

School Start Times Committee
KWL Chart



What we <i>know</i> ...	What we <i>want to learn</i> ...	What we have <i>learned</i> ...
<ul style="list-style-type: none"> • Racnor moved their start time • Health issue surrounded by logistical issues • 11-8 (teens need to sleep) • 9-6 → what they are doing • younger kids are able to wake up earlier → are ready to go • teenagers are not <ul style="list-style-type: none"> ↳ make up the sleep on week ends • achievement, mental health, weight (physical health), anxiety all effected by sleep • District contains teachers from many places around districts • 	<ul style="list-style-type: none"> • Does pushing start time dictate end time? • How will this effect sporting/ after school events? • How will this effect schedules in each school? • What is this going to trans / rush hour / cost of this? • How do we prep the community that dont have kids or even do to modify or being effected by change in trans? 	<ul style="list-style-type: none"> • Lots of different perspectives • Can't argue the science • Impacts on so many diff areas • How many moving parts the change will require •



What we <i>know</i> ...	What we <i>want to learn</i> ...	What we have <i>learned</i> ...
<ul style="list-style-type: none"> • Research shows that a later start is recommended. • There are minimum requirements of @ least 8.5 - 9 hours. • Impact on all stakeholders • Our size creates logistical challenges w/ transportation 	<ul style="list-style-type: none"> • The impact experienced by districts who have changed start times. • The process utilized by those districts (changes). • What will the impact be on our stakeholders? • How ST impacts/affects students' anxiety? • Effective communication approaches. • How larger districts like CB successfully implement. 	<ul style="list-style-type: none"> - Impact on MBIT - People realize the validity of the research. - Common questions/concerns among stakeholders. - Stakeholder socio-economic impact considerations. - <u>COMPLICATED</u> due to <u>size</u>.

• Financial impact on transportation.



What we <i>know</i> ...	What we <i>want to learn</i> ...	What we have <i>learned</i> ...
<p>① We know about the science & recommendations from the AAP, National Sleep Foundation - etc.</p> <p>② We know from the science students will go to sleep at their usual time & won't stay up later.</p>	<p>① Does technology take a toll on kids?</p> <p>② How does later school start times affect extracurricular activities - sports, etc.?</p> <p>③ How does later school start times affect child care issues?</p>	<p>① It's a very complicated issue!</p> <p>② Traffic is a huge issue/concern</p> <p>③ Learned that there is flexibility with P.A.A. games.</p> <p>④ Transportation is a huge issue.</p> <p>⑤ Later school start times would allow secondary staff to use CBSD child care.</p>



This is a significant responsibility, Transportation

County - athletics affect / participation affect in education needs

What we know ...	What we want to learn ...	What we have learned ...	affects
<p>Lot of public process / interest Brain science of teens - need more sleep Not an easy thing to do Consequences Costs how budget implement Impact everyone / entire community traffic patterns families</p>	<p>Thoroughly researched both sides Longer term consequences - providing more rest time or maybe making / causing bad impacts Full day kindergarten tweaked in (affect on Elementary) Unintended consequences Comparing similar people districts size, #</p>	<p>Interest in morning start of HS Not interest in morning How elementary earlier If we are using the data (research) then why not 8:30 Day Care structures Before / After care Community activities will all be affected</p>	<p>* MBIT impact On buses / traffic affect Informed education priority</p>

Probably cut down 2 hour delays

Other districts in other county / local counties also contemplating →



What we <i>know</i> ...	What we <i>want to learn</i> ...	What we have <i>learned</i> ...
<p> <i>Later times benefit HS students</i> <i>HS students need more sleep</i> <i>Emotional health connection</i> <i>Grades impacted as well as SAT scores</i> </p>	<p> <i>Why is 8:30 optimal time? Dr. Owen</i> <i>Impact of bussing</i> <i>Lighting at athletic facilities</i> <i>Instructional impact on athletes & practice times</i> <i>How will kids fit in all activities?</i> <i>Child care implications re: older siblings taking care of younger ones</i> </p>	<p> <i>There are many more angles to consider to fully understand issue</i> <i>We need concrete way to measure impact → what's base line / barometer</i> <i>Important to back up decisions with data</i> <i>Slow change is important as is community buy-in</i> </p>

What are financial implications?

Before/after care → after school employment



What we know ...	What we want to learn ...	What we have learned ...
<ul style="list-style-type: none"> - some districts are doing it - Beneficial to get more sleep - Kids are up really early - sleep loss - feeds depression, anxiety, poor concentration, mental health crises - impacts facilities, athletics, transportation, activities - outside groups - using spaces - Sleep in required - you need a certain amount - There is an adjustment from elm. C school to MS, 9:05 -vs- 7:30 - can't force a kid to fall asleep at a certain time - Driving - early AM - darkness - ↓ student driving accidents if getting more sleep. 	<ul style="list-style-type: none"> - How do you handle when other districts end at different times - sports. - How will this impact family care - How does it affect behavior and discipline issues. - No. VA + VA Beach - recently made the change. What can we learn from them. 	<p>Depending on who you are and where you fit in the equation, you see different things. Parent-vs-teacher-vs-admin</p> <ul style="list-style-type: none"> - The focus should be on the wellness of the kids.