

School Start Time Advisory Committee Meeting #11



January 7, 2019

Welcome

Be sure to sign in and grab an agenda, etc...

Co-Facilitators:

- Jeff Hogan, Assistant Superintendent – Teaching and Learning
- Ryan Stokes, Assistant Superintendent – Finance and Operations

Agenda

- Call to order, welcome, introductions
- Review
 - Charge, norms and decision making model
 - Recap 2017-18 and from October 10 meeting
- Update from Transportation
- Discussion and next steps
- Wrap up and future meeting

School Start Time Advisory Committee

The Charge of the Committee:

- *To review the research findings regarding adolescent biorhythms and school success;*
- *To review the experiences of other school districts that have adopted later start and dismissal times or considered doing so but did not;*
- *To identify the implications of later start times and dismissal times for high school programming and activities and for school and district operations;*
- *To implement outreach strategies to gather the thinking of school and community stakeholder groups;*
- *To consider the potential benefits to students, the input received, and the implications of later start and dismissal times;*
- *To determine whether there are feasible solutions to enact later start and dismissal times for secondary schools; and*
- *To submit findings and recommendations to the superintendent for consideration.*

Group Norms

- Try to attend all sessions, start and finish on time
- Listen to and show respect for the views of others
 - *Confront issues – not people*
 - *Listen respectfully – avoid cross talk*
 - *All committee members are provided an opportunity to be heard*
- Ask clarifying questions to understand others' point of view
- Treat others in a professional and respectful manner
- Be clear and consistent about messages that are shared with the staff, parents and community

Decision Making Model



I can embrace and support the decision



I can support the idea with some reservations (*Will be provided another opportunity to share thinking*)



I cannot support the decision
(*Will be provided another opportunity to share thinking*)

Sufficient Consensus: 60% of committee members in attendance

Recap of the work of the committee

- Adolescent Sleep Research
- Other implications of later start times on students
- Data review: absenteeism, graduation rates, Healthy Youth Survey
- Geographic challenges and transportation issues
- Single and triple tiered transportation models
- Conducted two stakeholder surveys
- School Board Updates
- Up-to-date website

Local trends in later high school start and dismissal times

~~Bellevue—(60 minute roll to 8:30 AM)~~ Moved all high schools to 8:00 AM (9/2018)

Edmonds (25 minute roll to 7:45 AM)

Issaquah - (30 minute roll to 8:00 AM)

Highline -(30 minute roll to 8:00 AM)

Lake Washington* - (still under study. Currently some start at 7:30 and others 8:00)

Mercer Island** -(stayed with 8:00 AM start time)

Northshore – (25 minute roll to 7:45 AM)

Riverview – (15 minutes roll to 7:35 AM)

Seattle – (8:45 AM)

*In study process to shift to later starts

**Mercer Island changed from early release Wednesday to late start Wednesday

*The average start time of 39,700 middle/high schools in the United States is 8:03 a.m.
(CDC Study in 2012)*

*New research out of UW on Seattle School District changes to later start times:
<http://www.washington.edu/news/2018/12/12/high-school-start-times-study/>*

Action from October 2018 meeting...

- With the return to three middle schools in the fall of 2019 (and elimination or reduction in transfer buses between the FC and the MC) will it be possible to “shorten” the turnaround times between the secondary runs and elementary bus runs.
 - Current morning turnaround time is 85 minutes (7:40 to 9:05)
 - Current afternoon turnaround time is 52 minutes (2:34 to 3:26)

Current Start and End Times

School	MONDAY through THURSDAY				FRIDAY	
	AM Start	MD Dismiss	MD Start	PM Dismiss	AM Start	PM Dismiss
Cascade View ES	9:05 AM			3:26 PM	9:05 AM	1:26 PM
Timber Ridge ES	9:05 AM			3:26 PM	9:05 AM	1:26 PM
Fall City ES	9:05 AM			3:26 PM	9:05 AM	1:26 PM
North Bend ES	9:05 AM			3:26 PM	9:05 AM	1:26 PM
Opstad ES	9:05 AM			3:26 PM	9:05 AM	1:26 PM
Snoqualmie ES	9:05 AM			3:26 PM	9:05 AM	1:26 PM
Chief Kanim MS	7:40 AM			2:34 PM	7:40 AM	12:34 PM
Twin Falls MS	7:40 AM			2:34 PM	7:40 AM	12:34 PM
Two Rivers MS	9:00 AM			3:00 PM	9:00 AM	1:00 PM
Mount Si HS	7:40 AM			2:19 PM	7:40 AM	12:19 PM
Mount Si HS FC	7:40 AM			2:19 PM	7:40 AM	12:19 PM

SVSD Transportation Feedback...

- Driver shortage is persisting
- There is no way to make a shift to later start times and end times at the secondary level without impacting the end times at the elementary level. So shifting secondary start times to 8:00 AM, would shift middle school end times to 2:54 PM, which would necessitate changing elementary end times to 3:46 PM (must maintain the 52 minute gap in afternoon between elementary and secondary runs).
- Discussion/Recommendations/Next Steps

Wrap Up