



health, safety and equity in education

PRESS STATEMENT

For more information, please contact:
Debbie O. Moore, jdmoore6@tx.rr.com (682) 429-5803
or Cheryl Till, cherylbt59@aol.com, (817) 475-6600

Local Press Misinformed on District School Start Time Committee Recommendations

by Debbie O. Moore and Cheryl Till

The Arlington ISD School Start Time Committee concluded its work at the December 2 meeting. Through the work of the academics, extra-curriculars, operations, and family/community subcommittees, the following conclusions were made:

- The current 7:35 AM high school start time results in adolescent sleep deprivation due to the delayed circadian sleep cycle of teens.
- Sleep deprivation impairs cognitive abilities, increases stimulant use, increases tardies/absences, increases athletic injuries, and creates health-related issues.
- Early high school start times affect the disadvantaged at twice the rate as their peers.
- It is unsafe for a child of any age to walk to school, drive or wait at bus stops in the dark.
- There will be concerns with babysitting, extra-curriculars, work, and transportation with any schedule set by a school district.
- Hundreds of research studies exist regarding the negative effects of early school start times. No research exists in support of early school start times.

As a result of these conclusions, committee members agreed on the following recommendations to the Arlington Independent School District:

1. High schools should start no earlier than 8:00 AM.
2. The order of school levels in the three-tier system needs to be re-evaluated.

We thank the district for the opportunity to serve on the School Start Time committee. However, we are disheartened to learn that a district spokesperson informed CBSDFW.com, on December 11, that the committee had not made any recommendations.

Superintendent Cavazos and the Arlington Independent School District Board of Trustees should act on these recommendations immediately to insure new school start times can be implemented for the 2015-2016 academic year.

###

Debbie O. Moore is the Director and Cheryl Till is the Co-Director of Start School Later Arlington, TX

Start School Later is a 501(c)(3) nonprofit organization working to ensure school start times compatible with health, safety, education, and equity. Please visit our website at: <http://www.startschoollater.net>