



Fox Chapel Area School District

District Site Base Meeting regarding a Later School Start Time

April 23, 2019 – 6:00 PM – LGI Room at the High School

Meeting Notes

A group of approximately 50 individuals including parents, students, staff, faculty, and administrators convened on April 23, 2019 for a second broad conversation to inform future district school start times. This conversation was facilitated by consultants from The Hill Group.

The objective of this conversation was to continue a well-rounded discussion on the potential benefits and challenges of starting school later, including an 8:30 AM high school start time in Fox Chapel Area. This discussion will inform future conversations and decision-making. No decisions about the district school start times were made at this meeting.

Agenda

- | | |
|---------|---|
| 6:00 PM | Welcome |
| 6:05 | Health professionals, including questions on research
<i>Dr. Susie Hobbins and Dr. Peter Franzen</i> |
| 6:20 | Data regarding health issues/student outcomes |
| 6:35 | Data on implementation issues (busing cost options, etc.) |
| 6:50 | Flexible school day options |
| 7:00 | Dialogue/Q&A |
| 7:15 | Next steps |
| 7:20 | Adjourn |

Health Professionals

Dr. Peter Franzen and Dr. Susie Hobbins presented information on the [impacts of reduced sleep for teens](#) and the benefits of later school start times for teens.

Data on Health and Student Outcomes

FCASD provided selected information in advance of the session, including:

- [Fall 2018 State of Schools](#)
- [2018-2019 Recognitions](#)
- [2018-2019 Athletic Highlights](#)
- [PA School Start Time Change Info](#)
- [FCASD Health and Mental Health](#)

Data on Implementation Issues

FCASD provided selected information in advance of the session, including:

- [Busing Start Time Analysis](#)

Flexible School Day Options

FCASD High School Principals Dr. Mike Hower and Dr. John McGee provided an [overview of existing flexible schedule options](#) for high school students, as well as how this might potentially be expanded to allow for more flexibility in the future.

Audience Dialogue (Notes from Session)

- Busses
 - Later start time will affect all schools (administrator)
 - Reimbursement rate could change (administrator)
 - Do all proposals include two bus runs or do some include three runs? (parent)
 - Current provider gives more detail – will cost money to get additional detail from other providers (administrator)
- Health
 - Student anxiety, depression, etc. could be factors other than sleep that cause trauma (community member)
 - Sometimes sleep and academics are not priorities (community member)
 - Fifteen (or so) medical associations have endorsed later High School start times – this is a scientific issue – keep in mind the overarching health of our students (community member)
- Academics
 - Valuing academics creates success for students (teacher)
 - Changing the start time won't necessarily create success. Instead, money should be spent on direct impact opportunities for students, such as sustainability and recycling program and decreasing class size (students)

- Parents
 - Some parents depend on high school students to watch elementary kids (parent)
 - Consider parent clock change with younger student if changing start time (parent)
 - What can parents do to create a sleep-supportive environment? (community member)
- Data
 - Data collection on delayed start time right now is subjective (community member)
 - Suggestion that the site team look at unbiased data (community member)
 - Data collection on the negative effects on delayed start time has not been Collected or done (community member)
 - Correlated data doesn't show direct impact necessarily; some skepticism of the science presented (community member)
- What if implementation affects students negatively? (community member)
- Other students – what is the research on other students being impacted (middle/elementary)? (parent)
- Activities – start time later may impact missing classes for after school activities
- Can we look at the impact on elementary school students? (student)
- Can't look at high school in isolation – various younger student issues – kids at the bus stop; elementary parent perspectives (parent)
- Potential issues with surveying mass population – need to do focus groups to provide data and context (administrator)
- If going to do it – need to have a 1-tiered system – major money and infrastructure needs (administrator)
- Question of whether we should respond to individual student needs (flex scheduling) or total district alignment (parent)
- Equity issues – cost of summer school? Cars? (parent)

Research and Data Needs

Participants identified research and data that, if available, may be helpful to inform future conversations about adjusting district start times.

- Data on whether later time leads to more sleep
- Research on elementary and middle school student impacts and preferences
- Project how many students would take advantage of flexible scheduling and associated transportation costs
- Survey students on current sleep patterns, phone use, depression/mental health issues, and whether a later start time would be used for more sleep; does this differ by level of student involvement?
- Timeline of the Site Team work moving forward
- Survey students in districts with adjusted later start times – did it work?
- What transportation would be needed for expanded high school flex options?
- Data on mental health and health numbers for district wide (unable to provide information due to confidentiality policies)
- Determine how many students would miss fourth period if later start times were in place