

PSL

11/6/19

Block 2

Perry has always been innovative in their scheduling. We are one of the first schools to work with a block schedule, ICE, etc. We would love to see Perry grow and continue these innovations for years to come.

It's time for Perry to be innovative again and push back the start time for the school day. Starting the school day at 7:50 is counterproductive to learning. In *How School Times Affect Academic Performance* the authors, Jennifer Heissel and Samuel Norris, explain the effects from young children all the way to young adults. One of their key points were Insufficient sleep reduces alertness and attention levels the next morning, which likely affects students' ability to learn throughout the day. Also, they talk about how different time zones could affect children's academic growth "Students may start school at the same hour on the clock but not at the same "time"—those in the later time zone could have as much as one additional hour of early-morning daylight before school compared to their neighbors in the earlier zone." Along with comes reduced dropout rates, tardiness and truancy.

Although a later start would most definitely increase our students academic levels, there is a downside. A late start would be harder for some of the younger class man, because they typically have more classes than the upper class man. In *Pros and Cons of Later School Start Times*, by Leigh Ann Morgan, states many cons to starting later such as, parent work schedules because of the time parents will not be able to drop their kids off and get to work on time. Also extracurricular activities would be majorly impacted, with a later start students would get out later which would push practices back. "This would make it difficult for students to participate and still have enough time to study, complete homework assignments, participate in social activities and still get to bed at a reasonable hour."

<https://www.educationnext.org/rise-shine-how-school-start-times-affect-academic-performance/>