

School Start Time Adjustments for 2021-2022

Presented by:

Dr. Wayne Kazmierczak, Superintendent

Key factors

- **The recommendation aligns with the District's Strategic Plan:**
Strategy 2: We will provide expanding access to a broad range of opportunities for all students.
 - *Specific Result 5a: Academic scheduling is critical to the social and emotional wellbeing of each student.*
 - *Evaluate and revise start times of elementary, middle, and high schools using evidence based best practices.*

Key factors continued

- **School start times emerged as a priority through the Big Sleuth ideas competition** from the 2018-19 school year. This idea (*Delaying Secondary School School Start Times To Align With Research*) was one of more than 140 ideas voted on by school employees and was ultimately one of the top six vote-getters showing strong support amongst school staff for the concept.

Key factors continued

- **The proposed change aligns with research on adolescent sleep.** There are many resources available to learn more about this topic, two of which are: the National Sleep Foundation and the National Center for Biotechnology Information (NCBI). As these and other resources delineate, delaying school start times for adolescents has shown many benefits including improved academic performance, reduced engagement in risky behaviors, and improved health. Later school start times positively correspond to improved attendance including fewer tardies, fewer disciplinary issues, reduced irritability, fewer symptoms of depression, and fewer motor vehicle crashes.

Key factors continued

- **The proposed change is consistent with a commitment the District made to the City of White Bear Lake and current WBLAHS - North Campus neighborhood residents to prioritize the mitigation of traffic impact.**

When current North Campus becomes the unified high school in the fall of 2024, the start time will need to be approximately 8:30 a.m. based on the results of the traffic study that was completed as part of the facilities planning process. An 8:30 a.m. start time allows the heaviest morning traffic to move through Highway 61 before the bulk of high school traffic begins.

Key factors continued

- **The proposed change would allow the District to run a more efficient, three-tiered transportation system**, resulting in significant savings in operating costs. A three-tiered system utilizes the same buses to transport students at all three grade levels (elementary, middle school, and high school).

Grade Level/School	Prior to 2020-21	2020-21 School Year (as of Feb. 2021)	2021-22 School Year (Proposed)
Elementary School Birch Lake, Hugo, Oneka, Otter Lake, Lakeaires, Lincoln, Vadnais Heights, Willow Lane	9:15am - 3:40pm	In-person: 9:15am - 2:40pm Distance: 9:00am - 2:40pm	7:45am - 2:15pm
Elementary School Matoska International	9:15am - 3:40pm	In-person: 9:15am - 2:40pm Distance: 9:00am - 2:40pm	8:30am - 3:00pm
Middle School Sunrise Park Middle School and Central Middle School	8:15am - 3:02pm	Hybrid 2.0: 8:05am - 2:00pm Distance: 8:20am - 1:50pm	9:15am - 4:00pm
High School White Bear Lake Area High School - North Campus	7:30am - 2:15pm	Hybrid 2.0: 7:30am - 1:15pm Distance: 8:20am - 1:50pm	8:25am - 3:10pm
High School White Bear Lake Area High School - South Campus	7:55am - 2:35pm	Hybrid 2.0: 8:20am - 1:50pm Distance: 8:20am - 1:50pm	8:45am - 3:30pm
High School Area Learning Center (ALC)	8:00am - 2:27pm	Hybrid 2.0: 8:20am - 1:50pm Distance: 8:20am - 1:50pm	8:40am - 3:25pm