Considering Alternative Start Time Options

Monday, February 25, 2019

An Update from the Special Board Committee on School Start Times
Opportunity Statement

- Current start times for middle/high school are starving students for the opportunity to get necessary sleep
- Top medical and sleep research organizations tells us that middle & high school students’ bodies change significantly at this point in their lives
  - Require at least 8 hours of sleep per night
  - Circadian rhythm (when body is ready for sleep) shifts phase to at least 11:00 PM
  - 7:30 AM start means that students have to rise by 6:00 or 6:30 AM to get to school on time, robbing them of 30-60 minutes of sleep each night under the best of circumstances
- Compilation of research done shows policy of shifting start times works
  - Shifts in school start times of as little as 20 minutes have shown statistically significant improvements in attendance, behavior, student health & academic performance
  - Positive improvements are most pronounced in minority & low income student groups
- With other challenges our students face, how can we justify putting another obstacle in their way?
Benchmarking Start Times within the Big 12***

7:30 AM: Richwoods, Peoria High, Manual, Bloomington

8:00 AM: Urbana, Peoria Notre Dame

8:05 AM: Champaign Central (8:50 am late start on Wednesdays)

8:10 AM: Champaign Centennial (9:00 am late start on Wednesdays)

8:30 AM: Normal Community, Normal Community West (9:30 AM late start on some Wednesdays/not all)

8:31 AM: Danville (7:35 AM early bird)

*** Confirmed this school year
Committee Objectives

- Consider alternative school start time configuration proposals and collect feedback on them from school stakeholder groups.
- Deliberate findings amongst committee members and recommend potential action by the Board.
- Committee is instructed to constrain consideration to two-tier alternatives and the current start time configuration.
- For the purpose of this exercise, one- and three-tier start time proposals are considered out of scope.
- Committee to issue its recommendation no later than the third full week of March 2019.
Committee Members

**Teachers:** Scott Schifeling, Brien Dunphy

**Parents:** Alyce Jackson, Harvey Barnett

**Support Staff:** Kara Harris, Courtney Kilgore/Erin Florey

**Administrators:** Carla Eman, Josh Collins

**Board Members:** Dan Adler, Doug Shaw

**Supporting Administrators (Non-Voting)***

- Daphne Williams
- Dr. Sandra Wilson

- Mick Willis
- Thomas Bruch
Process

November 2018: Team Formation

December 13, 2018: First Committee Mtg, Review of Committee Objective, Review of Past Committees’ Work

January 29, 2019: Deliberation of Pros/Cons of Alternative Start Times

February 20, 2019: Committee Deliberates Alternatives to Present to the Public and Initial Benefits/Tradeoffs of Proposals

February 25, 2019: Board Meeting Presentation

Public Forums:
- Feb. 25, 2019 @ 6:30 PM (Admin-Board Mtg)
- Feb. 27, 2019 @ 6 PM (Peoria High-Library)
- Mar. 5, 2019 @ 6 PM (Manual-Library)
- Mar. 7, 2019 @ 6 PM (Richwoods-Aud.)


March 14, 2019: School Start Times Committee Deliberates & Provides Recommendation to Board

March 25, 2019: Board Considers Start Times Committee Recommendation
Options Under Consideration

- Current: 7:30 AM (Middle/High) / 8:30 AM (Primary)
- 30 minute shift: 8:00 AM (Middle/High) / 9:00 AM (Primary)
- 45 minute shift: 8:15 AM (Middle/High) / 9:15 AM (Primary)
- Swap: 7:30 AM (Primary) / 8:45 PM (Middle/High)
30 Min. Shift: 8:00 (Middle/High), 9:00 (Primary)

Pros
● 30 minutes of additional sleep opportunity for students
● Existing Professional Learning Community (PLC) models could continue unaltered
● No negative financial impact on District budget

Cons
● 30 minute delay in
  ○ Teacher/staff end time
  ○ Start of athletics/extracurriculars
  ○ Availability for field trip transport during the day
● Primary school dropoff time is approaching evening rush hour
45 Min. Shift: 8:15 (Middle/High), 9:15 (Primary)

**Pros**
- 45 minutes of additional sleep opportunity for students
- Existing Professional Learning Community (PLC) models could continue unaltered
- No negative financial impact on District budget

**Cons**
- 45 minute delay in
  - Teacher/staff end time
  - Start of athletics/extracurriculars
  - Availability for field trip transport during the day
- Primary school dropoff time is approaching evening rush hour
Swap: 7:30 (Primary), 8:45 (Middle/High)

Pros

● 75 minutes of additional sleep opportunity for middle/high school students
● Best alignment with policy suggested by research & would fit recommendations made by American Assoc. of Pediatrics

Cons

● 75 minute delay in middle/high
  ○ Teacher/staff end time
  ○ Start of athletics/extracurriculars
  ○ Availability for field trip transport during the day
● Concern about gap in time when primary students may be supervised by older students
● Concern about primary students walking or waiting at bus stops in dark
● TTP schedule to be redone
● Increased opportunity for missed instructional time by athletes & coaches
● HS PLC Config would need to change again or primary would need to mirror high school
● Field trip schedules very compressed
Next Steps

Public Forums:

- February 27, 2019 (Peoria High) @ 6 PM (Peoria High-Library)
- March 5, 2019 (Manual) @ 6 PM (Manual-Library)
- March 7, 2019 (Richwoods) @ 6 PM (Richwoods-Aud.)


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Questions?