

Start Times - Board Input

7 responses

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In summary, what was most compelling from the research presented by Dr. Hoffman in regards to a later start time?

7 responses

The fact that students' ability/inability to recall the previous day's learnings is determined by their REM sleep.

Generally, the clear and compelling findings re the importance of sleep and the broad support behind delaying school start time for adolescents; specifically, the explanation that teens can't go to sleep at 10pm due to hormonal activity.

That science clearly backs up the need for kids to get more sleep, that they're less likely to learn very early in the morning, and that later start times will help with the problem.

EFFECTS OF SLEEP DEPRIVATION AND ESPECIALLY THE SLIDE ON PUBERTY-INDUCED PHYSIOLOGICAL CHANGES

The benefits to students.

I was struck by the mismatch between physiological changes in teens and societal pressure. Particularly how their bodies produce less melatonin. Equally compelling was the data that shows the reduction in things like car accidents and risky behaviors.

Just the surety of it all. Seems like the research conclusion is basically universal as it relates to middle and high school kids



What follow up questions do you have from Dr. Hoffman regarding the research on sleep?

6 responses

She mentioned that there isn't much research on the effects of earlier start times on younger children and their families, however, this is of concern to me. Are we helping one group by hurting another?

I am curious how this body of research landed on 8:30 specifically but do not need to know this for our conversation.

NONE. HER PRESENTATION/DISCUSSION WAS COMPREHENSIVE AND INFORMATIVE.

The presentation included a pro of reduced cost-improved student health (mental and physical). Is there quantified data to support this?

I still have wonders around 'if they can sleep later, they'll just stay up later.' I'm sure this will occur in some students, but the vast majority will probably go to bed when they normally do. That said, it is still a wonder. I don't think I need an answer to this specific question

It may not be possible, but I would love more information about the effect of possibly moving the start times of our elementary and 5/6 students earlier. I don't want our younger students to be negatively affect because we are blinded by al the middle/high school data.



Is there any additional follow up data from the district would help inform impacts?

6 responses

Is it possible to follow Dr. Hoffman's recommendation by pushing everyone back and starting the k-6 students at 8:00 and the 7-12 students at 8:30? She stated that a 15 minute delay won't result in any significant gains, this makes me believe that we should follow her recommendations fully or not at all.

Data that illustrates the degree of impact and how difficult it would be to address. It would be helpful to know approximately how many times Fall and Spring athletes need to leave school early under the current schedule, and how many more would need to leave early if we started later (hours lost per student per year under the two scenarios) . Knowing what hours they leave under the two different scenarios would be great BUT I imagine is too much to ask.

While many student participate in clubs and certainly may be impacted by moving the start time, I assume that *most* clubs will continue with different times. Same with after school jobs--*most* employers will work around any changes. Less clear is participation in programs that are not under the OPS umbrella (e.g., Wilson Talent Center)--how many participants, how much time missed currently (if any), how much if start times moved later, how much if flipped. Info on this would be helpful.

Finally, cost info. Approximately how much would it cost to provide before school care for K-6 students IF families needed said care for an additional 45 minutes (the difference between the current start time and the proposed start times)?

ADMINISTRATION EMPLOYED A COMPREHENSIVE EFFORT TO COLLECT/COMMUNICATE DATA AND IMPACTS

Data from our neighboring districts. How many have changed start times and impacts of the change. Input from bus drivers, coaches and child care staff.

Financial impact as it relates to transportation. If we go with Dr. Hoffman's recommendation of starting everyone 30-minutes early AND flipping them, how does that impact our bus runs? Will we need to add routes?

It has been a couple years since we looked at our bus routes, schedule, and who is eligible. Might be worth while to just revisit that so we all have a full understanding (plus we have new members). For example (not that I am necessarily advocating this), could we change the bus boundaries for older kids and in turn narrow the bus turnaround times?



What are the demographics of students and families that may be disproportionately negatively impacted by our current practice or by a change in practice?

7 responses

Those that require childcare after school and currently have older siblings home to provide it.

From Dr. Hoffman's research, ALL CMS and OHS students are negatively impacted by current start times. Students who take the bus, and need to leave home earlier than those who drive or whose parents drop-off, presumably are even more negatively impacted.

Families with inflexible work schedules that rely on current start times for childcare will be disproportionately negatively impacted by changing start times, at least in the short-term.

Students who participate in extracurricular activities outside of OPS may face an increase in the amount of lost instructional time (at least until other schools/MDE follow Dr. Hoffman's research.

I was very happy to hear that later start times do not have negative impacts on marginalized students and families.

Student athletes may be the most negatively impacted by later start times, but those students make up a minority the whole student body district wide.

I AM CONTINUALLY CONCERNED ABOUT IMPACTS (KNOWN AND NOT YET KNOWN) ON ECONOMICALLY DISADVANTAGED AND OTHER MARGINALIZED GROUPS IN OUR COMMUNITY

Need more data to answer this question, however to subgroups that that immediately come to mind are economically disadvantaged students, single-parent household, families with children across all grade levels.

I thought that the demographics that would be most impacted were the younger students that may rely on older siblings for childcare. The younger students that also may walk to school/bus stop in the dark is a negative impact. It's clear that our older students are currently impacted the most with our current practice as the sleep deprivation research indicates. T

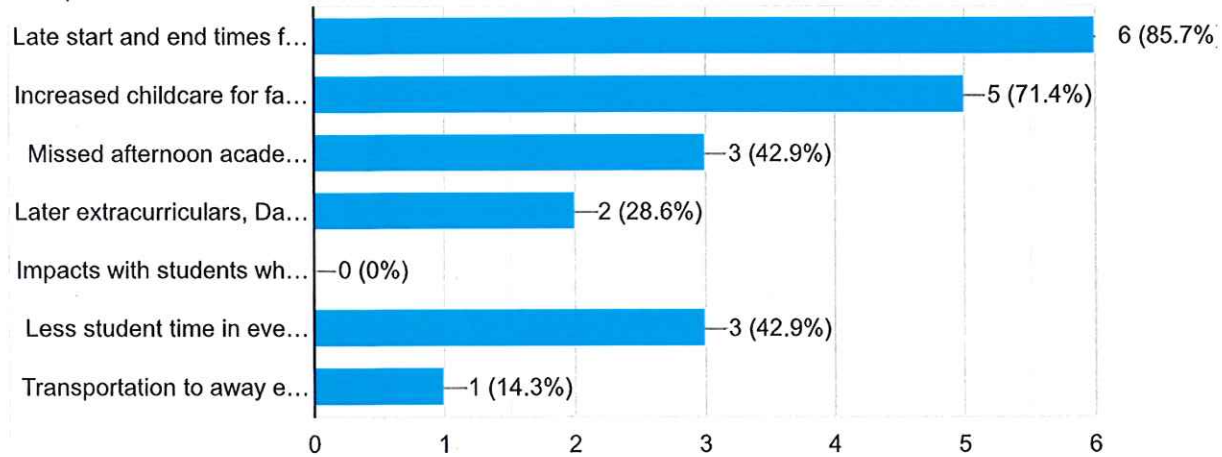
Students who have working parents/guardians who don't have flexible schedules are going to be most negatively affected. This will require a lot of new family juggling. Also, students who have after school activities outside of the district, including sports, will also be negatively affected.



In reviewing model below, what the are the areas of district impact that are of most concern with a moving everyone to a later start time?
(Choose no more than three)



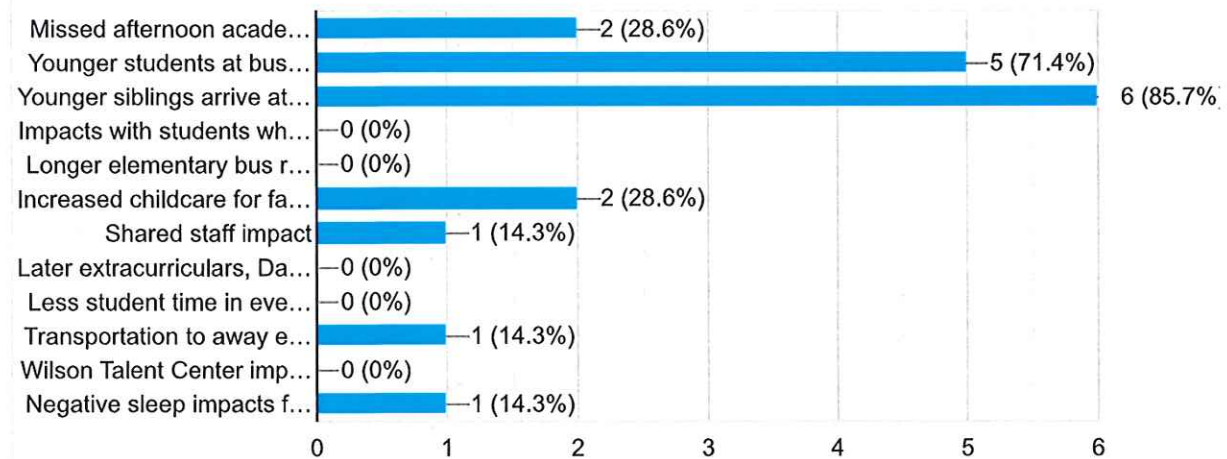
7 responses



In reviewing the model below, what the are the areas of district impact that are of most concern with a flip flop of elementary and secondary start times? (Choose no more than three)



7 responses



What trends or data points were most impactful from our recent [community/staff survey](#)?

7 responses

There seems to be more support for a later start for everyone, as opposed to a flip flop

That almost 2/3 of respondents support moving all start times later.

Later start times for all we're clearly supported by staff and community members

IT IS INTERESTING THAT STAFF/COMMUNITY RESPONSES INDICATED MORE POSITIVE SUPPORT FOR LATER START TIMES FOR ALL SCHOOLS VS THE FLIP-FLOP ALTERNATIVE

Community/staff indicate 60-90 minutes time spent on homework (30%); yet student survey indicate less than 20% spend 60-90 minutes on homework. Less than 20% respondents from parents with elementary students.

Generally speaking they are in support of this change. I did find it interesting that when you factor in the weighted average, the results are closer to neutral than 'positive' This doesn't alarm me, as I think that indicates families will adjust and recognize the benefits outweigh the 'negatives' or routine adjustments

They preferred all later over flip floppings. Also, there was broad agreement that later start times, in general, were a good thing.



What trends or data points were most impactful from our recent [student survey](#)?

7 responses

The students also support a later start time for everyone, despite understanding extra curricular conflicts

Over half highly or somewhat approve moving all start times later

Later start times for all we're clearly supported by students

MY REVIEW OF THE DATA DOES NOT INDICATE MORE POSITIVE SUPPORT FOR EITHER ALTERNATIVE.

Students topic 4 factors for not obtaining enough sleep in rank order: homework, screen time, extra curricular activities, school start times. Also, highly disapprove flip flop start times. Wondering why Chippewa students response rate was so low.

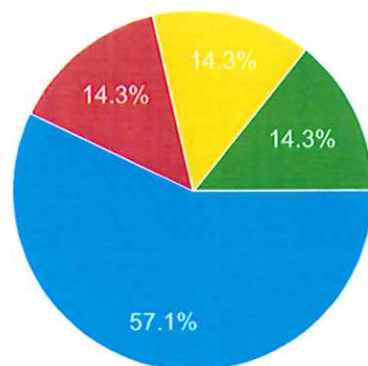
Students don't seem to be as strongly supportive of later start times even though they largely agreed later start times would help them get more sleep. I was also intrigued by the majority of time spent on homework being an hour or less, but yet that ranked as the number 1 reason they are sleep deprived (according to them). With screen time a close second factor to homework, that seems to be the bigger issue....not homework. I also took note that for the most part the results of the impact(s) were widely positive or neutral

That it was generally in line with the community survey data.

The Board has discussed prioritization of administrative initiatives so we can be more focused on our work and outcomes for students. Would an initiative prioritization work session for the BOE be beneficial to determine the top priorities before moving forward with start times decision?



7 responses



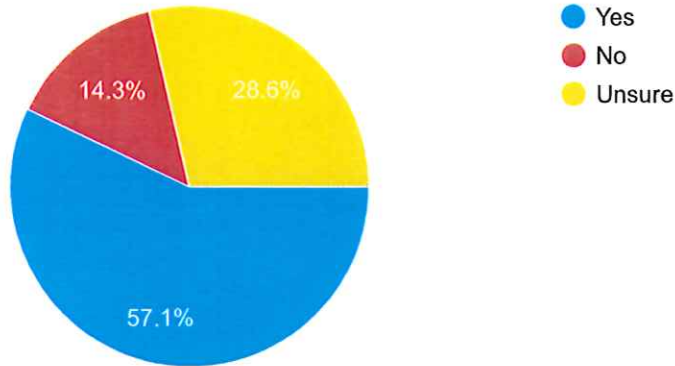
- Yes
- No
- ALTHOUGH I SUPPORT THE CONCEPT OF EARLY SECONDARY START TIMES, I THINK THAT THIS SHOULD...
- I think it could be helpful, but I think that would depend on the administration recommendation and when administration prop...



After consideration of all of these factors, at this time do you support a district wide start time change to occur for 23-24?

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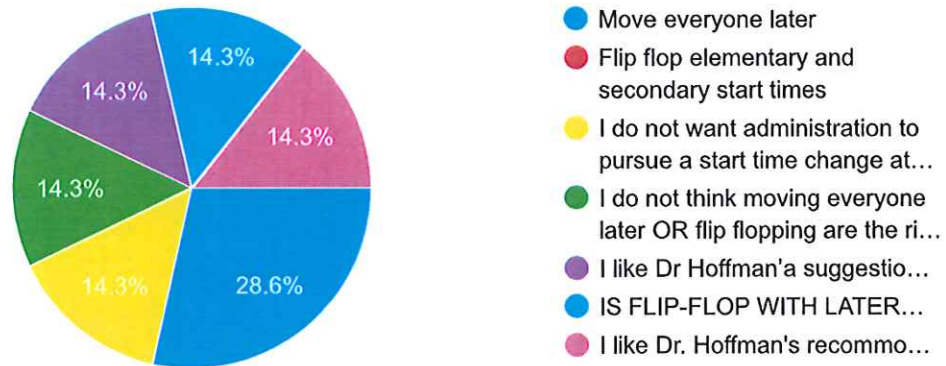
7 responses



Which model for start time change would you like administration to pursue?

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7 responses



If you do not support a start time change at this time, briefly explain why.

5 responses

I would support the change if we are able to change start and end times to something reasonable for everyone, but if not, then I can not say I support either of the two options.

The question of bandwidth is paramount and the priorities discussion needed.

I SUPPORT THE CONCEPT OF LATER START TIMES. I DO NOT SUPPORT PROCEEDING WITH THIS ENDEAVOR IF THE DISTRICT HAS HIGHER PRIORITIES (GREATER OVERALL BENEFITS) THAT SHOULD BE UNDERTAKEN AT THIS TIME.

We need to spend time prioritizing district initiatives before moving on this. Additionally, as the district prepares to wrap up this current school year we need to ensure adequate time is allotted to make a change like this. We sent a survey to community members, have we considered a community forum to gather additional input? Surveys should not be the only option to gather input. What do we consider a good response rate based on our community size?

I do support it in theory. The "how" and the process of implementation will be vitally important to support our families in what will be a huge charge that will have positive impacts long-term but short-term challenges.

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