

START TIMES PRIORITY DISCUSSION

TESD School Board Meeting

February 2019



DISTRICT
GOAL #1.4

- To assess the impact of potential strategies for addressing adolescent sleep needs, including the implications for school start times.

KEY RESEARCH DATA

American Academy of Pediatric Medicine

- “Although many changes over the course of adolescence can affect the quality and quantity of sleep, one of the most salient and, arguably, most malleable is that of school start times.”

William E. Kobler, M.D. – American Medical Association Board Member

- "Scientific evidence strongly suggests that allowing adolescents more time for sleep at the appropriate hours results in improvements in health, academic performance, behavior, and general well-being. We believe delaying school start times will help ensure middle and high school students get enough sleep, and that it will improve the overall mental and physical health of our nation's young people."

KEY RESEARCH DATA

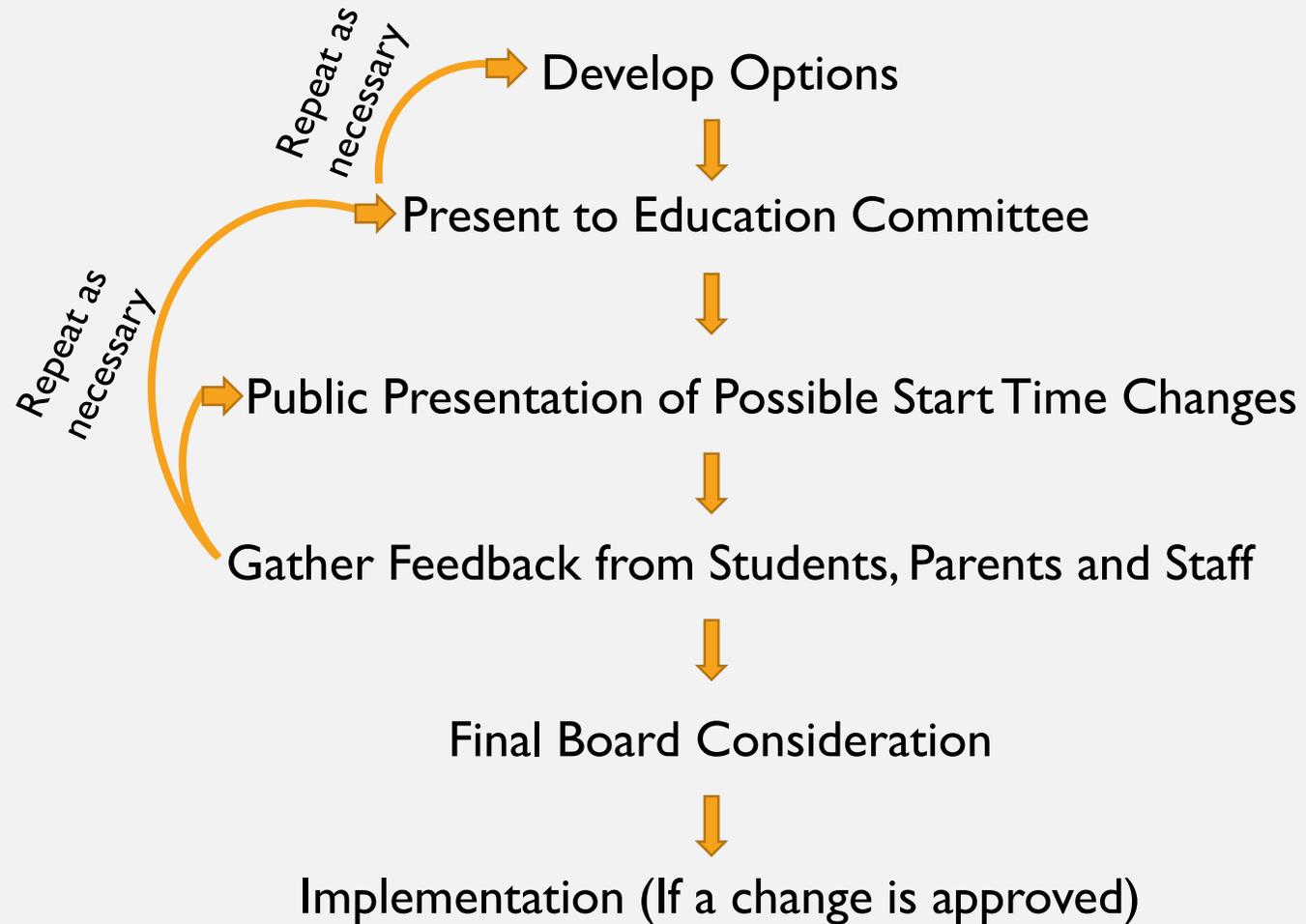
Position Statement of the American Academy of Sleep Medicine (2017)

- During adolescence, internal circadian rhythms and biological sleep drive change to result in later sleep and wake times. As a result of these changes, early middle school and high school start times curtail sleep, hamper a student's preparedness to learn, negatively impact physical and mental health, and impair driving safety.
- The AASM recommends that teenagers 13 to 18 years of age should sleep 8 to 10 hours per 24 hours on a regular basis to promote optimal health, and this recommendation has been endorsed by the American Academy of Pediatrics, Sleep Research Society, and American Association of Sleep Technologists.

KEY RESEARCH DATA

- Regional Adolescent Sleep Needs Coalition (RASNC)
- American Academy of Sleep Medicine
- Research by Dr. Wendy Troxel

PROCESS



CURRENT START TIMES AND END TIMES

- Conestoga High School = 7:20 AM–2:20 PM
- Middle Schools = 7:50 AM – 2:33 PM
- Elementary Schools = 8:45 AM – 3:20 PM



CURRENT TRANSPORTATION SCHEDULE

- 3 Tiers
 - One Tier for each level
 - Buses are shared between tiers
 - District is required by law to provide transportation to 88 private/independent schools

ASSUMPTIONS

#1 = Maintain the current number of instructional minutes each day

#2 = Defining Start Times and Ending Times

7:45 AM as the earliest possible start time

3:45 as the latest possible ending time

#3 = Continue to have 3 tiers for busing

#4 = Maintain current start time order (High School, Middle, Elementary)

#5 = Standard start times by level

All elementary schools begin and end at the same time

Both middle schools begin and end at the same time

CONSIDERATIONS FOR START TIME CHANGE

- Unknown personal impact on families and staff members
- Transportation
- Extra Curricular Activities
- School End Times
- Professional Staffing
- Instructional Day
- Financial – Could have an effect on other programs

START TIME OPTION FOR 2019-20

	High School	Middle Schools	Elementary Schools
Start Time	7:50 AM	8:27 AM	9:10 AM
Dismissal	2:50 PM	3:10 PM	3:45 PM

CONSIDERATIONS FOR 2019-20 START TIME OPTION

- Unknown personal individual impact on families and staff
- HS and MS athletic practices and activity meetings would end later; Could lead to more early dismissals for student athletes to attend away games
- Elementary Homework Club would either need to be shortened or end later
- Elementary students would be arriving home in the dark during some months
- Possible implications for ACP at Elementary and Middle Schools
- Daily schedule implications at all levels
- Could affect facilities use by outside groups
- Could affect field rentals for CHS sports teams

TRANSPORTATION

- Currently, 35.3% of our fleet of buses/vans are shared between, public, non-public, charter and special education routing. Estimated need to accommodate the change in bell times, including fuel would be:

72 Passengers buses (5)

20-24 Passenger buses (3)

7-9 Passenger vans (3)

Cost = \$610,000

*Possible Strategies for Cost Mitigation ...

- Explore Opt-in for busing
- Explore opportunities for further efficiencies with bus routes using new software

TRANSPORTATION COST INCREASES – PAST YEARS

TESD Transportation 5 Year Cost Comparison			
School Year	Expenditures	Difference	Percentage
2012 - 2013	6,712,532.31		
2013 - 2014	6,655,806.29	(56,726.02)	-0.8%
2014 - 2015	6,973,494.82	317,688.53	4.8%
2015 - 2016	7,498,426.70	524,931.88	7.5%
2016 - 2017	7,496,345.29	(2,081.41)	0.0%
2017 - 2018	7,521,764.66	25,419.37	0.3%

LATER START TIME AND POSSIBLE BEFORE SCHOOL CARE OPTIONS FOR ELEMENTARY STUDENTS

- A Child's Place

Currently in all five elementary schools

Before and after school care available at a cost to families

Limited capacity

- Investigate feasibility of an early drop off option of 8:40 with aide coverage

Would be an additional ½ hour of aide hours per day for each elementary

Approximate cost – \$15,000 (*Employed through CCRES)

Limited capacity

SUMMARY OF COMMENTS FROM COMMUNITY MEMBERS

	Total Comments	Included name	Parents of Elementary Students	Parents of Middle School Students	Parents of High School Students
<u>In support</u> of recommended start times *Note – Total Comments includes 1 current CHS student and 1 current CHS staff member	87	75	21	27	21
<u>Not</u> in support of recommended start times *Note – Total Comments includes 1 current TEMS student and 1 current CHS staff member	35	32	15	4	5
Changing the order of start times *Note – Total Comments include 1 current DES staff member	21	20	5	2	1
Other / Specific Questions	16	15	5	3	1
<i>* All comments represented in this chart were received by email.</i>					

NEXT STEPS IN PROCESS . . .

