

**Charge - Provide parameters, identify hurdles, and craft solutions specific to the Onteora CSD in regards to the following Superintendent goal:**

**“Based on the recommendation of the American Academy of Pediatrics and considerable other data-based research, plan and prepare for later start times for secondary students using an 8:45 am-9:00 am target. This goal acknowledges the need to factor into account current elementary start times, BOCES attendance and extra-curricular activities, and the need to engage the community in the planning process.”**

**Committee Membership (no particular order)**

- I. Two Board members
  - a. Trustee Fletcher
  - b. Trustee Moor
- II. Three Building Principals
  - a. High School Principal: Lance Edelman
  - b. Middle School Principal: Jen O’Connor
  - c. Intermediate School Principal Gabe Buono
- III. OTA President and at least 6 OTA Members
  - a. President Rich DeRuvo
  - b. 6 teachers secondary
  - c. 3 teachers elementary
- IV. ONTEA
  - a. President Nancy Parisio
  - b. Vice President Dillon Van Leuvan
- V. Middle School Parents via PTSO
  - a. Virginia Wiswall [vcwiswall@gmail.com](mailto:vcwiswall@gmail.com)
  - b. Valerie Storey [stormrs5@aol.com](mailto:stormrs5@aol.com)
  - c. Lindsay Shands [lhereth@gmail.com](mailto:lhereth@gmail.com)
  - d. Kevin Salem [kevinsalem@mac.com](mailto:kevinsalem@mac.com)
- VI. High School Parents via High School Alliance
  - a. Maxanne Resnick [maxinmountains@aol.com](mailto:maxinmountains@aol.com)
  - b. Cindy O’Connor [doit472ny@aol.com](mailto:doit472ny@aol.com)
  - c. Rick Wolff [sbusboys@aol.com](mailto:sbusboys@aol.com)
  - d. Cassandra Mazzawy [cgmazzawy@hvc.rr.com](mailto:cgmazzawy@hvc.rr.com)
  - e. Katrina Klinge [katrinaklinge@gmail.com](mailto:katrinaklinge@gmail.com)
- VII. Elementary PTAs will want to add members
- VIII. Assistant Superintendents
  - a. Business: Victoria McLaren,
  - b. Curriculum and Instruction: Marki Claire-O’Rourke
- IX. Director of Athletics: Mike Carney
- X. Director of Transportation: Nicole Summer

## DISTRICT COMPREHENSIVE PLANNING TEAM

SCHOOL START AND END TIMES

November 24, 2014

Present: L. Edelman, J. O'Connor, M. Resnick, L. Chartrand, H. Boyer, N. Parisio, R. Deruvo, P. McGill, A. Turba, C. Kuhn, V Storey, N. Sommer, B. Hallock, S. Turck, G. Buono, K. Salem (for V. Wiswall), D. VanLeuvan, L. Shands, B. Connolly

Absent: K. Legnini

Introductions

Decided unanimously that there is a need for a building level team. Elections must be held for this purpose.

Decided definition of consensus with regard to this committee. There are various thoughts with regard to what consensus means. The committee has decided by a vote of 16 out of 19 present that consensus means 70% of the committee agree.

Motion that the term of this committee will be one year beginning on this date, November 24 2014 and end November 23, 2015. Further, this will not be precedent setting. This is to coincide with the date with the first meeting of the committee. Agreement is unanimous.

The renewable term beginning on November 24 2015 will then last until June 30, 2016.

The committee votes unanimously that meetings will not exceed 90 minutes.

The committee will generally meet the last Monday of every month. In the event of snow or other disruption the committee will meet the Tuesday of the same week. In the event of snow the next meeting will be January 6, 2015.

The committee discussed at length the charge and superintendent goal with regard to the later start time charge.

For agenda setting purposes heads of unions will receive suggestions for topics of discussion with regard to future meetings. These will be shared via e-mail with the whole committee. Every member will have input with regard to subjects to be discussed.

B. Connolly will serve as note taker.

Maxanne Resnick and Rich Deruvo will be in charge of committee compliance with the SDM document.

L. Shands will serve as facilitator.

N. Parisio will be time keeper.

Motion to adjourn B. Connolly, second L. Chartrand. Carried unanimously.

Present: L. Shands, L. Chartrand, S. Turck, L. Edelman, B. Connolly, M. Resnick, V. Storey, C. Kuhn, B. Hallock, R. DeRuvo, P. McGill, N. Parisio, N. Sommer, B. Connolly, H. Boyer, D. VanLeuvan, J. O'Connor, K. Salem (for V. Wiswall)

Absent: K. Legnini, G. Buono, A. Turba

Tomorrow a survey surrounding later start times will be distributed to all students in their English classes. Mr. Edelman asks that at a later time representatives of student government be invited to report their findings to our committee.

This committee may choose to create our own survey in the future.

The board of education through the superintendent has solicited the input of two professionals who have experience in sleep. The invitation of Paul Jenkins was at board directive to the superintendent.

Concern over process in general. Based on board involvement in student survey, the invitation of Dr. Jenkins and the solicitation by the board of sleep experts there is concern over role and jurisdiction of the committee as well as the continued pursuit of the subject by the BOE while this committee exists and continues to do its work. At our next meeting a statement to the BOE with regard to this concern will be drafted.

Maxanne Resnick proposes contacting many school districts who have debated this issue and seeking out their thoughts. We are concerned that in these discussions we compare Onteora to similar districts which we feel Glens Falls is clearly not. We propose identifying similar districts in terms of free and reduced lunch, students with disabilities, percentage of minority students, geographic size, diploma type, socio-economics, etc.

It is pointed out that information regarding many of the districts being discussed, those in New York in the very least, is available online and through their school report cards. The school report card for Glens Falls City Schools was displayed for committee members given the impending presentation by Superintendent Paul Jenkins and there was discussion of that district's results.

Mr. Chartrand expresses concern over the science behind the detrimental effects of the use of devices with backlit screens by students. Research here shows that these devices have a significant impact on sleep in adolescents and he points out that we have recently distributed hundreds of iPads to students further exacerbating the harmful impact of this trend. Further, Mr. Chartrand refers us to a nearby district that just moved to an earlier start time with positive results.

Mr. Deruvo made a very clear presentation of why the current proposal, specifically with regard to target time, has issues that he feels cannot be overcome.

Discussion over what the root of this issue is. Where did the "forceful push" to move to later start times begin? Given graduation rate and attendance rate we are confused as to what has forced this issue to

the forefront of our discussions at all. This proposal did not go through PBIS, the Health and Wellness Committee, parents, students, etc. M. Resnick states that in her experience initiatives such as this are borne out of meetings or retreats attended by board members after exposure to some seminar or presentation.

Dr. McGill will solicit information from school districts in general and some that are similar to ours in terms of size and demographic makeup with regard to this issue.

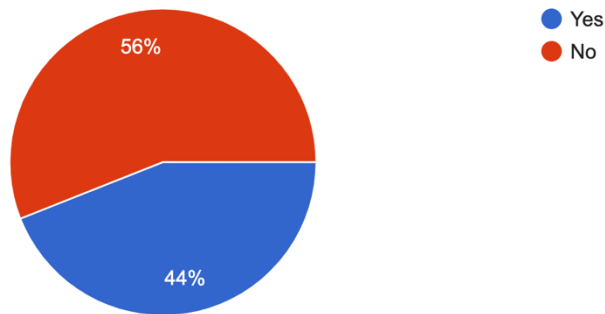
Transportation presentation: If grades 4,5 and 6 were to ride the bus with high school students transportation does not see behavior as a significant concern. High school bus runs could be increased by 6 with an arrival time of 8:15 and dismissal of 3:00. Cost of current proposal by transportation would result in a net reduction of bus runs from 64-61 but this does not factor in a 'hidden cost' of increased run to BOCES directly from their homes in the AM which might render this cost neutral.

Discussion of inviting BOE members to speak to us in the future with regard to the language of "8:45-9:00 target", the origin of this later start time proposal, the reason for it in general given the profound improvement and continued success of the district in terms of graduation rate, attendance, etc. and continuing pursuit by the BOE for information with regard to this issue while there is a committee in existence to explore it.

## WOODSTOCK PTA LATER START TIMES SURVEY RESULTS

Were you aware of the BOE plan to change the school start time before this receiving this form?

50 responses

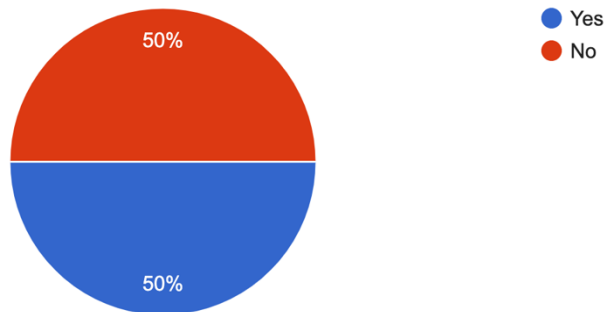


COMMENTS
A friend posted it on Facebook.
I remember it from before COVID.
Don't know for sure-maybe newspaper?
PTA
The now defunct Onteora Parent Support Group on Facebook
Recently from an email
BOE meeting
When they were discussing it and the community members informed parents since many are against the change.
I was aware it was being considered during a prior school year via a digitally shared survey.
Board meeting prior to Covid
We found out at the public town hall meeting in 2019
PTA meeting pre-COVID
BOE meetings
BOE meeting
Before the pandemic I attended a PTA meeting
Word of mouth
When the BOE pushed for the 20 minute later start time 2 years ago without informing the district community, and families understandably were frustrated with the lack of transparency.
PTA
Parent conversation, PTA meeting
It was spoken about before COVID. But I was unaware that it has been approved until now. Also, I thought that the staff would have had a say in this and not after the fact.

## WOODSTOCK PTA LATER START TIMES SURVEY RESULTS

Will a start time of 20 minutes later (student arrival changed from 8:40am to 9:00am), significantly impact your ability to get your child to school or on...ould most likely be 20 minutes later than it is now.

48 responses



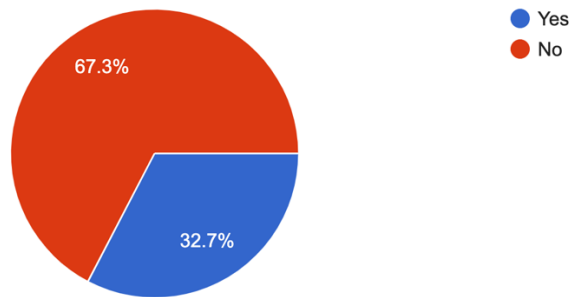
### COMMENTS

Changing start time to 9:20 would be better for our family
We have a flexible work schedule so this would not impact us and would help with the morning routine
I'm home and can accommodate any times.
I don't mind a later start time and it doesn't affect my job.
I work overnights and my significant other had flex hours. So the beginning of the day is not an issue for us.
We have a flexible schedule and this would be better for our morning routine
I would be late to work every single day. Which is unacceptable.
I work full time beginning at 8 am.
I work at 9am. Right now I can get my child on the bus and get to work on time. If the start time changes I will have to get child care to get my child on the bus.
I will have to figure out morning care that I cannot afford.
AM child care would be necessary. Because the child care needs are less than 30 mins, finding care for such a short time is very difficult.
Can't be getting to work any later than I already am.
My child gets picked up around 8:34am which allows me to drive to work for 9am start. I cannot be 20 minutes late to work everyday and I do not have morning children care for 20 minutes.
Work day typically starts at 9 am so having a drop off align with being able to get to work is helpful.
I have work to do in the morning that require me to be out the door by 8:45am
Employers are not going to accommodate this. It will backfire and cause many, many families to either loose income or lose their jobs. Single parent homes cannot afford this, and cannot afford paying an individual to become responsible for their children.
Work schedule
It interrupts our work day.
Wouldn't be able to make it to work on time
Work conflict.
My job starts at 9:30. I get my 2nd grader on the bus with just enough time to drop my other child off at preschool to make it in time for work. A later start time drastically complicates my ability to aid both children to school and get to work on time without paying for morning care which I wouldn't be able to afford.
Interferes with work
Impacts when I begin my workday. My spouse goes to work earlier.
Would be hard to get home in time to start meetings etc. Currently our child does not take the bus.
I do not have school age children.

## WOODSTOCK PTA LATER START TIMES SURVEY RESULTS

Would changing bus dismissal time from 3:40 to 4:00pm (making the average student arrival home time ~4:45pm) significantly impact your ability to get your child from school or off the bus?

49 responses

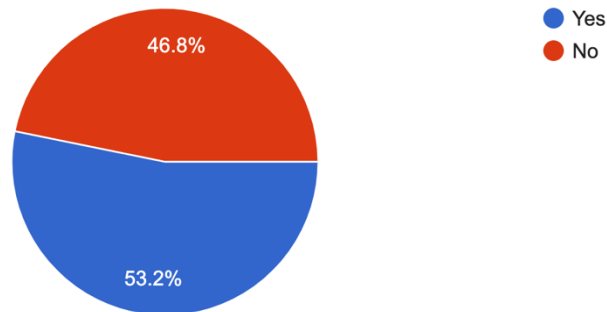


COMMENTS
I'm home.
Isn't the end time 3:25? I don't think we end elementary school at 3:40pm now.
I don't understand this though. This is a full hour later. Is it supposed to say the time would move from 2:40 to 3:00?
The same reasons as the previous question.
Same as above
However, I will have to double check with the care givers who get my child off the bus.
My husband will be home by then
It will not be a sign impact.
I have afternoon childcare. So a change of time has no affect
It makes it very hard to get to 5:00 after school activities, which we have at least twice a week. Possible if we do school pickup, but with one child at Woodstock and one at Bennett, that requires someone getting picked up early.
On the winter months my kids would not be able to stay until the end of the day or to ride the bus back home as on Friday (just before sundown) it's considered to be a "Shabbat "and we are forbidden to travel by car/bus/ and or use any electronic devices.
Same as I mentioned above.
Work schedule
It complicates/shortens aftercare.
It's way too late in the day, these kids will get home eat then head off to bed
I will not be able to get my child at that time.
It will interfere with after school activities that are not school related.
My other child gets picked up at 4-4:15 from preschool in Mt. Tremper. I can't physically be there and back in time for the bus at the same time and don't want him having complicated schedules with multiple bus routes on different days which is what that change would force him to do.
Would greatly interfere with my children's other after school activities and sport obligations outside of school.
Spouse unable to pick up our children at 2 different elementary buildings (same dismissal time) and I will no longer be able to do pickups due to work commitments that start by 4pm
It would be harder to make it to other activities that start at 4pm
Again, I do not have school age children but I assume that this will impact any staff members that have children and live in other districts.

## WOODSTOCK PTA LATER START TIMES SURVEY RESULTS

Would this new dismissal and bus arrival time significantly impact your child's ability to participate in after school activities?

47 responses



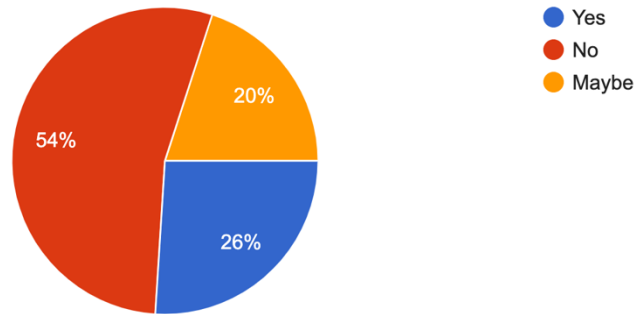
COMMENTS
Most extra curricular activities outside of school begin at 4pm
After school activities are at school.
We would not do after school activities that late.
Piano lesson twice a week at 3:45 and 5:00
Sports and other activities generally start between 5pm - 6pm. The delayed school dismissal would significantly affect my children's abilities to enjoy a home cooked meal, homework, instrumental practice and extracurricular activities. Not factoring in family time, time to unwind by one's self or prep for the next day. This would also negatively affect any high schoolers with after school jobs.
My child is in 2 extracurricular activities that start at 4pm and 5pm. Arriving home later and or pick up from school will force us to give up those activities. We can't ask the programs to adjust their schedule to accommodate our districts change.
Most things start at 5 and living where we do she misses out on things anyway.
The day becomes too long for our elementary aged children.
It's already a rush to get them from school, eat, get ready & be on time.
As above
Our Hebrew class start at 4:15 pm and they wouldn't be able to join it.
Activities would run later into the evening.
Sports typically start around the same time
It will interfere with after school activities that are not school related.
My child already has such a long bus ride and only gets home at 4pm. Now that'd have them getting home at 4:20 so his current sports would have to be discontinued with no time to eat a meal and drive to practice with such a delay.
They have music and sport commitments, along with general social time with friends and family. This cuts the already brief late afternoon post school much shorter.
Many activities start at 4pm in Kingston, etc.
All schools in our area other then Onteora have earlier dismissal times. Any activity like gymnastics and many sports, drama and music outside of school will be the same times that they are now. Many of our Onteora students will be impacted by this change. Also, the younger students will be even more tired at the end of the day then they already are.



## WOODSTOCK PTA LATER START TIMES SURVEY RESULTS

There is research that states high schoolers can benefit from a later morning start time. Do you feel the impact this initiative will have for high s...hs potential impacts on elementary school students?

50 responses



COMMENTS
Our elementary kids will eventually be high schoolers.
I love the idea
While you're at it should be a 4 day work week for teachers and a 4 day leaving week for students!!!
I think sleeping later would be good for everyone, but people have tight schedules, and the needs of families who would be hurt by this change, should matter more than my kids getting to sleep later.
I think it's worth it.
I don't believe that the limited benefits of a 20 minute later start time is enough to substantiate the disruption it would cause the other schools in our districts and our surrounding districts (i.e. BOCES).
The negative impact on community members and families will be horrible. If I knew this I would have chosen to purchase in Rondout and not OCS
20 mins doesn't seem to be worth the community-wide disturbance. Does the research support such a minimal difference?
Not for 20 minutes. All studies that were given by the BOE were referring to much longer time changes. 20 minutes is not enough to impact any teenager but it will have a Huge impact on working parents of elementary students. Also, young students get tired at the end of the day. 20 more minutes is not helpful for them. Free before school drop-off so that parents can get to work on time?
Can a start time be different for elementary school?
I appreciate the effort to address this problem. I really do. I think the timing of school for high schoolers is a big problem. However, changing start times by 20 minutes will not make a significant difference in the amount of sleep high schoolers are getting and cause a lot of logistical difficulties. There must be a better away to address this problem.
As an educator, I feel that this later start time will have a negative effect on the elementary school students who already have the latest end time in the county.
I think the middle and high school will be benefit to start little late as they have start school an hour earlier then the elementary schedule
This will affect most people's work schedules who work a normal 8 to 5...ridiculous....all because research shows high schoolers perform better when they get to sleep in 20 extra minutes. This generation is just getting lazier and lazier. If anything they should be getting to school earlier.
I would like to see the research. I am not happy about a later start time. WHY?

## WOODSTOCK PTA LATER START TIMES SURVEY RESULTS

### COMMENTS (Cont'd)

If I haven't stumbled across the Woodstock elementary PTA Facebook post I wouldn't have known nothing about this! I'm shocked that this hasn't been brought to the "Publics" attention sooner. My child is exhausted at 4:15 when he gets off the bus! These kids are young getting home any later would be a huge impact for many families and I sure hope us parents have a say in this!

The students are tired by 2:30. Having students stay at school until 4 o'clock would be insane.

This will greatly impact the elementary school students. There will be more fatigue for elementary school students. The time change will be a burden for the families. The 20 minute change is not enough time to make this impactful decision.

I understand the older students have to awaken very early but the need for childcare/staying home with our children is a necessity so a later start time for working parents makes this change a true complication when finding work within the 9-4 confines is already a very big challenge.

Where is the research supported data showing that 20 minutes will have a positive impact on the overall health of the MS/HS students?! All data brought forward at the BOE push 2 years ago was for 40+ minutes. Totally absurd to disrupt an entire school district for a non-research supported initiative. And once again, the BOE pushed this agenda for rolling out 2022/23 without hearing from the community. Who is advocating for our youngest learners? Who is looking out for their best interests? Do better, BOE.

It seems hard to justify that 20 minutes will impact high school students for the better.

I don't believe 20 minutes more sleep for HS students will make an impact on their learning. They probably need two hours more sleep. Then maybe there will be a difference. They also could go to sleep 20 minutes earlier. Is there proof showing that 20 minutes makes a difference or just more sleep? What about working parents and their schedules?

Present: L. Shands, L. Chartrand, S. Turck, L. Edelman, B. Connolly, M. Resnick, V. Storey, C. Kuhn, B. Hallock, R. DeRuvo, V. McLaren, N. Parisio, N. Sommer, B. Connolly, H. Boyer, D. VanLeuvan, J. O'Connor, K. Salem (for V. Wiswall), K. Legnini, A Turba, G. Buono

Absent: None

Notes: Three members of the BOE also present, T. Fletcher, R. Kurnit, G. Moore

Motion to approve minutes for last meeting: Approved unanimously..

Presentation from Mr. Chartrand regarding impact of later start times on sports. Concerns here in many areas particularly with regard to willingness of coaches to continue coaching if their personal lives were impacted by later start times (feeling of coaches is that they would be), willingness of other schools to compete against our teams if they had to start games later, field lighting, increased costs, lack of opportunity for our student athletes, paying staff to coach and teach simultaneously and impact on our athletes in terms of practice minutes.

Presentation from Mr. Connolly regarding student survey on later start times. Most popular answer to three questions posed to the student body was that students are against a later start time that would also require a later end time.

Presentation from Mrs. Sommer with regard to impact on transportation and proposal. Discussion that this would require some capital improvement and increased supervision. Current transportation cost approx. 1.9 million. Does not include BOCES, Private/Parochial, etc. Pairing with elementary runs costs \$12,000. It is much more cost effective to have a five hour bus package. Not pairing bus runs is much more. Mrs. Sommer demonstrated why a single bus run through the entire district is not possible in her estimation and discussed likely unwillingness among bus drivers to work for the few hours that would be available in a single bus run happening once in the morning and once in the afternoon.

Trustee Kurnit suggests consideration of the schedule presented by N. Sommer.

General discussion of transportation proposal.

General discussion of building level teams/SDM document.

Motion to dismiss: Approved unanimously