



ALABAMA CHRISTIAN
ACADEMY

Thrive in wisdom. Serve in spirit.

REDEEMING THE TIME

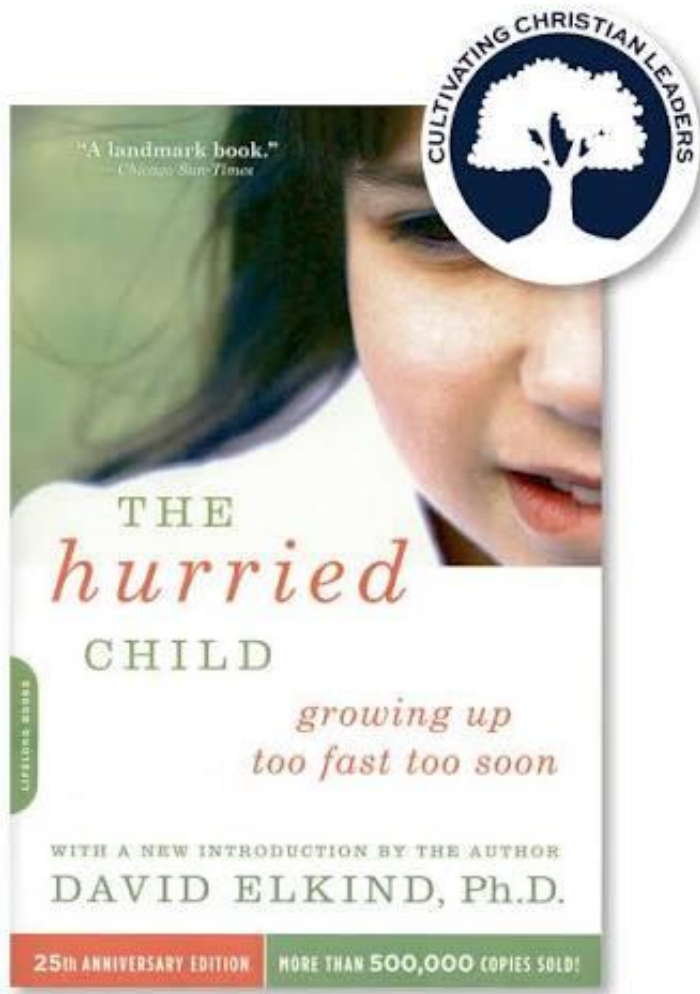
Two Schedule Changes for the 2026–27 School Year

“Look carefully then how you walk... making the best use of the time...”
Ephesians 5:15–16 (ESV)

PART ONE

NO RUSH SCHEDULE

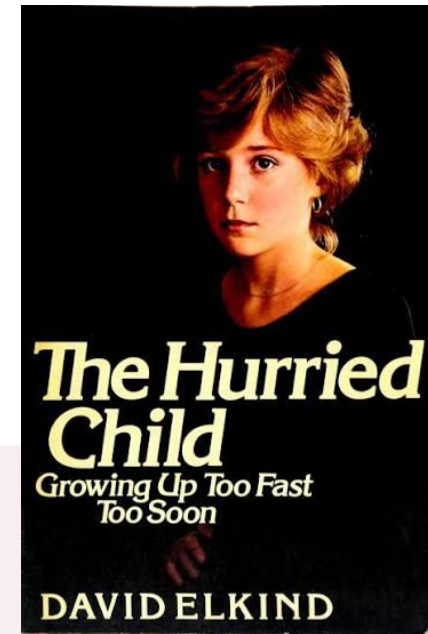




Published January 1981 • 25th Anniversary Edition, 2007

“Hurried children are forced to take on the physical, psychological, and social trappings of adulthood before they are prepared to deal with them.”

— David Elkind, *The Hurried Child* (1981)



Child psychologist David Elkind argued that modern life — more information, more scheduled activity, more adult-style pressure — pushes children to grow up faster than their development allows. Forty-five years later, that pressure has only intensified.

From Time Famine to Time Affluence

TIME FAMINE

The chronic feeling of having too much to do and not enough time to do it — rushing from task to task with no margin.

Coined by researcher Leslie Perlow (1999), from her workplace time-use studies.



TIME AFFLUENCE

The sense of having ample time to reflect, connect, and do things well — margin built into the day by design.

Kasser & Sheldon, Journal of Business Ethics (2009): across four studies, time affluence predicted well-being even after controlling for material affluence.

Our goal this year: move Upper School students — and ourselves — from time famine toward time affluence.

TIME · SOCIAL · MENTAL · PHYSICAL · FINANCIAL

The 5 Types of Wealth



NEW YORK
TIMES
BESTSELLER

A TRANSFORMATIVE GUIDE
TO DESIGN YOUR DREAM LIFE

Sahil Bloom

Released February 2025

7 consecutive weeks on the
New York Times Bestseller List

What Time Famine Does to a Developing Teenager

1

Chronic stress impairs the brain

Sustained stress hormones make it harder for the adolescent brain to encode and retrieve memories — the opposite of what a classroom needs.

2

Emotional development stalls

Hurried children rarely get to sit with a feeling, work through a conflict, or simply slow down — skills that only develop with unhurried time.

3

Anxiety and depression risk rises

A review of 52 international studies found a consistent link between academic/time pressure and anxiety, depression, and suicidal ideation (NIH/PMC).

4

Transitions compound the strain

Research on school transitions shows these shifts are already among the most stressful moments in a student's day — rushing them adds pressure on pressure.

Benefits of a “No-Rush” Schedule

- 1 A sense of preparation walking into the next class
- 2 Faculty have time for conversations of real significance with students
- 3 Supports student mental health
- 4 Strengthens relationships — student-to-student and student-to-teacher
- 5 Increases attention and learning

WHAT THE RESEARCH SAYS

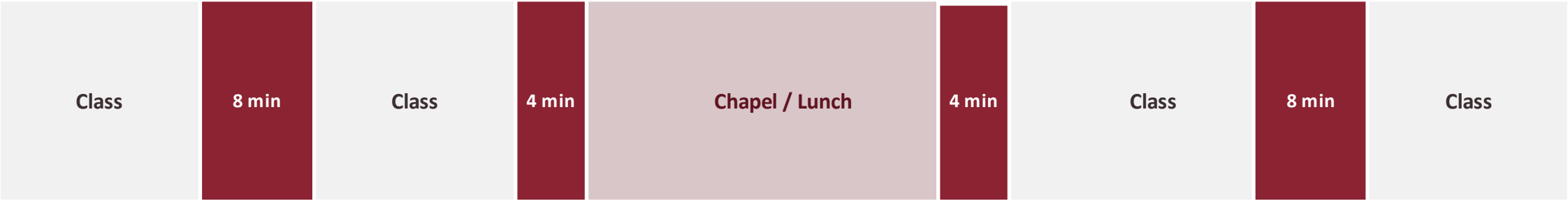
Sleep Health: Journal of the National Sleep Foundation — unhurried mornings and pacing improve mood, concentration, and attendance.

Journal of Business Ethics (Kasser & Sheldon, 2009) — time affluence predicts well-being and healthier relationships.

NEA— a slower-paced “saner school day” reduces stress and deepens learning.

How It Works This Year

8 minutes between every class period that doesn't have a protected social time block (chapel, lunch).



Unchanged: chapel and lunch remain full-length, protected social and worship time — no minutes are pulled from either.

Faculty expectations: use the full transition — there is no need to rush the end of one class or the start of the next.

PART TWO

Quarterly Late Start

Mornings —

MARGIN, FOUR TIMES a Year

THE CALENDAR

Four Late Start Mornings This Year

One per quarter — built into the academic calendar as protected margin for students, families, and faculty.

QUARTER 1

OCT

7

QUARTER 2

DEC

2

QUARTER 3

MAR

3

QUARTER 4

MAY

5

Two Options for Students

1 No Schedule Change

Building open 7:30–9:30 a.m.

Available for:

- Study hall
- Group work
- Peer-to-peer tutoring

Advance registration required.

2 Family Mornings

Students stay home for an unhurried morning with family — breakfast together, conversation, rest, devotions, or handling appointments and errands without the rush of a normal school morning.

No registration needed — the default option for any family who simply wants the margin.

What This Creates for the ACA Team

The same late-start window gives our faculty and staff room too — this benefits you directly, not just students.

1 **Worship & Fellowship**

Additional time set aside for prayer and fellowship as a staff

2 **Faculty Meeting Time**

A regular window for whole-faculty meetings without cutting into planning periods or before and after-school hours.

3 **Committee Meeting Time**

Space for the committees that keep the school improving — curriculum, culture, and beyond — to meet during the regular school day.

4 **Professional Development**

Protected time for training and growth, four times a year, without adding to an already full calendar.