



Northshore  
School District

# **“Healthy Start Times” update**

*June 14, 2021*



1. Update on Start Times Recommendation
2. Background and Context
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## Update

*Moving to healthy  
start times in phases*





## Update: Moving to Healthy Start Times in phases

### A phased approach

Phase 1 – September 2021

Phase 2 – September 2022





# Phase 1: Moving High School start times to after 8 a.m.

SCHOOL	CURRENT 20-21	Phase 1
CANYON PARK MS	8:30-3:05	7:55-2:30
KENMORE MS	8:30-3:05	7:50-2:25
LEOTA MS	8:35-3:10	7:50-2:25
SKYVIEW MS	8:30-3:05	7:55-2:30
NORTHSHORE MS	8:30-3:05	7:50-2:25
TIMBERCREST MS	8:40-3:15	7:50-2:25
SCHOOL	CURRENT 20-21	Phase 1
BOTHELL HS	7:30-2:35	8:15-3:15
INGLEMOOR HS	7:30-2:35	8:15-3:15
NORTH CREEK HS	7:30-2:35	8:15-3:15
WOODINVILL HS	7:30-2:35	8:20-3:20
SCHOOL	CURRENT 20-21	Phase 1
INNOVATION LAB HS	7:45-2:50	8:15-2:55
SAS	7:55-2:30	8:20-2:55

SCHOOL	CURRENT 20-21	Phase 1
NETWORKS AM	8:00-1:30	8:00-1:30
NETWORKS PM	10:00-3:30	10:00-3:30
PATHWAYS	7:45-2:20	8:00-2:35
SORENSEN AM	8:20-10:50	8:20-10:50
SORENSEN PM	12:20-2:35	12:20-2:35
PHONOLOGY AM	TBD	TBD
PHONOLOGY PM	TBD	TBD
WOODMOOR ECC AM	8:10-10:50	9:25-11:55
WOODMOOR ECC PM	12:00-2:30	1:25-3:55
HEAD START	10:10-1:40	10:10-1:40
ECEAP	10:10-1:40	10:10-1:40



# Phase 1: Elementary School start times

School	Current Times	Proposed Phase 1 Times
Arrowhead	9:10 – 3:40	9:05 – 3:35
Canyon Creek	9:10 – 3:40	9:15 – 3:45
Cottage Lake	9:30 – 4:00	9:35 – 4:05
Crystal Springs	9:30 – 4:00	9:30 – 4:00
East Ridge	9:20 – 3:50	9:10 – 3:40
Fernwood	9:00 – 3:30	9:20 – 3:50
Frank Love	9:10 – 3:40	9:10 – 3:40
Hollywood Hill	9:25 – 3:55	9:35 – 4:05
Kenmore	9:05 – 3:55	9:10 – 3:40
Kokanee	9:30 – 4:00	9:30 – 4:00
Lockwood	9:30 – 4:00	9:30 – 4:00
Maywood Hills	9:00 – 3:30	9:10 – 3:40
Moorlands	9:05 – 3:35	9:20 – 3:50
Ruby Bridges	9:15 – 3:45	9:30 – 4:00
Shelton View	9:30 – 4:00	9:25 – 3:55
Sunrise	9:30 – 4:00	9:25 – 3:55
Wellington	9:15 – 3:45	9:30 – 4:00
Westhill	9:30 – 4:00	9:30 – 4:00
Woodin	9:10 – 3:40	9:10 – 3:40
Woodmoor	9:30 – 4:00	9:30 – 4:00

## Summary

- Middle Schools start times between 7:50-7:55 am
- High Schools start between 8:15-8:20 am
- Elementary Schools no later than 4:05 pm dismissal
- Requires driver replacement of those that retired only (no additional)
- Implementation uses current fleet – no additional buses required
- Program bus replacement for old buses is already in process
- May be minor adjustments in special program times-Phonology based on bell time when placement is decided



## Phase 2: Full Compliance with Board Resolution 714



### Phase 2 – September 2022

Full implementation of Resolution 714  
(start times at or after 8 and end times by 4)

- Continued work by District staff
  - Leveraging the efforts of Transpo Group
- Learning from Phase 1 implementation
- Experience with new technology
  - *More on new technology later*

# Background

*History of this Work*





## Background: History

- **This work started at least ten years ago**, some community members on the current Technical Workgroup have been involved all along the way.
- **Efforts have involved**, staff, consultants (technical experts) and community members.

A few comments from our workgroup members involved

During my tenure as a bus driver, I have transported students to ALL schools in our district, providing me the opportunity to opine on all the different aspects of traffic, congestion areas, areas of concern, and most importantly the need for better and safer ingress and egress access points to maximize safety and efficiency of our Transportation system.

**Scott Engel** – Shop Steward

I started working on this when my daughter (now a sophomore in college) was in kindergarten. I am the last of the “original” PALS group to have a kid in public school (sophomore so will get 1 year of a later start). I don’t know if you want to go back that far, but it feels so nice to finally have a concrete plan in place. Thanks to everybody in this group who stuck with it and figured out a way to make it happen. **Wendy Reynolds**

This recommendation comes after at least a decade of discussion, a multi-year task force and multiple meetings by administrators, teachers, school bus drivers, parents and community leaders. We should all remember the initial reason for these changes: 40+ years of scientific research tells us that high schoolers starting too early leads to lower academic results, depression and even suicides. This change will save lives. **Nicolas Duchastel de Montrouge**



## Technology Improvements: Improving Safety and Efficiency



### **“My Stop”**

- Allows parents the ability to track timing of bus arrival at each stop in route on phone

### **“Tyler Drive”**

- Tablet mounted in each bus with anticipated rider’s names.
  - Tracking status of students on buses and confirming each student gets to the right stop
- Both in testing phase currently

Fully deployed in September 2021

# Next Steps

*Committed to Phase 2*

SCHOOL DISTRICT

NORTHSHORE SCHOOL



## Phase 2: Compliance with Board Policy

- Board Policy  
No school start times before 8 a.m. or dismissal after 4 p.m.
- Staff will:
  - Implement Phase 1 as described above
  - Learn from the changes that are occurring to support full implementation
    - Program moves to with each District region (where possible)
    - Move of all elementary music programs to within the school day (September 2021)
    - Purchase of additional buses needed for full implementation (already initiated)
    - Hiring of additional drivers to support full implementation
    - Improving ingress and egress at school sites where needed
  - Continue working with transportation experts and community members
  - Recommend a final phase 2 plan to the School Board

*“I am very proud of the fact that this entire process has been very inclusive ... making sure that teachers, coaches, school bus drivers, union reps, administrators, parents and community leaders have all been invited to participate. Everyone was always very open to listen to different perspectives - which have been taken into consideration. No change ever makes everyone happy; but, with the help of traffic engineers and other experts in the field, I am confident that this is a good proposal which moves us in the right direction: helping students.”*

***Nicolas Duchastel de Montrouge,  
Community Member – Start Times Technical Workgroup***



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**Questions?**