



IT'S ABOUT

time



Meet Caleb

A TYPICAL teenage young man

Caleb is a 16-year-old junior with a full course load, football, and a full social life. Here is a look at Caleb's daily routine:

5:15 AM: Caleb's alarm goes off.
6:15 AM: Waiting for the bus
7:00 AM: Arrives at school
3:00 PM: Football Practice
6:00 PM: Grab Dinner with Friends
9:30 PM: Start Homework
12:00 AM: Scrolling TikTok to finally unwind

Every weeknight, he averages less than six hours of sleep. Caleb's schedule is a daily fight against his own biological sleep clock.



Imagine

IF SCHOOL STARTED A LITTLE BIT LATER...

Caleb could sleep in longer without changing his lifestyle.

- Caleb will get more sleep
- His academic performance will go up
- He will be a sharper athlete
- His chances of accident and injury will decrease
- His mental health will improve
- His opportunities for success after high school will increase

A later start time wouldn't magically fix every challenge Caleb faces—but it would give him a fighting chance to succeed, simply by aligning school with the way teenage biology actually works.



WHAT WE HEARD THROUGHOUT
THE REALIGNMENT ENGAGEMENT PROCESS

Community Feedback

“NO CHILD SHOULD HAVE TO BE AT THE BUS STOP BEFORE THE SUN GOES UP.”

PARENT FROM REALIGNMENT COMMUNITY MEETING

Survey Says

A survey was deployed to families and staff of the six schools in phase I. The survey will remain active, allowing us to continue tracking concerns and developing solutions for affected families.

Who Responded? [192 responses as of 6/5]

- 58% Parent/Guardian
- 36% School or District Staff
- 13% Student
- 4% Community Member

Aftercare Needs & Enrichment

- 41% currently use before/after-care
- 36% believe new times may improve after-school participation
- 26% see less participation

Support for Health-Aligned Start Times

- 47% said it's Extremely Important to align start times with academic & mental health needs
- 44% Strongly Agree/Agree that later start times will improve attendance & focus
- 48% believe the change could support a healthier balance

Top Areas Where Families Need More Info/Support:

- Working Families/Students – 57%
- Bus Schedules & Transportation – 38%
- Athletics/Extracurriculars – 38%
- Before/After-School Care – 29%

Common Concerns



Concern #1: Athletics Will Be Disrupted

Critics argue that later start times make it difficult to coordinate practices, games, and travel.

What the Data Shows:

- Improved sleep = better athletic performance, focus, and fewer injuries.
- Schools nationwide have successfully adjusted schedules while maintaining strong athletic programs.
- Solutions: shift practice times, collaborate with districts, flexible scheduling.



Concern #2: Working Families Will Struggle with Logistics

Critics argue that later start times are hard on parents' work schedules and before-school care.

What the Data Shows:

- Teens' rhythms align better with later start times—leading to better sleep, mood, and learning.
- Students see higher GPAs, better attendance, and more focus in class.
- Fewer car accidents involving teen drivers—a safety win.



Concern #3: Students May Lose Time for Jobs

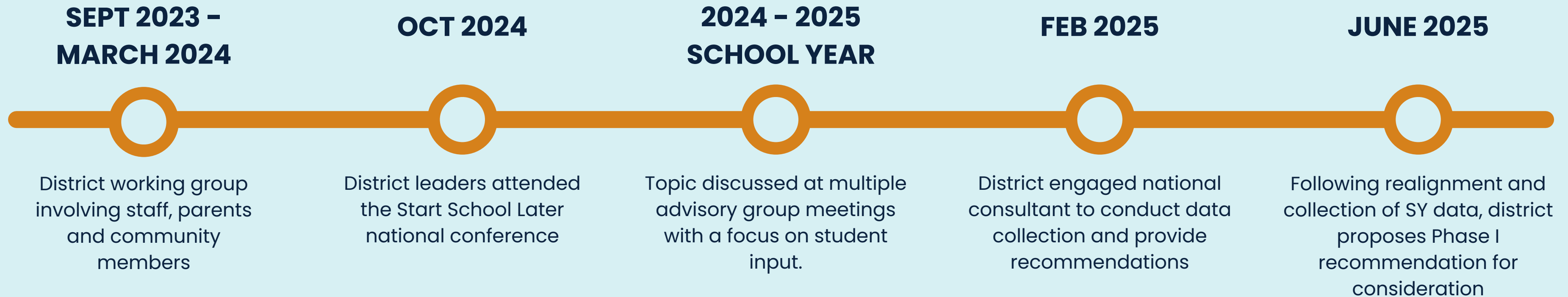
Critics argue that later release times affect after-school jobs and family responsibilities.

What the Data Shows:

- Academic and health gains outweigh minor schedule adjustments
- Families have adapted successfully in other districts
- Better long-term outcomes: higher achievement = stronger careers

timeline

THE DISTRICT HAS BEEN EXPLORING AMENDED SCHOOL START TIMES FOR MULTIPLE YEARS. WE RECOGNIZE THIS ISSUE IS COMPLEX AND REQUIRES THOUGHTFUL CHANGE.





TIME MAKES A *Big Difference*

CURRENT DISTRICT BELL SCHEDULE

Elementary School Day: 8:25 AM – 3:25 PM

Secondary School Day: 7:10 AM – 2:25 PM

PROPOSED CHANGES FOR PHASE I SCHOOL SITES

Elementary School Day: 8:00 AM – 3:15 PM

Secondary School Day: 8:50 AM – 4:05PM

PROPOSED PHASE I SCHOOL SITES

Capitol Elementary
 Capitol High School
 Glen Oaks High School
 Glen Oaks Park Elementary
 Melrose Elementary
 Merrydale Elementary



A Wake Up Call

THE CASE FOR LATER SCHOOL START TIMES

Impact of Chronic Sleep Loss in Adolescents

American Academy of Pediatrics



Physical Health & Safety: Higher risk of obesity, diabetes, high blood pressure, heart disease, and car accidents; increased caffeine/stimulant use; less physical activity.



Mental Health & Behavior: Greater risk of anxiety, depression, suicidal thoughts; poor impulse control, emotional regulation, motivation; increased stress vulnerability



Academics & Performance: Reduced attention, memory, and executive function; lower grades, poor attendance, higher dropout rates

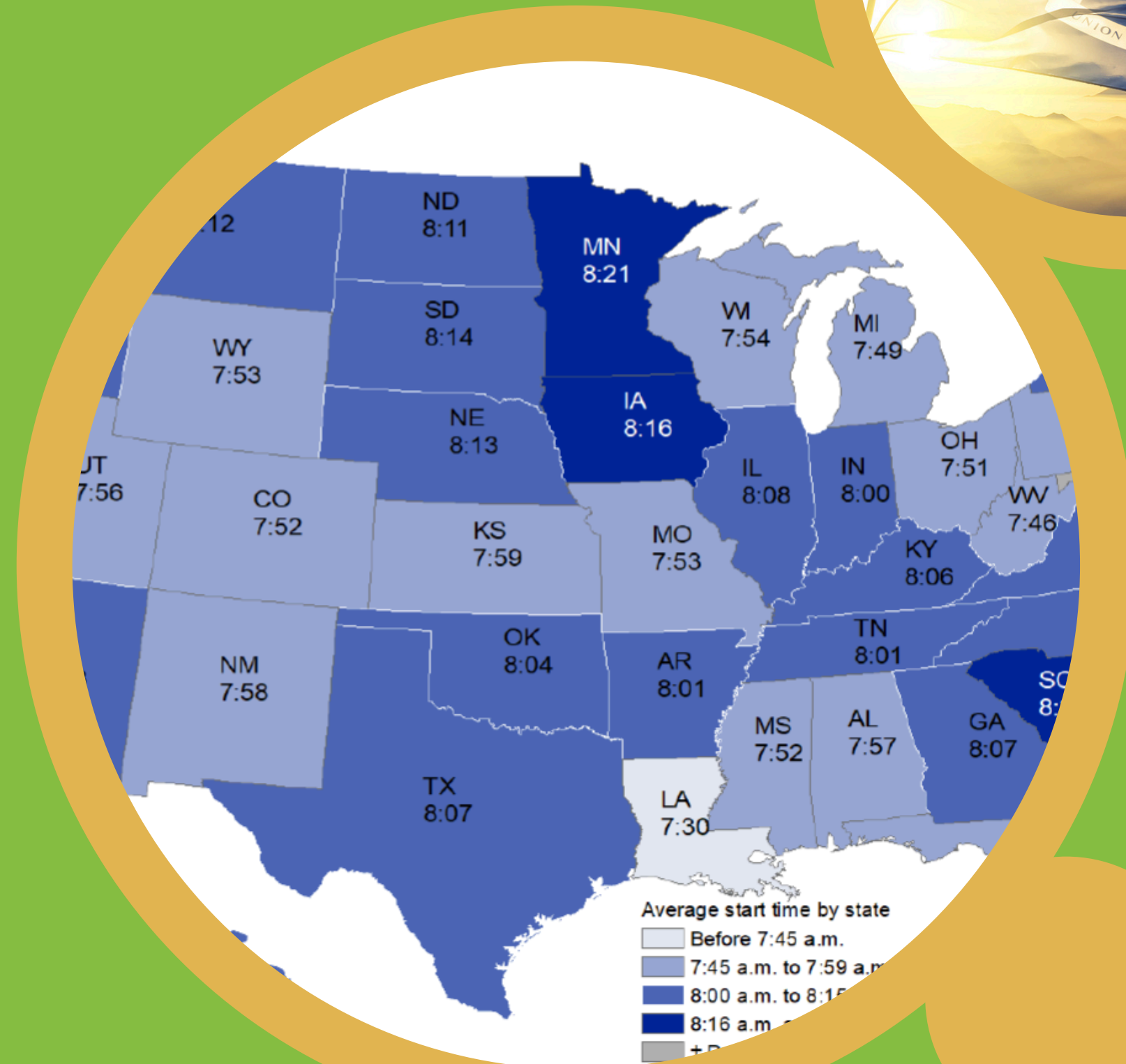
SCHOOL START TIMES

Around the Country

LOUISIANA HAS THE EARLIEST SCHOOL START TIMES AROUND THE COUNTRY

Louisiana is one of only four states that start secondary school students before 7:45 a.m.

- Connecticut, Louisiana, Massachusetts and New Hampshire have earliest school start times.
- EBR secondary schools begin at 7:10 a.m., even earlier than the state average.





HEALTH EXPERTS

Agree

Organizations endorsing later school start times include the following:

- U.S. Surgeon General
- American Association of Sleep Technologists
- American Academy of Sleep Medicine
- Society of Behavioral Medicine
- American Medical Association
- Centers for Disease Control & Prevention (CDC)
- American Psychological Association
- National Association of School Nurses
- American Academy of Pediatrics
- American Academy of Child & Adolescent Psychiatry

It's Time TO PUT STUDENTS FIRST

By adjusting school start times, we can realign the school day to address the following areas:

- Reduce the number of bus riders waiting in the early dark hours
- Supporting better sleep habits for teens
- Adopting proven structures to increase student achievement and decrease truancy and absenteeism
- Streamlining transportation routes and transfer points





Monitoring *Progress*

METRICS TO BE MEASURED

- ▶ Student & Staff Attendance
- ▶ School Discipline Data
- ▶ Student Achievement Data
- ▶ Routing & Transport Times

PERFORMANCE DATA & REVIEW

Findings will be shared publicly with the Board and community in late fall/early winter of the current school year with a recommendation for next steps.



WE ARE ON THE CLOCK

Caleb and others like him deserve an educational ecosystem that suits their needs. Where a day begins after sunrise and supports their adolescent sleep cycles and biological clock.

The Time is Now

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