

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

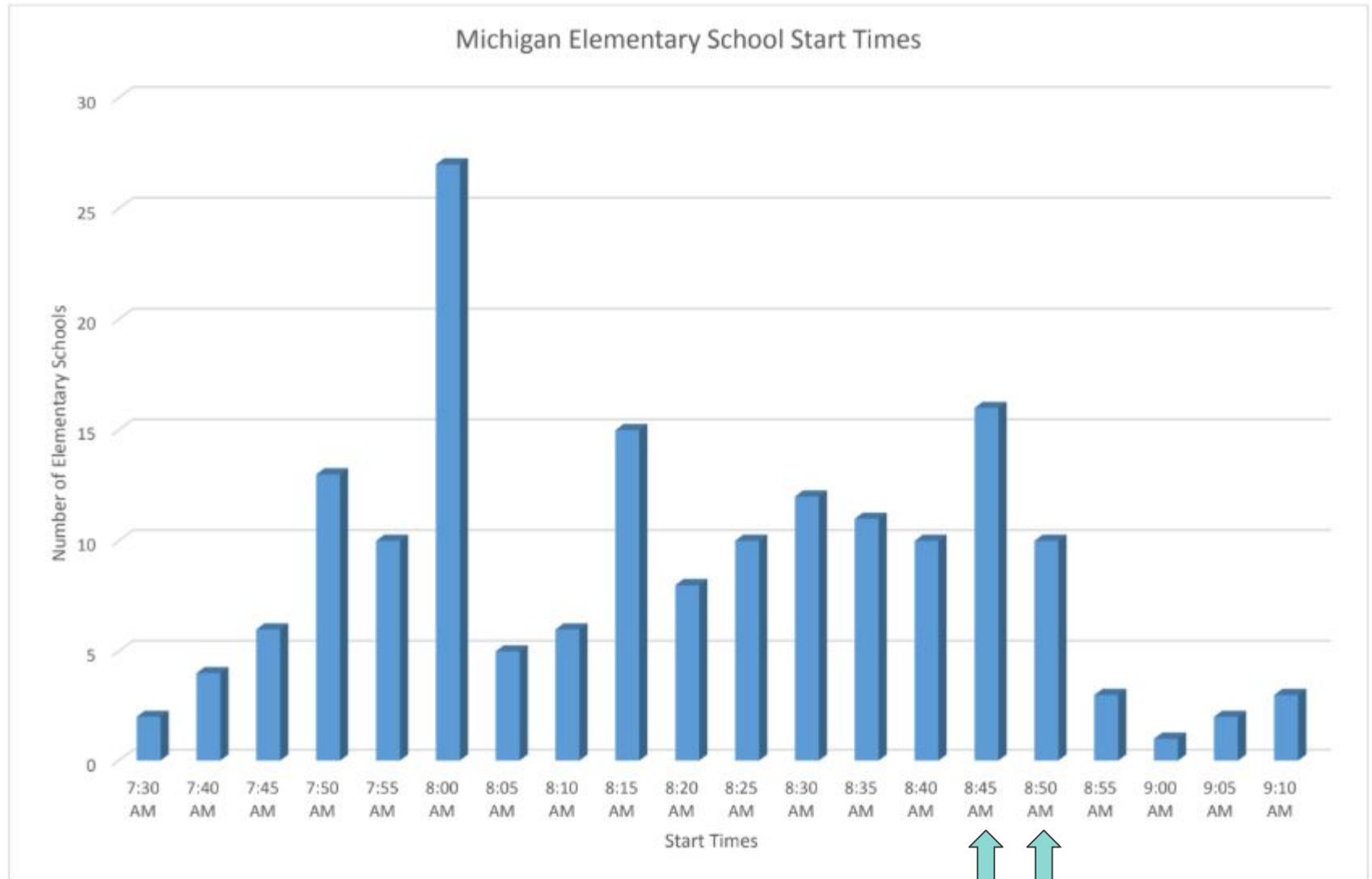
ASSUMES NORMAL SCHOOL YEAR, POST COVID

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



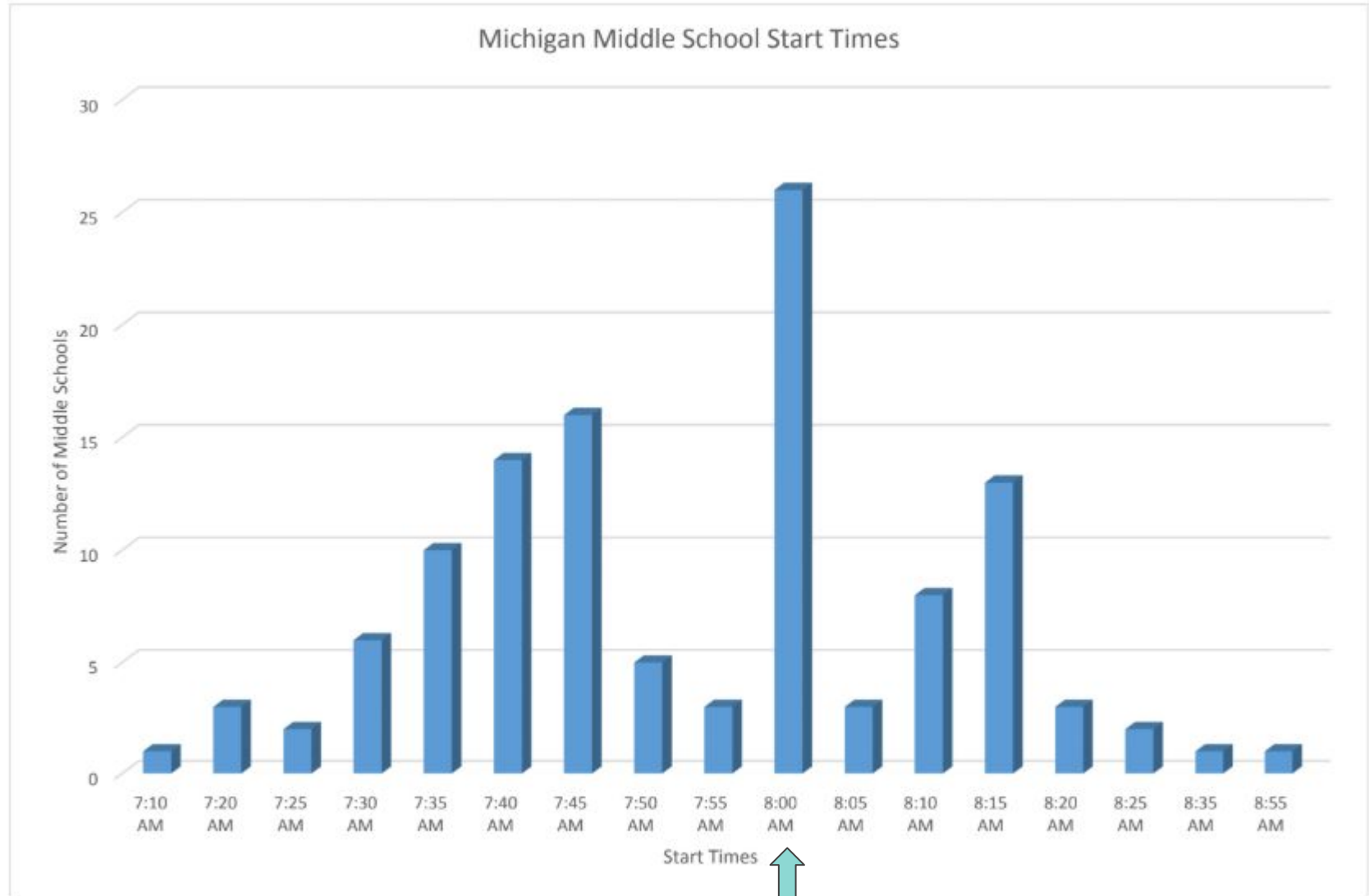
Michigan Association of School Administrators

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



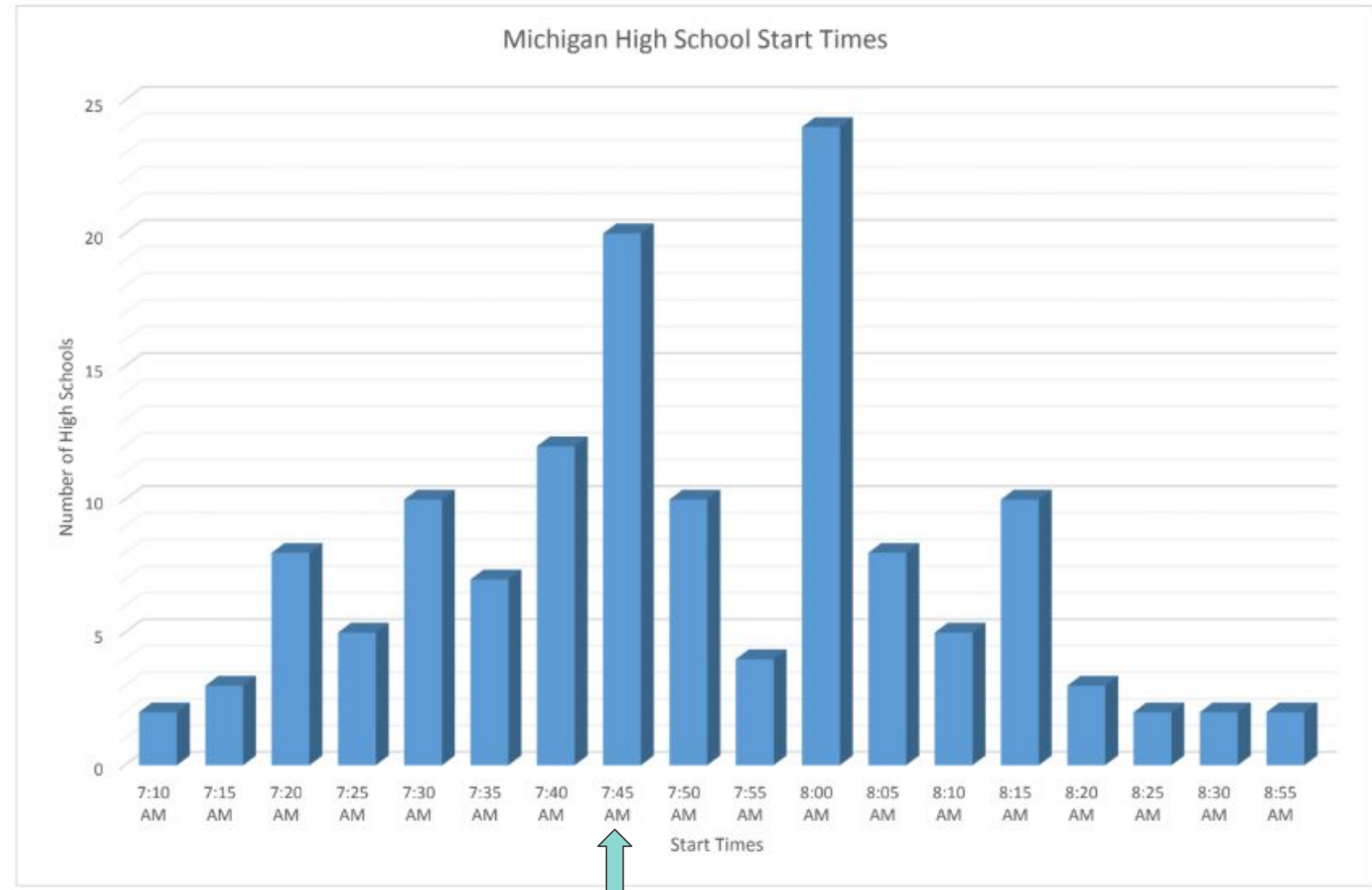
112 Responses
Note that 8 start times were rounded to the nearest interval

CMS



How does Okemos compare with times across the state?

High School Data

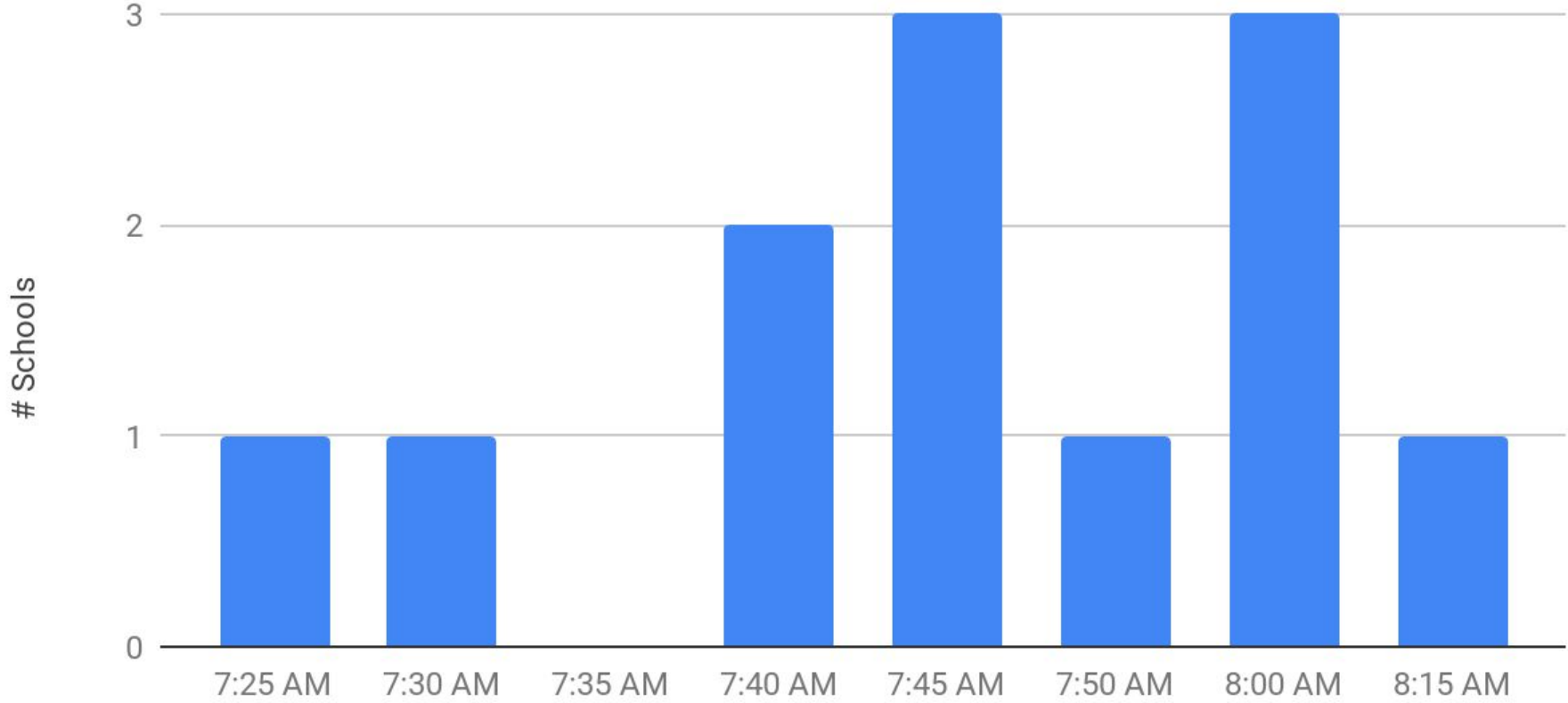


130 Responses
Note that 8 start times were rounded to the nearest interval

OHS



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 curriculums 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?

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)

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

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)



Start Time Data Presentation

March 2023





Staff/Community Survey Results: Moving All Start Times Later

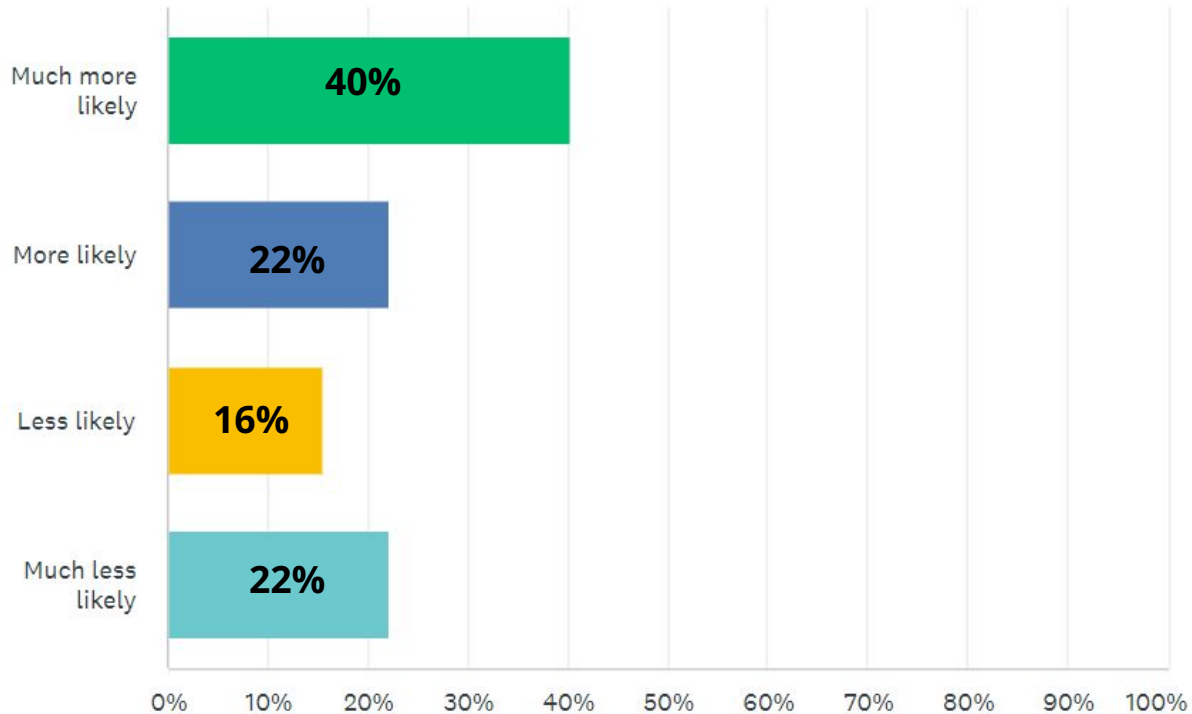
Q1 (Staff/Community): Please identify the impact of all schools (elementary and secondary) having later start times.

Factors of Impact	Positive Impact	Neutral or No Impact	Negative Impact	Weighted Average
Attendance at School	48.68%	35.79%	10.72%	1.17
Childcare	19.76%	27.32%	21.40%	0.35
Employment (caregiver or student)	23.72%	33.03%	27.65%	0.30
Extracurricular Activities	17.98%	36.97%	38.15%	-0.04
Finances	15.41%	51.78%	15.77%	0.62

Q1 (Staff/Community): Please identify the impact of all schools (elementary and secondary) having later start times (cont.)

Factors of Impact	Positive Impact	Neutral or No Impact	Negative Impact	Weighted Average
Offsite/alternative educational programming (Wilson Talent Center, etc)	9.51%	27.33%	14.08%	0.36
Students (Elementary aged)	29.90%	19.14%	20.88%	0.53
Students (Secondary aged)	61.80%	12.12%	12.76%	1.27
Responsibilities (Morning)	50.18%	24.91%	20.71%	0.88
Responsibilities (Evening)	29.91%	31.64%	34.45%	0.23

Q2 (Staff/Community): How likely are you to support a district wide start time change that has all schools starting later?





Staff/Community Survey Results: Flip Flop Elementary and Secondary Start Times

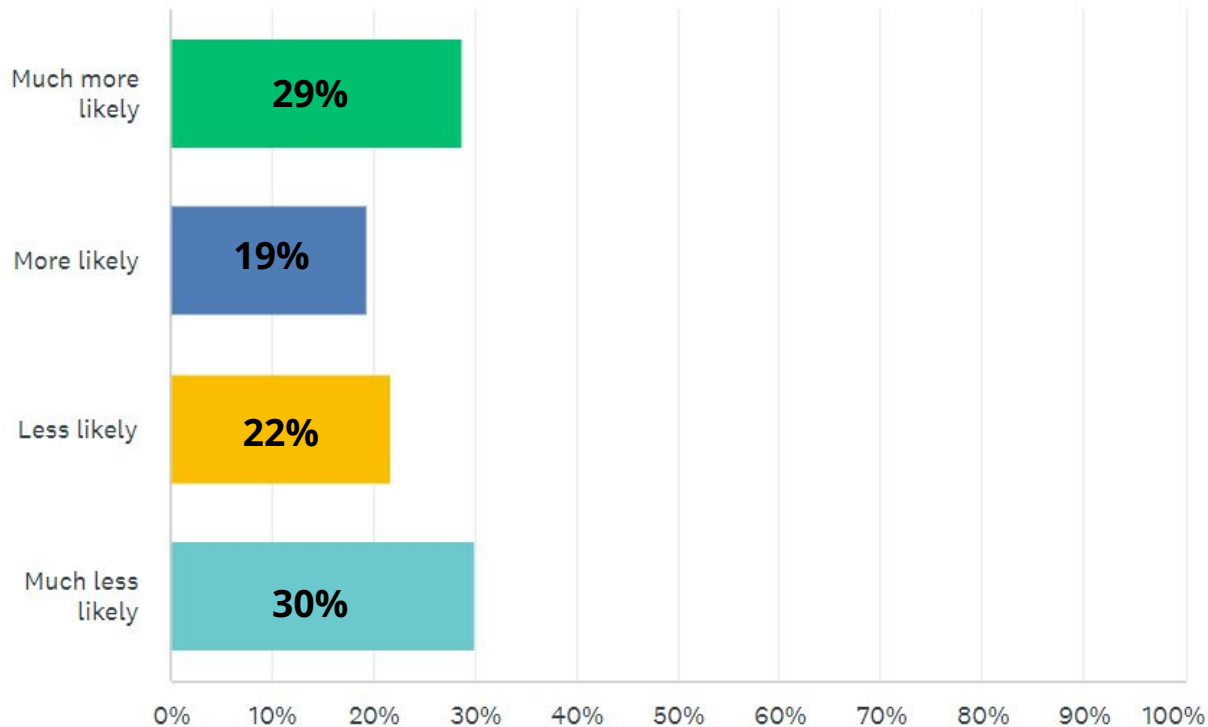
Q3 (Staff/Community): Please identify the impact of a **flip flop** of secondary and elementary start times on the following:

Factors of Impact	Positive Impact	Neutral or No Impact	Negative Impact	Weighted Average
Attendance at School	32.91%	33.00%	27.78%	0.46
Childcare	15.22%	27.77%	26.68%	0.07
Employment (caregiver or student)	17.61%	35.91%	30.96%	0.11
Extracurricular Activities	22.22%	39.38%	29.27%	0.28
Finances	12.78%	50.45%	19.72%	0.44

Q3 (Staff/Community): Please identify the impact of a flip flop of secondary and elementary start times on the following (cont.):

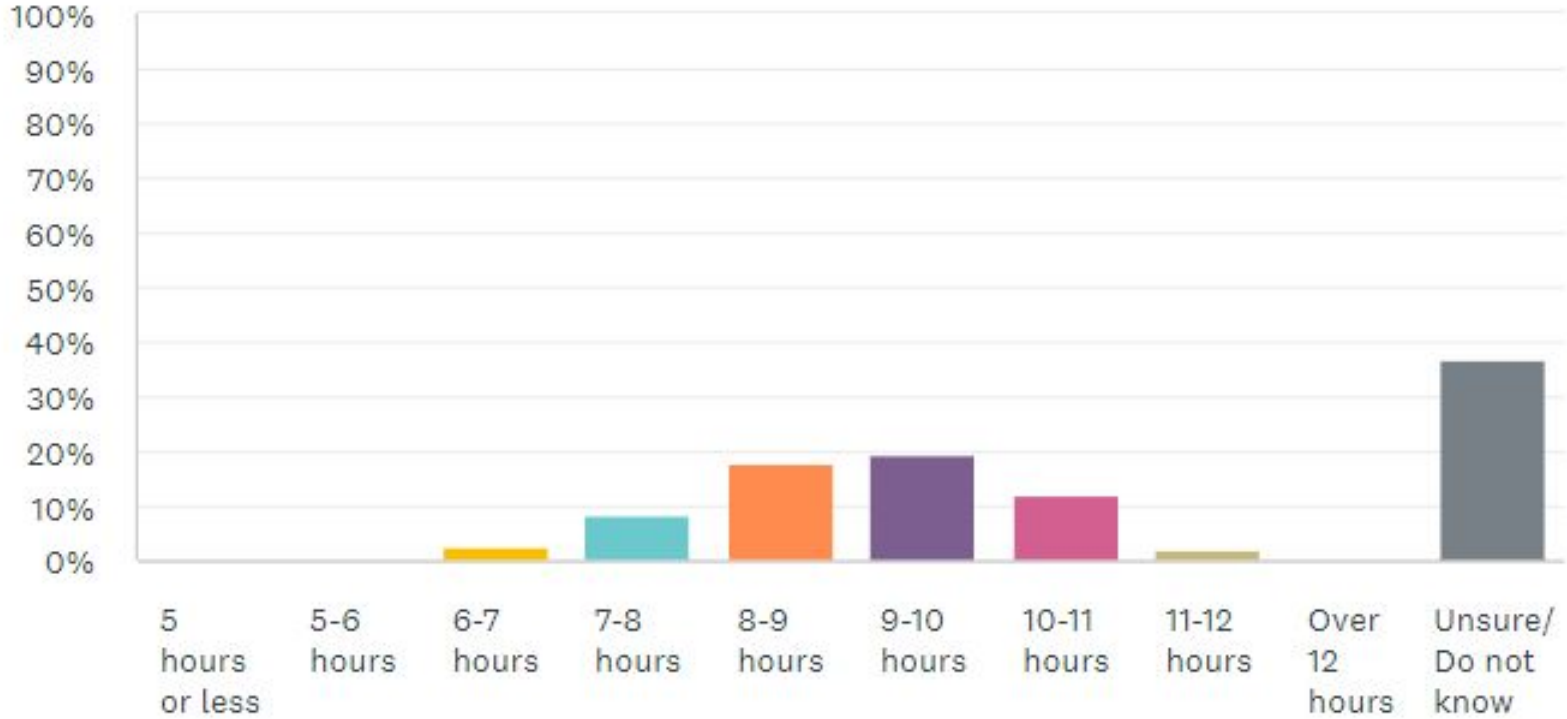
Factors of Impact	Positive Impact	Neutral or No Impact	Negative Impact	Weighted Average
Offsite/alternative educational programming (Wilson Talent Center, etc)	9.94%	26.94%	14.81%	0.33
Students (Elementary aged)	18.16%	17.27%	36.43%	-0.27
Students (Secondary aged)	52.10%	12.77%	20.86%	0.88
Responsibilities (Morning)	31.27%	26.29%	36.45%	0.17
Responsibilities (Evening)	29.47%	35.76%	29.47%	0.38

Q4 (Staff/Community): How likely are you to support a district wide start time change that includes a **flip flop** of secondary and elementary start times?

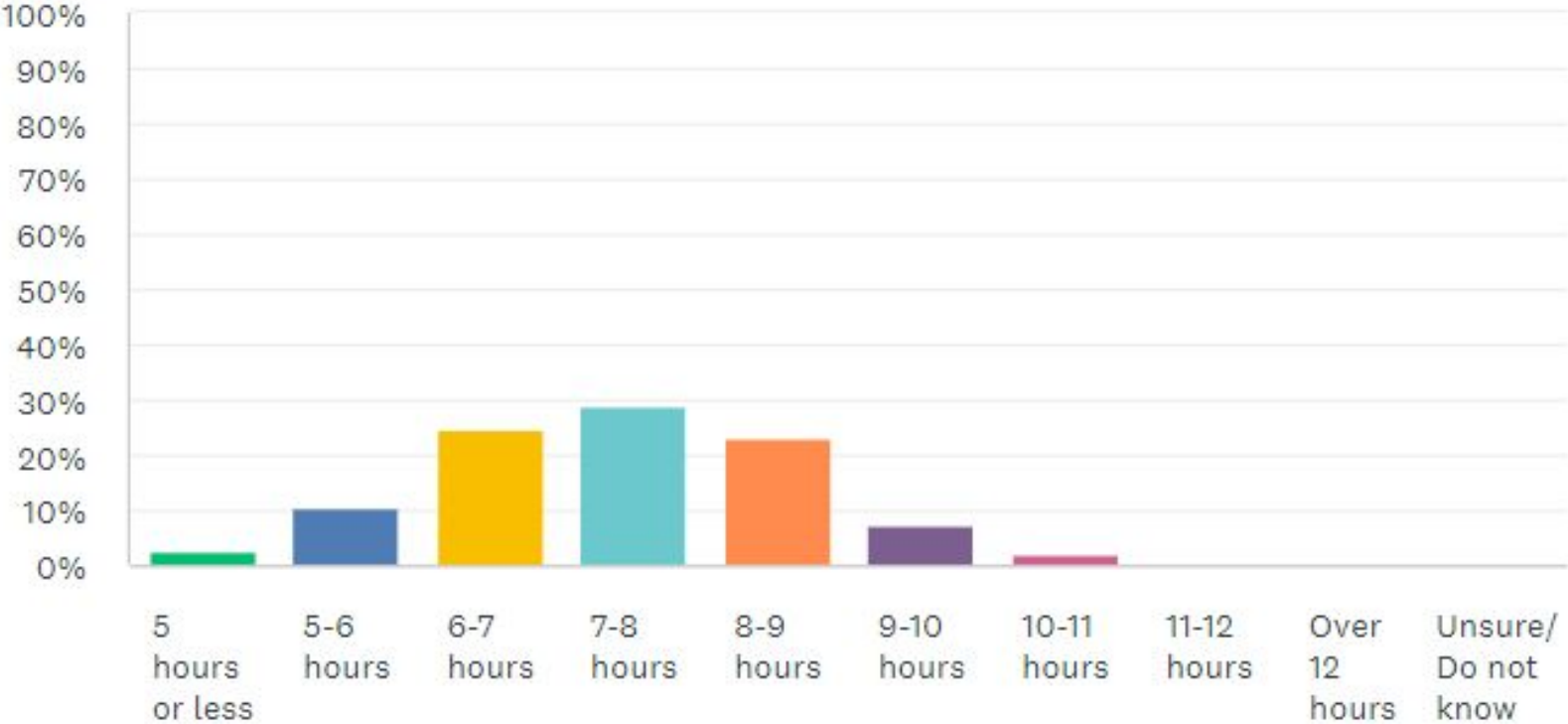


Staff/Community Survey Results: Sleep Data

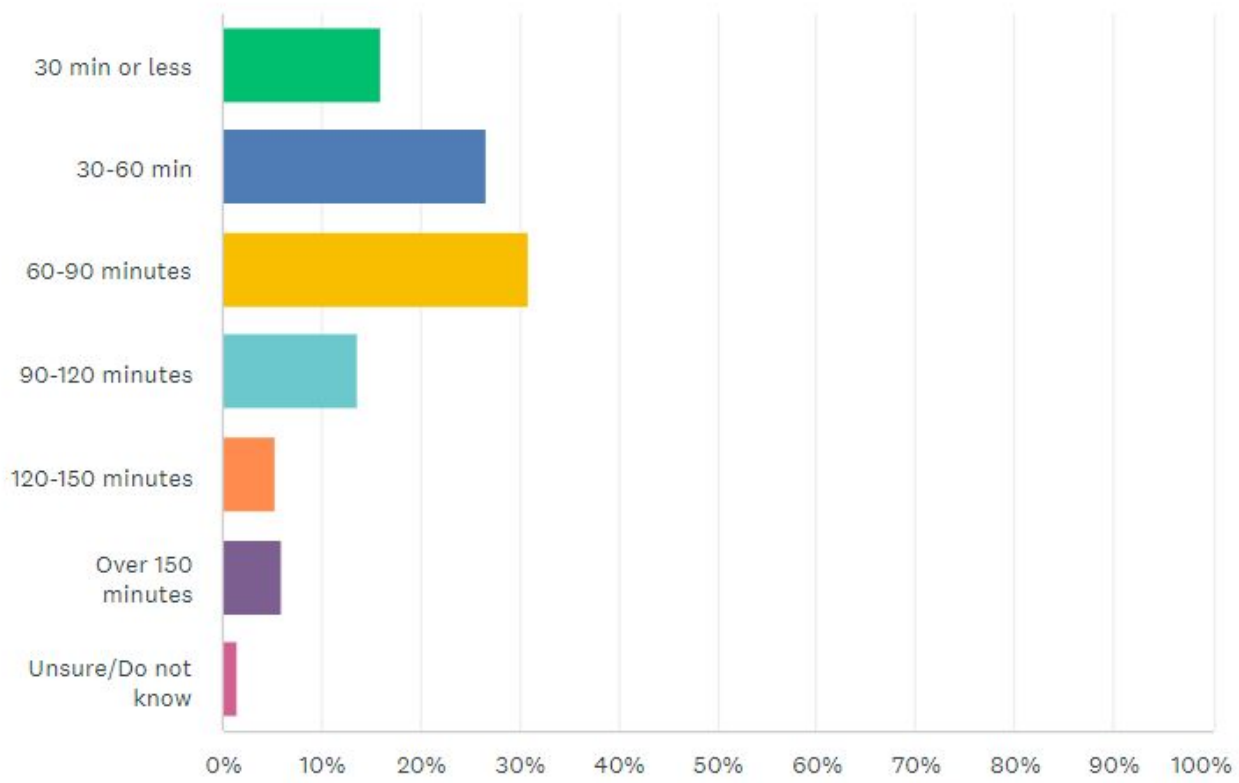
Q17 (Staff/Community): How much time does your elementary student sleep on an average school night?



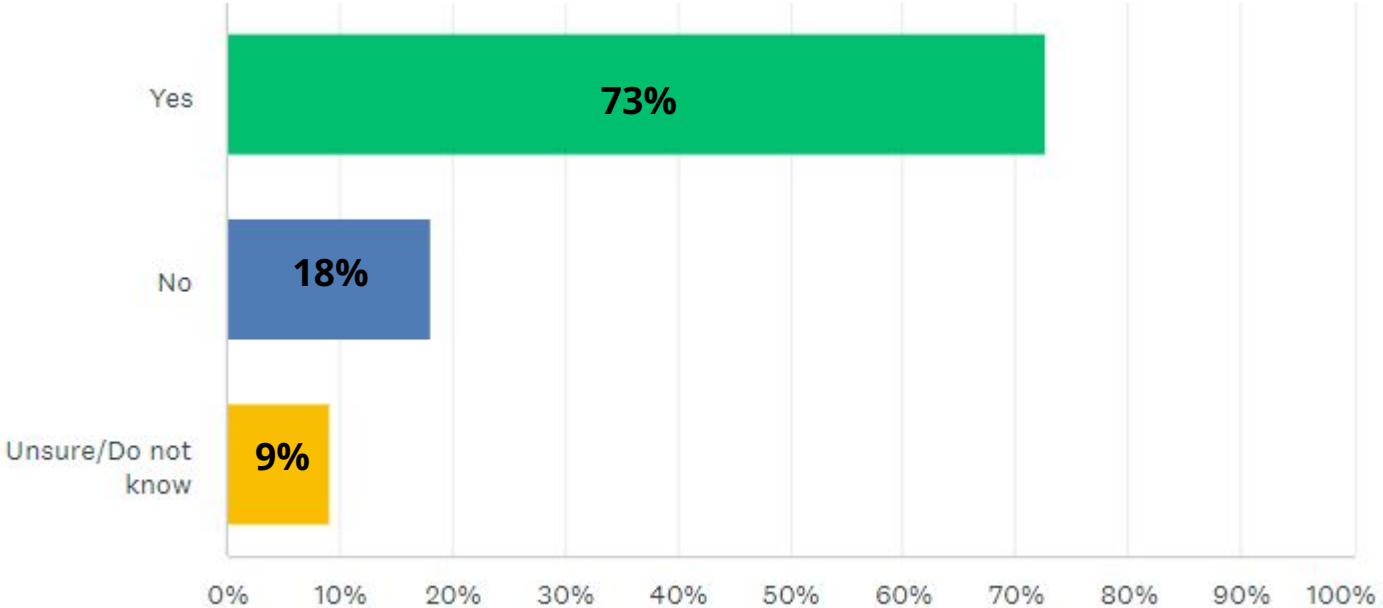
Q12 (Staff/Community): How much time does your secondary student sleep on an average school night?



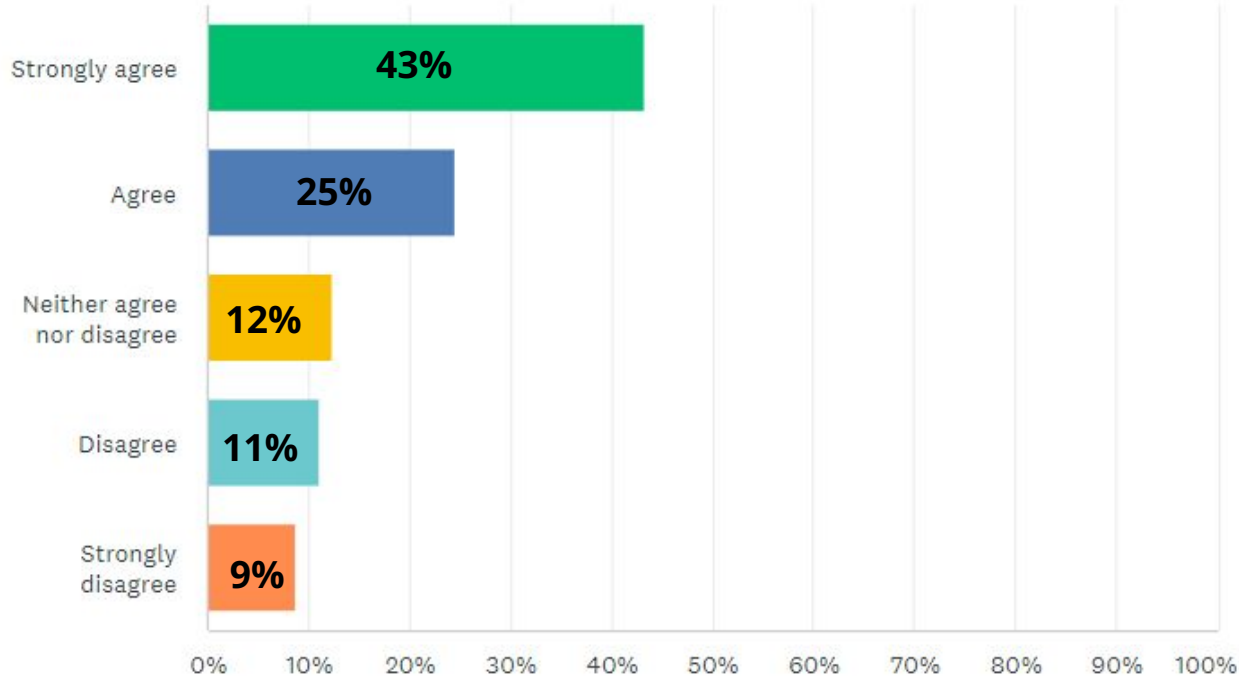
Q13 (Staff/Community): How much time does your secondary student spend on homework on the average school night?



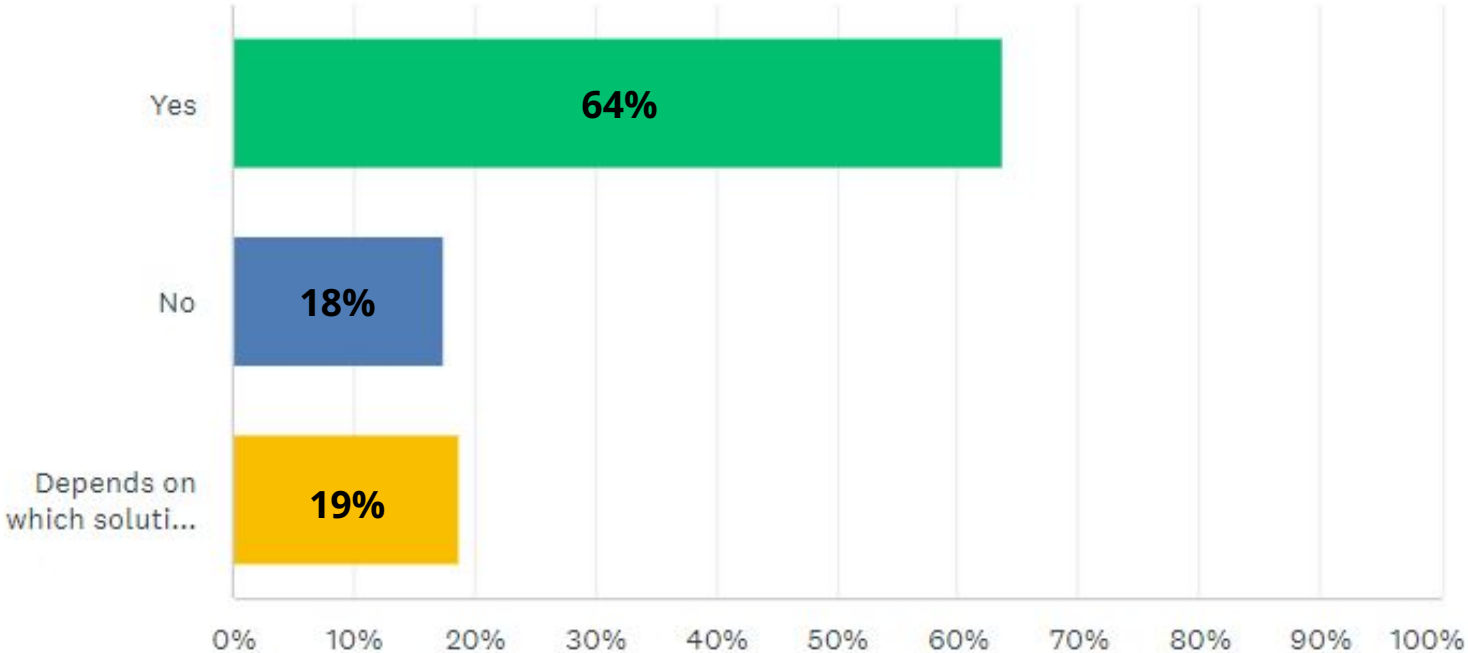
Q14 (Staff/Community): Would a later secondary start time help ensure secondary students received a minimum of 8 hours of sleep on a typical school night?



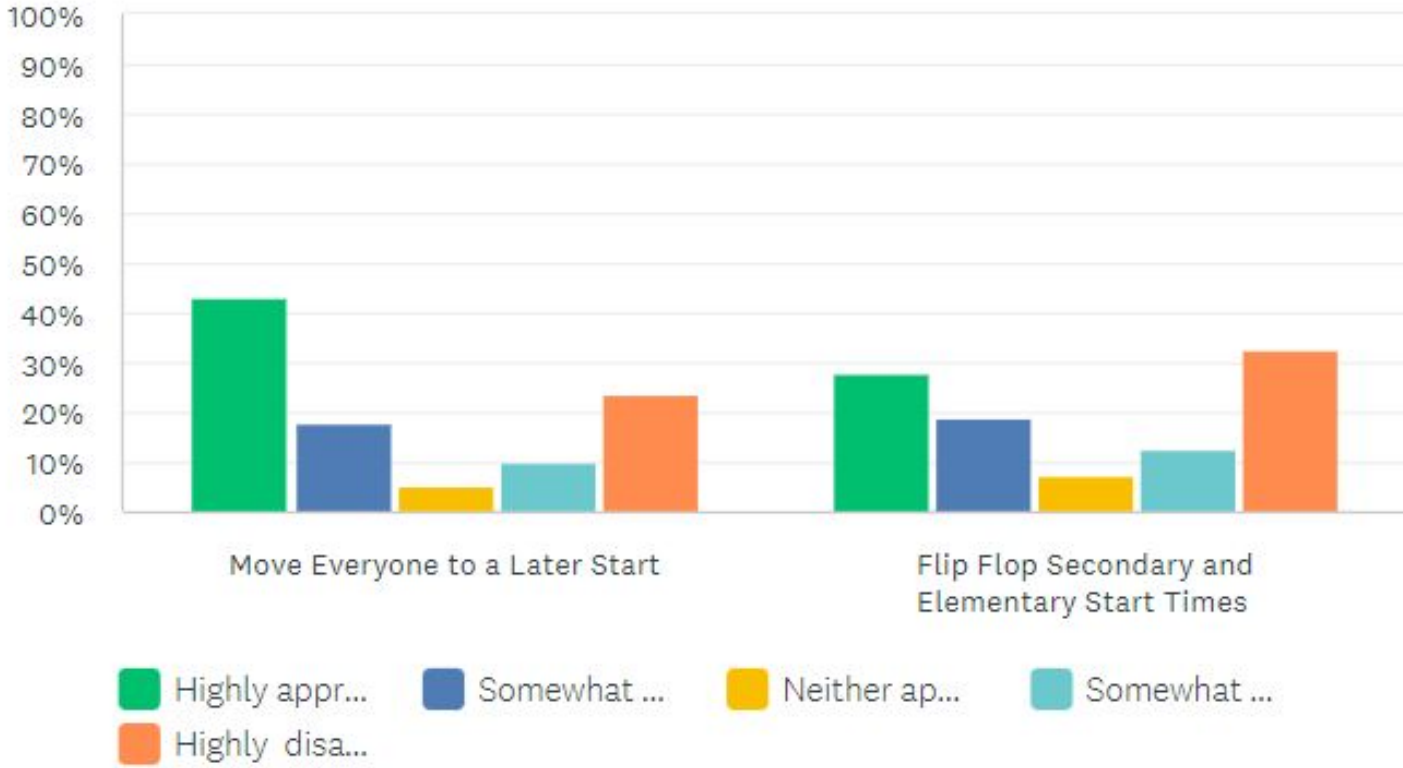
Q20 (Staff/Community): Agree or disagree: A later start time would help ensure secondary students receive 8-10 hours of sleep on the typical school night.



Q21 (Staff/Community): After consideration of all of these factors do you support secondary school start time changes to start no sooner than 8:30 am?



Q22 (Staff/Community): Please indicate your level of support for the following start time options.





Secondary Student Survey Results: Moving All Start Times Later

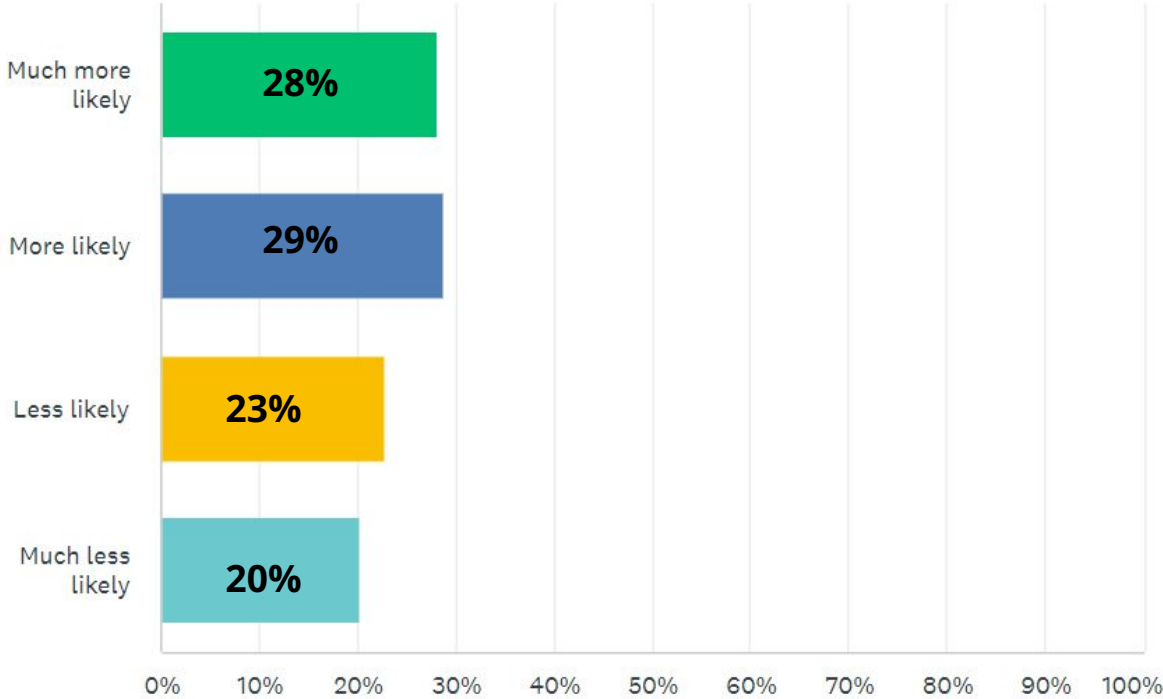
Q1 (Student): Please identify the impact of all schools (elementary and secondary) having later start times.

Factors of Impact	Positive Impact	Neutral or No Impact	Negative Impact	Weighted Average
Attendance at School	54.36%	32.28%	10.83%	1.22
Childcare	22.06%	35.97%	15.74%	0.66
Employment (caregiver or student)	21.63%	38.44%	23.02%	0.43
Extracurricular Activities	20.11%	29.79%	44.79%	-0.21
Finances	15.81%	55.24%	12.82%	0.73

Q1 (Student): Please identify the impact of all schools (elementary and secondary) having later start times (cont.).

Factors of Impact	Positive Impact	Neutral or No Impact	Negative Impact	Weighted Average
Offsite/alternative educational programming (Wilson Talent Center, etc)	15.53%	36.49%	20.74%	0.36
Responsibilities (Morning)	60.62%	23.46%	12.85%	1.23
Responsibilities (Evening)	26.17%	27.44%	43.22%	-0.07

Q2 (Student): How likely are you to support a district wide start time change that has all schools starting later?





Secondary Student Survey Results: Flip Flop Elementary and Secondary Start Times

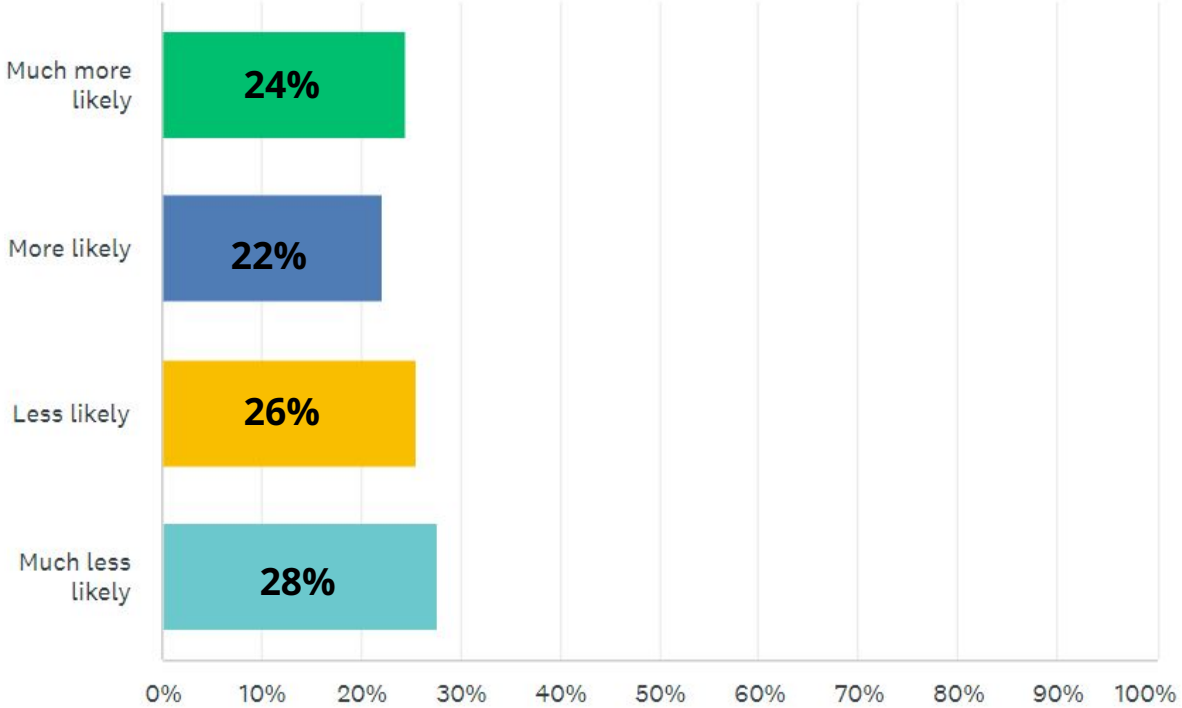
Q3 (Student): Please identify the impact of a flip flop of secondary and elementary start times on the following:

Factors of Impact	Positive Impact	Neutral or No Impact	Negative Impact	Weighted Average
Attendance at School	37.93%	32.49%	24.91%	0.61
Childcare	19.90%	36.84%	18.10%	0.54
Employment (caregiver or student)	19.95%	40.15%	22.51%	0.42
Extracurricular Activities	27.01%	30.32%	35.54%	0.14
Finances	14.54%	52.12%	14.03%	0.66

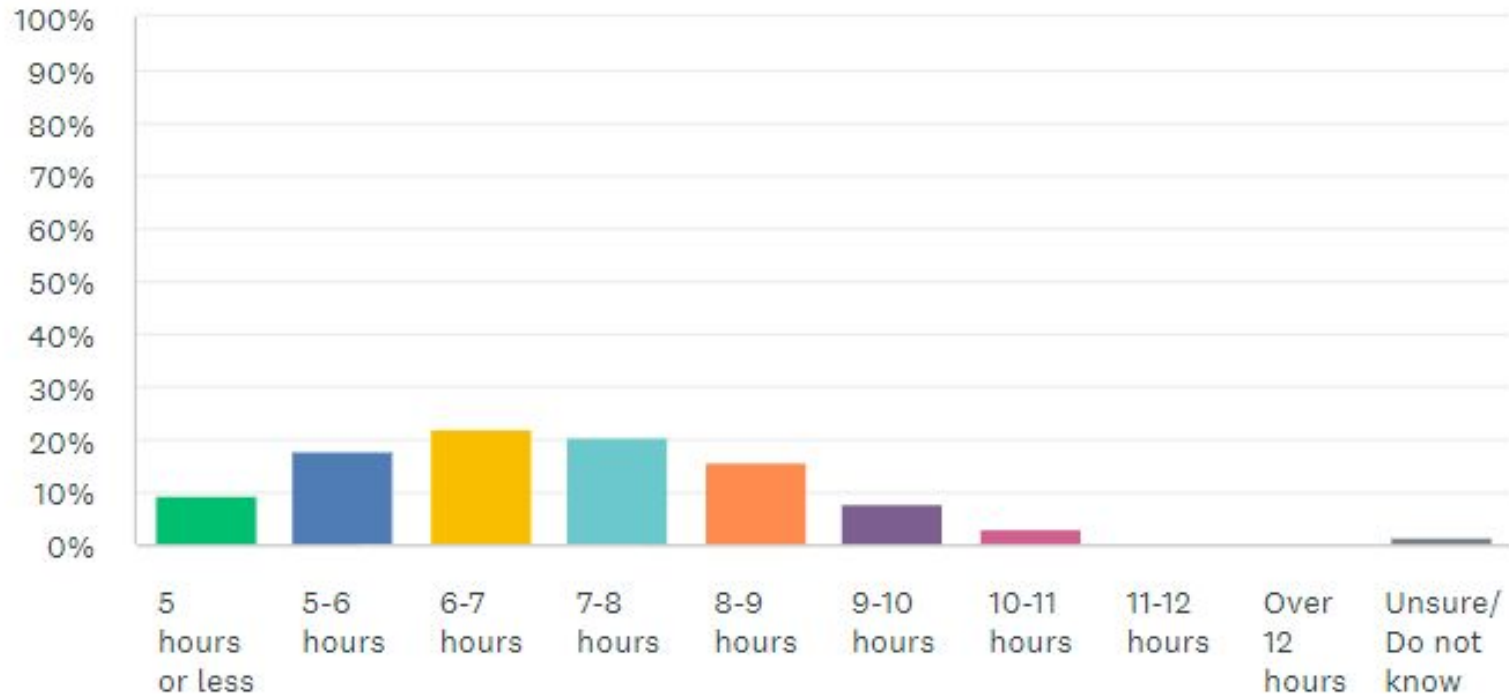
Q3 (Student): Please identify the impact of a flip flop of secondary and elementary start times on the following (cont.):

Factors of Impact	Positive Impact	Neutral or No Impact	Negative Impact	Weighted Average
Offsite/alternative educational programming (Wilson Talent Center, etc)	16.39%	35.60%	18.69%	0.44
Responsibilities (Morning)	39.29%	25.26%	28.44%	0.50
Responsibilities (Evening)	35.92%	25.10%	32.74%	0.34

Q4 (Student): How likely are you to support a district wide start time change that includes a flip flop of secondary and elementary start times?



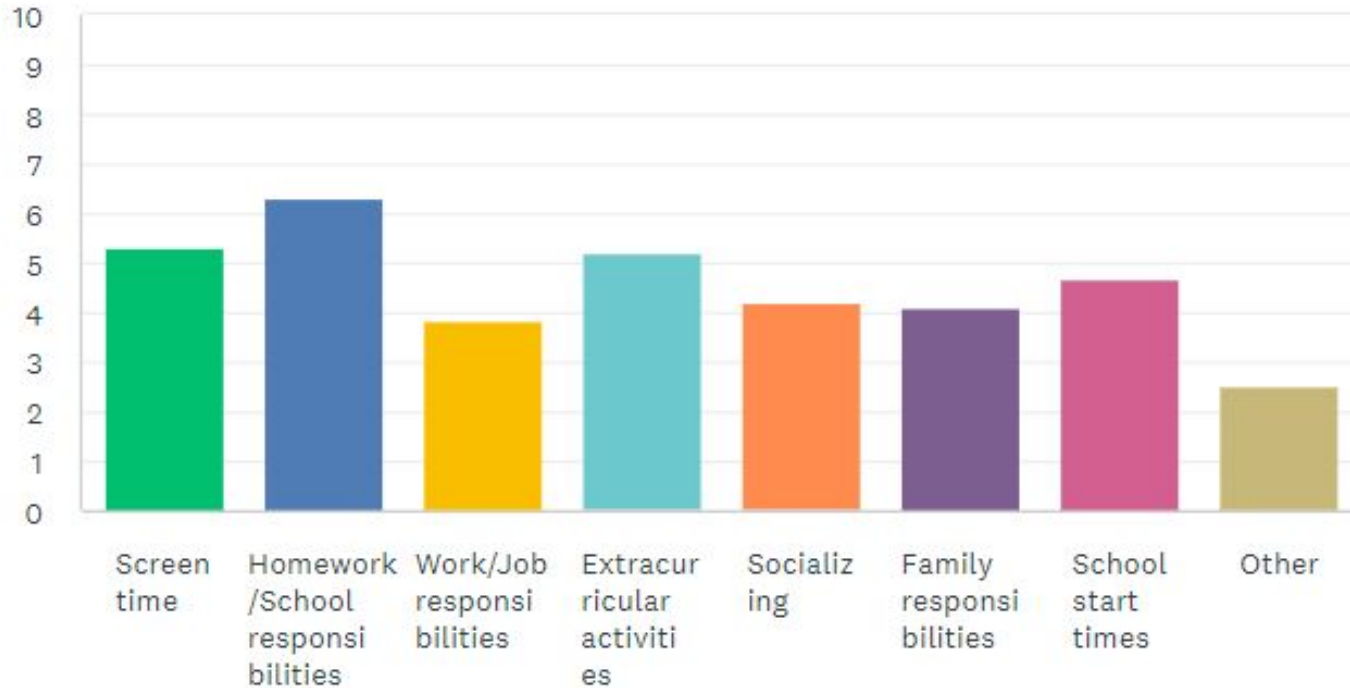
Q9 (Student): How much time do you sleep on an average school night?



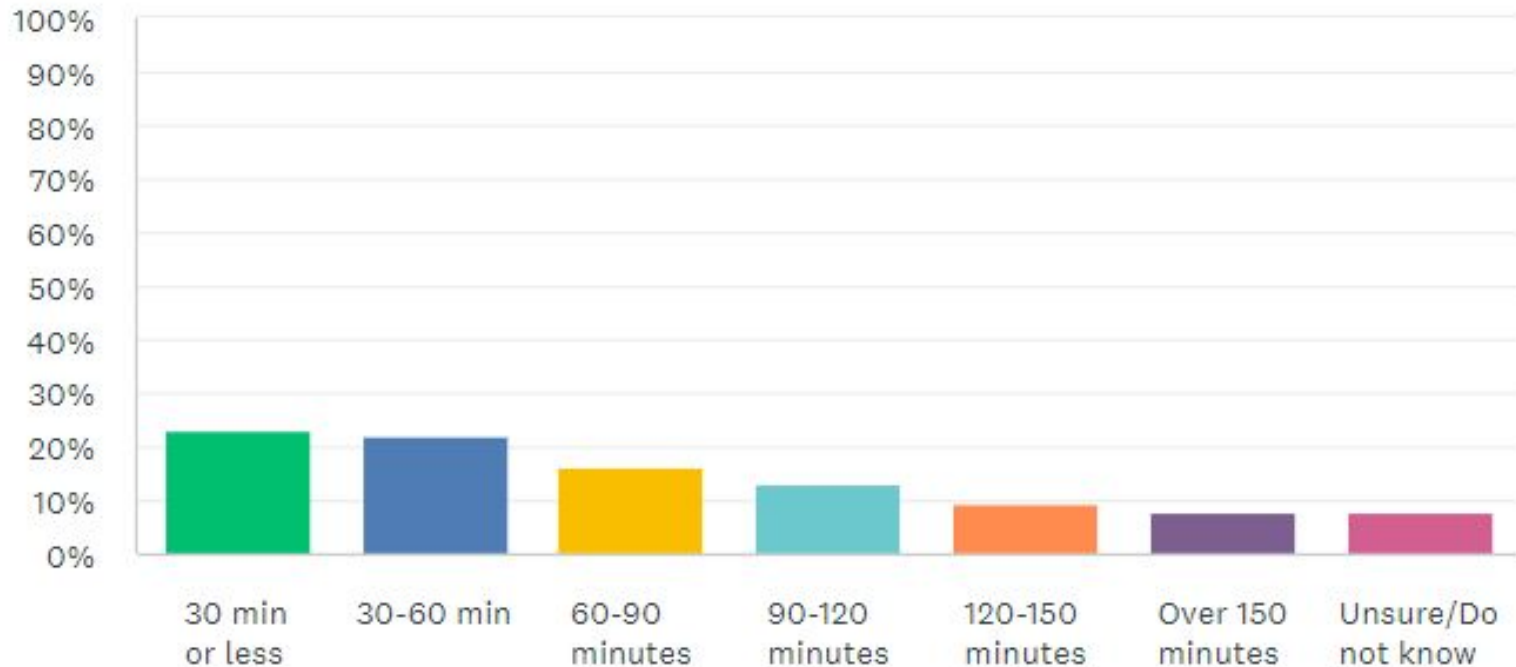


Secondary Student Survey Results: Sleep Information

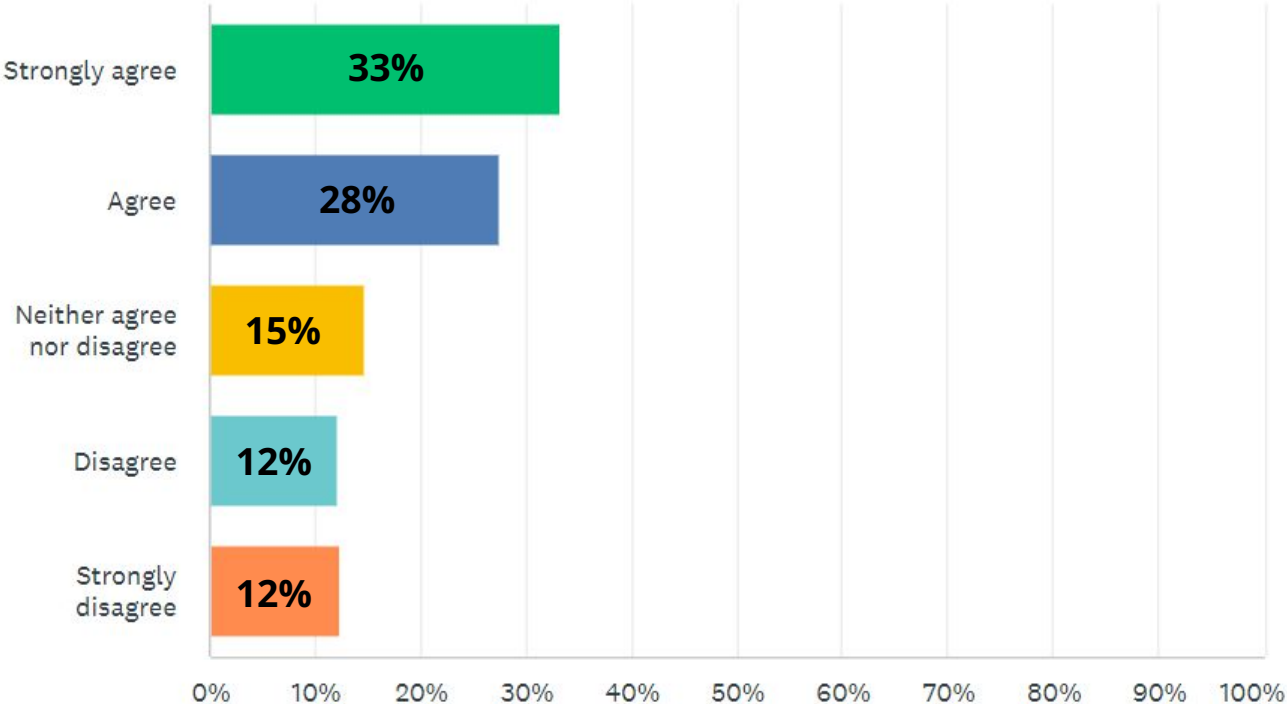
Q10 (Student): Please rank the factors that have the greatest consistent influence on your not obtaining at least 8 hours of sleep on a typical school night.



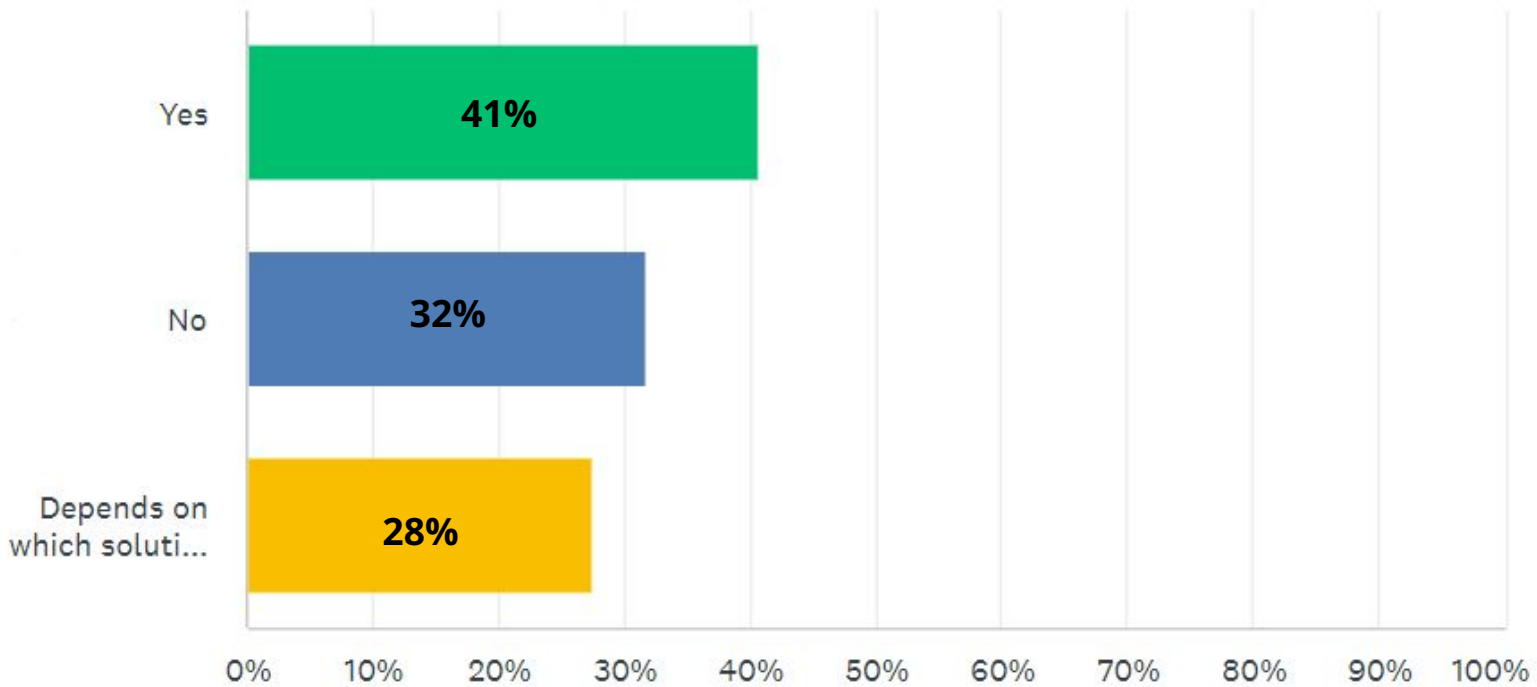
Q12 (Student): How much time do you spend on homework on the average school night?



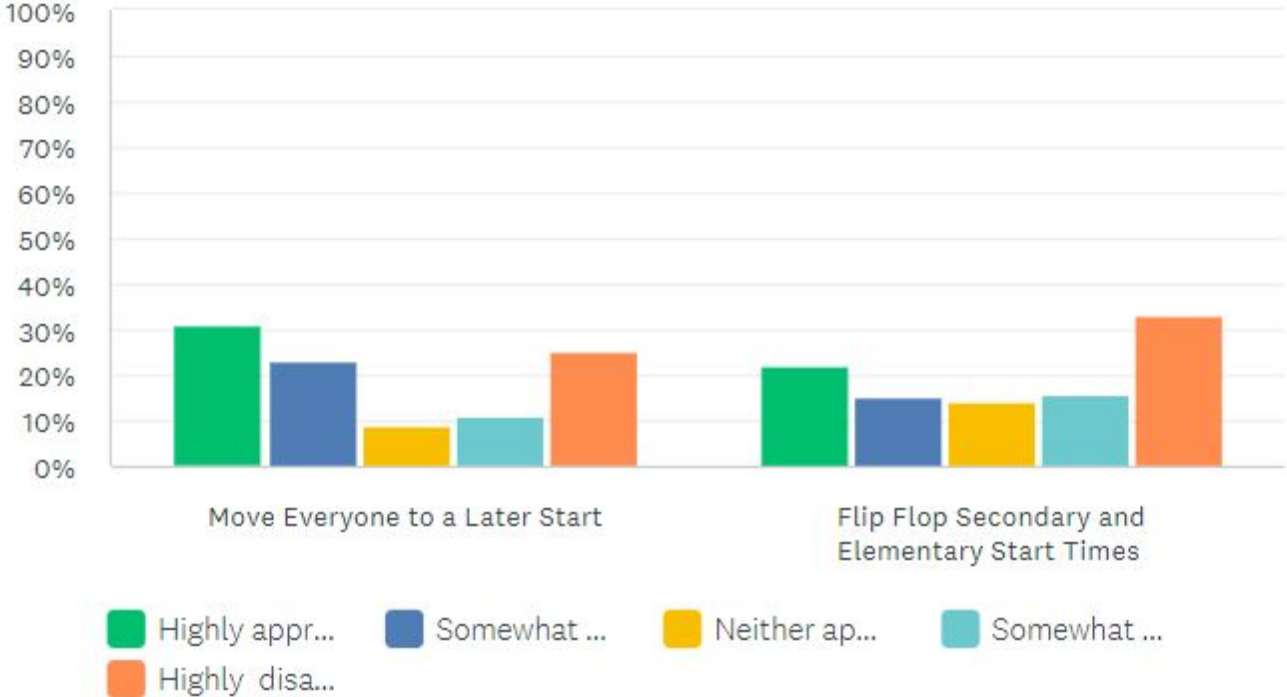
Q14 (Student): A later start time would help insure secondary students receive 8-10 hours of sleep on the typical school night.



Q15 (Student): After consideration of all of these factors do you support secondary school start time changes to start no sooner than 8:30 am?



Q16 (Student): Please indicate your level of support for the following start time options.

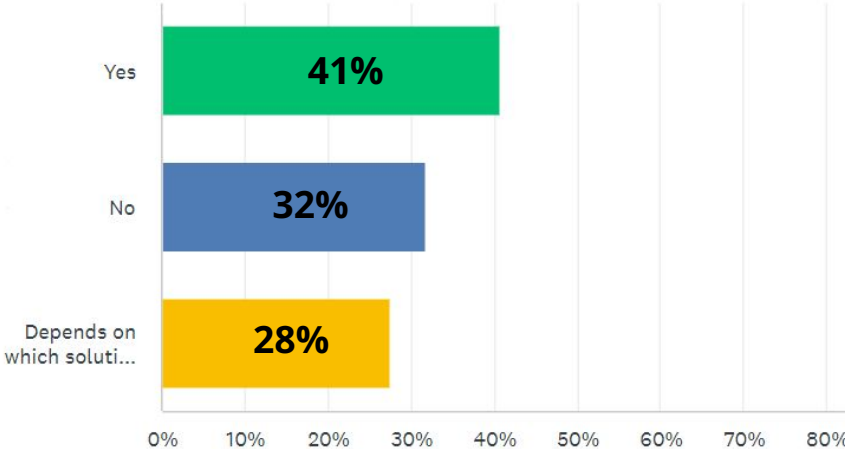




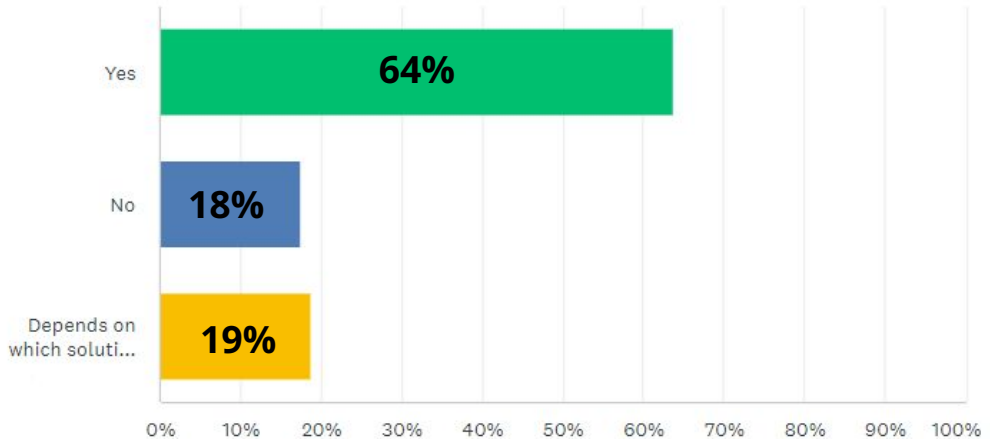
Survey Results: Community & Student Results

Comparison: After consideration of all of these factors do you support secondary school start time changes to start no sooner than 8:30 am?

Student Responses

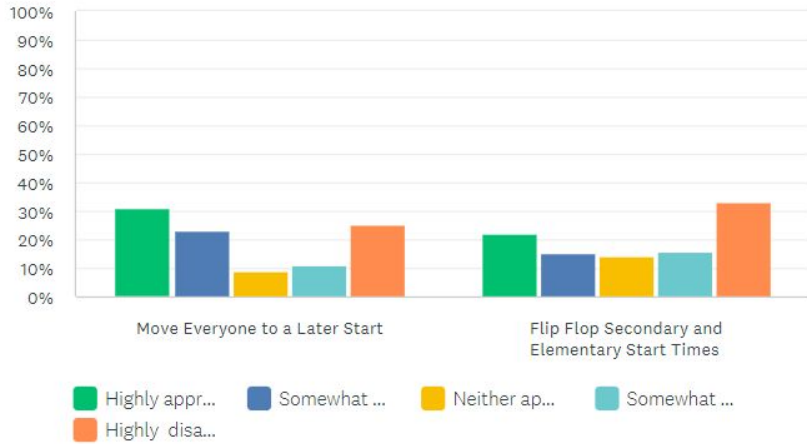


Staff/Community Responses



Comparison: Please indicate your level of support for the following start time options.

Student Responses



Staff/Community Responses

