



Texas State Chapter

health, safety and equity in education

High School Start Times Houston Area School Districts

There are 1000+ Independent School Districts in Texas. Each district sets the high school daily start time. No state agency documents or maintains a list of school start times for the state public schools, nor are districts required to submit school start times to any state or federal agency.

Over the last few decades, high school daily start times have gotten earlier without regard to adolescent sleep science. Numerous health agencies are sounding the alarm about the resulting public health issue for teens.

The American Academy of Pediatrics, the American Medical Association and the CDC now recommends that all middle and high schools start **after 8:30 AM**. The Student Health Advisory Committee, under the Texas Department of State Health Services, issued recommendations in 2016 that all high school classes & activities start the day after 8:30 AM.

Start School Later-Texas documented district high school start times. The largest cluster of districts mandating adolescent sleep deprivation in the state is the Houston area. Aldine ISD, the earliest, begins bus pickups at 5:15 AM each morning.

Aldine ISD	6:55 AM	Huffman	7:20
Alief	7:20	Humble	7:25
Alvin	7:20	Katy	7:30
Brazos	8:00	Klein	7:10
Channelview	8:20	Lamar	8:15
Clear Creek	7:20	La Porte	7:16
Cleveland	7:15	New Caney	8:15
Conroe	7:16	Pasadena	7:15
Crosby	7:15	Pearland	7:15
Cypress-Fairbanks	7:20	Sheldon	7:10
Deer Park	8:45	Spring	7:15
Dickinson	7:20	Spring Branch	7:15
Ft. Bend	7:30	Texas City	8:35
Galena Park	7:10	Tomball	7:25
Goose Creek	7:15		
Houston	7:55-Average		