

# CHANGING BELL SCHEDULES

## IN RADNOR TOWNSHIP SCHOOL DISTRICT

2019-20 Schedules\*: HS: 8:30 a.m.-3:10 p.m. • MS: 7:50 a.m.-2:40 p.m. • ES: 9:07 a.m.-3:40 p.m.

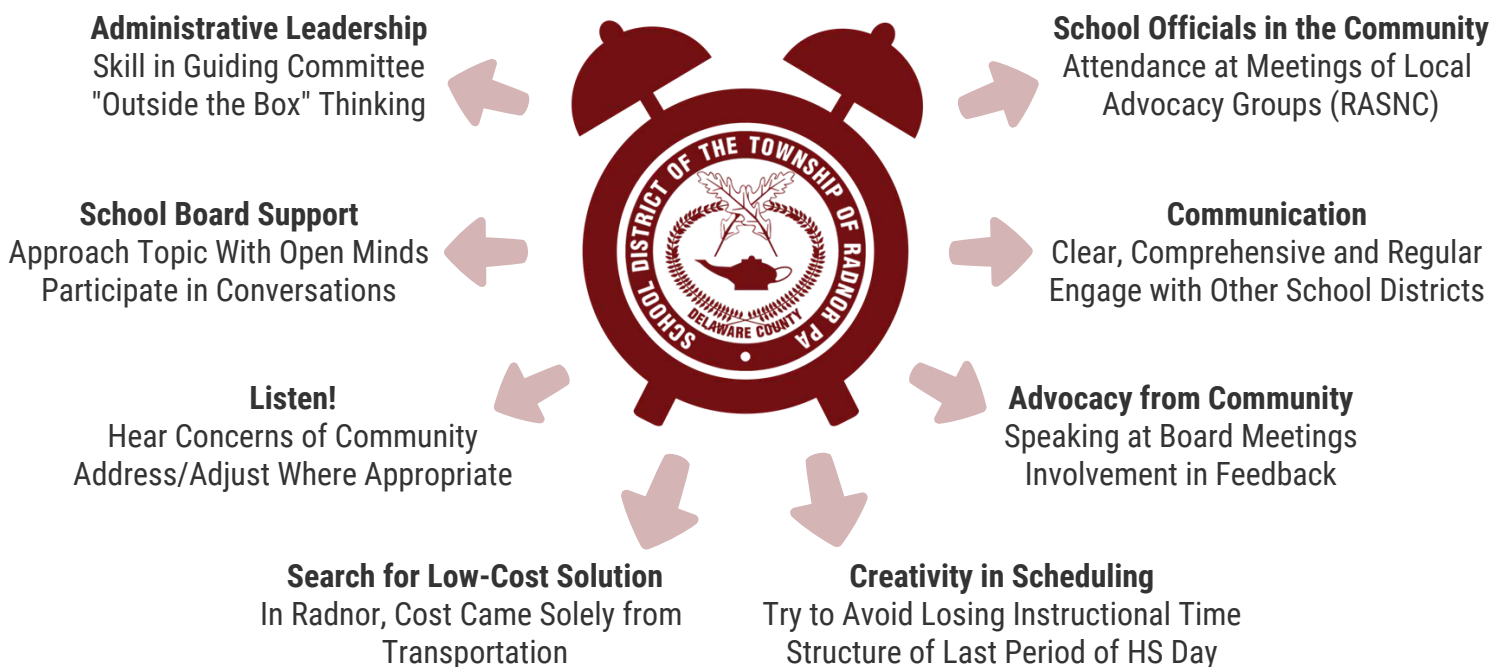
### Why Change School Hours?

- Motor Vehicle Accidents
- Decreased Emotional Regulation
- Stress/Depressed Mood/Suicidal Ideation
- Increase in Risk-Taking Behaviors
- Difficulty with Concentration, Memory, and Problem-Solving
- Increased Athletic Injuries
- Weight Gain and Obesity
- Substance Use and Abuse

### Lessons Learned?

- All Stakeholders Represented on Committee
- Engage Entire Community, Including ES and MS
- Educate Community on Science
- Educate Community on Other Ways to Improve Student Sleep Health
- Offer Numerous Opportunities for Feedback
- Use Scientifically-Validated Surveys
- Create and Maintain Dedicated Webpage(s)
- Thoroughly Review and Address Transportation

### Key Aspects of the Process



ADDITIONAL RESOURCES: [www.RTSD.org/Sleep](http://www.RTSD.org/Sleep)

\*Previous Schedules: HS: 7:35 a.m.-2:27 p.m. • MS: 8 a.m.-3 p.m. • ES: 9 a.m.-3:30 p.m.