

# ➤ **Simsbury Public Schools**

Simsbury High School

Henry James Memorial School

Elementary Schools

Leadership Team Focus: Rethinking School Start Times

Final Meeting

May 24, 2018

# Our goal (2017-18) :

Identify the **potential benefits and questions** associated with moving our high school/middle school start times later in the morning.

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# Long Range Planning

(Pending Direction from BOE)

How might a change in start  
time occur,

*if our exploration shows  
that the benefits outweigh  
our questions?*

2017-2018 Exploration  
(presentation of findings to the BOE)

2018-2019 Planning

2019-2020 Implementation

# Overview of our work (2017-18):



**September 27:**

- Getting Started...Why Consider Making the Change?
- Preparing Student/Parent/Faculty Survey



**November 30 :**            Debrief of Research (Benefits/Questions)



**January 18:**            Dr. Daniel McNally, UConn Sleep Expert



**January 25:**            Athletics and Extracurriculars /

Review Survey Results



**March 29:**            Transportation Overview



**May 24:**            Benefits/Questions for Presentation to BOE



*Work for tonight!*

# As We Have Learned More, Our List Has Grown...

*Potential Benefits:*



*Questions:*



# Research Says...

- Student health and wellness is the most influential factor in choosing to delay high school start times
- APA and CDC supports the benefits of later start time for adolescent development as possible increased academic performance and less automobile accidents
- Evidence of Higher Academic Performance
- Delayed high school start times have resulted in more sleep for students and a more positive culture at school
- Decrease in student tardiness to school - alertness and focus in earlier periods

# UConn Sleep Expert: Dr. Daniel McNally

Academic benefits?

- Some experiments do demonstrate better academic achievement. We also know that studies shows us that attendance goes up.

Is staying up at night - homework and activity driven?

- Actually - when you change the start times, kids get more sleep - about 52 minutes.

What about Sports ?

- Coaches reaction changed because they got more out of them in the shorter practices.

What is the ideal number of hours of sleep for teens?

- 7 ½ to 8 ½ hours
- Consistency of getting up is most important when treating the internal clock

Solution to this conversation is to add on to sleep?

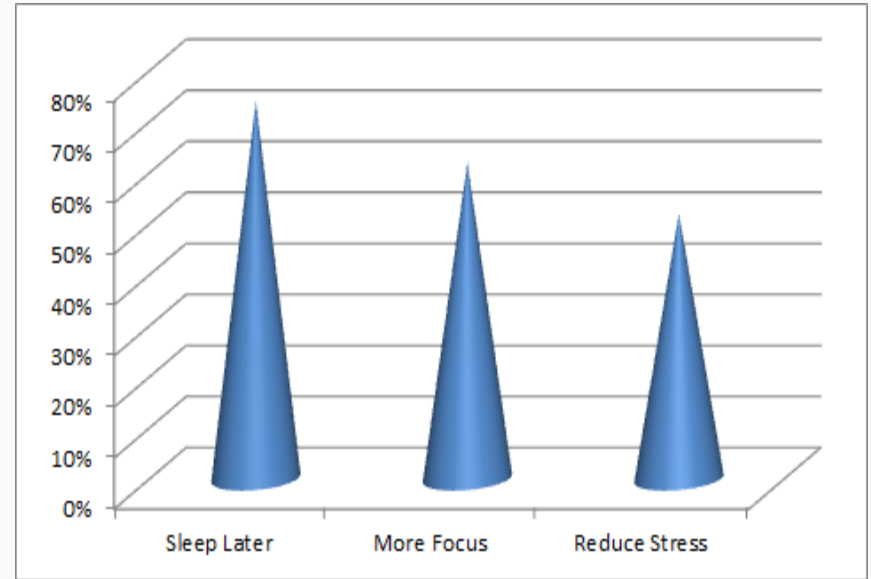
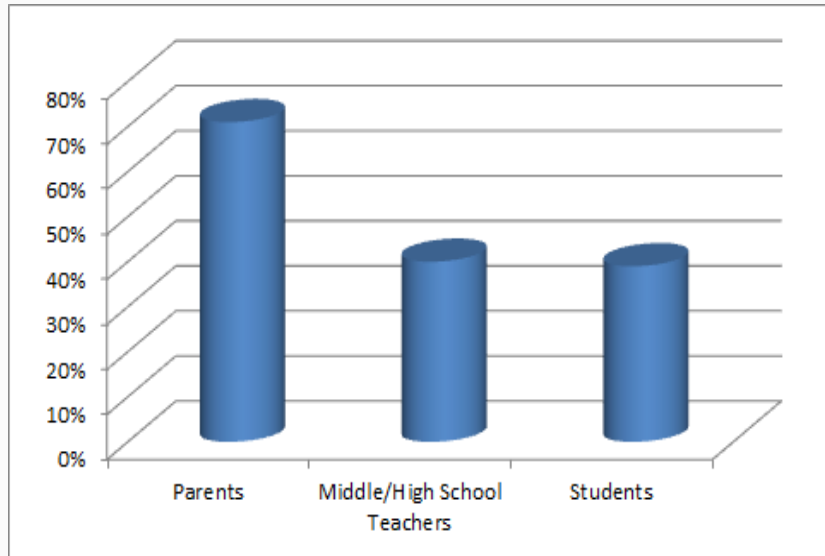
- Changing the timing means kids do get more sleep - helps students overall.

# Survey Results



# Survey Results

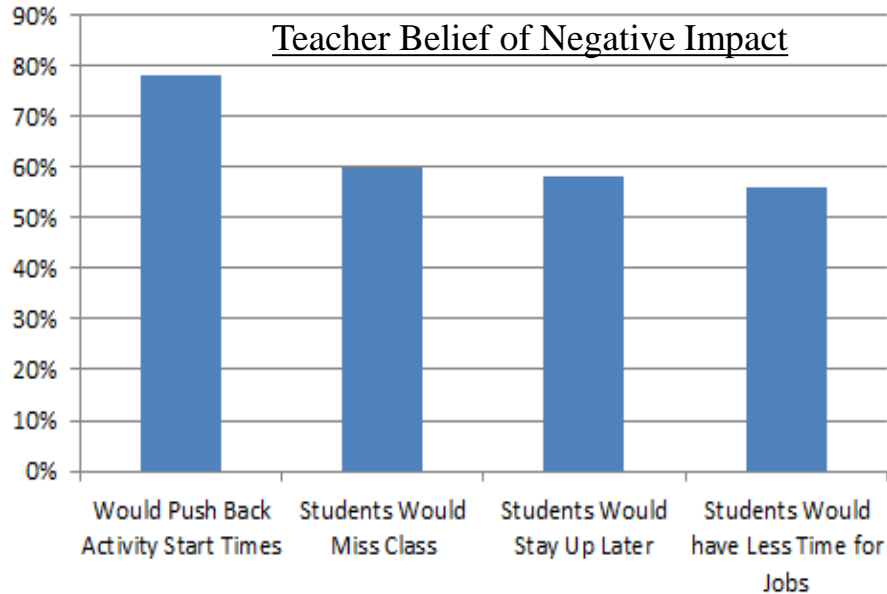
In Favor of a Later School Start Time



Parent View on Benefit of Later Start Time

# Survey Results

Teacher Belief of Negative Impact



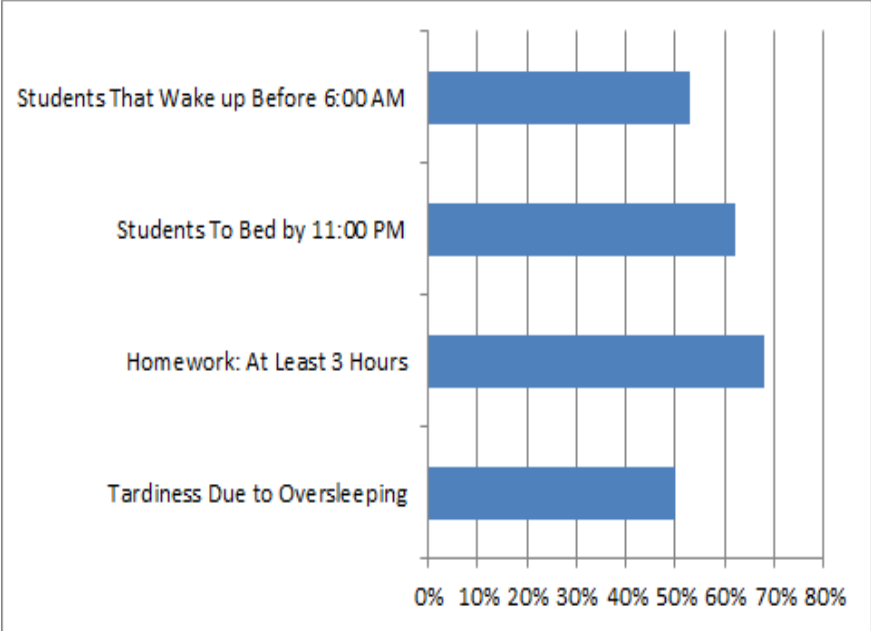
Students That Wake up Before 6:00 AM

Students To Bed by 11:00 PM

Homework: At Least 3 Hours

Tardiness Due to Oversleeping

0% 10% 20% 30% 40% 50% 60% 70% 80%



# Open-Ended Survey Responses

## Faculty Survey:

### Additional Questions:

- **Would students miss class at the end of day for athletic events?**
- **What would a later start time for SHS mean for elementary schools?**
- **How does a later start time impact academic performance?**
- **How much later would school start at SHS (30 minutes, 1 hr.)?**

# Open-Ended Survey Responses

## Families Survey:

### Additional Questions:

- **How would a later start time impact the district financially?**
- **How would a later start time impact elementary school? HJMS?**
- **Will a later start time lead to increased safety for students? (particularly for students who wait in the dark for school buses before school)**
- **How would athletics be impacted by a later start time? Would students miss class for sports? (Responders were against students missing class for athletics)**

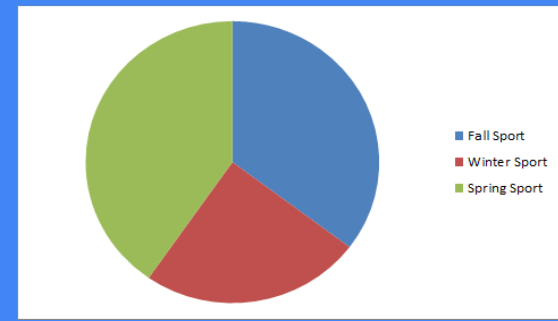
# Open-Ended Survey Responses

## Student Survey:

### Additional comments or ideas:

- **Students who want to keep the current schedule generally cite dismissal time as the main reason (i.e., getting out later in the day would leave less time for homework/extracurricular activities), and this outweighs their desire for an extra hour of sleep in the morning.**
- **Number of students for/against changing the start time is fairly even.**
- **Students who could not decide whether they were for/against later start time were torn between getting more sleep and an earlier dismissal time.**

# Athletics & Extracurricular Report



## Benefits

- Athletic performance measurably increases with additional sleep
- Positive impact of athletic participation on GPA, graduation rates, higher standardized test scores, lower absenteeism, positive impact on behavioral, psychological and young adult outcomes
- Possible curricular opportunities to explore to provide more strength and conditioning programs within our current physical education offerings

## Questions/Challenges

- Availability of facilities (with and without lights)
- Coordination of academic and athletic schedules
- Potential of loss of instructional time
- Possible transportation issues depending on bus availability

# Transportation Report



## Benefits

Transportation appears to be within our capabilities and is cost neutral, however, cost considerations are very preliminary.

## Questions/Challenges

- Open Choice Transportation?
- Reconfigured Routes – Would need further study
- Unknowns (i.e., Will ridership patterns change?)
- Requires slightly longer rides and more assigned passengers.
- SPS would need to reconsider transportation for St. Mary's and University of Hartford.
- Need to reconfigure well-established routes.

# Transportation and opening options explored...

To be determined...

(No Decisions Have Been Made)





# Current Transportation System



Wave	Schools	Routes Start	School Start	Number of Buses	School Ends
1	SHS, HJMS	6:35 – 6:40	7:32	29	2:10
2	Central, LL, TV, TH	7:35 – 7:40	8:15	27	2:50
3	SQL, St. Mary's	8:05 – 8:10	8:45	19	3:20

## Notes:

- SPS also runs a bus for Univ. of Hartford Magnet.
- Two (2) buses bring 6<sup>th</sup> grade Advanced Math students from HJMS.

# Option 1: 8:00 a.m. Secondary Start



Wave	Schools	Routes Start	School Start	Number of Buses	School Ends
1	SHS, HJMS	7:05 – 7:10	8:00	29	2:40
2	Central, LL, SQL, TV, TH	8:05 – 8:10	8:45	30/31	3:20

# Option 2: 8:15 a.m. Secondary Start



Wave	Schools	Routes Start	School Start	Number of Buses	School Ends
1	SHS, HJMS	7:20 – 7:25	8:15	29	2:55
2	Central, LL, SQL, TV, TH	8:20 – 8:25	9:00	30/31	3:35

# Option 3: 8:30 a.m. Secondary Start



Wave	Schools	Routes Start	School Start	Number of Buses	School Ends
1	Central, LL, SQL, TV, TH	7:05 – 7:10	7:45	30/31	2:20
2	SHS, HJMS	7:45 – 7:50	8:30	29	3:10

# Small Group Work

- Review and discuss with your group, the results outlined in this presentation
- Identify / list the *Benefits of a later start time* for secondary (7-12) students
- Identify / list the *Questions that remain (Challenges) of a later start time* for secondary (7-12) students
- Finalize your lists for submission to administration for review

# Other Thoughts...

Benefits:

Questions:

# BOE Meeting

June 5, 2018

- Presentation of Benefits and Questions from the SPS Leadership Team 2017-18 Study
- Gather Input and Direction for Next Steps

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