

## School Start Time Notes from May 21, 2018

### Community Needs and Impacts

#### Ideas/Key Points

- Caregiver parents – positive: working parents & teachers (at secondary level) can drop their younger kids off at school before they head to work instead of having to find and pay for before school care.
- Before-after care – After school activities and work, sports, extra activities and family responsibilities
- Activities often don't start until 3 or later anyway
- I wonder if shifting athletics to before school would help increase school performance
- How will this impact before or after school activities
- Consistency of schedule throughout the week – hard to have 1 or 2 days with later start times
- Transportation – utilization of mass/public transit systems. How can this be integrated? Defray costs? Efficiency in systems
- With bussing can we look outside the box and have a few bus stops instead of neighborhood stops?
- Don't assume busses are the obvious transportation option – other ideas could be carpools
- Teachers might benefit from more planning time, meeting time and extra sleep
- Families and students need to shorten time on the bus.
- In order to be successful, students need to be able to sleep according to biological needs.
- Has anyone struggled with darkness, elk and other hazards (ie: snow) in the early am hours when kids are headed to the bus?
- Can we shift activities and athletics to the morning
- Can transportation be more efficient by redrawing some of the articulation area lines
- How can parents accommodate their work schedules to drop off/pick up their children
- Can the district partner with RTD or cities for transportation in dense areas for teenage students
- Mountain schools snow days vs. town school
- Do different communities have different needs and requirements? (ie: snow/weather in mountain areas or traffic patterns in city areas)
- How can we meet family needs both before and after school
- At what time do working age students need to report to work? Is leaving school later a deal-breaker for finding a job? Is work-study credit an option?
- How do we spread the word to the community
- How have we reached out to internal and external service providers to make sure we don't cause an adverse impact to how they deliver for students, families and communities?

- How can the community support change
- Communication through surveys and meetings at each high school
- Best way to reach the community with all our questions
- How do we identify community, determine needs and wants, deliver options to serve current and future. Jeffco is growing in some areas – where?
- Can we survey students (HS age) for opinions and ideas
- How will we know this is needed/wanted by community
- Talk to current, future, past students, teachers and community by articulation area and by school level
- Offer clubs in the morning, like choir, chess club, homework club to accommodate students who need to be dropped off before school start time
- Breakfast still provided for late start time students
- High school students who work after school – get credit for their job and be able to leave after 6<sup>th</sup> period
- Child care/after school for young students instead of before care
- Employers within communities communicated about the change
- Kids health positively impacts entire community
- Can we get data on size of impacted groups? How many play sports? How many work after school jobs? How many care for younger siblings
- What is the history of school start times in Jeffco
- Does Jeffco have a means of conducting surveys to get opinions on this effort early in the process

**Research on school start time effects on student learning and health;**  
**Research other school districts**

- develop a plan to study/survey prior to and after start time change to publish/help other districts
- will Jeffco Facebook rep share the link to that national group for education and research background
- may we request help from the national groups who are trying to address this in Washington DC? They're trying to legislate this at a national level, re: 8:30 am mandatory for all public schools
- look at districts outside of Colorado and outside of US. What are other countries doing? How does school look?
- How similar schools had success? Models similar to Jeffco, Cherry Creek
- What was their biggest barrier and how was it tackled?

- Implementation strategies used in other districts, states, countries
- Can we get reps from Cherry Creek, Ft. Collins and others who have done this already come and meet with this task force?
- What can we learn from other districts that have researched this and 1) choose to do nothing and 2) chose to make a change for later start times for HS and MS
- What were the pitfalls? Can we find larger districts in the US?
- Must focus on the outcomes/impacts on the kids on both sides of the issue
- Focus on kids
- Other smart points – research shows with later start that # of motor vehicle accidents go down, substance abuse goes down, mental health and suicide attempts go down, may help diabetes and obesity as well
- American Academy of Pediatrics recommends 8:30 am start times
- Are there any downsides to health and learning with more sleep (for HS)
- What will we do to measure the results/effects of a time change
- What is the ideal time to start based on medical research
- Research from schools, pediatric associations, sleep studies all support the idea that teenagers have different sleep cycle requirements and would be more successful if allowed to start school later
- Should this sub-committee be broken up into 2? – student learning/health and other districts? Huge body of info to work through
- How does less sleep affect students with disabilities or chronic health issues
- Research on students with ADHD – have a hard time falling asleep, affects wake up time and learning
- How better sleep affects testing/performance outcomes
- Does Jeffco have home grown data re: impact of start time changes
- Education about research/address misconceptions
- Ensure that the research is balanced and represents all constituents equally/fairly
- Make sure research from all sides is considered
- Should focus on teenagers mental health concerns as much as their physical health
- How do you present research to provide the greatest impact, understanding, long term retention and grit to solve the problem at hand
- Be prepared to respond to the “this is how I did it and I turned out fine” argument
- Does the community value the research and/or their own experience and when they think is best?
- What guides their decisions on what is best for kids
- We should share minutes and summary of discussions as widely as possible - YouTube, Facebook, Reddit
- Impact on teachers in terms of job satisfaction/ability to do job well
- How does later start times help teachers

- Can we do a pilot and be able to assess the impact from multiple vantage points (effect on the student's health, performance and transportation and parental stress/logistics, management, etc)
- Can our partners (childcare, rec centers, schools) modify their offerings to support change
- Can we have staggered start times within the schools? Some students and teachers start early, some start late
- Community might ask can't kids just go to bed earlier
- What about the 1/3 of the population that are early birds
- People who don't want this feel that kids should learn to get up and be responsible – how can we address this
- Look at logistics for “urban” areas of Jeffco vs “rural/mountain” areas of Jeffco. There are different transportation challenges and community impacts

### **Pros and Cons**

- Somehow solicit “cons” early in this process from community members who will be against this change
- How dependent is this on the other 2 sub committees? Their work will impact pro/cons sub-committee
- Lots of overlap between committees. Could the committees be more subject based – transportation, childcare, sports
- Struggling with how we come up with pros and cons before having info from other two committees. Maybe split into research and research on other district experiences and have pros and cons as an outcome
- Would it be too costly to “force” entire district to move to consistent start times
- If district wide is the goal can this be done cost neutral
- Is there an opportunity to take a cost increase to the community for funding sources – ie raise bus fee in order to offset bussing costs
- Can what is best for kids be done cost neutral? What if it cost more? Or Less
- What are the benefits to have all grade level schools on same start time
- Is there a difference for neighborhood schools vs options schools? Are there different needs?
- Should the discussion change for middle schools moving to 6,7,8 configuration?
- How does this affect K-8 vs elementary and middle schools
- Why not try for a consistent philosophy rather than consistent start time
- Consistency across a large district leads to positives
- Should we create a consistent district wide start time? Is this the end goal?
- Pro/con list per different perspectives – student, student athlete, parent, teacher, coach, after care provider, sibling
- Develop a counter con list early – assume it can change

- Pro – equal treatment among students
- Con – logistical issues
- Research ideas, points
- Don't assume one size fits all. Different schools might have unique needs
- Let's not assume the obvious, let's be open to breaking the mold – ie: 1<sup>st</sup> period is 100% virtual
- How would ideas like virtual class impact low income students – wifi access, tech devices
- How can we get creative about credit hours for HS students? – virtual learning, work-study, credit for participation in athletics, clubs, etc
- Consistent district wide spreads the cost, which is a pro
- However, this locks us to a decision for all and removes highly motivated schools from doing what's best for their community
- Would some level of flexibility (ie: not all HS start at same time, but all start later) make transportation move feasible?
- You can't please them all, someone will be unhappy
- Family schedules and childcare coverage doesn't have to change if kids go to different schools in the area
- Easy to plan work schedules, etc., even if school changes
- After school community programs could be available to same age students from different schools (ie: sports practice at 4:00)