

Simsbury Public Schools

**Rethinking School Start Times
BOE Meeting ~ 6.13.18**

Purpose

- Topic emerged from yearlong study on student stress at SHS
- Conduct research through:
 - Literature review
 - Gathering initial stakeholder input (students, teachers, parents/guardians)
 - Presentation by Sleep Expert providing the science of adolescent sleep habits
 - Impact on Athletics and transportation
- Ultimately, to identify the **potential benefits and questions** associated with moving our high school/middle school start times later in the morning.

Transportation

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 6th grade Advanced Math students from HJMS.

Parameters of Transportation Study

- Develop options for SHS/HJMS:
 - start times of 8:00, 8:15, 8:30 am
- Consider financial impact:
 - approximately the same # of buses
- If we reversed school start times, how early would elementary routes start?
- If we pushed back all times, how late would elementary school start?

➤ *Early Conclusion: Research a Two-Wave System!*

Elementary Bus Assignments/Non-Public Schools

School	Current Buses (3 waves)	Proposed Buses (2 waves)
Central	6	5
Latimer	8	6
Squadron Line	13	10/9*
Tariffville	5	4
Tootin' Hills	8	6
St. Mary's	6	?

School	Students
St. Mary's	77
Masters' School	46
Cobb School	26
Ethel Walker	31
Westminster	44

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

Potential Benefits

Research / Sleep Study Expert:

- American Pediatric Association and CDC support the benefits of later start time
- Student health and wellness is the most influential factor
- Higher Academic Performance
- More sleep for students results in a more positive culture at school and decreases student tardiness to school, enables more alertness and supports more focus in earlier periods
- Consistency of getting up is most important when treating the internal clock

Athletics:

- 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 outcomes
- Possible curricular opportunities to explore: provide more strength and conditioning programs within our current physical education offerings

Transportation:

- Transportation appears to be within our capabilities and seems to be cost neutral

Questions / Challenges

- Availability of the number of athletic facilities (with and without lights) which may result in a cost to the district
- Coordination of academic and athletic schedules
- Potential loss of instructional time to leave for games (students and teacher coaches)
- Possible athletic transportation issues depending on bus availability
- St. Mary's transportation – Consider options
- Open Choice Transportation - time of pick up and drop off
- Reconfigured Routes – Would need further study!
- Number of buses (Partnership with Salter's Express)
- Cost considerations are very preliminary
- Unknowns (i.e., Will ridership patterns change?)

Future Work / Next Steps

- ❑ What are the “benefits” that other districts have found after one year of a shift?
- ❑ Survey additional stakeholders with more detailed explanation and options. (i.e., Parents/Guardians, students, faculty/staff)
- ❑ How will the athletic facilities be addressed to support this change?
- ❑ Will teachers be available after school - are there contract issues?
- ❑ Will the homework policy for students be adjusted?
- ❑ Need to explore the impact on Choice student transportation times (a.m. & p.m.).
- ❑ Does a change in time add costs for parents for before/after school care?
- ❑ Can the periods of the day be shortened?
- ❑ How much instructional time will be lost for athletes and teacher coaches?
- ❑ Reconfigured bus routes will need further study, as well as ongoing collaboration with St. Mary's.

Comments...

Questions...

Discussion...