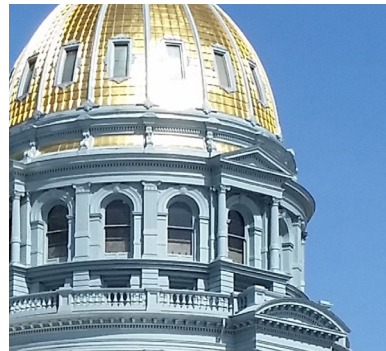


2018

Report to the Colorado General Assembly



School Start Time Interim Study Committee



Prepared by Legislative Council Staff
Research Publication No. 710
December 2018

School Start Time Interim Study Committee

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December 2018

To Members of the Seventy-second General Assembly:

Submitted herewith is the final report of the School Start Time Interim Study Committee. This committee was created pursuant to Interim Committee Request Letter 2018-11. The purpose of this committee is to study issues related to the benefits of, barriers to, and best practices for implementing later school start times.

Sincerely,

/s/ Representative Crisanta Duran
Chair

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This report is also available online at:

<https://leg.colorado.gov/committees/school-start-time-interim-study-committee/2018-regular-session>

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Committee Charge

The School Start Time Interim Study Committee was created pursuant to Interim Committee Request Letter 2018-11. The committee is charged with studying the following:

- the health benefits of later school start times to students;
- barriers to enacting later school start times faced by school districts in Colorado and in other states;
- best practices for facilitating information-sharing related to school start times among school districts and the Colorado Department of Education; and
- legislative assistance for school districts that would like to study or enact later school start times.

Committee Activities

The committee held one meeting during the 2018 interim. Presentations were made by representatives from school districts and a pediatric sleep expert on topics related to later school start times.

School districts. The committee heard from representatives of several school districts that changed the time the schools in their districts start, are in the process of deciding whether to change their schools' start times, or contemplated but decided against changing their schools' start times. Representatives from Motezuma-Cortez School District RE-1, Denver Public Schools, Cherry Creek School District, and Brighton School District 27J briefed the committee members on the impacts of changing school start times on student performance, transportation, athletics, food services, and after-school activities. The presenters also discussed some of the complexities involved with changing school start times, and the importance of allowing every district in the state to determine what best fits the needs of their students and community in deciding whether or not to change start times.

In addition, members of the JeffCo School Start Time Task Force (task force) presented to the committee on the task force's charge, mission, and community outreach process, and discussed the budgetary, transportation, workforce, geographical, and extracurricular impacts of changing school start times.

Science behind changing school start times. A pediatric sleep expert from National Jewish Hospital spoke to the committee about adolescent sleep patterns and the value of later school start times. She discussed melatonin rhythms, the impact that sleep has on student performance and school attendance, and the correlation between a lack of sleep, neurocognitive deficits, and behavioral problems.

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Resource Materials

Meeting summaries are prepared for each meeting of the committee and contain all handouts provided to the committee. The summaries of meetings and attachments are available at the Division of Archives, 1313 Sherman Street, Denver (303-866-2055). The section below contains the date of the committee meeting and the topics discussed at that meeting. The meeting summary is also available on our website at:

<https://leg.colorado.gov/content/committees>

Meeting Date and Topics Discussed

August 31, 2018

- ◆ Update from Montezuma-Cortez School District RE-1
- ◆ The science behind changing school start times
- ◆ Presentation by Jeffco Public Schools Start Time Task Force
- ◆ Update from Denver Public Schools
- ◆ Update from Cherry Creek School District and Brighton School District 27J
- ◆ Public testimony