

## Start Time Task Force

### Meeting Agenda

November 10, 2022

4:00 PM – 7:00 PM

Time	Topic - Responsibility	Description / Materials / Notes - <b>Notes on discussion including focus questions and any materials needed.</b>
10 Min 4:00 – 4:10	Welcome and Agenda Overview - Spencer	<p>Dr. Welch welcomed the committee members to this evening's meeting. <i>Tonight, we're going to really dig into the heart of the work. Before we get to that, thought it would be appropriate for us to have a conversation about the role of this committee. Often when we get into this kind of project, people are enthusiastic, and they have an interest in the content details of the question. That's healthy and good, and important; we have smart people like yourselves here. However, this can lead us into a drift toward what we have to solve all the technical specific minute problems with this, or we have to fix the system in order to do it. Just want to pull us back and say that's not the function of this group. This group's function is to give advice to the school board and superintendent about which of the options that we're looking at would be most appropriate from the group of the stakeholders, then the professionals into the detail work can work out the minute issues associated with challenges that are created.</i></p> <p><i>Are going to ask you today as you look at the various plans, what foreseeable problems would exist in your mind if we were to go with that plan. The quest is not to fix them. Also just say as a note of encouragement, first, you're doing very good work. I've done this a lot with many different school districts on the west coast, and you're doing really good work. I think it is important to have from my vantage point, I was doing a lot of research for what had happened around the country. School districts had been examining this question for about 20 years. Districts across the country have been wrestling with this problem. Ponder if a workable solution that had no downsides had ever been discovered across 50 states and around 1,000 school districts that have looked at it, there haven't been any magic solutions to do this, or everyone would know of it. There is a cost to every solution, an opportunity, and a cost. A lot of smart people for two decades have been trying to figure this out for the right reasons, the adolescent sleep research. There are very few districts that can do what Bellevue did, which is move high school completely out of the transportation picture. At any rate, just want to say we're going to get to a point here where we may be frustrated because there are cons to each scenario we will look at, and I don't want you to be deflated by that. I want you to focus on the solution that does the most according to our guiding principles.</i></p> <p><i>We're going to try and do what is best for the most students. The other one was the decision we make must take into consideration equity questions, such as what burdens does it put on parents and students, who may be economically disadvantaged or traditionally not served as well as other students in the system. The third factor was it must pay attention to fiscal responsibility. It doesn't have to be cost neutral to what we're doing now, not saying it can't cost more, but it has to be a consideration to being responsible and sustainable over time, so we can maintain the remarkable educational program that you have in this district. These can be kind of in tension at times, and that is to be expected in this process.</i></p> <p><i>Just wanted to remind you you're doing good work, remind us of our scope and role, and just know on one level of definition there is no perfect solution to this, perfect meaning everyone is going to be happy.</i></p> <p><b>Question:</b> As a representative stakeholder as a parent, my approach is to approach this as how it would work for parents. Let transportation do what they need to do. Right? Yes.</p>

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		<p><b>Question:</b> <i>You put a couple different plans in front of us. Are those all within the realm of possibility?</i></p> <p>Yes, they all could work, but you are speaking from your perspective on what is best for students, staff, and families. The district will have to go back and do further work on impacts and mitigation strategies. We're giving a general recommendation on how we can do it, and then the district staff will have to do a tremendous amount of planning work to address the details.</p> <p><b>Question:</b> <i>Are some of the other constraints considered?</i></p> <p>Yes, we will get more information today on moving the walking zones and what that impact might be. There wasn't a suggestion to change the length of day, so that hasn't really been considered. We did do some work with Metro to see if that could reduce dependence on bus routes, but we are not at this time thinking that will be a significant contributor to our solution.</p> <p>Dr. Welch: <i>Going to see if we can weed some out tonight and arrive at a consensus on what we can eliminate from consideration and maybe want more feedback on. I'm going to be asking you to make is I can live with this, or I can't, or I could live with this with reservations, this one is good or this one isn't.</i></p> <p><b>Question:</b> <i>Do any of the scenarios break things into zones or regions?</i></p> <p>The new one does that, because it was the only way to get the busses to be able to do four tiers, two elementary, middle, then high school, to reduce travel time between tiers. Regionalizing wasn't as helpful in other scenarios, so those did not get included. The process to create scenarios is very labor intensive, as it is a manual process to create the routes into tiers that maximize the efficiency of the route and the time for the driver to run them. <i>Consultant brings 20+ years of transportation routing experience to the work.</i></p>
<b>15 Min</b> <b>4:10-4:25</b>	Review of Guiding Principles and Discussion - Spencer	<i>This was covered in the first section this evening.</i>
<b>10 Min</b> <b>4:25-4:40</b>	Presentation of Possible New Option – Barbara/Dana	<p>Brian Buck, Executive Director of Support Services, filling in for Barbara Posthumus, shared a presentation to revisit the scenarios from last week. Transportation consultant shared information from the previous meeting, A,B,C,D were already shared. As we look at this new scenario E, we have a small group of busses at 7:30, which we've already talked about moving that to the corresponding high school start time. Looked at breaking the district into four quadrants and letting those elementary schools close to each other feed into each other for the two tiers. Having the pre-k in the matching buildings share the same time. Consultant can share more detail about how the quadrants were determined to balance the quadrants with two tiers for elementary routing. Divided them out to balance the tiers. There wasn't a specific order that dictated who started when for elementary other than physical proximity to make two tiers for two schools. This scenario puts high school latest in the schedule. Special Education service busses complicate the overlap as those runs tend to be longer. That will require more work to see how we can tier those routes and find better balance. The big thing with this from a transportation specialist is that when you can qualify the bell times to make sense like this and have the bus go out and service as many kids as it can, but when you can balance that with what the bell times that meet the communities needs, that's</p>

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where we want to be. Want to ensure we're providing all the scenarios and information, so we can come up with a solution that is best.

**Question:** *When it comes to special education, every scenario uses 37 busses except C. Is that intentional? I'm a parent of a student receiving special ed, these different tiers all use different amount of busses. There was a typo in one scenario. The 37 routes is consistent across the scenarios for students receiving special education services.*

**Question:** *Are the scenarios based on projections or this year's data? This year's data is used to create each scenario. The number of students and the time in between routes is what drives the number of busses. The reality of special education is because there is no boundary, we don't really have a boundary. What we're looking at now will be different next year because kids come and go. When we made these scenarios, we pushed every student out of their bus route, then we changed the times and rebuilt the routes using those students. Do use some car services that are approved for transportation when it is out of a typical situation, but those are case by case, not large scale in the sense of a whole school.*

**Question:** *Do we ever fund carpools? Could parents get gas money to encourage that. Mechanism for paying for that would have to be investigated and very likely would involve some legal issues, as would issues of liability. Not an existing mechanism for it, but it is a creative idea.*

**Question:** *Where does Quest fall into that? Embedded with the elementary and middle school routes.*

Statement from district representative: with the inclusion project, more elementary students will be attending neighborhood schools, and we would like to encourage not using outside contractors as much as possible as they have been problematic in some cases.

**Question:** *Standalone school can go with the high schools and not. That was researched after the scenario is moved. If that is the general consensus. That was the general consensus.*

Statement: Some preschool students are transported from one school to another for their extended day services. That's something to think about too.

Group 1: B and C, cannot recommend, D, E, A – can recommend – liked E the best.

Group 2: B, C, D – do not like, E is the one we prefer

Group 3: Recommend A, C, and D with some reservations – Favorite is E, Could not agree on B.

Group 4: Willing to recommend – B, C – Cannot recommend D, Can not agree on E and D. Favorite was B.

No – A, B, C (*Can't change because adolescent start time, B moves some schools earlier than they are now for middle school, which seems to be counter to the message and to the research around adolescent development.*)

Willing – D, E, A

Favorite - E

No-B,C,D, A

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Willing – A, ok with the earlier middle school time because of the other options that put middle later take away or change dramatically afterschool opportunities, willing to entertain B, caveat around making sure there additional staffing at any elementary that has preschool, office staff,  
Favorite – E

**Question:** *Would you rather have a bus to get your kid to school or would you rather have the ideal time to start?*

**Question:** *Could we bus some neighborhoods but not others? We espouse equity as a district, and many parts of our systems are about equality, like bussing zones, doesn't matter. We seem to not have started from what is best for kids and worked around that, we seem to be driven by what we can do. Some support from a few members for doing this and asking the community. Could we say to people that don't need a bus, we're not providing it, so we can provide it to a neighborhood that does?*

*Scott will bring information back to the group next time around constraints with K-12 transportation systems. Not sure it is even possible to do something like that. the funding mechanism for school transportation systems is tied to geographical bussing zones via the no more than 2 mile walk zone. School boards are responsible for defining, but funding is tied to specific parameters.*

No –  
Willing – A,C,D,E,B  
Favorite –

No – A,D,E  
Willing – B, C  
Favorite – B

**Dr. Welch:** See some interesting things occurring. All three groups can learn something from Group 4, because they are different. There are groups that don't mind elementary starting at 7:30 and groups that do. Would be curious to hear why that isn't a concern and why it is?

Our group did recommend E, as a favorite of the 5 with the caveat that 7:30 is not an appropriate start time for any age. But when we looked at all the other pieces, it was the best of the scenarios. There isn't one that has a start time that is later. Yes, B has the latest early start time of all of them.

One we caught by is the late afternoon for high school. Athletics may miss 7<sup>th</sup> period with a 3:40 dismissal time. See that as being problematic for a lot of our families, as there are a lot of classes that happen 7<sup>th</sup> period. Staff who coach might also have to miss, and that may cause hardship on covering classes. Would be likely impossible to schedule athletes or coaches with 7<sup>th</sup> period prep, which would also have other implications as prep periods are for planning teaching, not coaching.

What they do in some schools at 7<sup>th</sup> period, that counts as their PE class. Can combine that aspect. A lot of places, but the state doesn't recognize that here. Athletics – like the idea, but the WEA will not be amenable as it would take work away from PE teachers.

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		<p>PreK students starting at 7:45 in one area, then the elementary school sibling starting at a different time in the district. That could create travel constraints for dropping off multiple students. That's why we said it was a no. We do have feeder patterns, for us and for me it is more about preschool being so vastly different than the elementary school where they are hosted. You're going to have preschool on campus nearly two hours before elementary, and it means it further isolates preschool from the community they live in. I would love B if you could fix the preschool time to line up.</p> <p>We had a similar if preK and elementary could be put together at the same time. That would be good in general. We talked about that at our table.</p> <p>Transportation: the way scenario B is laid out, we can't add the preschool busses there to coordinate with the buildings. Would offset that tier, and it doesn't work. That would make so many busses in that tier, we wouldn't be able to package things appropriately.</p> <p>Our group talked a lot about the convenience of dropping off, that isn't one of our guiding principles. Might tie into equity. We don't feel like we have data to tie into that equity question. Maybe that doesn't tie into the financial question either. Just wanted to point out that it doesn't tie into our guiding principles.</p> <p>Group 1 and 2, what disqualifies C – middle school being too early, tying that into the adolescent. Same reason for Group 2. Having the elementary start times being a full hour gap between early start and late, puts pressure on the system. This one also puts the preschool start time two hours earlier than the elementary schools.</p> <p><b>Question:</b> Same thing when it comes to special education. The needs of the few versus the many. Not all of these have the same equal. It is a safety issue when we don't have staff onsite for that first session. Not having office staff onsite or health room that can help in an emergency situation. Really an issue of safety.</p> <p>If we started E-15 minutes later, that puts high school out at 4:00.</p> <p>If just Old Redmond School House was that earlier start time would it allow for elementary based preschools to start closer to the time? We do stand alone, so would that be kind of the way to satisfy both if it was doable from the transportation side. <i>Consultant is looking while we take a break.</i></p> <p><i>Also posed a question about a modified B scenario.</i></p>
<b>20 Min</b> <b>4:35-4:55</b>	First Round of Discussion on all current proposals – Small Groups	<p>Dr. Welch moved the large group into smaller groups, to take the information sheet they have that outlines the proposals, go to one of the four tables, self-select. I would ask the district participants don't all cluster but spread yourselves out, so there is a good balance of conversation. When we get to this part, I'll explain more to you. Right now we take a 5 minute break and by 4:52 you choose a table to be at and ready to go. Will give the directions then. Members moved into smaller groups around the room. Dr. Welch did a little redistribution to even out groups.</p> <p>Going to spend about 20 minutes, will check in with you. On the table you have some sheets that look like this, for each of the 5 options, write in the option you're dealing with, and then write the names of the people in your group. Have a conversation as long as you like, what are the pros, what are the cons, this is the</p>

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		<p>hypothetical question, imagine that for some reason it is the one that wins, what are the foreseeable problems that will have to be addressed. You might see some foreseeable problems, not asking you to fix them, asking you to identify them. After you've talked about it for 5 minutes, see how you feel as a group of four on this bottom question. Is there some consensus around one of those four statements – don't recommend, can't agree, willing to recommend as a potential, this is the one we love</p> <p><b>Question:</b> Are we presenting pros and cons not currently listed on the handout. Are we summarizing those or highlighting? As you consider those, you as a group what are the ones most salient to you, what are the ones that would get in the way of really recommending those as a viable option.</p> <p><b>Question:</b> Should we assume that ICS can align with HS on options A-D? Yes. You can assume that. Try to get through all 5 of them. After you have talked about pros and cons, for each one, do the rating. You can have more than one you don't recommend and you can have more than one that you recommend.</p>
<b>5 Min</b> <b>4:55-5:00</b>	<b>Break</b>	
<b>30 Min</b> <b>5:00-5:30</b>	First Round Discussion – Whole Group Debrief	<p>Looking at some alterations to see if they're viable to make some minor shifts that can address some of the concerns expressed. Given what you've heard from the other groups, does that change anything for you? This is not a manipulation, if the answer is no, the answer is no. Don't want you to feel like someone is leaning on you, but maybe you can accept that a little bit more knowing more information. We will take another conversation for about 10 minutes, and then we can look at the accommodations and see if those make a difference.</p> <p><b>Question:</b> <i>Can we hear a little more from athletics? I recognize I'm representing a group, and it is not the sole driver. It is a program we offer, and we need to study the effects. For the high schools, we participate in a conference and other districts have moved start times. Moving too much does cause more issues because of how early kids would need to be released to participate, particularly in sports that aren't played under lights.</i></p> <p><i>E was problematic because of how late high schools dismiss.</i></p> <p><i>Middle school athletics and activities, them being done at 4 eliminates interscholastic options. Doesn't mean we can't do intramurals, but that is also going to be hard to get coaches. Having coaches stay until 5:30 or 6:00 every night is going to be a challenge. Academic achievement is connected to athletics and activities. Any adjustment we make can't just be the only adjustment. LW is going to have to make system adjustments based on anything we recommend. We can make a recommendation, and the powers that be are going to have to make system changes. Anything we do is going to involve system changes. Having a really high interest in middle school activities and athletics is a good problem to have.</i></p> <p><b>Question:</b> <i>What is the latest dismissal that would work for high school, knowing that it can't stay what it is right now, what would that be? 3:20 makes me nervous, but we could do it.</i></p> <p><i>One of the things we talked about was there are some things that start early now. Is their consideration of doing some of the activities before school. There have been</i></p>

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*some things where coaches, swimming is a common one, that's not by choice but by necessity we're competing for pool time. That's one of the reasons it is early.*

**Question:** *Could more staff offer sports in the morning? Potentially, and it would have staff implications would we be able to get staff to do it. Competitions would not be able to move, but some practices might.*

**Dr. Welch:** *All of these system changes are why it is important for us to come to some sort of consensus no later than early January. Because it is going to take considerable amount of time to figure out all the little strange things that come up, and potentially bargain with some of our labor partners, that's why Scott said from the very beginning there is a time pressure around this issue. Those things will take time and energy to figure out, and also to communicate to your community with time for them to work through the process too.*

**Questions:** *Would you be ok recommending E if the PE is required in 7<sup>th</sup> period? Scheduling is a very complex process at high schools, and mandating 7<sup>th</sup> period PE for athletes is not likely to work given the way scheduling works.*

**Question:** *When we say consensus, what does that mean? Does everyone have to agree?*

*Support an option. Consensus would be everyone could be willing to support 1 or 2 of the options, but it might not be your favorite. I went to the other group to understand B, and I found that helpful. There are compromises in each scenario. Our job is to work through those and find the best solution we can. It may not be our favorite necessarily. Also, the committee may not have unanimity, that's different than what we're seeking. The committee needs to be able to say the process was fair and the will of the group is represented in the process and the final recommendation.*

**Dr. Welch:** *I'll ask this group why B was favored.*

*B was favored because it creates the most opportunities at the secondary level. Also safer for kids to walk to school or bus stop for middle. This schedule is also closer the current elementary schedule. This may also be an easier transition from what we're doing today. One last thing, that was our position, a big part of it was a safer for middle school kids to wait or go to a bus stop. For those who feel differently, I'd like to know why.*

*One of the things our group talked about the natural progression, all the research points shouldn't it be middle school that is the next latest. That was one thing. The other big thing we pushed was pre-K being disconnected from the elementary level. The middle is 7:50, could we live with that as being just ten minutes off at 8:00.*

*7:30 at a bus stop in December was a hard thing to reconcile. I'm not sure the focus on 8:00 was in alignment for the research. Board wasn't keen on 8:00, so the 8:30 really came out of that conversation. Less conversation around the middle school and elementary, except around early for elementary. There was debate about what was too early because many parents wait with their students, so there is some adult supervision, although not always and not every student's parents can do that.*

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		<b>Dr Welch:</b> <i>Now, in your small group, after what you've heard, would you reconsider anything. Take about 10 minutes. Would we be willing to look at any of these others?</i>
<b>25 Min</b> <b>5:30-5:50</b>	Second Round of Discussion on proposals – Small Groups	<p>Wrap up conversations, and we will come back together in two minutes. If you are willing to add something to your willing column.</p> <p><b>Question:</b> <i>Would putting driver's ed back in the high schools encourage more students to drive to school?</i></p> <p><i>Not sure how to measure that, but in general, it was removed because it was very costly to operate and the requirements around certification under which school districts operate is very different than say an outside driving school. That made the labor pool much harder to sustain, coupled with the costs of vehicles and operations. It was a financial liability for school districts, which is why so many have stopped it.</i></p>
<b>5 Min</b> <b>5:50-5:55</b>	<b>Break</b>	
<b>30 Min</b> <b>5:55-6:25</b>	Second Round Discussion – Whole Group Debrief	<p><i>Second round discussions led to some additional tweaks to the scenarios for our next meeting.</i></p> <p><i>Those were:</i></p> <p>B – keep the schedule but see if we can push Pre-K in the buildings they are in</p> <p>E – can we move tier 1 bells and tier 2 bells 10 minutes each.</p> <p><b>Question:</b> <i>What if we didn't transport students in high school? We have looked at service level changes, and this would be a big one. Technically, we do not have to provide transportation outside of student receiving special education services who need it, and student who are experiencing homelessness and qualify for McKinney Vento. That would likely create some equity issues.</i></p> <p><b>Question:</b> <i>When we cancel bus routes, does that impact the attendance at those schools? Great question that I don't think has been researched yet, but we will do some work with that and bring it back to the next.</i></p>
<b>20 Min</b> <b>6:25 – 6:45</b>	Testing for Consensus	
<b>10 Min</b> <b>6:45-6:55</b>	Review of where we stand and next steps - Scott	<i>Scott shared we are on track and revisited the scope of work for this committee, make a proposal to the superintendent on how the district can move high school start times to no earlier than 8:00 AM and preschool start and dismissal times earlier in the day. He thanked the committee for their respectful debate and especially the time they have dedicated both in the meetings and in between to understanding the complexity of the issue. There isn't a perfect solution that is easily achievable, and this committee has really worked to find options that meet the most needs while also appreciating the impacts of this work.</i>
<b>5 Min</b> <b>6:55 – 7:00</b>	Closure and Session Reflection – Spencer and Task Force	

Next Meeting Items:

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**Start Time Task Force**

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**Future Meeting Dates:**

December 1

December 15

January 12 – possibly a make up date if needed



## PARTICIPATION

### Breakdown of Participation



**3,281**  
Participants



**2,367**  
Thoughts



**50,376**  
Ratings

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## PARTICIPATION

### Breakdown of Participation




I am a:



3095

Responses

%		Answer <i>(Multi-select)</i>
74%	(2321)	Parent/Family Member
15%	(482)	Staff Member
14%	(441)	Student
2%	(80)	Community Member



## PARTICIPATION

### Breakdown of Participation




The grade or school level of your child (or where you work):



**3091**

Responses

%		Answer <i>(Multi-select)</i>
4%	(144)	Preschool
41%	(1290)	Elementary (Grades K-5)
31%	(977)	Middle School (Grades 6-8)
50%	(1557)	High School (Grades 9-12)
2%	(70)	N/A

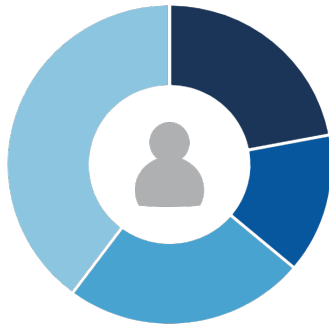







## PARTICIPATION

### Breakdown of Participation



I live/work in the following area of the community:

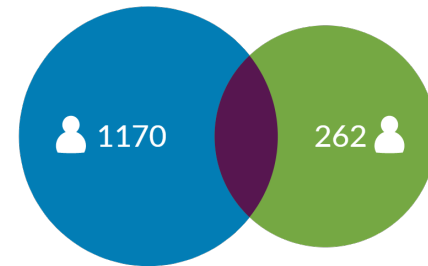


%		Answer
22%	(680)	 Eastlake
14%	(428)	 Juanita
24%	(740)	 Lake Washington
40%	(1231)	 Redmond



## DIFFERENCES

Kids Need Sleep | Start Time [1170 | 262]



### Side A

Waking up at 5:30 for school is unreasonable and so hard on the teenage body and mind. It's impossible to focus in my classes. As an Honors and AP student, I need sleep to be able to do my best. Between homework and start times, I don't feel I can.

★ 5.0 ★ 1.8

Kids need sleep. The rest is just a bunch of problems to solve. What we can't change: teenagers' biological need for more sleep and later hours. What we can change: our expectations for how after school stuff/jobs/transportation

### Side A/B Common (high)

Having schools start no earlier than 8:00am allows kids to get the sleep they need. This is important for development, healthy kids, and academics.

★ 4.8 ★ 4.5

late starting time is great for students well-being and mental health Students will be well rested which will result in a better mindset.

★ 4.9 ★ 4.1

### Side B

I think school start times are perfect they way they are now! No changes are needed

★ 1.1 ★ 4.4

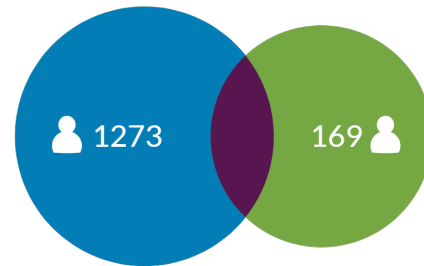
Maybe there is a big silence majority who just never said something and likes early start ! Ever thought of that!

★ 1.4 ★ 4.7



## DIFFERENCES

Sleep Later | Later Time [1273 | 169]



### Side A

**Older students are biologically wired to sleep later.** This will allow better engagement in school

★ 5.0 ★ 1.8

**I absolutely think High School should have later start times** Teenagers often function best later in the morning and should be able to sleep in longer.

★ 5.0 ★ 1.2

### Side A/B Common (high)

**No school should start earlier than 8 am** During high school we are in our teenage years and they are the years where we need the most sleep.

★ 4.7 ★ 3.6

**Teens need a later start time** Later start will let teens be less tired during class

★ 5.0 ★ 4.0

### Side B

**My thought honestly is I would like to leave them as is.. kids will not necc. Get more sleep and harder to schedule appointments outside hours.** My kids will just go to bed later. Also, Drs offices have shortened hours of operation after covid. This makes it harder to schedule after school

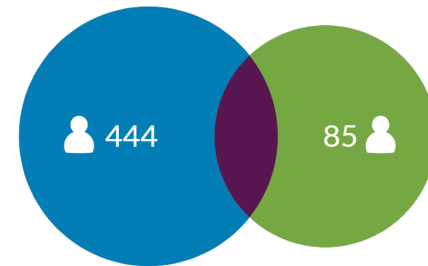
★ 1.3 ★ 5.0

**I don't think High Schools should change the start time to a later time.** In the real world jobs start early. As well as parents need older siblings to help after school. As would interfere with after



## DIFFERENCES

Time To Sleep | Later Start Time [444 | 85]



### Side A

**Kids emotional well being and health** Kids learn best when their body and mind health is at its best

★ 4.7 ★ 1.3

**A later start time means my child will get enough sleep and learn better** My child is autistic and does better when his basic biological needs are met (as we all do)

★ 4.8 ★ 1.6

### Side A/B Common (high)

**Later start times mean better teen learning!** There are a number of studies showing that teens get more sleep when high school starts later. A refreshed and alert teen is more likely to learn.

★ 5.0 ★ 4.0

**Prioritizing teen sleep is crucial** Without appropriate sleep, our kiddos can't work to their full potential

★ 4.8 ★ 4.4

### Side B

**Maybe sleepy high school students should just put their cell phones away earlier in the evening so they get enough rest for school in the morning.**

Starting school at 7/7:30 is definitely hard when you're up all night on snap chat.

★ 1.3 ★ 4.4

**8am is still too late as that can mean leaving the house to get the bus at 7:20** Transportation needs to be factored in.

★ 1.5 ★ 4.5





## THOUGHTS

### Key Thoughts



**Students physical and mental health is impacted when they cannot get enough sleep.**

This impacts there ability to learn, form healthy relationships, and experience success.

4.6 ★★★★★ ( 24 👤 )

Ranked #1 of 2367

**Sleep restriction worsens mood and emotion regulation in adolescents**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4047523/> Mental health in children is at all-time lows. Improved sleep can improve a child's baseline coping capacity.

4.6 ★★★★★ ( 23 👤 )

Ranked #2 of 2367

**My daughter (9th grade) has concert choir at Eastlake that starts at 6:30 AM on EVERY school day. This is insane, especially with winter coming.** 1) Safety issues in getting to school so early, 2) long term impact on health in not getting enough sleep for both student and their parents.

4.6 ★★★★★ ( 18 👤 )

Ranked #3 of 2367



## THOUGHTS

### Better Sleep



**Highschool and Middle School students need sleep to learn** There really is no point in starting earlier in the day, most people's jobs begin later. More sleep would benefit me. I'd learn better, and study more

4.5 ★★★★★ ( 34 👤 )

**Adolescents need more sleep!** I believe the most recent data shows that adolescents tend to perform better if start times are delayed; let's follow the science!

4.5 ★★★★★ ( 25 👤 )

**If nothing else, I kindly ask of you to take 2 minutes to read the John Hopkins study or any other study that is in support of a later start time of 9 am....our teens will be less depressed, making better decisions, less likely to do drugs, better sleep hygiene, and performing better in school.**

4.5 ★★★★★ ( 22 👤 )



## THOUGHTS

### Mental Health



**Sleep restriction worsens mood and emotion regulation in adolescents**

4.6 ★★★★★ (23 👤)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4047523/> Mental health in children is at all-time lows. Improved sleep can improve a child's baseline coping capacity.

**Mental health impacts of insufficient sleep.** I feel strongly that the mental health of our teen age students needs to be at the forefront of our consideration on this matter.

4.5 ★★★★★ (26 👤)

**I like this idea, it will help so much. I struggle with getting up early enough to have time before school for myself.** Later start times will help with my mental health and will help me do better academically and socially. I will get more sleep and rest and me time.

4.5 ★★★★★ (25 👤)



## THOUGHTS

### Sleep



**Research shows that teenagers need more sleep so a later start time would allow for that.** I listened to a podcast with Sleep Expert and Neuroscientist Dr. Matthew Walker that discussed the negative impact of lack of sleep in teenagers.

4.5  ( 25  )

**Thirty minutes would make a huge difference for extra sleep for high school students.** More sleep has been shown in numerous studies to improve test scores, focus in class, and physical function.

4.5  ( 23  )

**More sleep for teenagers is imperative**

4.4  ( 34  )



## THOUGHTS

### Teens Sleep



**Great to get more sleep for teens** Research is clear more sleep helps teen brains

4.5 ★★★★★ (35 👤)

**Later start times mean better teen learning!** There are a number of studies showing that teens get more sleep when high school starts later. A refreshed and alert teen is more likely to learn.

4.5 ★★★★★ (34 👤)

**Teens need a later start time** Later start will let teens be less tired during class

4.5 ★★★★★ (25 👤)



## THOUGHTS Kids



**Having schools start no earlier than 8:00am allows kids to get the sleep they need.** This is important for development, healthy kids, and academics.

4.5 ★★★★★ ( 35 👤 )

**Health and wellbeing for high school kids.** Kids will be more attentive in class if they are well rested

4.5 ★★★★★ ( 26 👤 )

**High school age kids need enough sleep and 7:30 start time is too early as they have to wake up at 5:30 to catch bus.** 8:00 start time will improve kids performance in school as they will get enough sleep. They will be more engaging in school .

4.4 ★★★★★ ( 33 👤 )



## THOUGHTS

### Start Later



**Later start times will be much better for high schoolers** High schoolers need more sleep

4.5 ★★★★★ ( 33 👤 )

**I welcome a later start time for high school students.** Students need to be well rested for them to perform their best for their school day.

4.5 ★★★★★ ( 22 👤 )

**Teenagers naturally sleep later. Later starts for teenagers will lead to better outcomes.**

4.5 ★★★★★ ( 16 👤 )



## THOUGHTS

### Morning



**Getting a later start time gives more potential to more sleep hours and time in the morning to be ready to learn at school.** This is important to be a healthy student because we need our sleep and rest as busy athletes, students.

4.4  ( 25  )

**They are very tired in the morning as they have a packed evening. Don't eat proper breakfast, rush to school, come home very hungry and tired.** They are not able to focus in their evening extra classes, easily irritated and have arguments with parents

4.4  ( 25  )

**I hope to have a later start time. My kid struggles to catch the 6:56am school bus every morning.** Kids need more time to sleep. Also safety concerns --the outside is dark in the morning when they are biking/walking to the school bus stop.

4.4  ( 24  )





## THOUGHTS

### Start Earlier



**High school needs to have a later start time** Elementary could start a little earlier

4.3 ★★★★★ (34 👤)

**Elementary needs to start earlier.** Not starting until 9:20=we are out very late and have little time for after school activities/appointments. Elementary have early bedtimes.

4.2 ★★★★★ (34 👤)

**My hopes are that high school would start later and elementary start earlier.** Our young elementary school kids are being asked to stay at school until almost 4pm each day. They are tired after 3pm, too tired to learn. No focus!

4.2 ★★★★★ (33 👤)



## THOUGHTS

### Start Early



**I support all schools starting no earlier than 8 am. It is too early if schools start before 8 am.** It's important that students are getting enough sleep.

4.5  ( 25  )

**High school needs to start no earlier than 8am** High school starts painfully early for teenagers who biologically need more sleep at this age.

4.5  ( 24  )

**Its a good change. You have our full support to suggest that high school should not start before 8 am.** Most high schoolers sleep pretty late. Getting up early only leaves them half attentive in class which is not productive.

4.4  ( 31  )



## THOUGHTS

### Kids Start



**I support research-based changes that should lead to improved health in kids and teens, even at the expense of convenience or extracurriculars.** Kids (and adults) should not be forced into a schedule that is detrimental to their well being.

4.5  ( 33  )

**Kids need the sleep to ensure a well-balanced mind for the day. And if other high schools are in our area able to do it, there is no reason we cannot.**

4.5  ( 21  )

**This will be Amazing! Today school starts (RHS) at 7:30. It's really hard on kids to wake up so early** Longer sleep time will allow the kids to start the day more refreshed, to be more focused and have better achievements

4.4  ( 34  )

## **Scenario A - Two Mile Walk Radius**

### **High School Walk Radius of 2 Miles**

- Reduces service to approximately 600 Students
- Allows us to move 2 to 3 schools to a later tier to reduce the number of buses required in tier 1

### **Middle School Walk Radius of 2 Miles**

- Reduces service to approximately 420 students
- Allows us to move 1 to 2 additional elementary schools to later tiers

### **BEST CASE Scenario with 2 mile for both High School and Middle School- Route Reduction from 119 to 102**

**This will be a loss of busing to over 1000 students and would also reduce State funding**

Every Scenario would be different. We have only run this with scenario A as this is a reduction in route services