

New Jersey Department of Education
Later School Start Time Pilot Program Application
2020-2021 School Year

Project Purpose

The New Jersey Department of Education (NJDOE), in accordance with P.L. 2019, c.224, is required to develop a pilot program for school districts to implement a later school start time for high school aged students. The four-year pilot program will include five New Jersey high schools representative of urban, suburban, and rural communities in the south, central, and northern regions of the state beginning with the 2020-21 school year. The purpose of the pilot program is to implement later school start times for high school students in selected school districts and assess the benefits, evaluate the negative impacts, and consider strategies to address barriers to instituting a later school start time.

There is a substantial body of research, including the [American Academy of Pediatrics \(AAP\) 2014 Report, "Let Them Sleep,"](#) indicating that adolescents need, but are not receiving, sufficient sleep. The research further suggests that adolescent sleep deprivation is a critical problem, which has numerous negative academic, health, safety, and well-being outcomes. One factor contributing to the lack of sleep is the start times for schools. In several studies throughout the country, delaying the start times for high school students has been shown to have statistically significant benefits to both students and the community.

In April of 2017, the NJDOE released the [Final Report of the Study Group on Later School Start Times](#), which investigated the issue of later school start times for middle schools and high schools in the state. Consistent with its charge, the study examined the current scholarly research and literature regarding adolescent sleep deprivation, including its causes and contributing factors, negative outcomes, and potential solutions to those outcomes. In addition as part of this study, the NJDOE surveyed district and school administrators regarding their perceptions of and experiences with later school start times, conducted outreach efforts in the form of public hearings and an email campaign to gauge public interest for later school start times, and engaged in robust discussions and deliberations regarding the issues associated to adolescent sleep deprivation and later school start times. The study concluded, in part, that while delaying school start times is fraught with obstacles and challenges, a sustained public campaign about both the importance of adequate sleep for adolescents, as well as the serious negative outcomes associated with chronic sleep deprivation among adolescents, is necessary and beneficial.

In summary, through this pilot program NJDOE will:

- Select five diverse high schools, representing different regions and regional classifications of New Jersey, to implement the [recommendations of the American Academy of Pediatrics](#) on the establishment of later school start times
- Assess the health, academic, and safety benefits associated with establishing later start times in high schools
- Evaluate any potential negative impacts on school districts and families that may be associated with a later school start time, including issues related to transportation and after-school activities such as athletics, clubs, and other extracurricular activities, and consider strategies for addressing potential problems.

School districts, charter schools and renaissance school projects with high schools, grades 9-12, that are interested in participating in this pilot program should complete the attached application and submit to the Office of Student Support Services at LaterSchoolStartTimes@doe.nj.gov by Friday, May 22, 2020.

This pilot program seeks to inform a recommendation for adopting later school times for all high school students. **To that end, please note that there are no fiscal incentives available through the NJDOE for participating districts.**

Part A: Cover Page

(Complete and attach as the first page of application)

Local Education Agency Information

District Name:

Complete Mailing Address:

Authorized Representative Information

Name:

Title:

Email:

Telephone:

Signature:

Pilot Program Lead Contact Information

Name:

Title:

Telephone:

Email:

Signature:

School Principal Contact Information

Name:

Title:

Telephone:

Email:

Signature:

Name of School:

School Address:

Fiscal Contact Information

Name:

Title:

Telephone:

Email:

Signature:

Type of Education Provider

Check the option that best describes your organization:

School District

Charter School

Renaissance School

Note: Please obtain all signatures before submitting the application.

Part B: Assurances

(Complete and attach after cover page)

Participation in the Later School Start Time Pilot Program requires a strong commitment on the part of the district to implement, as well as monitor the implementation and progress of, a later school start time.

Districts and their designated high schools applying to participate in the pilot program must commit to the following:

- Submit a completed application to the Department of Education that provides details regarding how the implementation of a later start to the school day will serve to benefit its students, including:
 - information on the number of students in the high school, the current start time and schedule of the school day for high school students, and the rate of absenteeism and tardiness for the district's high school students from the 2018-2019 school year
 - the findings of an assessment measuring teacher satisfaction and student engagement and attentiveness (schools can consider utilizing the [New Jersey School Climate Survey](#) to gather these data points)
- Implementation of a later school start time and monitoring of the associated impacts
- Ensuring that district and school leadership have committed the personnel time and resources necessary to accomplish project activities to lead to improved student outcomes
- Sharing specific measurement data, as requested by the NJDOE, consistent with [projected impacts](#) indicated in research conducted by the American Association of Pediatrics on later school start times for adolescents
- Develop and execute a plan for the district to include families and the community in the implementation of this pilot program

When selecting participants for this pilot program, the NJDOE will not discriminate against anyone regarding race, gender, national origin, color, disability, or age.

Name of Superintendent/Charter School Lead:

Signature:

Date:

Part C: District Considerations

(Complete and attach after assurances)

Please provide a response to the following:

1. When do you anticipate your school's readiness to implement a later school start time? (list applicable school year)
2. What is the school community's current perception of the existing school start time?
3. Why is your high school a good fit for this program?
4. How will the district implement later school start times with consideration to current operations? (scheduling, transportation, professional development, teacher contracts, athletics, before school and after school preparing)
5. What is the school and district's plan for family and community engagement for introducing this pilot program?
6. Describe the qualifications and role of building staff members who will participate in pilot program logistics and activities.
7. Indicate the amount of time the district and high school will dedicate to meet and monitor the implementation and progress of the program.
8. What barriers do you anticipate on the district and school level? How will these barriers be addressed in order to best support the success of the program?
9. What fiscal implications does the district anticipate when implementing later school times?
10. What are the implications for adjusting your schools' start times as it pertains to the operating bargaining agreement?

District and School Information

School Name:

Number of Enrolled Students:

Percentage of Students Chronically Absent:
(2018-2019 student data)

Current School Start Time:

Proposed Later School Start Time: