

## PA School Districts/Independent Schools That Have Changed High School Start Times

*As of April 2024, 40 Pennsylvania school districts and independent schools  
in 22 Pennsylvania counties have changed their high school start times.*

PA County	Pennsylvania School District or Independent School (I)	Original HS Start Time	New HS Start Time	Year	Sleep Study Links if Available or School District Links or News Article
Allegheny	<a href="#">Avonworth</a>	7:15	8:00	2018-2019	<a href="#">News Article</a> & <a href="#">PASBO PPT Link</a>
Allegheny	<a href="#">Hampton Township</a>	7:30	8:20	2020-2021	<a href="#">School Start Time Page</a>
Allegheny	<a href="#">Pine-Richland</a>		7:45	2019-2020	<a href="#">High School Homepage News Article</a>
Allegheny	<a href="#">Pittsburgh Public Schools</a>	7:15	7:40	2023-2024	<a href="#">News Article</a>
Allegheny	<a href="#">Pittsburgh Magnet High Schools</a>	7:15	7:40	2016-2017	<a href="#">Magnet School List</a>
Allegheny	<a href="#">Quaker Valley</a>	7:45	8:00	2017-2018	Grades 6-12 <a href="#">HS Bell Schedule News Article</a>
Allegheny	<a href="#">Woodland Hills</a>	6:45	7:20	2018-2019	<a href="#">News Article</a>
Berks	<a href="#">Antietam</a>		7:57	2020-2021	<a href="#">Middle Senior High Homepage</a>
Blair	<a href="#">Spring Cove</a>		7:50	2017-2018	<a href="#">Central High School Homepage</a>
Bradford	<a href="#">Troy Area</a>	7:50	8:15	2018-2019	<a href="#">Junior/Senior High School Homepage</a>
Bucks	<a href="#">Solebury School (I)</a>		W - 9:00 M/T/Th/F 8:30	2016-2017	<a href="#">SSL Page</a>
Butler	<a href="#">Seneca Valley</a>		8:09	2018-2019	<a href="#">Sleep &amp; Adolescents Page</a>
Cambria	<a href="#">Westmont Hilltop</a>		8:00	2018	<a href="#">Bell Schedule</a>
Centre	<a href="#">State College Area</a>	8:10	8:40	2018-2019	<a href="#">Student Day Plan Page</a>

Chester	<a href="#">Downingtown Area</a>	7:30	8:00	2024-2025	<a href="#">School Start Time Page</a>
Chester	<a href="#">Phoenixville Area</a>	7:24	8:05	2019-2020	<a href="#">School Start Time Page</a>
Chester	<a href="#">Owen J. Roberts</a>	7:30	8:00	2024-2025	<a href="#">School Start Time Page</a>
Chester	<a href="#">Tredyffrin/Easttown</a>	7:20	7:50	2019-2020	<a href="#">School Start Times Initiative Overview</a>
Chester	<a href="#">Unionville-Chadds Ford</a>	7:35	8:00	2017-2018	<a href="#">School Start Time Initiative Page</a>
Clearfield & Centre	<a href="#">Philipsburg-Osceola Area</a>	7:15	8:00	2020-2021	<a href="#">HS Bell Schedule</a> <a href="#">News Article</a>
Clearfield	<a href="#">Moshannon Valley</a>	7:35	8:10	2020-2021	<a href="#">HS Handbook 2023-2024</a>
Clearfield	<a href="#">West Branch Area</a>	7:25	8:00	2019-2020	<a href="#">High School Link</a>
Crawford	<a href="#">Penncrest</a>		8:10	2016-2017	<a href="#">HS Handbook 2023-2024</a> <a href="#">News Article</a>
Cumberland	<a href="#">Mechanicsburg Area</a>	7:30	8:20	2018-2019	<a href="#">Bell Schedule 2023-2024</a>
Cumberland	<a href="#">South Middleton</a>	7:15	7:45	2019-2020	<a href="#">News Article</a>
Delaware	<a href="#">Agnes Irwin School</a> (I)		8:30	2019-2020	<a href="#">SSL Page</a>
Delaware	<a href="#">Garnet Valley</a>	7:35	8:35	2021-2022	<a href="#">Reimagined Start Times for Schools</a>
Delaware	<a href="#">Radnor Twp</a>	7:35	8:30	2019-2020	<a href="#">Sleep &amp; School Start Time Page</a>
Delaware	<a href="#">Upper Darby</a>	7:30	9:45 in-person	2021-2022	<a href="#">Student Handbook 2023-2024</a>
Erie	<a href="#">Erie</a>	7:45	8:40	2018-2019	<a href="#">Erie High School</a>
Juniata	<a href="#">Juniata County</a>		8:30	For All Schools	<a href="#">Student Handbook Bell Schedule P. 19</a> <a href="#">PA Joint State Commision Report - page 50</a> (Listed as long standing school start times)
Lancaster	<a href="#">Ephrata Area</a>	7:30	8:10	2020-2021	<a href="#">School Start Times Listed</a>
Lancaster	<a href="#">Linden Hall School</a> (I)	8:00	8:30	2016-2017	<a href="#">Video</a>
Montgomery	<a href="#">Lower Merion</a>	7:30	8:30	2024-2025	<a href="#">School Start Time Page</a>
Luzerne & Wyoming	<a href="#">Lake-Lehman</a>	7:30	8:00	2018-2019	<a href="#">High School Link</a> <a href="#">News Article</a>

Sullivan	<a href="#">Sullivan County</a>		8:40		<a href="#">Student Handbook 2023-2024</a> <a href="#">PA Joint State Commision Report - page 50</a> (Listed as long standing school start times)
Susquehanna	<a href="#">Blue Ridge</a>	7:45	8:15	2013	<a href="#">PA Joint State Commision Report - page 39</a>
Susquehanna	<a href="#">Forest City Regional</a>		8:30	Both schools	<a href="#">PA Joint State Commision Report - page 50</a> (Listed as long standing school start times) <a href="#">High School Link</a>
Westmoreland	<a href="#">Burrell</a>	7:45	8:10	2018-2019	<a href="#">News Article</a>
York	<a href="#">South Western</a>		8:15	2006	<a href="#">PASBO PPT Link</a>

Last Updated April 2024 by Regional Adolescent Sleep Needs Coalition (RASNC)