

School Start Times



2021

CHERRY CREEK

Start Time – Proposed Change



Best Practice
Examples

What We Learned Fairfax County Schools, VA

186,000 Students
24,600 Employees
\$2.7 Billion Annual Budget



Students

28% Receive Free or Reduced lunch
17% Receive English for Speakers of other Languages support
13% Receive Special Education support

40% White
24% Hispanic
19% Asian American
10% African American
5% Multiracial

Achievement

93% On Time Graduation Rate
237 National Merit Semifinalists
SAT Composite 1672

Transportation

120,000 students daily
1,600+ buses
20,000 school of choice

What We Learned Fairfax County Schools, VA



Option	Elementary	Middle	High	Plan Cost & # of Buses	Revised Plan Cost*
<ul style="list-style-type: none"> • 6:45 length of day • MS moved to 7:30 • All SS students will start at the HS start time 	8:00-9:20 - 2:45-4:05	7:30 - 2:15	8:00-8:10 - 2:45 – 2:55	\$5.4 million 47 buses	\$4.9 million 27 buses

What We Learned Fairfax County Schools, VA



- Makes a difference! Worth the effort! Right thing to do!
- Implement a complete shift – Fairfax moved high school later, by placing middle schools early and now are receiving pressure to complete the change.
- Focus on Quality vs Quantity
 - Instructional Time
 - Sports Practice
- No single schedule will meet everyone's personal needs – do what is best for kids
- Manage the politics of change - do what is best for kids – process is important
- Utilize Civil Twilight for start and end times
- Communication through implementation is critical
- Combined some secondary transportation, grades 6-12

What We Learned Wayzata School District, MN

10,570 Students
1,500 Employees
\$170 million Annual Budget



Students

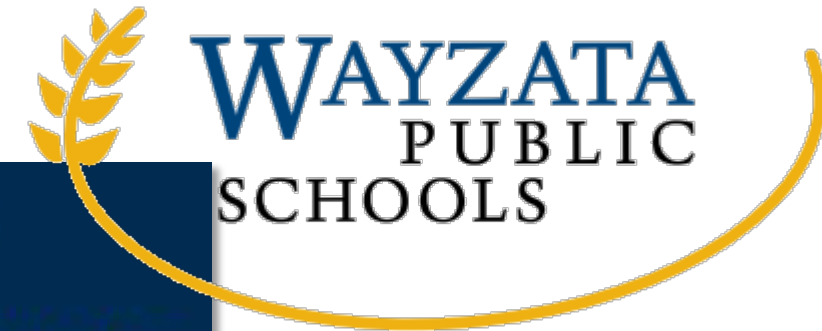
13% Receive Free or Reduced lunch
2% Receive English for Speakers of other Languages support
9% Receive Special Education support

69% White
4% Hispanic
17% Asian or Pacific Islander
9% African American

Achievement

93% On Time Graduation Rate
27 National Merit Semifinalists
ACT Composite 26.3

What We Learned Wayzata School District, MN



Approved School Start Times

1. Tier 1:	<u>Start</u>	<u>Dismissal</u>	<u>Length of Day</u>
Greenwood, Kimberly Lane Meadow Ridge, Oakwood, Plymouth Creek	7:45	2:25	6:40
2. Tier 2:			
High School	8:20	3:10	6:50
Birchview, Gleason Lake, Sunset Hill	8:30	3:10	6:40
3. Tier 3:			
East MS, Central MS, West MS	9:10	4:00	6:50

What We Learned Wayzata School District, MN

- Change based on the medical evidence – unquestioned – right thing to do. Has been great for us
- Middle School
 - Lost some coached, but replaced by others (elementary)
 - Athletics – started later
 - Open schools early, 7:45am, for study hall and breakfast
 - Lunch right after arrival for some
 - Expanding cafeteria capacity
 - New snack schedule implemented
- High School
 - Students less “crabby” in the morning
 - Students actually eating breakfast before school
 - Creating a new “child psychology” class to support after care needs at the elementary schools
 - Dual credit, meets multiple needs
- Transportation
 - Never been better – with elementary running first for pick-up and drop-off



Current Status
Cherry Creek Schools

Current Status

START TIMES

High School	7:10 am	-	2:30-2:51pm	<i>Common start, varied lengths</i>
Middle School	7:50-8:10 am	-	2:50-3:10 pm	<i>Varied start, common length</i>
Elementary School	9:00 am	-	3:30 pm	

LENGTH OF THE SCHOOL DAY

High School	7:20 – 7:40 hrs	<i>(Average = 7:32 hrs)</i>
Middle School	7:00 hrs	
Elementary School	6:30 hrs	<i>(6:45 hrs → 4 track)</i>

Start Time Model
Draft Recommendation

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)

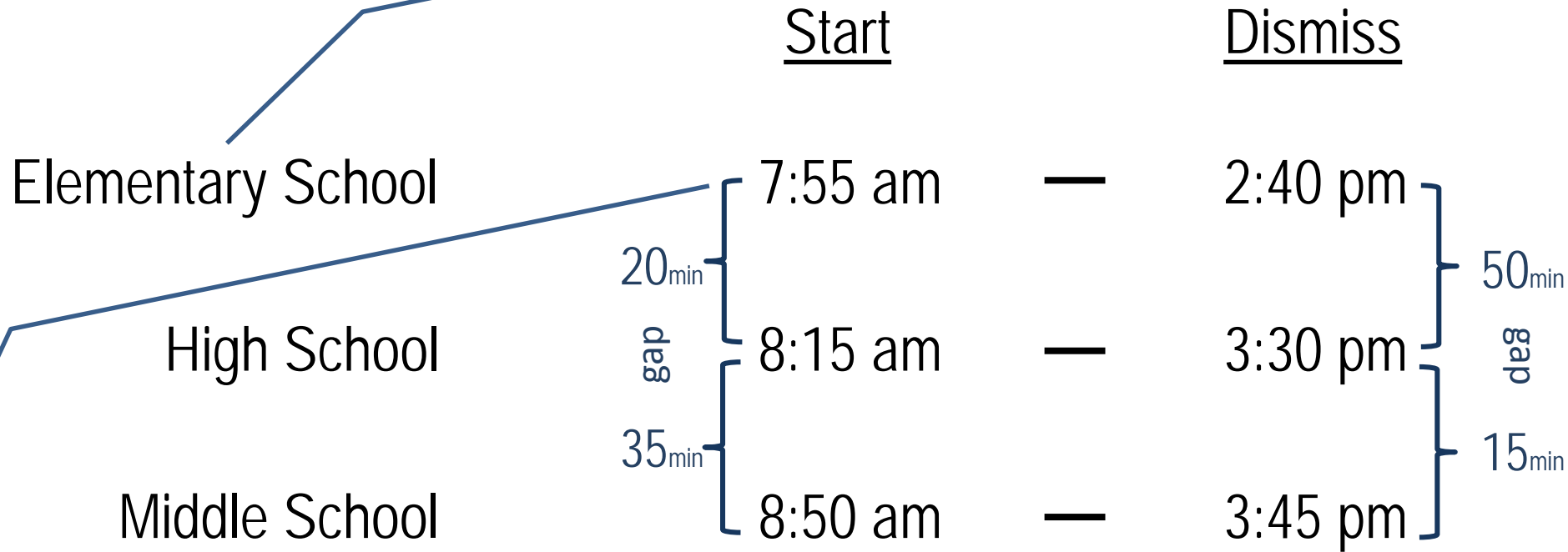
Aligns with support to adjust the order that schools start – Q8

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	Utilizes 100% of CCSD assets. After dropping elementary students, buses are distributed in the community to pick up high school students. Will always be “on-time” to pick up and drop off our youngest students.
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