

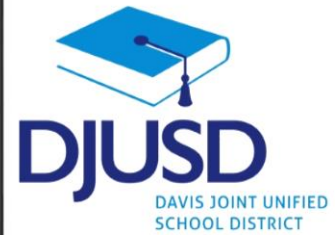


# LATER START UPDATE

12.17.2015

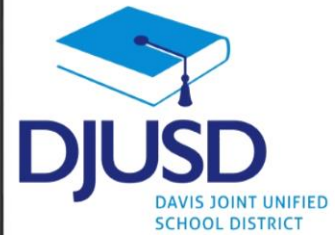


# WHY START SECONDARY SCHOOL LATER?



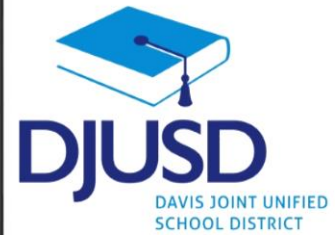
- Teens cannot fall asleep as early as they did when they were younger, but they continue to need more sleep than adults.
- Scientific studies suggest that teens need 8.5-9.5 hours of sleep per night, but get an average of 7.6 hours of sleep per night.
- Inadequate sleep negatively impacts important brain functions essential to learning processes.
- Insufficient sleep in teens is associated with serious health issues.
- When schools move start times later, research shows that teens do get more sleep and do not simply stay up later.
- When schools move start times later, research also shows that teen drivers are involved in fewer automobile crashes.

# THE PROCESS



- **February 2015 – Initial Board direction and formation of Later Start Committee**
  - 30 Member Committee (Students, Parents, Teachers, Staff, Administrators, Community Members, DTA and CSEA representatives)
  - Email and survey feedback (parents/students), student survey
  - Analyzed a great deal of research
  - Identified the challenges of changing the secondary schedules
- **April 2015 – Board Update**
  - Formation of three subcommittees
    - Education
    - Measurement
    - Scheduling

# THE PROCESS



## ■ Since April 2015 – Subcommittee Work

### ■ Education

- Facebook Education Campaign on Teen Sleep
- Robust website dedicated to information on Teen Sleep
- Dr. Czeisler forum in November
- Deborah Burnett sessions at Parent Engagement Night
- Informational letter to secondary staff

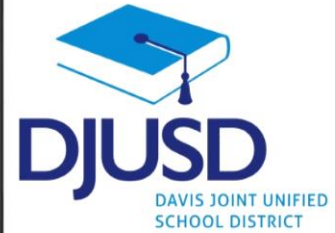
### ■ Measurement

- Creation of a baseline survey to be administered to students based on University of Minnesota studies

### ■ Scheduling

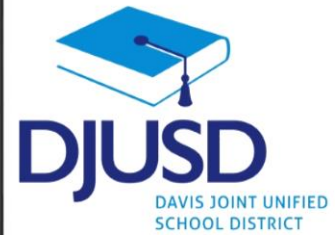
- Explored area of potential action
- Stakeholder input meetings
- Winnowed the areas of focus

# AREAS OF EXPLORATION



- Disconnection JHS/SHS co-enrollment and the creation of JHS/JHS co-enrollment
- Adjusting JHS start times (at or about 8:30 AM) with no format change
- Limiting the number of Advance Placement and/or Honors courses a student may take per term
- Increasing parent, student, community and staff education around teen sleep
- Policy applications which would result in fewer students on secondary campuses earlier in the morning.
- Schedule format changes at the senior high schools
- Schedule format changes at the junior high schools
- Earlier elementary start times
- Homework policy enforcement and/or revision
- Grade level configuration

# RECOMMENDATIONS/TIMELINE



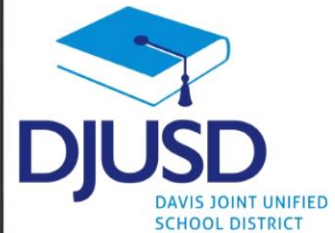
- After gathering input from and meetings with secondary school site staffs and administrators, stakeholder groups and the schedule subcommittee; staff recommends the following course of action and timeline:
  1. District staff will continue to promote the education of parents, students, staff and the community regarding the importance of sleep for teens and the factors that affect the quality and duration of teenage sleep.

# RECOMMENDATIONS/TIMELINE



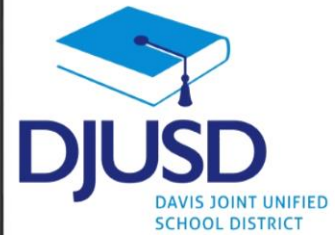
2. In order to allow senior and junior high schools to have independent and age appropriate schedules, the district will work to disconnect Junior High School to Senior High School co-enrollment and create opportunities for Junior High School to Junior High School co-enrollment. This will ensure the viability of the world language program, now made possible through co-enrollment at Davis Senior High School. This change will occur no later than the 2017-18 school year.
- Potential cost of \$15K-\$45 to seed 1 section of Chinese, Japanese and German at Junior High level in order to maintain viability during the transition.

# RECOMMENDATIONS/TIMELINE



3. Junior High School (JHS) start times will be adjusted to start school at or about 8:30 AM and retain the 7 period format. Start times may be staggered to accommodate for JHS to JHS co-enrollment. This change will occur no later than the 2017-18 school year.
  4. The senior high school campuses (DVHS and DSHS) will spend the next 14 months working to start senior high schools at or about 8:30 AM and ending at or about 3:30 PM. Senior high school schedules will account for co-enrollment between senior high school campuses. This change will occur for the 2017-18 school year, providing senior high staffs the time and opportunity to explore schedule format options, engage stakeholders and participate in relevant professional development as necessary.
- Potential cost of \$15K-55K to provide for site visits, instructional materials and professional development.

# RECOMMENDATIONS/TIMELINE



5. Elementary principals, staff and parents will be consulted to determine if Elementary times would need to be adjusted to allow for a later secondary start time.
  - Sites could begin to implement components of any of these recommendations sooner than 2017-18 in order to ease the transition.
  - The district remains committed to receiving input from the later start subcommittees, teachers, staff, parents and students on this important issue.
  - District staff will serve as facilitators and will provide support services to sites as implementation discussions continue.

# QUESTIONS

