



## **Fox Chapel Area School District**

District Site Base Meeting Regarding a Later School Start Time

February 6, 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 February 6, 2019 to begin a broad conversation to inform decision making regarding future district school start times. This conversation was facilitated by consultants from The Hill Group.

The objective of this conversation was to start a well-rounded discussion on the potential positive outcomes 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**

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|---------|--|
| 6:00 PM | Welcome and Expectations   |
| 6:10    | Background on district start time discussions  |
| 6:20    | Brainstorm and discuss positive outcomes and potential challenges of start time change |
| 6:50    | Identify questions and research needs  |
| 6:55    | Next steps   |
| 7:00    | Adjourn  |

## Positive Outcomes and Challenges Brainstorm

Participants brainstormed positive outcomes and potential challenges associated with district start time adjustments, including an 8:30 AM high school start time. The following notes summarize participant commentary.

From the perspective of...	Potential <b>Positive Outcomes</b> of 8:30 AM high school start time	Potential <b>Challenges</b> of 8:30 AM high school start time
High School Students	<ul style="list-style-type: none"> <li>• More sleep, well-rested, alert for first period class</li> <li>• Teenager’s circadian rhythm – not being able to properly fall asleep until 10pm</li> <li>• In winter – no waiting in the dark for the bus</li> <li>• Students who need extra assistance – math – will have more time</li> <li>• Benefits in school performance and health (downstream benefits)</li> </ul>	<ul style="list-style-type: none"> <li>• Field and gym time – students will practice before school</li> <li>• Students get to bed later because of sports, etc. – everything pushed back</li> <li>• How will we measure effectiveness?</li> <li>• Students may want to stay up later</li> <li>• After school activities pushed back – go to bed later</li> <li>• Older children get younger children off bus</li> <li>• Cannot control away game start times</li> <li>• Difficult for working parents to drop students off</li> <li>• Students impacted by employment opportunities after school</li> <li>• Cuts into homework time and family time</li> </ul>
High School Parents	<ul style="list-style-type: none"> <li>• Not waiting for the bus/walking in the dark</li> <li>• Sleeping later means healthier children</li> <li>• Less difficult to get children out of bed – more pleasant, better way to start the day</li> <li>• Children are not late to school as much</li> <li>• Roads better during difficult driving time – fewer car crashes affecting teen driving</li> </ul>	<ul style="list-style-type: none"> <li>• Elementary students affected by end of day time</li> <li>• Club sports will be affected</li> <li>• Inflexible employer may lead to challenges for parents</li> <li>• If you push elementary students back, it is the opposite of what studies show they need</li> <li>• Listening to talk in community – negative tone – would require explanation about data and development</li> <li>• Looking at all data – must look at data of our school performance – cost vs. benefit</li> <li>• Do not assume a cause/effect relationship between mental health needs and start times</li> <li>• High schoolers may take care of younger children</li> </ul>

Community Overall	<ul style="list-style-type: none"> <li>Start time is attractive – people may come to the district because of that</li> </ul>	<ul style="list-style-type: none"> <li>People turned-off by late start time – possible decline in enrollment</li> <li>Diverse district – some areas will absorb times a lot better than others</li> <li>Personal financial hit – before/after school care (positive or negative)</li> <li>Impact on bus routes and people's personal schedules – may change routine of community</li> </ul>
Student Athletes and Other Extracurricular Participants		<ul style="list-style-type: none"> <li>Athletes making up time – when will they catch up and what will be the impact on athlete academics?</li> </ul>

## Research and Data Needs

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

- School performance and other data to assess whether current approach meets the needs of our students
- Health outcomes and mental health indicators
- Impact on busing costs
- Data from schools that adjusted start times (e.g. test scores, parent perceptions)
- Data on number of high school students who take care of younger siblings
- Employment data for high school students
- Enrollment changes
- Community pediatricians' views on start time (invite health professionals to speak to group)
- Scenarios of start and end times for all schools
- Examples and lessons learned from Western PA and across country who have tried later start time with block schedule and their bus schedules
- Rules and laws about bus schedules
- Cost implications of changes versus status quo
- More information on health benefits for all age groups
- Assessment of current high school student start time preferences
- Assessment of parent preferences
- Assessment of preferences of parents who have high school children to take care of younger siblings after school

## Links to Informative Resources about Later Start Times

Resource	Description	Link
National Sleep Foundation	Website with links to information on the importance of sleep for teens.	<a href="https://www.sleepfoundation.org/articles/background-later-school-start-times">https://www.sleepfoundation.org/articles/background-later-school-start-times</a>
“Adolescent Changes in the Homeostatic and Circadian Regulation of Sleep”  Hagenauer, M. H., Perryman, J. I., Lee, T. M., & Carskadon, M. A. (2009).	Research on sleep deprivation in teens and the impacts of early school start times.	<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2820578/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2820578/</a>
“Why Are Teenagers So Sleep-Deprived?” – Child Mind Institute	Article on sleep deprivation in teens as a result of biology, technology, and homework.	<a href="https://childmind.org/article/teenagers-sleep-deprived/">https://childmind.org/article/teenagers-sleep-deprived/</a>
“School Start Time Change: An In-Depth Examination of School Districts in the United States”  Owens, J., Droblich, D., Baylor, A., & Lewin, D. (2014)	Foundational and often-cited research paper on the positive impacts of later school start time for teens.	<a href="http://www.startschoollater.net/uploads/9/7/9/6/9796500/schoolstarttimechange_mbe_owensdrobnichlewinbaylor_2014.pdf">http://www.startschoollater.net/uploads/9/7/9/6/9796500/schoolstarttimechange_mbe_owensdrobnichlewinbaylor_2014.pdf</a>
“Examining the Impact of Later High School Start Times on the Health and Academic Performance of High School Students: A Multi-Site Study”  Wahlstrom, K., Dretzke, B., Gordon, M., Peterson, K., Edwards, K., & Gdula, J. (2014)	Additional foundational research paper on the positive impacts of later school start times for teens.	<a href="https://conservancy.umn.edu/bitstream/handle/11299/162769/Impact%20of%20Later%20Start%20Time%20Final%20Report.pdf?sequence=1&amp;isAllowed=y">https://conservancy.umn.edu/bitstream/handle/11299/162769/Impact of Later Start Time Final Report.pdf?sequence=1&amp;isAllowed=y</a>
“Later school start times a dream for teens, but a logistical nightmare for districts”  Kopp, J. (2018).	September 2018 article that discusses logistical challenges associated with Unionville-Chadds Ford School District’s new schedule.	<a href="https://www.phillyvoice.com/teenagers-health-benefits-school-start-times-logistics-challenges-unionville-chadds-ford-school-district/">https://www.phillyvoice.com/teenagers-health-benefits-school-start-times-logistics-challenges-unionville-chadds-ford-school-district/</a>
“North Allegheny won’t change start time; cites significant costs”  Trozzo, S. (2019).	February 2019 article on decision by North Allegheny School District to maintain current school start times.	<a href="https://www.post-gazette.com/news/education/2019/02/22/North-Allegheny-won-t-change-start-time-cites-significant-costs/stories/201902220136">https://www.post-gazette.com/news/education/2019/02/22/North-Allegheny-won-t-change-start-time-cites-significant-costs/stories/201902220136</a>