

6A-1.0455 Middle School and High School Start Times.

(1) As provided by section 1001.42(4)(f)3., F.S., in order to be deemed in compliance with section 1001.42(4)(f)2., F.S., a district school board must submit a report to the Florida Department of Education by June 1, 2026.

(2) The district board report must include:

(a) the start times of elementary, middle, and high schools in the school district;

(b) a description of the strategies considered to implement a later school start time for middle schools and high schools within the school district, including the number of board meetings, public hearings, and opportunities for parent input to discuss the strategies;

(c) a description of the impact of implementing the school start time requirements in section 1001.42(4)(f)2., F.S., including the financial impact for the school district; and

(d) a description of the identified unintended consequences to the school district, students, and the community by implementing the school start time requirements in section 1001.42(4)(f)2., F.S.

(4) The district school board report must be submitted to SchoolList@fldoe.org by June 1, 2026. Once a district school board is deemed in compliance by submission of this report, no further reports must be submitted. District school board reports must not include district-sponsored charter schools.

(5) Charter school governing boards may submit a report for each of their charter schools to be deemed in compliance as authorized in section 1002.33(16)(b)16., F.S., using the same format and process prescribed for school districts in this rule.

(6) Submission of this report does not prohibit a district school board or charter school governing board from establishing different middle school and high school start times in future school years.

(7) The report template that must be used is entitled School Start Time Compliance Report (Form SST-1), effective March 2026 ([insert new link](#)). This form is incorporated by reference and may be obtained at <https://www.fldoe.org/schools/k-12-public-schools/>.

Rulemaking Authority 1001.02(1), (2)(n), 1001.42(4)(f), F.S. Law Implemented 1001.42(4), F.S. History—New ____.

School Start Time Compliance Report

1. Name of School District:
2. Complete this table to indicate the 2026-27 start time for each elementary, middle and high school. Add rows as needed or attach a locally created spreadsheet.

Name of School	School Start Time

3. Describe the strategies considered to implement a later school start time for middle schools and high schools within the school district, including the number of board meetings, public hearings, and opportunities for parent input to discuss the strategies.

4. Describe the impact of implementing the school start time requirements in section 1001.42(4)(f)2., F.S., including the financial impact for the school district.

5. Describe the identified unintended consequences to the school district, students, and the community by implementing the school start time requirements in section 1001.42(4)(f)2., F.S.

Email this report to SchoolList@fldoe.org by June 1, 2026.