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Fairport Central Schools to change start and end times next school year

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Rochester Democrat and Chronicle USA TODAY NETWORK

The Fairport Central School District announced plans to change the beginning and end times of school days, which is expected to start in the 2026-2027 school year.

According to the district's website, the Fairport Board of Education made this decision, which will impact students from kindergarten to 12th grade, "to better align with research about both the importance of sleep for adolescents and improved outcomes at school that correlate with later arrival times for older students."

This new schedule would shift the start times for the elementary schools to earlier and push the start times for the middle and high schools back. According to Fairport's timeline for shifting school start times, research and development for these plans began in 2015.

Why change the start and end times for school?

FCSD's website cites different research findings that led to this decision about changing start times.

According to the National Heart, Lung, and Blood Institute, adolescents between 13 and 18 need eight to 10 hours of sleep daily. FCSD's website states that the Monroe County Youth Risk Behavior Survey, administered to middle and high school students every three years, shows that 75 percent of Fairport's ninth- to 12th-grade students report getting less than eight hours of sleep at night. The survey also showed that 42 percent of these students at Fairport report getting less than or around six hours of sleep each night.

"The FCSD Board of Education and District administration is dedicated to aligning policy with best practices for the health and safety of Fairport students," the district wrote on its website.

According to FCSD, research shows that starting school after 8:30 a.m. for adolescents can lead to:

- More sleep and reduced sleepiness.
- Improvements in attendance and graduation rates.
- Reductions in motor vehicle accidents and drowsy driving.
- Improvements in adolescent mood, health, and alertness.

The FCSD website lists these sources, research, and the school board's timeline for this decision. Parents and the community can also submit questions regarding this change or topic through a Google form on the website.

New example Fairport Central School District schedule for the 2026-2027 school year

An example of how this shifted schedule for Fairport students could look includes:

- Dudley: 7:45 a.m. to 2:05 p.m.
- Northside: 7:45 a.m. to 2:05 p.m.
- Brooks Hill: 7:45 a.m. to 2:05 p.m.
- Jefferson Avenue: 8:25 a.m. to 2:45 p.m.

- Johanna Perrin: 8:30 a.m. to 3:15 p.m.
- Martha Brown: 8:30 a.m. to 3:15 p.m.
- Fairport High School: 9:00 a.m. to 3:45 p.m.

According to FCSD, this schedule is only an example and is subject to change as the district finalizes its plans for the 2026 to 2027 school year.

Madison Scott is a journalist with the Democrat and Chronicle who edited our Weld Street Project. She has an interest in how the system helps or doesn't help families with missing loved ones. She can be reached at MDScott@gannett.com.

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