

Notes from the Meeting on January 15, 2025 - Burleigh Elementary 6pm-8pm

Committee members reviewed the committee's purpose, scope and timeline using the January 15 presentation as a guide.

Meeting	Forecasted Agenda Items
Wednesday, November 13, 2024	Committee Introductions & Expectations; Review of Sleep Research; Current Status and Background Information
Tuesday, December 3, 2024	Contributing Factors; Benchmark Comparisons; Considering Options
Wednesday, January 15, 2024	Evaluating Start Time Options
Tuesday, February 18, 2025	Narrowing Start Time Options; Consider Policy Changes; Identifying Survey Needs
Tuesday, March 11, 2025	Review Survey Feedback; Reach Consensus on Recommendations
Tuesday, March 18, 2025	Advisory Team Representative(s) Presentation of Recommendations to the Board of Education

We then paired up and participated in a Kahoot - or quiz exercise to refresh members on some of the facts and information that had been shared in November and December.

Slide 7 - High School Unexcused Tardies for 1st Period

One new data set presented in January was unexcused tardies for our high school students. In an effort to discern if a later start time (compared to middle school) could help students get to class on time, the data from our high schools shows that student attendance behavior is actually worse than our middle school data. Seniors and absences in Term 4 (last quarter of the year) are noticeably greater than other grades or terms.

Lessons Learned from Regional Peers

Two Districts/Regions were identified as having recently transitioned to different start times. A summary of our conversations with Madison Metropolitan and District 214 (Union high school district, grades 9-12, several high schools), significant observations were captured and presented on slides 9 and 10.

Scenario Analysis

Table teams were asked to conduct a plus delta of scenarios 2-5 (scenario 1 is the current model), and identify 1-2 driving factors for each (+ and -) which are bolded below. The table analysis follows.

Scenario 2

Bus Tier	School Type	Start & End
Tier 1	High School	7:30 - 2:44
Tier 2	Middle School	8:03 - 3:16
Tier 3	Elementary	8:50 - 3:50

+	-
<p>Fix for MS HS ends earlier for jobs, activities Later than the current model Potential for after school care for elem kids</p>	<p>HS not aligned to research Before & after school care needed for some families for Elem students Elem kids get of the bus in the dark, HS students get on the bus in the dark</p>
<p>Cost neutral No one starts too early Better for HS co-curriculars Flexibility Could move one or two Elem schools' start times to balance busing and help co-curriculars Could provide opportunity for HS jobs - more after school time</p>	<p>Longer Elem day - hard on kids HS starts earlier - against research Neither HS nor MS complies with research</p>
<p>Provides more sleep for MS students Elementary end time not too early Middle school attendance could increase Easier for HS students leaving early for sports</p>	<p>Attendance could decrease in HS Would there be a performance decrease in HS?</p>
<p>MS Starts later MS/HS students home to care for Elem students Cost neutral</p>	<p>HS still earlier than research supports Does ES have to end school on the same date? Current Elem start time negatively effects child care Are we really trying to use sleep research with these start times?</p>
<p>Later for MS HS done earlier More time for homework (HS) after school Better for middle school sleep</p>	<p>Too early for HS Does not respond to sleep research Harder for high school clubs to meet before school</p>

Middle school benefit High school sports/activities High school end time could support - access to jobs, sibling care, homework	High school start time not aligned to sleep study HS students cannot support childcare needs before school
Easier transition from Elem to Middle Overall later start is good Not too big of a change so easier to absorb by families/parents More flexibility for jobs/homework/activities at HS	Still doesn't align to sleep research Too much downtime for HS after school without activities Could effect before school activities at HS

Scenario 3

Bus Tier	School Type	Start & End
Tier 1	Middle School	7:40 - 2:53
Tier 2	High School	8:14 - 3:28
Tier 3	Elementary	8:48 - 4:02

+	-
MS & HS closer to sleep research	Compounding to later co-curriculars Model less conclusive with MS sleep time
Improvement on MS/HS start times Cost neutral Same #of drivers	Doesn't meet research recommendations for MS/HS Elem drop-offs in winter in darkness Elem day is longer than required instructional minutes/hours Elem start time impacts family work schedules
MS/HS more sleep Most pragmatic - incremental step	HS sports - start times and busing conflicts Elementary clubs/activities Private schools impacted
A little later (20 minutes)	More minutes missed for HS sports (attendance) Elementary day longer Not really helping sleep A lot of work for a little change Later start times for co-curricular activities (all levels)

<p>Somewhat better for MS/HS Flexible elementary tier based on geography could better balance busing</p>	<p>9am start at elementary requires morning care needs Still not aligned to sleep research Compounding effect on after school activities Too late for elementary school to end the day</p>
<p>MS start time is better HS meets research recommendations</p>	<p>MS does not meet research recommendations Elem students get home in the dark Athletics in HS is later Havinent incentivized people to opt out of busing Extends elem day (staff/students) May force co-curricular activities before school</p>
<p>All MS/HS get more sleep</p>	<p>Better times, but still does not align to research Extra-curricular issues at HS</p>

Scenario 4

Bus Tier	School Type	Start & End
Tier 1	Elementary	7:45 - 2:32
Tier 2	High School	8:09 - 3:23
Tier 3	Middle School	8:43 - 3:56

+	-
<p>Moves both target groups (HS/MS) to later start, supported by research Possibly relieve before school elementary care needs Early elementary start good for kids too</p>	<p>Potential after school care needs Could have significant \$ impact</p>
<p>Aligned to sleep research Minimal change for HS Not too dramatic of a change to timing for co-curriculars, jobs, etc. Would be easy to move some after school activities to the morning Elementary school “extras” could move after school</p>	<p>Increase need for elementary after school care Potential increase to cost Would be hard to secure 7 additional drivers even if expense allocated</p>

Not too difficult to have 1-2 elementary schools move to tier 2 to balance busing	
Aligns with sleep research High schools is mostly staying the same	Early for elementary students to arrive home More after school care is needed Very late for middle school Dark for morning bus at elementary? Cost
Supports research for MS/HS Most flexible Childcare needs down to 1 (start or end of day) Least impact to HS for later start times Softer transition between tiers	Potential cost or increase Sibling care for HS to Elem Daylight for elem school bus riders
Meets sleep requirements for both MS & HS Reduces elementary before school care needs (most)	Not having older kids home for elem kids' care Possible cost increase Increase in before school activities in MS & HS
HS & MS get more sleep	Elementary end time is really early Kids leaving 4th block for sports - HS Middle school co-curriculars would necessitate missing school Elementary childcare
Aligns with sleep research Athletics has minimal impact on HS DPI minutes aligned for all 3 levels Could move one ES to a different tier to balance busing and bring the cost closer to neutral	Elem childcare after school is more difficult Cost (potential) Light/dark AM for ES students MS co-curriculars may necessitate missed school (track and Cross country)

Scenario 5 (Participants suggested we consider two versions - HS/MS in tier 2, elem in tier 3; or elem in tier 2 and HS/MS in tier 3)

5a

Bus Tier	School Type	Start & End
Tier 2	High School	7:50 - 3:04
Tier 2a	Middle School	8:00 - 3:14

Tier 3	Elementary	8:50 - 3:55
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+	-
School time for families with kids at different levels is condensed	Dependent on outside entity to change hazardous zones (county sheriff) Longer time on the bus for ms/hs students Mixes ms/hs students on the bus Walk zones = more demand for parking at hs or more parent transport 5a - not aligned to sleep research
More sleep for MS (HS same) Walk zones could save money through reduced ridership/busing demand	Cost Walk-zones 5a - Late for elementary
MS start time is improved	5a - not aligned to sleep research 5a - Adds 13 minutes to Elem (which doesn't need more time) Cost
Walk zones reduce busing demand 5a - More sleep for MS 5a - Minimal change to elem	Challenging to secure walk zones Potential cost Middle and high schoolers on the bus together
5a - 40 minute shift for MS	Elem kids get off bus in the dark? Walk zones will require crossing guards and dollars
Conforms to research Not as dramatic time shifts Potential benefit for sports Less idle time for after school activities	Cost Walk zone Age groups riding together
Elementary families mostly not impacted MS time follows research	Added walk zones would leave more families without transportation Do we want HS to be earlier than now?

During the Analysis - participants asked that we also consider 5B (below).

Two groups had other variations:

- Could we start MS/HS at the same time and the buses would stop first at the MS/HS school that was closest when the route was complete.
- Could we start HS first, then MS in either 5a or 5b?

5B (not analyzed specifically, but will be considered)

Bus Tier	School Type	Start & End
Tier 2	Elementary	7:40 - 2:27
Tier 3	High School	8:14 - 3:27
Tier 3a	Middle School	8:24 - 3:37

Results

Committee members were then asked to identify their top two scenarios. Because of the variations presented for Scenario 5, members were encouraged to vote for Scenario 5 if they supported any of the variations (5a/5b).

Scenario	1st Choice Votes	2nd Choice Votes
1	2	1
2	4	7
3	0	2
4	18	18
5	26	18

The results clearly favored support for Scenario 4 or 5. These will be the scenarios we move forward to our next meeting in February!

Feedback on Value Statements

Finally - committee members spent a few minutes providing feedback to their table representative on the Advisory Team on the proposed value statements on slide 19. This feedback will be used to guide stakeholder survey questions and the details to the remaining scenarios.

The meeting ended at 8:05pm!