUTH PUBLIC SCHOOLS SUPERINTENDENT

WAYLAND - HIGH SCHOOL

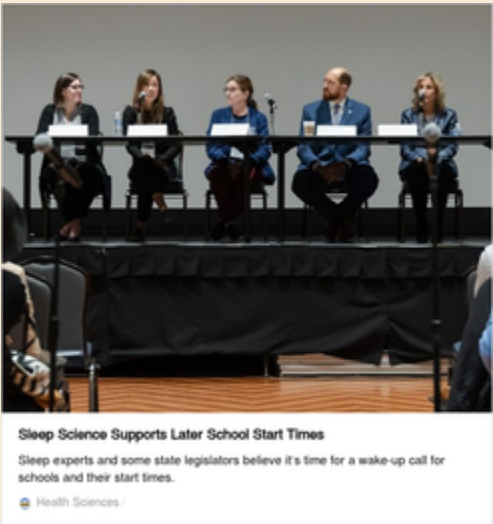
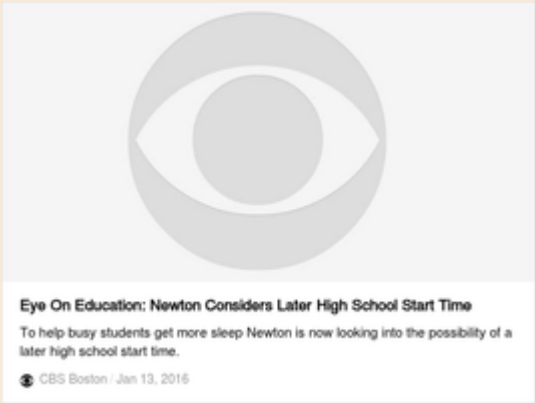
https://docs.google.com/document/d/1QwfEalZv9S9B2AWwv92-Sot5uOletn_3YyZH_njDQyo/edit?tab=t.0

NEWTON SUPERINTENDENT

https://docs.google.com/document/d/1aDfEeKVqdlZVzAUGEL6eKvc_JftbGTifegPhZt1uW0I/edit?usp=sharing



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