

# ARDSLEY HIGH SCHOOL

**January 20, 2026**

## Community Forum On the Rotating Drop Schedule

6:30 pm - 8:00 pm



# AGENDA

## **Welcome and Introductions**

Dr. Matthew Block and Ms. Danielle Trippodo

## **Highlights of the Rotating Drop Schedule**

Dr. Matthew Block and Ms. Danielle Trippodo

## **Best Practices for Instruction - Rotating Drop Schedule**

Dr. Jennifer Bradshaw

## **Special Education in the Rotating Drop**

Mrs. Susan Seda and Mrs. Marianna Dougherty

## **Whitsons Food Service - How lunch works during a unit lunch**

Ms. Paula Presley - District Manager Whitsons Food Service

## **Our Unit Lunch Visit**

Mr. Brendan Granstrand

## **The Importance of a Daily Lunch Period**

Mrs. Monique Johnson - School Social Worker

## **My Perspective as an Ardsley School Counselor and a Rotating Drop Schedule Parent**

Ms. Jenna Ryan - School Counselor

## **Questions and Answers - Submit an index card**

Senior Volunteers, Audience, and Presenters



# QUESTIONS AND ANSWERS

## **Audience, Student Volunteers, and Entire Panel**

- **Please raise your hand if you would like to submit a question to the panel.**
- **One of our student volunteers will bring you an index card and a pen.**
- **Please hold the card up when you are ready to submit your question.**
- **One of our student volunteers will collect your cards and hand them to the panel.**
- **We will conduct the question and answer session with the panel at the end of the presentation.**



# Timeline

- Discussion of multiple new schedules. Approximately 2018 - 2020.
- Recommendation made for Rotating Drop Schedule - Approximately 2020
- Dr. Block conducts Entry Plan. Multiple concerns about the current schedule arise again. - 2024-2025 School Year
- Members of former committee express a continued eagerness to move forward with Rotating Drop Schedule - 2024
- Dr. Block presents Entry Plan results to the BOE mentioning possible modifications to the AHS Schedule - March, 2025
- Discussions about the possibility of new schedule with AHS and District Administrators occur. Other districts with a similar schedule are consulted - Summer / Fall 2025
- Committee of AHS and District administrators, and AHS teacher-leaders spend Superintendent's Conference Day meeting with a scheduling expert to determine benefits, feasibility, and possibilities - November 4, 2025
- Presentation to Board Of Education on Rotating Drop Schedule - December 16, 2025
- Presentation Posted to the District Website - December 17, 2025
- Letter to the Community announcing plan to move AHS to Rotating Drop Schedule - December 19, 2025
- Question and Answer Email Opened for Any Questions - December 19, 2025
- Screencast with Scheduling Tool sent to all AHS Students - January 7, 2026
- High School Scheduling Planning Committee established, and members identified - January 12, 2026
- In-Person Question and Answer Sessions Conducted in All Student Lunches at AHS - January 14 and 15, 2026
- Eight-page FAQ Document Sent to AHS Community and Posted to the District Website - January 16, 2026
- Community Forum on Rotating Drop Schedule - January 20, 2026
- Orientation night for 8th Grade Parents - Rotating Drop will be explained - January 21, 2026
- Scheduling Begins for High School Students - February 1, 2026
- Ongoing planning, committee meetings, continued question and answer opportunities, professional development for teachers, updates for students, staff, and families, planning and logistics. February 1, 2026 - August 30, 2026
- Implementation of New Schedule - September, 2026

# Benefits of Rotating Drop Schedule

- Longer periods for improved, varied instruction  
Moving from 44 to 57 minutes of instruction
- Increase of instructional time per year
- Less frenetic pace of the day, decreased number of transitions
- Daily lunch for all students
- Daily homework load reduced since not all classes meet every day
- Increased access to extra help and support centers
- More time for teachers and students to meet during school hours
- Transportation closer to the beginning and end of the school day
- Rotating class time slots. Not the same class at the same time each day
- Decrease in student pull-out from courses for music, guidance, etc.
- Opportunities to take additional courses. Eight classes instead of seven

# Regular Daily Schedule

**REGULAR DAILY SCHEDULE - 57 Minutes - 3 minutes passing**

<b>TIME BLOCK</b>	<b>DAY A</b> Blue and Gold	<b>DAY B</b> Blue and Gold	<b>DAY C</b> Blue and Gold	<b>DAY D</b> Blue and Gold
<b>7:42 - 8:39</b>	<b>CLASS 1</b>	<b>CLASS 4</b>	<b>CLASS 3</b>	<b>CLASS 2</b>
<b>8:42 - 9:39</b>	<b>CLASS 2</b>	<b>CLASS 1</b>	<b>CLASS 4</b>	<b>CLASS 3</b>
<b>9:42 - 10:39</b>	<b>CLASS 3</b>	<b>CLASS 2</b>	<b>CLASS 1</b>	<b>CLASS 4</b>
<b>10:40 - 11:40</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
<b>11:40 - 12:37</b>	<b>CLASS 5</b>	<b>CLASS 8</b>	<b>CLASS 7</b>	<b>CLASS 6</b>
<b>12:40 - 1:37</b>	<b>CLASS 6</b>	<b>CLASS 5</b>	<b>CLASS 8</b>	<b>CLASS 7</b>
<b>1:40 - 2:37</b>	<b>CLASS 7</b>	<b>CLASS 6</b>	<b>CLASS 5</b>	<b>CLASS 8</b>

# Regular Daily Schedule - Morning in Detail -

**REGULAR DAILY SCHEDULE - 57 Minutes - 3 minutes passing**

TIME BLOCK	DAY A Blue and Gold	DAY B Blue and Gold	DAY C Blue and Gold	DAY D Blue and Gold
7:42 - 8:39	CLASS 1	CLASS 4	CLASS 3	CLASS 2
8:42 - 9:39	CLASS 2	CLASS 1	CLASS 4	CLASS 3
9:42 - 10:39	CLASS 3	CLASS 2	CLASS 1	CLASS 4

**There are four courses students are scheduled to have in the morning (prior to lunch):**

- All of these courses “rotate” through the three morning time slots during the week.
- One morning course “drops” each day.
- Hence the name “rotating drop.”

# Regular Daily Schedule - Afternoon in Detail -

**REGULAR DAILY SCHEDULE - 57 Minutes - 3 minutes passing**

TIME BLOCK	DAY A Blue and Gold	DAY B Blue and Gold	DAY C Blue and Gold	DAY D Blue and Gold
11:40 - 12:37	CLASS 5	CLASS 8	CLASS 7	CLASS 6
12:40 - 1:37	CLASS 6	CLASS 5	CLASS 8	CLASS 7
1:40 - 2:37	CLASS 7	CLASS 6	CLASS 5	CLASS 8

**There are four courses students are scheduled to have in the afternoon (after lunch). As is true in the morning, in the afternoon:**

- All of the afternoon courses “rotate” through the three afternoon time slots during the week.
- One afternoon course “drops” each day.

# Rotating Drop Schedule Month at a Glance (Blue and Gold Days)

November 2026

M	T	W	T	F Curriculum Hour Late Opening
2 D	3 No School	4 A	5 B	6 C
9 D	10 A	11 No School	12 B	13 C
16 D	17 A	18 B	19 C	20 D
23 A	24 B	25 Half Day	26 No School	27 No School
30 C				

# UNIT LUNCH

- “Flex Period”
- Full hour to take a break from classes, eat lunch, and access resources.
- Writing, Math, Social Studies, Science Centers available for students to access.
- Less rushing increases safety for seniors who decide to leave campus for lunch.
- Teachers available for extra help.
- Music rehearsals can occur during this time.
- Library will be open for students to meet to study or complete group projects.
- We will have plenty of seating for all students to eat lunch.
- Our food service provider will be ready feed everyone efficiently. They already serve unit lunches in multiple other districts.



# Best Practices for Instruction

**Dr. Jennifer Bradshaw - Assistant Superintendent for Curriculum and Instruction**

Moving to a longer instructional period (57 minutes) provides opportunities for deeper learning to occur. Teachers are developing best practices that maximize this new structure with evidence-based instruction.

Key instructional strategies will include elements such as:

- Varied activities to maintain engagement
- Movement integration
- Time for deeper learning, academic discussion, wait time, guided practice and application
- Time for practice with multiple, varied examples (supports transfer and decreases cognitive overload)
- Periodic checks for understanding (spaced learning/retrieval practice with feedback)
- Increased opportunities for collaboration and learner agency



# Special Education in a Rotating Drop

**Ms. Susan Seda - Assistant Superintendent for Pupil Personnel Services**

**Ms. Marianna Dougherty - Director of Special Education**

## **Programs & Instruction**

- IEP Compliance: All mandated programs and services will be fully provided when the new schedule begins.
- Integrated Co-Teaching (ICT): Will follow the Rotating Drop Schedule.
- Resource Room: Will be provided 6 times every 8 days (this also may include Consultant Teacher Support).
- Related services: Will continue to be provided on a push-in and pull-out basis
- BOCES: Schedules will be adjusted to ensure students maintain their half-day programs.
- Special Classes: Will include continued community-based opportunities.

## **Accommodations & Supports**

- Daily Support: All classroom and testing accommodations remain in effect.
- Extended Time and other testing accommodations can be utilized during:
  1. Regular class periods
  2. Resource Room / Learning Center
  3. Scheduled free periods



# Whitsons Culinary Group



	<b>25/26</b>	<b>Projected 26/27</b>
High School Enrollment	709	750
Seniors (allowed to leave campus for lunch)	182	181

Cafeteria Max Occupancy: 314  
 Current Seating Can Accommodate 238  
*34 round tables with 7 chairs each*

2025/2026 Average Daily Participation: 278

## Service Points

Open third service line to minimize wait times

## Menu Offerings

Update menu to include grab and go options

## Seating

Optimize space with furniture, include overflow options (gym, outdoors)

## Staffing, Training and Awareness

Hire and train food service staff for additional support

Training and awareness for staff, administration and students



*Continuous Monitoring  
 30/60/90 Evaluations  
 Make Adjustments as Needed*



# Our Unit Lunch Visit

**Mr. Brendan Granstrand - Assistant Principal - Ardsley High School**

- Spoke to neighboring districts (Briarcliff, Mamaroneck, Blind Brook)
  - Briarcliff: CLEAR period: Collaboration, Lunch, Extra Help, Academic Support and Recreation
- Writing, Social Studies, Math, Science Centers running during lunch
- Quiet rooms/Work Rooms
- Testing Center
  
- Teacher Extra help schedule
- Library Sign ups
- WIN (what I need) period
- Time to relax



# The Importance of A Daily Lunch Period

Mrs. Monique Johnson - AHS School Social Worker

## Why Lunch Break Matters

Lunch is not a break from learning; it is part of how learning is sustained. Instead of viewing lunch as “lost academic time,” we can reframe in the new schedule as a **flex period** that:

- Provides protected time to support multiple types of learning
- Promotes a healthy daily structure by addressing students’ physical and social needs
- Helps students sustain cognitive stamina and academic performance across longer class periods



# The Importance of A Daily Lunch Period

Mrs. Monique Johnson - AHS School Social Worker

## **Social Emotional Benefits**

Lunch is one of the only unstructured social periods in the school day

- **Relationships**
  - Peer connection, sense of belonging, and social bonding
- **Self-Management/Self-Regulation**
  - Emotional regulation after academic stress. Acts as a daily stress reset, way to self-soothe
- **Social Awareness**
  - Practice perspective-taking, build empathy, and offer peer-support



# The Importance of A Daily Lunch Period

Mrs. Monique Johnson - AHS School Social Worker

## Cognitive and Health Benefits

Lunch is an important break to have between longer classes

- **Taking a break**
  - The brain needs rest to consolidate memory and reduce burnout. Leads to future healthy habits of self-care.
- **Executive Functioning Support**
  - Supports student time management, planning skills, decision-making, and cognitive flexibility. \*Readiness for College Schedules\*
- **No Break or Rest**
  - Skipping a break: negatively impacts energy and focus. Can cause headaches, irritability, fatigue, and other physical struggles.



# Perspectives on a Rotating Drop

## Mrs. Jenna Ryan - “Rotating Drop Parent” and AHS School Counselor

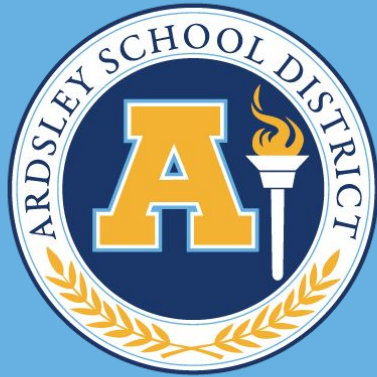
- A rotating drop schedule can feel confusing at first, especially when you’re trying to support your child at home.
- As both a school counselor and a parent, I’ve seen how longer class periods allow students more time to ask questions, complete work, and truly engage with the material rather than rushing from class to class.
- Not having the same schedule every day helps break up the routine and keeps the day feeling fresh, which I’ve found can increase student engagement and focus.
- The rotating schedule creates more open time during the school day, which has been a real benefit for my son. He often completes his homework at school, reducing stress at home.
- From a parent perspective, this structure encourages students to build independence and time-management skills, while also supporting a healthier school-home balance.



# QUESTIONS AND ANSWERS

## Audience, Student Volunteers, and Entire Panel

- **Please raise your hand if you would like to submit a question to the panel.**
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- **Please hold the card up when you are ready to submit your question.**
- **Student volunteers will collect your cards and hand them to the panel.**
- **We will do our best to get all of the questions answered tonight. If we run out of time, we will create a second “frequently asked questions” document to be sure all are proved with an answer.**



Thank You