

# High School Start Time Working Group **Community Status Update**

Newton Public Schools  
Newton, Massachusetts

May 23, 2016 6:00 p.m.

# Goals

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- ▶ Update community on important learning to-date
- ▶ Listen to feedback
- ▶ Provide information about what will be included in the year-end report and subsequent opportunities for community feedback



## Quick review of activities to-date

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| ACTIVITIES                             | Timing               |
|--|----------------------|
| Establish Communication                | Fall                 |
| Student Survey                         | Fall                 |
| Teacher/Staff Survey                   | Winter               |
| Parent/Guardian Survey                 | Spring               |
| Research Connected Stakeholder Impacts | Fall, Winter, Spring |
| Research Other Districts/Regions       | Fall, Winter         |
| Develop potential Scenarios            | Winter, Spring       |



## Update to community in four key areas

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1. Report on district approach
2. Highlight key lessons from research on sleep, health and wellness
3. Share broad themes from community and stakeholder feedback
4. Describe guiding principles for developing scenarios



# 1. Report on district approach

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- ▶ Conducted extensive review of experience in other cities and towns
- ▶ Increased understanding of best practices and factors that characterize an effective change process:
  - ▶ Deliberative
  - ▶ Inclusive
  - ▶ Allows time for education on issue
  - ▶ Allows time for effective implementation



## 2. Key lessons: Research on sleep, health and wellness

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- ▶ *Later high school start time has important health and wellness benefits for adolescents*
  - ▶ American Academy of Pediatrics (AAP) recommends that adolescents have the opportunity to sleep for 8.5 – 9.5 hours, starting at 11 PM

<http://pediatrics.aappublications.org/content/115/6/1774.long>

- ▶ *“Delaying school start times alone is less likely to have a significant effect without concomitant attention to other contributing and potentially remediable factors”*

<http://pediatrics.aappublications.org/content/early/2014/08/19/peds.2014-1697>

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## District-wide Goal: Broad Promotion of Student Well-Being

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- ▶ Later start time exploration
- ▶ Social and emotional learning (SEL) Initiatives
- ▶ Enhancing school connectedness
- ▶ Active and increased supports for students in schools
- ▶ Managing homework levels



### 3. Community and stakeholder feedback

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- ▶ Surveyed high school students, high school staff, and K-12 parents
- ▶ Response Rates
  - ▶ Students: 59%
  - ▶ Staff: 41% (Teachers 47%)
  - ▶ Parents: 44%
  - ▶ Distribution of response rates is lower for special populations:
    - 5% of respondents have low-income students vs. 13% of the district
    - 2% of respondents have ELL students vs. 6% of the district





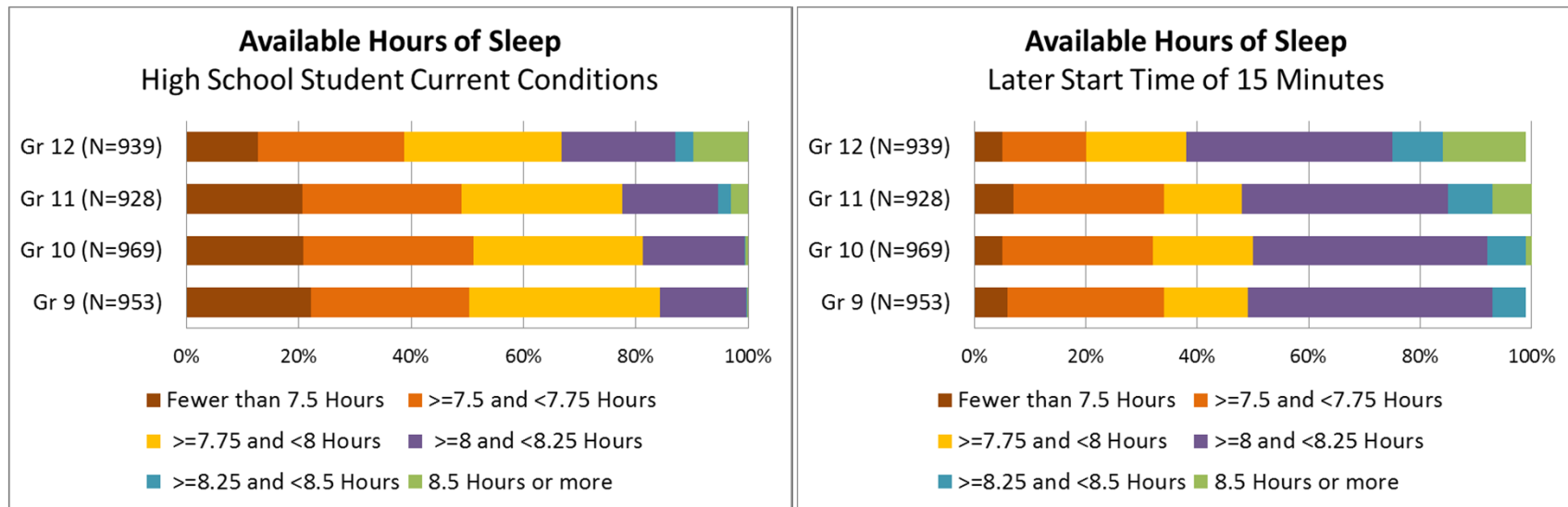
### 3. Themes from community and stakeholder feedback (continued)

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- ▶ Students identify lack of sleep as a big issue
- ▶ Students see a direct connection between a later start and more sleep
  - ▶ Scientific research supports this
- ▶ Students are highly engaged in meaningful activities in the afternoon both at school and outside of school, including athletics and other activities, jobs, and caring for younger siblings



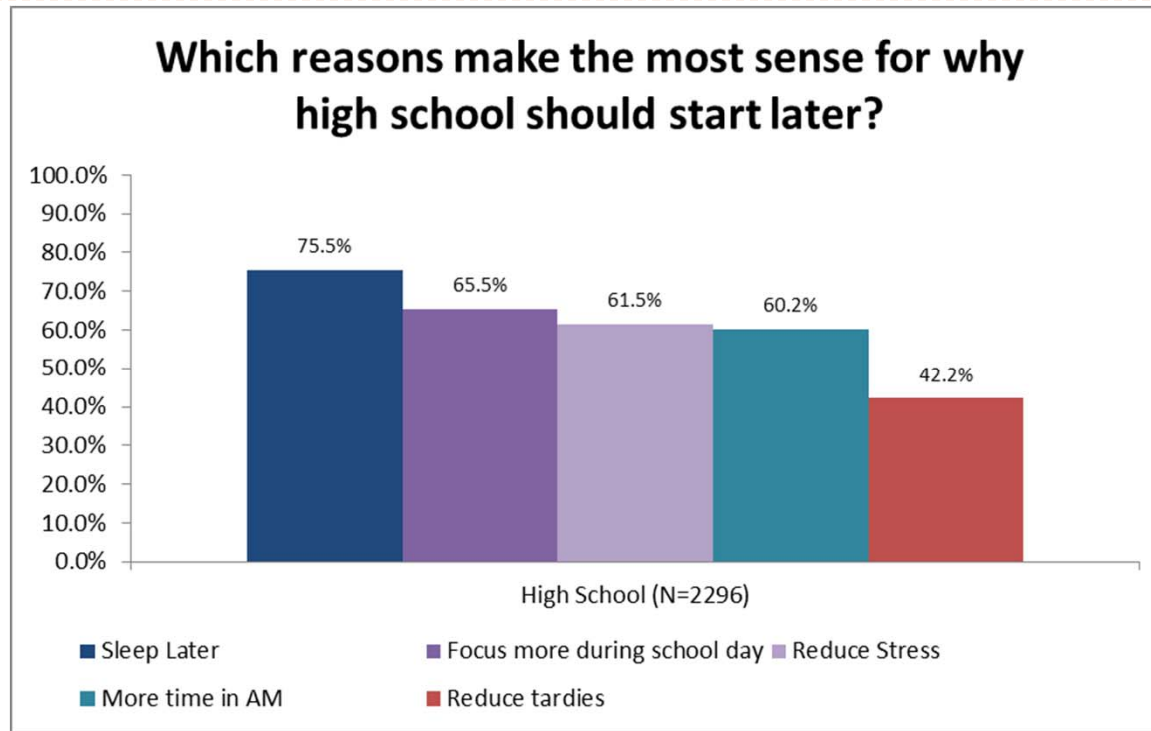
# Current Sleep Conditions



- ▶ Currently, 20% have the opportunity for  $\geq 8$ hrs of sleep after 11pm
- ▶ Example later start shifts the # of students with the opportunity for  $\geq 8$ hrs of sleep from 20% to 50%
  - ▶ This type of information will be made available for all scenarios



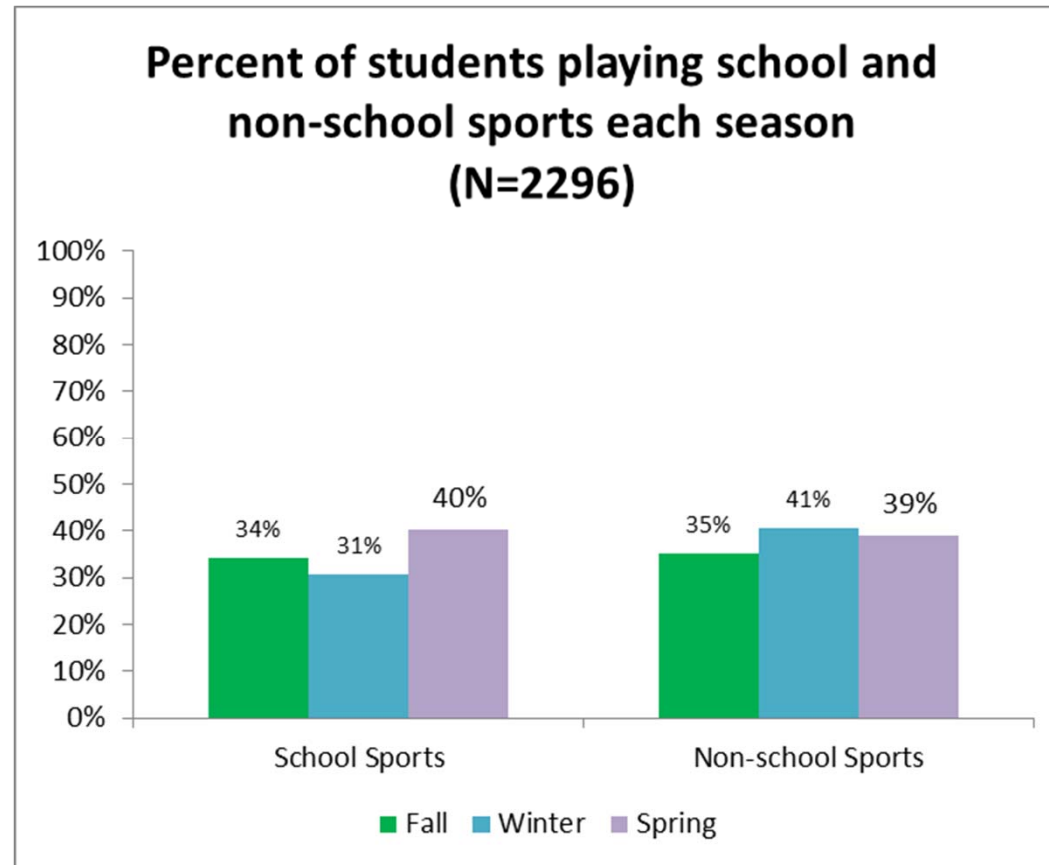
# Feedback from Students: Opinions on Reasons to Start Later



- ▶ Most students chose “Starting later would allow students to sleep later” as the reason that makes the most sense to them
- ▶ Similar patterns at North and South for responses
- ▶ \*Note: students could choose multiple answers so percentages will not sum to 100%

# Feedback from Students: Current Conditions

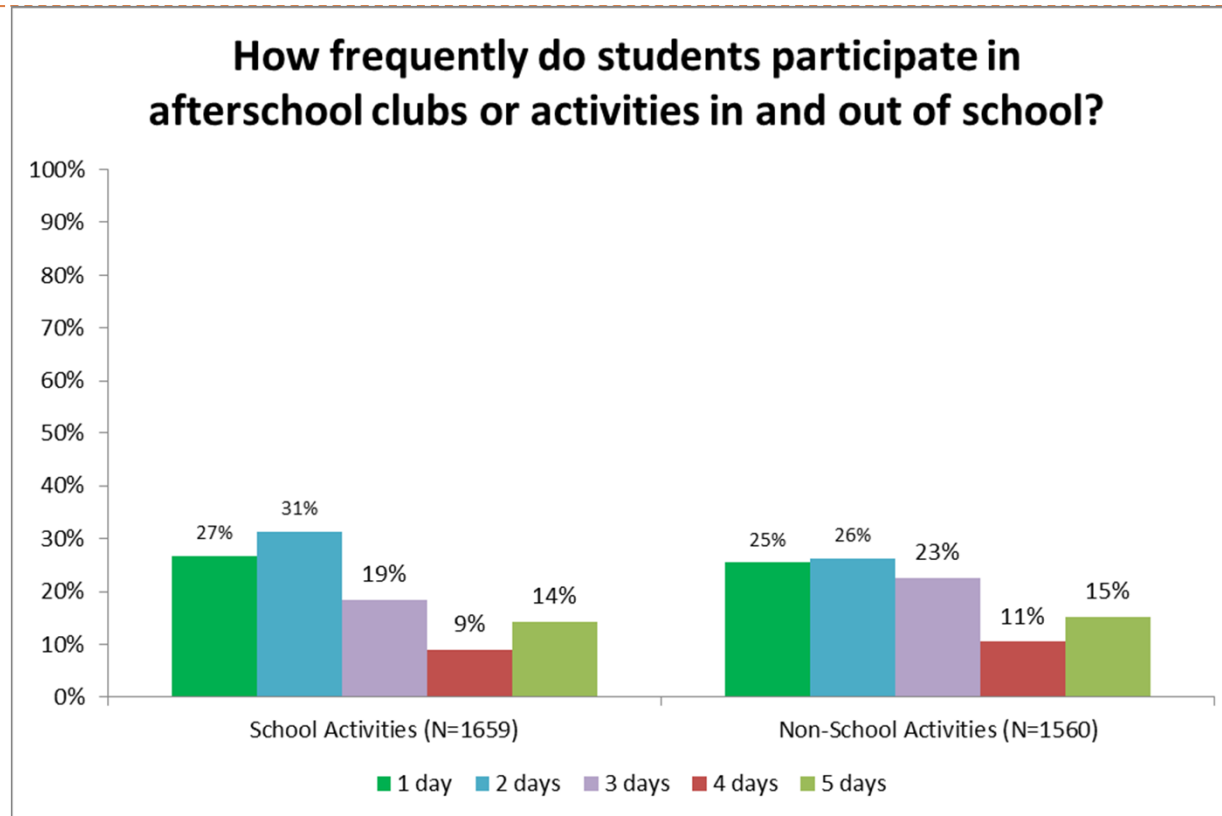
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- ▶ Participation in school and non-school sponsored sports ranges from 31%- 40% depending on the season
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# Feedback from Students: Current Conditions



- ▶ About 68% of all respondents (1,560) participate in afterschool activities outside of school
- ▶ 49% of those who participate in Non School Activities do so for at least 3 days per week



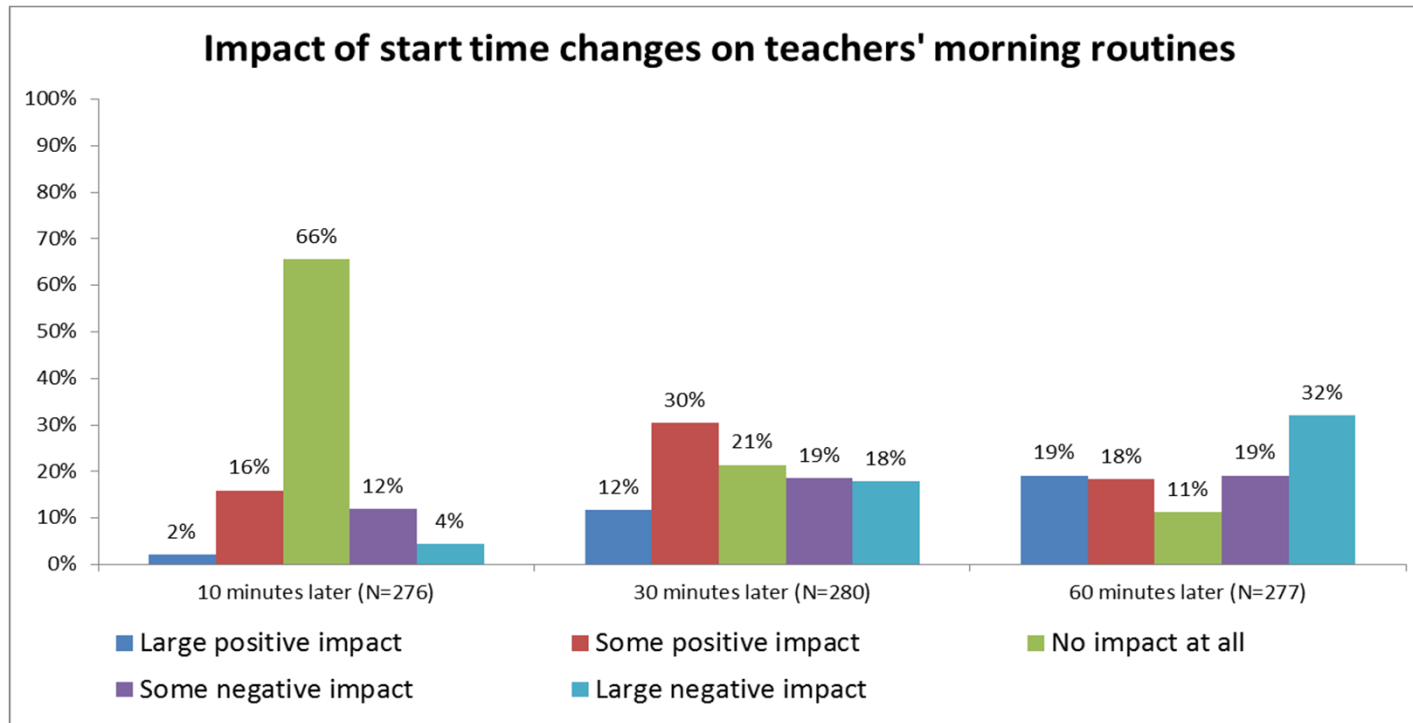
### 3. Themes from community and stakeholder feedback (continued)

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- ▶ Starting later in the AM is perceived as less of a problem than finishing later in the PM
  - ▶ Students and teachers both expressed this in the survey
- ▶ Most teachers find ending 30 or 60 minutes later to have negative impacts due to traffic concerns or loss of time with family



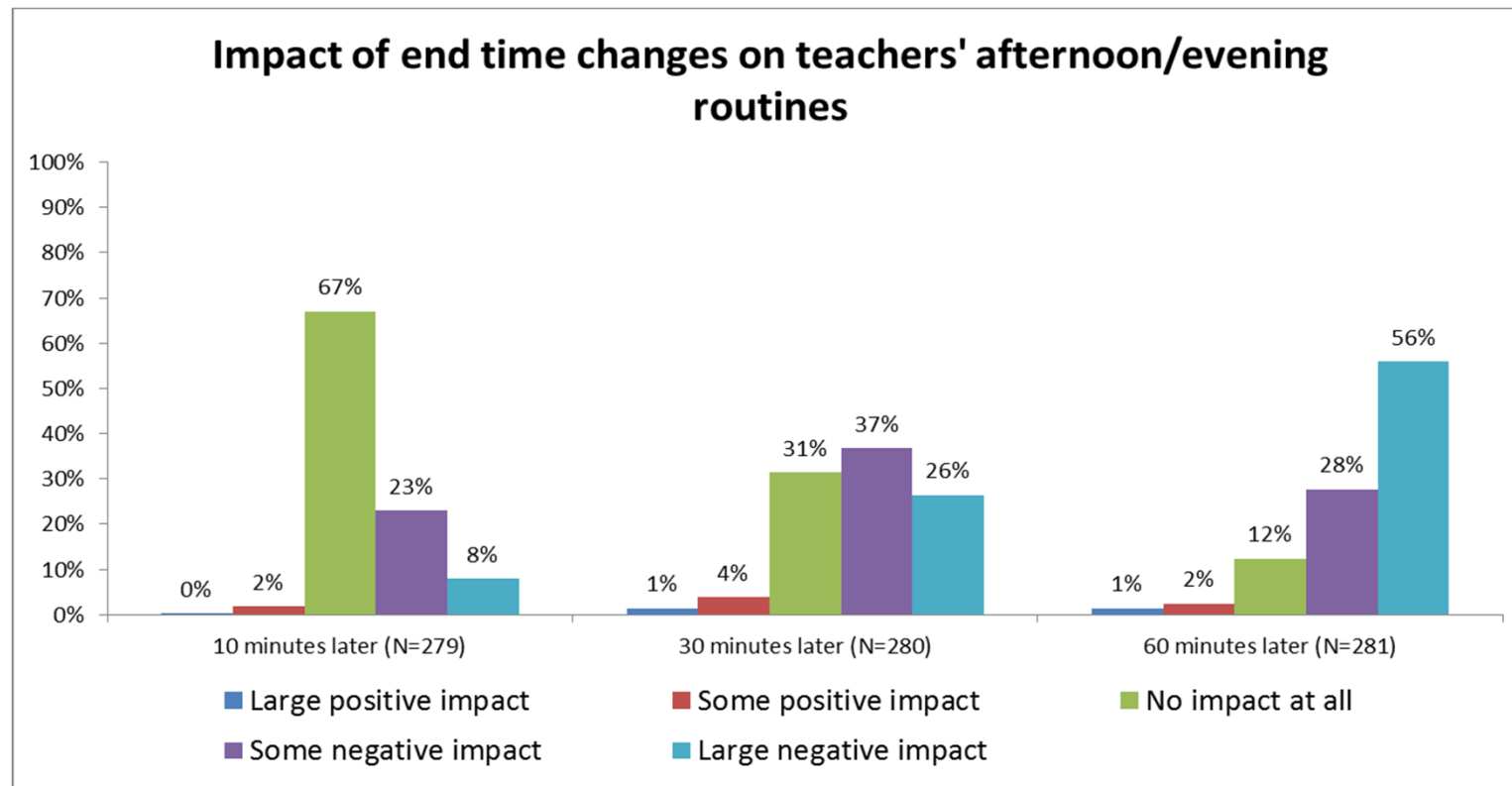
# Feedback from Teachers: Impact of potential changes on morning routines



- ▶ 10 minutes later has a negative impact on only 16% of participants
- ▶ A small change has no impact or a positive impact for 84% of teachers
  - ▶ For a 30 minute change – 63%
  - ▶ For a 60 minutes change – 48%



# Feedback from Teachers: Impact of potential changes on PM routines



- ▶ Ending 30 minutes later has negative impacts for most (63%) participants
- ▶ Ending 60 minutes later has negative impacts for most (84%) participants



### 3. Themes from community and stakeholder feedback (continued)

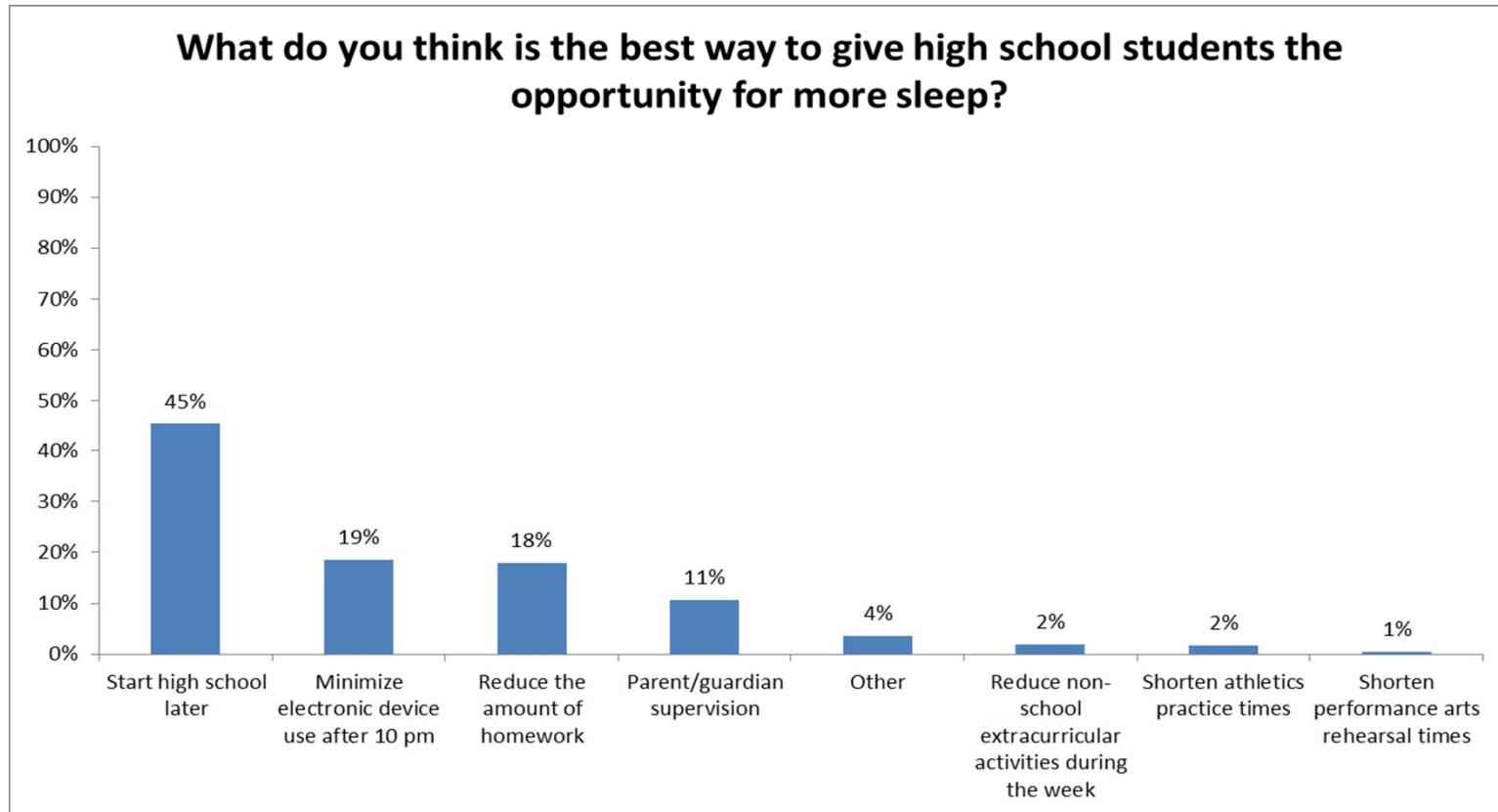
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- ▶ The majority of parents have at least some familiarity with both the issues related to insufficient sleep (96%) and the current discussions around start time (91%)
- ▶ Flexibility to change work schedules:
  - ▶ Approximately 10% of respondents said there is no flexibility
  - ▶ An additional 30% said changing work schedules would have some or a lot of difficulty
- ▶ Best way to give HS students the opportunity for more sleep:
  - ▶ Start high school later was identified as the best way by 45% of respondents
  - ▶ 19% chose minimize electronic use after 10 PM as the best way



# Feedback from Parents: Ways to give students the opportunity for more sleep

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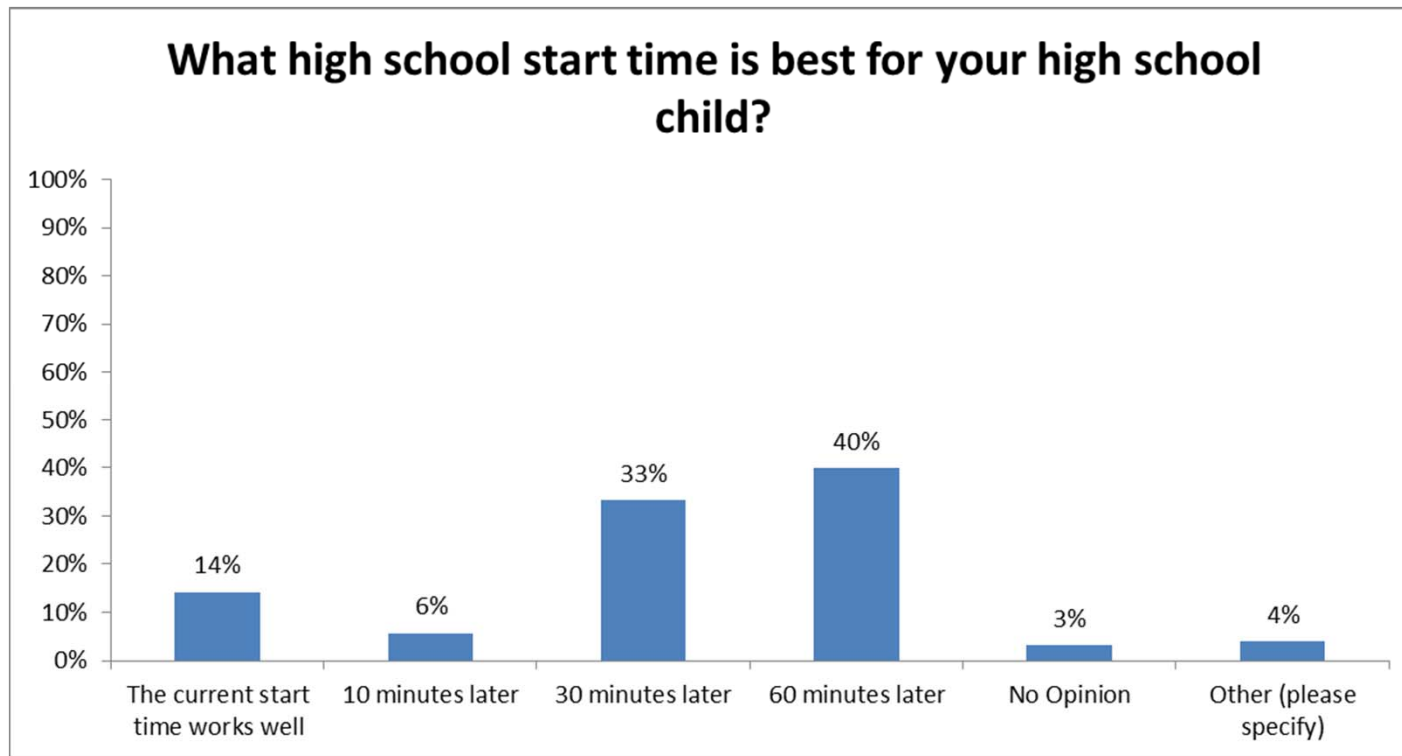


- ▶ Parents chose start high school later, followed by minimizing electronic use and reducing homework



# Feedback from Parents: Best start time for high-school aged children

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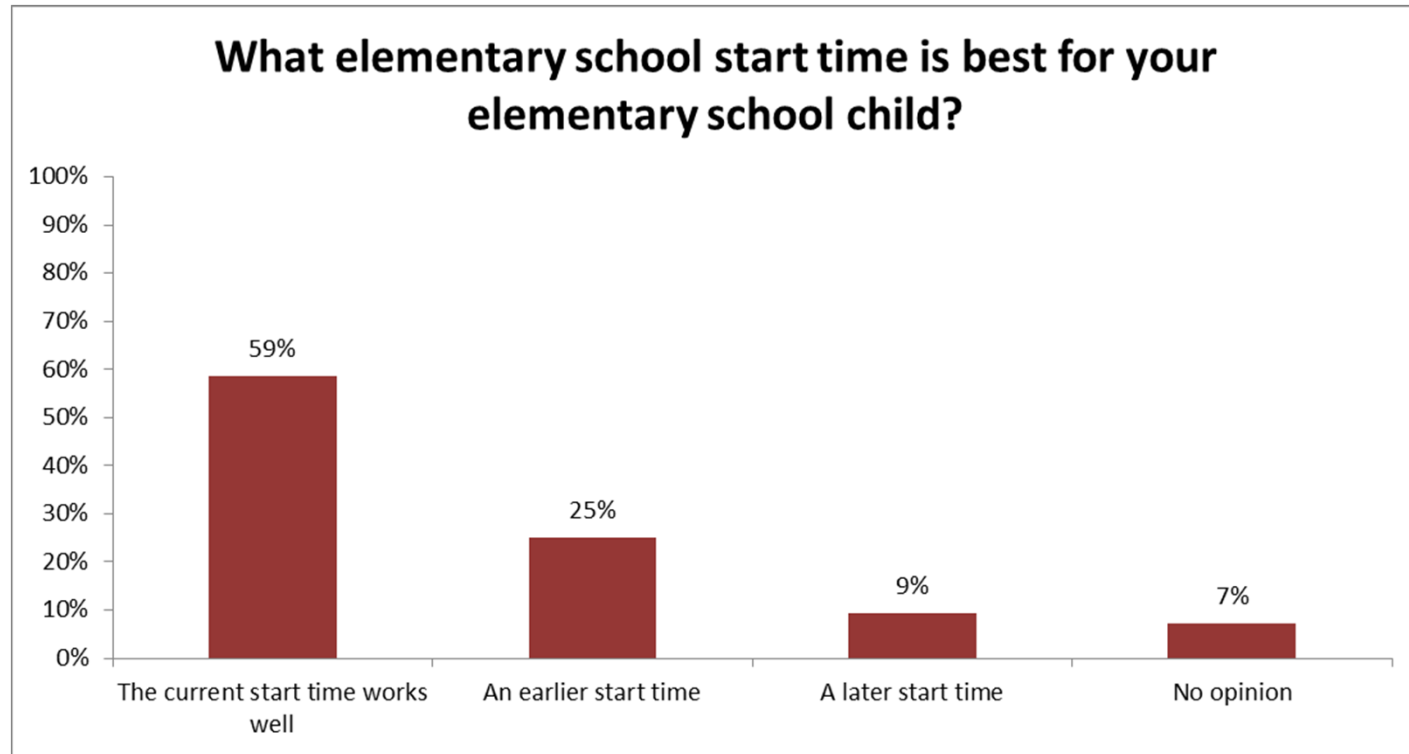


- ▶ Most parents chose 30 or 60 minutes later.



# Feedback from Parents: Best start time for elementary-school aged children

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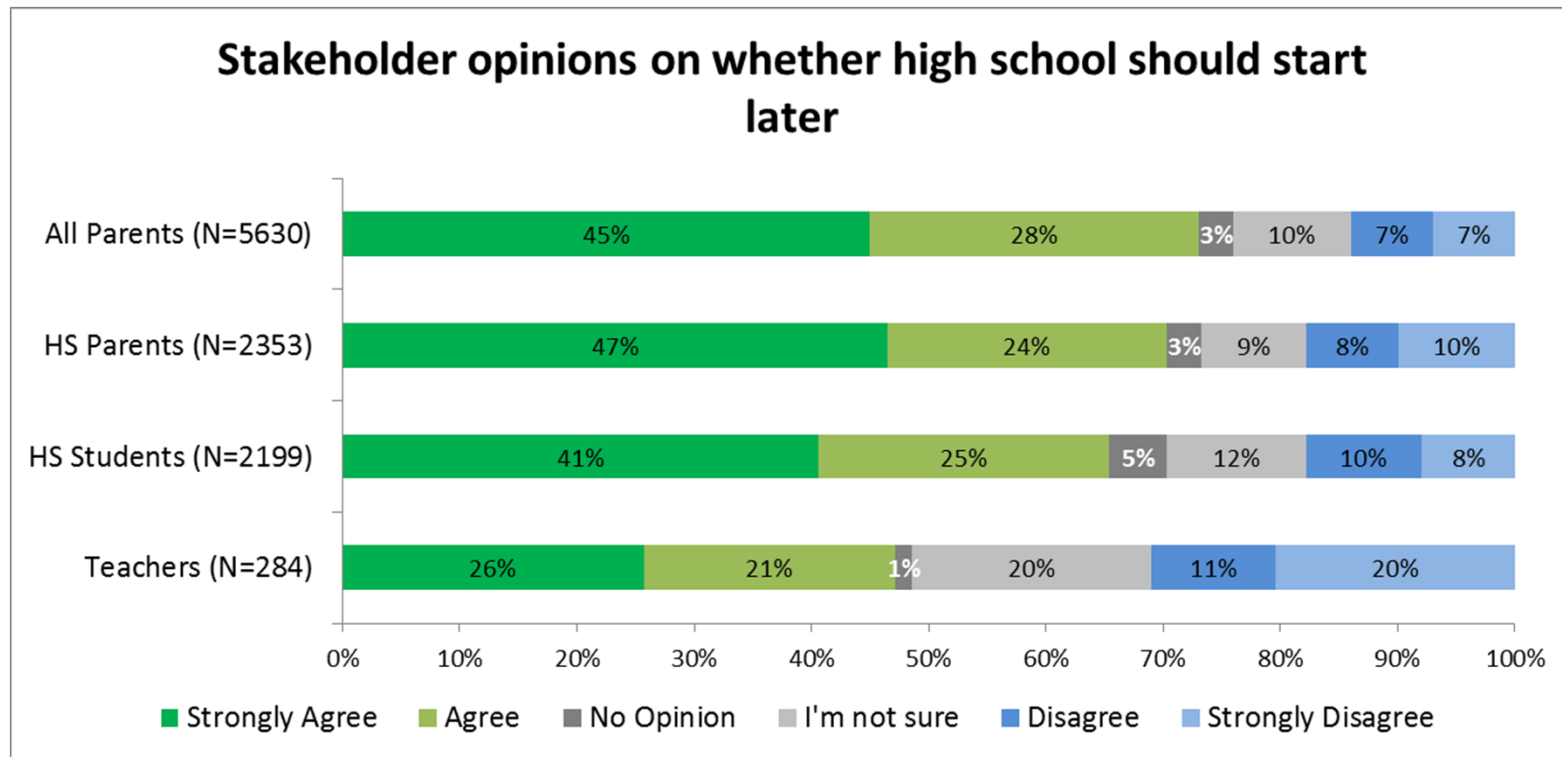


- ▶ Most parents believe the current start time works well.



### 3. Themes from community and stakeholder feedback (continued)

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- ▶ There is variation in opinions about whether or not high school should start later.



## 4. Guiding principles in developing scenarios

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- ▶ Achieve NET gains in SEL / Health / Wellness
- ▶ Increase the # of students able to sleep more starting at 11pm
- ▶ Impact students in an equitable manner
- ▶ Understand the financial and human resource allocations required



## Year-end Report to include:

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- ▶ **Compilation of information to support data-driven decision making**
- ▶ **Potential scenarios for change**
  - ▶ Different scenarios may be considered in combination
  - ▶ Benefits and necessary resources will be assessed
- ▶ **Guidance on how to continue in 2016-17**
  - ▶ Community forum on scenarios in October
  - ▶ Conclusion of working group analysis
  - ▶ Recommendation



## Information available on website:

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- ▶ District communication and approach
- ▶ Working group presentations
- ▶ F.A.Q.
- ▶ Data releases
- ▶ Links to health/wellness education materials
- ▶ Timeline and upcoming dates

<http://www.newton.k12.ma.us/laterstarttime>

