



# School Start Time Committee

Report to the Board of Education

June 13, 2017

# Background

**Blueprint Recommendation: Study how to provide a school day that meets the developmental needs of students.**

Plan: Develop a feasible transportation model of what “flipping the day” could look like in order to solicit stakeholder feedback. Provide potential impacts to the community and then develop a survey to ascertain interest.

# Committee Charge

- Understand how changing bell times to meet the AMA recommendation will impact students' school and home-life activities and obligations.
- Understand the impact that changing bell times would have on the programs and services that the District currently provides.
- Make a recommendation to the Superintendent on how to structure the school day so that it best meets the developmental, educational, social, and emotional needs of our students and children.

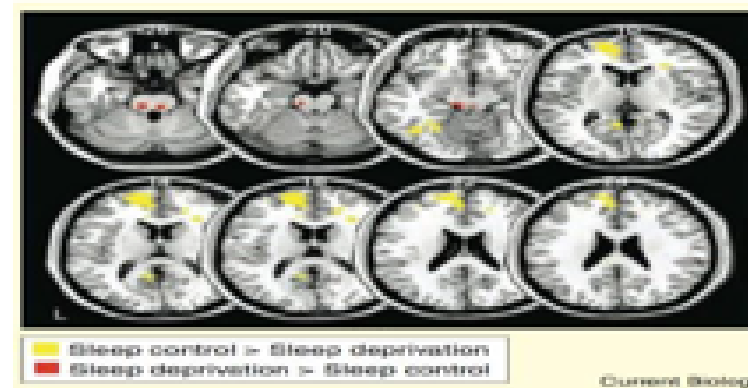
# Why School Start-Time is an Important Issue?

Sleep loss/ problems impact the “emotion centers” of the brain :

- Degree of emotional response
- Control of emotions
- Sleep as “overnight therapy”

Sleep loss/ problems impacts reward-related decision making:

- Perceived less negative consequences, take greater risks
- impulsivity

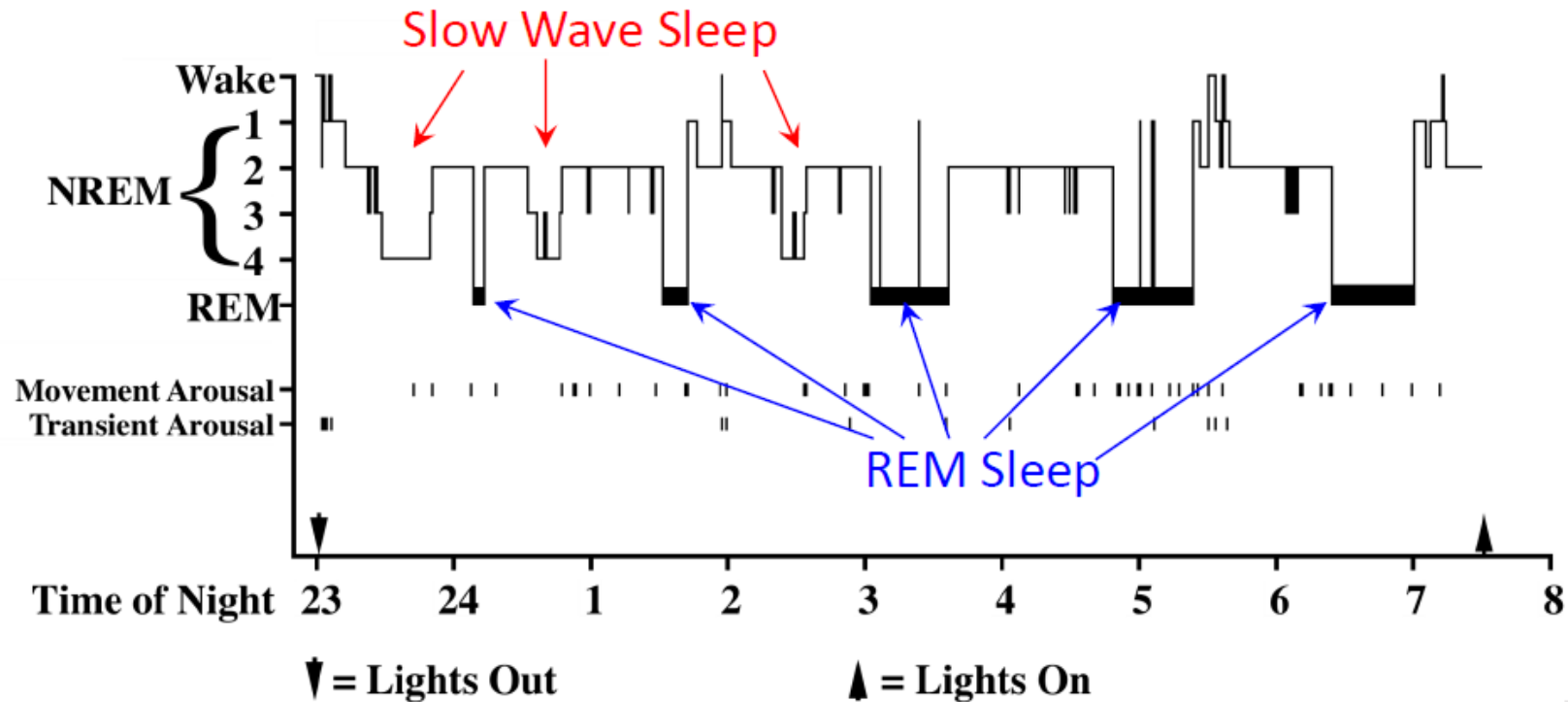


van der Helm & Walker, 2009; Gujar et al., 2011; Franzen et al; 2009; Hasler et al., 2012

# An Exemplary Night of sleep...in a well-slept teen.



## CYCLE OF SLEEP IN A NORMAL TEENAGER



ADOLESCENT SLEEP, HEALTH,  
AND SCHOOL START TIMES  
THE NATIONAL CONFERENCE

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# Organizations that have opined on the issue of school start time...

- American Academy of Pediatrics (AAP)
- American Medical Association (AMA)
- Centers for Disease Control & Prevention (CDC)
- American Psychological Association
- American Academy of Sleep Medicine
- Over 2,000 articles examining adolescent sleep, late start, health/safety, psycho-social issues

# Areas of consideration/opportunities

## Anticipated considerations to be addressed

- Traffic with increased walk distance - impact on 12 Corners
- Athletics (logistics)
  - Afternoon schedules start at 4:30 - impact on ability to schedule contests and practices
  - Use of facilities and availability/access to gyms and fields
  - Pushing practices later in PM hours
  - Inequitable access for youth programs
  - Access to adequately lit fields
  - Impact on participation
  - Impact on academic support - maintaining buffer between end of school and start of practice
  - Access to academic support - access to teachers after school
- Extracurricular/Co-Curricular Activities
  - Pushing later in the PM hours
  - Availability of facilities
  - Opportunity to participate in multiple activities (district sponsored and outside youth activities)
  - Availability of co-curricular opportunities
- After school parent and faculty meetings - participation and people willing to volunteer at later times
- Families that rely on secondary children as day care providers

## Opportunities/Advantages

- Quality of sleep is better even if going to bed later and getting up later
- Quality of the start of the day and stress that the rush of the morning causes - ability to eat; productivity in AM
- Better quality of sleep
- Benefit of all students who then can choose activities
- Reduce tardiness and improve academic results
- Supervision benefits
- Impact on traffic - avoiding rush hour









# Transportation Feasibility Options

Current State								
School	AM Drop	# Buses	AM Bell	PM Bell	# PM Buses	PM Depart	Earliest Pick Up	Latest Drop
BHS	7:10 - 7:20	20	7:40	2:47	20	2:56	6:39	3:45
TCMS	7:10 - 7:20	20	7:45	2:39	20	2:56	6:39	3:45
FRES	8:55	20	9:00	3:30	19	3:45	8:09	4:34
CRPS	8:10	16	8:15	2:45	14	2:50	7:14	3:31
P&P		19			23			
Total Size of Fleet		<b>40</b>			<b>43</b>			

Scenario 1

School	AM Drop	# Buses	AM Bell	PM Bell	# PM Buses	PM Depart	Earliest Pick Up	Latest Drop
BHS	8:15	16	8:30	3:37	16	3:46	7:40	4:25
TCMS	7:15	17	7:45	2:39	17	2:46	6:40	3:25
FRES	8:55	20	9:00	3:30	19	3:45	8:10	4:34
CRPS	8:05	17	8:10	2:40	17	2:50	7:10	3:26
P&P		19			23			
Total Size of Fleet		<b>40</b>			<b>43</b>			

# Transportation Feasibility Options



Scenario 2

School	AM Drop	# Buses	AM Bell	PM Bell	# PM Buses	PM Depart	Earliest Pick Up	Latest Drop
BHS	8:15	20	8:30	3:37	20	3:46	7:40	4:25
TCMS	8:15	20	8:30	3:24	20	3:46	7:40	4:25
FRES	8:55	20	9:00	3:30	19	3:45	8:20	4:34
CRPS	8:05	17	8:10	2:40	17	2:50	7:15	3:26
P&P		19			23			
Total Size of Fleet		<b>48</b>			<b>51</b>			

Scenario 3

School	AM Drop	# Buses	AM Bell	PM Bell	# PM Buses	PM Depart	Earliest Pick Up	Latest Drop
BHS	8:05	16	8:15	3:22	16	3:31	7:30	4:10
TCMS	7:10	17	7:45	2:39	17	2:46	6:40	3:25
FRES	8:55	20	9:00	3:30	19	3:45	8:10	4:34
CRPS	8:05	17	8:10	2:40	17	2:50	7:15	3:26
P&P		19			23			
Total Size of Fleet		<b>48</b>			<b>51</b>			

Scenario 4

School	AM Drop	# Buses	AM Bell	PM Bell	# PM Buses	PM Depart	Earliest Pick Up	Latest Drop
BHS	8:52	22	9:00	4:07	20	4:10	8:25	4:45
TCMS	8:52	22	9:00	3:58	20	4:10	8:25	4:45
FRES	7:30	24	7:35	2:05	24	2:15	7:00	2:40
CRPS	8:15	20	8:20	2:50	22	3:00	7:30	3:45
P&P		20			23			
Total Size of Fleet		<b>43</b>			<b>43</b>			

# Survey Results

## **Who was surveyed:**

- 956 parents
- 224 staff
- 838 BHS students
- 165 8<sup>th</sup> graders

## **Focus Group Discussions**

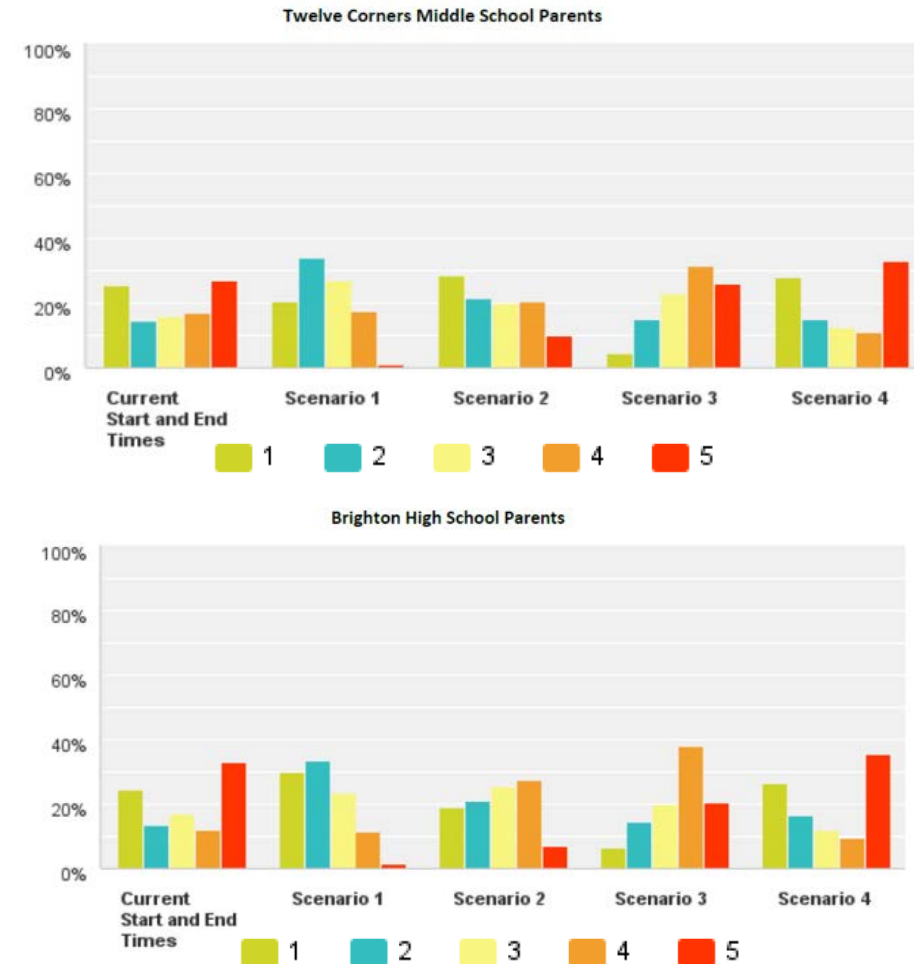
- Focus groups conducted at BHS and TCMS
- Informal student conversations with students by VPA and athletics

# Parent Feedback

## Parent Data

- 82% of parent responses represent students in grades 6-12
- 48.66% (BHS) and 43.02% (TCMS) of parent responses were dissatisfied or very dissatisfied with current times
- Support tax increase?
  - 52% yes; 44% no

## Parent Rankings

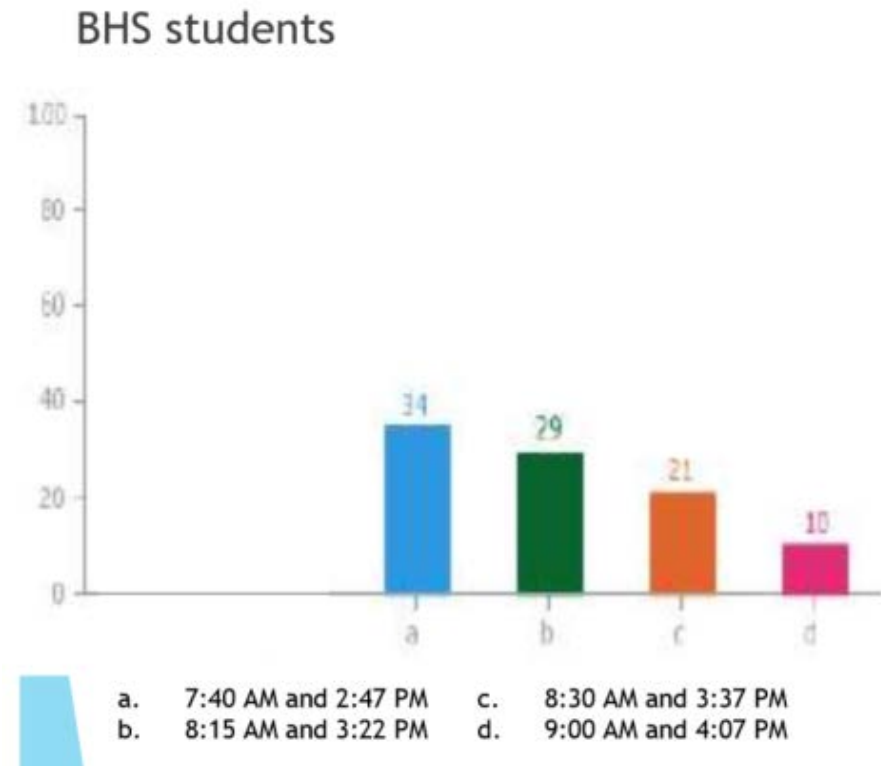


# Student Feedback

## Student Data

- 30% BHS students satisfied with current start time; 36% dissatisfied; 33% neutral
- Responses support science
- Significant themes –
  - excited about the opportunity to start later,
  - anxious about losing time in the evening hours due to multiple activities and homework demands

## Start-Time Most Preferred





# Impact on Use of Facilities by Ending Secondary Schools Later

- Away contests would be lost without accommodation
- Practices on turf or in gyms would not end until 10 PM
- Practice times in the Spring would need to be shortened to allow same number of activities
- No community use of field until after 7 PM; 6:30 PM for grass fields in the Spring
- No or limited community use of gymnasiums in Fall or Winter because of contests and practices

# Recommendation for Next Steps

- Possible recommendations developed by the Committee:
  1. Commit to implement a later start time by a specified date
  2. Expand areas of study
  3. Table the issue until circumstances change and greater regional cooperation

## Recommendation

- Commit to developing an implementation plan to at least start high school later
- Perform a detailed gap analysis to “do it right”
  - Address homework concerns
  - Build into long-range Facilities Plan
- Specific action items should be documented in the Blueprint.