

Other Evidences

Opinion

Support Later Start Times for California Students

<https://www.ocregister.com/2018/09/05/support-later-school-start-times-for-california-students/>

[Education Week](#) Scientists Say Teens Need More Sleep. Should States Require Later School Start Times?

NSPRA [Click Here](#)

White Paper Presented to the GBAPS Board of Education [Click Here](#)

News

Sounding alarm on need for later school start times [Click Here](#)

Madison School District Changes Elementary and Middle School Times [Click Here](#)

Implementation

Seattle Public Schools, Seattle, WA. Studied the issue for 7 months. School Board approved schedule change to 8:30 am or later in November 2015.

<http://www.seattletimes.com/seattle-news/education/seattle-board-approves-later-start-times-for-schools/>

Chicago Public Schools, Chicago, IL. Recommendation was driven by transportation costs, rather than sleep research. Approved July 2015.

<http://www.chicagotribune.com/news/ct-chicago-school-schedule-changes-met-20150730-story.html>

[Compilation of Success Stories](#) from school districts in 44 states that have changed start times.

[Fairfax County Public Schools, Falls Church, VA](#). Studied the issue from 2012 to 2014. School board approved schedule change in 2014.

[Newton Public Schools, Newton, MA](#). Began studying the issue in Fall 2015. Currently considering a shift to later start times for high school.

[Nauset Regional School District, Nauset, MA](#). Studied the issue for several years. Implemented later start time at high school in 2012.

[St. Paul Public Schools, St. Paul, MN](#). Began studying the issue in 2013. Board of Education voted against changing start times November 2015.

[Bellevue School District, Bellevue, WA](#). Studied the issue from 2014 to 2015. Board of Education approved the later start time at high school in 2016.

[Southern Maine School Districts](#). Article highlights grass roots efforts by parent groups to delay start times.

[Wappingers Central School District](#), Hopewell Junction, New York. Recommended change in start times. Board of Education voted against changing times for 2016-17. District is revisiting the issue for the 2017-18 school year.

[Oklahoma City School District](#), Oklahoma City, OK. Seven schools in the Oklahoma City School District begin later start times with the 2016-17 school year.

Madison School District, Wisconsin Implementation [Website](#)