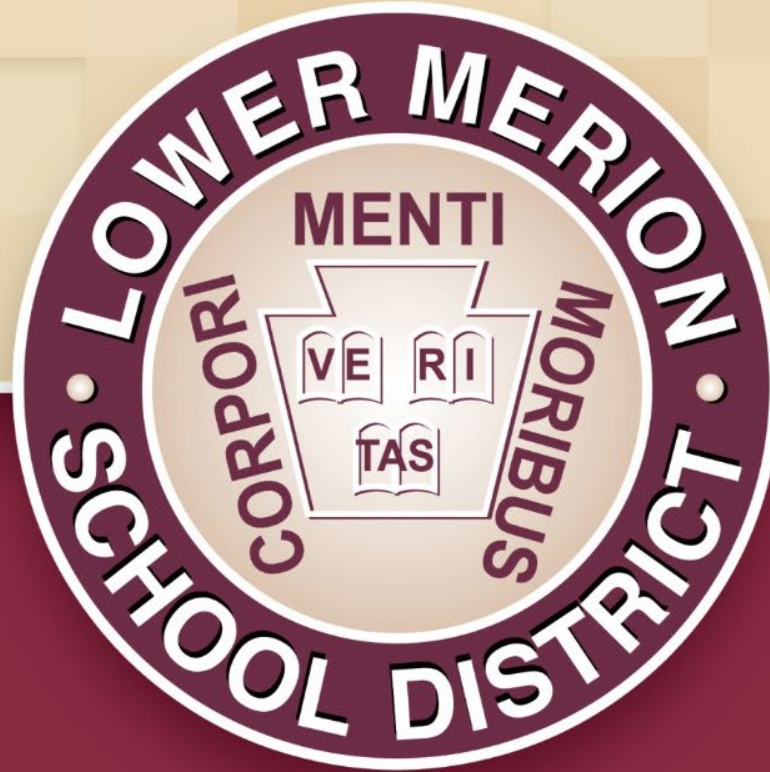


COMMUNITY MEETING

FULL-DAY KINDERGARTEN AND HEALTHY START TIMES



LOWER MERION SCHOOL DISTRICT

Balancing Priorities



**Crisis
Response &
Safety**



**Restorative
Practices**

BRMS Field Site

Arnold Field
Lights

Pending Budget
Litigation

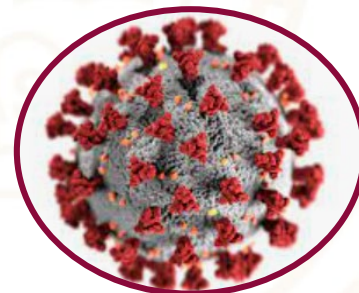
Healthy Start
Times

Full-day
Kindergarten

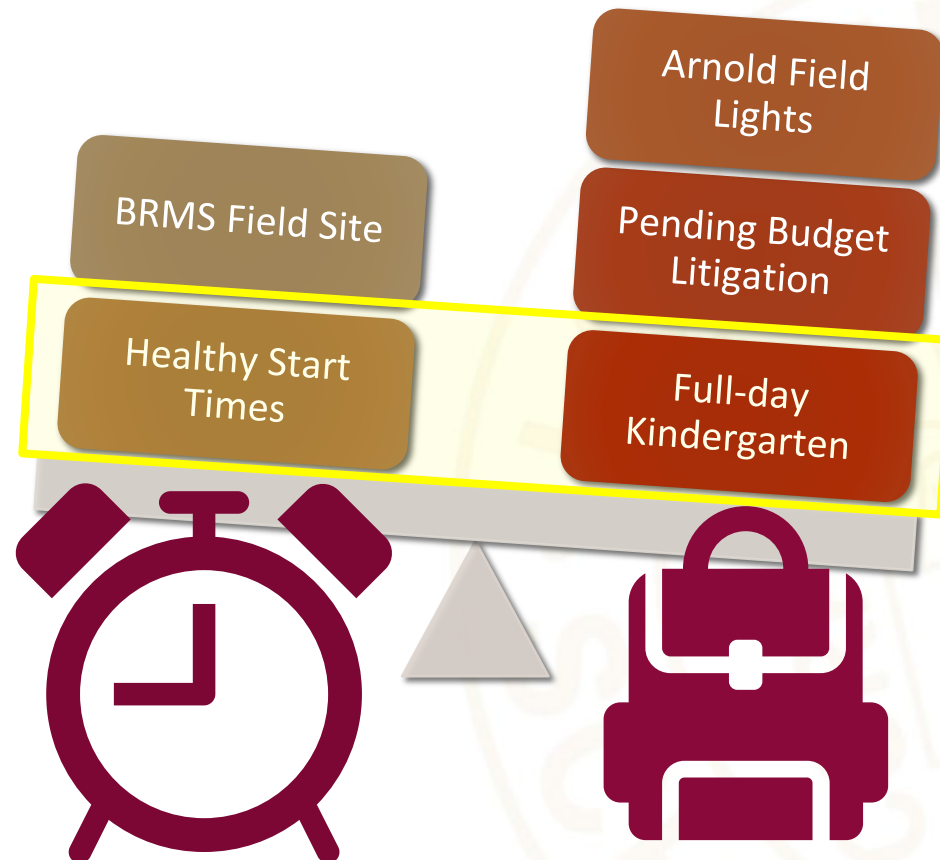
**Multi-Tiered
Systems of
Support**

ALL FORWARD
STRATEGIC PATHWAYS FOR
LOWER MERION SCHOOL DISTRICT

**Staff Recruitment
& Retention**



Balancing Priorities



Introduction to Full-Day Kindergarten and Healthy Start Times Conversations



Healthy Start Times

- **Important to Student Health**
 - Along with reducing other stressors
- **Recommendation in October 2019**
- **Board decision in October 2020 to approve a change dependent on lights on Arnold Field**



Why new schedules?

With the onset of puberty, changes occur in the biological systems that regulate the sleep/wake cycle. Teens' natural urge to sleep is delayed until later in the evening than younger children or adults. This shift, when coupled with early start times for middle and high school, makes the prospect of getting a good night's sleep challenging for many teenagers. Major medical and health organizations, recognizing the toll that sleep deprivation takes on student health and wellness, recommend beginning middle school and high school classes no earlier than 8:30 AM... *to give adolescents the best opportunity to get the sleep they need and to start the school day alert and ready to learn.*

Introduction to Full-Day Kindergarten and Healthy Start Times Conversations



Full-Day Kindergarten

- **Exists for targeted students**
- **Requires multiple investigations**
 - Facilities
 - Curriculum
 - Transportation
 - Staffing
 - Budget
- **Community Impact**
- **Timing**



Interconnectedness



All of these priorities are related and interconnected:

- Impact on Students
- Impact on Community
- Impact on Staff
- Facilities
- Transportation
- Budget





Healthy Start Times



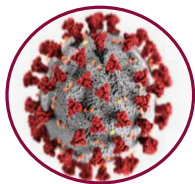
What Are The Current LMSD School Schedules?



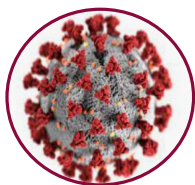
Tier	Level	Start Time	End Time	Total Time
1	High School	7:30 a.m.	2:40 p.m.	7 hrs. 10 mins.
2	Middle School	8:15 a.m.	3:05 p.m.	6 hrs. 50 mins.
3	Elementary School	9:00 a.m.	3:35 p.m.	6 hrs. 35 mins.



Date	Key Activity
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How Was The Initial Recommendation Developed?



- Over a two-year period (2017-19), the ***All Forward Research and Development Committee (R&D Committee)*** conducted research regarding school start times and possible options for change in LMSD.
- In March 2019, **R&D Committee** presented final summary of their work and possible options to the Board.
- Larger community was engaged through widely-distributed **Sleep & School Start Times Infographic** and opportunities for providing feedback. See slide 12.



Should the Lower Merion School District Change School Start & End Times?

New school schedules may be recommended by a community advisory committee in September 2019.
Here's what you need to know.

Why is LMSD considering this?

Drawing from scientific evidence that sleep/wake cycles are delayed with the onset of puberty, as well as public health statistics highlighting that the majority of teenagers are not getting the recommended hours of sleep, leading health organizations have issued position papers recommending that middle and high schools should begin the day no earlier than 8:30 AM.

Recommended by:

American Academy of Pediatrics (2014)
American Psychological Association (2014)
American Medical Association (2016)
National Assoc. of School Nurses & Society of Pediatric Nurses (2016)
American Academy of Sleep Medicine (2017)
Society of Behavioral Medicine (2017)



Current LMSD School Schedules

Tier 1, High School	7:30 AM - 2:40 PM	7 hours, 10 mins.
Tier 2, Middle School	8:15 AM - 3:05 PM	6 hours, 50 mins.
Tier 3, Elementary	9:00 AM - 3:35 PM	6 hours, 35 mins.

Our Process

The District has been formally engaged in the topic of student sleep health and school start times since 2015, when the LMSD Interscholastic Council produced findings from their study of sleep and later start times for high schoolers. Through All Forward, the District's strategic plan, the topic was designated for further in-depth exploration on the issues and the feasibility of adjusting start times. Superintendent Copeland has charged the All Forward team with forming a committee of representative stakeholders to develop recommendations for action. The committee's decision-making process will be facilitated by a third party, Triangled, and is expected to deliver recommendations in September 2019. Community input on the recommendations will be gathered in Fall 2019, and the Board of School Directors is expected to take action in Winter 2019/2020.

Schedule Change Options to Consider

The Flip	Flip high school and elementary school start times, so the youngest students start school the earliest (elementary-middle-high)
Re-Order	Re-arrange the start order so that adolescents start later and disruption to extracurriculars are minimized (elementary-high-middle)
The Push	Maintain current start order and delay all schedules
Two Tiers	Increase the bus fleet size to allow schools to operate on two different schedules instead of three
Shorten Days, Extend Year	Start school later, but maintain current dismissal times. Add days to the calendar to make up for lost instructional time.

Key Logistical Considerations



LMSD is responsible for transporting about 7,750 public and 1,950 non-public students to 127 schools each day. We currently use a three-tiered schedule and non-public transfer system, which maximizes the efficiency of our system with our current fleet of vehicles. Changed schedules require changes to the transportation system. Key points to consider:

- the time span between tiers needed to maximize each vehicle's use for all school levels
- site-based limitations to the space available to stage buses for efficient drop-off and pick-up
- transportation of non-public riders on arrival and departure schedules set by other institutions
- ensuring arrival times that allow students to access breakfast programs
- the safety of riders getting on or off the bus before or after civil twilight
- commute times that will fluctuate from estimates depending on the volume of traffic at different points in the day
- limited parking for additional fleet vehicles



When schools start later, they also dismiss later; Later dismissal times affect the timing of after-school activities.

Key considerations for school-sponsored activities and out-of-school expectations include:

- ensuring outdoor lighting for activities pushed further into the evening, particularly near or after daylight saving ends
- out-of-district competitions that require early dismissal and lost instructional time for athletes and coaches who teach
- consideration of policies around the length of time that out-of-school meetings or practices should take place and limits on how long into the evening they should go
- critical reflection on, and communication of, homework expectations



Families, staff members, and community members have organized their lives around the current school schedules. Schedule changes will require adjustments to:

- childcare arrangements for LMSD families who use out-of-school services or who count on siblings, extended family, neighbors, or friends for childcare
- childcare arrangements for staff commuting on new schedules; changes in the length of commutes for staff
- traffic patterns for those commuting through the District
- student and staff members' out-of-school work schedules

Learn

Review district presentations and reports on sleep and school start times on the All Forward website by typing "sleep" in the search box at www.lmsd.org

Connect

Connect with your Home and School Association and the Interscholastic Council to learn about opportunities to connect with other LMSD families as you go.

Engage

Monitor school communications for forthcoming opportunities to participate in surveys and public forums to solicit feedback on recommendations.

What other options have been examined?

The Two-Tier: Increase the bus fleet size to allow schools to operate on two different schedules instead of three.

The Re-Order: Re-arrange the start order so that adolescents start later and disruption to extracurriculars are minimized (elementary-high-middle).

The Push Model: Maintain current start order and delay all schedules.

The Flip Model: Flip high school and elementary school start times, so the youngest students start school the earliest (elementary-middle-high).

Adjust Calendar: Start school later, but maintain current dismissal times; add days to the calendar to make up for lost instruction.

The Current Schedule: Per above.

March 2019



<https://sites.google.com/lmsd.org/sleepstarttimes/r-d-presentations>

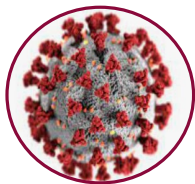
How Was The Initial Recommendation Developed (cont.)?



- Beginning in May 2019 and building on the work of the R&D Committee, an advisory committee (**Sleep, Health & School Schedules Advisory Committee – SHSSAC**) comprised of LMSD staff, parents/guardians, students and community stakeholders worked through a structured, evidence-based decision-making protocol with a professional facilitation team from **TregoEd**.
- Larger community was engaged with updates and information regarding the considerations of the SHSSAC. District collected stakeholder input in a variety of ways including (1) designated email address, (2) community listening sessions, and (3) staff listening sessions.
- This committee narrowed down the options with the best balance of benefits and risks, and a **Core Logistics Team** comprised of district administrators examined the feasibility of these options.



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What Was The Recommended Schedule The Board Initially Considered in October 2019?



The final recommendation emerged as the schedule that most closely aligned with the decision-criteria created by the **Sleep, Health & School Schedules Advisory Committee (SHSSAC)** while remaining feasible.

This recommendation (presented to the Board in **October 2019**) was known as the **“Modified Re-Order”** because it involved a re-order of the schedule coupled with an adjustment of start times and length of school day. The **Modified Re-Order** performed the best against the three most important criteria or “wants”:

- Maximize student engagement, participation, learning, and academic performance.
- Maximize the safety of students commuting to and from school, whether by bus, car, or foot.
- Maximize opportunities for optimal sleep timing and duration.

This recommendation was also shared to the community via **the New Schedules Infographic** (see slide 17).



What Was The Recommended Schedule The Board Initially Considered in October 2019 (cont.)?



The “Modified Re-Order”

Tier	Level	Start Time	End Time	Total Time	Diff.
1	Elementary School	7:45 a.m.	2:35 p.m.	6 hrs. 50 mins.	15 min. increase
2	High School	8:25 a.m.	3:25 p.m.	7 hrs.	10 min. decrease
3	Middle School	9:05 a.m.	4:05 p.m.	7 hrs.	10 min. increase



Recommendation from the SHSSAC

During a Special Meeting, the SHSSAC presentation to the Board on October 24, 2019, included a recommendation to make middle school and high school start later, and elementary school start earlier, beginning in September 2020. All community members were invited to the presentation. A video of the meeting is posted in the Board section of the District website and a 10-minute video summary is also available on our website at <https://www.lmsd.org/about-lmsd/newsroom/videos/view?viewnode=d855ae5ce488d>.

October 2019



https://www.lmsd.org/uploaded/documents/All-Forward/Sleep/Schedule_Recommendation.pdf



The Lower Merion School District is Recommending

New Schedules

Beginning Fall 2020

Why new schedules?

With the onset of puberty, changes occur in the biological systems that regulate the sleep/wake cycle. Teens' natural urge to sleep is delayed until later in the evening than younger children or adults. This shift, when coupled with early start times for middle and high school, makes the prospect of getting a good night's sleep challenging for many teenagers. Major medical and health organizations, recognizing the toll that sleep deprivation takes on student health and wellness, recommend beginning middle school and high school classes no earlier than 8:30 AM...

to give adolescents the best opportunity to get the sleep they need and to start the school day alert and ready to learn.

Did you know?

According to the survey conducted in LMSD by Challenge Success in Spring 2018:

- 66% of secondary students reported getting less than the recommended 8 to 10 hours of sleep on a typical school night.
- 50% of high school students reported a typical bedtime of 11 PM or later on school nights, followed by a rise time between 6:00 & 6:30 AM.
- 59% of high school students said changing the time that school begins and ends would be quite or very effective in addressing students' stress, health, & well-being.

Current Schedule

High	7:30 AM - 2:40 PM	7 hours, 10 mins.
Middle	8:15 AM - 3:05 PM	6 hours, 50 mins.
Elementary*	9:00 AM - 3:35 PM	6 hours, 35 mins.

*2 hours, 50 minutes for Kindergarten (Morning K 9:00-11:50; Afternoon K 12:45-3:35)



Adjusts Times to Support Student Health & Wellness

- Aligns with the medical and health communities' recommendations for middle and high schools to begin at 8:30 AM or later.
- Reflects the natural tendency for elementary-aged students to be alert and ready to learn early in the day.
- Designates additional time in the elementary and middle school days for health, wellness, instructional, and/or transition activities.



Affects Extracurricular Activities

- Delays & reduces time that secondary students have after school to participate in activities.
- Impacts community-based scheduling of activities (e.g. religious education, club sports, performing arts), that serve students from LMSD and other communities with different dismissal times.
- Decreases availability of afternoon light for outdoor activities, which creates a need for lighting on athletic fields.
- Increases the amount of instructional time that students may miss due to early dismissals for competition.
- Increases need for partial-day substitutes for teachers/staff who coach teams and may need early dismissal due to competition.
- Impacts scheduling for middle school athletics with schools that maintain traditional game times.
- Affects scheduling for athletic teams that require specialized venues (e.g. crew, squash, golf).



Creates New Traffic Patterns & Commute Times

- Creates an unknown affect on commute times for students on buses and those commuting by car.
- Pushes student drivers, while perhaps more rested, into morning rush hour with heavier traffic volume.
- Changes traffic patterns regionally for those commuting within and through the township.

For a list of upcoming presentations and community input opportunities, please visit www.lmsd.org/sleep.

Sleep & Start Time Work

by the numbers



- 3+ Years of due diligence on the issues to form a viable recommendation that responds to the school start time recommendations of the medical and health community.
- 6 External Partners provided empirical research, transportation evaluation, traffic impact studies, lighting estimates, and group facilitation.
- 4 Committees conducted research, gathered and analyzed logistics data, and evaluated scheduling models for best fit within the LMSD context.
- 35+ Contributors aligned the recommendation, including administrators, teachers, students, parents, small-business owners, civic association leaders, extracurricular providers, & more.
- 15+ Presentations delivered to the Board of School Directors, faculty, and administrators to share updates and gather input.
- 6 Transportation Scenarios routed and evaluated by LMSD transportation department, representing hundreds of hours spent routing hypothetical schedules.

Recommended Schedule

Elementary*	7:45 AM - 2:35 PM	6 hours, 50 mins.
High	8:25 AM - 3:25 PM	7 hours
Middle	9:05 AM - 4:05 PM	7 hours

*3 hours for Kindergarten (Morning K 7:45-10:45; Afternoon K 11:35-2:35)



Solves Several Transportation Challenges

- Creates efficiencies as a result of more consistent school day lengths.
- Supports schedules that prevent public school students from being picked up earlier than 7 AM.
- Creates less wait time for buses at dismissal.



Shifts Childcare Needs for Families

- Eliminates the availability of older students to care for younger siblings in the afternoon. In Spring 2018, 20% of secondary students reported caring for a younger sibling on a typical weekday for an hour or more when a parent or guardian was not home.
- The needs of these families would change, as may the need for morning supervision of secondary students, soon to include Grade Five. As of October 2019, 13% of elementary students attend the Right at School care program before and/or after school, and an unknown percentage of families use childcare services not located in LMSD schools.

Learn More

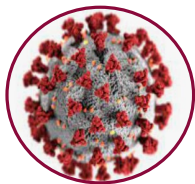
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Update January 2020

Board Action Expected
Spring 2020

Prepared by the Lower Merion School District (October 2018)

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Where Are We Now?



- **In October 2019**, the Board was expected to take action on the recommendation in spring 2020. At that time, the recommendation was for the new schedules to be implemented in Sept. 2020. In response to the initial recommendation, the Board and District received significant feedback over concerns regarding elementary first and middle last.
- **In October 2020**, after a series of community listening sessions, the Board passed unanimous motion demonstrating their commitment to starting high schools in the 2nd position within the three-tiered schedule, pending approval of permanent lights on athletic fields.
- **As of today**, the District's proposed installation of athletic field lighting at Arnold Field remains in litigation. The Zoning Officer had ruled the lights could be installed. The Zoning Hearing Board ruled in favor of the Wynnewood Civic Association, who argued against the lights.
 - The proposed lighting would be the minimum necessary to ensure the safety of student athletes and the ability to use Arnold Field in the evenings. It would enable the District to move forward with plans to implement later school start times for high school students, to better align with adolescent sleep patterns and improve the mental and physical health of thousands of students each year. Without the lights, LM's student athletes (approximately 50% of students) will not be able to practice and compete safely throughout the fall sports season if later start times were to be implemented.



Where Are We Now?



SHSSAC criteria were:

- Maximize student engagement, participation, learning, and academic performance.
- Maximize the safety of students commuting to and from school, whether by bus, car, or foot.
- Maximize opportunities for optimal sleep timing and duration.

Lights:

- **Maximize** academic performance as students will not need to leave school early to participate in practices and games.
- **Maximize** student opportunities to safely participate in athletics and activities that rely on outdoor venues.
- **Maximize** opportunities for optimal sleep timing and duration as it would eliminate any need to schedule morning practices in order to provide the full complement of opportunities as they currently exist.



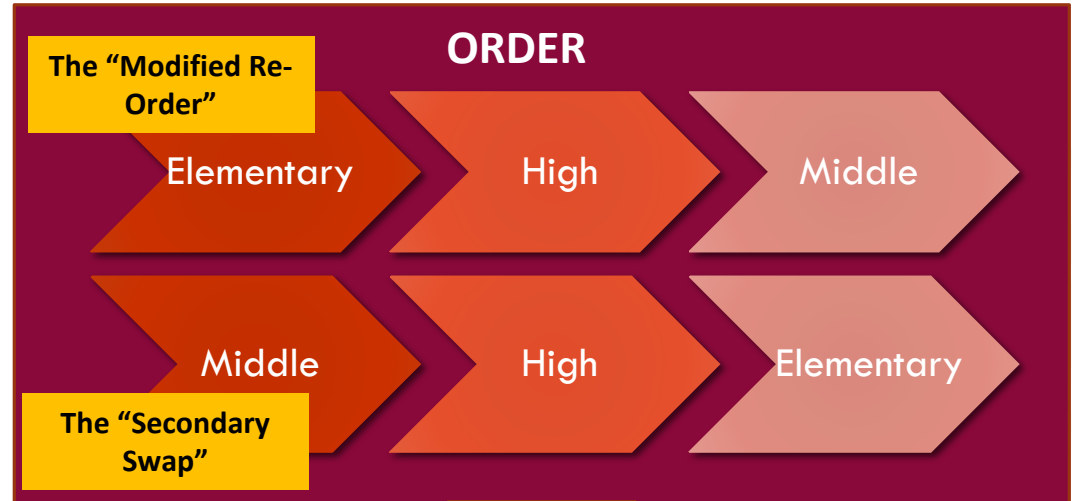
Key Pending Issues



TIMING



ORDER



Core Logistics Team/Operational Issues

Sleep, Health & School Schedules Advisory
Committee (SHSSAC)

Next Steps



- Administration and Core Logistics Team will continue review order of Modified Re-Order plan in light of LMSD K-8 reorganization and potential full-day Kindergarten as well as other equity considerations.
 - Reconvene Sleep, Health & School Schedules Advisory Committee (SHSSAC) for review and feedback of “Secondary Swap.”
- In concert with the foregoing, prepare recommendation to Board with implementation plan. (Spring 2023)
- Implementation of plan. (Pending timeline of installation of lights and priorities/fiscal feasibility assessment)





Full-Day Kindergarten

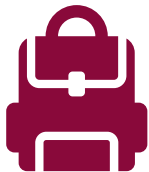


Kindergarten Intervention Programming



Extended Day Kindergarten (EDK) across all schools

- **Began in 2013-2014 School Year**
 - Designed for a small group of Kindergarten students (6-8 students) in each school who have significant literacy needs.
- **Runs annually from December to June**



Kindergarten Intervention Programming



K Plus Program

- **Began in 2021-2022 School Year**
 - Targeted full-day program at Belmont Hills, Penn Wynne, and Penn Valley
 - Designed for a small group of Kindergarten (8-12 students) in each school who would benefit for additional academic and social/emotional support.



K PLUS!

Welcome!

K Plus is an opportunity for students to:

- Experience the existing rigorous & engaging LMSD K curriculum that comprises our half day program

PLUS:

- Extended time for learning with a full day schedule
- Additional targeted experiences with skills that are foundational to kindergarten success
- Supplemental research-based tools to support student success
- Opportunities for play-based learning that make extending, applying & practicing skills fun & create a positive early school experience
- Opportunity for special area classes (art, physical education, music, library)

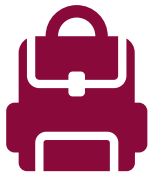


Kindergarten Intervention Programming



K Plus Program (cont.)

- Help identify and close any achievement and opportunity gaps on entry to school.
- Targeting Full-Day Kindergarten as an early intervention in the schools with the highest populations of historically underperforming subgroups.
- Advance District equity goals and dedicate resources according to identified needs.



Sample School Day	
	9:00 -9:15 Arrival & Check-In
	9:15-9:35 Morning Meeting /Calendar
	9:35-10:20-ELA/Language Arts (Journeys/Heggerty/Fundations)
	10:20-10:35 Snack/Recess
	10:20-11:20 Math (<i>Investigations</i>)
	11:20-11:30 Wash Hands/prep for lunch
11:30-12:20 Lunch/Recess	
	12:20-12:30 Hand washing/ Bathroom/ Brain Rest
	12:30-1:00 Handwriting Without Tears
	1:00-1:15 ELA language activity
	1:20-2:20 Specials (art, music, library, phys. ed.)
	2:20-3:20 Play-based Learning, Centers, Listening Games, Small Groups
	3:20 Pack up for 3:30 dismissal
	
This is an example of what one day could look like. Actual schedules will depend on the day and your child's school.	



Full-Day Kindergarten Investigation Areas

- ❖ Enrollment/Staffing
- ❖ Facilities
- ❖ Transportation
- ❖ Type of Curriculum Build
 - ❖ Kindergarten Screener
 - ❖ Unified Arts Classes and Curriculum
 - ❖ Core Curricular Resources and Materials

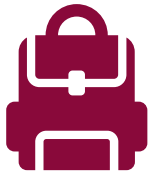


Full-Day Kindergarten Investigation

Enrollment/Staffing:



- ❖ Initial space considerations were derived from a previous enrollment study which showed a need for additional classroom space K-12.
 - ❖ The new middle school was built to alleviate overcrowding due to actual and projected growth.
- ❖ The 2022 enrollment study reflected a decrease in enrollment which could possibly be due to COVID.
- ❖ Forecasting kindergarten enrollment has begun to occur.
 - ❖ Contracted with Montgomery County Planning Commission (MCPC) - August 2022 Board Agenda
 - ❖ Full Day K Committee will create a survey



Initial Estimates



- Professional Staff (classroom teachers/unified arts): 22.5 Fulltime Employees additional
- Estimated initial cost \$2.475 million
 - Does not yet include professional and paraprofessional support services staff, cafeteria/recess aides, transportation staff, etc.



Full-Day Kindergarten Investigation Facilities:



- ❖ Estimated addition 17 classrooms required to transition to full-day Kindergarten
 - ❖ Classrooms gained from 5th grade move are being used
 - ❖ Modular classrooms at Merion and Penn Wynne were removed
 - ❖ Furniture and function of facilities must be age appropriate
- **Facilities Usage Evaluation to occur**



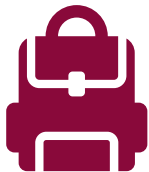
Full-Day Kindergarten Investigation

Curricular:



- ❖ Phonics pilot adoption through ESSR occurred at the start of the 2022-2023 school year
- ❖ Current program re-articulation happening this year
- ❖ Evaluation of Years 1 & 2 K Plus
- ❖ Development of full-day curriculum across subject areas
- ❖ Expansion of special area curriculum
- ❖ Expansion of student services programming and support

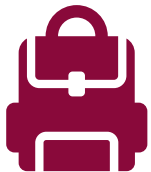
(Associated costs TBD)



Establishment of the Full Day Kindergarten Committee



- ❖ Comprised of Staff, Administrators, Teachers, Parents/Guardians, and Community Members
- ❖ Monthly meetings of the committee beginning this month



Proposed Timeline for Full Day Kindergarten Consideration*



Established a committee to research the potential of full day kindergarten

September

Estimate Staffing for budgetary purposes

December

Assess facility capacity for a full day program

February

October

January

March

Began work with Demographer to project K enrollment

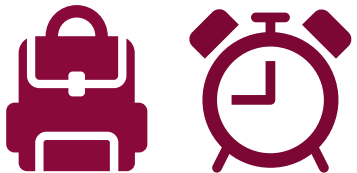
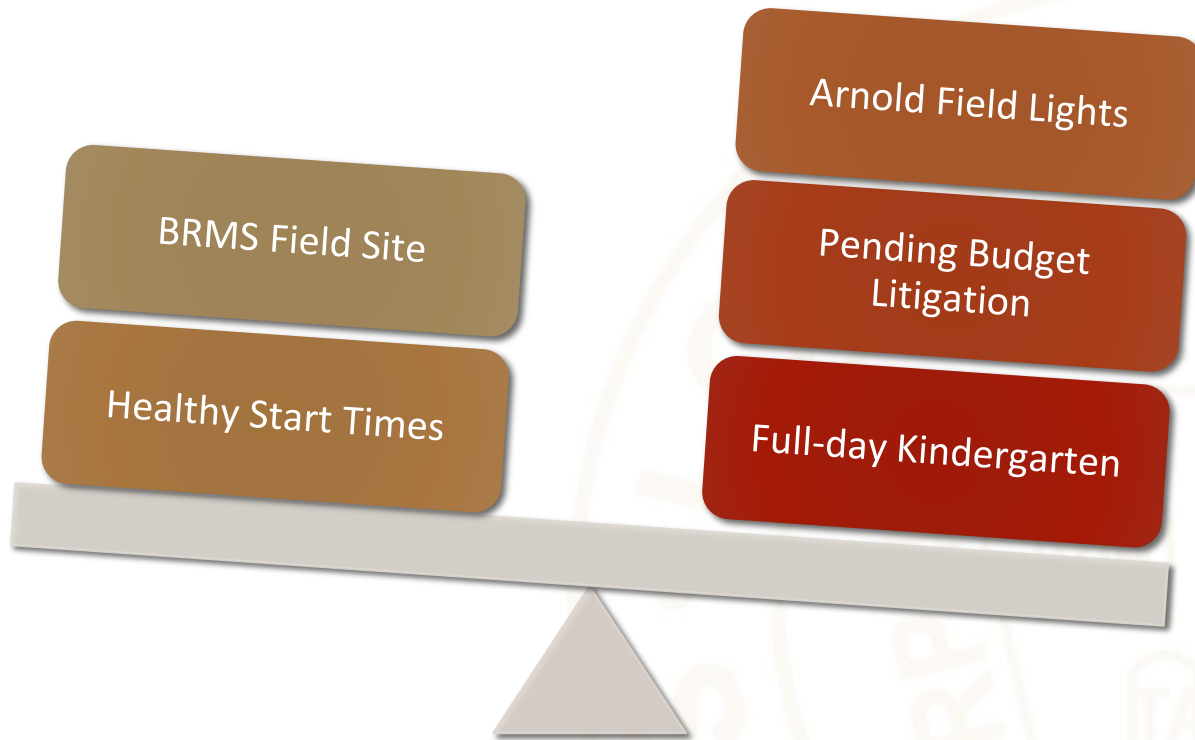
Send survey out to preschool parents to gauge interest

Visit full day kindergarten program to begin to conceptualize the curricular build

Conversation with the school board



Balancing Priorities



Questions?



Email: info@lmsd.org

