



A Daily Bell Schedule for Ramapo Indian Hills

Proposed Launch: September, 2025

Ramapo Indian Hills Regional High School District
Presented by Superintendent Shauna DeMarco
November 21, 2024

Presentation Objectives

1. Acknowledge change and its differentiated responses
2. Provide a historical overview of the planning process
3. Offer an overview of this type of schedule & highlight its features
4. Outline the new rotating drop-block schedule proposal
5. Offer rationale for key schedule features
6. Provide sample schedules and introduce Senior Privilege
7. Illustrate comparisons of current and proposed schedule
8. Answer questions via Zoom Q & A and Invite feedback via QR Code

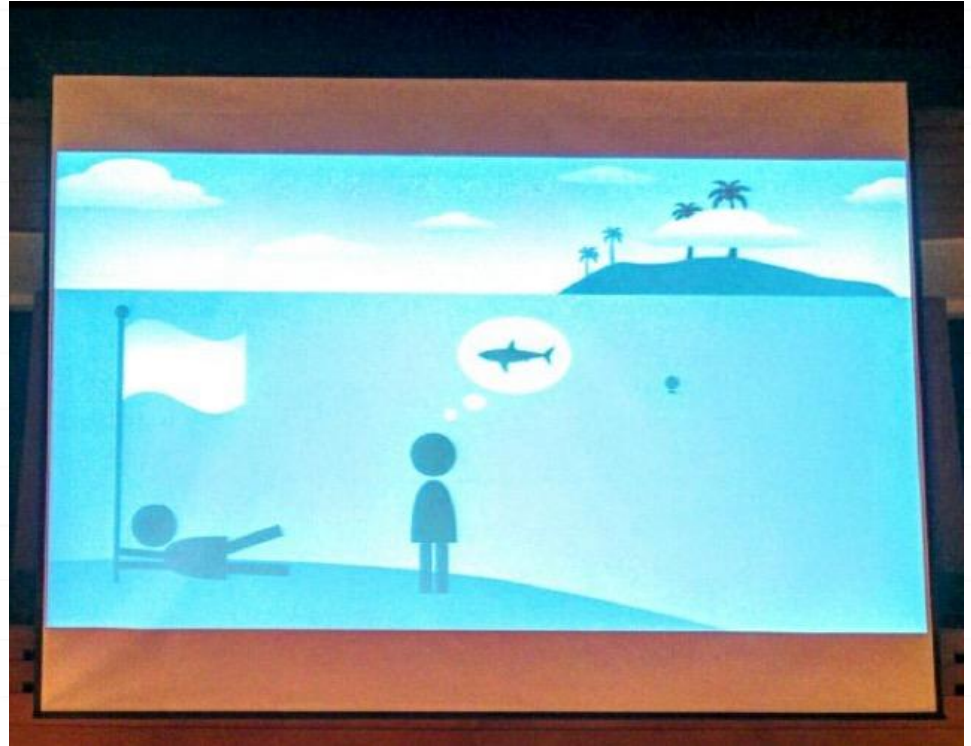


Acknowledging Change

Apple Education on Leading Change:

Three Response Types

- Speed Swimmers - embrace change quickly
- Shark Spotters - look for danger before committing
- Flagpole Huggers - resist change
- We appreciate and welcome all of you!



Historical Overview of Proposed Schedule

Early 2023: Block scheduling Initiative formalized: District committee of 39 staff was formed to research, develop, and implement a rotating block schedule that optimizes learning, wellness, and school culture

Spring 2023: Best practice school schedule ideas were examined and site visits/interviews with other districts were conducted

June 2023: A summary for staff input about scheduling options was distributed and the resulting data was analyzed

August 2023: A presentation was drafted, offering the committee's recommendations, solutions and impact, with no change to student start/end times



Historical Overview Continued

September 2023: Conversations were conducted with BOE and RIHEA

Mid-October 2023–Early August 2024: Proposal remains at rest

Mid-August 2024: Presentation and its related work documents are revisited; shared, reviewed and discussed

September – November 2024: Topic is weaved into fabric of conversations, discussions and collaborations with RIHRHSD Board of Education, RIHEA Leadership, School and District Administrators and Supervisors, RHS and IHHS Student Government, PTSO and APTS



Historical Overview Continued

October – November 2024: Concerted effort and focus is placed on the development of a block schedule that meets a highly specific set of agreed-upon values; targeted inquiry with peer district superintendents with implementation experience and reflective advice

November 2024: Block schedule proposal is crafted and details are determined for presentations prior to BOE Presentation on November 25, 2024, followed by final review/adjustments; Formal resolution for BOE approval on December 16, 2024 Meeting Agenda:

- Draft Presentation Shared with RIHEA Leadership, Principals and Central Office Administrators
- RIH Staff Presentation
- RIH Student Government Presentation
- RIH Students/Families Presentation



Formative Values

- Evidence of Embedded Wellness for Staff/Students
- Continuance with Transportation Offerings
- Avoidance of crossover with FLOW school start times
- PM Dismissal time before 3:15 (clubs, sports, activities, etc)
- Opportunities for Student Arrival on/near Current Arrival Times
- Optimizing Investment of Time on a Daily Basis
- Coordination with Current Programming (esp. Shared Time Programs)
- Opening Opportunities for Potential Partnerships with Established Programs
- No Cost Impact for Sustainability
- Implementation/Setup Costs Covered by Cafeteria Fund



Key Points of SY 25-26 Schedule Proposal

- Start of Block 1 is 8:20am
- Schools open at 7:15am for students, with security supervision
- 56 minute Blocks; 56-minute Unit Lunch; +2 Min for HR Block 2
- 4-day cycle: Day 1, Day 2, Day 3, Day 4, then Repeat
- Student's schedule is (4) AM Classes and (4) PM Classes
- Each class meets 3 times in a 4-day cycle
- Science Labs - 20 minutes on front or back end of lunch
- Science Lab Class always meets the day after a Lab
- Most students eat Lunch at the same time most days
- Senior Privilege Options: With parent consent, Seniors can have Off-campus Privileges with contractual obligations



Block Times	Day 1	Day 2	Day 3	Day 4
Block 1 8:20-9:16	Class Period 1	Class Period 2	Class Period 3	Class Period 4
Block 2 9:20 - 10:18	HR/Class Period 2	HR/Class Period 3	HR/Class Period 4	HR/Class Period 1
Block 3 10:22 - 11:18	Class Period 3	Class Period 4	Class Period 1	Class Period 2
DROPPED BLOCK	Class Period 4	Class Period 1	Class Period 2	Class Period 3
Lab 11:18-11:38 11:18 - 12:14 Lab 11:54-12:14	UNIT LUNCH	UNIT LUNCH	UNIT LUNCH	UNIT LUNCH
Block 4 12:14-1:10	Class Period 7	Class Period 8	Class Period 5	Class Period 6
Block 5 1:14 - 2:10	Class Period 6	Class Period 7	Class Period 8	Class Period 5
Block 6 2:14 - 3:10	Class Period 5	Class Period 6	Class Period 7	Class Period 8
DROPPED BLOCK	Class Period 8	Class Period 5	Class Period 6	Class Period 7



Proposed Rotating Block Schedule

Block Times	Day 1	Day 2	Day 3	Day 4
Block 1 8:20–9:16	Period 1	Period 2	Period 3	Period 4
Block 2 9:20–10:18	Period 2	Period 3	Period 4	Period 1
Block 3 10:22–11:18	Period 3	Period 4	Period 1	Period 2
Lab 11:18–11:38 11:18–12:14 Lab 11:54–12:14	Lunch			
Block 4 12:14–1:10	Period 7	Period 8	Period 5	Period 6
Block 5 1:14–2:10	Period 6	Period 7	Period 8	Period 5
Block 6 2:14–3:10	Period 5	Period 6	Period 7	Period 8

Key Points:

- Later Daily Start Time
- School Open at 7:15am daily for students' early arrival
- 56 Minute Periods
- Period 2 = +2min for HR
- 56 Minute Unit Lunch
- Lab Periods: 20 min. On Front and Back Ends of Lunch (These lab classes=6 credits)
- Set Daily Rotation Calendar at Start of School Year



Why a Rotating Drop Block?

- **Increased Flexibility:** A slightly different schedule over the course of a 4-day cycle offers variety and flexibility, reducing feelings of stagnancy and offering interactions between students and staff at various points of the day.
- **Deeper Learning:** Longer class time allows for more collaboration, hands-on application of skills, and “deeper” learning opportunities
 - Creates more substantial PE and elective class learning experiences (Art, Foods, Band)
 - Transition to a college-style model of a class; encourages time management and long-term planning.



Why a Rotating Drop Block?

- **Reduced Stress:** Having fewer classes per day can reduce the feeling of being overwhelmed, thus improving focus and confidence
 - Students have more time for reflection and less information to process daily
 - Students will have fewer classes to prepare for each day, while still taking a full schedule
 - Student tardies will not impact the same class every day.
- **Foster Staff/Student Relationships:** Teachers have more time with each class of students, which can build stronger relationships and offer opportunities for even more individualized support.
- **Positive School Climate:** A different schedule each day of the 4-day cycle offers opportunity for varied arrival/end times and more flexibility for meeting with students and colleagues. It also provides longer daily prep blocks and a longer daily lunch block



Why a Later Start Time?

Improved Sleep: Teenagers have a later sleep-wake cycle, making it inherently difficult for them to fall asleep early. A later start time allows them to get more sleep in the morning, when their body/brain naturally desire it, resulting in more adequate lengths of sleep time. This is beneficial to their physical and mental health.

Research has shown that Adequate Sleep Results in:

- **Increased Energy**
- **Enhanced Academic Performance**
- **Better Mood and Mental Health**
- **Reduced Risk of Accidents**
- **Increased Participation in Extracurricular Activities**

While some argue that a later start time could disrupt the daily schedules of working parents or impact after-school activities, the long-term benefits for students' health and academic success outweigh these potential drawbacks.



School Arrival Time vs. Start Time

We understand that for some students and families, an earlier drop off time works with the family routine while offering the student:

- opportunity for parent-provided transportation
- time for a relaxed breakfast
- time to gear up for the day, via music, podcast or reading
- time to review/refresh on academic studies
- time to socialize with friends

Select areas of our schools will be open and secure as early as 7:15am for student arrival.



Why a Unit Lunch?

- **Reduced Stress/Improved Climate:** Decreases the stress caused when friends don't share a common lunch; Promotes a "siesta" culture, whereby most students have the opportunity to step away from academics at a shared time
- **Social Interaction:** It fosters a sense of community and allows students to connect with a wider range of peers, potentially forming new friendships.
- **Increased Extracurricular Participation:** Offering the option for clubs and activities to take place during lunch, rather than exclusively after school, invites student-athletes/working students the opportunity to participate
- **Enhanced Learning Opportunities:** The unit lunch has the potential to be available for extra help sessions and additional learning opportunities that are often reserved for after-school hours



Sample Student Schedule

Block Times	Day 1	Day 2	Day 3	Day 4
Block 1 8:20–9:16	English (1)	Biology (2)	Art (3)	PE (4)
Block 2 9:20–10:18	Biology (2)	Art (3)	PE (4)	English (1)
Block 3 10:22–11:18	Art (3)	PE (4)	English (1)	Biology (2)
Lab 11:18 – 11:38 Unit Lunch 11:18–12:14 Lab Lunch 11:54–12:14	Lunch			Bio Lab
				Lunch 11:38 – 12:14
Block 4 12:14–1:10	Geometry (7)	Web Design (8)	US 1 (5)	Spanish (6)
Block 5 1:14–2:10	Spanish (6)	Geometry (7)	Web Design (8)	US 1 (5)
Block 6 2:14–3:10	US 1 (5)	Spanish (6)	Geometry (7)	Web Design (8)

Key Points:

- 8 class periods in student schedule
- 6 Blocks each day
- Each class meets 3 days in 4-day cycle
- On Day 4, Student has Biology Lab
- Student lunch on Day 4 is 11:38–12:14
- Labs meet once in a 4-day cycle
- On Days 1, 2 & 3 the, student has Unit Lunch



Senior Lunch and Study Hall Privilege

With Parental Consent, Senior students will be offered the PRIVILEGE to go off-campus for lunch and during any assigned "Study Hall"

This privilege will include contractual provisions that demonstrate the student's responsibility to maintaining this privilege

Some responsibilities might include, but not be limited to:

- Passing all classes ("C" or better)
- On-time return from lunch each day
- Strong Attendance
- Excellent Conduct

Students sign out and in with their ID Card

District will coordinate with local businesses to advise and prepare



Senior Privilege During School Day

- Rotation of classes removes the daily “early dismissal” that many Senior Students have with our current schedule
- With the New Schedule, students will see a “Study Hall” assignment in place of Early Dismissal
- This “Study Hall” will offer options to such Senior Students, depending on what period this is scheduled for:
 - One Extended Lunch (112 minutes instead of 56 minutes),
 - One Late Arrival Day (Report for 9:20am) *OR* One Early Dismissal Day (Dismissed at 2:10pm), and
 - One day with an option to leave campus during Block 2 *OR* Block 5.



Sample Senior Schedule w/7 Classes

Block Times	Day 1	Day 2	Day 3	Day 4
Block 1 8:20–9:16	English (1)	Physics (2)	Art (3)	PE (4)
Block 2 9:20–10:18	Physics (2)	Art (3)	PE (4)	English (1)
Block 3 10:22–11:18	Art (3)	PE (4)	English (1)	Physics (2)
Lab 11:18 – 11:38 Unit Lunch 11:18–12:14 Lab Lunch 11:54–12:14	Lunch			Physics Lab
				Lunch 11:38– 12:14
Block 4 12:14–1:10	Web Design (7)	Study Hall (8)	AP History (5)	Spanish (6)
Block 5 1:14–2:10	Spanish (6)	Web Design (7)	Study Hall (8)	AP History (5)
Block 6 2:14–3:10	AP History (5)	Spanish (6)	Web Design (7)	Study Hall (8)

Key Points:

- Rotation does not allow for daily early dismissal
- This Student is assigned 7 class periods + a Study Hall (Period 8)
- With Senior Privilege:
- On Day 2, Student can have Extended Lunch or a Study Hall
- On Day 3, Student can leave w/Senior Privilege, or have study hall during Block 5
- On Day 4, Student can have Early Dismissal



Sample Senior Schedule w/6 Classes

Block Times	Day 1	Day 2	Day 3	Day 4
Block 1 8:20–9:16	English (1)	Physics (2)	Study Hall	PE (4)
Block 2 9:20–10:18	Physics (2)	Study Hall (3)	PE (4)	English (1)
Block 3 10:22–11:18	Study Hall (3)	PE (4)	English (1)	Physics (2)
Lab 11:18 – 11:38 Unit Lunch 11:18–12:14 Lab Lunch 11:54–12:14	Lunch			Physics Lab
				Lunch 11:38 – 12:14
Block 4 12:14–1:10	Art(7)	Web Design (8)	AP History (5)	Study Hall (6)
Block 5 1:14–2:10	Study Hall (6)	Art (7)	Web Design (8)	AP History (5)
Block 6 2:14–3:10	AP History (5)	Study Hall (6)	Art (7)	Web Design (8)

Key Points:

- Rotation does not allow for daily early dismissal
- This Student is assigned 6 class periods + 2 Study Halls (Period 3 and Period 6)
- With Senior Privilege:
- On Day 1, Student has Extended Lunch option and option to go off campus for Block 5
- On Day 2, Student can leave w/Senior Privilege during Block 2 and be dismissed at 2:10
- On Day 3, Student can have late arrival
- On Day 4, Student has Extended Lunch Option



Anchor Days = Minimum Days

8:20 – 8:47	Block 1
8:51 – 9:18	Block 2
9:22 – 9:49	Block 3
9:53 – 10:20	Block 4
10:24 – 10:51	Block 5
10:55 – 11:22	Block 6
11:26 – 11:53	Block 7
11:57 – 12:24	Block 8

- Minimum Days will be used as Anchor Days.
- Anchor days offer shorter class times allowing all classes to meet: 27 min classes
- Teacher will use these days to best meet the needs of the class
- These days will be pre-determined and will be identified on the school calendar



Work Experience and Shared Time Programs

- Part-time, out-of-district learning experiences will be maintained and supported through specialized scheduling
- Many districts with Rotating Drop Block Schedules have exemplar models for supporting student continuity with partnerships with technical schools, employers, and part-time participation in out-of-district programs
 - Each partnership is unique and will be given the attention deserved to maintain alignment with the programming while supporting the needs of the participating students (eg: lunch, transportation, etc.)
 - We look forward to sharing detailed information on these situations should this schedule take effect



Class Time Comparisons

Current Time/Class/4 Day Cycle	Proposed Time/Class/4 Day Cycle
172 Minutes (5 credits)	168 Minutes (5 credits)
Current Time/Lab Class/4 Day Cycle	Proposed Time/Lab Class/4 Day Cycle
258 Minutes (7.5 Credits) (2) 43-Minute Classes (2) 86-Minute Lab Classes Allows time for (1) 2.5 credit class in schedule	188 Minutes (6 Credits) (2) 56-Minute Classes (1) 76-Minute Lab Class Opens up opportunity for (1) 5-credit class or (2) 2.5 credit classes



Let's Discuss: Use Zoom Q & A

Feedback Form Available through 12/4/24



<https://forms.gle/afb89txjbnEohVHD9>





Thank You