

How to Improve High School Performance: Start School Later

March 16, 2014 – The Times in Plain English

Plain English Version



Getting a teenager up in the morning is always a challenge. In some school districts they may be able to sleep later.

The results of research are coming in. If you start high school between 8:30 a.m. and 9:00 a.m. students will:

- Learn better
- Be late less often
- Get in fewer fights
- Reduce athletic injuries
- Behave less impulsively
- Make fewer bad decisions
- Get in fewer car accidents
- Have better attendance

Schools are resisting changing their schedules for two reasons.

One is that it will change the daily routine. Family plans often include after-school activities. On the other hand, observers say children coming home closer to mealtime may make it easier for families.

The second is the view that getting by on just a few hours of sleep is a sign of strength. Said an expert, “it means to some that you are working harder, and that is a good thing.”

