



Texas State Chapter

health, safety and equity in education

Texas School Districts With Healthy High School Start Times

There are 1000+ Independent School Districts in Texas. Each district sets the high school daily start time. No state agency documents school start times, 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 adolescent sleep deprivation public health issue.

The American Academy of Pediatrics, the American Medical Association and the CDC now recommends that all middle and high schools start the day no earlier than 8:30 AM. The Texas Student Health Advisory Committee, under the Department of State Health Services, issued recommendations in 2016 that all high school classes & activities start the day after 8:30 AM. The national PTA issued a resolution at their 2017 conference.

Start School Later-Texas, documented district high school start times of 977 districts. Only 12% of Texas School Districts meet start time health recommendations. **Start School Later Texas commends these districts for beginning the high school day at 8:30 AM or later!**

Abilene	Del Valle	Greenwood	London	Patton Springs	Texas City
Alamo Heights	Denton	Hays	Los Fresnos	Pflugerville	Trophy Club
Aledo	Donna	Hillsboro	Lovejoy	Plano	Tulosa-Midway
Anthony	Drippings Springs	Houston	Lubbock-Cooper	Pleasant Grove	Tyler
Argyle	Eagle Mountain	Hurst-Euless-Bedford	Lumberton	Richardson	Uvalde
Austin	Eagle Pass	Hutto	Lytle	Rio Grande	Valley View
Bastrop	Eanes	Irving	Manor	Rockwall	Victoria
Boerne	East Central	Jarrell	Marion	Round Rock	Waco
Brooks	Ector	Judson	Melissa	Royse City	Warren
Brownsville	Edinburg	Judson	Mesquite	S. San Antonio	Wellington
Burleson	El Paso	Keller	Midland	San Elizario	West Oso
Calallen	Elgin	Killeen	Midlothian	San Saba	Wimberley
Canutillo	Floresville	Klondike	New Braunfels	Schertz-Cibolo-Universal	Winters
Clint	Forney	La Joya	North East	Socorro	Woodville
Comal	Fort Worth	La Vernia	Northside	South Texas	Wylie
Copperas Cove	Freer	Lake Dallas	Northside	Southside	Ysleta
Corpus	Friendswood	Lake Travis	Northwest	Southwest	
Crowley	Frisco	Lake Worth	Odessa	Taylor	
Dallas	Grapevine-Colleyville	Leander	Paris	Texarkana	
Deer Park		Little Elm			

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