

**Maryland State Department of Education**  
**Orange Ribbon for Healthy School Hours Application**  
**School Year 2017 - 2018**



## **Authorization**

§ 7-121 Education Article, Annotated Code of Maryland - Orange Ribbon for Healthy School Hours.

## **Background**

During the 2016 legislative session, the Maryland General Assembly passed House Bill 39, which established the Orange Ribbon for Healthy School Hours program. The purpose of this program is to recognize a local school system that creates, implements, and enforces school start times that are consistent with the school start times recommended by the Maryland State Department of Education (MSDE), the Department of Health and Mental Hygiene (DHMH) and the American Academy of Pediatrics. Under this program, MSDE will grant the appropriate Orange Ribbon for Healthy School Hours Certification to a local school system that meets the requirements of the program.

## **Qualifications**

### **Level 1: Orange Ribbon for Healthy School Hours Certification**

To qualify for an Orange Ribbon for Healthy School Hours Certification, a local school system *may not have*:

- An elementary school that requires a student to: 1) be in class before 8:00 a.m.; and 2) board a school bus before 7:00 a.m.; or
- A middle or high school that requires a student to: 1) be in class before 8:30 a.m.; and 2) board a school bus before 7:30 a.m.

In addition, a local school system shall:

- Conduct at least two targeted and televised public education forums for students, parents, teachers, and school staff on the necessity of healthy school start times, the consequences of chronic sleep deprivation, and the health and safety impact of aligning school start times with adolescent sleep patterns;
- Inform teachers, parents, students, administrators, school staff, transportation providers, athletic directors, local business owners, coaches, child care providers, local employers of students, city or county agencies that provide services or opportunities to students, and organizations that use local school systems' fields and facilities on a regular basis of the importance of healthy school start times; and

- Engage the stakeholders listed above in conversations to discuss possible contraindications altering current school start times and notify the public and stakeholders of any changes to school start times.

## **Level 2: Orange Ribbon for Healthy School Hours Commended Certification**

To qualify for an Orange Ribbon for Healthy School Hours Commended Certification, a local school system shall:

- Have established a school study task force within two years after the date of the local school systems application for initial certification or renewal of certification to review possible solutions for healthy school start times; and
  - Conduct at least two targeted and televised public education forums for students, parents, teachers, and school staff on the necessity of healthy school start times, the consequences of chronic sleep deprivation, and the health and safety impact of aligning school start times with adolescent sleep patterns; or
  - Provide evidence of a plan to move the local school system toward meeting all of the requirements for the Orange Ribbon for Healthy School Hours Certification.

In addition, a local school system shall:

- Have implemented and maintained a school district-wide school time change that moved the school district schedule closer to the hours set forth in the requirements for Level 1 certification; and
- Provide evidence progress toward meeting all of the requirements for the Orange Ribbon for Healthy School Hours Certification.

## **Level 3: Orange Ribbon for Healthy School Hours Honorable Mention Certification**

To qualify for an Orange Ribbon for Healthy School Hours Honorable Mention Certification, a local school system shall:

- Have established a school study task force within two years after the date of the school systems application for initial certification or renewal of certification to review possible solutions for healthy school start times; and
  - Conduct at least two targeted and televised public education forums for students, parents, teachers, and school staff on the necessity of healthy school start times, the consequences of chronic sleep deprivation, and the health and safety impact of aligning school start times with adolescent sleep patterns; or

- Provide evidence of a plan to move the school system toward meeting all of the requirements for the Orange Ribbon for Healthy School Hours Certification.

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**Contact Information, Certification, and Signatures**

<b>Name of Local School System:</b>  
<b>Address:</b>  
<b>Point of Contact Information:</b>  <b>Name:</b>  <b>Telephone:</b>  <b>Email:</b>  
<b>For which Orange Ribbon Certification level are you applying (check one)?</b>  <input type="checkbox"/> <b>Level 1: Orange Ribbon for Healthy School Hours Certification</b>  <input type="checkbox"/> <b>Level 2: Orange Ribbon for Healthy School Hours Commended Certification</b>  <input type="checkbox"/> <b>Level 3: Orange Ribbon for Healthy School Hours Honorable Mention Certification</b>
<b>WE HEREBY CERTIFY that, to the best of our knowledge, the information provided in this application is correct and complete and adheres to the qualification requirements set forth in this application.</b>
<b>Signatures:</b>  Point of Contact: _____  Local Superintendent or Chief Executive Officer _____

## **Level 1 Application: Orange Ribbon for Healthy School Hours Certification**

**Note:** Complete this portion *only* if you are applying for Level 1: Orange Ribbon for Healthy School Hours Certification.

1. Are there any elementary schools in the school system that require a student to be in class before 8:00 a.m. or board a bus before 7:00 a.m.?
2. Are there any middle or high schools in the school system that require a student to be in class before 8:30 a.m. or board a bus before 7:30 a.m.?
3. Has the school system conducted at least two targeted and televised public education forums for students, parents, teachers, and school staff on the necessity of healthy school start times, the consequences of chronic sleep deprivation, and the health and safety impact of aligning school start times with adolescent sleep patterns? Please describe these activities.
4. How has the school system informed teachers, parents, students, administrators, school staff, transportation providers, athletic directors, local business owners, coaches, child care providers, local employers of students, city or county agencies that provide services or opportunities to students, and organizations that use local school systems' fields and facilities on a regular basis of the importance of healthy school start times?
5. Describe your efforts to engage the stakeholders listed above in Question #4 in conversations to discuss possible contraindications altering current school start times and notify the public and stakeholders of any changes to school start times.

**Level 2 Application: Orange Ribbon for Healthy School Hours Commended Certification**

**Note:** Complete this portion *only* if you are applying for Level 2: Orange Ribbon for Healthy School Hours Commended Certification.

1. Has the school system established a school study task force within two years after the date of the local school systems application for initial certification or renewal of certification to review possible solutions for healthy school start times? Please describe the activities of this task force.

Please respond to *at least one* of the following:

2. Has the school system conducted at least two targeted and televised public education forums for students, parents, teachers, and school staff on the necessity of healthy school start times, the consequences of chronic sleep deprivation, and the health and safety impact of aligning school start times with adolescent sleep patterns? Please describe these activities.

**or**

3. Provide evidence of a plan to move the school system toward meeting all of the requirements for the Orange Ribbon for Healthy School Hours Certification.

In addition, please respond to *both* of the following:

4. Has the school system implemented and maintained a district-wide school time change that moved the school district schedule closer to the hours set forth in the requirements for Level 1 certification? Please describe.
5. Provide evidence progress toward meeting all of the requirements for the Orange Ribbon for Healthy School Hours Certification.

### **Level 3: Orange Ribbon for Healthy School Hours Honorable Mention Certification**

**Note:** Complete this portion *only* if you are applying for Level 3: Orange Ribbon for Healthy School Hours Honorable Mention Certification.

1. Has the school system established a school study task force within two years after the date of the school systems application for initial certification or renewal of certification to review possible solutions for healthy school start times? Please describe the activities of the task force.
2. Has the school system conducted at least two targeted and televised public education forums for students, parents, teachers, and school staff on the necessity of healthy school start times, the consequences of chronic sleep deprivation, and the health and safety impact of aligning school start times with adolescent sleep patterns? Please describe these activities.
3. Provide evidence of a plan to move the local school system toward meeting all of the requirements for the Orange Ribbon for Health School Hours Certification.



## **Application Submission Instructions**

Please submit one original hard copy and one electronic copy of this application by **September 30, 2017** to:

Mr. Walter J. Sallee  
Director, Student Services and Strategic Planning  
Maryland State Department of Education  
200 West Baltimore Street  
Baltimore, Maryland 21201  
[walter.sallee@maryland.gov](mailto:walter.sallee@maryland.gov)