



BOARD STUDY SESSION
MAY 6, 2019

SCHOOL START TIME



SCHOOL START TIME ADVISORY MEMBERS

Staci Allen, Preschool Program Specialist	Liz Kauhane, Office Manager
John Appelgate, Director of Athletics	Debbie McCarson, Principal
Tim Campbell, Parent	^Jeff Miles, Transportation Manager
^Sharon Curry, Special Education Teacher	^Emma Morris, Teacher
Lucy Davies, Principal	Sue Nauman, Office Manager
^Andrew Dimitriou, Parent	Setty Palazzo, Parent
Melissa Doering, Principal	Tim Patterson, Principal
^Cindy Duenas, Principal	^Barbara Posthumus, Associate Superintendent
^Heather Frazier, Principal	Samantha Powers, Preschool Special Education Teacher
Dana Greenberg, Associate Principal	Lea Skolnik, ELL Teacher
Karrie Hein, Teacher	Jill Vanderveer, Associate Principal

^ Served on the College & Career Readiness Task Force

STUDY SESSION OUTLINE

- Start Time Advisory Charge/Task & Process
- Additional Data analysis since last Study Session
- Additional engagement strategies
 - Administrators
 - High School Student Listening Sessions
- Recommendations for district consideration
- Next steps



START TIME ADVISORY CHARGE/TASK & PROCESS

START TIME ADVISORY CHARGE/TASK

- Understand the impacts of the start time changes made for 2018-19
- Engage stakeholders to learn about impacts
- Identify recommendations for district consideration

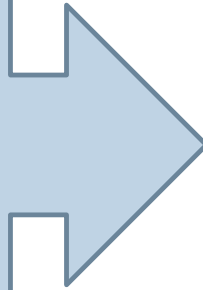
ADVISORY PURPOSE: LEARN ABOUT THE IMPACTS

- Teaching and learning
- Student health and well-being
- Family and staff routines and schedules
- Staff and parent access to meet for communication
- Extracurricular activities outside of the school day

2018-19 ADVISORY PROCESS

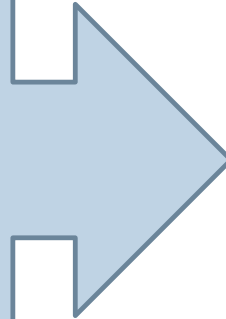
November

- Engagement Strategy: Parent and Staff Survey



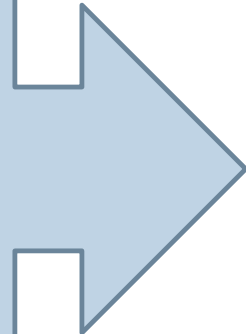
March/April

- Engagement Strategy: Administrative Feedback
- Engagement strategy: High School Student Listening Sessions



May

- Identify Recommendations for District Consideration





ADDITIONAL DATA ANALYSIS SINCE LAST STUDY SESSION

ELEMENTARY START TIME SURVEY FEEDBACK: 8:50 START TIME VS. 9:05/9:20 START TIME

**November 2018 Community Engagement Survey: Impacts of School Start Time Changes
Themes Based on Parent Verbatim Comments**

Impact on Work Schedule

- Negative impact on parents' morning work schedules
- Creates challenges for getting to work on time and/or work a morning work shift

Impact on Student Health and Well-Being

- Student fatigue because of the later elementary dismissal time
- Impact of fatigue on completing homework
- Long day for students participating in before and after school opportunities
- Impact of the 7-period schedule - added stress and work load
- Want a later high school start time – current start times are too early for high school students
- Concern with elementary students in the dark at the end of the day

Impact on Child Care

- Financial impact on families to provide for child care in the morning
- Lack of available openings with existing child care providers

Impact on Family and Socialization

- Less time for elementary students to participate in family activities due to later dismissal time
- Impact on elementary students' ability to socialize with their friends after school

Impact on Extracurricular Activities

- Opportunities are available, but school dismissal times hinder ability to participate

Impact on Transportation

- Traffic congestion for parents driving students to school
- Gap in start times between elementary and middle schools creates challenge for parents who have students at both levels

Themes Based on Staff Verbatim Comments

Impact on Work Schedule

- Some elementary staff report liking the longer block of planning time before students arrive
- Some middle school staff report liking the amount of planning time before students arrive, with sufficient time at the end of the day
- Elementary staff report having to work beyond the contract day - providing student supervision, waiting for congested parking lots to clear, meeting with colleagues and/or parents
- Impact on ability for staff to schedule after school personal appointments

Impact on Instruction and Learning

- Student focus and engagement is less by the end of the student day
- Instruction is more challenging due to student fatigue
- Elementary reports longer blocks of instruction in the afternoon are challenging
- Increase in student workload with 7 classes
- Staff report more fatigue themselves as well

Impact on Child Care

- Some staff report increased costs to provide for morning child care because their own elementary student have a later school start time

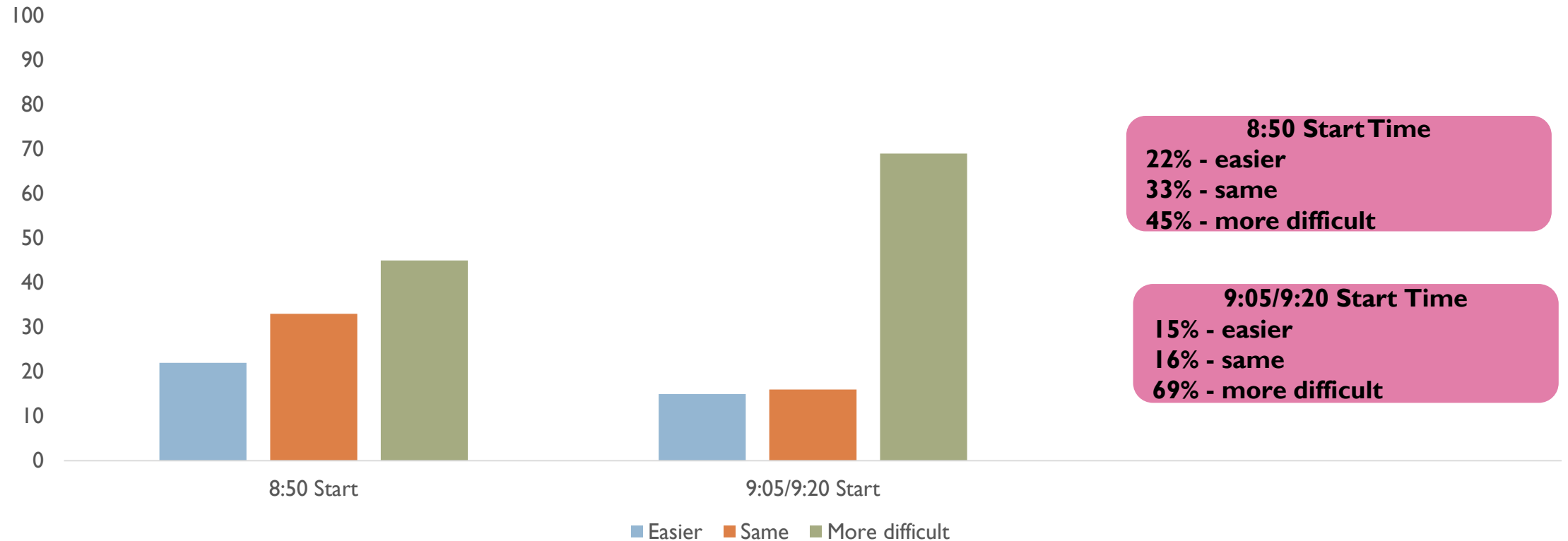
NOVEMBER 2018 SURVEY THEMES

NOVEMBER 2018 SURVEY FEEDBACK: ELEMENTARY PARENTS

Group	Filter Rule for Disaggregation	Responses
Elem – 8:50	Parents with enrolled elementary students in 8:50 Start Time Schools	205
Elem – 9:05/9:20	Parents with enrolled elementary students in 9:05 and 9:20 Start Time Schools	518

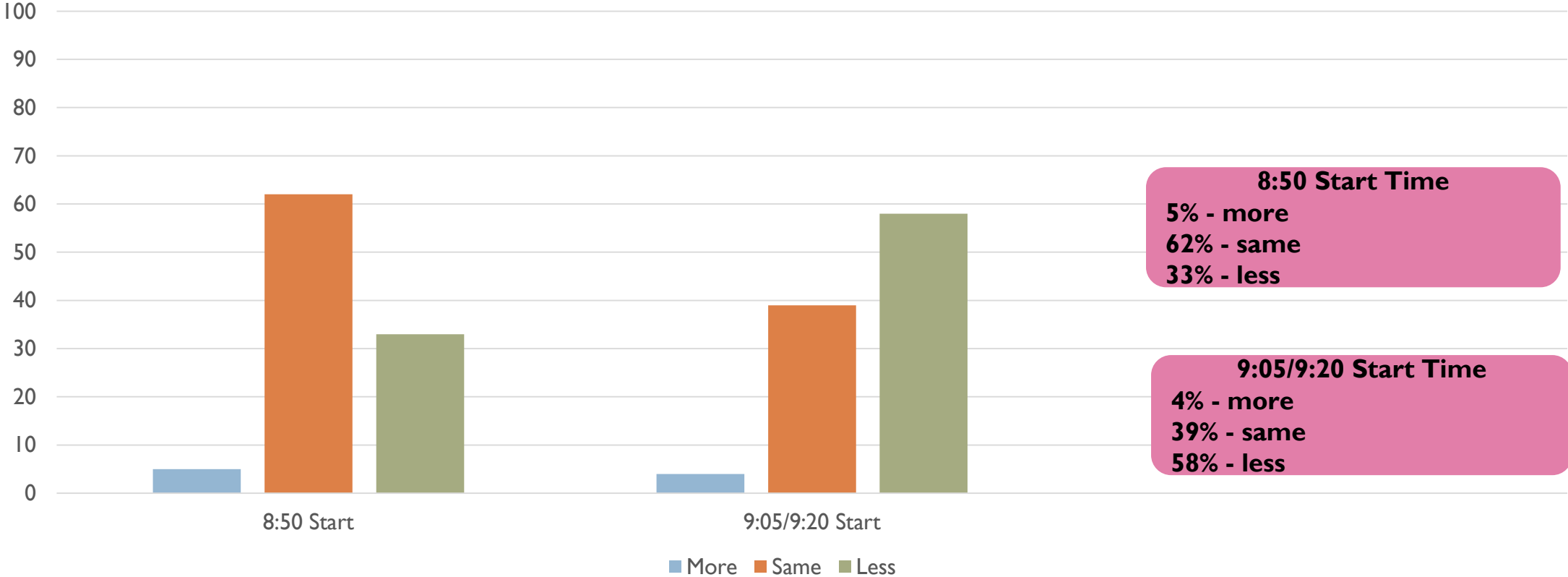
ELEMENTARY PARENTS: ROUTINES

Compared to last year, how have start times affected your routines for getting children to and from school?



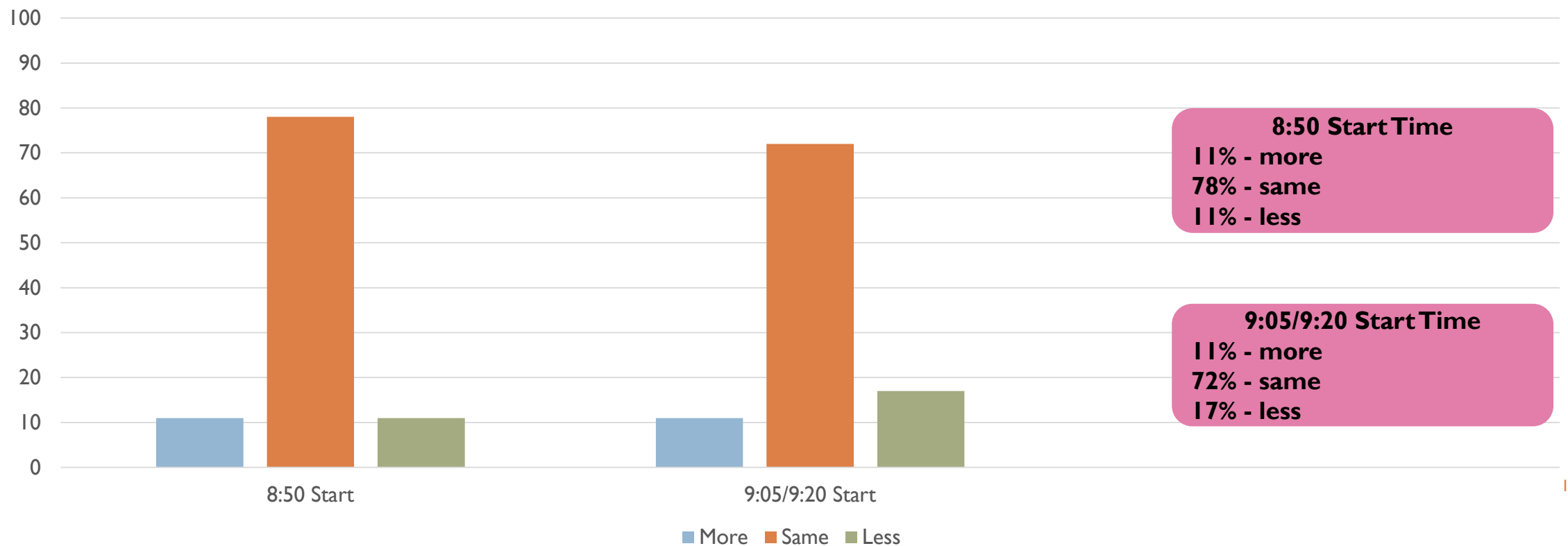
ELEMENTARY PARENTS: EXTRACURRICULAR ACTIVITIES

Compared to last year, how have start times affected your child's opportunities to participate?



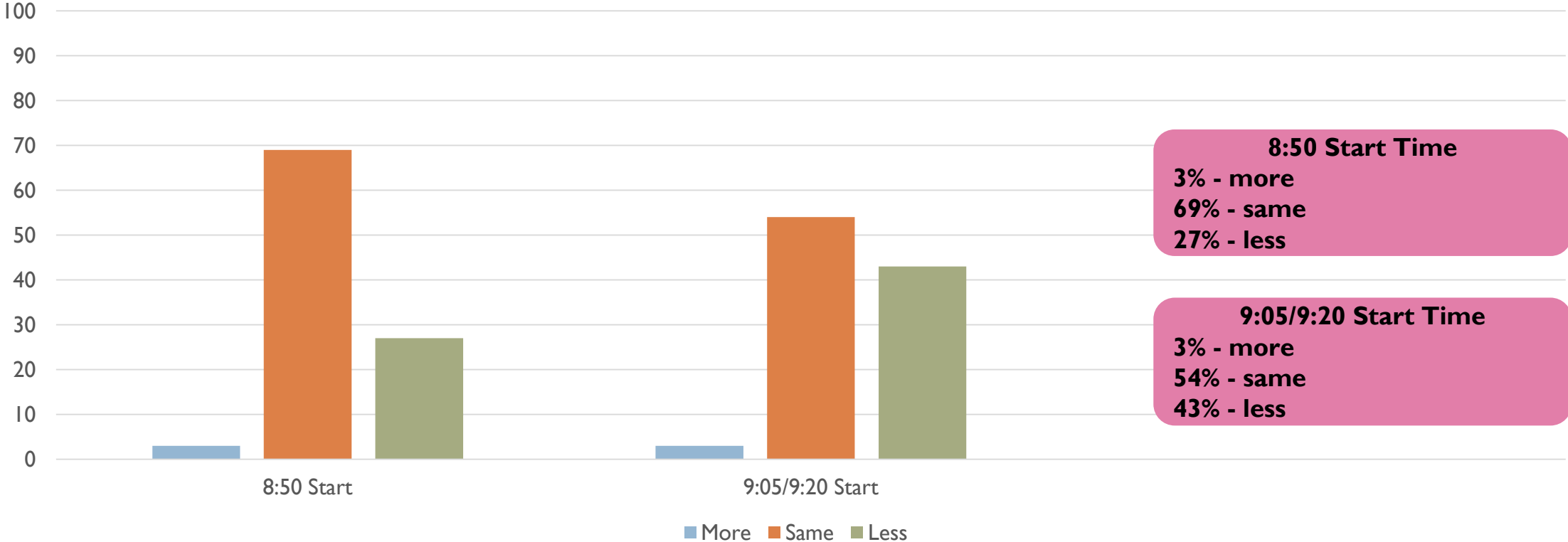
ELEMENTARY PARENTS: ACCESS TO STAFF BEFORE SCHOOL

Compared to last year, how have start times affected your opportunities to meet with staff **before** school?



ELEMENTARY PARENTS: ACCESS TO STAFF AFTER SCHOOL

Compared to last year, how have start times affected your opportunities to meet with staff **after** school?

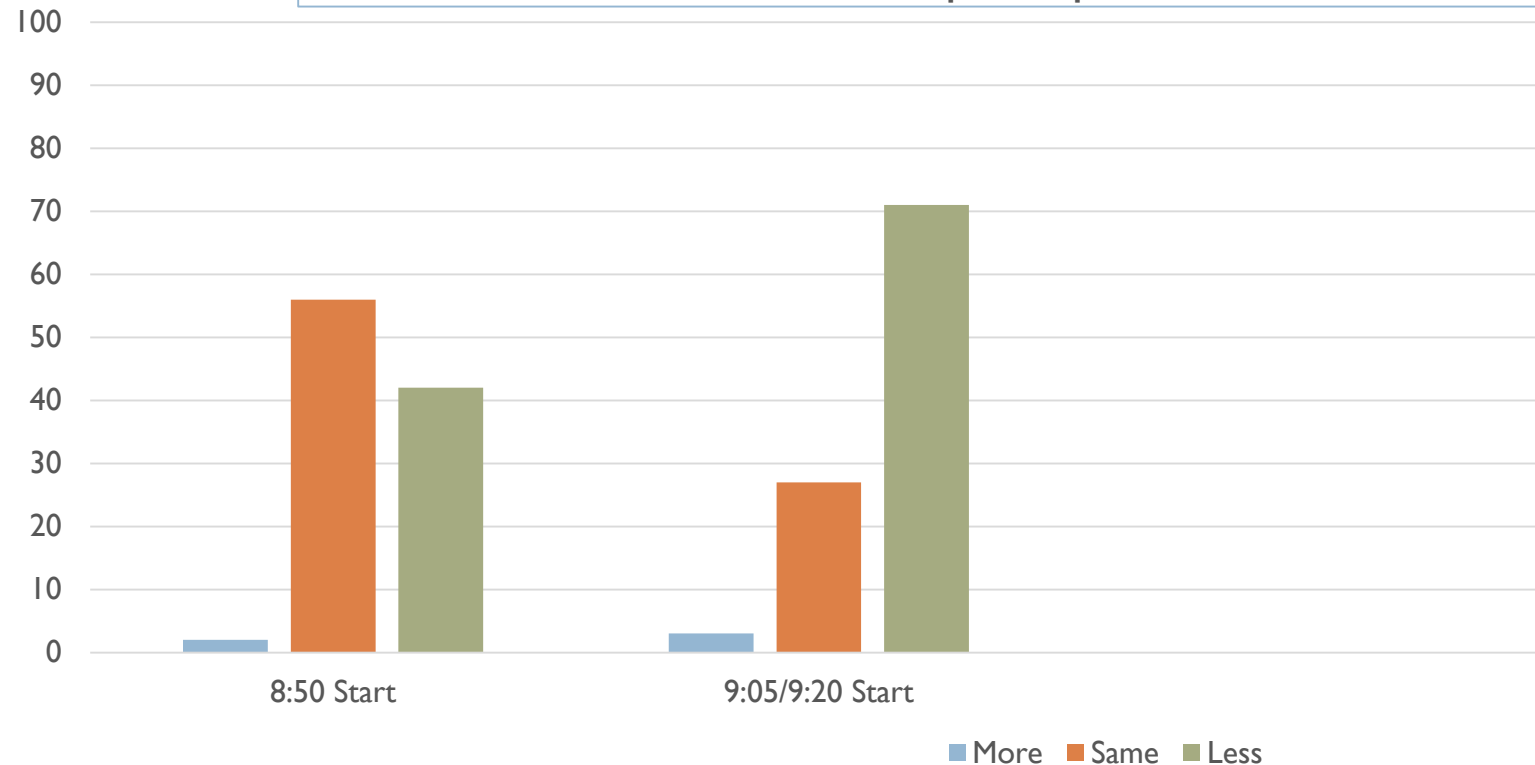


NOVEMBER 2018 SURVEY FEEDBACK: ELEMENTARY STAFF

Group	Filter Rule for Disaggregation	Responses
Elem – 8:50	Staff working in elementary schools with 8:50 Start Times	66
Elem – 9:05/9:20	Staff working in elementary schools with 9:05 or 9:20 Start Times	232

ELEMENTARY STAFF: PROFESSIONAL ACTIVITIES

Compared to last year, how have start times affected your opportunities to participate?

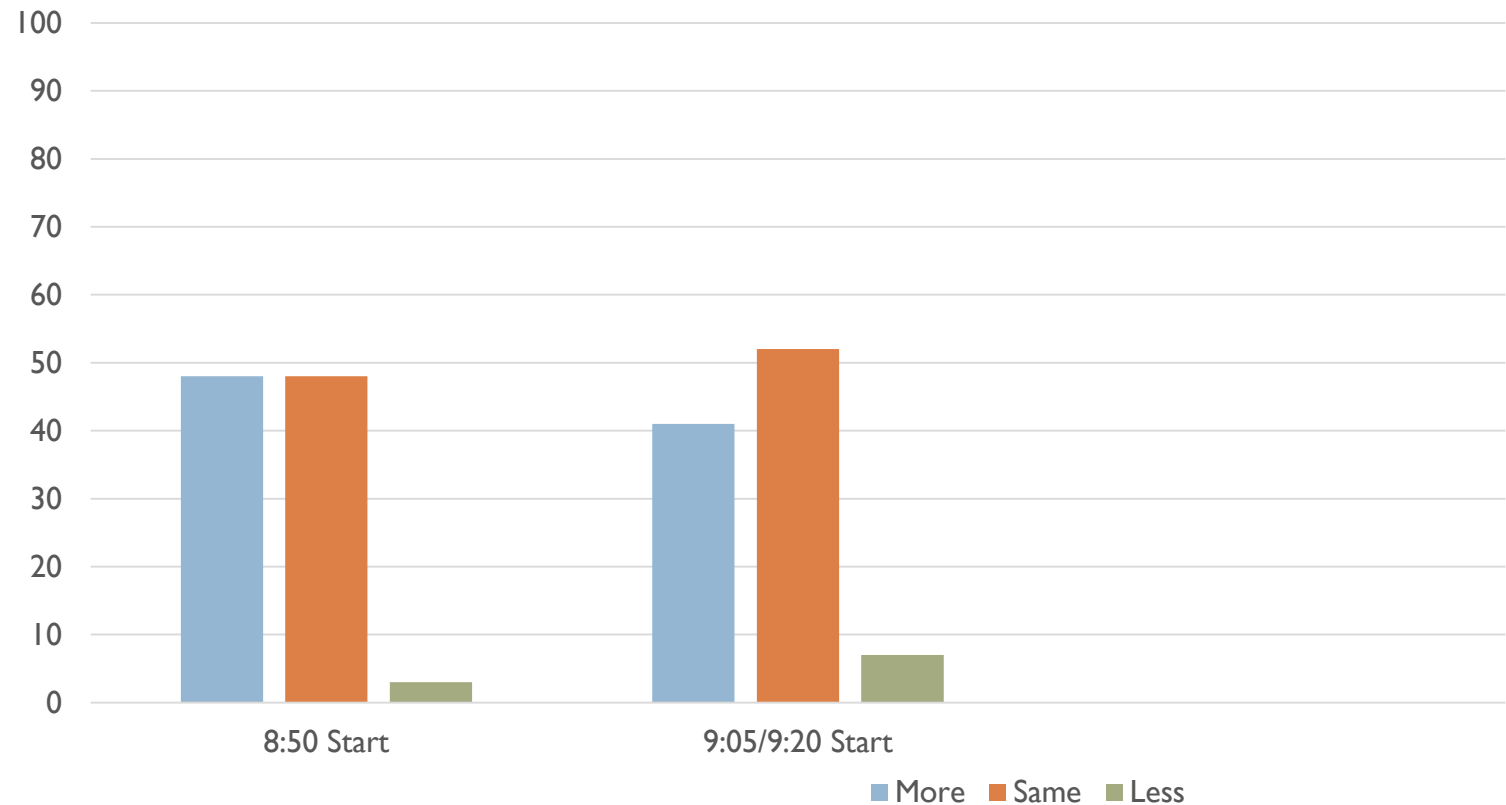


8:50 Start Time
2% - More
56% - Same
42% - Less

9:05/9:20 Start Time
3% - More
27% - Same
71% - Less

ELEMENTARY STAFF: ACCESS TO PARENTS BEFORE SCHOOL

Compared to last year, how have start times affected your opportunities to meet with parents **before** school?

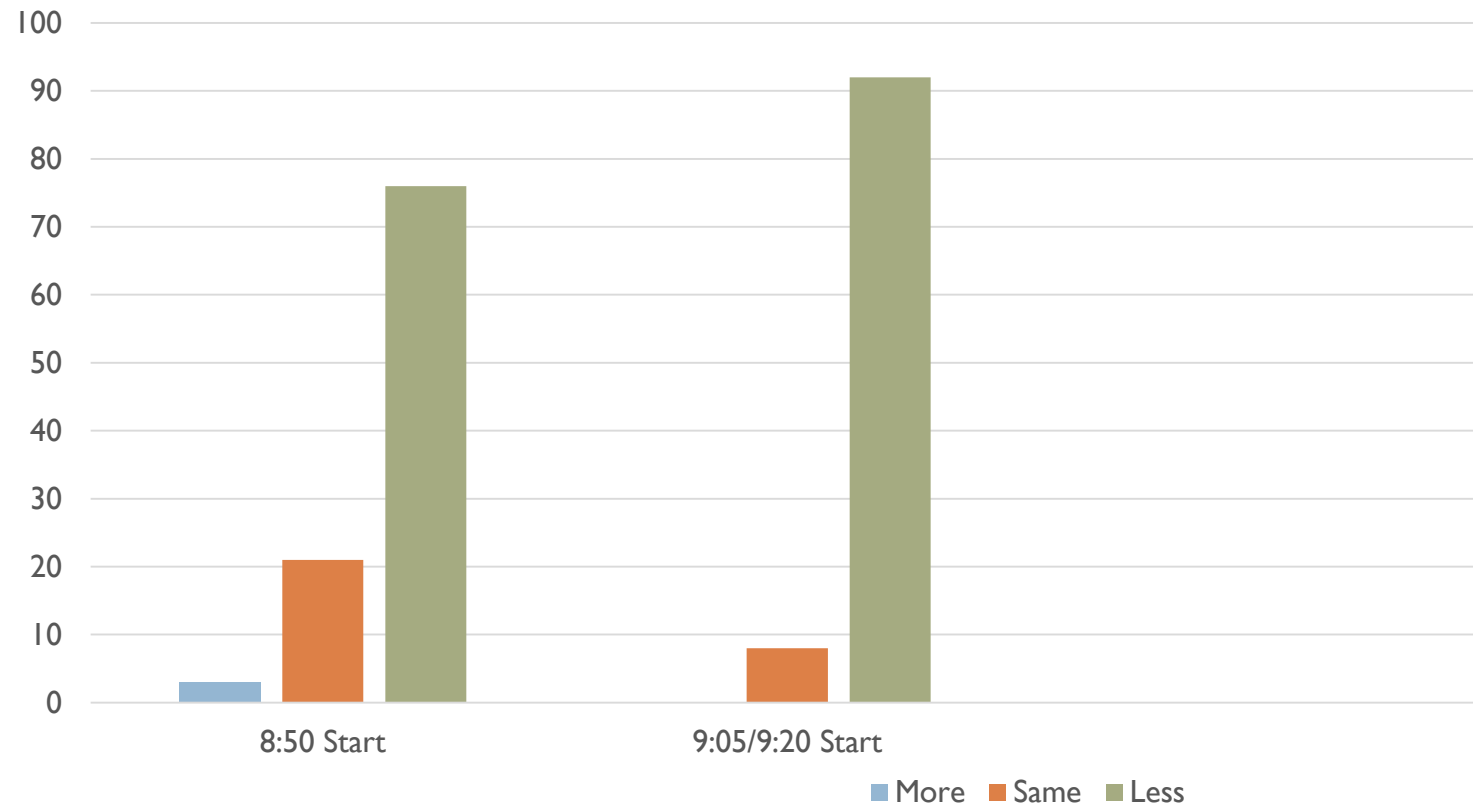


8:50 Start Time
48% - more
48% - same
3% - less

9:05/9:20 Start Time
41% - more
52% - same
7% - less

ELEMENTARY STAFF: ACCESS TO PARENTS AFTER SCHOOL

Compared to last year, how have start times affected your opportunities to meet with parents **after** school?

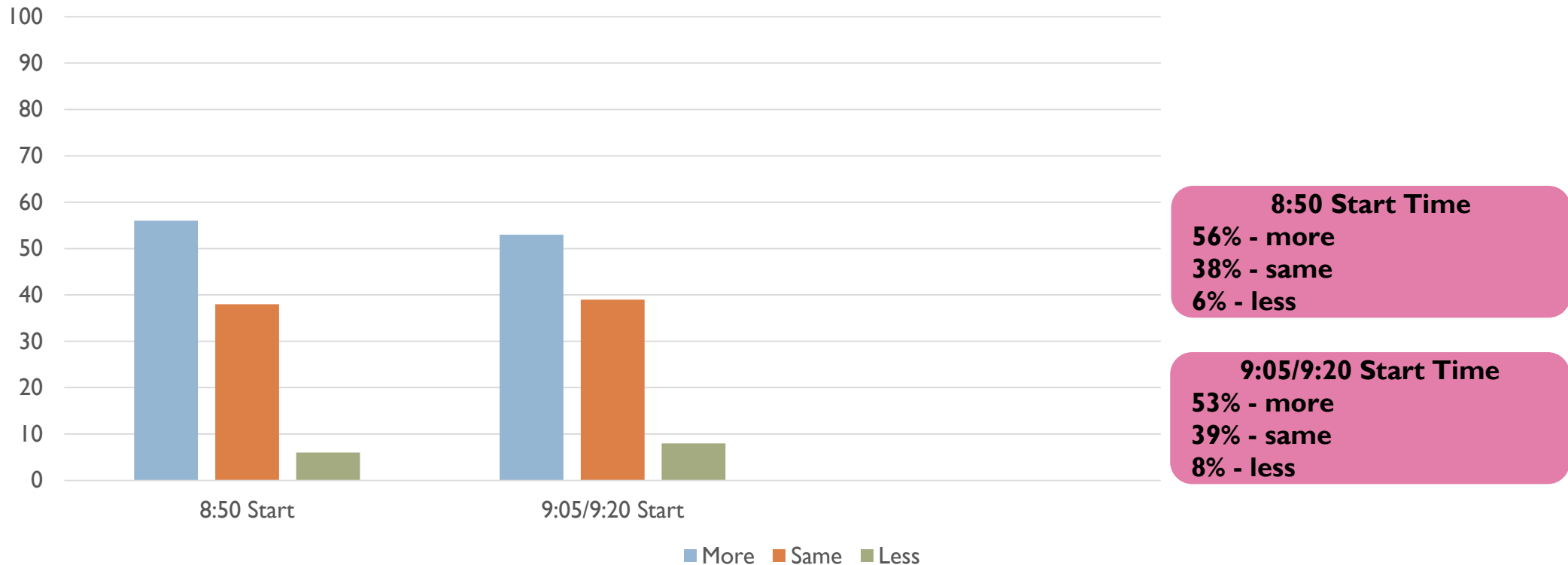


8:50 Start Time
3% - more
21% - same
76% - less

9:05/9:20 Start Time
0% - more
8% - same
92% - less

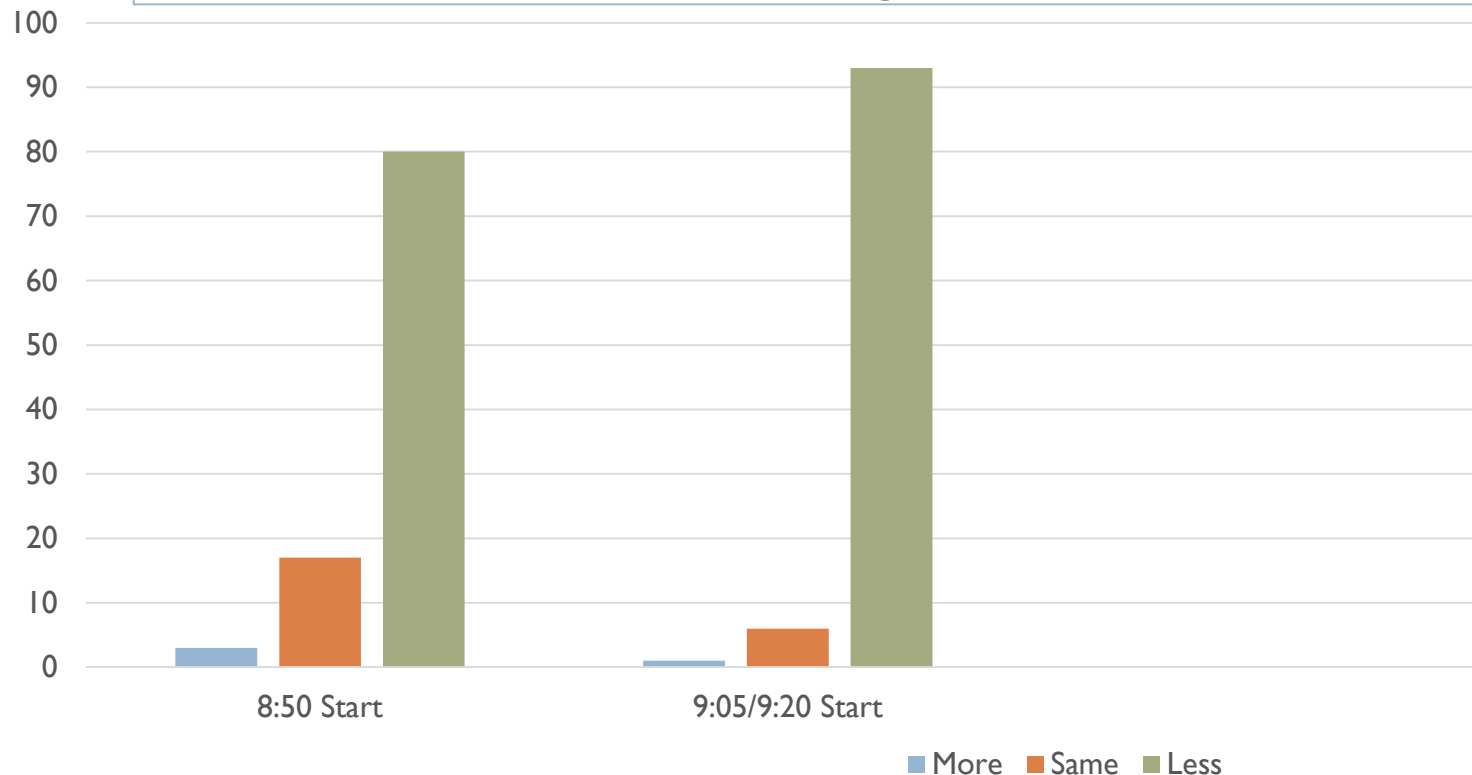
ELEM STAFF: ACCESS TO COLLEAGUES BEFORE SCHOOL

Compared to last year, how have start times affected your opportunities to meet with colleagues **before** school?



ELEM STAFF: ACCESS TO COLLEAGUES AFTER SCHOOL

Compared to last year, how have start times affected your opportunities to meet with colleagues **after** school?



8:50 Start Time
3% - more
17% - same
80% - less

9:05/9:20 Start Time
1% - more
6% - same
93% - less



ADDITIONAL ENGAGEMENT STRATEGIES

HIGH SCHOOL STUDENT LISTENING SESSIONS

- 190 students participated
- 2 sessions held in each high school during a period of the school day
 - Grade 9 students alone
 - Grades 10-12 students together
- Diverse group representation included:
 - Male/female balance
 - Race/ethnicity
 - Low income
 - Special Education & 504
 - ELL
 - Varying levels of school involvement/engagement
 - Range of academic performance levels

LISTENING SESSION: CURRENT START TIME @ 7:30 A.M.

Positive impact of current start time

- There is time after school to do other things (friends, clubs, sports, homework)
- Enjoy getting out of school early
- Easy to get to school – less traffic
- Already used to this start time
- Have adjusted to getting up early
- Coordinates with parents' work schedules
- More time for completing homework after school

Negative impact of current start time

- Lack of sleep
- Difficulty focusing in 1st period class
- Disrupts meal times – skipping breakfast, early lunch schedule
- Affects awareness and clarity of thinking in morning and rest of the day
- Take naps after school
- Bus pick up times are very early
- Overall mental health and well-being

LISTENING SESSION: CURRENT START TIME @ 7:30 A.M.

Positive impact of a later start time

- More time for sleep
- Less rush to get to school on time
- Better focus, energy, and performance throughout the day
- Can do homework in the morning before school
- Not as hungry if you have breakfast before school
- Overall health, physical and mental well being

Negative impact of a later start time

- School dismisses later
- Have already had to adjust to being in school 20 more minutes
- After school activities would start and end later
- After school jobs
- Might have to stay up later doing homework
- Could interfere with parents' work schedules and getting to school

LISTENING SESSION: CURRENT START TIME @ 7:50 AND 8:00 A.M.

Impact of current start time

- There is time after school to do other things (friends, clubs, sports, homework)
- Enjoy getting out of school early
- Easy to get to school
- Already used to this start time
- Maintain routines (8:00)
- Coordinates with parents' work schedules
- Lack of sleep, tired (7:50)

Impact of a later start time

- More time for sleep
- School dismisses later
- After school activities would start and end later
- Impact on bus schedules (8:00)
- Impact on students with jobs
- Might have to stay up later doing homework



RECOMMENDATIONS FOR DISTRICT CONSIDERATION

GETTING STUDENTS TO AND FROM SCHOOL

- The Advisory acknowledges a number of variables that impact start and end times:
 - Need for staggered start and end times between school levels
 - Traffic flow in the region
 - Availability of bus drivers
 - Other factors not within our control
- The Advisory acknowledges that getting students to and from school safely and efficiently every single day is a complicated task

ENGAGEMENT FEEDBACK: KEY TAKE-AWAYS

- The impact of the later start and end times for elementary schools created unintended consequences, particularly for the schools with a 9:20 a.m. start time.
- The impact of changes in middle school start and end times has resulted in less disruption than those reported by elementary schools.
- High school students at all grades are divided as to the merits of a later start time compared to staying with their current start and end time.
- High school students with an 8:00 a.m. school start time reported more benefits about their current school start and end times.

2018-19 START AND END TIMES: ELEMENTARY

	Lake Washington	Bellevue	Issaquah	Northshore
Start	8:50 a.m. (11) 9:05 a.m. (2) 9:20 a.m. (19)	8:00 a.m. (6) 8:05 a.m. (2) 8:40 a.m. (2) 9:00 a.m. (3) 9:05 a.m. (5)	9:05 a.m. (1) 9:15 a.m. (14)	8:50 a.m. (2) 8:55 a.m. (2) 9:00 a.m. (3) 9:05 a.m. (5) 9:10 a.m. (2) 9:20 a.m. (9) 9:25 a.m. (1)
End	3:20 p.m. (11) 3:35 p.m. (2) 3:50 p.m. (19)	2:30 p.m. (6) 2:35 p.m. (2) 3:10 p.m. (2) 3:30 p.m. (3) 3:35 p.m. (5)	3:30 p.m. (1) 3:40 p.m. (14)	3:20 p.m. (2) 3:25 p.m. (2) 3:30 p.m. (3) 3:35 p.m. (5) 3:40 p.m. (2) 3:50 p.m. (9) 3:55 p.m. (1)

ADVISORY RECOMMENDATIONS: PRESCHOOL & ELEMENTARY

- The Advisory recommends that the district consider the range of Preschool programs and Elementary school start times to begin no later than 9:00 a.m.

- Considerations:
 - Teaching and learning
 - Student health and well-being
 - Family and staff routines and schedules
 - Staff and parent access to each other for meetings
 - Extracurricular activities outside of the school day

2018-19 START AND END TIMES: MIDDLE SCHOOL

	Lake Washington	Bellevue	Issaquah	Northshore
Start	7:30 a.m. (2) 7:50 a.m. (1) 8:00 a.m. (2) 8:10 a.m. (2) 8:25 a.m. (1) 8:30 a.m. (1) 8:35 a.m. (3)	7:45 a.m. (2) 8:15 a.m. (1) 8:30 a.m. (1) 8:38 a.m. (1) 8:45 a.m. (1)	8:10 a.m. (4) 9:15 a.m. (1)	8:20 a.m. (4) 8:25 a.m. (1) 8:30 a.m. (1)
End	2:05p.m. (2) 2:20 p.m. (1) 2:30 p.m. (2) 2:40 p.m. (2) 2:55 p.m. (1) 3:05 p.m. (4)	2:30 p.m. (2) 3:00 p.m. (1) 3:30 p.m. (3)	2:35 p.m. (4) 3:40 p.m. (1)	2:55 p.m. (4) 3:00 p.m. (1) 3:05 p.m. (1)

ADVISORY RECOMMENDATIONS: MIDDLE SCHOOL

- The Advisory recommends that the district consider the range of middle school start and end times to remain similar to the 2018-19 ranges
- Considerations:
 - Teaching and learning
 - Student health and well-being
 - Family and staff routines and schedules
 - Staff and parent access to each other for meetings
 - Extracurricular activities outside of the school day

2018-19 START AND END TIMES: HIGH SCHOOL

	Lake Washington	Bellevue	Issaquah	Northshore
Start	7:30 a.m. (4) 7:50 a.m. (2) 8:00 a.m. (2)	8:00 a.m. (4) 8:15 a.m. (1) 8:20 a.m. (1)	8:00 a.m. (3) 8:50 a.m. (1)	7:45 a.m. (4) 7:55 a.m. (1)
End	2:05 p.m. (1) 2:20 p.m. (3) 2:40 p.m. (2) 2:50 p.m. (2)	3:00 p.m. (4) 3:15 p.m. (1) 3:20 p.m. (1)	2:52 p.m. (1) 2:55 p.m. (2) 3:50 p.m. (1)	2:20 p.m. (4) 2:30 p.m. (1)

ADVISORY RECOMMENDATIONS: HIGH SCHOOL

- The Advisory recommends that the district consider the range of High School start times to begin no earlier than 8:00 a.m.
- Considerations:
 - Improve overall health - physical and mental well being
 - Improve better focus, energy, and academic performance throughout the day
 - Provide for participation in extracurricular activities outside of the school day

OTHER AREAS FOR CONSIDERATION

- Daylight-savings time changes due to legislative proposals
- Contract-related scheduling factors
- Impact of start and end time changes for preschool programs
- Bus costs for middle and high school extracurricular activities
- Start and end time schedules for elementary “walking” schools
- Schedules to accommodate elementary and middle school band and orchestra



NEXT STEPS



NEXT STEPS: GOING FORWARD

- The Superintendent will examine the recommendations to determine next steps and feasibility for any changes
- Any revisions to the existing schedule would not take effect until the start of the 2020-21 school year