

School Start Time Committee Meeting - December 3, 2024

The following notes were captured by groups of committee members.

2017 Survey - What Can We Learn

Survey Approach

- Survey should aggregate responses, weight them the same and be able to segment by grade and stakeholder group
- Sharing research before and during the survey is really important
- Emphasize start time vs end time
- We will have to inform the community of why there is change (otherwise they won't want to change)
- Strong participation, but more Elem than others

Content of Survey

- Included stakeholders' needs and wants but lacked biological needs
- Past recommendations/options meant fairly extreme changes for teachers
- Maybe a more targeted survey around sleep and start times...omit things outside committee scope of work
- Scenarios were limited
 - No 2-Tier
 - None had HS first

Results

- Important to respondents:
- After school activities - accessing them in a timely manner
- Don't want Elem (wrap care) nor HS (athletics/grades) to start early
- 65% of MS/HS were getting less than 8 hours of sleep

Reflect on Tonight's Topics and Discussion

1. Can we get any information from Districts/states post- start time change? Northern Illinois, Madison Metropolitan, California?
2. Liked the interaction with one another, analysis sheet was a helpful guide, look forward to other scenarios
 - a. Scenarios presented were generally unacceptable
 - b. Poll questions were too broad
3. Significant barriers:
 - a. childcare needs and parent work schedules
 - b. balancing wellness with extracurriculars
 - c. Staffing concerns with bus drivers
4. Can we stay focused on the research
 - a. It's clear that we can't start before 8am
 - b. Is the community more health conscious

5. What is true impact of moving start time...would kids/parents just stay up later or hold to same bedtimes to allow for more sleep
6. Is a walk zone realistic?
 - a. PPMS is hard to access
 - b. Would this require crossing guards?
7. It is important that we begin to educate all parents/staff of the research
8. Wonderings:
 - a. Can interval between the 3 schools be shortened
 - b. Can before/after care be subsidized by the District
 - c. Are there any concerns with MS/HS students riding the same bus?
 - d. What are the current barriers to all 3 schools starting near the same time (Whitefish Bay Model)?
 - e. How do we assess staff opinions?

Out of scope feedback

- Incentivize parents driving and/or carpooling, high school students driving
- Evaluate true current bus needs