School Start Times Committee

October 30, 2019

Dr. Steve Cook | Superintendent
Seth Deniston | Director of Tech.
Agenda

- Welcome & Review Charge
  - Synthesis of Research
- Opening Activities
  - Process, Norms & Timeline
- Sub Group Work
- Closing
Our Charge

- Consider implications of changing start times, including:
  - Elem. Students & Families
  - Transportation
  - Work Schedules/Child Care
  - Extracurricular Activities/Sports
  - Education & Community Partners

- Present information, data, and likely impacts, including recommendation
Board Recommendation

- Majority Recommendation
  - Minority Recommendation if needed
- Suggested Timeline for Implementation
Research

- 8:30 or later is recommended start time for HS
- +/- Mixed impact on student achievement
- + Positive impact on attentiveness, concentration, mood & behavior
- + More sleep for adolescent students
- +/- Mixed results for tardiness & attendance
- + Lower car crash rates

Research from Hanover Research, 2017 Literature Review: Optimal School Start Times
Norms

- Be Present
- Be Respectful
- Share Air Time
- Build Consensus
- Use a Democratic Process
Timeline

- Oct. 30th: Intro & Small Groups
- Dec. 5th: Review Data & Hear from Experts
  - Community Survey
- Feb. 19th: Continue Draft Rec. & Review Survey
- Mar. 11th: Finalize Rec. to Board
  - Mar. 18th Board Meeting
- Apr. 22nd: Additional Meeting if Needed
Communication

- Board Reports After Each Meeting
- Update in Monthly District Newsletter
- Dedicated Website: cdaschools.org/start-times
  - Research
  - Presentations
  - Minutes
  - Data
- Survey in January
Limiting Factors

- Instructional Hours
- Daylight
- Buses & Drivers
What Are The Options?

1. Status Quo
2. Small Change--move ½ hour or less
3. Big Change--move 1 hour
4. Flip--Elem & Secondary Times
5. Some Combination of the Above
Springboards

● Status Quo
  ○ HS: 7:35-2:30
  ○ MS: 7:50-2:45
  ○ ES: 9:00-3:30

● 1 Hr. Later
  ○ HS: 8:35-3:30
  ○ MS: 8:50-3:45
  ○ ES: 10:00-4:30

● Flip
  ○ ES: 7:50-2:20
  ○ HS: 9:00-3:55
  ○ MS: 9:15-4:10

● 30 Min. Later
  ○ HS: 8:05-3:00
  ○ MS: 8:20-3:15
  ○ ES: 9:30-4:00
## Area School Start & End Times

<table>
<thead>
<tr>
<th>District</th>
<th>HS</th>
<th>Middle</th>
<th>Elem.</th>
<th>HS</th>
<th>Middle</th>
<th>Elem.</th>
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<td>9:00</td>
<td>2:30</td>
<td>2:45</td>
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<td>3:30</td>
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<tr>
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<td>7:50</td>
<td>9:00</td>
<td>2:25</td>
<td>2:25</td>
<td>3:20</td>
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<tr>
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<td>9:00</td>
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<td>3:15</td>
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<tr>
<td>Spokane</td>
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<tr>
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<td>9:00</td>
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<td>W. Ada</td>
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<td>8:00-9:00</td>
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<td>2:05-3:05</td>
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<tr>
<td>Seattle</td>
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<td>3:45</td>
<td>2:45</td>
<td>3:25</td>
</tr>
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Sub Group Work

- Split into sub groups to explore potential impacts:
  - Elem. Students & Families
  - Transportation
  - Work Schedules/Child Care
  - Extracurricular Activities and Sports
  - Educational & Community Partners
Sub Group Work

- Introductions
- Select Group Chairperson
- Discuss and Brainstorm:
  - What are the potential impacts?
  - What data or information is needed?
  - Who are the experts that can help?
Wrap Up

● Put up poster paper around the room
● Walk around silently
● What do you notice?
  ○ Where are the overlaps?
  ○ Where are the gaps?
Thank You!

- See you on 12/5 at 4:30 PM
- Email with any questions or information:
  - sdeniston@cdaschools.org
Credits

Special thanks to all the people who made and released these awesome resources for free:

→ Presentation template by SlidesCarnival

→ Photographs by Unsplash