



health, safety and equity in education

## Texas High Schools Starting in the 7:00 AM Hour

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 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. The national PTA issued a resolution in 2017.

**Start School Later-Texas**, documented district high school start times of 977 districts. These Texas school districts are mandating sleep deprivation for adolescents by starting high school in the 7 o'clock hour.

There are clusters of districts with early high school start times in Dallas-Fort Worth, Houston, and Beaumont areas with Houston area districts starting the earliest in the state.

Adrian	7:50	Garland	7:30
<b>Aldine</b>	<b>6:55</b>	Godley	7:50
Alice	7:45	<b>Goose Creek</b>	<b>7:15</b>
<b>Alief</b>	<b>7:20</b>	Grand Prairie	7:35
Alto	7:50	Greenville	7:45
<b>Alvin</b>	<b>7:20</b>	<b>Hitchcock</b>	<b>7:20</b>
Anahuac	7:50	<b>Huffman</b>	<b>7:20</b>
Arlington	7:35	<b>Humble</b>	<b>7:25</b>
Athens	7:50	Katy	7:30
Balmerhea	7:48	Kennedale	7:30
Barbas Hill	7:25	<b>Klein</b>	<b>7:10</b>
Bay City	7:30	<b>La Porte</b>	<b>7:16</b>
Beaumont	7:30	Lancaster	7:30
Bellaire	7:40	<b>Livingston</b>	<b>7:15</b>
Birdville	7:30	<b>Magnolia</b>	<b>7:25</b>
Bishop	7:45	<b>Mansfield</b>	<b>7:25</b>
Bloomington	7:49	<b>Montgomery</b>	<b>7:20</b>
Brazosport	7:30	McKinney	7:30
Breham	7:45	<b>Pasadena</b>	<b>7:15</b>
Burkburnett	7:45	<b>Pearland</b>	<b>7:15</b>
Caddo Mills	7:45	Port Arthur	7:35
Campbell	7:45	Port Neches	7:50
Centerville	7:45	<b>Santa Fe</b>	<b>7:25</b>
Central	7:45	San Angelo	7:40
Chillicothe	7:30	<b>Sheldon</b>	<b>7:10</b>
Chilton	7:45	Somerville	7:45
Christoval	7:50	<b>Splendora</b>	<b>7:15</b>
<b>Clear Creek</b>	<b>7:20</b>	<b>Spring</b>	<b>7:15</b>
<b>Cleveland</b>	<b>7:15</b>	<b>Spring Branch</b>	<b>7:15</b>
<b>Columbia-Brazoria</b>	<b>7:25</b>	Stafford	7:30
Commerce	7:35	Tatum	7:45
<b>Conroe</b>	<b>7:16</b>	Teague	7:45
<b>Crosby</b>	<b>7:15</b>	Terrell	7:30
DeSoto	7:30	Texas City	7:30
<b>Dickinson</b>	<b>7:20</b>	<b>Tomball</b>	<b>7:25</b>
Duncanville	7:30	Waller	7:30
Everman	7:50	Wichita Falls	7:45
Ft. Bend	7:30	<b>Willis</b>	<b>7:05</b>
<b>Galena Park</b>	<b>7:10</b>		