

Study Session

Tuesday, April 11, 2023 6:00 PM

Oak Park Building, 6355 Osman Avenue North, Stillwater, MN 55082

I. Call to Order	Speaker (s) : Ms. Alison Sherman, School Board Chair
II. Roll Call	Speaker (s) : Ms. Alison Sherman, School Board Chair
III. Oath of Office	Speaker (s) : Ms. Alison Sherman, School Board Chair
IV. Pledge of Allegiance	Speaker (s) : Ms. Alison Sherman, School Board Chair
V. Approval of Agenda	Speaker (s) : Ms. Alison Sherman, School Board Chair
VI. Consent Agenda	
VI.A. Payment of Invoices from 3.25.23 - 4.7.23 & Off Cycle Payments from Previous Register	Speaker (s) : Ms. Marie Schrul, Executive Director of Finance
VII. Study Session	
VII.A. School Start Time Considerations	Speaker (s) : Mr. Mark Drommerhausen, Director of Operations
VII.B. 2024-2025 School Calendar Concept	Speaker (s) : Mr. Mark Drommerhausen, Director of Operations
VII.C. St. Croix Valley Alternative Learning Center design update	Speaker (s) : Mr. Mark Drommerhausen, Director of Operations
VIII. Closed Session	Speaker (s) : Ms. Alison Sherman, School Board Chair
IX. Adjournment	Speaker (s) : Ms. Alison Sherman, School Board Chair



Having signed the acceptance of office and oath of office, I hereby publicly affirm my commitment to the oath of office:

I affirm that I will support the Constitution of the United States and of this state, and that I will discharge faithfully the duties of the office of school board member of Independent School District No. 834 to the best of my judgment and ability.



School Start Times

Presented to the school board

April 11, 2023

History of School Start Time Discussions

- Edina High School was the first high school in Minnesota to adopt later high school start times in the mid-1990s in response to research and medical evidence.
- Requests to change high school start times in Stillwater schools have been made by community, parents and students through various district surveys and conversations with building and district leaders.
- Start times were considered as part of both Vision 2014 and Bridge to Excellence strategic planning processes.
- In 2016-2017 a School Start Time Study was shared with school board. No action was taken at that time due to other district initiatives (grade reconfiguration, etc.).

Current School Start Times

Tier 1	Tier 2	Tier 3
<p>High school 7:40 a.m. - 2:10 p.m.</p> <p>Middle schools 7:50 a.m. - 2:20 p.m.</p>	<p>Elementary schools 8:45 a.m. - 3:15 p.m.</p>	<p>Charters/Non Publics Varies 9:05-9:30 a.m. - 3:40-4:00 p.m.</p>



Why Adjust Start Times?

Benefits to students:

- Medical evidence and research compiled over 25 years suggests that later start times for secondary schools better aligns with teens' unique sleep needs.
- Research suggests an early start increases prime morning instructional time, which is advantageous to elementary-aged students, especially children with emotional and behavioral disorders.



Research: Impact of later starts on teens

- **Academic outcomes with later start:** Significantly improved grades, reduced tardiness, reduced absenteeism, improved graduation rates.
- **Social/emotional and other outcomes with later start include:** Statistically significant less reported depression, fewer discipline incidents, fewer emotional outbursts, reduced risky behavior, and fewer car accidents.

Research Examples:

- [American Academy of Pediatrics](#)
- [American Association of Sleep Medicine](#)
- [American Medical Association](#)
- [Minnesota Sleep Society](#)
- [University of Minnesota Center for Applied Research and Educational Improvement](#)



Research: Impact of earlier start for elementary

- Younger children are able to modify bedtimes forward to compensate for the earlier wake up time; this is biologically difficult in older adolescents (*Appleman, et al., 2015*).
- Unlike teens, elementary-aged children are biologically capable of falling asleep earlier in the evening and thus can awaken early as well, with no ill effects (*Facts About Sleep, Iber & Wahlstrom*).
- An early start will increase prime morning instructional time, which is advantageous to elementary-aged students, especially children with emotional and behavioral disorders (*Wahlstrom, 1998*).
- Research suggests that the academic achievement of elementary aged children is not negatively affected with earlier start times (*Dupuis, 2015*).



Start Time Comparisons

Our Conference High Schools	School hours
Cretin-Derham Hall	8:15 a.m. - 2:45 p.m.
East Ridge, Park & Woodbury	8:30 a.m. - 3:06 p.m.
Forest Lake	7:55 a.m. - 2:30 p.m.
Mounds View	8:35 a.m. - 3:15 p.m.
Roseville	8:10 a.m. - 2:40 p.m.
Stillwater	7:40 a.m. - 2:10 p.m.
White Bear	8:25 a.m. - 3:10 p.m.

Sample of early start times

- **Edina:**
8:30 a.m. - 3:16 p.m.
- **Eden Prairie:**
8:35 a.m. - 3:20 p.m.
- **Robbinsdale:**
8:35 a.m. - 3:25 p.m.
- **Wayzata:**
8:20 a.m. - 3:10 p.m.



EXAMPLE: Possible school hours

Tier 1	Tier 2	Tier 3
<p data-bbox="156 547 417 653">Elementary schools</p> <p data-bbox="117 670 455 707">7:40 a.m. - 2:10 p.m.</p>	<p data-bbox="556 495 813 543">High school</p> <p data-bbox="513 554 855 591">8:40 a.m. - 3:10 p.m.</p> <p data-bbox="533 663 838 707">Middle schools</p> <p data-bbox="513 718 855 755">8:50 a.m. - 3:20 p.m.</p>	<p data-bbox="913 495 1251 604">Non-public and charter schools</p> <p data-bbox="938 620 1226 657">Varies by building</p> <p data-bbox="967 670 1205 707">9:30-9:40 a.m.</p> <p data-bbox="962 718 1205 755">4:05-4:15 p.m.</p>



Example:

- Elementary schools start 55 minutes earlier
- Middle and high schools start 60 minutes later

Future Considerations

- Provide the best educational environment that meets the needs of our students and staff.
 - Start times are consistent with the district's educational mission, vision, values.
 - Start times are consistent with medical evidence and research best-practices.
 - Families are supported through any disruptions caused by changes to start times.
- Operate in a fiscally responsible manner.
 - The cost of any adjustments are financially sustainable.

What's Next?

If the board is interested in considering a change to start times:

- **Fall 2023:**

- Gather feedback from students, staff and families
- Present a recommendation to the school board for the 2024-2025 school year

- **Winter 2024:**

School board to vote on start time changes

- **Fall 2024:**

- Implement new school start times



Questions



Aug 6-8 New Teachers Workshop
 Aug 12-15 Professional Development Day
 Aug 16 Teacher Non-Duty Day
Aug 19 First day of school Gr 6 & 9
 Aug 19-? Ready Set Go conferences K-5
Aug 20 First day of school Gr 7-8 & 10-12
Aug ? First day of school Gr K-5
 Aug 30 Professional Development Day (no school)

August 2024

M	T	W	Th	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

September 2024

M	T	W	Th	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				

October 2024

M	T	W	Th	F
	1	2	3	4
7	8	9	10	11
14	15	16*	17	18
21	22	23	24	25
28	29	30	31	

Sept 2 Holiday (no school)
 Oct 16 End of quarter 1
 Oct 17-18 MEA - Teacher Non-Duty Day (no school)
 Oct 21 Teacher Workshop/Grading (no school)
 Nov 27 Professional Development Day (no school)
 Nov 28 Holiday (no school)
 Nov 29 Teacher Non-Duty Day (no school)
 Dec 20 End of quarter 2/semester 1
 Dec 23-24 Teacher Non-Duty Day (no school)
 Dec 25 Holiday (no school)
 Dec 26-31 Teacher Non-Duty Day (no school)

November 2024

M	T	W	Th	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

December 2024

M	T	W	Th	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20*
23	24	25	26	27
30	31			

January 2025

M	T	W	Th	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

Jan 1 Holiday (no school)
 Jan 2 Teacher Workshop/Grading (no school)
 Jan 3 Professional Development Day (no school)
 Jan 20 Professional Development Day (no school)
 Feb 17 Professional Development Day (no school)
 Mar 7 End of quarter 3

February 2025

M	T	W	Th	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28

March 2025

M	T	W	Th	F
3	4	5	6	7*
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31				

April 2025

M	T	W	Th	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30		

Mar 10-14 Teacher Non-Duty Day (no school)
 Mar 17 Teacher Workshop/Grading (no school)
 Mar 18 Professional Development Day (no school)
 April 18 Professional Development Day (no school)
 May 23 Last day of school/End of semester 2
 May 26 Holiday (no school)
 May 27 Teacher Workshop/Grading (no school)
 May 31 Graduation

May 2025

M	T	W	Th	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23*
26	27	28	29	30

June 2025

M	T	W	Th	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				

- New Teachers Workshop (3)
- Professional Development Day (11)
- Holiday Days (5)
- Teacher Workshop/Grading (4)
- No School/Teacher Non-Duty day
- End of Quarter/Semester

Quarter 1 = 41	Quarter 2 = 41	Semester 1 = 82	Quarter 3 = 43	Quarter 4 = 47	Semester 2 = 90
Student Contact Days = 172		Teacher Contract Days = 192		New Teacher Contract Days = 195	



School Calendar

Presented to the school board

April 11, 2023



Aug 6-8 New Teachers Workshop
 Aug 12-15 Professional Development Day
 Aug 16 Teacher Non-Duty Day
 Aug 19 **First day of school Gr 6 & 9**
 Aug 19-7 Ready Set Go conferences K-5
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 Dec 25 Holiday (no school)
 Dec 26-31 Teacher Non-Duty Day (no school)
 Jan 1 Holiday (no school)
 Jan 2 Teacher Workshop/Grading (no school)
 Jan 3 Professional Development Day (no school)
 Jan 20 Professional Development Day (no school)
 Feb 17 Professional Development Day (no school)
 Mar 7 End of quarter 3
 Mar 10-14 Teacher Non-Duty Day (no school)
 Mar 17 Teacher Workshop/Grading (no school)
 Mar 18 Professional Development Day (no school)
 April 18 Professional Development Day (no school)
 May 23 Last day of school/End of semester 2
 May 26 Holiday (no school)
 May 27 Teacher Workshop/Grading (no school)
 May 31 Graduation

August 2024					September 2024					October 2024				
M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F
			1	2	3	4	5	6		7	8	9	10	11
5	6	7	8	9	9	10	11	12	13	14	15	16*	17	18
12	13	14	15	16	16	17	18	19	20	21	22	23	24	25
19	20	21	22	23	23	24	25	26	27	28	29	30	31	
26	27	28	29	30	30									

November 2024					December 2024					January 2025				
M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F
				1	2	3	4	5	6			1	2	3
										6	7	8	9	10
4	5	6	7	8	9	10	11	12	13	13	14	15	16	17
11	12	13	14	15	16	17	18	19	20*	20	21	22	23	24
18	19	20	21	22	23	24	25	26	27	27	28	29	30	31
25	26	27	28	29	30	31								

February 2025					March 2025					April 2025				
M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F
3	4	5	6	7	3	4	5	6	7*	1	2	3	4	
10	11	12	13	14	10	11	12	13	14	7	8	9	10	11
17	18	19	20	21	17	18	19	20	21	14	15	16	17	18
24	25	26	27	28	24	25	26	27	28	21	22	23	24	25
					31					28	29	30		

May 2025					June 2025				
M	T	W	Th	F	M	T	W	Th	F
			1	2	2	3	4	5	6
5	6	7	8	9	9	10	11	12	13
12	13	14	15	16	16	17	18	19	20
19	20	21	22	23*	23	24	25	26	27
26	27	28	29	30	30				

-  New Teachers Workshop (3)
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-  End of Quarter/Semester

Why Start/End Year Earlier?

Academic and mental health benefits:

- Provides extra days of instruction before testing in the spring
- Gives students and staff a break after each quarter (*MEA, Winter Break, Spring Break*)
- Provides an additional 4 professional development (PD) days for staff
 - Provides one day of PD each month

Quarter 1 = 41	Quarter 2 = 41	Semester 1 = 82	Quarter 3 = 43	Quarter 4 = 47	Semester 2 = 90
Student Contact Days = 172		Teacher Contract Days = 192		New Teacher Contract Days = 195	

What's Next?

If the board is interested in considering a calendar change:

- **Fall 2023:**

- Gather feedback from students, staff and families
- Present a recommendation to the school board for the 2024-2025 school year

- **Winter 2024:**

School board to vote on calendar

- **Fall 2024:**

- Implement new calendar



ALC RENOVATION

April 11, 2023 School Board Update



Create a center for **learning, collaboration** and **community** within the Oak Park Building

- Create a functional home for Bridge Transitions 18-21
- Design an inviting alternative environment for ALC students



Why move the ALC?

Alternative location outside of high school setting:

- Welcoming space for students
- Flexible learning spaces and common area for gathering, large projects, and collaborative activities
- Outdoor spaces
- Room to expand program now and in the future

ALC Design Criteria:

- Design a welcoming space for students and support a feeling of community
- Classrooms to be designed flexibly so that they can be adaptive
- Classrooms to be designed uniquely to support the variety of curriculum
- Provide shared spaces for student support services
- Provide common areas for gathering, large projects, and collaborative activities
- Provide labs to support hands-on learning as well as science
- Supervision and visual connection is important
- Provide outdoor spaces for students






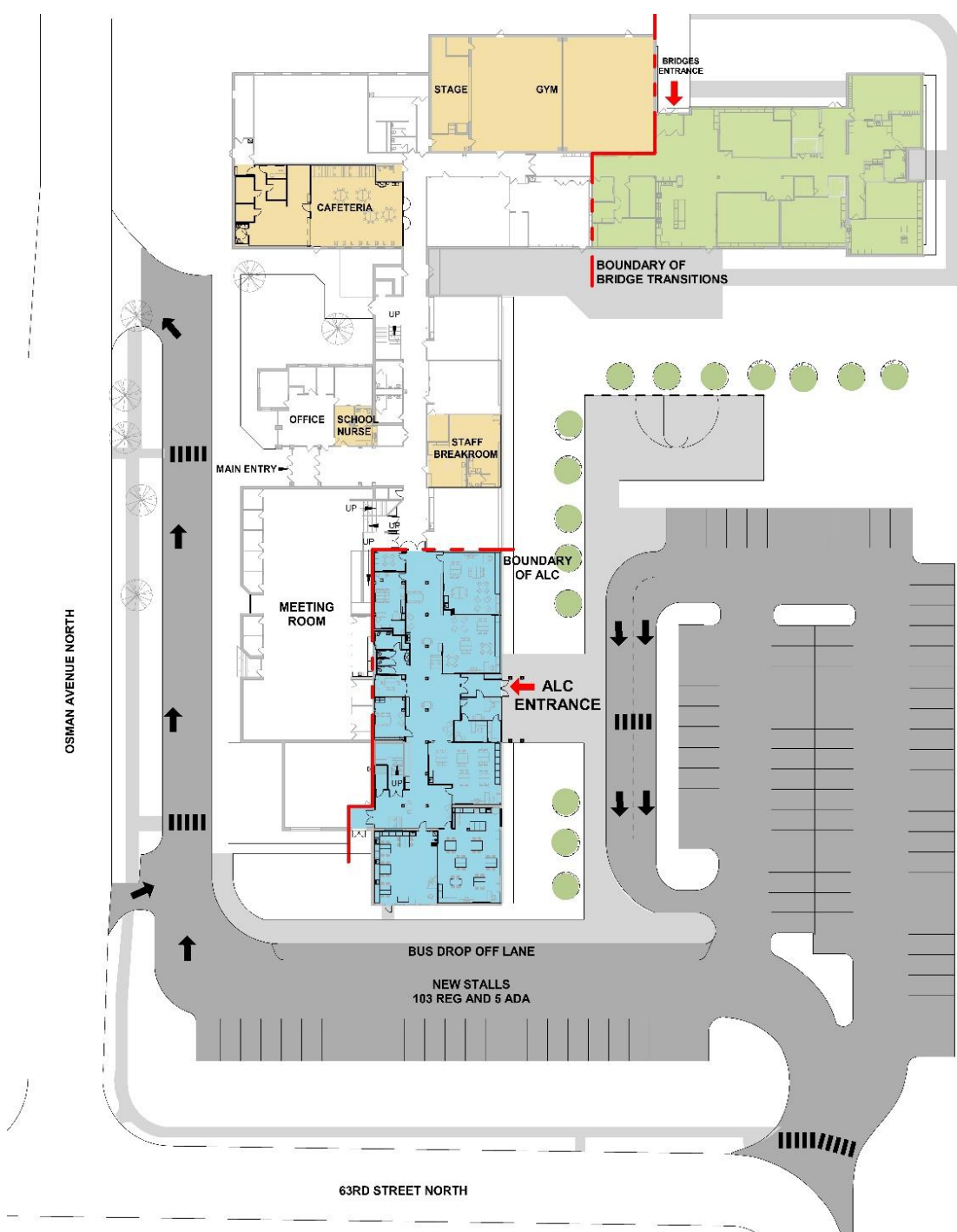


OAK PARK BUILDING SITE

Site Improvements

- Dedicated ALC entry
- Over 100 new parking stalls for students and staff
 - Can be utilized for after-hour use
- Bus pick up/drop off for students
- Parent pick up/drop off zone
- Outdoor activity area for students

-  Phase 1: Transitions (under construction)
-  Phase 2: ALC
-  Shared Spaces & Community Use





ALC PLAN DIAGRAM

- LEARNING SPACE
- ACTIVE SPACE
- CIRCULATION
- STAFF / MEETING SPACE
- TOILET / STORAGE





ENTRY VIEW I





ENTRY VIEW 2





OPEN CLASSROOM VIEW



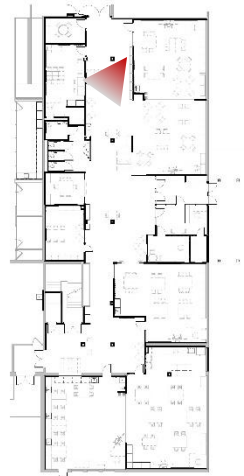


ENTRY FROM EXISTING BUILDING VIEW





COLLABORATION AREA VIEW





SOUTH COMMONS AREA VIEW





ACTIVE LEARNING LAB 1 AND 2 VIEW

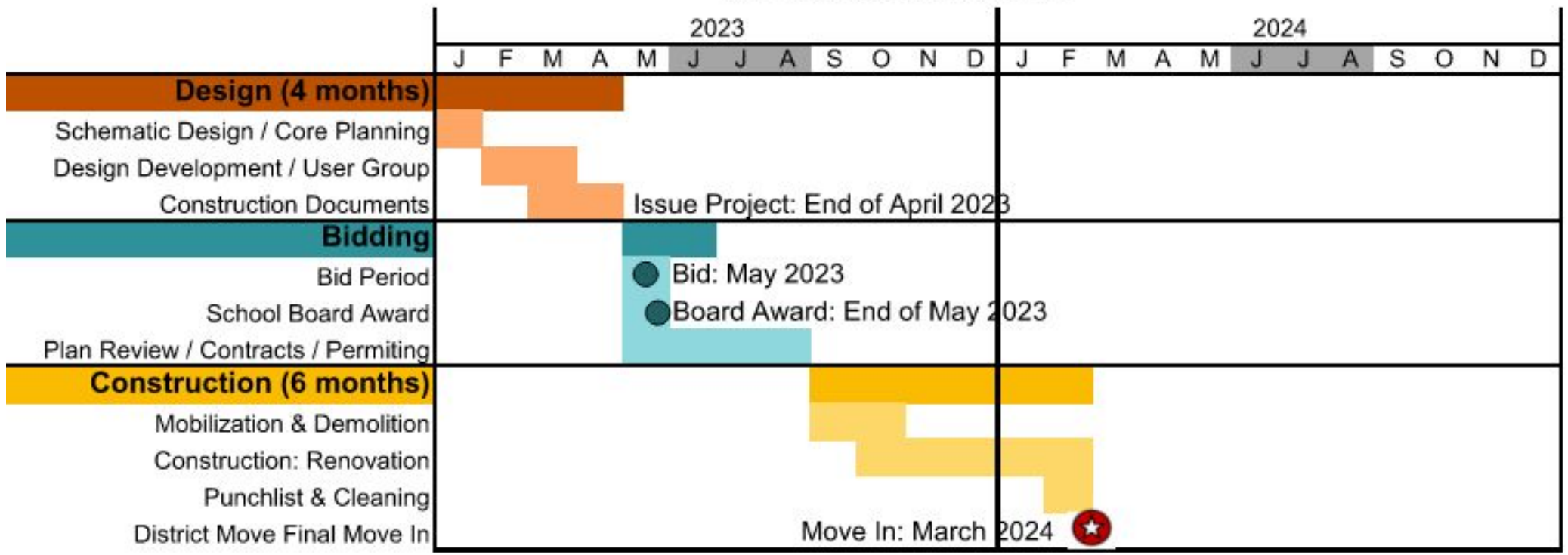




PROJECT SCHEDULE



ALC SCHEDULE





QUESTIONS?