



CB School Start Times Committee

January 23, 2020

Goals for Tonight's Meeting

Exposure to
Additional
Research

Consider
Schedules

Consider
Impact
Variables

Ground Rules of Respect



All shared perspectives will be heard and valued



Every member will treat every other member with respect and kindness.



We recognize that every participant is committed to the group goals.



We are eager to hear and think about varying perspectives and to consider new ideas.



Each member will seek to persuade and also be open to persuasion



All participants will be advocates and promoters of the work generated by the collective team

Central Bucks Vision

A VISION for Our SCHOOLS



Providing Access, Resources, & Opportunities

MEETING THE NEEDS OF ALL LEARNERS



SOCIAL & EMOTIONAL WELLNESS: Provide curriculum, professional development, interventions, and protocols to promote the social and emotional wellness of our students and staff.

OBJECTIVES:

1. Promote academic, physical, and emotional health by implementing programs and strategies to improve social skills and reduce stress and anxiety.
2. Implement wellness initiatives that support student and staff well-being.

Questions from Last Meeting

Cost

- Busses?
- Facilities?
- Lights for athletics?
- Overall cost?

School Day

- **Lessen the day?**
- **Shift hours?**
- **Extend the school year?**
- **Change middle school schedule?**

Questions from Last Meeting

Transportation

- Bus schedules?
- Extra time for runs?
- **Redistricting?**
- Overall cost?

Athletics

- Facilities Use?
- Lights?
- **Leave earlier for games?**
- Schedule?

Questions from Last Meeting

Impact

- Physical health?
- Childcare for families?
- Childcare for staff members?
- Academics?
- MBIT?
- **Students who upbook?**
- Staff members?
- Traffic?
- Teens helping younger family members?
- **Lunch and Learn backseat?**

Items to Consider



Instructional day requirements



Transportation



Athletics and other extracurricular activities



Elementary students and families



Teachers and staff



Facility use by outside organizations



Community Support

Survey Time

🗨️ Respond at [PolleEv.com/alexismcgloi973](https://www.poll-ev.com/alexismcgloi973)

📱 Text **ALEXISMCGLOI973** to **37607** once to join, then **A, B, C, D, or E**

Based on what we have discussed to date, the Central Bucks School District should approve a later start time for secondary students.

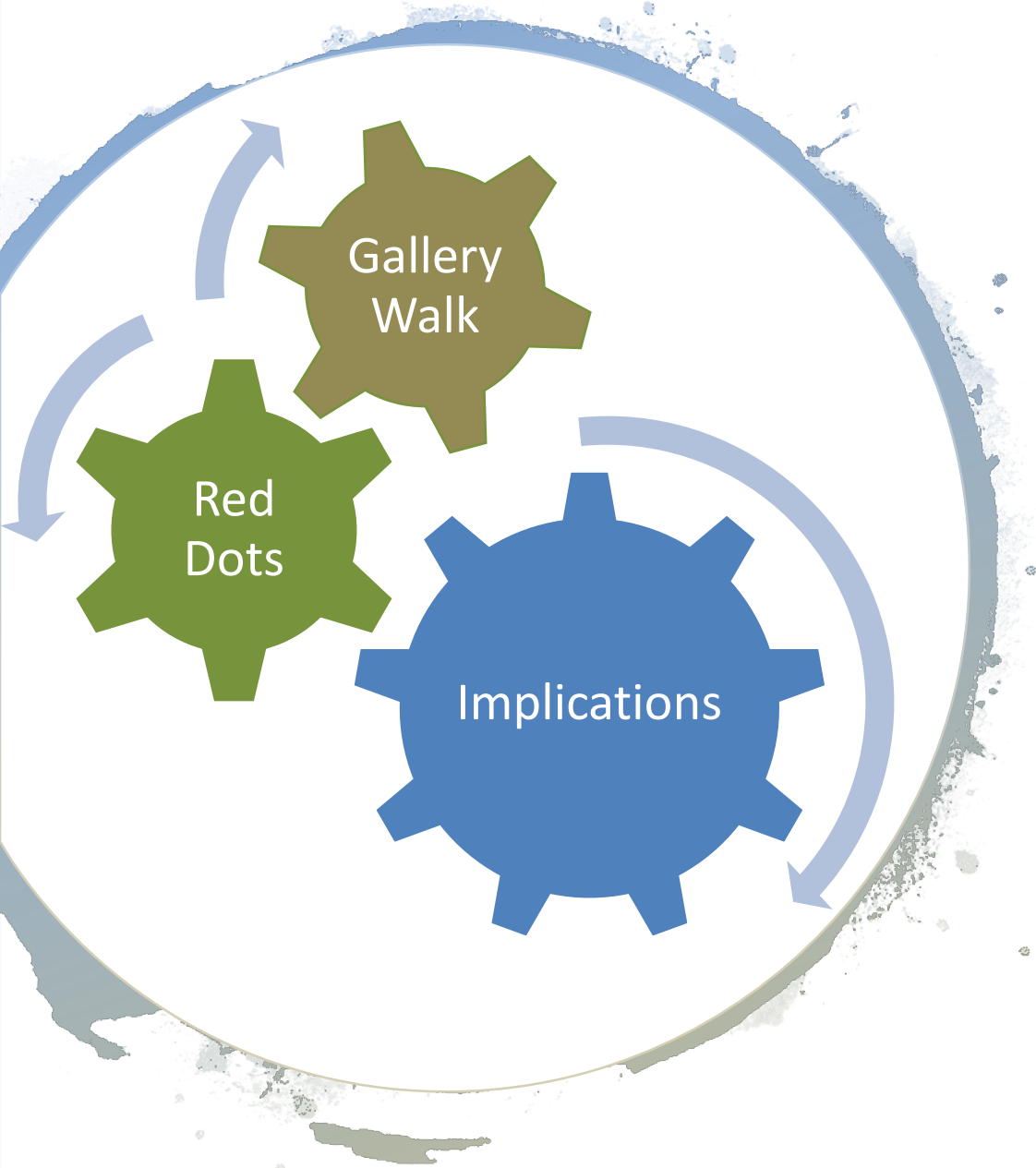
- Strongly Agree **A**
- Agree **B**
- Undecided **C**
- Disagree **D**
- Strongly Disagree **E**

Activity 1 – Literature Review

In pairs, read one of the three articles and then do the following:

- We read _____
- The main points were _____
- One major takeaway for us was _____

*Each table must read all three articles



Activity 2 – Schedule Implications

- As a group, circle your top two (2) bell choices
- Fill out ***IMPLICATIONS*** Sheet with your table
- Red Dot for statements that are important to consider
- Gallery Walk

A Case for Change



Next Steps



Additional Meetings

- February 20th
- March 31st
- April 30th
- May 18th



The Science of Sleep

Dr. Judith Owens, MD, MPH

Director, Center for Pediatric
Sleep Disorder

Professor of Neurology, Harvard
Medical School

March 17th 6-7:30

Lenape Middle School

Survey Time

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later start time**

Strongly Agree	A
Agree	B
Undecided	C
Disagree	D
Strongly Disagree	E

Did We Achieve Our Goals?

Exposure to
Additional
Research

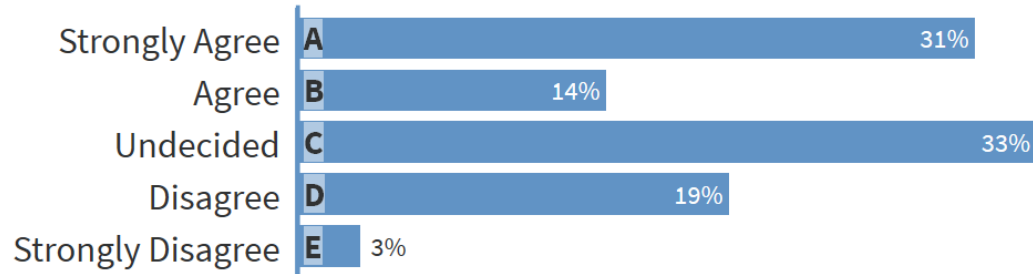
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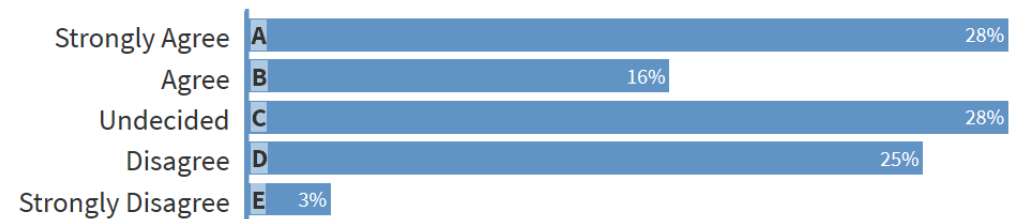
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The image features a dark grey background with three overlapping blue circles of varying shades. A horizontal white band runs across the middle of the image, containing the text "THANK YOU!".

THANK YOU!