

# It's Time to Take a Second Look

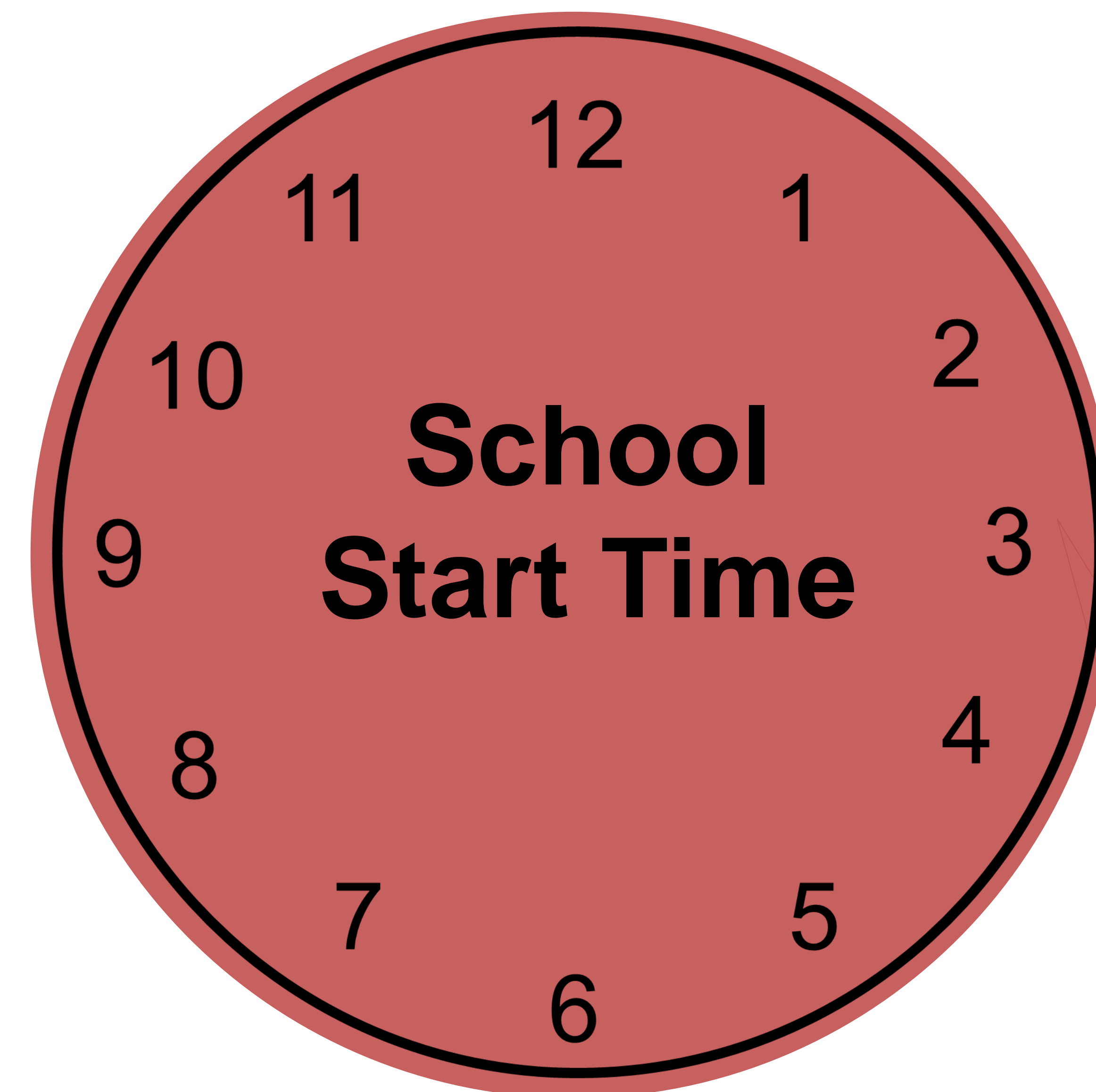
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**Abstract:** This presentation will examine the structure of the school day. Specifically, we will examine the effects of school start time on students, as well as the presence of having a lunch hour. The positives and negatives of both sides will be looked at in order to determine how to structure the best possible school day for students.

### Elements of a Lunch Period:

- Nutrition, children in poverty
- Break in the school day
- Social pressures
- Flexible time for socializing or working
- Impact on the structure of the day

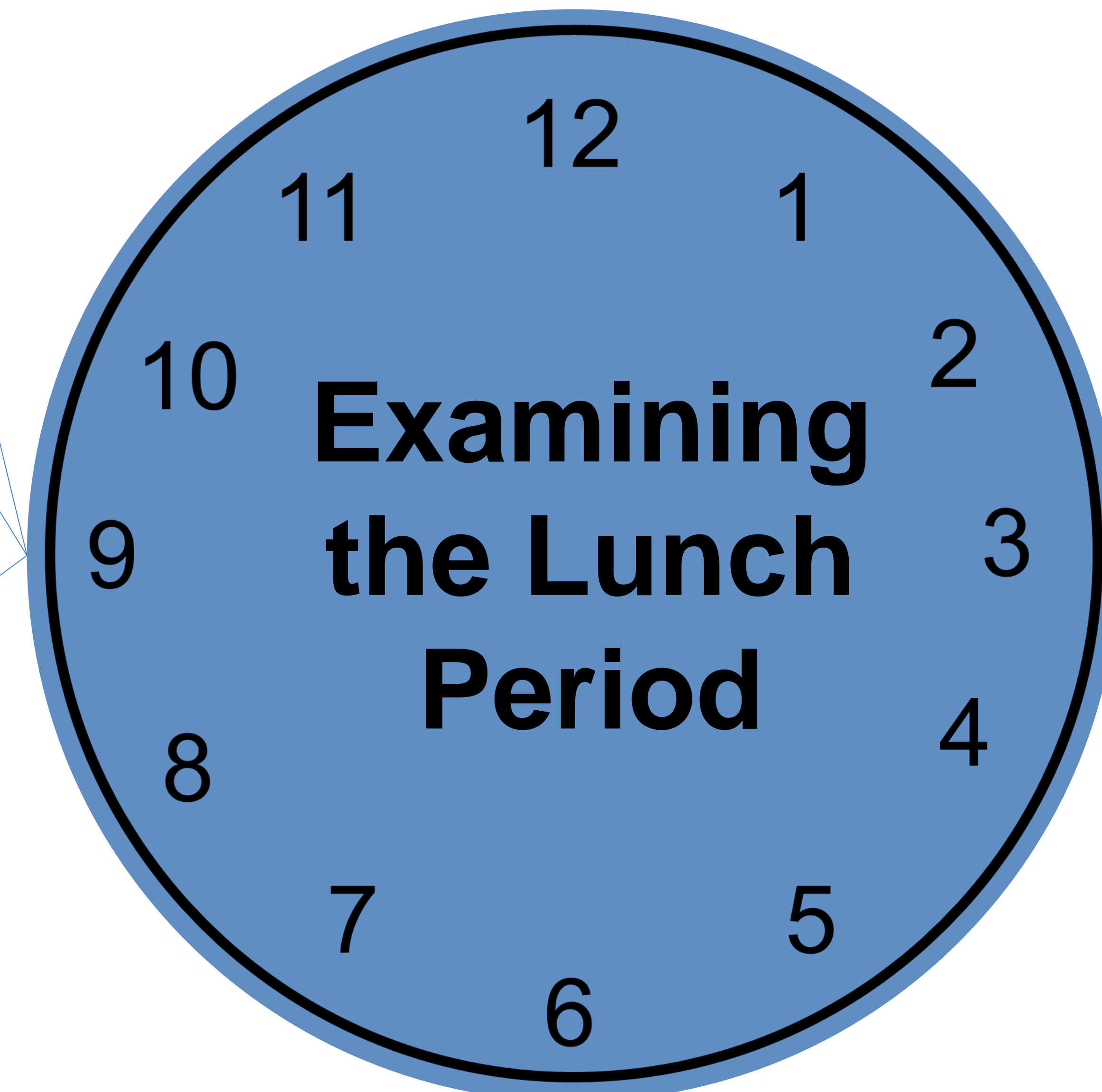


### Academic Success:

- Sleep deprivation is associated with deficits in executive function
- Sleep debt leads to troubles in class
- Delaying start time by 1 hour increased math and reading test scores by 2 to 3 percentile points

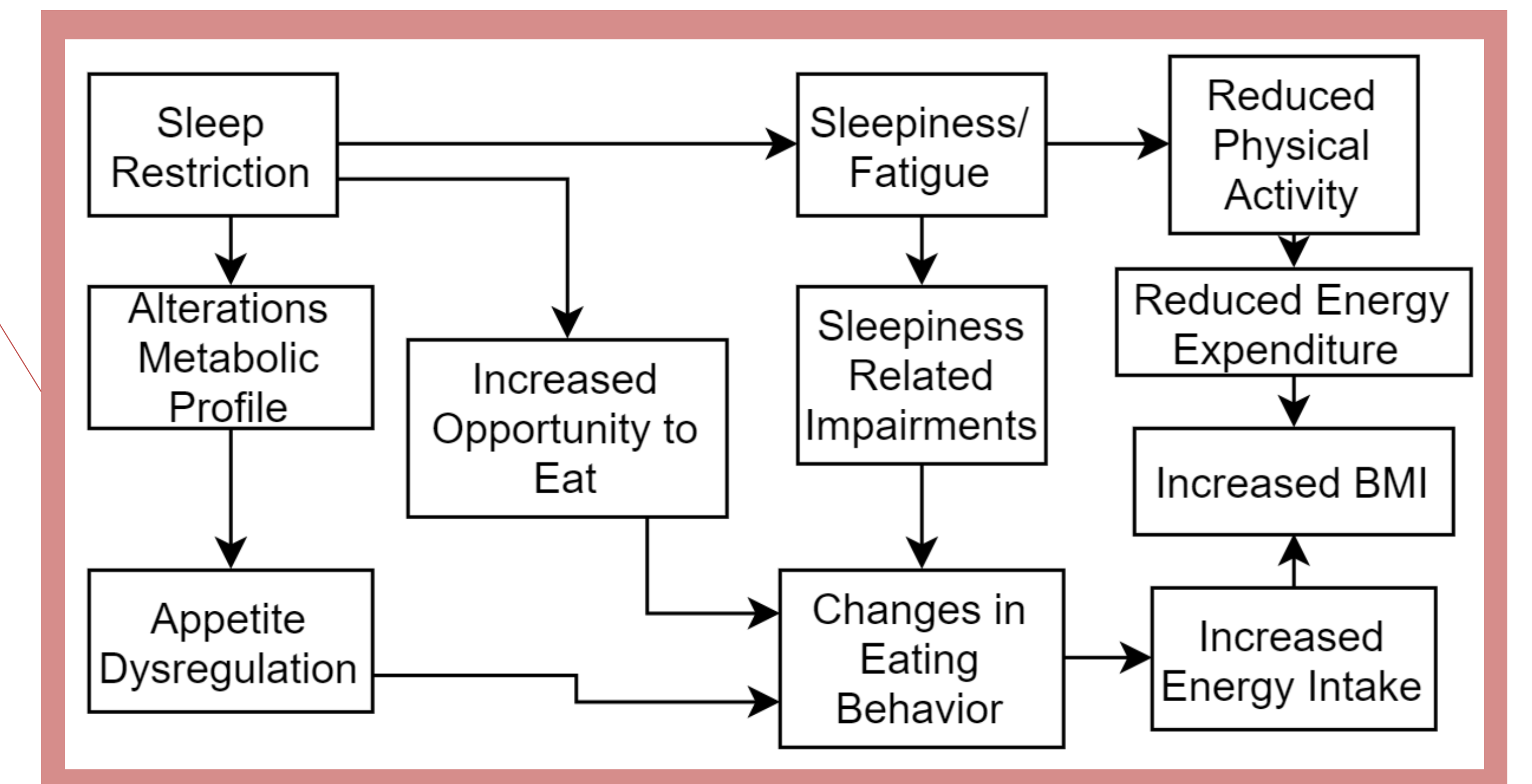
### Balanced School Day Schedule:

Time	Activity
8:50 a.m.	Entry
8:55 a.m. - 9:45 a.m.	Period 1
9:45 a.m. - 10:35 a.m.	Period 2
10:35 a.m. - 11:15 a.m.	Nutrition Break #1
11:15 a.m. - 11:20 a.m.	Entry
11:20 a.m. - 12:10 a.m.	Period 3
12:10 a.m. - 1:00 p.m.	Period 4
1:00 p.m. - 1:40 p.m.	Nutrition Break #2
1:40 p.m. - 1:45 p.m.	Entry
1:45 p.m. - 2:35 p.m.	Period 5
2:35 p.m. - 3:25 p.m.	Period 6
3:25 p.m.	Dismissal



### Single Fifty Minute Lunch Period:

- James Hubert Blake High School, Silver Springs Maryland
- Flexible time for students
- Freedom to use time as needed
- Length of day unchanged
- Food availability remains the same



### Physical and Mental Health:

- Chronic sleep deprivation can affect metabolic and immune function
- Negative effects on cognitive function, feeding behaviors, physical activity, and overall health
- Irritable and depressed