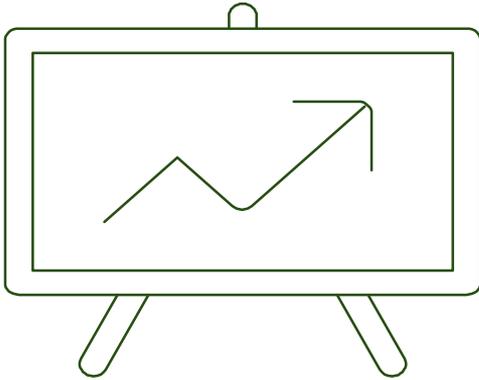


# HANOVER HIGH SCHOOL



**LATER START TIME**



## HHS LATER START TIME: **OVERVIEW**

- ▶ Rationale and Research
- ▶ Data Points
- ▶ Proposed School Day
- ▶ Teacher Office Hours
- ▶ Transportation, Athletics, Extracurriculars
- ▶ Revised PD Days
- ▶ Recap

## CURRENT **SCHOOL DAY** FOR HHS

CLASSES BEGIN AT **7:25** AM

CLASSES END AT **2:16** PM



## PROPOSED **SCHOOL DAY** FOR HHS

CLASSES BEGIN AT **7:55** AM

CLASSES END AT **2:40** PM

# LATER HIGH SCHOOL START TIMES: BENEFITS AND CONCERNS

“Adolescents between the ages of 14-21...

- Require 8.5 - 9.5 hours of sleep per night to function optimally
- Generally cannot fall asleep before 11:00 PM due to a biological phase delay”

(Wahlstrom, 2014).

## **BENEFITS**

- BETTER CAPACITY TO RETAIN, RETRIEVE, APPLY KNOWLEDGE
- IMPROVED ATTENDANCE
- REDUCED IRRITABILITY AND FATIGUE
- INCREASED TEST SCORES AND GRADES
- REDUCTION IN STUDENT DISCIPLINE
- DECREASE IN SPORTS INJURIES

## **CONCERNS**

- BUS TRANSPORTATION
- ATHLETICS
- CLUBS & ACTIVITIES
- TEACHER SCHEDULES
- JOBS & INTERNSHIPS



# WHAT DOES THIS MEAN FOR: **TRANSPORTATION, SPORTS, CLUBS, AND ACTIVITIES?**

## Transportation

Hanover's current transportation provider can accommodate the later start time.

## Athletics

Many events already begin at 4:00 PM.

We will be working towards aligning future schedules based on the later start time.

## Extracurriculars

A later start time provides more flexibility for clubs and activities.



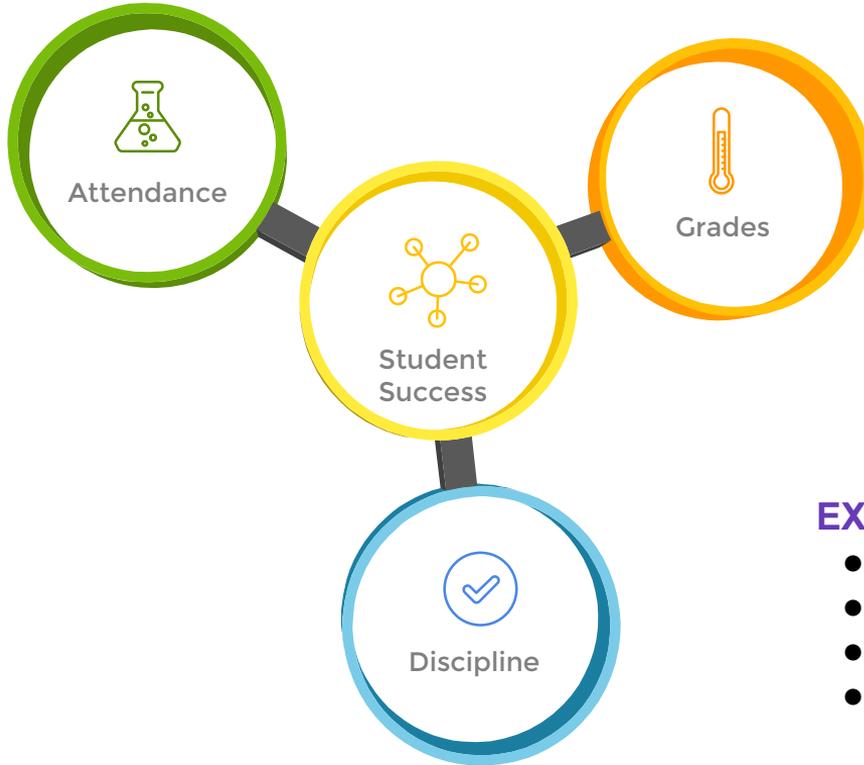
## **AREA SCHOOLS WITH LATER START TIMES:**

- ▶ Arlington High School: (8:00 - 2:25)
- ▶ Cape Cod Regional Tech: (8:00 - 2:35)
- ▶ Duxbury High School: (8:20 - 2:47)
- ▶ Hingham High School: (8:00 - 2:32)
- ▶ Marblehead High School: (7:55 - 2:30)
- ▶ Medway High School: (8:04 - 2:31)
- ▶ Monomoy Regional: (8:00 - 2:30)
- ▶ Nauset Regional: (8:35 - 2:57)
- ▶ Needham High School: (8:00 - 2:35)
- ▶ Norwell High School: (7:55 - 2:37)
- ▶ Rockland High School: (8:00 - 2:35)

## **HANOVER HIGH SCHOOL PROPOSED TIMES:**

- ▶ Hanover High School: (7:55 - 2:40)

# HOW WILL WE MEASURE SUCCESS?



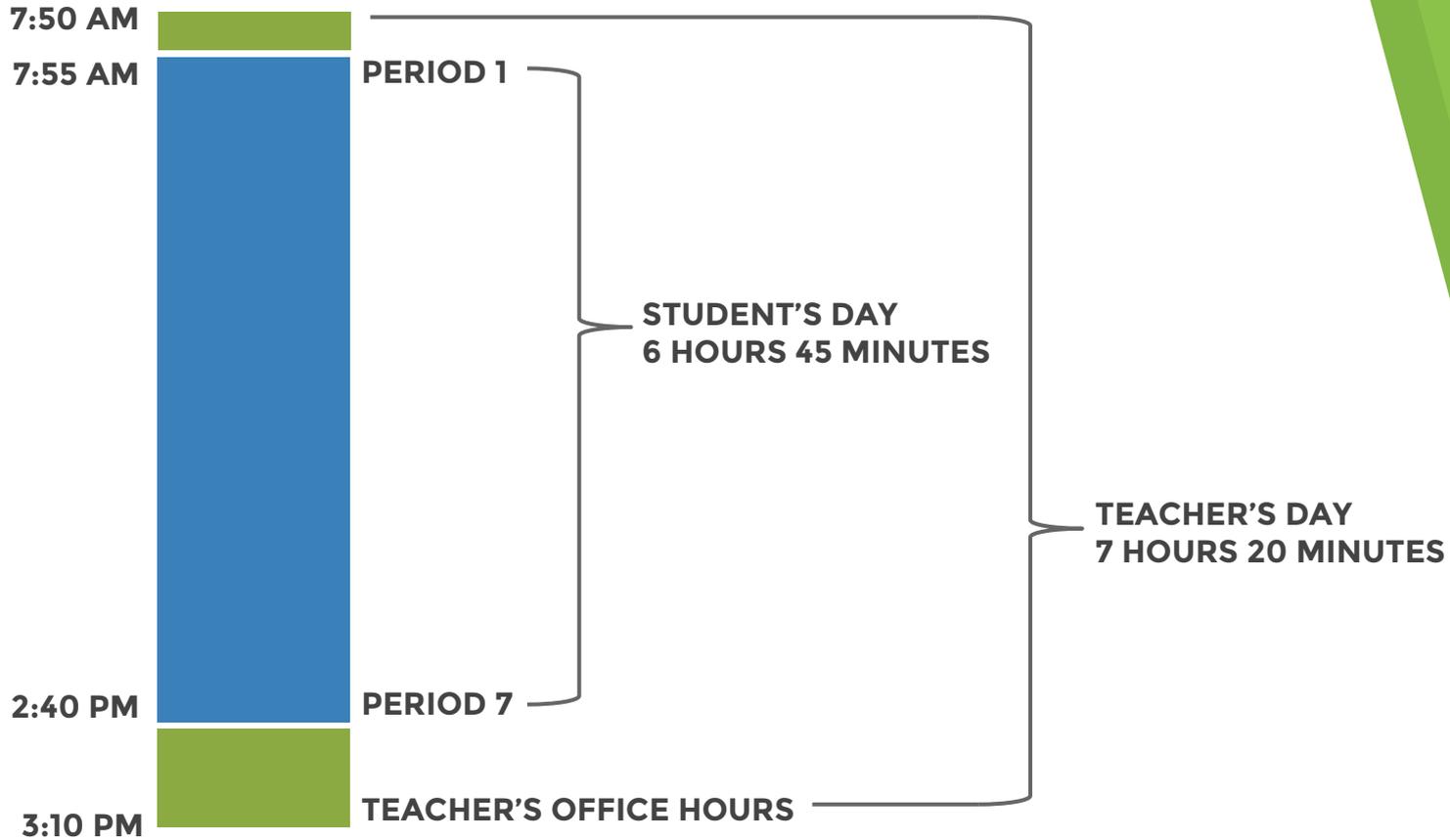
## **EXAMPLE:** Nauset High School

- 30% decrease in tardiness
- 38% decrease in Ds and Fs
- 53% decrease in failing grades
- Decrease in suspensions

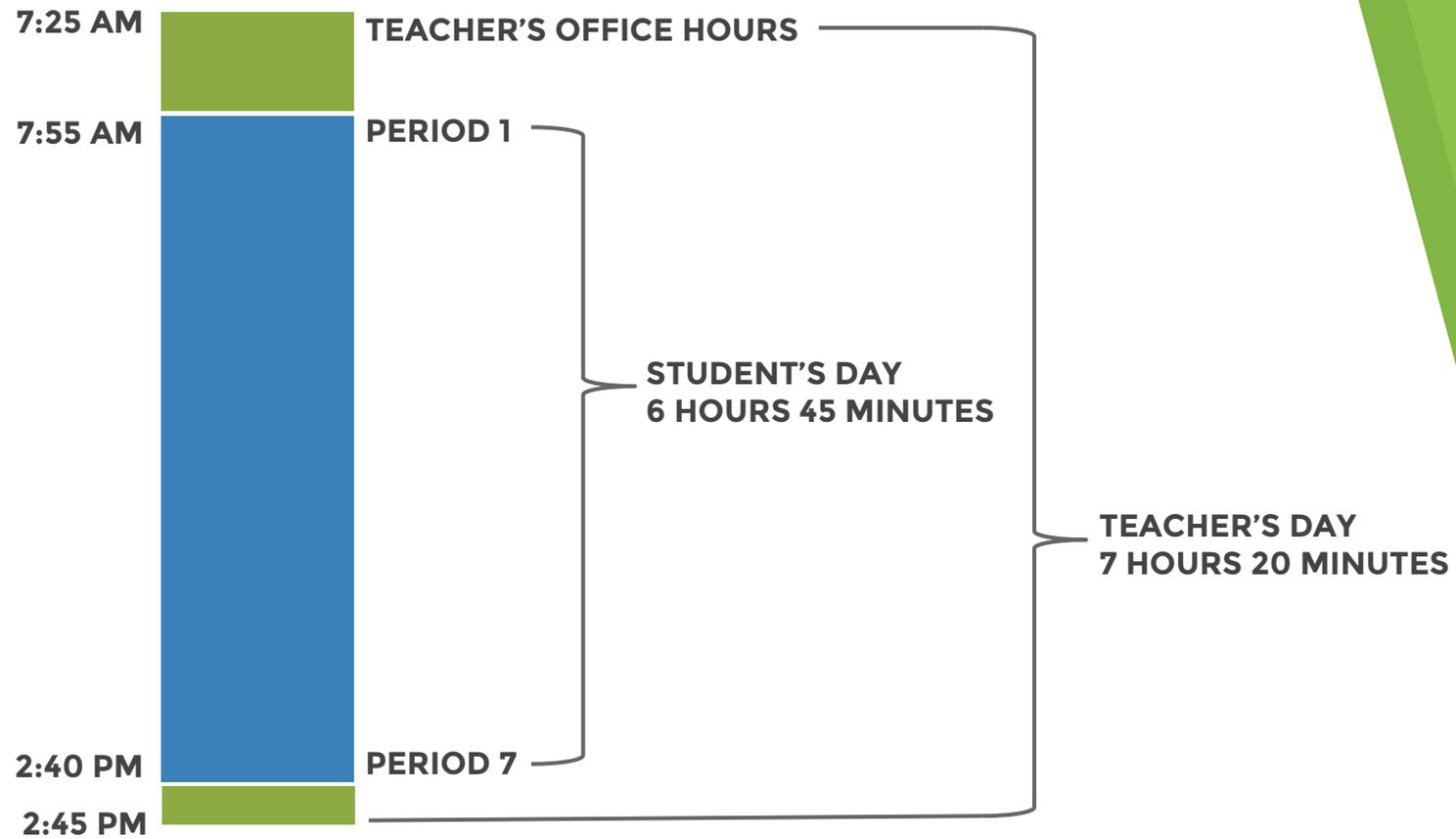
# CHANGING THE START TIME

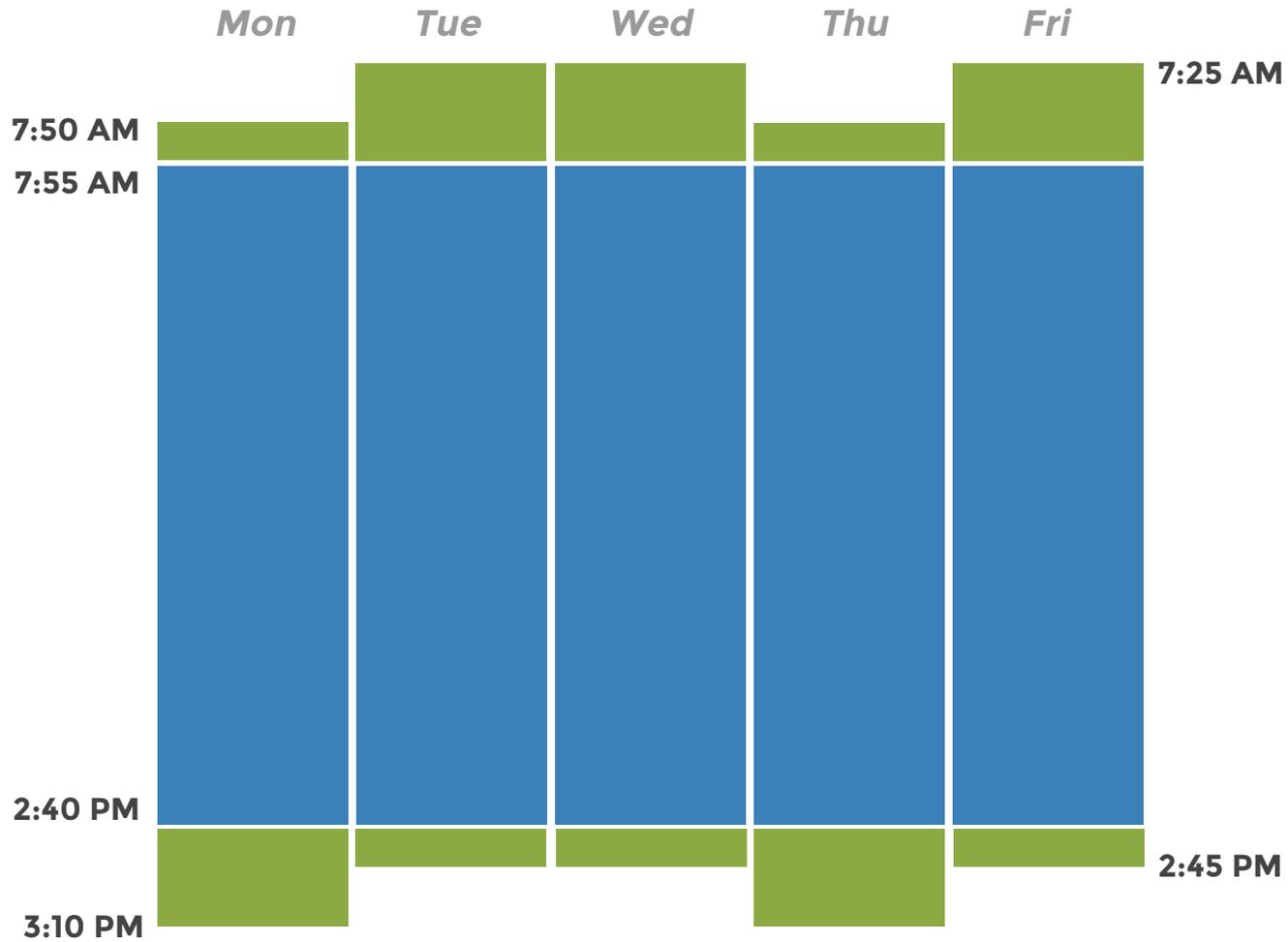


# AFTERNOON OFFICE HOURS



# MORNING OFFICE HOURS





# FLEXIBLE OFFICE HOURS

# PROFESSIONAL DEVELOPMENT DAYS

(formerly known as Early Release Days)



Professional Development Meeting:  
7:25 - 9:25



Additional Office Hours:  
9:25 - 9:55



School Day:  
10:00 - 2:40

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