

**Focus 203**  
**November 17, 2016**  
**8:30 A.M.**

**Task #1: Biggest “Takeaway”**

**Table 1**

- Sleep and mental health are most important.
- Social and emotional balance.
- Middle school more instructional time.
- Elementary level teachers want more curriculum time.

**Table 2**

- It would be beneficial for students health and well-being and academic success for HS & JHS to start the school day later in the day.

**Table 3**

- Math instruction time at junior high lower than state average.
- High School later start time.
- Consensus of results between school employees and parents.
- Surprised by support in survey for longer elementary day & additional late starts for high school.

**Table 4**

- Change is imminent – MS & HS will start delayed & longer day, elem prefer later start, HS later start and sooner end.
- Clear that peer collaboration is important but A) what are benefits to children; b)who’s watching children during this; 3) emphasis on research but would like to see more on CDC, other school districts, outside play for elem/JH; 4)balancing interests of staff, parents and children is difficult.

**Table 5**

- Largest majority was seeing the “health and sleep” was overwhelmingly priority. Pros are professional development, mental health and wellbeing of students.
- On lesser extent budget questions – does this impact staff overtime and bussing costs?

**Table 6**

- Strong support for later school day – esp. for high school students.
- Teachers want more time for collaboration.
- We spend less minutes on math than the state (in junior high).

**Table 7**

- Consensus to start later throughout groups but less agreement regarding how/when to end the day.

- Students and parents have different priority than employees at junior high – flip flop the priorities of sleep and health and academics.

Table 8

- Consensus of health and academics for all groups.
- Jr. high day is shorter than state average.
- Health concerns for our students.
- The need for collaboration time.

Table 9

- Late start for HS and middle school because of health and sleep.
- Elementary may need extended day (at end of day)
- Need for professional collaboration.

Table 10

- Sleep – surprised it was so important! Did parents really mean it or feel compelled?
- Buses / traffic – what will bus schedules be with more traffic? How will results of survey affect traffic?

Table 11

- Results were not a surprise – health, sleep, academic performance and desire for later start time but we're unsure how the pieces fall into place – late start time is not an isolated decision.

Table 12

- There were no surprises. Health and wellness of our students is the top priority across groups, followed by academic success.

Table 13

- Health & sleep are #1 priority, which indicates need for later start time for older students.

Table 14

- Happy that health and sleep and academics were top priorities.
- Later start time is good for high school and middle school.

Table 15

- How will the extra 30 minutes be spent at the elementary level – for students?
- More classroom instruction – expanded math, for example, time spent in “specials”.

Table 16

- The kids can get more sleep which would help with health, like it starting later.
- Maybe help with traffic too.

## **Task #2: Priorities & Challenges**

### **Priorities**

1. Mental health starting later for high school
  2. Accommodate instructional time
  3. If we increase elementary day, are we balancing emotional needs and instructional time?
- 
1. Balance in students' lives: health and sleep, school day length, amount of homework/appropriateness of work.
  2. HS finals be before winter break.
  3. Busses arrival times closer to the start time.
- 
1. Health & wellbeing of students – ensuring a balance of enough sleep balancing academics including homework time, extra-curricular activities, family time and length of lunch hour.
  2. More instruction time that reflects state average recommendations.
  3. Student safety – start times work to minimize unsupervised time and consideration of travel time in the dark.
- 
1. Health promoting wellbeing – do students really sleep more with later start provide metrics! Also structure of school day, will you change day to provide longer lunches, outdoor play. Etc.?
  2. Equitable – evaluate needs on individual level (elem./JH/HS) as students have different needs. ie: elem. needs more outdoor play.
  3. Balanced approach – what do teachers want to teach better? Are we making it harder? Ask teachers what works?
- 
1. If longer days – confirm they are being utilized properly (study skills/intervention).
  2. Continue to align w/research studies and survey results.
  3. Do not burden families with transportation – start times meshing w/work schedules.
- 
1. Academics – keeping or extending instructional time.
  2. Health/sleep – getting more sleep would be a priority if we can keep instructional time the same.
  3. Elementary school – longer day for instruction.

4. More minutes for math – esp in junior high
5. High school need all lunch time to do homework, make up tests, study, meet with teachers.

1. Examine the content of the school day so that the day remains productive. Allow for students to continue making use of school day.
2. Ensure that our students are getting the quantity/quality of sleep that is intended by this change.
3. Examine current schedule to see if tweaks can be made to meet the late start objective can be accomplished with the current end time. (i.e. more buses, streamline testing.)

1. What does research say about ideal start time? (health focus)
2. Financial impact to district.
3. Impact on student achievement.

1. Providing additional collaboration time for all teachers (elem/middle school/high school)
2. More math instruction at middle school.
3. Extended day for elementary, but extended as a later end time vs. an earlier start time.

1. Health – students getting the sleep they need as it relates to the start schedule.
2. Later start – making sure that late start and early dismissal for sports/activities doesn't affect academics (leaving school early)
3. Adding more math in keeping w/national average.

1. Are we really gaining? Thoughtful execution – orchestrate academic learning w/other student needs.
2. Wide view on health/sleep – social emotional, overall students life.
3. Fiscal responsibility.

1. Minimizing impact on instruction time.
2. Getting buses as close to school start time as possible / reasonable.
3. Later start for health of high school students and middle school students.

1. Kids need more sleep, so need later start time.
2. This needs to be done more w/changes to transportation than actual school times.

3. Teacher collaboration time at HS and ES needs to be increased.
4. More instruction time especially at MS and HS.

1. Health and academics – later start.
2. Don't take time away from core classes in junior high and HS.
3. Extend elementary school day.

1. Mental and physical health of students.
2. Academic success.
3. After –school activities and family balance.

1. Sleep and wellbeing.
2. How to use time wisely – more art, PE, recess, lunch, music, science and social studies, spelling.
3. Teacher collaboration – any changes made continues our academic performance.

## **Challenges**

1. How can we make up the instructional time we would cut at high school level?
2. Bus schedule how can this change based on the number of buses we have?
3. Do we add additional busses?

1. Logistics of busses with later start times.
2. Collaboration time of teachers and staff, how that would logistically happen.
3. Availability of teachers to students for questions and homework help outside of class/instructional time.

1. Transportation cost and availability to accommodate change in scheduled start and end times.
2. Homework burden should be reflected in consideration of extended school day.
3. Balancing academics, extracurricular activities and family time.

1. Will late start guarantee that kids are sleeping more? Show metrics from other schools if so.
2. Homework – if longer day, then guarantee homework is eliminated.
3. Community impact – longer days impact buses (other schools using them), sports involvement and games start times and Daycare.

1. Transportation – logistics.

2. Contract issues – staff/transportation.
3. Are we helping our students and meeting study if we push back start times does that mean after school activities push back? Homework? Now are students going to bed even later?

1. Bus schedule – getting kids to school closer to actual start time of school.
2. K & 1<sup>st</sup> grade – already long day, extending might be third for them.
3. After school activities – getting kids out in time for activities and work.
4. Teacher contracts – timing & extending day – how to do that with existing contracts.

1. Ensure school day is productive and the late start time doesn't just extend or shift entire day/night later.
2. Be aware of unintended consequences.
3. Ensure that community understands what the impact of the recommendations are – what concessions are we making to start later?
4. Ensure that we maintain high achieving academic standards.

1. Logistics – schedules, after school activities.
2. Costs – do we need more busses, drivers, etc.?
3. For parents who work – what challenges do they have?

1. Transportation of students.
2. If the elementary schedule is extended by 30 minutes, determining how students will spend that time.
3. If we start the school day later, when would academic support happen – earlier (before school?) during the day (when?) or later (after school? Then you run into after-school conflicts again.)

1. Transportation challenges if junior high and HS finish at same time.
2. After school activities if school day is extended (missing the last class)
3. How will extending the school day affect staff and district cost?

1. Parents getting kids to school is not possible if start times are same for HS, MS and grade school.
2. Timing of extra-curricular activities after school can't go too late.
3. Timing of busses is biggest factor for setting times – need more busses?
4. How to best structure changes? Start – end times length of classes adj. to lunch periods.

1. Bussing – schedule and financial.
  2. After school clubs & activities times for high school students.
  3. Maximizing academic support at high school and middle school level, especially when there is student down time due to transportation (before and after school).
- 
1. Logistics – bus schedule, contracts, taxes, sports schedules, class time pushing into homework.
  2. Family life – work parent schedules. Later bedtimes, (do they really gain sleep?)
  3. Life balance – student's balance between academics and other life interest, other aspects of health and wellness.
- 
1. Bus management and collaboration w/parents schedule and how it relates to start time. Will students really get more sleep?
  2. Employees – do they start later as well or same start time for collaboration/where does collaboration fit in the day/made mandatory for teachers.
  3. Longer class times – hard for younger kids – forces teachers to increase productivity – need extra support (staff, etc.)
- 
1. Transportation – scheduling, safety, financial implications for same start-time for HS and MS – more busses?
  2. If students must get to school earlier or stay later because of transportation changes, consider having a space available for kids to study while waiting for the bus after school or if they arrive early because of the bus schedule.
  3. Determine / consider the impact of student stress on the changes to the schedule changes (domino effect of the change. How does the schedule change really affect sleep patterns, activities, etc.
- 
1. Transportation – schedule, costs.
  2. Impact on families with limited resources (daycare, work schedules, etc.)
  3. Currently, supports are offered before school and at lunch. If we reduce lunch period and buses don't come early, how do those supports continue?

### **Task #3: Other...**

- Standard amount of practice time for all sports uniform across the board.
- For elementary school are the students staying longer for more instruction per recommendations or the teacher's collaborating?
- How soon to implement recommended changes?

- How will the district and staff move towards a balance for students of school, extra-curricular activities, work and sleep?
- Will additional collaboration time be allowed for teachers to focus on self-directed learning and time management for students?
- Have we benchmarked against other districts who have gone this route and have they realized benefits?
- School district results of those implementing changes proposed.
- What is the benefit of extra time?
- Whatever recommendations are, clearly define impact to the district financially – be transparent about financials.
- When will decision be made?
- When would district anticipate rolling out changes? Would it be all at once? Rolling changes?
- Before –care requirements – will more spaces in schools be required to accommodate more children needing services due to parents work schedules?
- What is the role of homework at the middle and high school level w/regards to a different schedule? Parents are less able to help – so again are children going to bed later therefore negating the point of all this?
- Late start (like high school) every week for high school and maybe roll that out to jr. high and elementary. For teacher collaboration.
- Cost – how will this financially impact the district?
- Stagger start time at grade level buildings.
- Any thought given to extending calendar?
- If school day extends will teachers work day extend as well?
- Will extension of day impact recess? Health benefits?
- Clarify – took away that elementary day would be extended for professional collaboration – do students need to be there for this?
- Id the desire benefit to have more teacher collaboration or student instruction time?
- Is it possible for year round schooling?
- Can we bring penmanship/spelling book?
- Do teachers really need more collaboration time? Could they stay later and not change all of the kids schedules?
- Do we need to start later for high school kids or just have later bus schedules so they an arrive just before class starts?
- Is there data from other districts that have implemented this type of change? Perhaps we need to analyze results from the schools who have done this for a few years and determine the success of less stress and anxiety, better physical health, etc.



- How can lunch be shortened? (because in high school for example lunch is another period.)
- It is not possible to shorten passing period in HS. Too far to walk.
- What is cost of buses /transportation now and what would be increase if add buses?
- How do we keep school year from starting earlier? We don't want earlier start in August.
- How do we add math instruction time to MS?
- What is financial cost for bussing? Adding new fleet?
- Is it possible for junior highs to be open w/teachers available in the a.m. (like at HS) for academic support?
- What is the impact of later start times on blended learning and application to state for waiver on student attendance?
- Is there a plan to lessen homework and limit overflow school- home? Research beyond AAP and CDC for wider scope of "health".
- Information on extended elementary day – structure.
- Costs and logistics (projected).
- Cost implications – more \$ for teachers w/ longer day. More taxes for residents, more busses / drivers.
- What percentage of residents use busses?
- What are the actual benefits of a longer day on K / 1<sup>st</sup> grade? On teachers dealing with students?
- How can we educate the community / parents / kids about the importance of sleep? If we make this change, how can we make sure people strive to make sleep a priority for health?
- How long will it take to address the changes and implement the changes?
- Getting home later shortens homework time in evening for kids. Has this been considered? (especially for athletes)
- Would teachers be restricted from holding practices and clubs in the morning if the reason for starting later is health related?
- Having the research that the committee had would be good.