

School Start Times



2021

CHERRY CREEK

Presentation to the
BOARD OF EDUCATION

January 9, 2017





2021

CHERRY CREEK

Overview

- Provide to the Board of Education results of the public survey conducted regarding school start times.
- Outline the model that was developed as a result of the community survey.
- Highlight next steps, including continued community feedback prior to a formal recommendation.
- Information is posted on the district website and community / parents will be notified tomorrow.

This presentation is not a formal recommendation and does not include action by the Board of Education



Purpose

Develop and recommend a school start time schedule that is driven by best practice research on adolescent sleep patterns, and that is appropriately balanced with family and community needs.

Community Survey

Community Survey - OVERVIEW

Survey

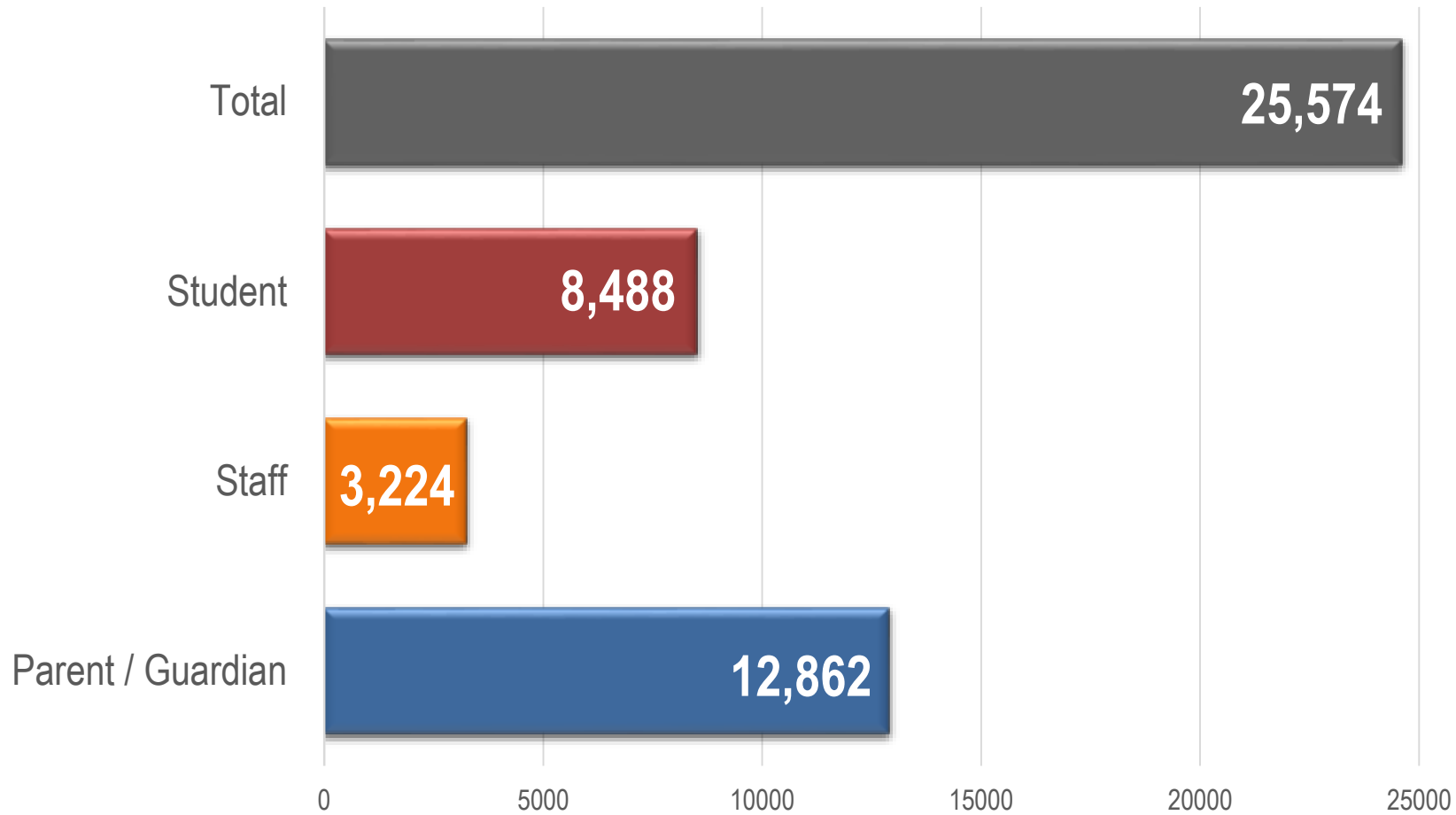
- Developed by the School Start Time Task Force
- Reviewed by the District Accountability Committee
- Utilized Survey Monkey
- 12 Questions designed to elicit “tolerance” & “preference” for change

Process

- Connect-ed message sent on Monday, November 14 that the survey would be emailed the next day
- Direct email on Tuesday, November 15
 - to all parent/guardian emails used to register every student Pk-12 in the district
 - to all school based staff
 - to all students 8th – 12th grade
- Survey closed on Friday, November 25 (open for 10 days)
- Results analyzed with Tableau

Q1 - RESPONDENTS

Number of Responses



Total Invited

67,428

Response Rate

38%

21,097

40%

7,104

45%

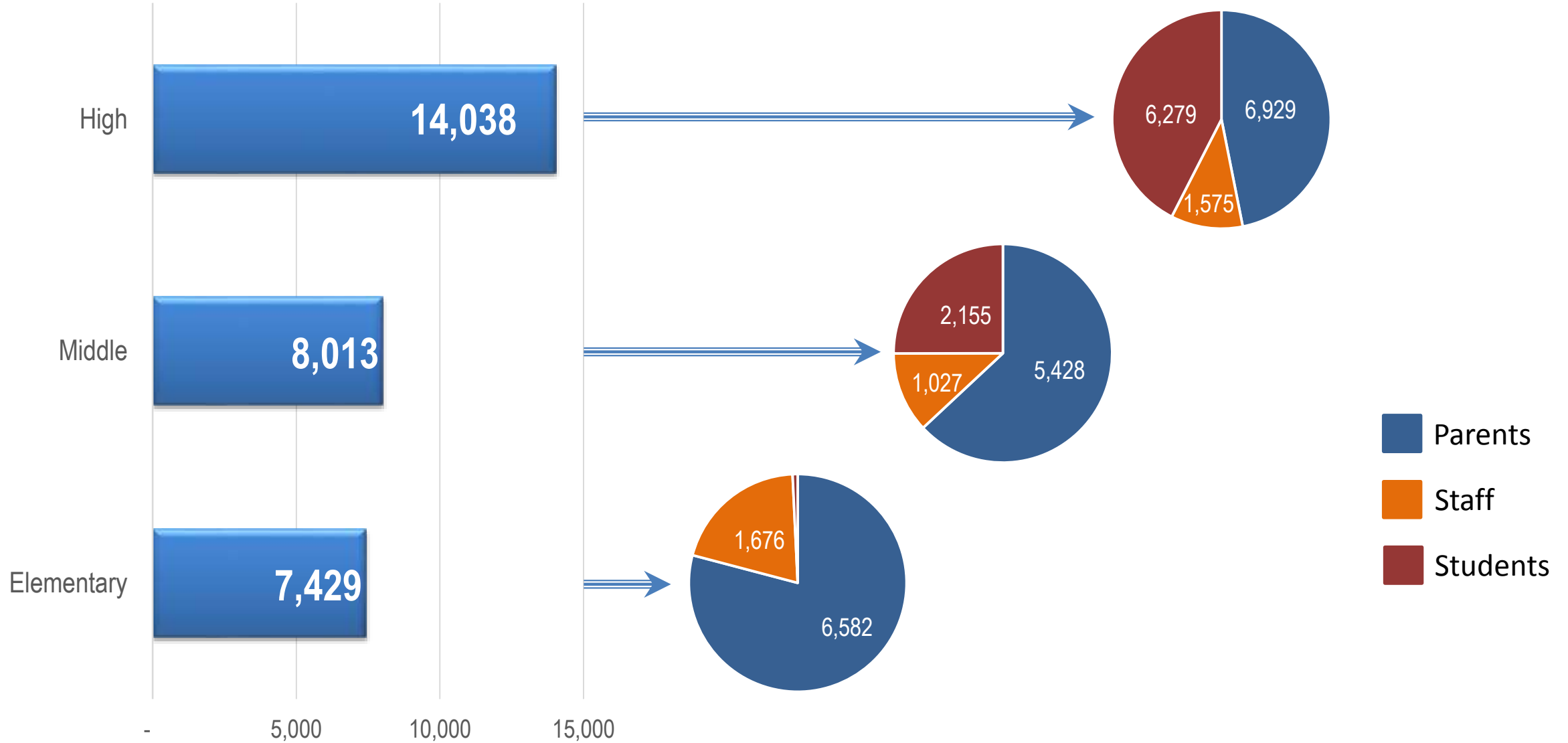
39,227

33%

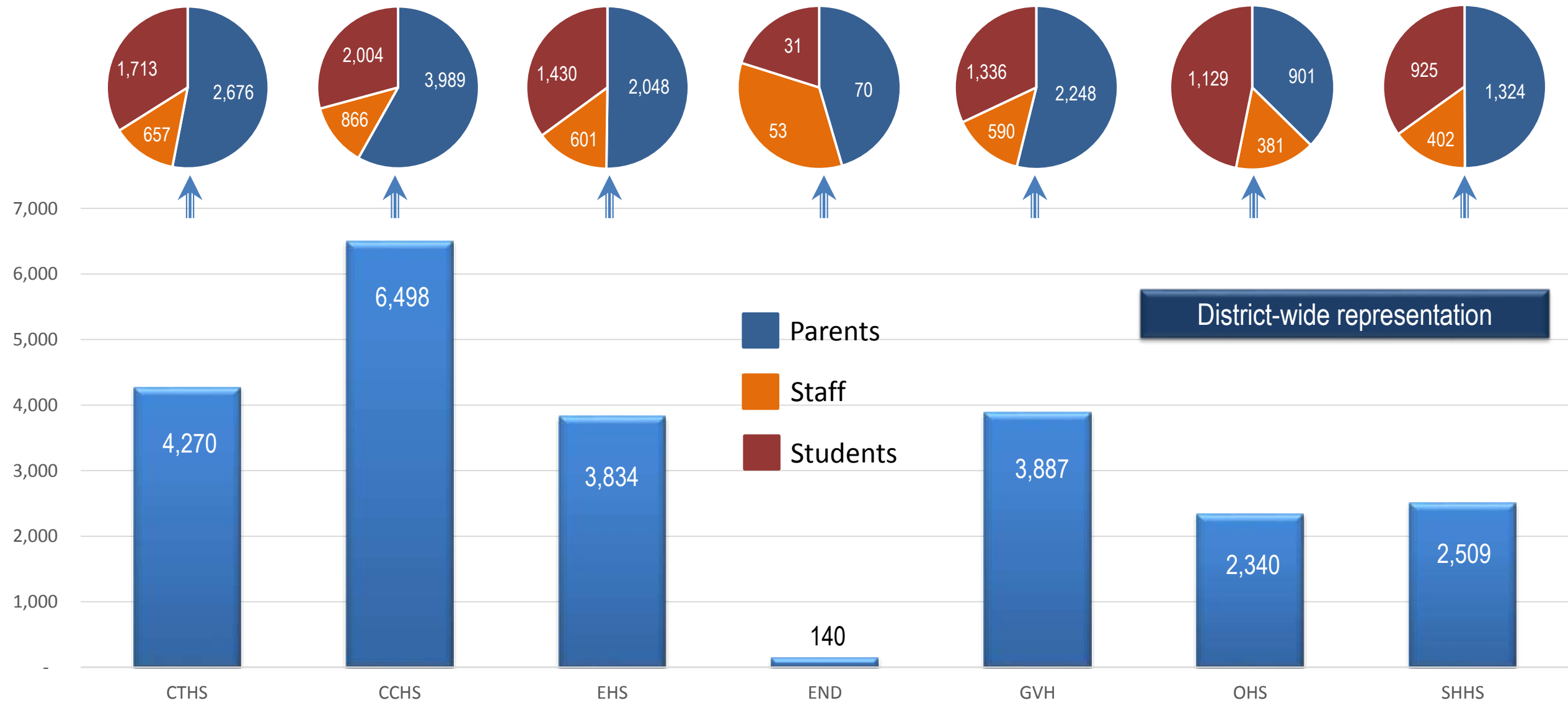
Significant and unprecedented response rate

Q2 – RESPONDENTS – Level of School They Represent

All Responses



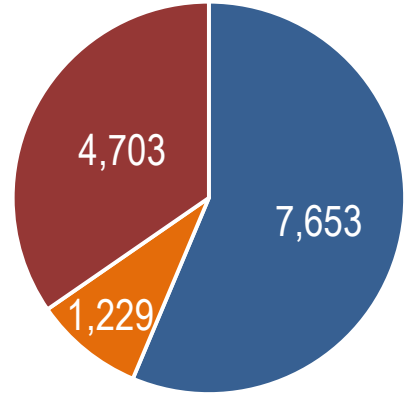
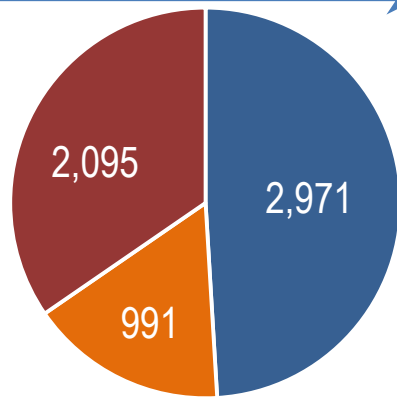
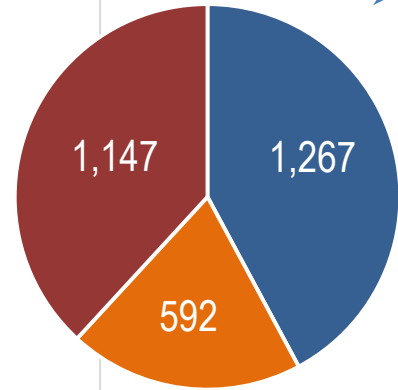
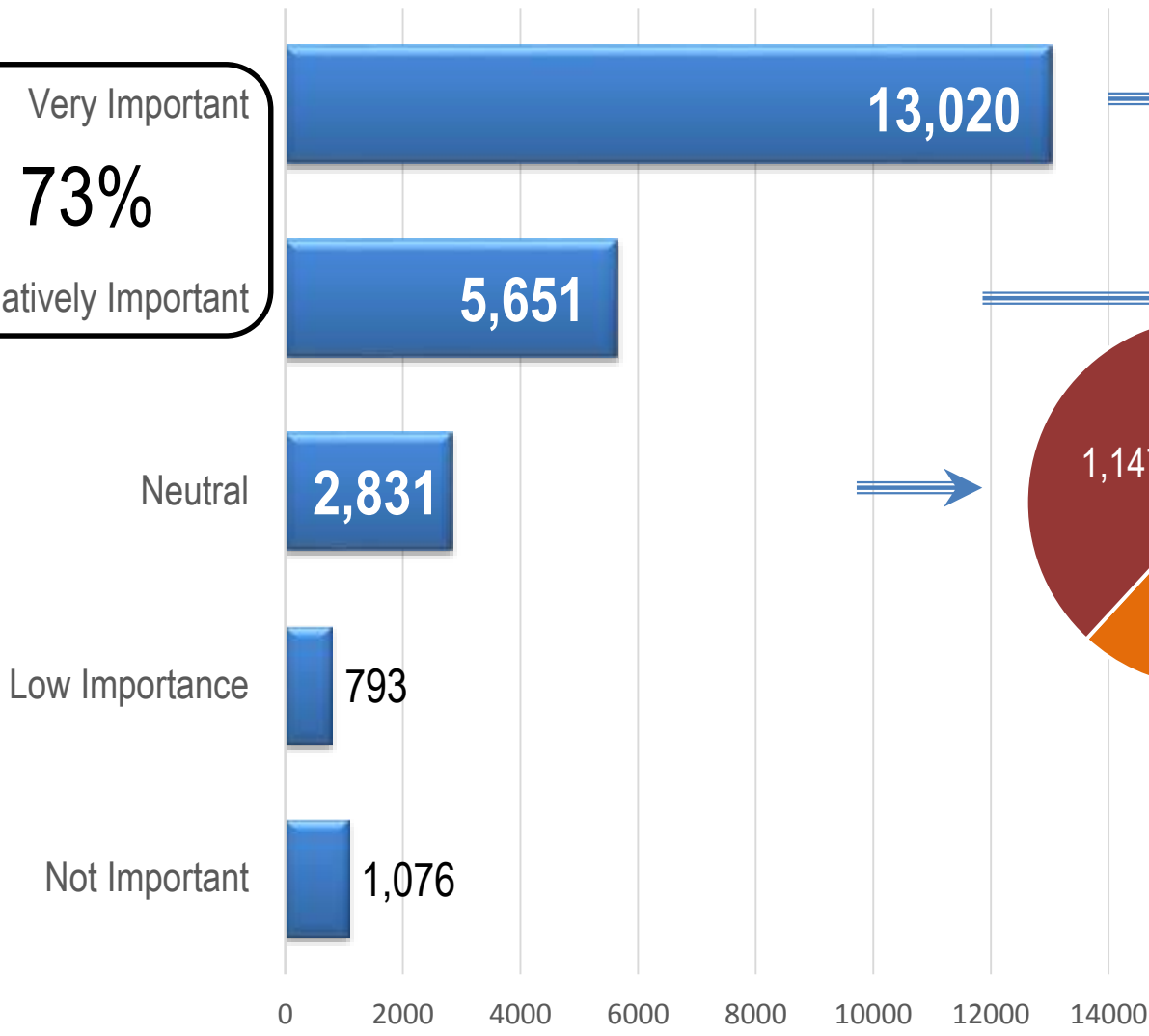
Q3 – RESPONDENTS – High School Feeder They Represent



Q4 – How Important is This Issue?

All Responses

Very Important
73%
Relatively Important

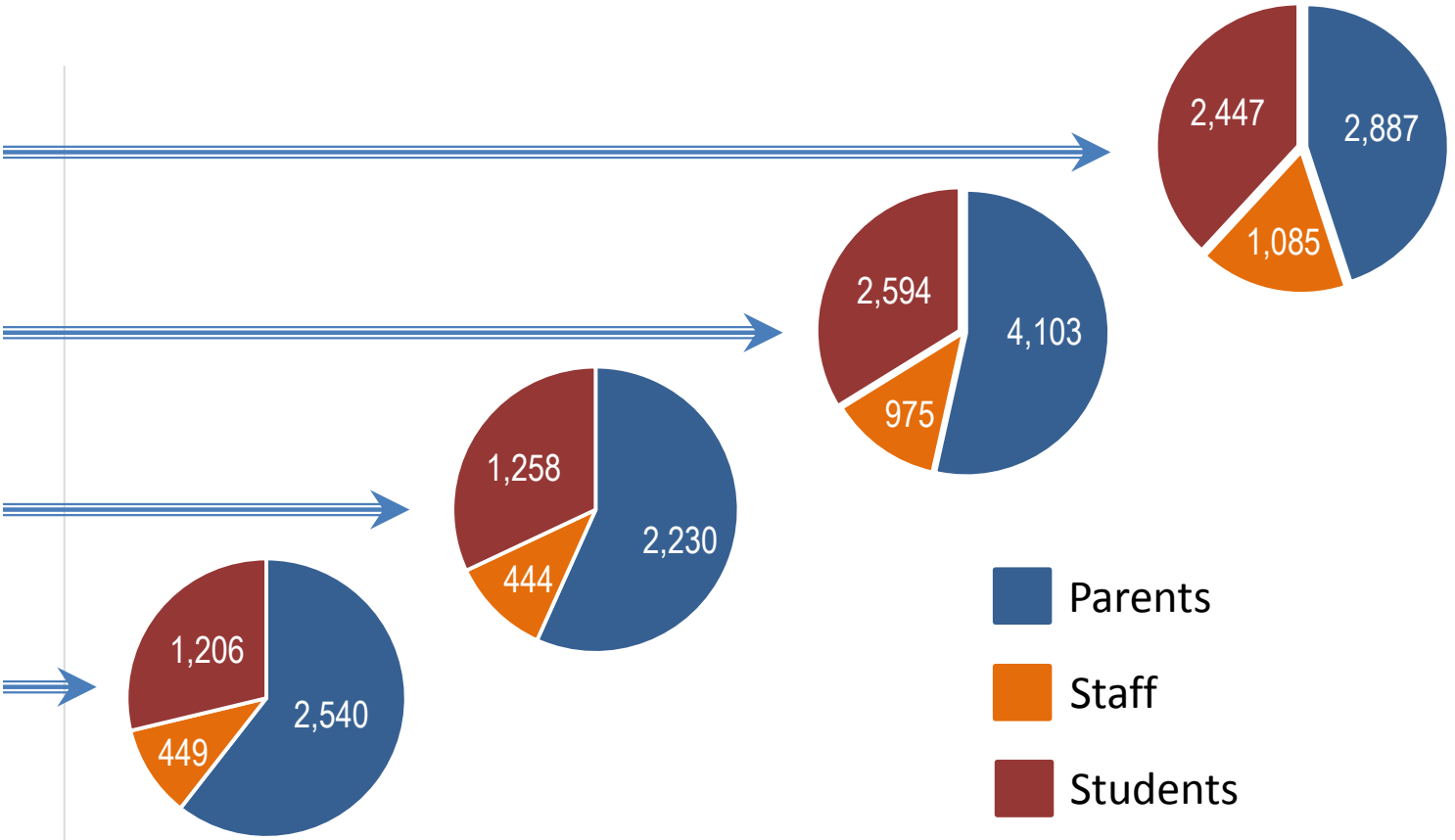
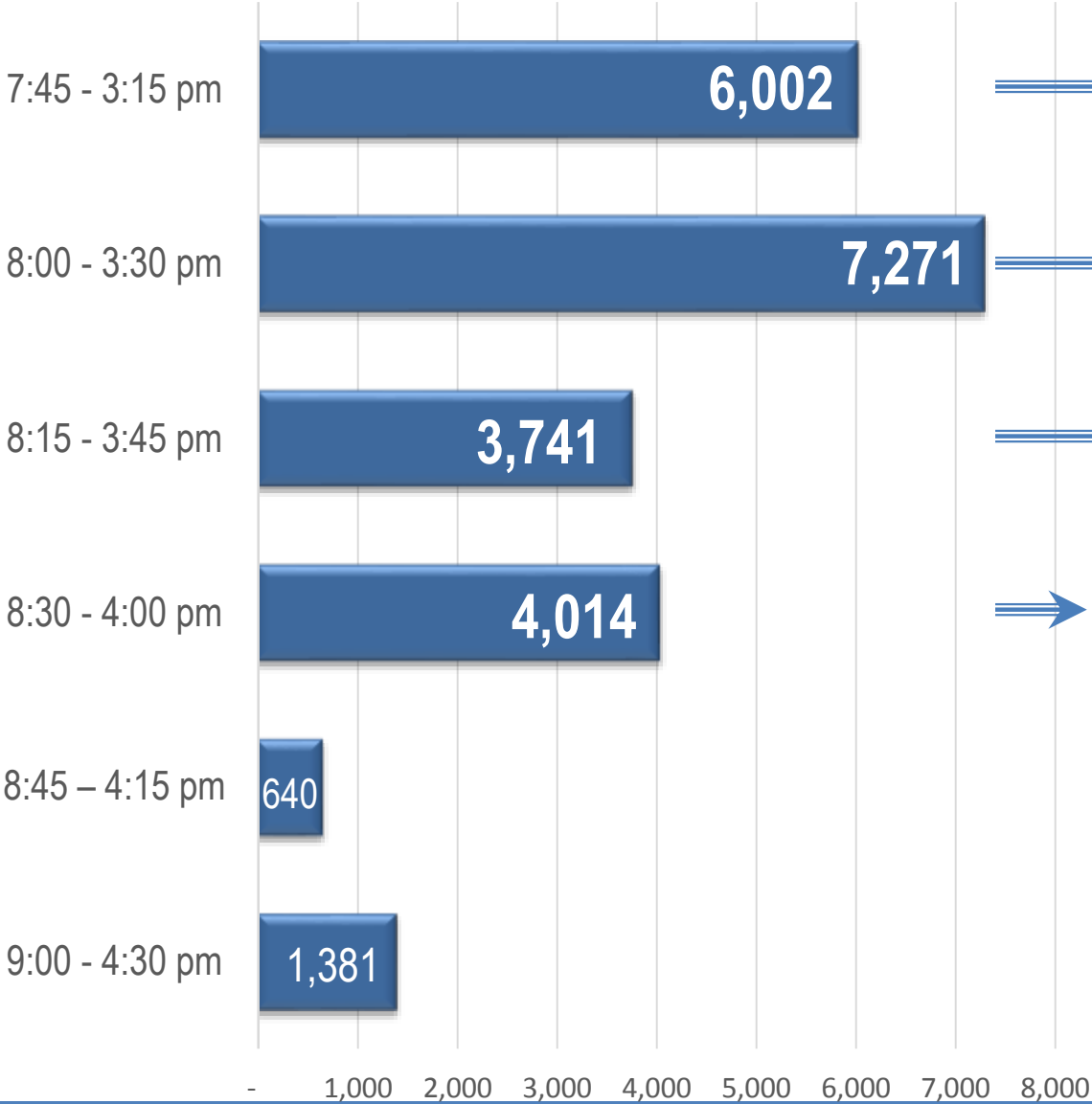


Parents
Staff
Students

It is evident this is an important concern in our community across all groups of respondents.

Q5 – Ideal High School Start and End Times?

All Responses

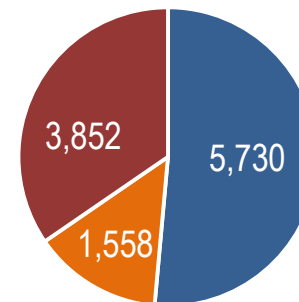
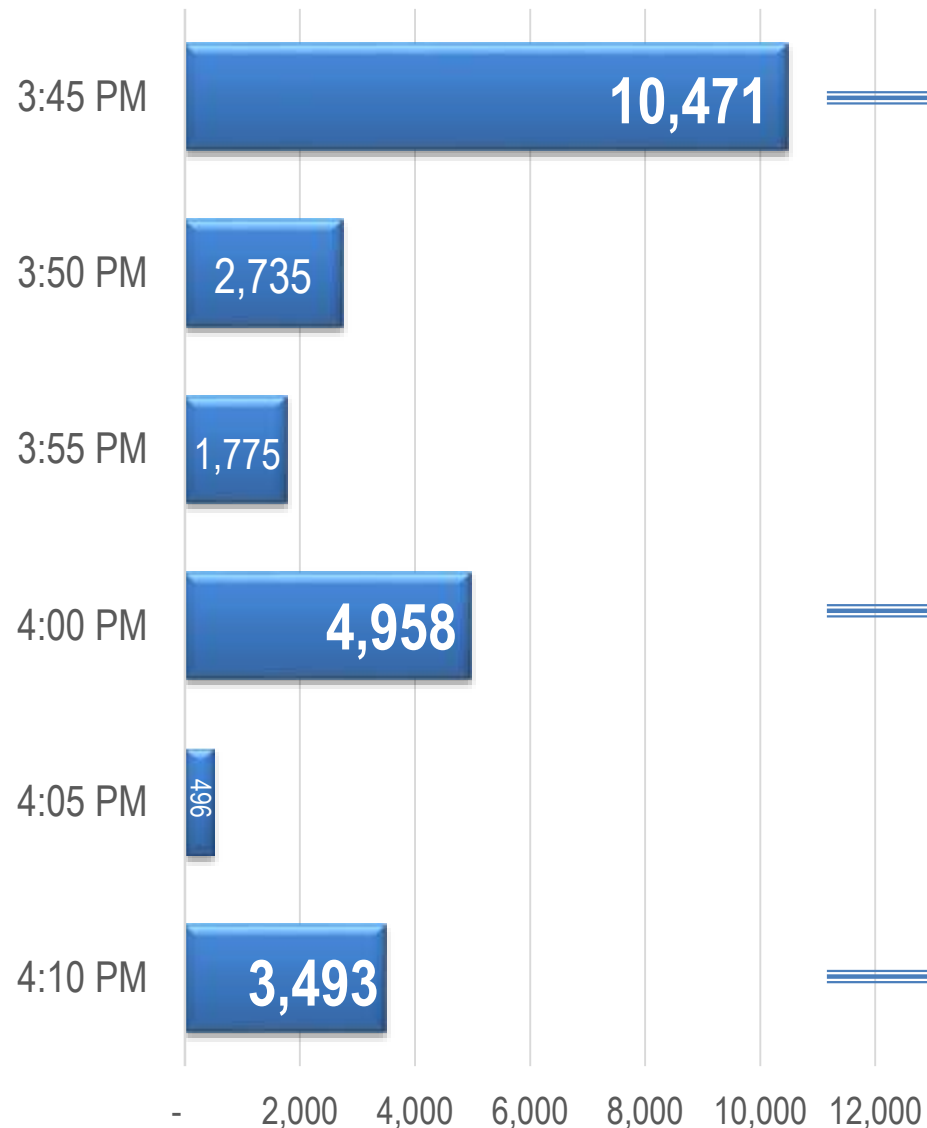


- Parents
- Staff
- Students

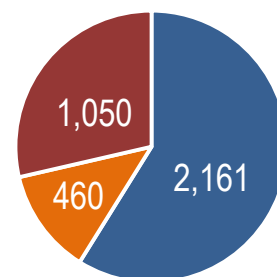
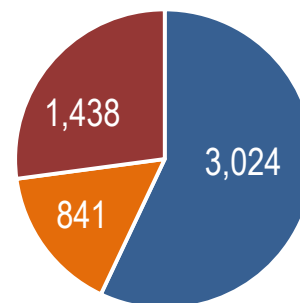
After further conversation – a majority of respondents answered this question based on dismissal time, not on start time.

Q6 – Latest Reasonable Dismissal Time for Middle School?

All Responses



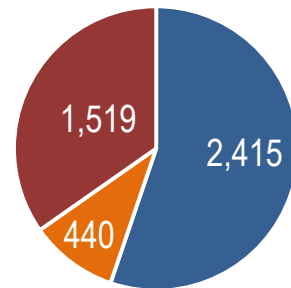
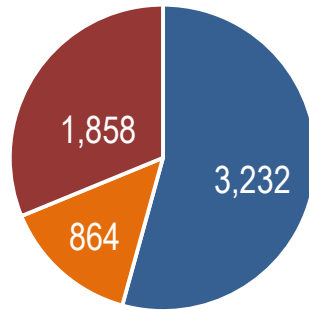
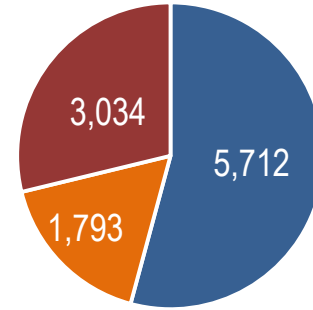
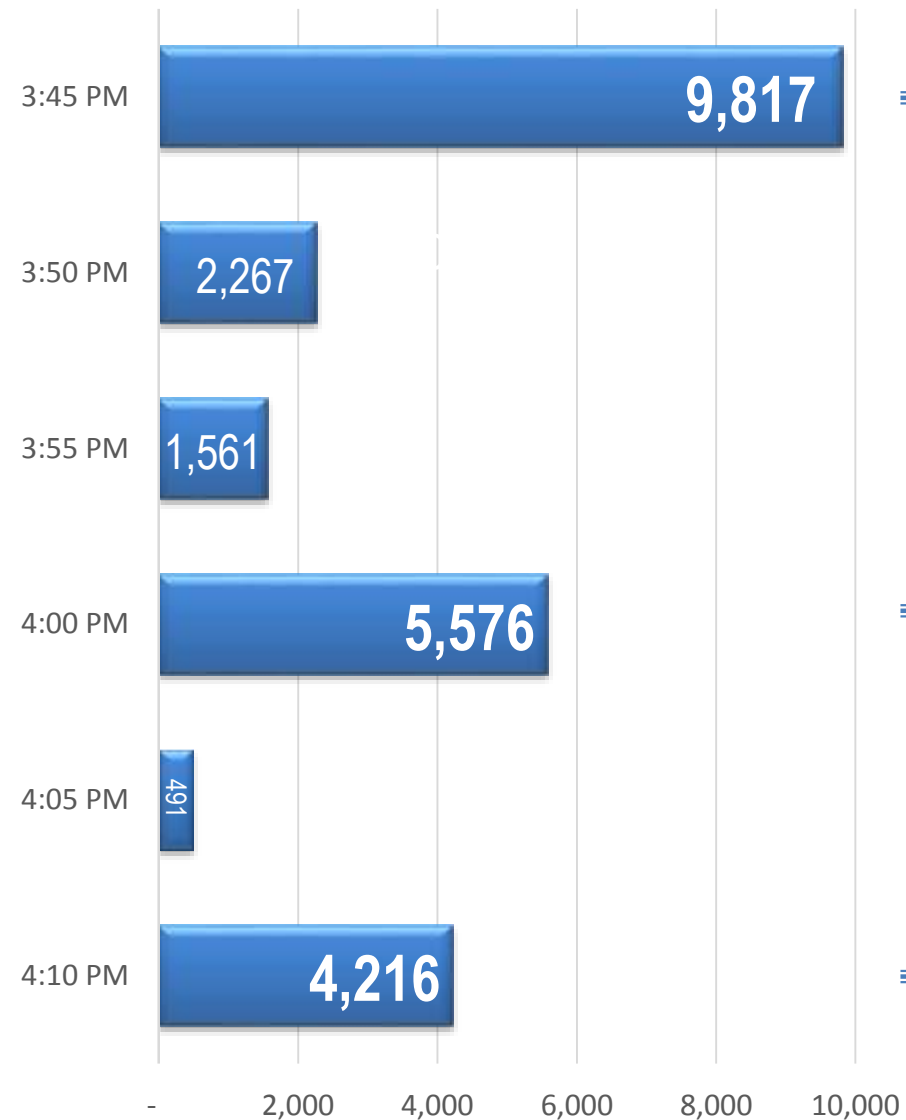
Parents
Staff
Students



Consistent response trend regardless of role (parent, staff, student) or level (Elementary, Middle, High School)

Q7 – Latest Reasonable Dismissal Time for Elementary School?

All Responses



- Parents
- Staff
- Students

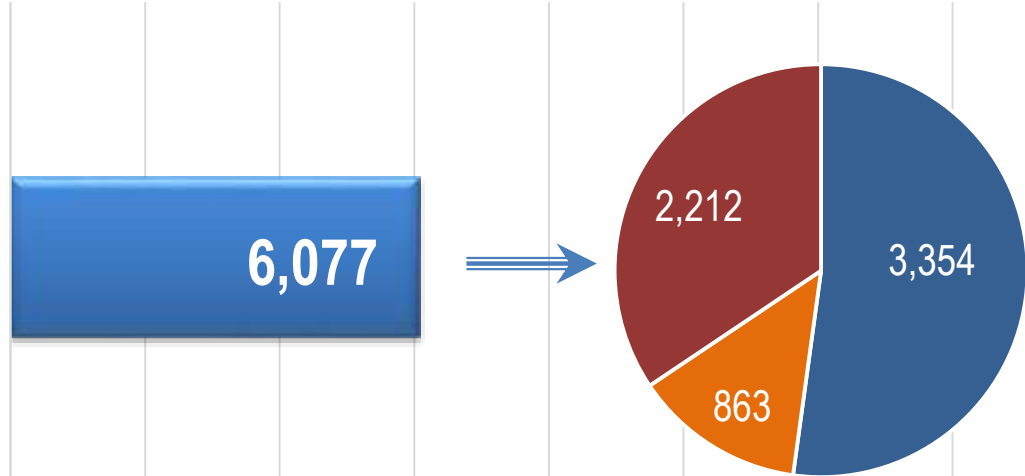
Consistent response trend regardless of role (parent, staff, student) or level (Elementary, Middle, High School)

Q8 – Is it ok to Change the Order that Schools Start from Current? (e.g. elementary first, middle school last)

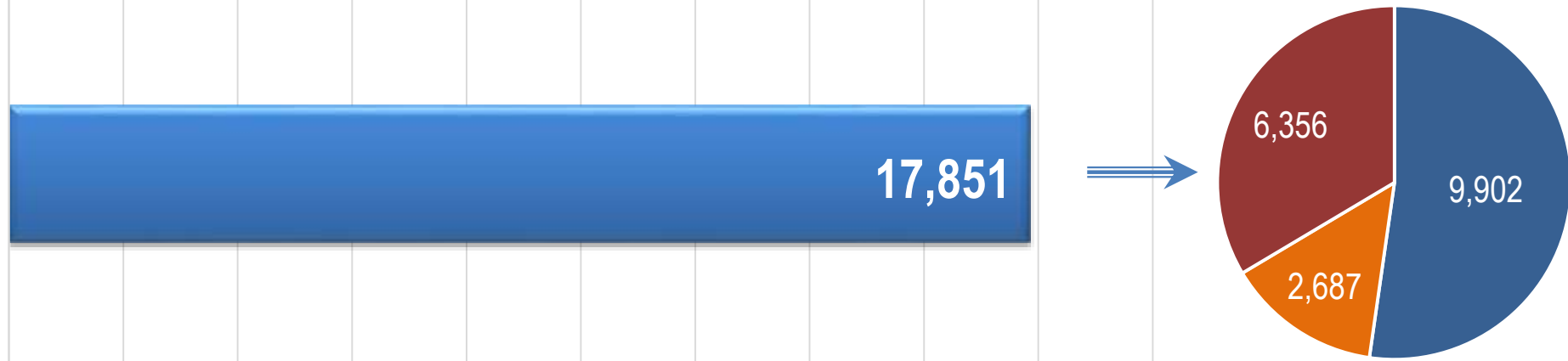
All Responses

Significant support for dismissing elementary or middle school prior to high school.

NO

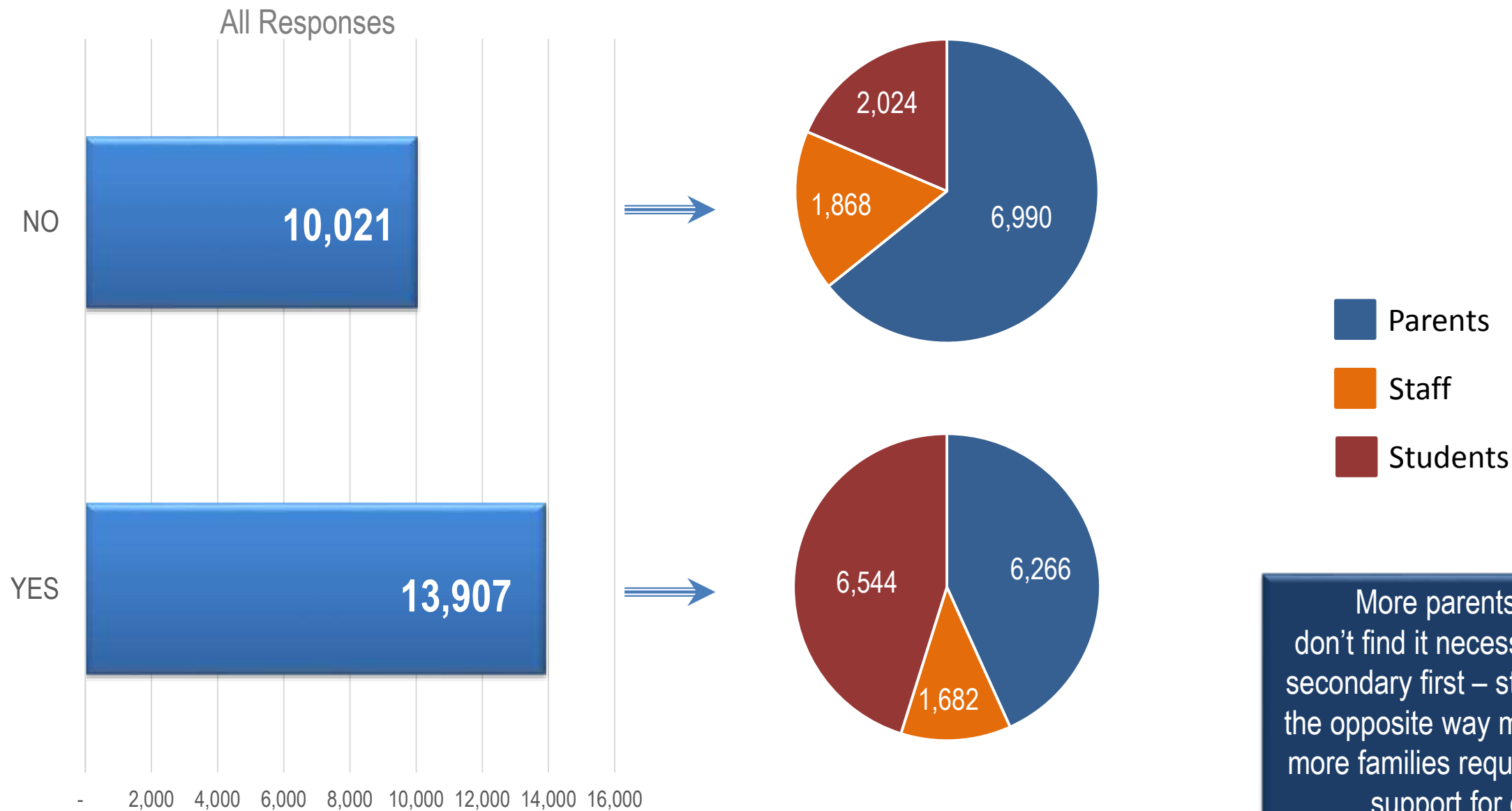


YES



- Parents
- Staff
- Students

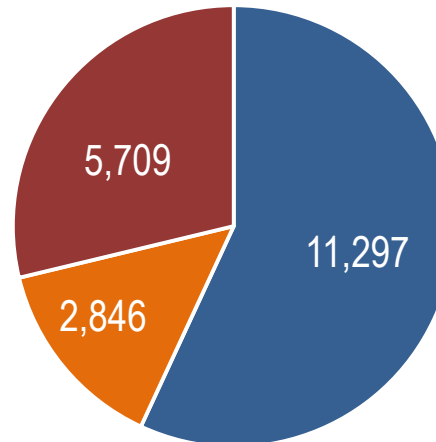
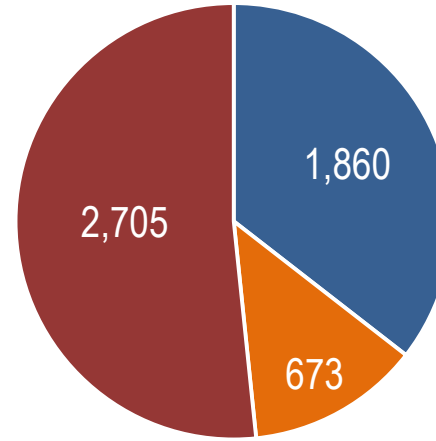
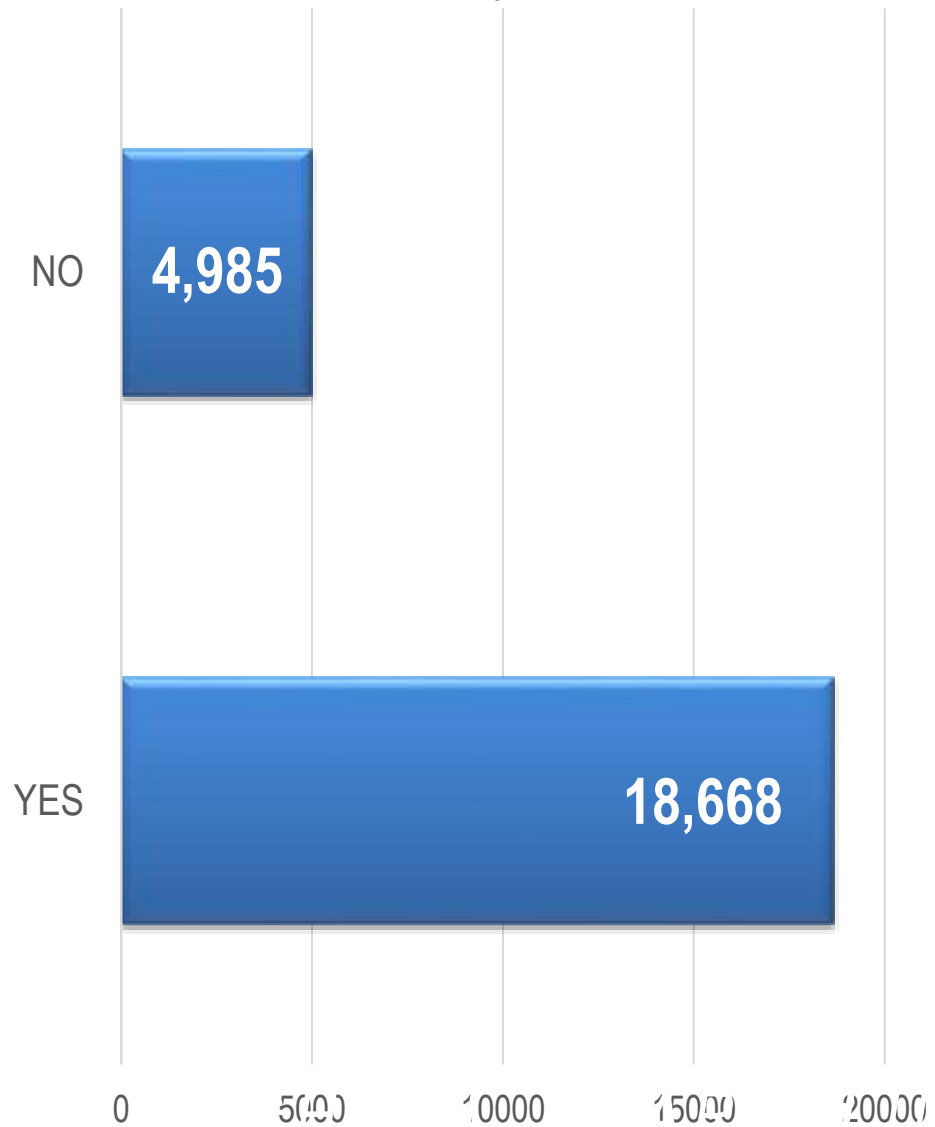
Q9 – Is it Important that Secondary Students Dismiss First to Provide Supervision to Younger Siblings?



More parents and staff don't find it necessary to dismiss secondary first – students trended the opposite way making it appear more families require older sibling support for daycare.

Q10 – Do you Support the Recommended Adjustment to the Calendar that Coincides with this Change?

All Responses



- Parents
- Staff
- Students

Comments

Additional Comments =	3,685	
Supportive of change	1464	39.73%
Status Quo/Do not want change	564	15.30%
Could go either way	214	5.80%
Other comments	1443	39.16%

Trends:

Sleep/MH concerns	598
Athletics/Activities/Work	384
Daycare / Siblings	27
Calendar	95

Additional Comments (multiple):

Homework – concerns with how much is given (7.5 hour day and 3-5 hours homework nightly)

Length of block schedule classes – many comments about a 99 minute class and student attention span

Off periods – felt that they were a waste of student time, especially on a block schedule

Wednesday late start – cited many times as ideal – kids can sleep in and they get all classes in one day

Better grades – students commented that they believed their grades in first period classes would be better if school started

Traffic issues – especially on campuses with shared schools; concerns about getting into rush hour traffic

School Start Times – Conclusions

- This is an important issue in our community – unprecedented response rate
- Appears that responses/preferences are driven by dismissal times
- Tolerance for dismissal – *Range of...*
 - 3:45pm, 4:00pm, 4:10 pm at Elementary and Middle School
 - 3:30 pm – 4:00 pm for High School
- Strong desire for change – mirrors research, but tolerance doesn't completely match best practice on sleep and adolescents
- Support for the identified calendar adjustment
- Openness to changing the order that schools start/dismiss
- Comfort with tool as indicated by comments and respondents

Start Time Model
Draft Recommendation

~ Cost Neutral Model ~

RECOMMENDATION

Aligns with research and best practice regarding adolescent sleep research

Start

Dismiss

Elementary School

7:55 am

—

2:40 pm

High School

8:15 am

—

3:30 pm

Aligns with greatest support for latest dismissal time – Q5

Middle School

8:50 am

—

3:45 pm

Aligns with greatest support for latest dismissal time – Q6, with nearly 13,500 supporting a later time (3:50-4:10pm)

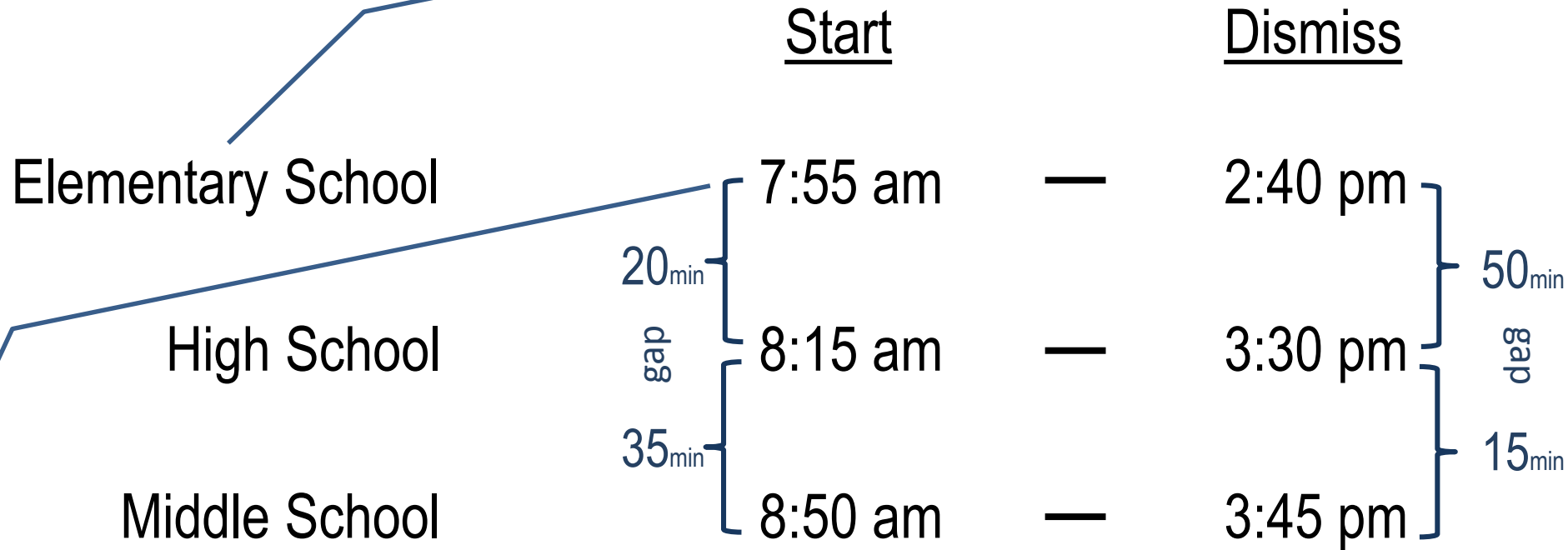
Aligns with support to adjust the order that schools start – Q8

Aligns with research and best practice regarding adolescent sleep patterns

RECOMMENDATION

Elementary schools first to start and dismiss

- * Will always be on time for our youngest, most vulnerable students
- * Utilize 100% of buses – won't need to split with other levels as do now
- * Allows for the creation of a more successful and efficient transportation system



Civil Twilight – students will not be “in the dark” at the bus stop or walking to school

Minimum amount of time (gap) to insure successful transition from high school to middle school with success

RECOMMENDATION

Start

Dismiss

High School

8:15 am

—

3:30 pm

High School - Changes / Impact

Change	Response
8:15 Start time	Additional 65 minutes of sleep in the morning. Significant change that aligns with sleep research.
3:30 Dismissal	Change of 40-60 minutes later. Reasonable dismissal for after school activities – most supported time in the community survey.
Length of the School Day	Common 7hr 15 min day – reduction between 5-25 minutes per day depending on school. Still surpass state minimum instructional time. Minimal impact to class time – Quality vs. Quantity.
Teacher Day - example	7:30-3:30 or 7:45-3:45.
Before School Programming	Nothing new – Athletic practices, activities can't be switched to before school. If Something already exists in the morning it can remain (e.g. swimming).

RECOMMENDATION

	<u>Start</u>		<u>Dismiss</u>
Middle School	8:50 am	—	3:45 pm

Middle School - Changes / Impact

Change	Response
8:50 am Start Time	Adds 40 – 60 minutes of sleep in the morning in alignment with sleep research.
3:45 pm Dismissal	Meets the earliest reasonable dismissal time as identified in the community survey.
Length of the School Day	Common 6 hr 55 min (6:55) day. Reduction of 5 minutes per day – minimal impact to instructional time. Still exceeds state minimum instructional time. Quality vs. Quantity.
Teacher Day - example	8:10-4:10, 40 min planning block before school in addition to the daily 45+ min planning block that exists currently.
Student Lunches	Some students will eat soon after arriving to school. Schools will need to implement an afternoon snack program.
Staff Meeting	Moved to before school.
Morning - time prior to school starting	Cafeteria - 8:00 am open for students to be dropped off for supervised breakfast and study hall. Add additional FTE to support security time to supervise.
Athletics	3:45pm start, More buses can help with athletics. Athletic competitions will be able to start earlier and on-time.
After School Activities	Monday – Thursday, Friday off, Late shuttles will depart at 4:40pm.

RECOMMENDATION

	<u>Start</u>		<u>Dismiss</u>
Elementary School	7:55 am	—	2:40 pm

Elementary School - Changes / Impact

Change	Response
7:40 am Start Time	80 minutes earlier – more in line with research on readiness to learn for elementary students.
2:40 pm Dismissal	50 minutes earlier than current.
Length of the School Day	Common 6 hr 45 min (6:45) day. Additional 15 minutes per day to support lunch / physical activity time. Helps to exceeds state minimum instructional time. Additional Para time to support extended lunch / recess.
Before and After Care	Reduce cost to account for less time in the morning. Structure cost to support “early” and “late” pickup as is currently done. Impact on high school student employment in after school programming. Strategically utilize Teacher Cadets, Executive Internship, MAL classes to support needs. Adjust student programing from before school to after school.
Staff Meetings	Move to afternoon.
Planning Time	Does not change, Specials – 40 min block in the day.
Teacher Day - example	7:30 – 3:30, 50 minute planning block after school.

Transportation - Changes / Impact

Change	Response
Impact of the model	Adds significant efficiencies. More full time drivers with double 3 tier packages due to the stagger in the morning and after school and with elementary first.
Elementary First	<p>Utilizes 100% of CCSD assets. After dropping elementary students, buses are distributed in the community to pick up high school students.</p> <p>Will always be “on-time” to pick up and drop off our youngest students.</p>
Field Trips	Will be more able to support field trips with district resources.
MS Athletics / After School Shuttles	Can utilized district resources to transport athletes. Will be able to start after school athletics closer to the dismissal of school.
Joint Campuses	15 minutes spread in the afternoon will help to minimize congestion and allow transportation to experience success in transporting HS and MS.
Civil Twilight	Time used in Fairfax to designate dark hours in the morning and afternoon in relationship to start and dismissal times.

RECOMMENDATION — DELAYED START SCHEDULE

One Hour (60 min) delay at all levels

		<u>Start</u>		<u>Dismiss</u>
Elementary School	8:55 am	7:55 am	—	2:40 pm
High School	9:15 am	8:15 am	—	3:30 pm
Middle School	9:50 am	8:50 am	—	3:45 pm

*Dismissal time
does not change*

Athletics/Activities - Changes / Impact

Change
Elementary teachers – possible to coach at high school.
More working professionals could coach.
Reasonable high school dismissal time for athletics.
Supportive schedule for middle school athletics.
Change is supported by High School Athletic Directors

Planned Next Steps

Community Feedback on the start time model	January 9 – February 3	2017
<i>*Board of Education - Study Session</i>	<i>January 20</i>	<i>2017</i>
*Presentation to the Board / First Reading	February 13	2017
<i>*Board of Education - Study Session</i>	<i>February 24</i>	<i>2017</i>
*Board Meeting – Resolution for Action	March 11	2017