



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 | Nacogdoches | Schertz-Cibolo-Universal | Winters |
| Clint | Forney | La Joya | New Braunfels | Socorro | Woodville |
| Comal | Fort Worth | La Vernia | North East | South Texas | Wylie |
| Copperas Cove | Freer | Lake Dallas | Northside | Southside | Ysleta |
| Corpus | Friendswood | Lake Travis | Northside | Southwest | |
| Crowley | Frisco | Lake Worth | Northwest | Taylor | |
| Dallas | Grapevine-Colleyville | Leander | Odessa | Texarkana | |
| Deer Park | | Little Elm | Paris | | |

Start School Later, Inc., is a 501(c)(3) non-profit organization working at local, state, and national levels to raise awareness about and advocate for safe and healthy school hours. Start School Later, StartSchoolLater.net, and the Start School Later logo are the trademarks of Start School Later, Inc. and are used here with permission. The statements made here by Start School Later Texas are not necessarily those of Start School Later, Inc.