

Anchorage School District

Potential School Start Times Changes

Quick Reference Card

September–October 2018

Recommendation

is n al scenario represents the best compromise between the need to address the sleep

		Release
High School	8:00 a.m.	2:30 p.m.
Elementary School	9:30 a.m.	4:00 p.m.

Pros and Cons of ASD School Start Time Potential Alternatives

PROS	CONS
adolescent sleep needs	High school start time is 30 minutes earlier than research-driven preferred start time of 8:30
15 minute earlier start for elementary school students—moves elementary start earlier and partially addressesd e0ao	Middle school start time is later in the morning and may require scheduling activities to address morning idle time

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