

Changing the High School start time in...



Glens Falls

C I T Y S C H O O L S

Paul Jenkins, Superintendent

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www.gfsd.org



Glens Falls City School District

- UPK-12; 2,000 students and falling (~600:HS)
- Non-bussing district (small city)
- HS/MS campus plus 3 neighborhood elementary buildings
- Business Review district rankings (2014): **21 of 85**





Overview: Start Time/Sleep Study

- Initiative developed from HS faculty/staff discussions on how to improve student achievement (2010)
- Internal/external research (2010-11)
- Board resolutions (2011 – May, December)
- Prep (Spring, 2012): traffic, scheduling, athletics, communication, SLU sleep study
- High School start time shifted **from 7:45 a.m. to 8:26 a.m.** as of September 1, 2012
- SLU sleep study (2012-14)
- Course failures down; tardiness down; discipline referrals down



Overview: Start Time/Sleep Study

- Channel One news story:





Overview: Start Time/Sleep Study

- KCRW, the National Public Radio affiliate in Southern California:



- First speaker: Press Play radio host Madeleine Brand
- Second speaker: Kyla Wahlstrom, director of the Center for Applied Research and Education Improvement
- Third speaker: Liz Collins, GFHS



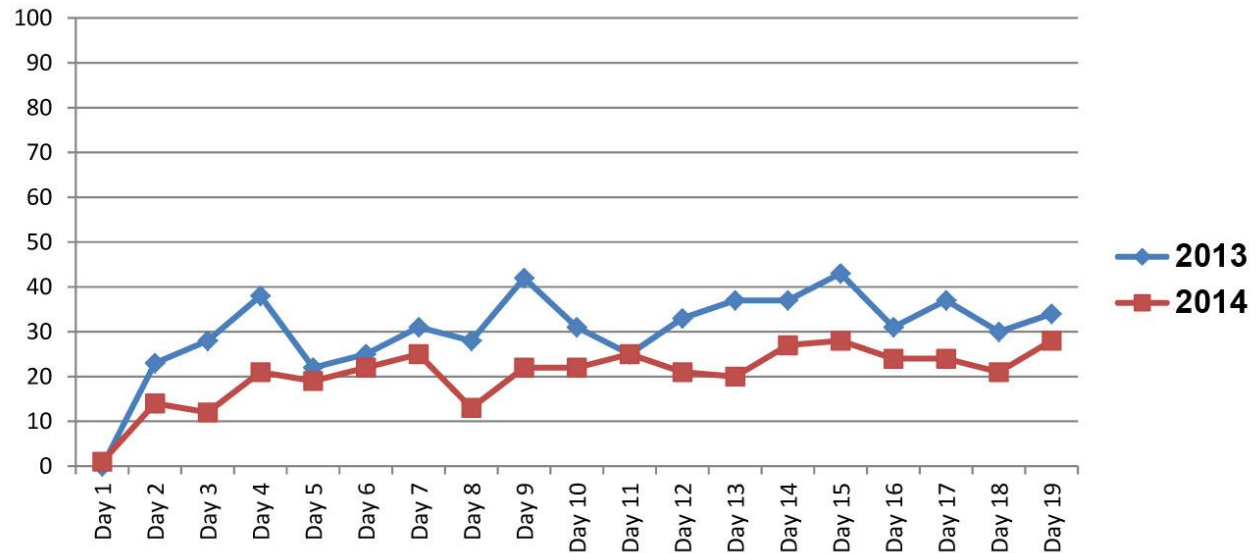
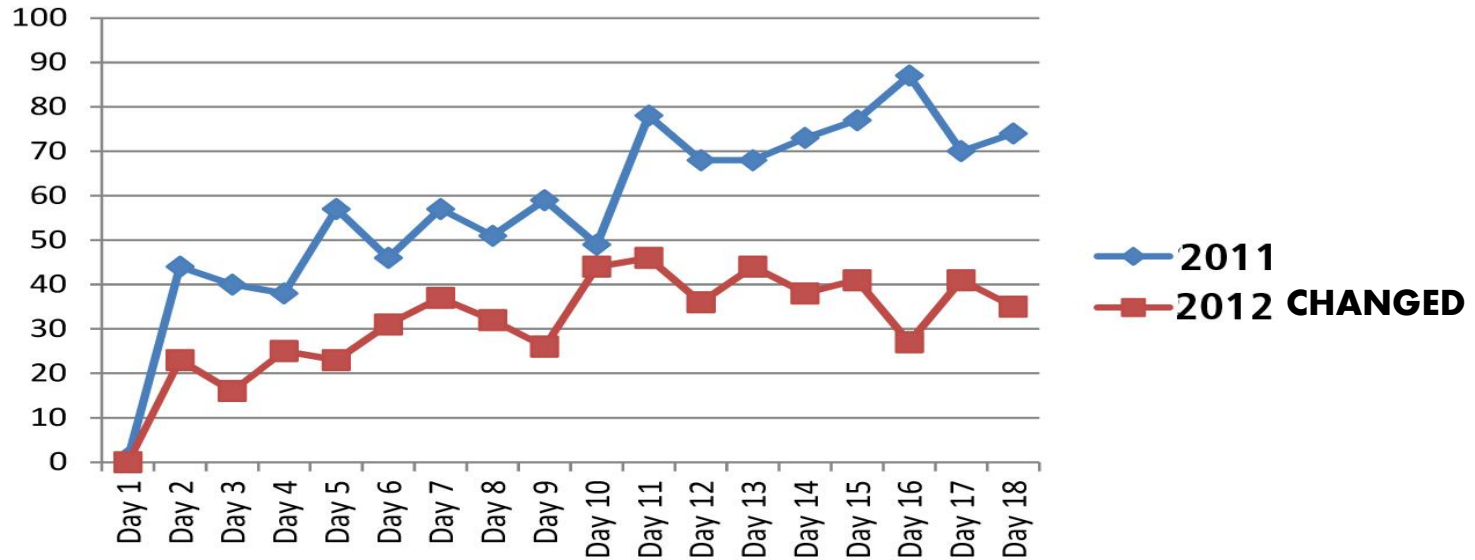
Implementation: Data highlights

- Tardiness rates cut almost in half, and maintained for three data cycles
- Fewer course failures
 - Decreased by five percentage points from pre- to post-implementation
- Fewer behavior issues
- 10% of students now getting 8+ hours of sleep
- Number of reported “all-nighters” decreased



Implementation: Tardiness data

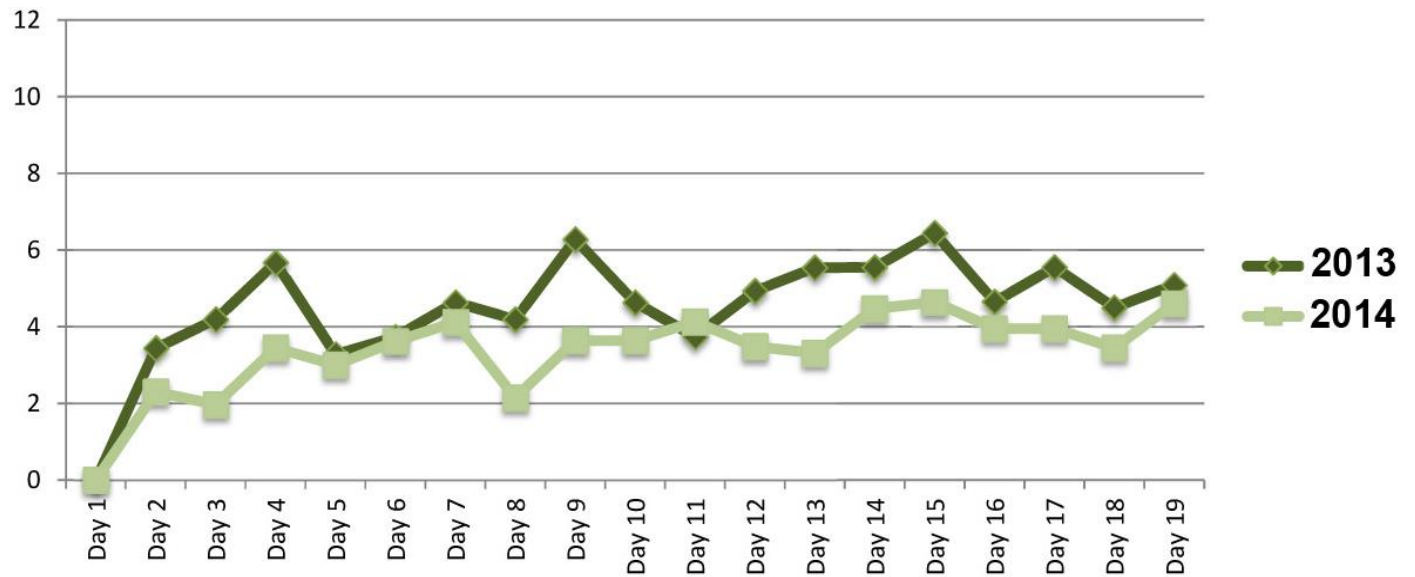
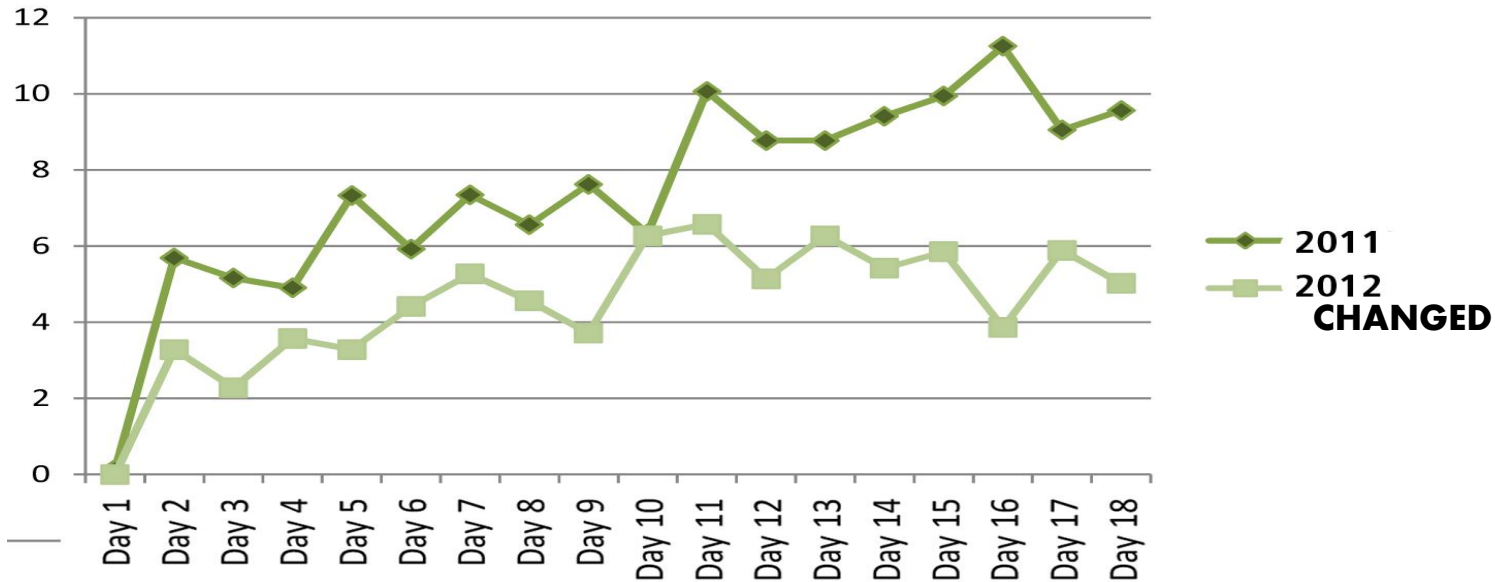
Raw number of
students tardy,
September:





Implementation: Tardiness data

Percentage of students tardy, adjusted daily for enrollment, September:





Implementation: Discipline data

Detentions, Tardies, Absences, Teacher Time outs	Number of offenses		Chi-square
	2010-2012	2012-2014	
Cut Detention	47	82	9.50
Cutting Class	512	351	30.04
Disorderly conduct	304	132	67.85
Disrespectful Behavior	329	157	60.87
Electronic Device Violation	383	145	107.28
Tardy	2407	1180	419.72
Teacher Time Out	458	45	339.10
Truancy (unexcused absence from school)	360	182	58.46



Sleep deprivation and health

- Sleep deprivation in teens can lead to:
 - Irritability, impulsiveness (Bates, et al. 2002)
 - Depression, lower self-esteem (Fredriksen, et al. 2004)
 - Decreased functionality, even though they may not report feeling sleepy (Beatty, 2001; Horowitz, et al. 2003)
- Poor sleepers are more likely to fail a grade than other students are, even when they do similar amounts of homework (Kahn, et al. 1989)



Implementation: Areas of concern

- Traffic associated with a concurrent HS/MS start time
- Scheduling: shared HS/MS staff; initial concern about student-athletes/9th period
- Athletics: practice and game times; bus availability for away games
- Communication: providing the facts



Implementation: Traffic



- Professional traffic study & recommendations
- Partnered with City to stripe drop-off zones
- Quade Street barricades and crosswalks shifts





Implementation: Scheduling

2012-2013

HIGH SCHOOL*

HR	8:28-8:33
1 st	8:36-9:16
2 nd	9:19-9:59
3 rd	10:02-10:42
4 th	10:45-11:25
5 th	11:28-12:08
6 th	12:11-12:51
7 th	12:54-1:34
8 th	1:37-2:17
9 th	2:20-3:00

T, Th 3:00 – 3:25

* MWF: 6 hr. 32 min. school day
T, Th: 6 hr. 57 min. school day

2012-2013

MIDDLE SCHOOL*

ADV	8:25-8:33
1 st	8:36-9:16
2 nd	9:19-9:59
3 rd	10:02-10:42
4 th	10:45-11:25
5 th	11:28-12:08
6 th	12:11-12:51
7 th	12:54-1:34
8 th	1:37-2:17
9 th	2:20-3:00

T, Th 3:00 – 3:30

* MWF: 6 hr. 35 min. school day
T, Th : 7 hr. 5 min. school day



Implementation: Scheduling

- Initial concern about student-athletes (and some teacher-coaches) needing to leave 9th period early
 - Add Physical Education in 9th period
 - Add study halls in 9th period
 - SUPA Economics would move from 9th to a different period
- Student athletes could be scheduled into their 9th period first, before filling the rest of their schedule



Implementation: Athletics

- Competitions beginning as early as 4:15 p.m.
 - Travel considerations: could we have buses back from their runs to take sports teams?
 - Would other schools shift game start times to 4:30/4:45 p.m.?
- Practices beginning as early as 3 p.m.
- Field Hockey and Soccer
 - Daylight issues in last two weeks of October



Implementation: Communication

GF school likely to vote again on changing to later start time in H.S.

By David Cederstrom
Chronicle Staff Writer

The Glens Falls City School Board of Education at its Wednesday, Dec. 12 meeting will likely vote again on whether to change the high school start time from the current 7:45 a.m. to 8:30 a.m. as of next September.

District Superintendent Paul Jenkins said board member Peter Casertino requested that a motion to rescind the board's previous May 9 split-vote approval of the change be put on the agenda as an action item (an item to be voted on).

Mr. Jenkins said he believes this vote would be "the end of either it's going to happen or it's not."

He said a couple of board members at the November board meeting said they've heard concerns from some parents about having to drop students off at the later time; and about student athletes having to leave school early for games.

He said it was also mentioned that the May 9 vote had not been on that night's agenda, so perhaps not everyone who had a concern could express it before the vote.

Mr. Jenkins said he believes the issue with athletes can be resolved. He said the high school's principal and athletic director met with the other principals and athletic directors.



Students protest starting school later

By OMAR RICARDO AQUUE
oaquije@poststar.com

GLENS FALLS ♦ Saying their opinions have been ignored, Glens Falls High School students Monday tried a new tactic to make their point: protest.

At 7 a.m., about 50 students gathered with signs and stood outside the administration building for 45 minutes until classes started. Their goal, they say, was to express disapproval over being ignored by the school board and administration on the decision change the high school start

time.

While a majority of students already showed their opposition for the later start time in a survey done last year, the board's Dec. 12 vote to uphold the change spurred the protest.

Students said they know the vote to change the start time from 7:45 to 8:30 a.m., beginning next September, cannot be reversed. But they hope their objection will lead to their opinions being considered in the future.

"The purpose of the protest

See **STUDENTS**, Back Page



COURTESY PHOTO

Glens Falls High School students gather for a photo while staging a protest against the Board of Education and school administrators at the school before class Monday morning in Glens Falls. The students were upset that their opinions weren't sought in the recent discussion over school start times.



Implementation: Communication

• Parent education process for the transition:

HIGH SCHOOL START TIME news from **GF** Glens Falls CITY SCHOOLS

Dear Parents and Guardians:

This is the third in our series of publications designed to help you acclimate your family to the High School's later start time in September, and keep you informed about the district's preparations for a smooth and results-oriented transition.

Traffic Study: District leaders have received the preliminary memo on existing traffic conditions and draft alternatives from the independent traffic study around the High School/Middle School campus. Researchers from Resource Systems Group (RSG, Inc.) will be meeting with administrators next week to help evaluate a range of options for improving traffic flow and student safety, from easy-to-implement, low-cost improvements to more significant infrastructure changes that the district could consider.

The City and the Glens Falls Transportation Council are partnering with GFSD on this comprehensive evaluation. RSG, Inc. specializes in planning, analysis, and management of transportation design.

Additional Resources

Pointers for Parents

Educate yourself about adolescent development, including physical and behavioral changes you can expect, especially those that relate to sleep needs and patterns.

Talk with your children about their individual sleep/wake schedules and levels of sleepiness. Work with them to adjust their schedules, extracurricular and/or employment activities to allow for enough sleep, if necessary.

Encourage your children to complete a sleep diary during a typical week (students participating in the St. Lawrence University study will be doing this in early May). The diary can give you specifics to continue the conversation about your family's sleep and health.

Be a good role model make sleep a priority for yourself.

Source: The National Sleep Foundation
sleepfoundation.org

Opt-out period continues

First data collection for St. Lawrence Univ. sleep study to begin soon

Students in grades eight through twelve will soon be asked if they'd like to participate in the longitudinal study on how the school start time change affects academic and overall health of students.

Unless parents return the opt-out form that was mailed home in early April, their child will be asked to participate. The study is being carried out by a team from Saint Lawrence University and the University of Rhode Island. Dr. Pamela Thacher (who holds a Ph.D. in Clinical Psychology from the University of Rhode Island) and Dr. Serge Onypien (who holds a Ph.D. in Psychology from the University of Rhode Island) are the lead researchers. The study is being carried out by a team from Saint Lawrence University and the University of Rhode Island. Dr. Pamela Thacher (who holds a Ph.D. in Clinical Psychology from the University of Rhode Island) and Dr. Serge Onypien (who holds a Ph.D. in Psychology from the University of Rhode Island) are the lead researchers.

HIGH SCHOOL START TIME news from **GF** Glens Falls CITY SCHOOLS

Dear Parents and Guardians:

This is the fourth in our series of publications designed to help you acclimate your family to the High School's 8:26 a.m. start time in September, and keep you informed about the district's preparations for a smooth and results-oriented transition. Watch for additional information over the summer, and bookmark the High School home page at www.gfsd.org.

SLU sleep study update

"Baseline" data collection complete; analysis continues

St. Lawrence University researcher Pamela Thacher says she's pleased with the first round of data collection in the multi-year study on Glens Falls students' sleep schedules and academic achievement.

"The response rate has given us a fantastic baseline for our study," Dr. Thacher said. She reported that many hundreds of responses were collected by the study team during the last week of May and first week of June, and analysis of the data will continue over the summer. Approximately 500 students have participated in the web-based survey questionnaires that ask about sleep times, mood, caffeine use, and personal preference to get up early or stay up late. Of those respondents, roughly half have also completed the seven-day sleep diary, logging their bedtimes, wake times, and total hours of sleep in a day.

Dr. Thacher has also spent a series of days on-site at the High School, personally interviewing staff members, teachers, coaches and current parents to get a more in-depth look at some of the varying attitudes about sleep and well-being.

"The process went more smoothly than expected," Dr. Thacher noted. "Still, we will spend the next few months changing the study protocol somewhat, now that we've been through one phase of data collection."

GFHS highlighted in statewide publication

New study finds higher scores with later start times

The New York State School Boards Association highlighted GFHS in the June 11 issue of its statewide newspaper, *On Board*, as part of a feature story on later school start times.

The article details a recent study of test scores and demographic information within one of the top 20 largest public school districts in America. Researcher Finley Edwards describes the study in *Education Next*:

In this study, I use data from Wake County, North Carolina, to examine how start times affect the performance of middle school students on standardized tests. I find that delaying school start times by one hour, from roughly 7:30 to 8:30, increases standardized test scores by at least 2 percentile points in math and 1 percentile point in reading. The effect is largest for students with below-average test scores, suggesting that later start times would narrow gaps in student achievement.

(More on the study is available at <http://educationnext.org/doschools-begin-too-early/>)

The *On Board* article detailed the process in Glens Falls that led to the start time change:

"Teenagers' biology is not suited to starting school earlier than 8:30 a.m.," noted board President Anna Poulos, a physician and mother of four, including two high school students ... In the Glens Falls City School District, interest in changing the start time of school began when a group of high school teachers and administrators sat down to review research on the teenage brain. They were looking for ways to improve learning, decrease tardiness, increase graduation rates and improve daily attendance. What stood out was research related to sleep and the adolescent.

Read the full article at: www.gfsd.org.

Dr. Pamela Thacher interviews teacher Bob Cote

HIGH SCHOOL START TIME news from **GF** Glens Falls CITY SCHOOLS

Dear Parents and Guardians:

This is the fifth in our series of publications on the High School's new start time, designed to keep you informed about the transition and create an environment in which students are successful.

We are much appreciated, as only your feedback is using those extra 45 minutes each day to improve sleep quality and overall health. For more information, check the High School home page at www.gfsd.org.

Nov. 19

Students taking surveys this week

Students participating in the St. Lawrence University sleep study are answering questions about their sleep times, mood, and caffeine use this week, as part of the second round of data collection in the multi-year study on how the school start time change affects academic achievement and overall student health.

Dr. Pamela Thacher, lead researcher for the SLU study team, said the data collection has been going "very well."

"We took out the sleep diary component for this round," said Dr. Thacher, referring to the seven-day diary in which students log their bedtimes, wake times, and total hours of sleep in a day. "That's because we will be doing the sleep diary component in the spring, so as to be able to compare spring data 2012 to spring data 2013, which is our plan. We are including a three-day retrospective diary in the questionnaires that participating students fill out this week."

Data was collected in May so researchers could compare results from before and after the start time change took effect. A third round of data collection is planned for April of 2013.

"We're planning a more broad and deep data collection in the spring," said Dr. Thacher. Students were paid a small incentive for completing questionnaires and sleep diaries in the first round of data collection, as motivation to participate. The incentive is \$6 for the current round.

Participation in the study is completely voluntary for students, and they can choose to fill out surveys in any or all rounds of data collection. Parents can opt their child out of an invitation to participate by contacting the main office of the High School. Details and an opt-out form are available on the High School web page at www.gfsd.org. The questionnaires are also posted online for parents to view.

Aggregate results of the study—which researchers say could be one of the most comprehensive and thorough examinations of the effects of a start time change on a high school population, nationwide—will be shared with parents, students, and the school community once the research is complete.



Implementation: Questions?





Glens Falls

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