



CB School Start Times Committee

November 14, 2019

Introductions

- School Board Directors
- Central Office Administrators
- Principals, Assistant Principals
- School Health Professionals/Counselors/Supervisors
- Teachers & Support Staff
- Transportation Department/Athletics/Community School Representatives
- Parents

Informational Items - Logistics

Bathrooms

Water/Snacks

Materials

Movement

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

Goals for Tonight's Meeting

Establish
Common
Understanding

Ensure input
from all
stakeholders

Gather
Information
for next steps

Central Bucks Vision

A VISION for Our SCHOOLS



Providing Access, Resources, & Opportunities

MEETING THE NEEDS OF ALL LEARNERS

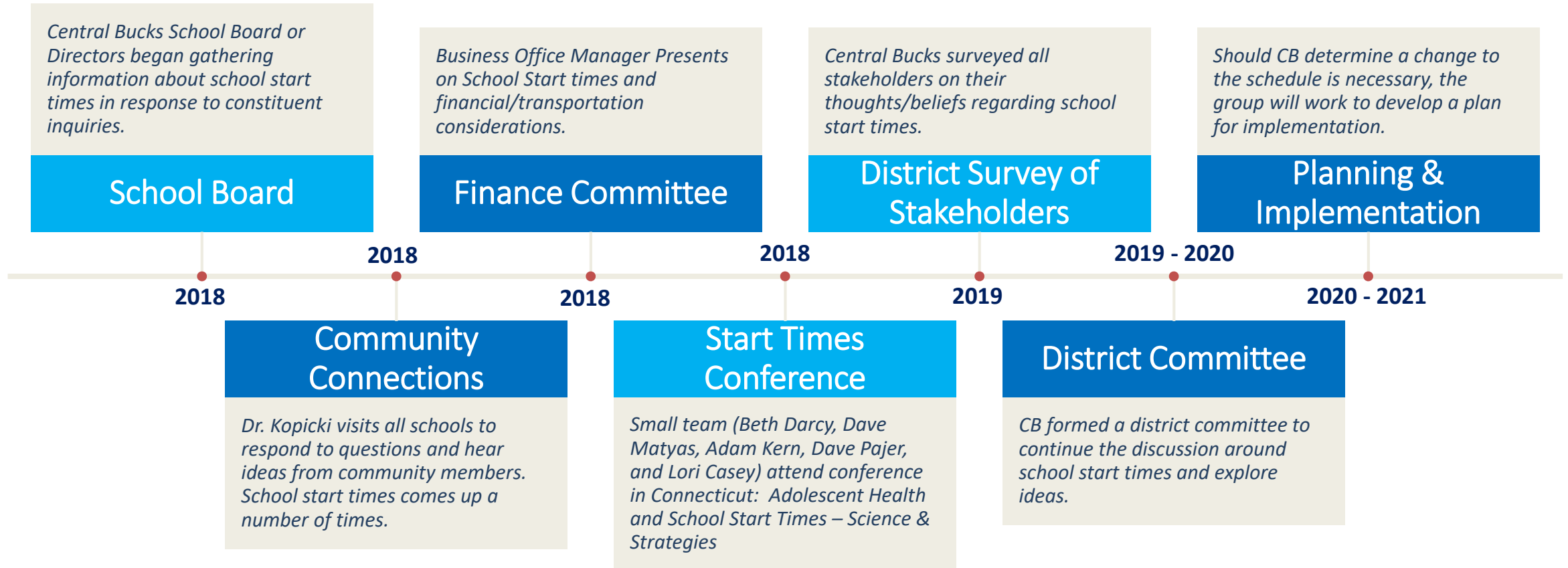


SOCIAL & EMOTIONAL WELLNESS: Provide curriculum, professional development, interventions, and protocols to promote the social and emotional wellness of our students and staff.

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.

Background



Background

Why is Central Bucks School District Exploring Later Start Times?

Expert Recommendations:

The American Academy of Pediatrics & American Academy of Sleep Medicine advise:

- Adolescents should get around **8.5 to 9.5 hours of sleep** per night.
- Research supports that adolescents are naturally inclined to go to bed later and sleep later in the morning.
- Middle and high schools should start **no earlier than 8:30 AM**.



Teens often need more sleep than they get.

- Just **25%** of high school students report getting **8 or more hours** of sleep per night.
- When schools start later, students use the time to get more sleep. Students typically **sleep 25 to 77 minutes more** per night when school starts 25 to 60 minutes later.



Sleep can affect academic performance.

- Later school start times & more sleep can improve students' **attention**, reduce **sleepiness**, and decrease the likelihood of **students falling asleep in class**.
- Students' test scores and grades usually **stay the same or increase** when schools start later.



Sleep can affect health and behavior.

- More sleep can reduce rates of **depression and anxiety**.
- Teens are less likely to be in **vehicle crashes** when schools start later.
- Schools have often seen reduced **tardiness and absences** when schools start later.

CB Start Times



CBSD Current Schedule

CURRENT: Central Bucks School District

High schools start at 7:25 AM.

<u>SCHOOLS</u>	<u>START</u>	<u>END</u>
High School	7:25 AM	2:30 PM
Middle School	7:30 AM	2:30 PM
Elementary	8:35 AM	3:15 PM
	8:50 AM	3:30 PM
	9:05 AM	3:45 PM

Bucks County Start Times



<p>Bensalem Township SD High Schools 7:15-2:29 Middle Schools 8:05-3:10 Elementary Schools 8:50-3:50</p>	<p>Bristol Borough SD High Schools 7:50 – 2:33 Middle Schools 7:50 – 2:33 Elementary Schools 8:05 – 2:40</p>	<p>Bristol Township SD High Schools 7:13-2:13 Middle Schools 8:04-2:45 Elementary Schools 8:25-3:15 and/or 9:15-3:40</p>	<p>Centennial SD High Schools 7:30-2:17 Middle School 8:00-2:45 Elementary Schools 8:45-3:30</p>
<p>Council Rock SD High Schools 7:33-2:15 Middle Schools 8:05-3:00 Elementary Schools 9:10-3:40</p>	<p>Morrisville Borough SD Grades 6-12 7:45-2:30 Grades 1-5 8:25-3:00</p>	<p>Neshaminy SD High Schools 7:16-2:14 Middle Schools 7:55-2:55 Elementary Schools 9:10-3:35</p>	<p>New Hope-Solebury SD High Schools 7:50-2:30 Middle Schools 7:50-2:30 Elementary Schools 8:45-3:25</p>
<p>Palisades SD High Schools 7:40-2:27 Middle Schools 7:32-2:37 Elementary Schools 9:00-3:40</p>	<p>Pennridge SD High Schools 7:15-2:15 Middle Schools 7:55-2:55 Elementary Schools 8:35-3:20 and/or 8:50-3:35</p>	<p>Pennsbury SD High Schools 7:20-2:15 Middle Schools 8:10-2:55 Elementary Schools 9:00-3:40</p>	<p>Quakertown SD High Schools 7:10-2:10 Middle Schools 7:56-3:00 Elementary Schools 9:15-3:50</p>

Other Surrounding School Start Times



Start Time	School District
8:00AM	Jenkintown
7:55AM	Pottstown
7:50AM	Perk Valley
7:45AM	Souderton Upper Moreland
7:40AM	Springford Upper Perk
7:37AM	Wissahickon
7:35AM	Methacton Upper Merion
7:30AM	Colonial Pottsgrove
7:27AM	Norristown Springfield
7:25AM	Lower Merion Abington
7:24AM	Phoenixville
7:23AM	Upper Dublin
7:21AM	North Penn
7:20AM	Hatboro-Horsham

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

Activity 1 – KWL Chart

- KWL Chart
- As a group, complete the first two columns “K & W”
- K - What you already *know* about school start times (nationally, locally, district)
- W - What do you *want to learn* as a part of this process

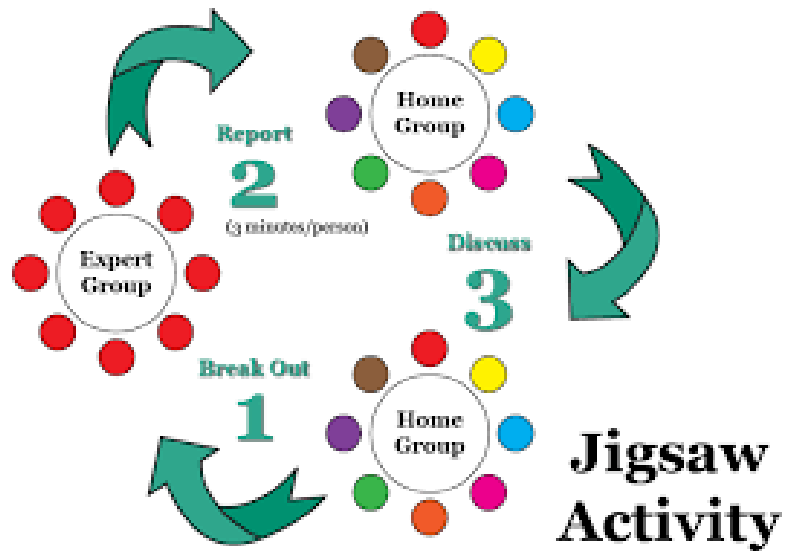


School Start Times Committee
KWL Chart



What we know...	What we want to learn...	What we have learned...

Activity 2 - Jigsaw



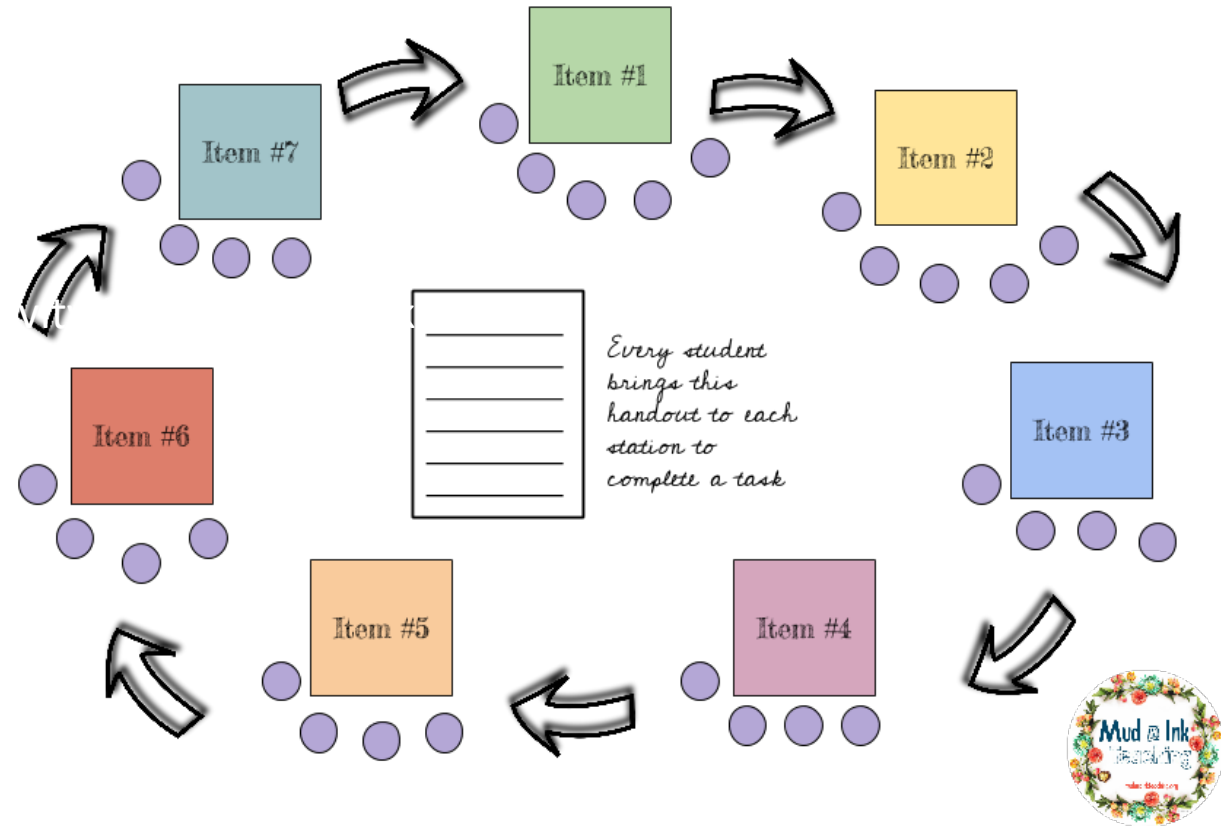
- Groups “Number Off”

- Group 1 - Exec. Summary PA Commission
- Group 2 - Exec. Summary of CB Survey (Hanover)
- Group 3 – Washington Post Article
- Group 4 – Research Priority Brief (Hanover)

Activity 3 – Gallery Walk

- Complete charts with like groups
- Add Pros, Cons, Questions for your group
- Groups rotate around room to view other charts
- Groups return to their tables




How to run a GALLERY WALK



Back to the KWL Chart

- KWL Chart
- As a group, complete the first two columns “L”
- L – What have you *learned* after participating in tonight’s session.

What we know...	What we want to learn...	What we have learned...



Next Steps

- Additional Meetings
 - January
 - March
 - *April (Make Up Date)*
 - May
- Continue to Gather More Information from Surrounding Districts & Stakeholders

Information – In Your Folder

- **Left Side**

- Articles for Jigsaw Activity

- **Right Side**

- PowerPoint
- Fast Facts
- CB Rethinking School Start Times

Did We Achieve Our Goals?

Establish
Common
Understanding

Ensure input
from all
stakeholders

Gather
Information
for next steps

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!