

School Start Time Advisory Committee Meeting #4



October 26, 2017

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 and Welcome
- Review
 - Norms, timeline,
 - Recap from October 12 meeting
- Impact of earlier or later school start times on elementary aged students
- Updates: VersaTrans modeling, Hanover Research on Survey and Communications
- Data Review:
 - Absenteeism
 - Graduation Rates
 - Healthy Youth Survey
- Closing comments and future meeting dates

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

Strategic Plan Start Time Initiative:

Complete a K-12 school start time review and initiate planning for any recommendations by the School Start Time Committee.

Target Completion: January 2018 for implementation in fall of 2018



Recap from last meeting

- Discussed and individually prioritized Hanover Research findings on adolescent sleep and school start times
 - Academic Outcomes
 - Attentiveness, Mood, and Behavior
 - Student Sleep
 - Automotive Accidents
 - Attendance and Tardiness
- Discussed challenges of Snoqualmie Valley SD routing and barriers to 3 tiered routing
 - Length of Routes to West and East of District (60 minutes+ round trip)
 - Long Bus Rides
 - Retracing routes up long dead end roads

Impact of Earlier or Later Start Times on Elementary School Students

Review of Hanover Research Reports:

- *The Effect of School Start Time on Academic Achievement*
 - K-5 discussed on Pages 6 and 7
- *Impact of School Start Time on Student Learning*
 - K-5 discussed on Pages 3-4 and 10-11
 - “...The impact on elementary school students’ learning would not likely be noticeable if start/end times shifted 30 minute later.”
 - “...A later school start time had no effect on elementary student test scores.”
 - “...elementary schools may be able to start earlier...without negatively affecting student achievement.”

Updates

- VersaTrans modeling of 3 tiered routing option for feasibility won't be available until early December.
- Hanover Start Times Survey:
 - Three similar surveys: Community, staff, student
 - Tentative Launch Tuesday, November 28
 - Two week window
 - Preliminary report with community, staff and student perceptions available by December 14, final report to follow in January

Draft School Start Time Survey Questions

- Rate level of agreement with a series of statement related to the current start times: (strongly disagree to strongly agree)
 - Benefits me (or students)
 - Positively impacts my academic performance (or students)
 - Positively impacts mood
 - Reduce my tardiness (or students)
 - Positively impacts my physical health (or students)
 - Positively impacts my emotional health (or students)

Draft School Start Time Survey Questions

- Indicate the impact that the “proposed school schedule could have on each of the following areas:” (very negative to very positive)
 - Family routines
 - Availability of transportation to/from school
 - Time for homework
 - Student part-time employment
 - Participation in extracurricular activities (e.g., athletics, clubs)
 - Child(ren)'s before-school care
 - Child(ren)'s after-school care
 - Student safety
 - Traffic congestion dropping students off at the beginning of the day
 - Traffic congestion picking students up at the end of the day
 - Work schedules for school staff
 - Work schedules for parents/guardians

Draft School Start Time Survey Questions

- Please indicate to what degree you support or oppose the adoption of the draft schedules presented...
- Which of the following statements *best* reflects your thoughts on changing school start times...
- Please indicate to what degree you support or oppose changing early release Friday (supports staff PD, planning time, etc...) to a **late arrival** on another day of the week.

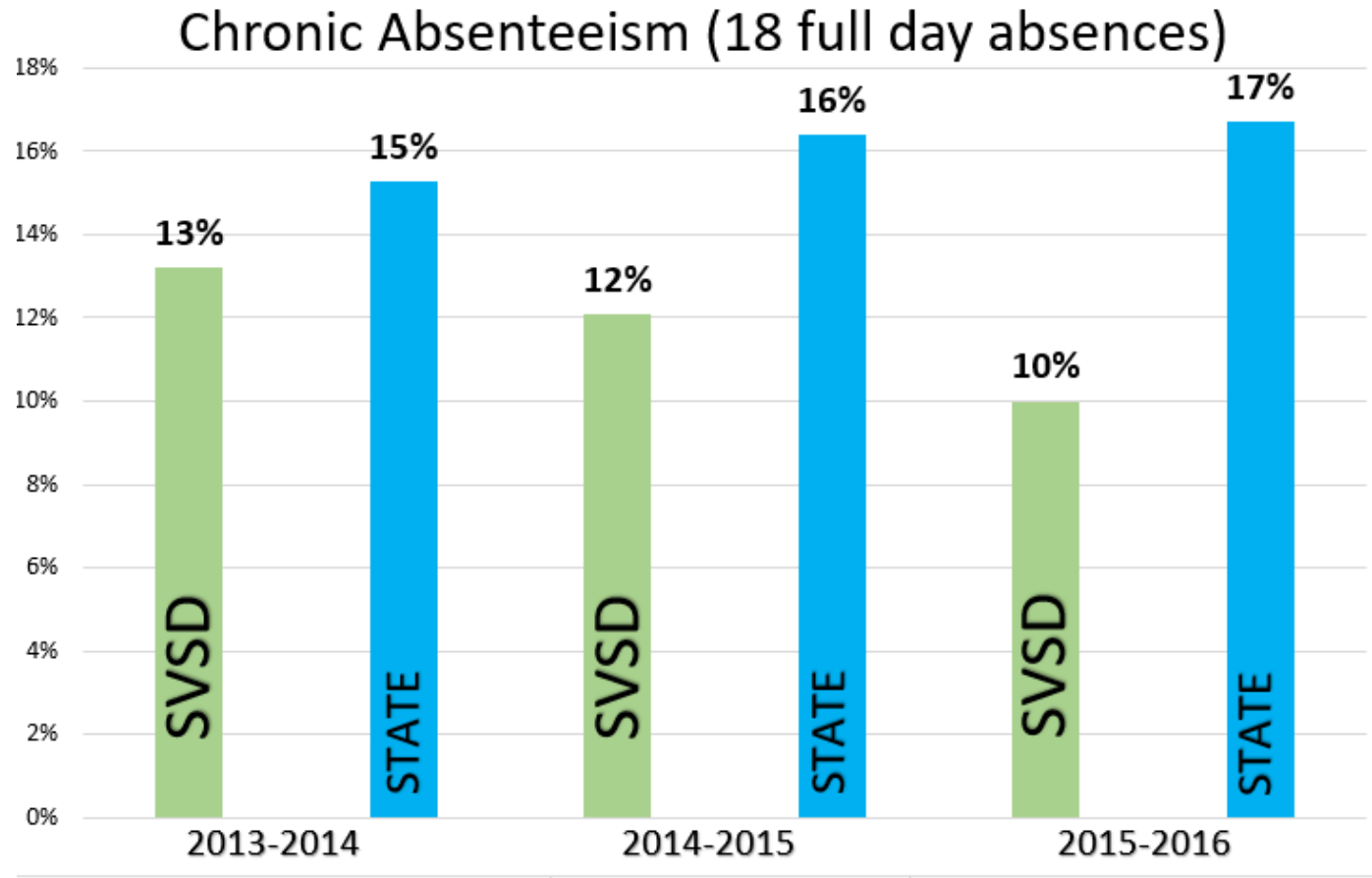
Communications Update

- Website is up-to-date
- Headline and E-News Update on or around November 6
- Another Headline and E-News announcing the School Start Time Survey- November 28
- School Board Update in November or December

Data Review

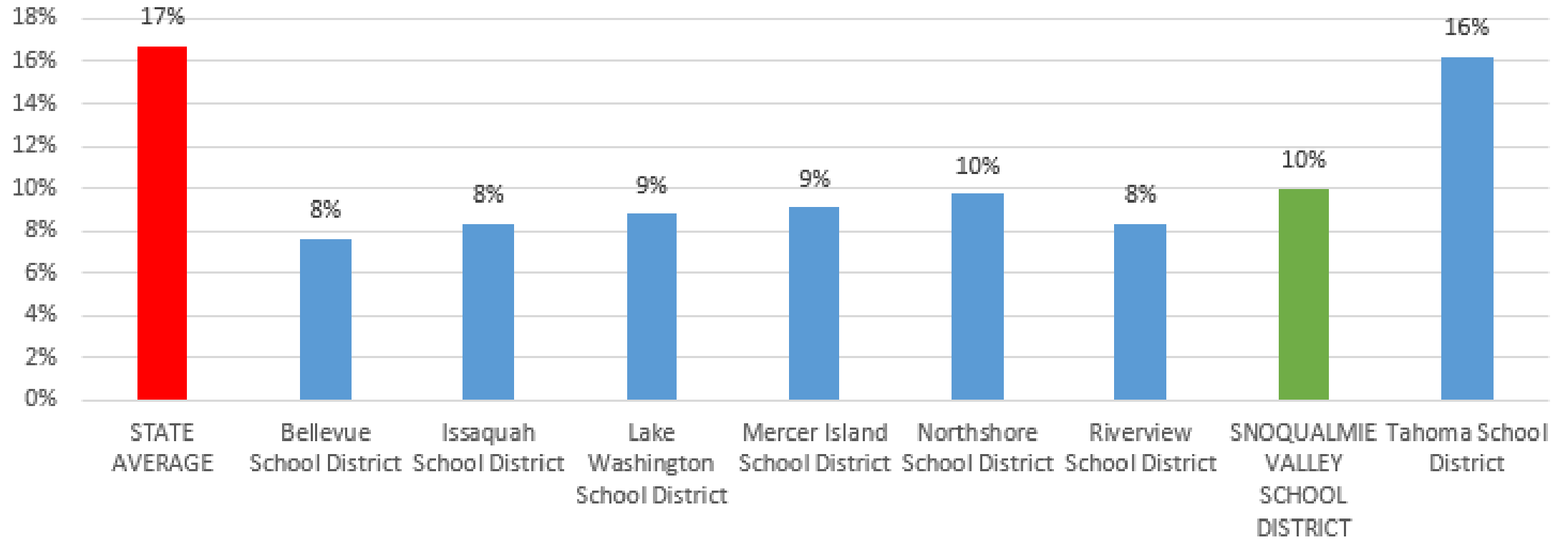
- Absenteeism/Attendance
- Graduation Rate (Student Performance)
- Healthy Youth Survey Data
 - Sleep
 - Alcohol, Tobacco, Drugs
 - Mental Health

Trends in SVSD Absenteeism (K-12)

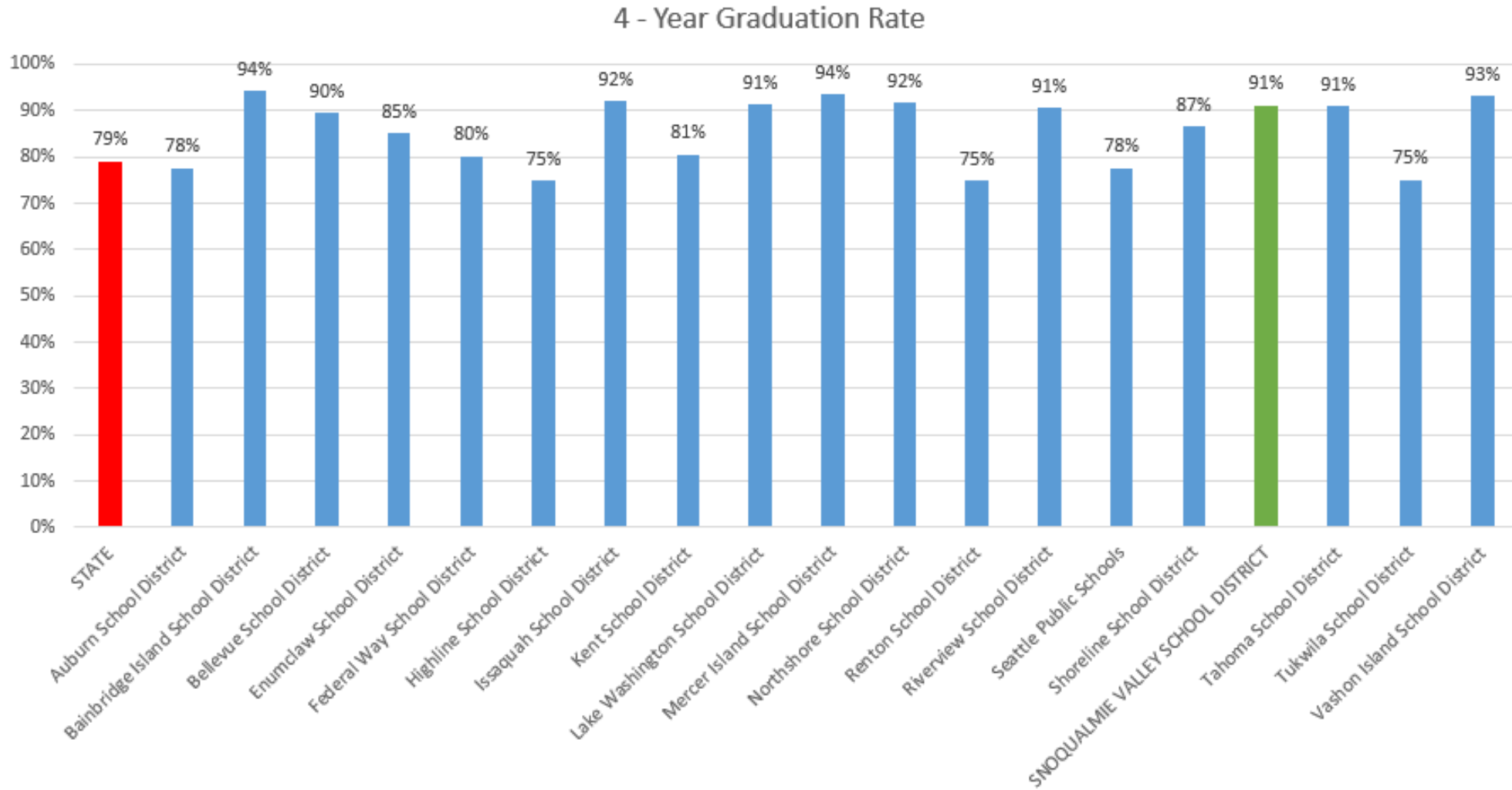


Absenteeism Data Comparison (K-12)

2015 -16 Chronic Absenteeism



Graduation Rates Comparison



Healthy Youth Survey (HYS) Facts

Administered to 6, 8, 10 and 12 grades every two years (~250 questions)

Assesses student's attitudes and beliefs in the following areas:

- Health and Health Related Factors
- Alcohol, Tobacco and other Drug Use
- Safety and Violence Behaviors
- Risk and Protective Factors

Reliability and Validity

Consistent administration procedures across all districts

- Safe and confidential environment
- Standardized administration procedures
- Informing students of the importance of the survey

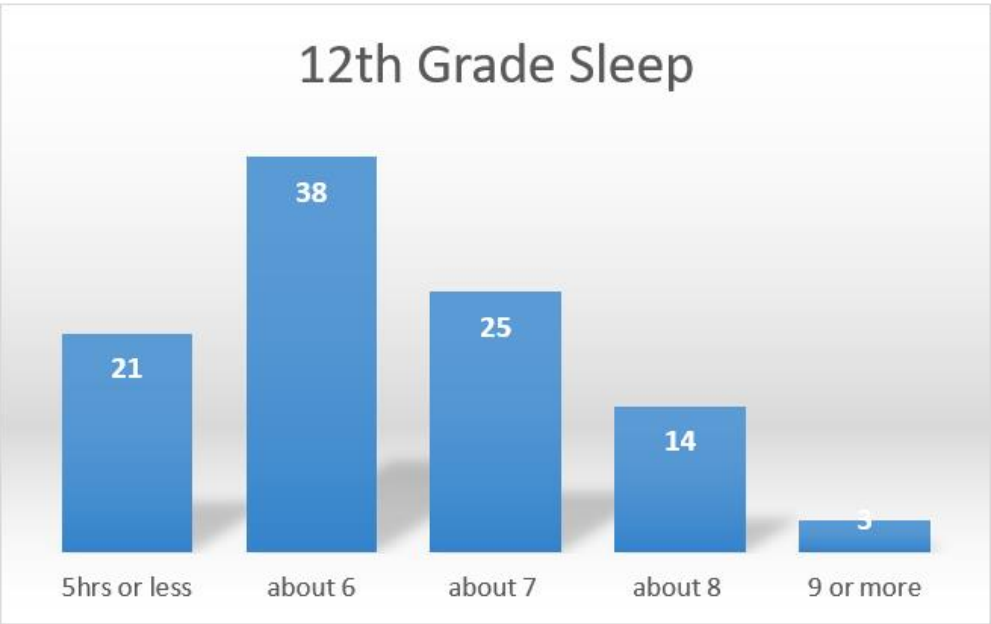
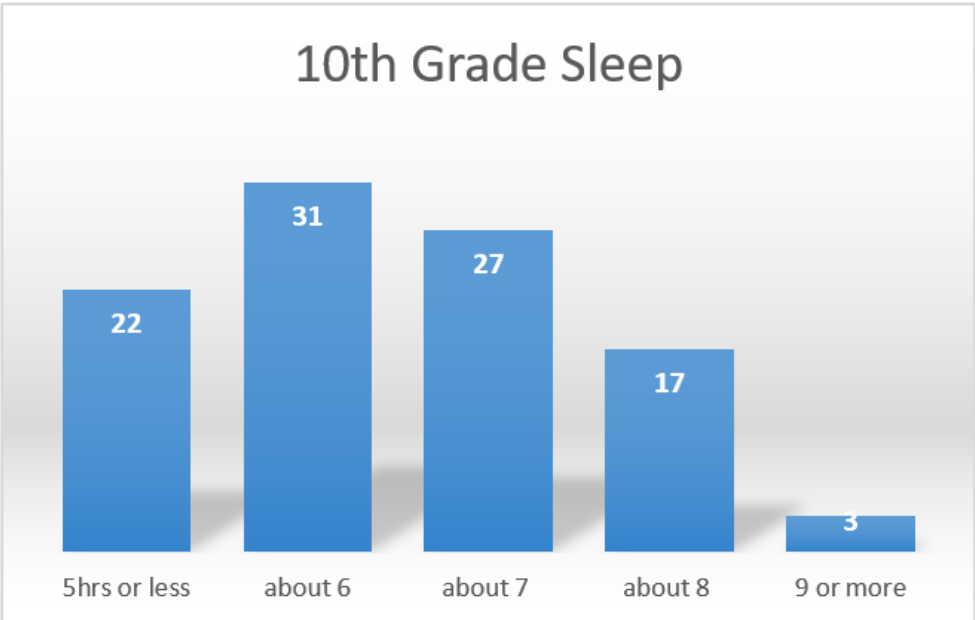
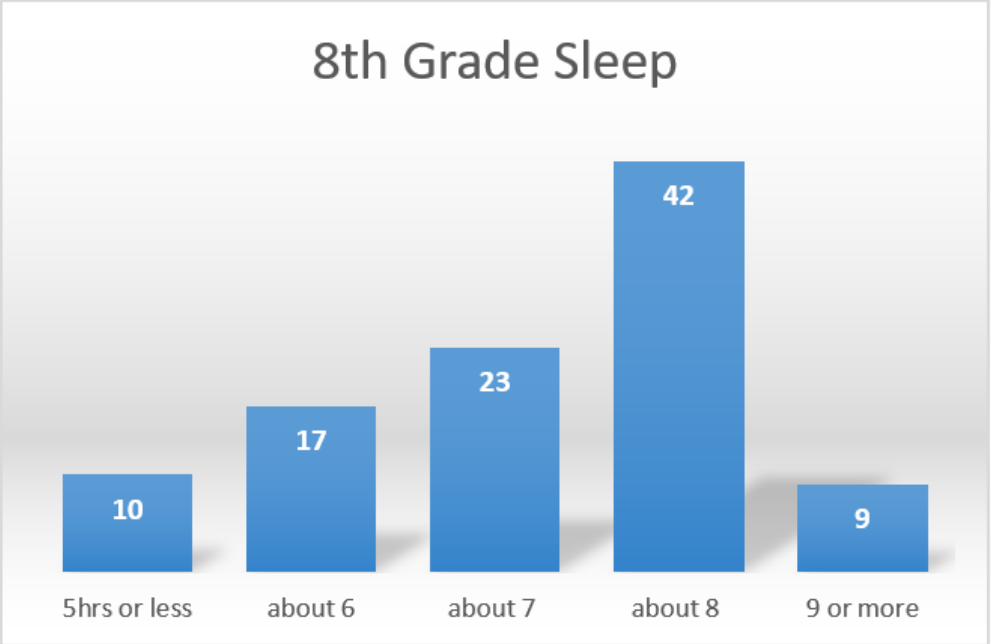
Uses questions from established surveys

Quality control procedures in place to clear and remove inconsistent data

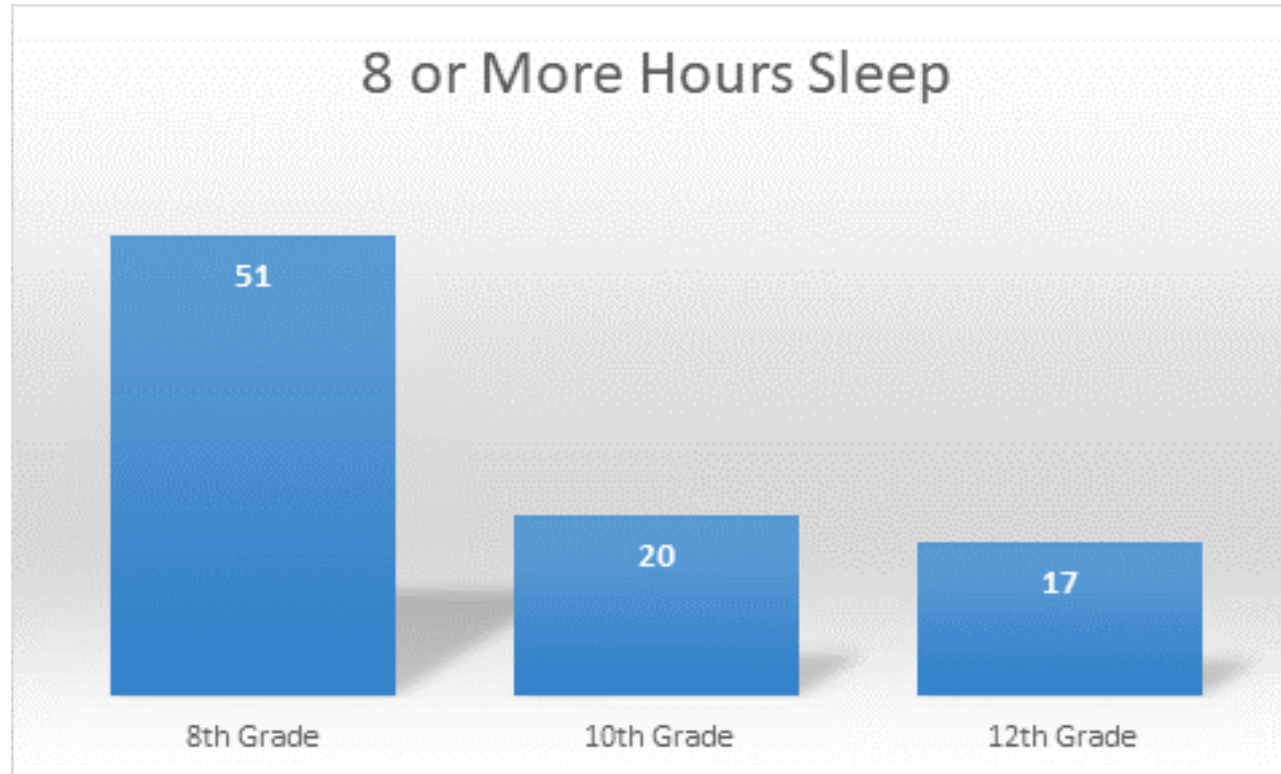
SVSD Survey Administration

- Staff shown a promo video on the administration of the survey
- Staff provided opportunities for students to understand the purpose of the survey
- Students created a Wildcat TV Ad that was shown as part of morning announcements and shown at MSHS, CKMS, and TFMS
- Participation Rates:
 - 92% of 6th graders
 - 99% of 8th graders
 - 84% of 10th graders
 - 39% of 12th graders

SVSD Students-
HYS Question:
On an average school
night how many hours do
you sleep?



HYS: Comparison between 8th, 10th and 12th grade students reporting getting 8 + hours of sleep on school nights.



ATOD: Substance abuse use 2012-2016 among 6th, 8th and 10th grade students in the Snoqualmie Valley School District

	6 th			8 th			10 th		
Substance	2012	2014	2016	2012	2014	2016	2012	2014	2016
Alcohol 30 days	2%	1%	1%	10%	13%	7%	26%	25%	26%
Tobacco 30 days	1%	1%	0.2%	5%	4%	4%	11%	7%	9%
Marijuana 30 days	1%	1%	0%	7%	8%	5%	25%	17%	19%
Binge Drinking 2 weeks	2%	1%	0.4%	5%	7%	4%	18%	15%	11%

- While 30 day alcohol use has remained relatively stable with SVSD 10th grade students, SVSD is above the state average: 25.5% (+/- 4.3) of SVSD 10th graders vs 20.3 (+/- 1.4) of state 10th graders.
- Tobacco use appears to be stable or declining, but e-cigarette smoking or vaping was at 21.0% (+/- 5.6) for SVSD 10th graders vs 12.7% (+/- 1.9) for state 10th graders.
- SVSD 6th, 8th and 10th grade students are almost exactly at the state average for binge drinking. SVSD 6th and 8th grade students are close to the state average in ATOD use.

Mental Health

Measure	6 th			8 th			10 th		
	2012	2014	2016	2012	2014	2016	2012	2014	2016
Depressed 1 year	N/A	N/A	N/A	21%	34%	24%	32%	31%	37%
Considered Suicide 1 year	N/A	N/A	N/A	14%	18%	12%	19%	17%	26%
Have an adult to turn to	N/A	N/A	N/A	58%	49%	86%	71%	59%	73%

- More SVSD 10th grade students reported considering suicide than the state average. 26.2% (+/- 4.3) reported considering suicide vs 20.6% (+/-1.3). 8th grade students were close to the state average.
- 10th grade students reported higher than state average levels of anxiety and hopelessness. Only 23.3%(+/- 4.2) of SVSD 10th grade students said reported NOT feeling nervous, anxious or on edge vs 35.4% (+/- 1.8) for state 10th graders
- 20.3% (+/-4.0) SVSD 10th grade students said that nearly every day they were bothered by not being able to stop or control worrying, vs 13.7% (+/-1.0) of state 10th graders.

How does this data influence your thinking on changing School Start Times?

3 Tier Transportation Model Question:

Based on the research the committee has reviewed, which sequence for start times is better supported?

Earliest Start-----Latest Start
Elementary-----Middle-----High
Middle-----Elementary-----High

Consensus Check?

Wrap Up

- Next Meeting: November 16 - 4:00 pm to 5:30 pm
 - Future Meetings:
 - November 30
 - December 14
- Proposed New Dates
- January 11
 - January 26