



Success

Timely tips to improve student achievement

March 2019

Youngstown students learn business skills from school business

Youngstown City's Glenwood Junior High School opened a coffee bar run by students. Teachers **Nancy Zitzew** and **Elissa Wooten** drafted the idea as an extension of the work-study program. Allowing students with special needs to have a hands-on way to learn job skills, the coffee business complements the skills needed to transition to the high school work-study program. For more, go to <http://links.ohioschoolboards.org/SU538/>.

Toledo City students repair district's automatic faucets

Toledo City's Start High School manufacturing students recently saved the district about \$7,500 by helping solve a problem with the district's automatic faucets. The students manufactured a part needed to repair the faucets, which were failing. For more, visit <http://links.ohioschoolboards.org/SU539/>.

Learning from a day of unstructured play

A Massachusetts elementary school recently participated in Global School Play Day, an event promoting a school day of unstructured play without electronics or adult interventions. Fifth-grade teacher **Tom Chang**, who provided a rough schedule that included lunch and some quiet time, said board games and other activities help students learn skills such as communication and self-regulation. For more, visit <http://links.ohioschoolboards.org/SU540/>.

High school students paint CTE-inspired murals

Students at Franklin-Simpson High School in Franklin, Ky., are painting murals in their school to celebrate career-technical education (CTE). Working with a professional artist, the murals shine a light on the career pathways students are pursuing. For more, visit <http://links.ohioschoolboards.org/SU541/>.

Cellphone bans don't curb cyberbullying

Schools that allow students to access cellphones have lower rates of cyberbullying than those that ban the devices, according to data from the U.S. Department of Education's National Center for Education Statistics. Overall, however, data show an uptick in incidents of cyberbullying in schools. To read the full report, visit <http://links.ohioschoolboards.org/SU542/>.

Student achievement in-depth

Each month, **Success** brings you a research brief or in-depth article to discuss with board members and administrators.

Study considers effect of later school start time

After Seattle high schools pushed back their start times from 7:50 a.m. to 8:45 a.m., sophomores started getting better grades, according to a study. Researchers had students wear activity trackers, which revealed the teenagers were getting more sleep “closer to their natural sleep pattern on weekends,” said one of the lead study authors, **Gideon Dunster**, a graduate student at the University of Washington.

Experts have long argued for later start times in middle and high school. A new study used activity trackers worn on the wrist to see how such a delay affected kids in a real school. It showed kids slept more, got better grades and missed fewer days of class when their school day started somewhat later.

Adolescents are different from younger kids. Most adolescents don't feel ready for bed until after 10:30 p.m. That's because puberty shifts everyone's circadian rhythms, the 24-hour cycles our bodies naturally follow. Circadian rhythms help regulate when we fall asleep and when we waken.

The shift is related to melatonin, the hormone that helps us fall asleep. “When puberty begins, a teenager's body doesn't secrete that hormone until later in the evening,” notes **Kyla Wahlstrom**, an expert on human development and education at the University of Minnesota.

Even with their shifted rhythms, teenagers still need eight to 10 hours of sleep each night. If they fall asleep late, they'll need more snooze time in the morning. That's why doctors, teachers and scientists have recommended for many years that school should start later, and some schools have listened.

To read about the Seattle team's study and its published findings, follow the link below:

<http://links.ohioschoolboards.org/SU543/>.

Success

March 2019

Success is published monthly as a member service by the Ohio School Boards Association, 8050 North High Street, Suite 100, Columbus, Ohio 43235-6481, (614) 540-4000 or (800) 589-OSBA. Kim Miller-Smith, senior student achievement consultant, editor; Jeff Chambers, director of communication services, assistant editor. To download a PDF of this eNewsletter, go to <http://www.ohioschoolboards.org/Success>.