

High School Start Time Working Group Update

Feedback on Scenarios

Newton Public Schools

December 12, 2016

Overarching Challenge

Newton Public Schools' goal to increase health and wellness supports in all schools for all students in addition to the potential implementation of a later start time

Broad Promotion of Student Well Being

- Later start time exploration
- Initiatives on social and emotional learning
- Active and increased supports for students in schools
- Managing homework levels
- Home-school connections

“...delaying school start times alone is less likely to have a significant effect without concomitant attention to other contributing and potentially remediable factors, such as excessive demands on students’ time because of homework, extracurricular activities, after-school employment, social networking, and electronic media use.”

<http://pediatrics.aappublications.org/content/early/2014/08/19/peds.2014-1697>

Process

2015-16 School year – Exploratory Phase

Understanding the problem and determining options

Fall 2016 – Feedback Phase

Consideration of potential solutions

➤ *Evaluation of options*

➤ *Consideration of Action*

Feedback

- Good understanding of advantages and disadvantages of each scenario has emerged

Small Groups/
Staff Meetings

Community
Forum

Parents and
Emails

PTOs

Feedback
Surveys

Key Learning from Feedback

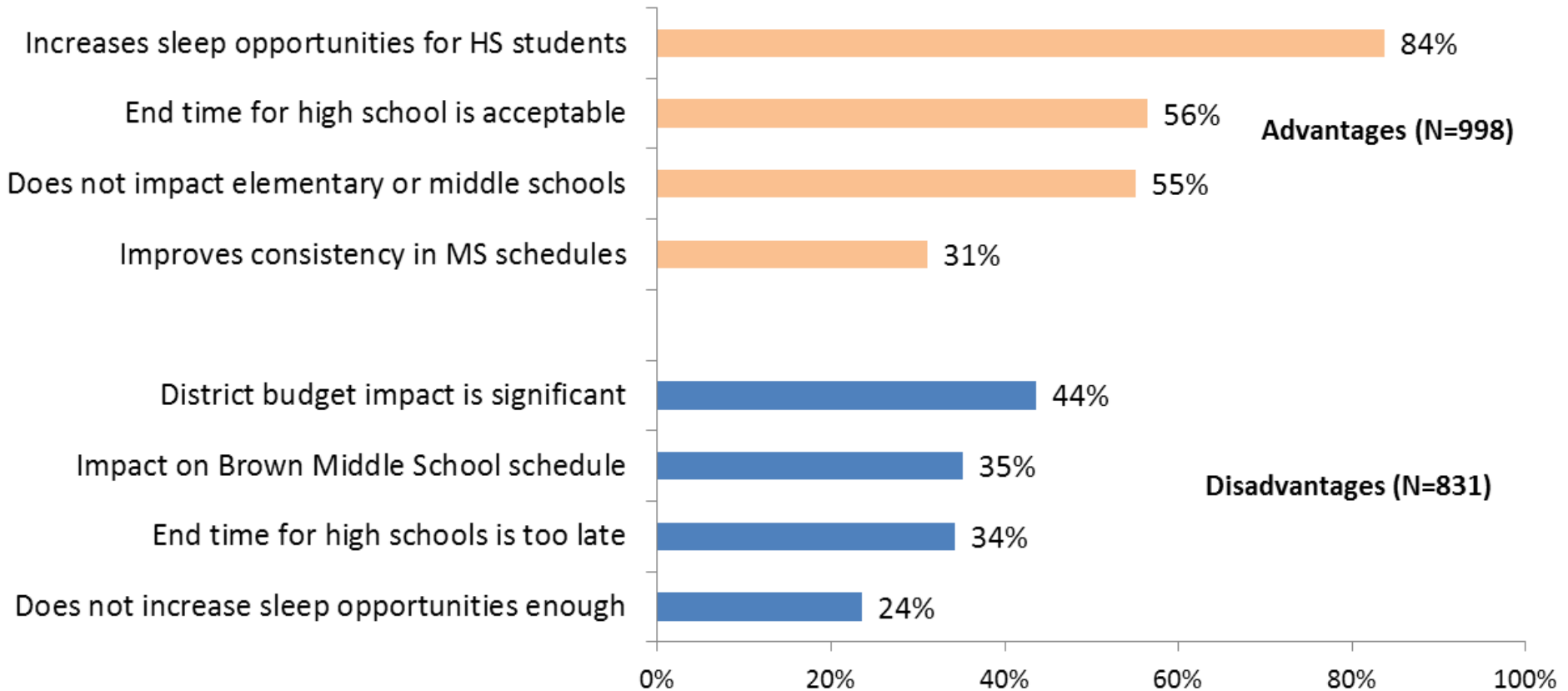
- Diversity of opinion about how to move forward (and whether)
- No one scenario is uniquely strong
- All scenarios have distinct tradeoffs in benefits, impacts and costs

Strongest Advantages

Start High School at 8:30 AM

- Significant sleep benefits
- Reasonable High School end time by 3:45 possible with a revised daily block schedule
- #1 Disadvantage is cost

8:30 a.m. High School Start

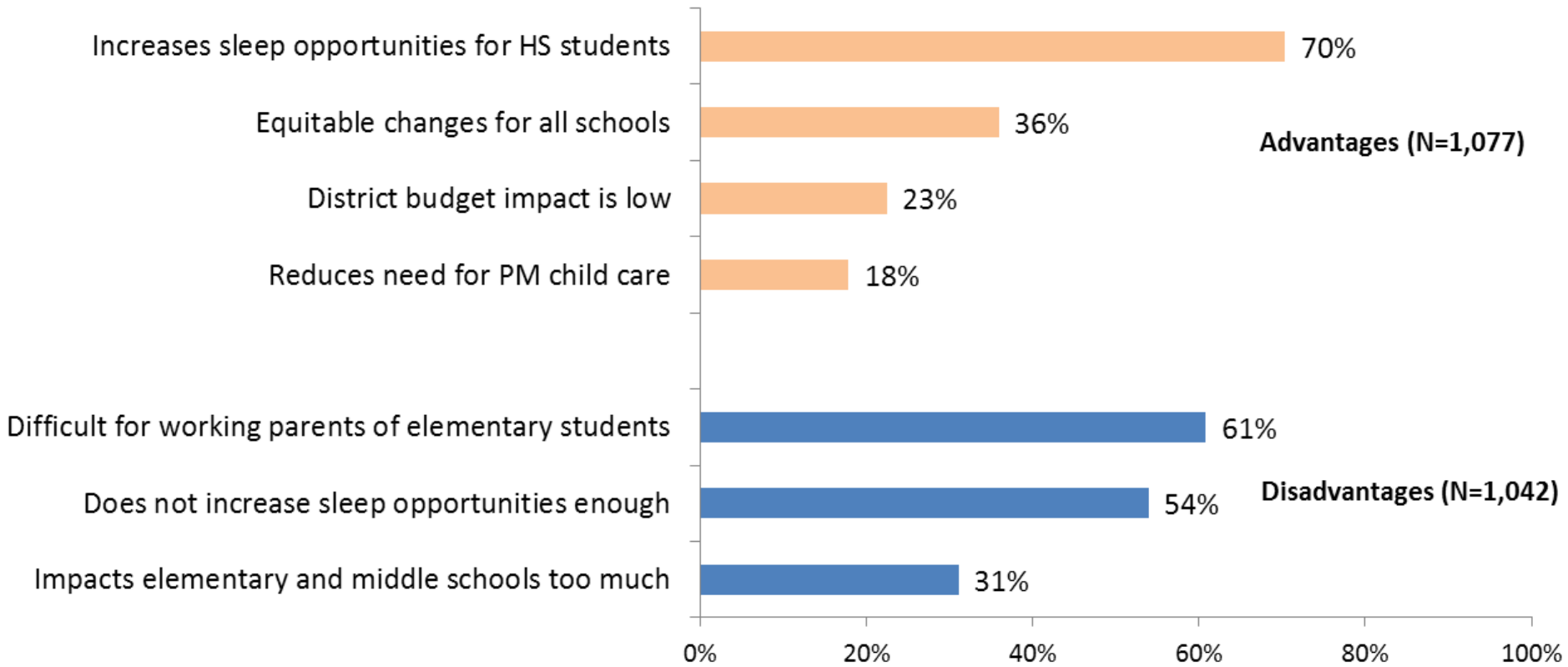


Strongest Disadvantages

Shift All 20 Minutes – Start ES at 8:45 AM

- Impact on elementary working parents
 - Early morning child care
 - Work schedules
- Potential impact on elementary student learning
- #1 Advantage is equity (after sleep)

Shift all 20 minutes



Strongest Disadvantages

Switch – Start Elementary School at 7:45 AM

- Earliest start times for the youngest students
 - Especially for students who rely on the bus
- Increasing after school child care needs

#1 Advantage is that elementary children tend to be alert in the mornings (after sleep)

Switch Elementary/High School Starts

Increases sleep opportunity for HS students



Elem students are generally alert in AM



Advantages (N=935)

End time for high school is acceptable



Reduces need for AM child care



Low budget impact



Increases need for PM child care



Early bus pick-up times for young students



Impacts elementary schools too much



Does not increase sleep opportunities enough



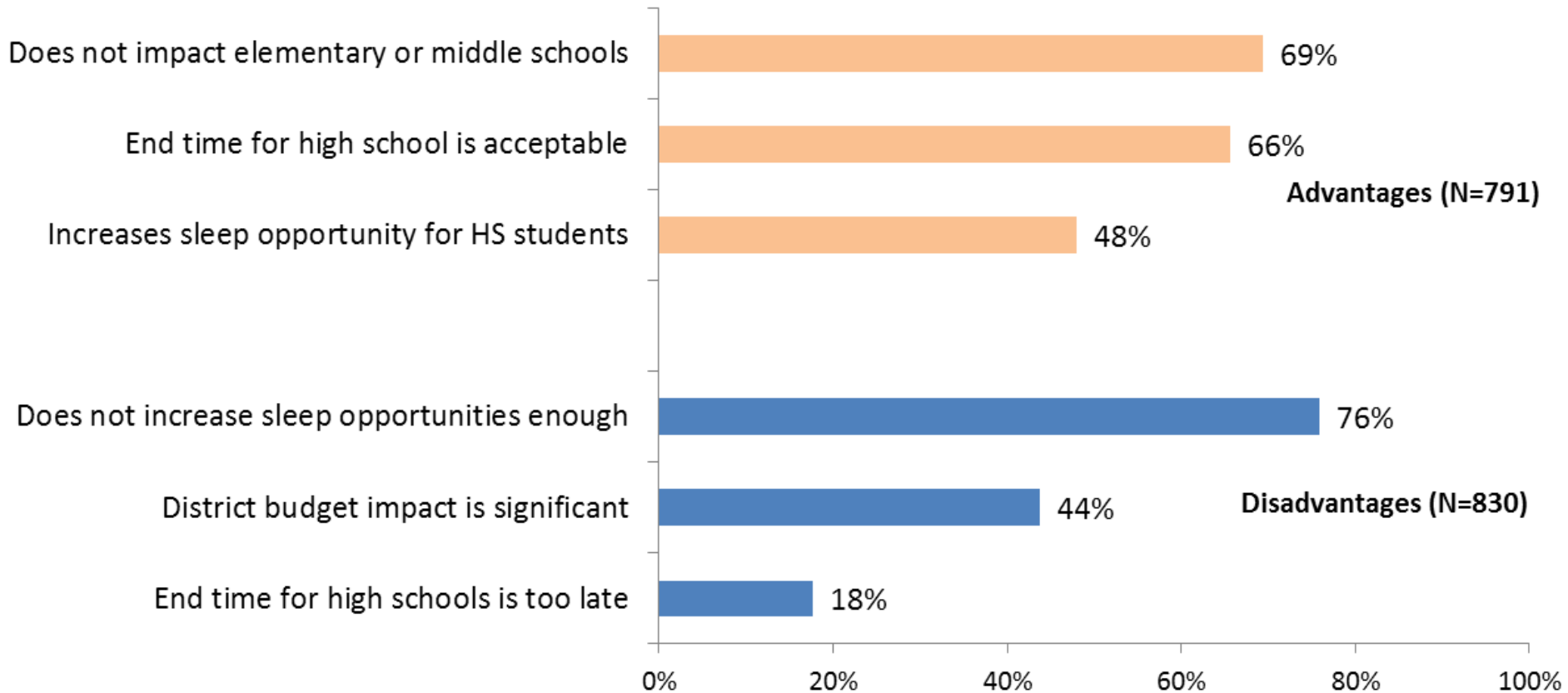
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Strongest Disadvantages

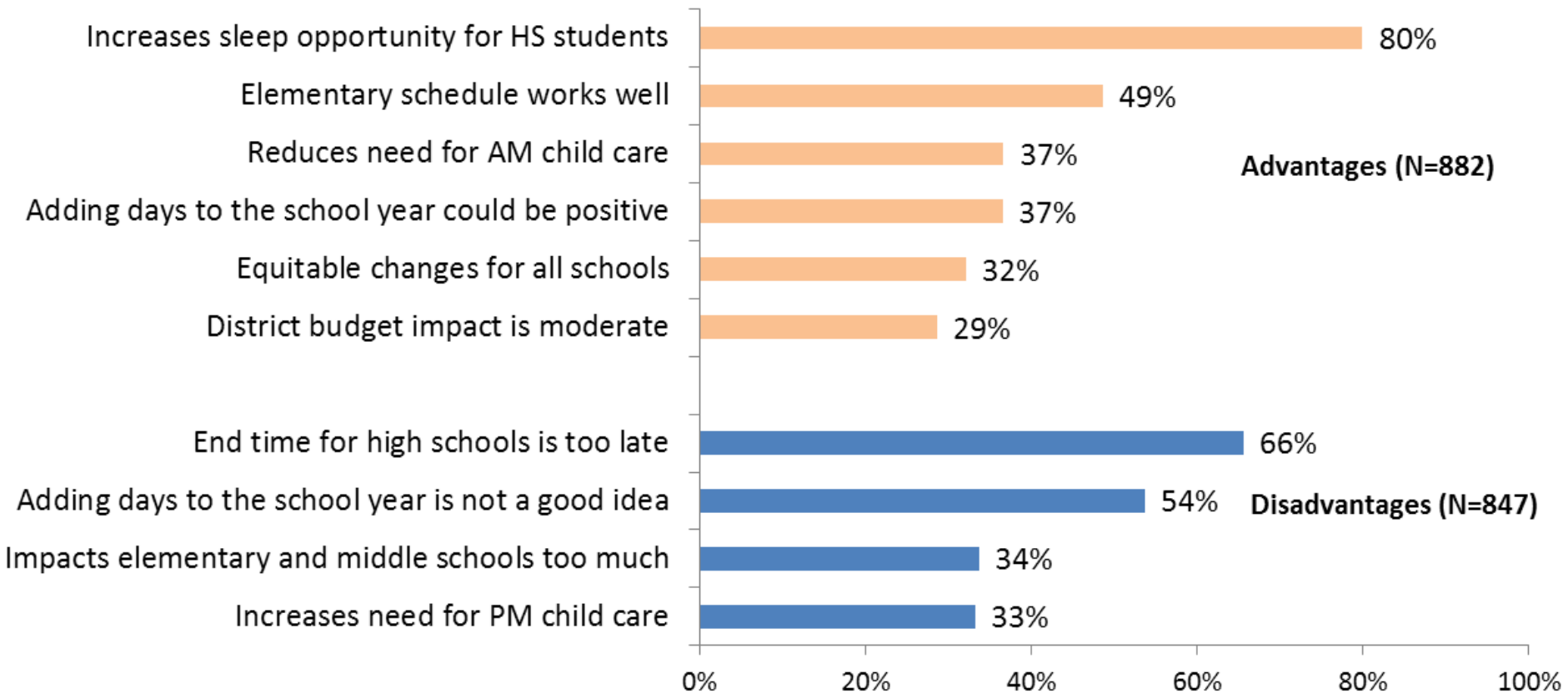
Start High School at 8:00 AM

- Weakest benefit-to-cost ratio
- #1 Advantage is that it does not impact elementary or middle schools

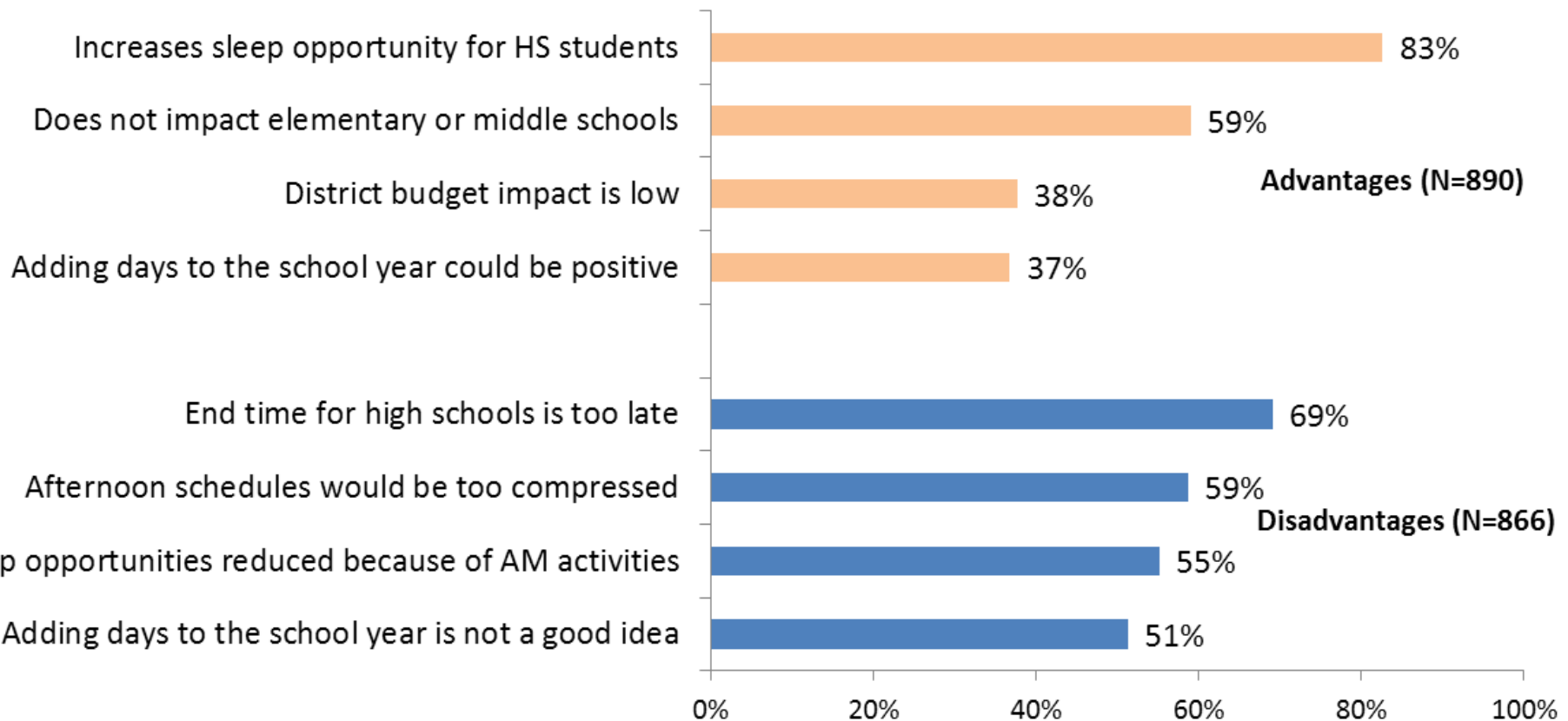
8:00 a.m. High School Start



Switch Elementary/High School Starts & Shift



9:00 a.m. High School Start



Comparison

SCENARIO		Sleep Benefits	OTHER IMPACTS						Earliest Timing
			FY17 Cost	HS Daily Schedule	Afternoon Activities	School Calendar	K-5	6-8	
A	SHIFT ALL		-	●	●	-	●●●	●	2018
B	8:30 HS START		●●●	●	●	-	-	●	2018
C	SWITCH HS & K5		●	●	●	-	●●●	-	2018
A & C	SWITCH & SHIFT		●	●	●●	●●	●●	●	2018
D	HS starts at 9:00		-	●	●●●	●●●	-	-	2018
E	HS starts at 8:00		●●	-	●	-	-	-	2017

Minimum ● Medium ●● or Highest ●●● Impact

Changes in **Red**

➤ Bus costs are unknown beyond FY17 due to contract renewal in process

Next Steps

- Both surveys remain open
- Email feedback encouraged

School Committee January 23, 2017

- Report on additional feedback from district faculty and staff
- Discussion of tradeoffs
- Potential narrowing of options
- Consider additional action

Full Report

Please see the full report on feedback from the community engagement process at:

<http://www.newton.k12.ma.us/laterstarttime>