

REPORT SUMMARY SHEET

BOARD MEETING DATE: January 16, 2018

TITLE AND BRIEF DESCRIPTION: Starting school at 8:30 am for next school year.

ACTION DESIRED:

Approval of moving start time to 8:30 am for the next school year.

BACKGROUND:

American Academy of Pediatrics (AAP) recommends middle and high schools delay the start of class to 8:30 a.m. or later. Sleep experts have determined a shift in sleep cycles (circadian rhythms) beginning in adolescence that makes it more difficult for most adolescents to fall asleep as early as younger children or older adults. Typical sleep cycles begin around 11 p.m. for teenagers and continue through 8 a.m.

Nearly 10% of U.S. high schools currently start before 7:30 a.m., 40% start before 8 a.m., and only about 15% start after 8:30 a.m. Over 20% of U.S. middle schools start class at 7:45 a.m. or earlier. Bus pick-ups start shortly after 6:20 a.m., and teens must wake at 6 a.m. to get to school on time. These schedules are out-of-sync with the sleep needs and patterns of middle and high school students, whose brains and bodies are still growing.

Sleep deprivation's impacts include: weight gain, eating disorders, increased risk of obesity, cardiovascular problems, and diabetes; reduced immunity; depression; anxiety; substance abuse; mood swings; behavior problems; suicidal ideation; and potential impacts on brain development.

Academic improvements have been shown, and overall school climate has been measurably improved when high schools have restored later start times. Teachers have commented extensively about the improvement in the classroom environment when students are more alert, less moody, and less likely to sleep in class.

GOALS: Adopt the following schedule for next year:

School Hours:

All Buildings: Doors open at 8:00 am – Currently doors open at 7:20 am

Elementary: 8:30 am – 3:20 pm – Current hours are 8:00 am -3:10 pm

Middle: 8:20 am – 3:07 pm – Current hours are 7:50 am -2:45 pm

High: 8:30 am – 3:15 pm – Current hours are 7:55 am- 2:55 pm

Wednesday everyone will get out an hour early.

All bus routes in the morning will be 40 minutes later.

Buses will drop off at 8:00 am

Buses load at Middle School from 3:07 to 3:12
Buses load at High School from 3:15-3:19
Buses load at Elementary Campus from 3:27-3:39

LEAP will still have morning drop off available at 6:50 am at all buildings.
Morning exercise may be incorporated into this time. LEAP will still get out at the same time at night.

OPTIONS/ALTERNATIVES CONSIDERED: We can stay the same or make the change to a later start time.

RECOMMENDATION: To approve the recommended later start time.

IMPLICATIONS OF ADOPTION/REJECTION OF RECOMMENDATION:

There are always concerns when we make changes and we do not have all of the answers but we will be flexible and make changes as needed.

Some district concerns:

1. Bus drivers not getting back in time to drive activity trips.
 - a. Possible solutions:
 - i. Paying coaches to drive.
 - ii. Hiring people to drive activity trips.
2. Career Center
 - a. Changing the Eldon schedule makes a problem with the five other sending schools.
 - b. Sending students will attend first through third period and fifth through seventh period.
 - c. St. Elizabeth will arrive ten minutes late to first hour.
 - d. Mrs. Engelbrecht is meeting individually with each school to address the concerns.
3. Will more students be dropped off for morning LEAP?
 - a. Possibly and then we will hire more staff to help with supervision.
4. Will we allow more activities to occur before school?
 - a. No – If before school practice was already happening we will expect it to move back thirty minutes.
5. Will everyone still get paid the same amount?
 - a. As long as hourly employees are willing to work the same amount of hours they will make the same amount of money.

TIMELINE: 2018/2019 School year

RESPONSIBLE PERSONS: Matt Davis

SUPERINTENDENT'S APPROVAL:



For the purpose of submitting report