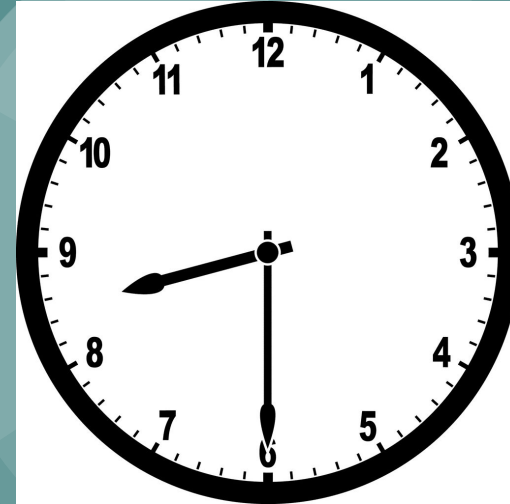


Options for School Start Times

May 2021



Some Research...

-Unclear outcomes for elementary students for a later start time (some research demonstrating later times better for all, more research needs to be done)

A recent study published in Sleep Health, a peer-reviewed journal (Keller et al. 2017) indicates associations between earlier starts and higher rates of behavior problems in elementary schools. <https://www.psychologytoday.com/us/blog/child-sleep-zzzs/201702/earlier-school-start-times-elementary-school-students>

-Biological sleep rhythms of adolescents impact sleep-wake cycles, difficulty falling asleep before 11:00 PM and waking up early in the AM

Some Research...

The [American Academy of Sleep](#) recommends that teenagers aged 13 to 18 years should regularly sleep 8 to 10 hours per day for good health.

The American Academy of Pediatrics [recommended](#) in 2014 that middle and high schools begin instruction no earlier than 8:30 a.m., though [most](#) U.S. high schools start the day before then. <https://www.washington.edu/news/2018/12/12/high-school-start-times-study/>

According to the [2014 School Health Policies and Practices StudyCdc-pdf](#), 93% of high schools and 83% of middle schools in the U.S. started before 8:30 am. <https://www.cdc.gov/features/school-start-times/index.html>

https://www.huffpost.com/entry/new-study-shows-just-how-bad-early-school-start-times-are-for-kids_l_60788c9ee4b001befb728502

State Requirements Related to Time... (Non-negotiables)

- 1098 Instructional Hours
- Additional 30 hours of Professional Development
- 186 Teacher Days

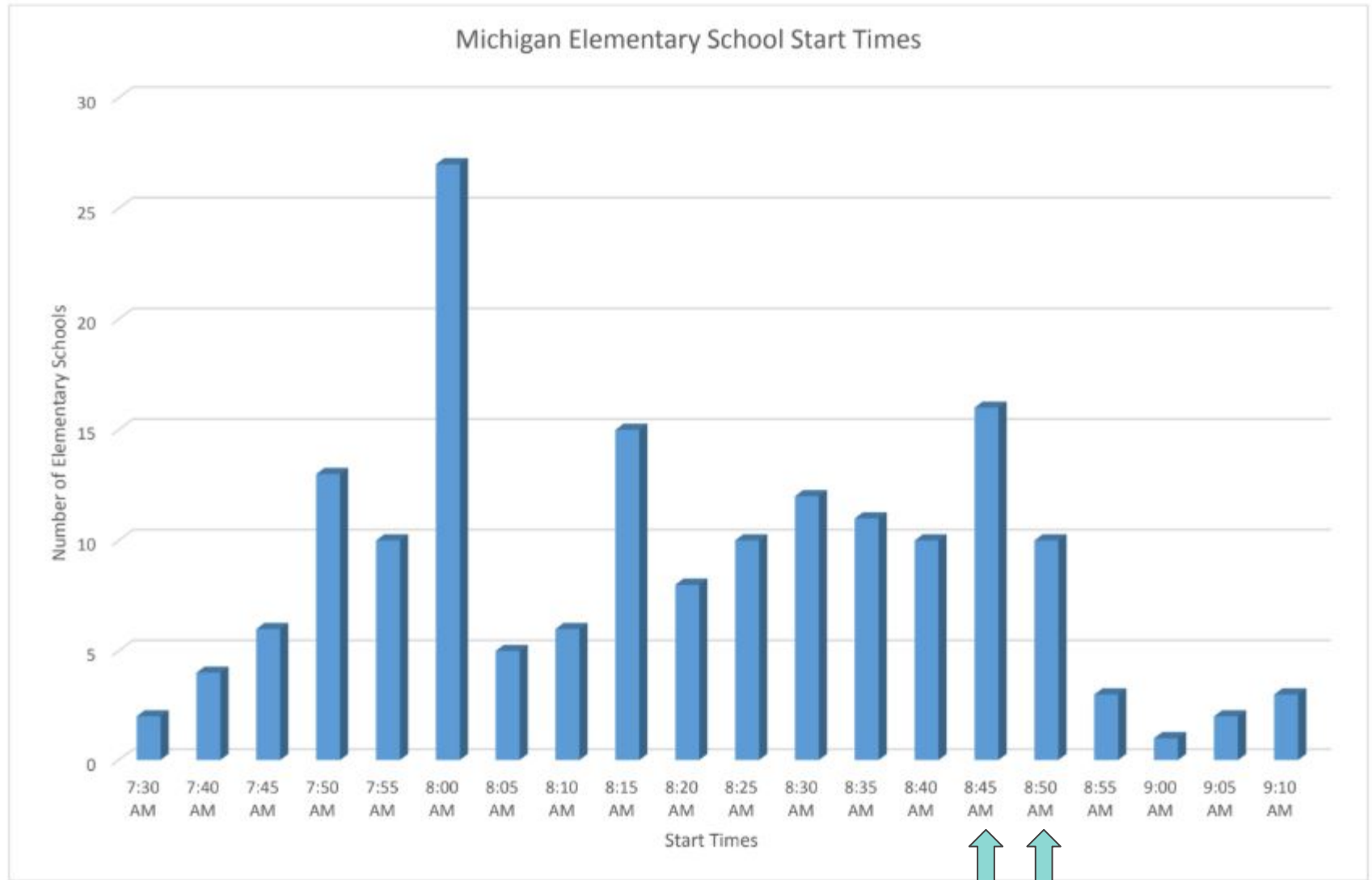
ASSUMES NORMAL SCHOOL YEAR, POST COVID

Current Start/End Times in Okemos

- OHS 7:45 AM-2:35 PM
- CMS 8:00 AM-2:45 PM
- Kinawa 8:45 AM-3:30 PM
- Elementary 8:50 AM-3:45 PM

How does Okemos compare with times across the state?

Elementary Data



Kinawa



Elementary



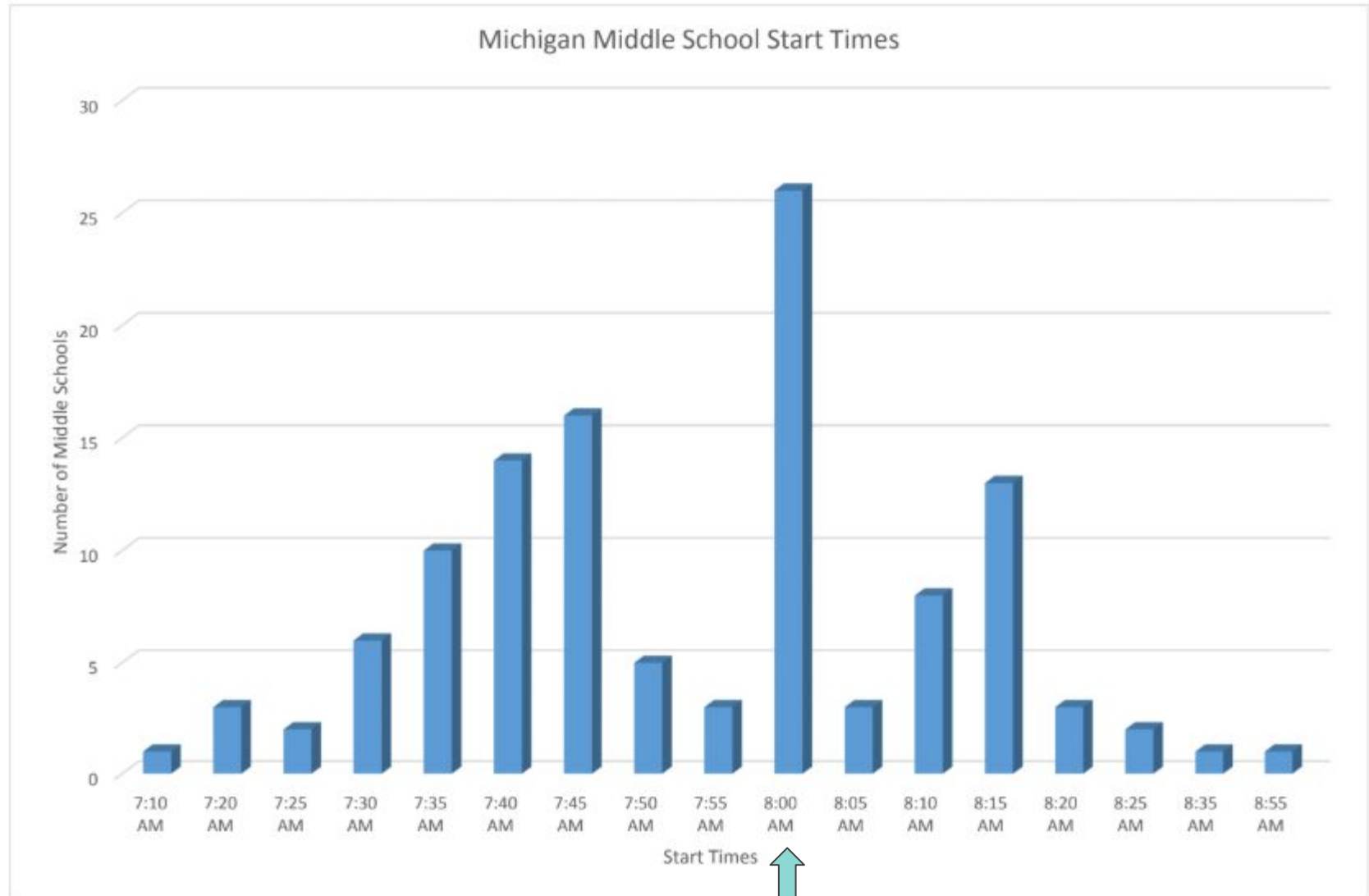
Michigan Association of School Administrators

130 Responses

Note that 31 start times were rounded to the nearest interval

How does Okemos compare with times across the state?

Middle School Data



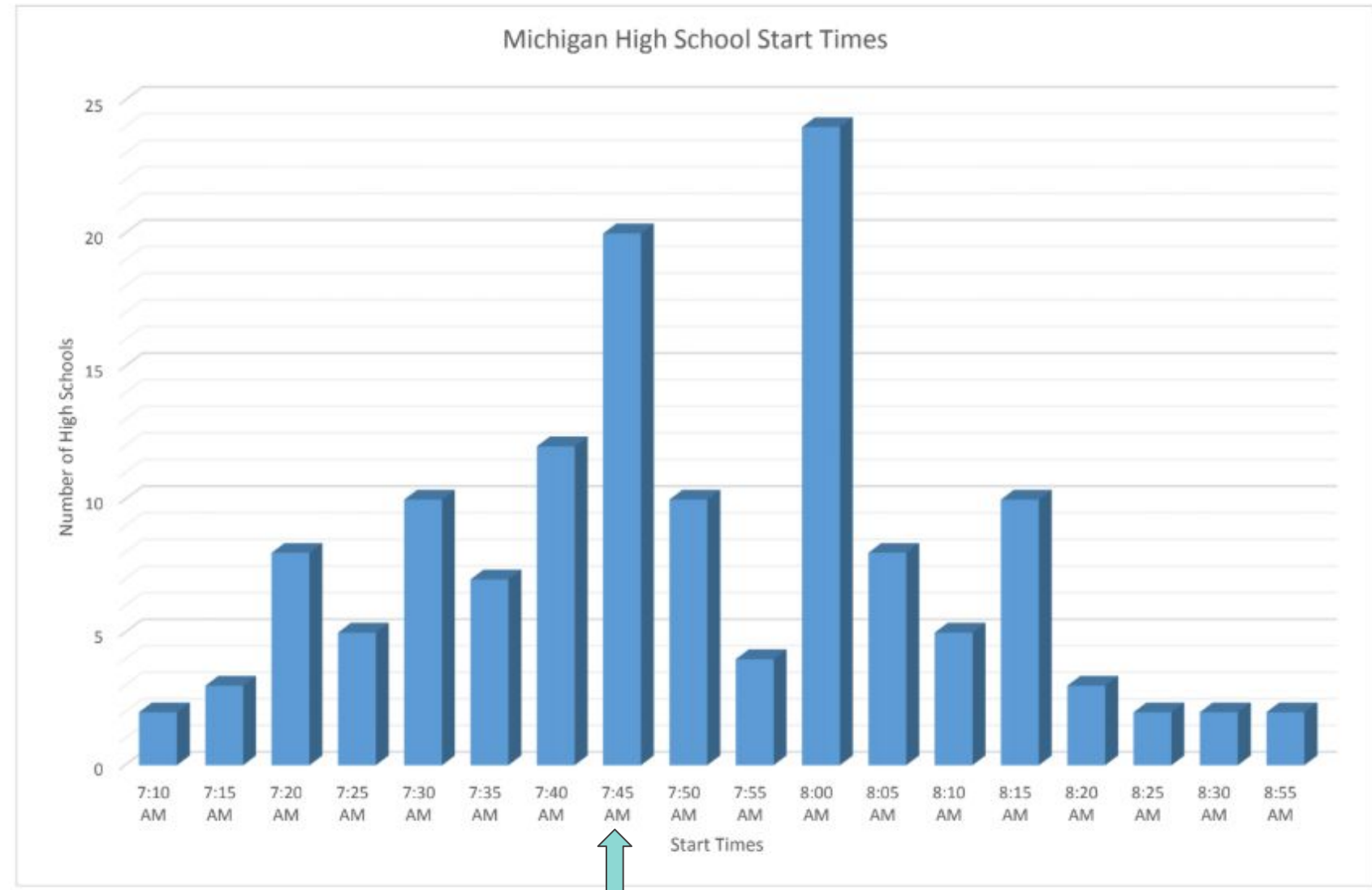
112 Responses
Note that 8 start times were rounded to the nearest interval

CMS



How does Okemos compare with times across the state?

High School Data



130 Responses
Note that 8 start times were rounded to the nearest interval

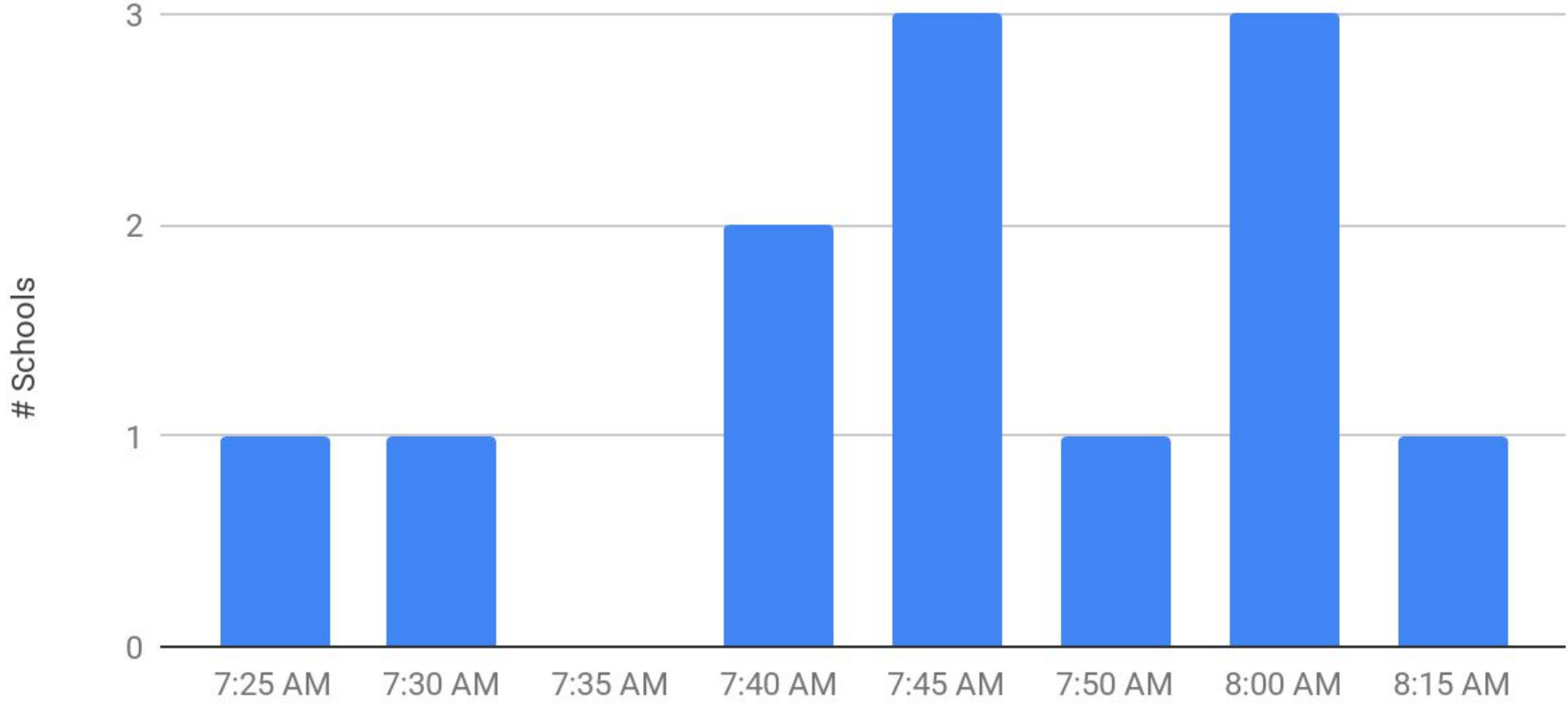
OHS



Area High School Start Times in 2020

·	Lansing	7:25am
·	Holt	7:30am
·	Stockbridge	7:40am
·	Waverly	7:40am
·	East Lansing	7:45am
·	Haslett	7:45am
·	Okemos	7:45am
·	Mason	7:50am
·	Webberville	8:00am
·	Dansville	8:00am
·	Leslie	8:00am
·	Williamston	8:15am

Local High School Start Time Distribution 20-21



Start Time



OHS

Common Considerations to altering start times...

- **Transportation schedules and potential costs to add buses/drivers**
 - 45 minutes needed between bus tiers, with two “runs” (Currently two bus runs- K-6, and 7-12)
 - If single run, need to purchase # busses at \$97,769.00 each (Estimated 13 buses 2021)
 - Fewer miles on each bus
 - Consideration of gas and maintenance costs
 - Does not include costs for additional drivers (difficulty staffing currently)
- **Schedule conflicts for students with after-school activities and work schedules**
 - District has more control over clubs, extra curriculars than it has control for appointments, athletics, student work hours, etc.
 - Loss of instructional time at end of day if sign outs increase to attend outside events
 - Athletics/extracurriculars impact academic hours (leave no sooner than 1 pm), will impact more academic hours if school goes later
 - (OHS- 5, 6th hour impacted currently, may be 4- 6th hour for some teams and coaches (staff members))
- **Schedule may conflict with outside academic programs**
 - Students shared across levels, Wilson Talent Center, CHAMPS, LEAF, ISHALL, Dual enrollment, etc.

Considerations...

- **Safety issues for younger students** (younger children in darkness during AM at bus stop or walking, home before older siblings)
- **Family schedule and financial impact** (Early drop off/supervision issues due to adult work schedules, homework pushed to later, older siblings unable to picking up at multiple schools, increased ridership on busses if does not align with work schedules, potential for increased childcare needs)
- **OHS students were surveyed about later start times and class options. Students expressed they wanted to get our earlier** to start after school activities and work and the negative impact of pushing those activities later
- **Others**
 - Shared staff and students across levels, car line impact,

What are our stakeholder feelings (parents/guardians, students, staff) about this potential change?

Start Time Options

- Current Start Time -Status Quo
- Similar Start Time for All Schools*
- Flip Flop Start Times (Kinawa/Elementary, then OHS/CMS)*
- Pair Kinawa/CMS and OHS/Elementary Start
- Move All K-12 Start Times Later*

**Included as considerations in research*

Current Start Time -Status Quo

Option:	First Pick Up	School Start Time	School End Time	Last Drop Off
Current Start Times (Status Quo)	6:55 am ----- 7:55 am	7:45 OHS 8:00 CMS ----- 8:45 Kinawa 8:50 Elementary	2:35 OHS 2:45 CMS ----- 3:30 Kinawa 3:45 Elementary	3:20 pm ----- 4:40 pm

Opportunities

- No additional transportation costs
- Maintains current family routines
- Maintains student after-school schedules (extracurricular, work)
- Aligned with schedules of other academic programs (Wilson Talent Center)
- Younger students not at bus stop or walking in dark
- Older students able to pick up or provide childcare to younger siblings in afternoon
- No impact on before or after childcare programs, family childcare needs
- Aligns schedule for shared staffing between schools
- Aligns with last data from OHS students who did not enroll in later classes

Barriers

- Not in alignment with sleep science for 7-12, 8:30am or later start
- Students and coaching staff may miss academic hours (1.5 class periods) to attend extracurricular competitions
- Students miss 6th hour due to work waivers at OHS (FTE impact)

Similar Start Time for All Schools

Option:	First Pick Up	School Start Time	School End Time	Last Drop Off
Similar Staggered Start Times	TBD	8:30 OHS 8:35 CMS 8:45 Kinawa 8:55 Elementary	3:20 OHS 3:20 CMS 3:30 Kinawa 3:50 Elementary	TBD

Opportunities

- Aligns with sleep science K-12, 8:30 am or later start
- Students not at bus stop, walking, driving in dark in morning (winter)
- Students may be able to pick up or provide some childcare to younger siblings in afternoon

Barriers

- Significant transportation costs
 - \$1.2 million for busses, plus driver costs
- Longer car lines, additional traffic at drop off and pick up times
- May increase increase tardy students or school supervision needs for families in multiple buildings
- Impacts schedule for shared staffing between schools
- Students and coaching staff may miss additional academic hours to attend extracurricular competitions (greater than 1.5 class periods)
- Increased class time missed with work waivers for students attending OHS later in day (FTE impact)

Flip Flop Start Times

Option:	First Pick Up	School Start Time	School End Time	Last Drop Off
Flip Flop Start Times Kinawa/Elementary then OHS/CMS	6:55 am ----- 7:55 am	7:45 Kinawa 7:50 Elementary ----- 8:45 OHS 8:55 CMS	2:30 Kinawa 2:45 Elementary ----- 3:35 OHS 3:40 CMS	3:25 pm ----- 4:40 pm

Opportunities

- Aligns with sleep science for grades 7-12, 8:30 am or later start
- No additional transportation costs
- Potential for older siblings being home in the morning to help with younger siblings
- Older students may be able to drop off or provide childcare to younger siblings in morning

Barriers

- Students and coaching staff may miss additional academic hours to attend extracurricular competitions (greater than 1.5 class periods)
- Increased class time missed with work waivers for students attending OHS later in day (FTE impact)
- Younger students are waiting for busses, walking in the dark during winter months,
- Older students not at home when younger students arrive home in afternoon
- Not as aligned with schedules of other academic programs (Wilson Talent Center)
- May impact shared staff between buildings
- Longer elementary runs may push secondary start time even later

Move All K-12 Start Times Later

Option:	First Pick Up	School Start Time	School End Time	Last Drop Off
Move All K-12 Start Times Later (45 minutes)	7:30 am	8:30 OHS 8:45 CMS	3:20 OHS 3:30 CMS	4:10 pm
	----- 8:45 am	----- 9:30 Kinawa 9:35 Elementary	----- 4:15 Kinawa 4:30 Elementary	----- 5:25 pm

Opportunities

- Aligns with sleep science 7-12, 8:30 am or later start
- No additional transportation costs
- No impact on shared staff
- Later start for all students not at bus stop or walking or driving in dark (winter)

Barriers

- Later Kinawa/Elementary start and end for students
- Increased morning childcare needs for families
- Students and coaching staff may miss additional academic hours to attend extracurricular competitions (greater than 1.5 class periods)
- Increased work waivers for students attending OHS later in day (FTE impact)
- Athletic and extracurricular bus runs problematic, still on elementary runs
- Darkness concerns for after-school events

Pair Kinawa/CMS and OHS/Elementary Start

Option:	First Pick Up	School Start Time	School End Time	Last Drop Off
Pair Kinawa/CMS & OHS/Elementary Start Times	6:45 am	7:45 CMS 7:55 Kinawa	2:30 CMS 2:40 Kinawa	3:20 pm
	----- 8:00 am	----- 8:50 Elementary 9:05 OHS	----- 3:45 Elementary 3:55 OHS	----- 5:00 pm

Opportunities

- Meets 9-12 sleep research, 8:30 am or later start
- Youngest students not at bus stop or walking in dark (winter)

Barriers

- Not in alignment with sleep science for 7-8, 8:30am or later start
- Youngest students with oldest students on a bus
- May have add additional transportation costs
- Impacts shared staff across schools
- Students and coaching staff may miss additional academic hours to attend extracurricular competitions (greater than 1.5 class periods)
- Increased class time missed with work waivers for students attending OHS later in day (FTE impact)
- Requires additional transportation study, inefficient

Other Considerations

- Could not offer bussing to certain levels (OHS), equity concerns, inefficient with fleet
- Impact on before and after care staffing, revenues
- Specialized scheduling for 9-12, late start and end for those who opt to do so
 - Transportation/Staffing
 - Requires significant interest by students/families
- Educational opportunities to impact cause of problem
 - Amounts of homework
 - Family education on sleep, social media, technology, scheduling and balance, time management
- Start times are negotiated with bargaining units

Recommendation

- Board identification of potential option(s) of interest, if any
- Survey stakeholders in Fall regarding options of interest to better inform impacts/decision making (families, OHS students, staff)