

School Start Times Committee

KWL Chart



What we <i>know</i> ...	What we <i>want to learn</i> ...	What we have <i>learned</i> ...
• Rector moved their start time • Health issue surrounded by logistical issues • 11-8 (teens need to sleep) • 9-6 → what they are doing • younger kids are able to wake up earlier → are ready to go • teenagers are not ↳ make up the sleep on week ends • achievement, mental health, weight (physical health), anxiety all effected by sleep • District contains teachers from many places around districts •	• Does pushing start time dictate end time? • How will this effect sporting/ after school events? • How will this effect schedule in each school? • What is this going to trans / rush hour / cost of this? • How do we prep the community that don't have kids or even do to modify or being effected by change in trans?	• Lots of different perspectives • Can't argue the science • Impacts on so many diff areas • How many moving parts the change will require •

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• Tired kids that won't/can't go to bed early. • long studies with good data that states a change is needed. • activities for our kids make it hard to get to sleep early	• correlation between neg. behavior at school and sleep • (research) cell phone → effect on sleep • financial implication with buses • feedback from similar schools (NE) who have made the change. • more info. on hours/day state max/min • Are we just pushing back extracurricular activities, not solving problem?	• very similar pros/cons → mostly pros • devil is in the details → Can we do it? • noticed MBIT, other school gaps. • Still would like some answers to our "what we want to learn."

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What we know ...	What we want to learn ...	What we have learned ...
- research suggests there <u>are</u> clear health benefits. - some districts have done this in the country - students struggle w/ waking up + staying awake - S's are staying up late doing school work - "go to bed earlier" = not the answer	- we need stats on the correlation b/t start time + attendance / start time + student achievement - stats on "are they <u>actually</u> getting more sleep - extra-curricular logistics? - impact on after-school behavior? - how many S's rely on after-school time?	- there are many obstacles we did not think of at first: traffic, MSIT students... - that a small # of school districts have an 8:00 start time - teaching quality sleep/sleep health is <u>IMPORTANT</u>. - technology has changed health dynamics - <u>time changes</u> may impact <u>instructional choices</u>.



What we know ...	What we want to learn ...	What we have learned ...
- Research shows that a later start is recommended. - There are minimum requirements of @ least 8.5 - 9 hours. - Impact on all stakeholders - our size creates logistical challenges w/ transportation	- The impact experienced by districts who have changed start times. - the process utilized by those districts (changes). - what will the impact be on our stakeholders - How ST impacts / effects students' anxiety? - effective communication approaches. - How larger districts like CB successfully implement.	- Impact on MBIT - People realize the validity of the research. - common questions / concerns among stakeholders. - stakeholder socio-economic impact considerations. - COMPLICATED due to <u>size</u>.
	Financial impact on transportation.	

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What we know ...	What we want to learn ...	What we have learned ...
① We know about the science & recommendations from the AAP, National Sleep Foundation - etc. ② We know from the science, students will go to sleep at their usual time & won't stay up later.	① Does technology take a toll on kids? ② How does later school start times ~~effect~~ effect extracurricular activities - sports, etc.? ③ How does later school start times effect child care issues?	① It's a very complicated issue! ② Traffic is a huge issue/concern ③ Learned that there is flexibility with BAA games. ④ Transportation is a huge issue. ⑤ Later school start times would allow secondary staff to use CBSD child care.

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This is a significant responsibility, Transportation

County - athletics affect / participation affect in education needs

What we know ...	What we want to learn ...	What we have learned ...
Lot of public pressure / interest Brain science of teens - need more sleep Not an easy thing to do Consequences Costs how budget implement Impact everyone / entire community traffic patterns families	Thoroughly researched both sides Longer term consequences - providing more rest time or maybe making / causing bad impacts Full day kindergarten tweaked in (affect on Elementary) Unintended consequences Comparing similar people districts size, #s	Interest in many start of HS Not interest in many from elementary earlier If we are using the data (research) then why not 8:30 Day Care structures Before / After care Community activities will all be affected

affects

MBIT impact

On buses / traffic affect

Informal education priority

Probably cut down 2 hour delays

Other districts in other counties / local counties also contemplating



What we know ...	What we want to learn ...	What we have learned ...
Later times benefit HS students HS students need more sleep Emotional health connection Grades impacted as well as SAT scores	Why is 8:30 optimal time? Dr. Owen Impact of bussing Lighting at athletic facilities Instructional impact on athletes & practice times How will kids fit in all activities? Child care implications re: older siblings taking care of younger ones	There are many more angles to consider to fully understand issue We need concrete way to measure impact → what's base line / barometer Important to back up decisions with data Slow change is important as is community buy-in

What are financial implications?

Before/after care → after school employment

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What we know ...	What we want to learn ...	What we have learned ...
- some districts are doing it - Beneficial to get more sleep - Kids are up really early - sleep loss - feeds depression, anxiety, poor concentration, mental health crises - impacts facilities, athletics, transportation, activities - outside groups - using space - Sleep is required - you need a certain amount - There is an adjustment from elem. C school to MS, 9:05 - vs - 7:30 - can't force a kid to fall asleep at a certain time - Driving - early AM - darkness - ↓ student driving accidents if getting more sleep.	- How do you handle when other districts end at different time - sports. - How will this impact family care - How does it effect behavior and discipline issues. - No. VA + VA Beach - recently made the change. What can we learn from them.	Depending on who you are and where you fit in the equation, you see different things. Parent - vs - teacher - vs - admin - The focus should be on the wellness of the kids.