

TRUMBULL PUBLIC SCHOOLS

# Late School Start *Committee Update*

May 24, 2022  
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## Timeline & Processes of Late School Start Exploration

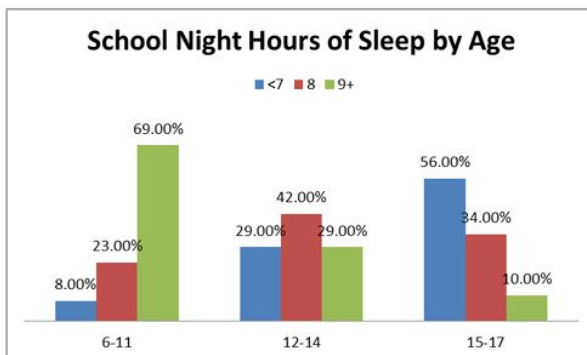
- Sept 2019 Initial committee formed
- Feb 2019 Overview on Late School Start by Jonathan Costa of Ed Advance
- March 2020 Research on benefits of Late School Start & Sleep (Dr. Sarah Raskin from Trinity College)
- July 2020 Board approves the continuation of Late School Start exploration

## Timeline & Processes of Late School Start Exploration

This School Year 2021-2022

- Sept 2021 Late School Start meets again to discuss priorities
- Oct 2021 Drafted stakeholder surveys
- Nov 2021 Revised stakeholder surveys and gathered information
- Dec 2021 Website updated and notification sent to all families to review information with their families.
- Jan 2022 Reminders sent along with survey
- Feb 2022 Committee meets to review results of the survey  
Central Office Cabinet schedules results to be shared in May with the Board
- May 2022 Committee reconvenes again

## The Science Behind Late School Start *The American Psychological Association*



*Figure 1: School Night Hours of Sleep by Age Group. While 69% of kids age 6-11 get approximately enough sleep, just 1 in 10 15-17 year olds are. Source: National Sleep Foundation, 2014..*

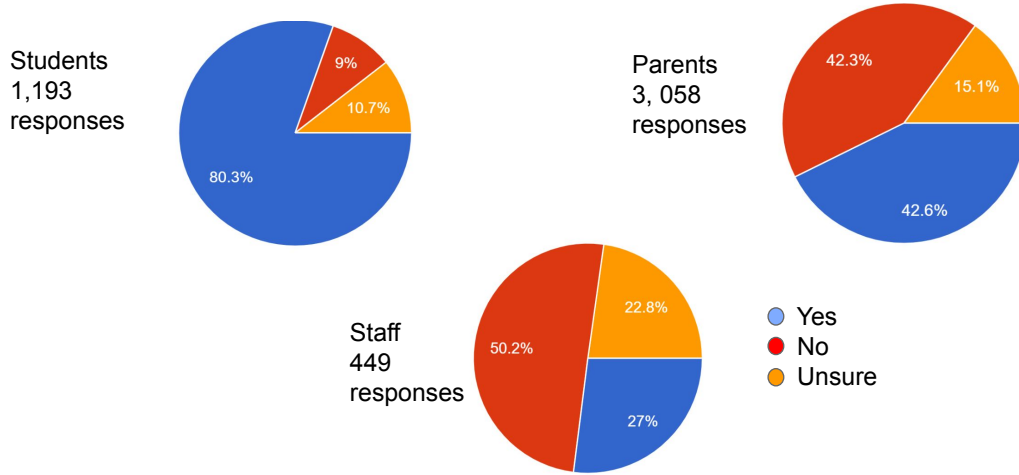
- Most high schools begin between 7:00 and 8:00AM.
- Early bell times are responsible for the discrepancy between how much sleep teens need and how much sleep they get.
- **When school systems have moved to later start times, they have found that their students get more sleep.**

## **The Science Behind Late School Start**

- Individual differences, but results are almost always positive. Benefits observed from later high school start times include:
  - Increased attendance rates
  - Decrease in disciplinary action
  - Decrease in student-involved car accidents
  - Increase in student GPA
  - Increase in state assessment scores
  - Increase in college admissions test scores
  - Increase in student attention
  - Decrease in student sleeping during instruction
  - Increase in quality of student-family interaction

**What does our community feel about this issue?**

## Should later school start time be a priority for Trumbull?

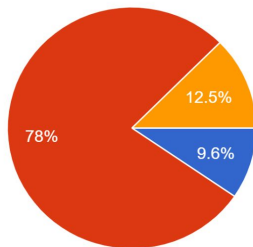


Potential Positive Impacts	Students	Parents	Staff
Allow for additional sleep	92.50%	54.20%	40.40%
Improved mental health	80.60%	40.40%	32%
Better Physical Health	66.80%	31.80%	18.50%
Improved academic performance	79.70%	33.80%	29.30%
Improved school attendance	57.80%	19.10%	31.30%
Improved alertness in class	79.20%	41.20%	36.30%
Improved athletic performance	52.50%	15.70%	10.80%
Improved sleep schedule	85.10%	37.70%	32.70%
No real benefits	6%	41.20%	45.20%

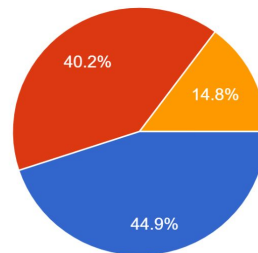
Potential Negative Impacts	Students	Parents	Staff
Reduce my ability to work after school	19.70%	11.30%	13.50%
May impact my ability to care for siblings	8.70%	6.20%	N/A
Limit my opportunities to participation in outside activities	27%	31.50%	26%
Less time for homework after school	40.80%	33%	N/A
Less time in the evening for family	26.90%	27%	N/A
Require me to miss more school	16%	N/A	N/A
I will not get more sleep, just stay up later	13%	22.80%	N/A
Reduce my younger child's amount of sleep	N/A	10.40%	N/A
Impact at least one parents work schedule	N/A	29.90%	N/A
Increase day care costs	N/A	10.20%	13.20%
Increase parent's commute time	N/A	11.90%	N/A
Disrupt my family routine	N/A	N/A	44%
No negative impact	48.90%	44%	44.40%

## Which of the options do you prefer for our schools?

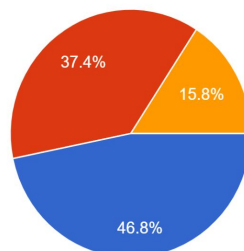
Students  
1,193  
responses



Parents  
3,058  
responses



Staff  
449  
responses



- No Change
- Start 30 minutes later
- Start 60 minutes later

## **Late School Start Time Committee Opinions**

- 4/12 Students, the THS Principal and Athletic Director- 30 minute shift
- 6/12 Elementary, Middle School, Union Representation, Central Office Administration, and Transportation recommend No Change- more information needed
- 2/12 Parents - split between no change and 60 minutes shift

Even our committee had extremely varying positions.

## **Change in Start Time by 30 minutes - Impacts**

- Scheduling Aqua, RCA
- Contractual: Potential decrease in non-certified staff hours or adjustment in hours\*
- Possible impact to traffic
- New bell schedule for high school & middle school
- 30 minute shift in start time does not fully satisfy the scientific research regarding sleep needs for students
- Increase Transportation Costs - \$232,000 (2 busses, up to 80 students being affected)
  - Parent schedules
  - RCA, Agriscience, Magnet Schools (shared busses)
  - Norwalk added 9 new busses, Greenwich estimated 11 and added 13 busses

## Secondary School Schedules

- THS has done a schedule study.
- Collected sample schedules from the region.
- Analyzed instructional minutes.
- Drafted options to address an 8:00 am start.
- 8:00 am start can be done, but scheduling would need to be sure to consider all factors.
- Aqua and RCA *would be* impacted.
- A middle school schedule was also drafted; the shifts in timing may indicate more staffing needed.

## What does the Late School Start Committee recommend?

- Committee is divided regarding this change.
- The Science is clear about sleep for students and later start times.
- One parent noted the PTA started the process of a bussing study.
- While 47% of staff do not want a change, 53% are in favor of some sort of later school start option.
- A larger percentage of parents also do not support the change. Students want this change.
- **There is a cost involved that we cannot predict with accuracy.**
- 2023-2024 will involve a significant request in staffing.
- Several committee members worry about supporting our current initiatives which are also underfunded at the current moment.

## **In the absence of a unified committee recommendation...**

### **One Possible Step for Board Consideration 2022-2023**

- Concentrate future efforts on planning a 30-minute change as the research supports later school start and students want this change.
- Invest in a traffic study and analyzing the outcomes.
- More closely consider all aspects of the new schedules at the school levels so that we can plan accordingly.
  - How will it impact RCA, Aqua, and Agriscience programming, if at all?
  - How will the scheduling impact staffing needs at schools, if at all? Will there be a cost to hire additional staff?
  - Identify any contractual implications for faculty and staff.

# **Board Discussion and Questions**