

IMPACT on TEACHING

- Stronger Connections w/ Students ●
 - If more Students are achieving → job fulfillment
 - Increase attention span in AM ●●●●●●●●
 - Decreased focus in later PM / Behaviors
 - Availability for teachers for extra curricular/extr
 - Fewer behavior problems
 - Opportunities for AM professional development
 - Students will not be excreting sleep hormone at later time = awake
- ATTENDANCE
- Would instructional time be affected?



IMPACT on ELEMENTARY SCHOOLS

••• Before & After care programs •••

••• Supervision of elementary students by middle/high
School Siblings after school
AM/PM Supervision by older siblings

Secondary student still able to interact / be role model.

• Will elementary, middle, and high school student
ride together on the same bus?

• Use of cbsd facilities for elem. sports
and community

Walkers with ↑ in High School
Drivers



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IMPACT on ATHLETICS

+ Better + more sleep means fewer injuries ●●●●

●●●● - EXTRA BUSES NEEDED. ED

• Less time to share fields - How does that impact?

⊖ My son does not like to miss school or class time and is a talented Unami athlete, so he may not try out for unami teams if time pushed back.

⊕ Better Sleep - better sports performance.

? Need for lights on fields

●●●● Missed Instructional Time
●●●● Later Practices ●●●●

●●●● Coaches who are teachers
●●●● missing classes. ●●●●

Less availability for Community Rentals

• Staggered Start
times for lighted
fields



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IMPACT on PARENTS

Possible shift in work schedules

Easier time waking kids up for school ☺●●

- Having to leave for work but student/child is still home alone? ●●●●●●●●
- Consider the impact of older siblings contributing family: Child Care / Jobs ●●●●●
- More positive teens - happier House? ●●●●●
- Supervision am/PM of younger children
- Fewer fights in the morning
- Availability - going to work themselves
- Teen can be woken + functional to parent
- Possible increase of stress on parents ●



IMPACT on TRANSPORTATION

Fleet increase 180 buses, driver shortage, purchase additional facility/yard, hire more mechanics & office staff.

Cost / staffing ●●●●●

Conjestion ●

End of day arrival time - schedule conflicts/doc Appts

Could drivers do double-runs (secondary then elem) if secondary starts later? No turn-around time. ●

↑ Bullying as middle school + High school
Students on same Bus.



IMPACT on TRAFFIC PATTERNS

Could be more buses on the road at once - increased traffic; shift in traffic

⊖ major congestion in Chalfont ✓
- more traffic lights may be needed to handle increase of cars and keep the roads safe.

⊖ young drivers (students) on road during rush hour, both ways. → more accidents?

Will this lead to more bus accidents due to more traffic

Will shift in time cause current 30 min bus ride to be 45 or more minutes.

fewer teen crashes due to more sleep 2hrs sleep dep~~th~~ = our
- increased traffic leads to longer bus runs negating ^{impact of} later start times / later



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IMPACT on COMMUNITY

Doctor/Health care availability - Appointments decrease

Facilities

- → Less Access for facility use
- "Public Building"

What happens to the pool use?

Teen work force will after school jobs fall by the way side? → loss of that income for families

- Fewer opportunities - jobs / community based activities
- Decreased availability for community activities
- + DECREASE IN CAR ACCIDENTS
- + HEALTHIER TEENS = LESS RISKY BEHAVIORS (DRUGS, ETC.)



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OTHER IMPACT AREAS

Facilities

- — More time to remove snow/ice = Less Delays?
- — More time to do HS/MS maintenance before school starts = less OT!

Staff/Teachers Families + travel time

↳ less time w/ our families + inc. travel time (esp for people who live farther away)

• MBIT

- How to organize w/ lunch & ~~Learn~~ Learn?

Bargaining Agreements

- More students at before school care? •



IMPACT on STUDENTS

• Students = well-rested

+ HEALTHIER BEHAVIORS (i.e. DRUGS)

+ EMOTIONAL WELL-BEING / MOOD REGULATION

+ Better school performance, improved attendance

+ Improved mental health

+ Fewer traffic accidents in well-rested teens

+ MEMORY + LEARNING / SCHOOL PERFORMANCE

Affect on all extra curricular activities/ability to participate

• Job requirements / availability

• Healthy developmentally appropriate TIME + length of sleep eliminates school imposed sleep deprivation

- Less time for H.W. - esp if there are other (non school related) act

Would it just shift students' effort + start time for HW by 1 hour or 30 or whatever

- COULD USE ADDITIONAL TIME IN MORNING for before-school activities (TUTORING, exercise, clubs)



IMPACT on ACADEMICS

+ GRADUATION RATES ↑

• Increased academic performance

• More alert students in all classes not just the later classes

• If students are getting home later, will they have time to finish **HW**.

• increased achievement

• improved attendance / timeliness of arrival

• Impact on AP + Keystone start-times?

• MBIT schedule

• Reduce or re-think ^{volume of} homework

• ↓ in performance as students push work off to next day

