

Research on the effects of a four-day school week versus a five-day school week on student outcomes is mixed. Some studies suggest potential benefits, while others indicate negative effects. Here are some key findings from the research:

Positive Aspects:

Proponents argue that a four-day school week can lead to cost savings, improved student attendance, and reduced bullying and fighting incidents.

<https://www.ncsl.org/education/four-day-school-week-overview>

<https://journalistsresource.org/education/four-day-school-week-research/>

<https://www.nwea.org/blog/2023/what-the-research-tells-us-about-four-day-school-weeks/>

Some research indicates a positive relationship between the four-day week and student performance, suggesting that it may not compromise student outcomes.

<https://journalistsresource.org/education/four-day-school-week-research/>

Negative Aspects:

However, other studies have found that the four-day school week can have a small to medium negative effect on student achievement, particularly in districts with less instructional time and in non-rural areas.

<https://oej.scholasticahq.com/article/89149-four-day-school-weeks-student-outcomes-and-school-budgets>

A study in Oklahoma suggested that the four-day school week led to small reductions in student test scores in math and language arts.

<https://journalistsresource.org/education/four-day-school-week-research/>

Overall Impact:

The overall impact of the four-day school week on student outcomes is still not fully understood, and the research findings are not consistent across all studies.

<https://journalistsresource.org/education/four-day-school-week-research/>

<https://www.rand.org/pubs/commentary/2023/04/the-four-day-school-week-are-the-pros-worth-the-cons.html>

In summary, while some research suggests potential benefits such as cost savings and improved student attendance, other studies indicate negative effects on student achievement. The impact of

the four-day school week on student outcomes appears to vary depending on factors such as instructional time and the specific characteristics of the school district. Further research is needed to fully understand the implications of transitioning to a four-day school week.

Attendance

Research on the effects of a four-day school week on attendance for students and staff has produced mixed findings. While some proponents argue that it can lead to improved student attendance

<https://www.ncsl.org/education/four-day-school-week-overview>

the actual impact is not conclusively supported by research. A study found that student attendance may have improved slightly at four-day schools, but the difference was not statistically meaningful.

<https://www.rand.org/pubs/articles/2023/a-four-day-school-week-here-are-the-costs-and-benefits.html>

However, other research has shown that the four-day school week may decrease per-pupil bullying and fighting incidents, but its impact on student outcomes is still unknown

<https://journalistsresource.org/education/four-day-school-week-research/>

As for staff, the research does not provide a clear consensus on the effects of a four-day school week on their attendance. Therefore, the evidence regarding the specific effects of a four-day school week on the attendance of students and staff is not definitive and requires further investigation.

<https://www.nwea.org/blog/2023/what-the-research-tells-us-about-four-day-school-weeks/>

<https://www.aldineisd.org/2023/07/18/why-is-school-attendance-important/>

Cost savings

The research on the cost savings of shifting schools to a four-day school week from a five-day week indicates that while there can be some savings, the actual impact varies. A study found that a four-day week could produce savings of 17.7% for utility costs, 17.4% for student transportation costs, and 16.7% for other expenses.

<https://www.ecs.org/clearinghouse/93/69/9369.pdf>

However, the maximum possible cost savings for districts on a four-day week is 5.43%, with average savings ranging from 0.4% to 2.5% <https://www.ncsl.org/education/four-day-school-week-overview>

The adjustment to a four-day week may result in relatively small savings, such as 0.7%, but still lead to significant budget reductions, which could be used to retain teaching positions.

<https://www.ecs.org/clearinghouse/93/69/9369.pdf>

While the cost savings might not be large, they are still considered significant, especially in the context of budgetary constraints.

<https://www.ecs.org/clearinghouse/93/69/9369.pdf>

Therefore, while some cost savings can be expected, the actual amount saved may vary, and it is important to consider the potential trade-offs and long-term impact on student outcomes and teacher recruitment and retention.

<https://www.rand.org/pubs/articles/2023/a-four-day-school-week-here-are-the-costs-and-benefits.html>

<https://www.pbs.org/newshour/education/more-school-districts-adopt-4-day-weeks-citing-lower-costs-and-better-teacher-recruitment>

Quality of life

The research on the quality of life in relation to shifting a school from a five-day week to a four-day week suggests both benefits and drawbacks. Some studies indicate that the four-day school week is supported by educational staff and can lead to improved staff morale.

<https://journalistsresource.org/education/four-day-school-week-research/>

Additionally, it has been reported that the shorter week allows for more time to recover from the stresses of school and spend time with family or engage in outside activities, which can contribute to an improved quality of life for teachers, students, and parents.

<https://www.rand.org/pubs/commentary/2023/04/the-four-day-school-week-are-the-pros-worth-the-cons.html>

However, the impact on academics is still unclear, with some studies showing no negative effect on test scores, while others indicate small drops in student achievement.

<https://www.pbs.org/newshour/education/more-school-districts-adopt-4-day-weeks-citing-lower-costs-and-better-teacher-recruitment>

Furthermore, the condensed schedule may lead to challenges such as increased student stress and the need for additional childcare on the non-school day.

<https://www.rand.org/pubs/commentary/2023/04/the-four-day-school-week-are-the-pros-worth-the-cons.html>

<https://www.rand.org/pubs/commentary/2022/05/a-four-day-week-is-america-ready.html>

Unions and Negotiations

The research on the impact of shifting a school from a five-day week to a four-day week on unions and negotiations is limited. However, some studies have shown strong support for the four-day school week model from educational staff.

<https://journalistsresource.org/education/four-day-school-week-research/>

In the context of the United Auto Workers (UAW), the union has been pushing for a four-day, 32-hour workweek, which is gaining traction in various sectors, including school districts.

<https://www.shrm.org/topics-tools/news/uaw-pushes-4-day-32-hour-workweek>

<https://www.washingtonexaminer.com/policy/economy/uaw-strike-four-day-workweek-union-gaining-popularity>

The potential impact on negotiations and unions in the education sector is an area that requires further research and analysis to understand the implications of such a transition on working conditions, compensation, and overall staff satisfaction.

<https://www.rand.org/pubs/articles/2023/a-four-day-school-week-here-are-the-costs-and-benefits.html>

<https://www.nwea.org/blog/2023/what-the-research-tells-us-about-four-day-school-weeks/>

Challenges

The research on the challenges of shifting a school from a five-day week to a four-day week indicates several important considerations. While the four-day school week is popular among parents and students, it can lead to concerns about its impact on academic achievement. Some studies have shown that the condensed schedule may result in small drops in student achievement.

<https://www.edweek.org/leadership/4-day-school-weeks-new-research-examines-the-benefits-and-drawbacks/2021/10>

<https://www.rand.org/pubs/articles/2023/a-four-day-school-week-here-are-the-costs-and-benefits.html>

Additionally, the transition to a four-day week can present challenges such as increased student stress, the need for additional childcare on the non-school day, and potential implications for working parents.

<https://www.edweek.org/leadership/4-day-school-weeks-new-research-examines-the-benefits-and-drawbacks/2021/10>

<https://www.pbs.org/newshour/education/more-school-districts-adopt-4-day-weeks-citing-lower-costs-and-better-teacher-recruitment>

Furthermore, the impact of the four-day week on student outcomes and cost savings is still not fully understood, as findings vary across different studies and states.

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<https://www.rand.org/pubs/articles/2023/a-four-day-school-week-here-are-the-costs-and-benefits.html>

Therefore, while the four-day school week may offer certain benefits, it is important to carefully consider and address the potential challenges associated with this schedule change.