

# Perspectives From The Trenches

*You Are Not Healthy if Your Sleep is Not Healthy*



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# How Did We Get Here?



- \* Current school start times are based on social, political, financial and historical factors **NOT SCIENCE** or even good planning!!

# The Reality

- \* Early start times are a recent trend that started post WWII.
- \* We have balanced our budgets on the backs of our kids putting their health, safety, learning at risk now and probably later in life.
- \* The problem was created by adults and should be solved by adults for the benefit of our kids and ourselves.

# Dispatches From the Front

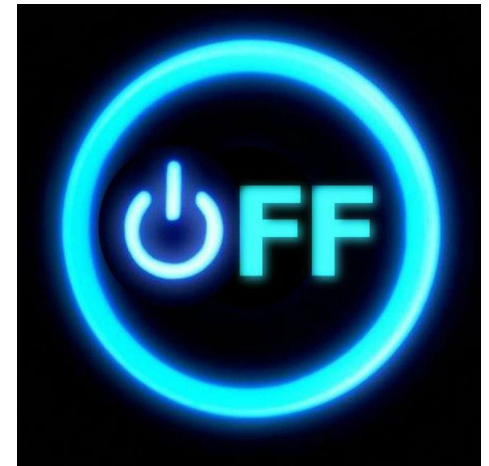
- \* All cultural and institutional change is political – Science might open the door, but politics will drive the result.
- \* Make your argument about health and safety and not academics.
- \* Superintendent & Board leadership is crucial. If they don't want it, you won't get it.
- \* Superintendents and Board Members are politicians that are judged on academic success NOT the health and safety of kids.
- \* Educate stakeholders, but don't expect to change minds. Find out the negotiation points.

# Dispatches From the Front

- \* DO NOT poll people about IF start time change should be done, but how best to do it and then try to accommodate
- \* DO NOT expect the same people who created the problem to be able to solve it. They typically have an vested interest in the status quo.
- \* Empower an independent change agent to engage stakeholders, challenge common assumptions, and set the stage for change.
- \* To do nothing is to do harm.

# Key “Take Home” Points

- \* Change is hard
- \* History does not equal destiny
- \* Anticipation often worse than reality
  - \* Impact on athletics
  - \* Impact on after-school student employment
  - \* Impact on teacher retention
- \* Initial challenges reduced over time
  - \* Traffic patterns adjust
  - \* Parent, teacher supports increased post-change
- \* Almost no schools have returned to the original bell times



# Thank You!

