

Newton Public Schools

Information for parents, teachers and the
community on the potential for a later high
school start time in Newton

Fall 2016

Agenda

Superintendent's Welcome

Presentation

Why the district is considering changes and
what potential changes might look like

Clarifying questions

Submit yours on index cards

Feedback

Visit stations for six scenarios

Rationale

The Newton Public Schools and the Newton School Committee believe...

that there are real health benefits for adolescents when they achieve adequate sleep. It is possible that these health benefits can be realized with a later high school start time.

Rationale

Newton Public Schools and the Newton School Committee agree with the American Academy of Pediatrics statement...

"delaying school start times alone is less likely to have a significant effect without concomitant attention to other contributing and potentially remediable factors."

Key Values for Newton

Ensure
Equity

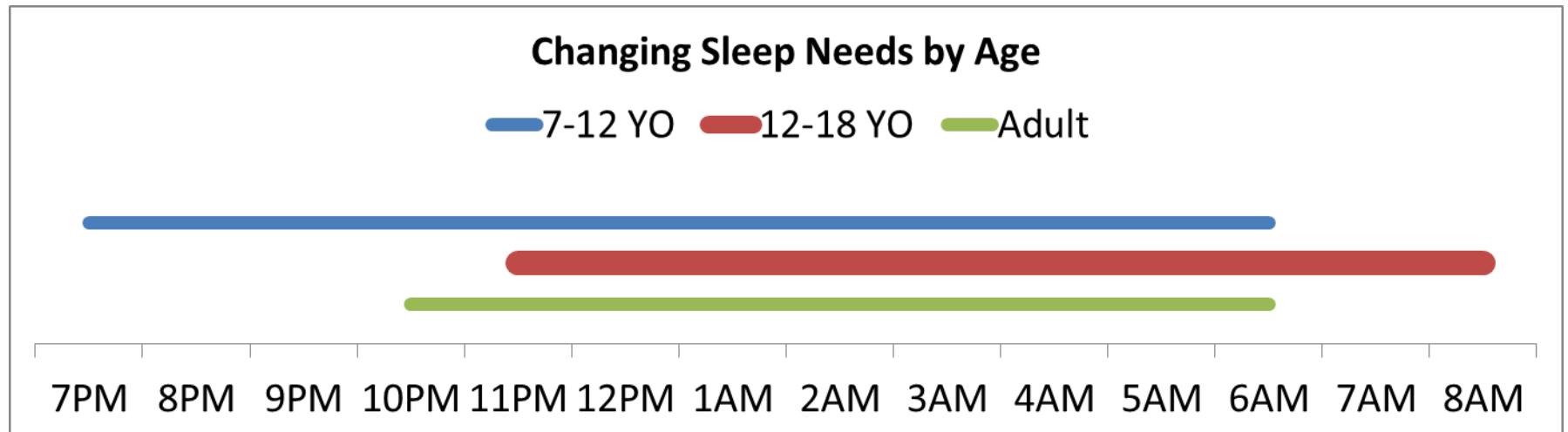
Improve
overall
health and
wellness

Allow more
students to
get more
sleep

Find
balanced
solutions

Research on Sleep

Sleep research shows adolescents have a biologically different sleep/wake pattern



Health Risks of Sleep Deficit

- Drug/alcohol use
- Depression
- Obesity
- Traffic accidents
- Sports-related injuries

Correlational Studies

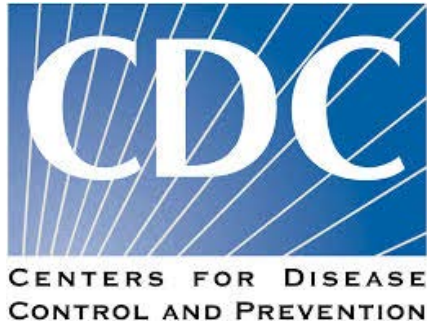
Pasch, K.E., Latimer, L.A., Cance, J.D. et al. J Youth Adolescence (2012) 41: 1184. doi:10.1007/s10964-012-9784-5
[Sleep](#). 2014 Feb 1;37(2):239-44. doi: 10.5665/sleep.3388.

Cappuccio FP, Taggart FM, Kandala NB, Currie A, Peile E, Stranges S, Miller MA. Meta-analysis of short sleep duration and obesity in children and adults. Sleep. 2008;31:619–26

Danner, F. and B. Phillips. “Adolescent Sleep, School Start Times, and Teen Motor Vehicle Crashes.” Journal of Clinical Sleep Medicine, December 2008. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2603528/>

[J Pediatr Orthop](#). 2014 Mar;34(2):129-33. doi: 10.1097/BPO.0000000000000151.

Support of Later Start Times



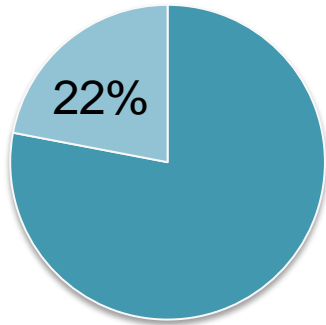
CDC, AMA, and AAP have issued studies and statements in support of later high school start times.

The Process So Far...

- 8,000 surveys analyzed
 - Research and information shared
 - Feedback solicited
 - End of year report issued
 - Scenarios developed
- *Initiated community engagement process*

Survey Key Finding #1

Newton students need additional sleep...

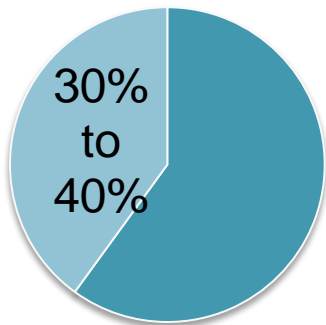


Only 22% with the opportunity for ≥ 8 hours of sleep

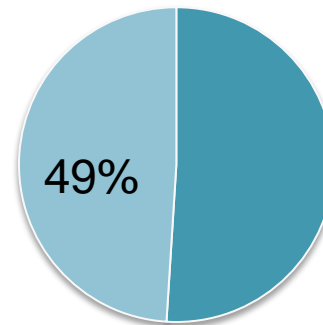
- Many teachers observe student behaviors that differ in first period including – sleepiness, tardiness, lack of participation

Survey Key Finding #2

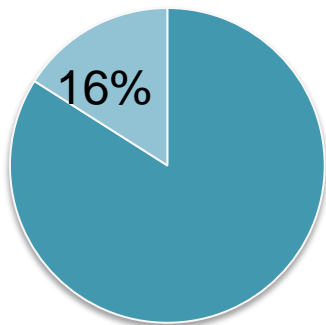
but they are busy in the afternoon with important activities



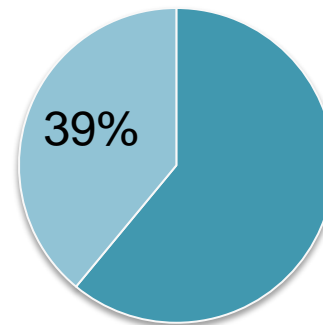
individual or
team sports



activities 3x
per week



care for siblings



work after
school

Survey Key Finding #3

**Most prefer scenarios that start school later
but keep sufficient time in afternoon**



61% of students concerned
about getting out later



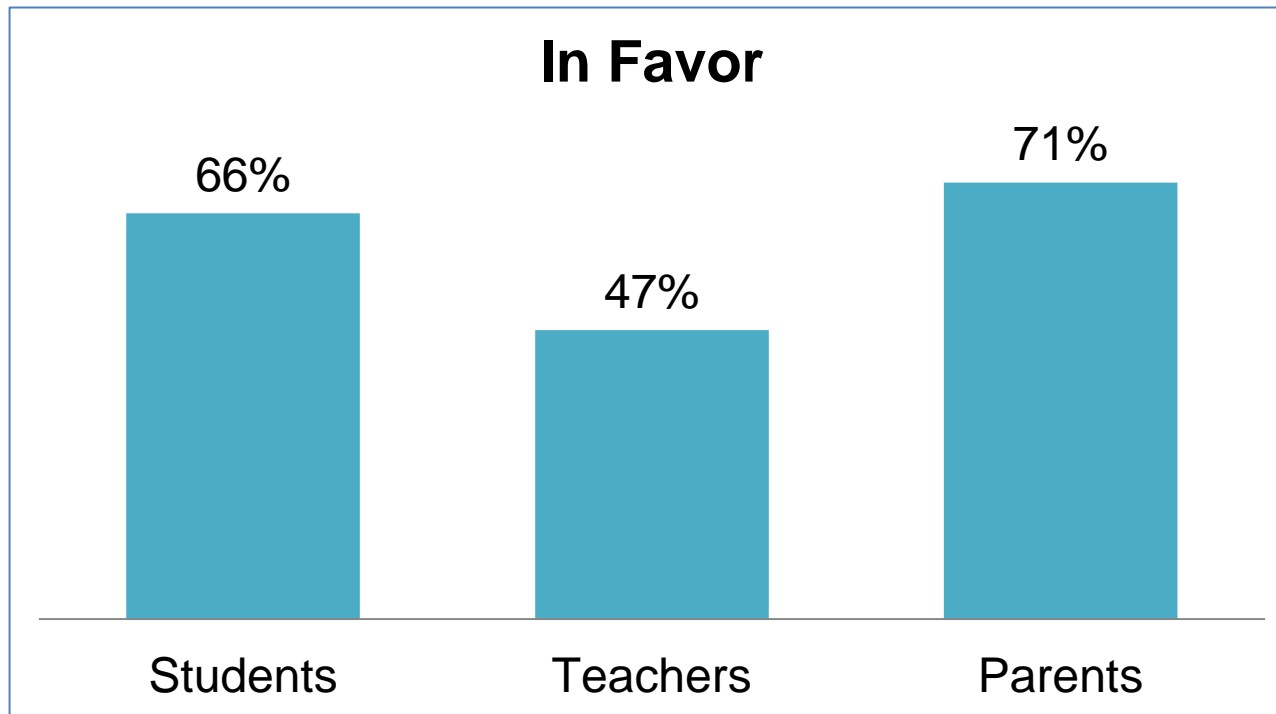
63% of teachers report large
negative impact to later end



37% of teachers concerned
about a later morning

Survey Key Finding #4

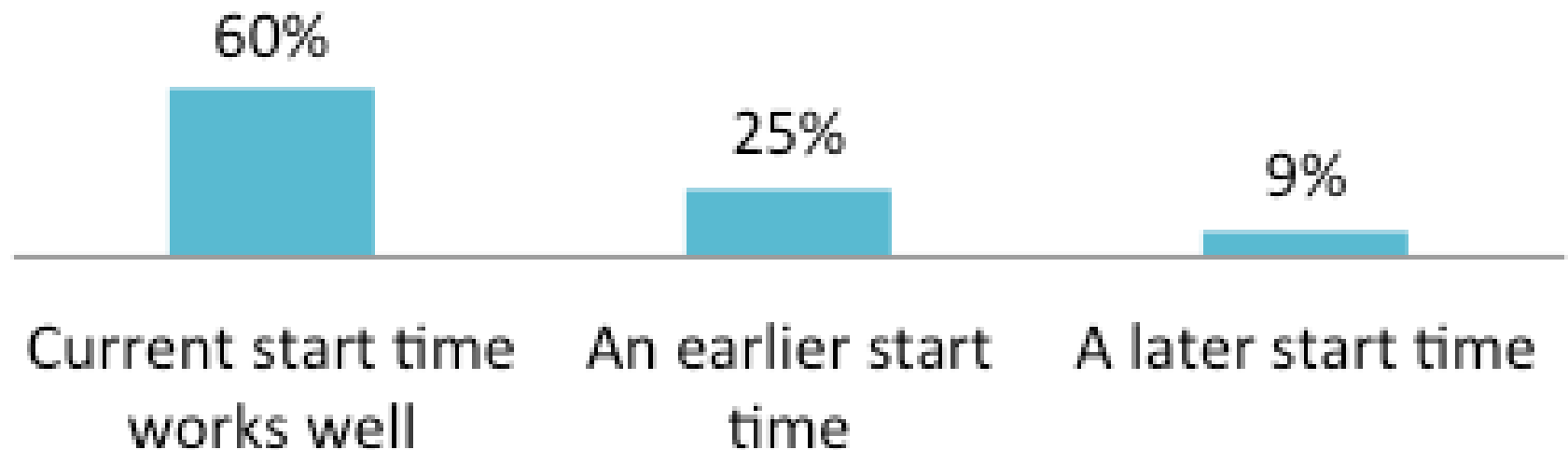
There is broad, but not universal, support for later high school start times



Survey Key Finding #5

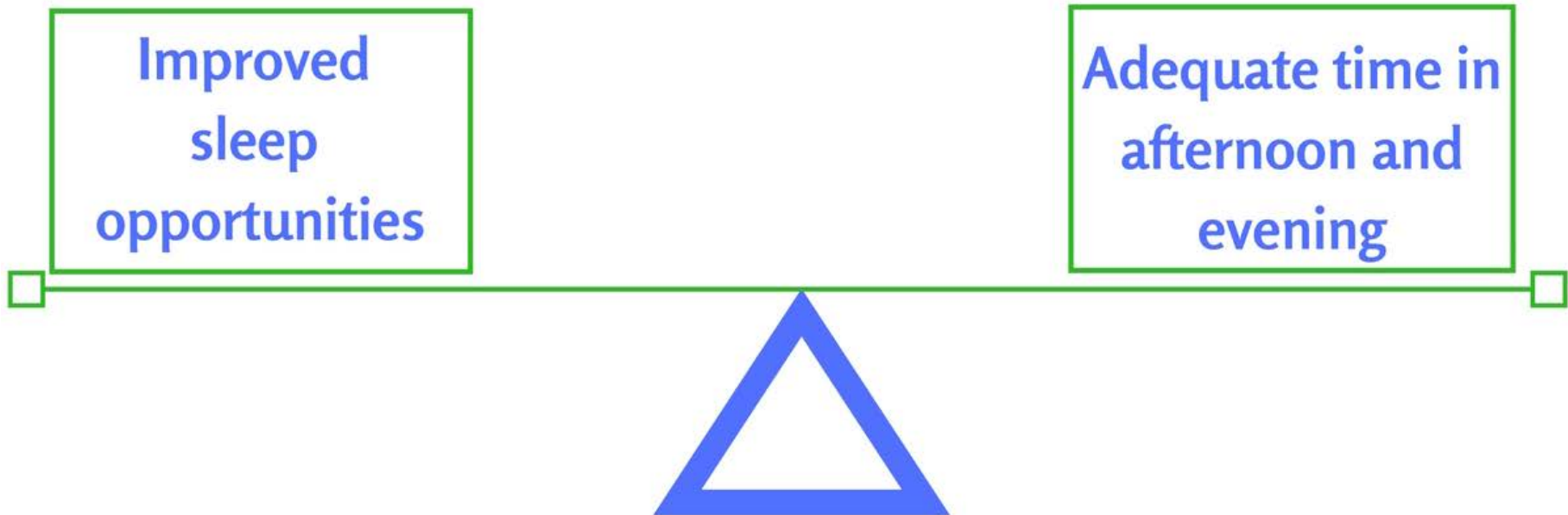
Yet concern for impact on other schools.

Preferred start times for K-5 families



Scenario Development Premise

The most beneficial scenarios for students balance improved opportunities for sleep with sufficient time in afternoon/evening



Potential Scenario Impacts

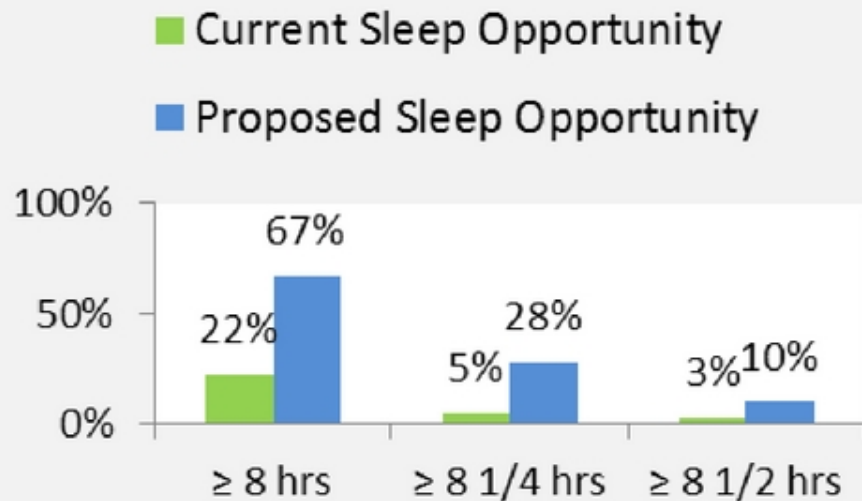
- Start and end times change at ALL schools
 - Earlier or later K-5 to start
 - Early bus pick-ups for K-5
- Schedule change at high school
 - Consistent end times
 - No end time later than 3:45 p.m.
- Before/after school care needs
- Additional days in the school year
 - > 180 days
- Costs (wide variance)

Shift all Schools 20 Minutes Later

Current

Potential

8:25 a.m. - 3:00 p.m.	Elementary	8:45 a.m. - 3:20 p.m.
8:00 a.m. - 2:30 p.m.	Oak Hill Middle	8:20 a.m. - 2:50 p.m.
8:05 a.m. - 2:35 p.m.	Day Middle	8:25 a.m. - 2:55 p.m.
8:15 a.m. - 2:45 p.m.	Bigelow Middle	8:35 a.m. - 3:05 p.m.
8:30 a.m. - 3:00 p.m.	Brown Middle	8:50 a.m. - 3:20 p.m.
7:40 a.m. - 3:20 (latest)	Newton South	8:00 a.m. - 3:15 p.m.
7:50 a.m. - 3:20 (latest)	Newton North	8:10 a.m. - 3:25 p.m.



Impact

- No additional bus costs
- Assumes that NPS implements consistent HS end times
- Before school care needs change
- Earliest feasibility: Sept. 2017

8:30 a.m. High School Start

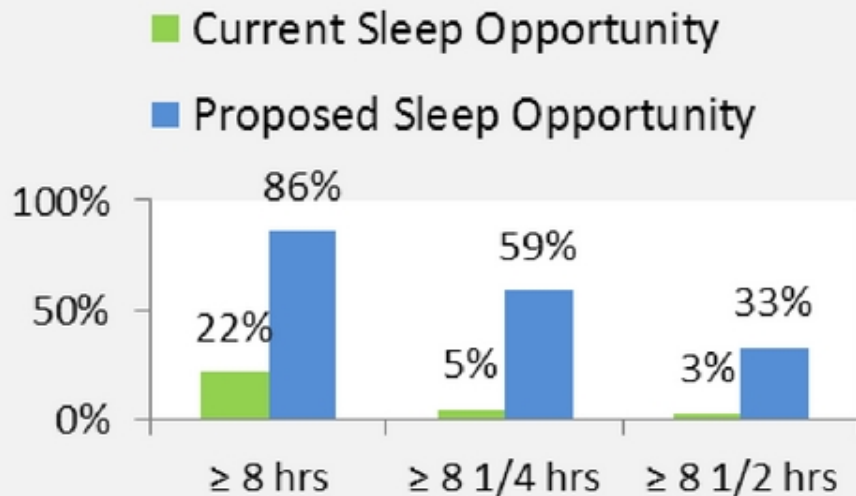
Current

8:25 a.m. - 3:00 p.m.
 8:00 a.m. - 2:30 p.m.
 8:05 a.m. - 2:35 p.m.
 8:15 a.m. - 2:45 p.m.
 8:30 a.m. - 3:00 p.m.
 7:40 a.m. - 3:20 (latest)
 7:50 a.m. - 3:20 (latest)



Potential

8:25 a.m. - 3:00 p.m.
 8:00 a.m. - 2:30 p.m.
 8:05 a.m. - 2:35 p.m.
 8:15 a.m. - 2:45 p.m.
 8:00 a.m. - 2:30 p.m.
 8:30 a.m. - 3:45 p.m.
 8:30 a.m. - 3:45 p.m.



Impact

- Required minimum bus cost increase: \$700k/yr
- Assumes that NPS implements consistent HS end times
- Earliest feasibility: Sept. 2017

Switch Elementary/High School Starts

Current

8:25 a.m. - 3:00 p.m.

8:00 a.m. - 2:30 p.m.

8:05 a.m. - 2:35 p.m.

8:15 a.m. - 2:45 p.m.

8:30 a.m. - 3:00 p.m.

7:40 a.m. - 3:20 (latest)

7:50 a.m. - 3:20 (latest)

Elementary

Oak Hill Middle

Day Middle

Bigelow Middle

Brown Middle

Newton South

Newton North

Potential

7:45 a.m. - 2:15 p.m.

8:00 a.m. - 2:30 p.m.

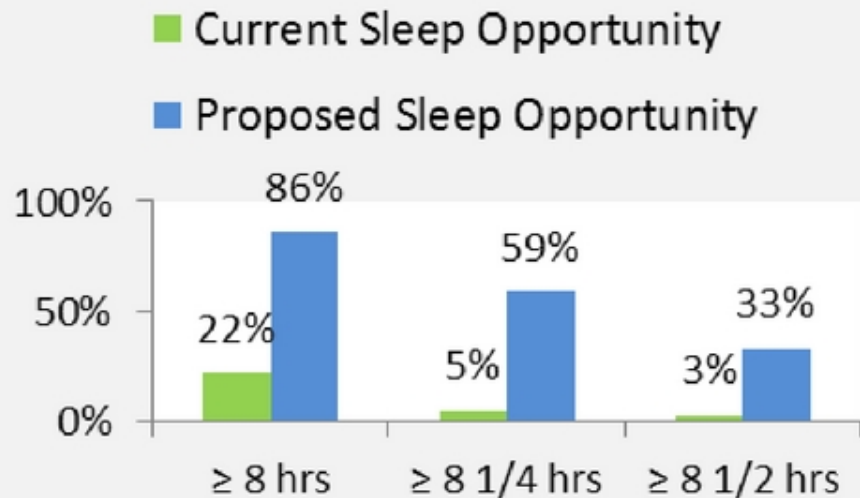
8:05 a.m. - 2:35 p.m.

8:15 a.m. - 2:45 p.m.

8:30 a.m. - 3:00 p.m.

8:30 a.m. - 3:45 p.m.

8:30 a.m. - 3:45 p.m.



Impact

- Required minimum bus cost increase: \$325k/yr
- Assumes that NPS implements consistent HS end times
- Early bus pick up for K-5
- After/before school care needs change
- Earliest feasibility: Sept. 2017

Switch Elementary/High School Starts & Shift

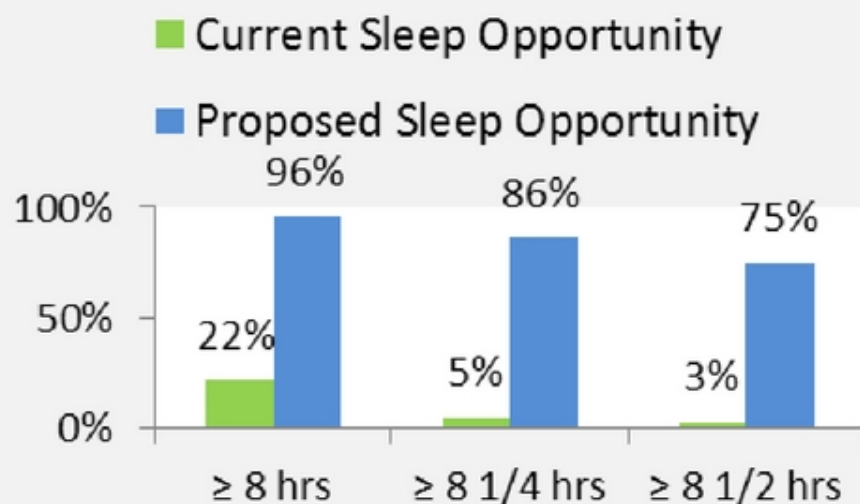
Current

8:25 a.m. - 3:00 p.m.
 8:00 a.m. - 2:30 p.m.
 8:05 a.m. - 2:35 p.m.
 8:15 a.m. - 2:45 p.m.
 8:30 a.m. - 3:00 p.m.
 7:40 a.m. - 3:20 (latest)
 7:50 a.m. - 3:20 (latest)



Potential

8:05 a.m. - 2:35 p.m.
 8:20 a.m. - 2:50 p.m.
 8:25 a.m. - 2:55 p.m.
 8:35 a.m. - 3:05 p.m.
 8:50 a.m. - 3:20 p.m.
 8:50 a.m. - 4:05 p.m.
 8:50 a.m. - 4:05 p.m.



Impact

- Required minimum bus cost increase: \$325k/yr
- Assumes that NPS implements consistent HS end times
- 4:05 HS end time NOT recommended
- **solution: add days to school year**
- Early bus pick up for K-5
- After/before school care needs change
- Earliest feasibility: Sept. 2018

9:00 a.m. High School Start

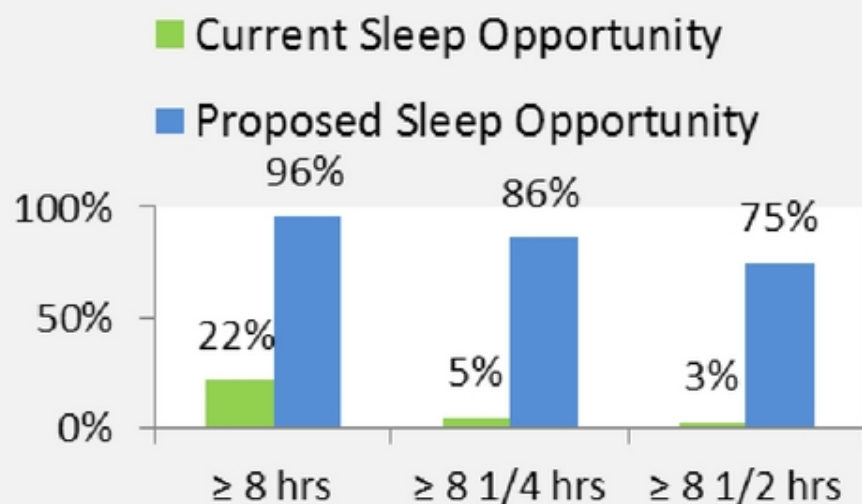
Current

8:25 a.m. - 3:00 p.m.
 8:00 a.m. - 2:30 p.m.
 8:05 a.m. - 2:35 p.m.
 8:15 a.m. - 2:45 p.m.
 8:30 a.m. - 3:00 p.m.
 7:40 a.m. - 3:20 (latest)
 7:50 a.m. - 3:20 (latest)



Potential

8:25 a.m. - 3:00 p.m.
 8:00 a.m. - 2:30 p.m.
 8:05 a.m. - 2:35 p.m.
 8:15 a.m. - 2:45 p.m.
 8:30 a.m. - 3:00 p.m.
 9:00 a.m. - 4:15 p.m.
 9:00 a.m. - 4:15 p.m.



Impact

- No additional bus cost
- Potential for increased staff costs
- Assumes that NPS implements consistent HS end times
- 4:15 HS end time NOT recommended
- **solution: add days to school year**
- Earliest feasibility: Sept. 2018

8:00 a.m. High School Start

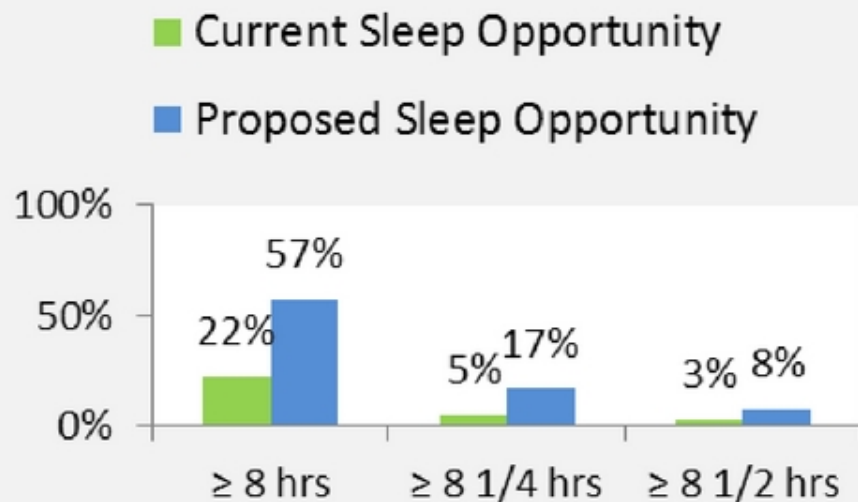
Current

8:25 a.m. - 3:00 p.m.
8:00 a.m. - 2:30 p.m.
8:05 a.m. - 2:35 p.m.
8:15 a.m. - 2:45 p.m.
8:30 a.m. - 3:00 p.m.
7:40 a.m. - 3:20 (latest)
7:50 a.m. - 3:20 (latest)



Potential







8:25 a.m. - 3:00 p.m.
8:00 a.m. - 2:30 p.m.
8:05 a.m. - 2:35 p.m.
8:15 a.m. - 2:45 p.m.
8:30 a.m. - 3:00 p.m.
8:00 a.m. - 3:40 (latest)
8:00 a.m. - 3:30 (latest)



Impact

- Required minimum bus cost increase: \$570k/yr
- Earliest feasibility: Sept. 2017

Quick Comparison of Benefits and Impacts

SCENARIO		Sleep Benefits	OTHER IMPACTS						Earliest Timing
			FY17 Cost	HS Schedule	Afternoon Activities	Yearly Schedule	K-5	6-8	
A	SHIFT ALL		—	●	●	—	●	●	2017
B	8:30 HS START		● ● ●	●	● ● ●	—	—	●	2017
C	SWITCH HS & K5		●	●	●	—	● ● ●	—	2017
A & C	SWITCH & SHIFT		●	●	●	● ● ●	● ● ●	●	2018
D	HS starts at 9:00		—	●	● ● ●	● ● ●	—	—	2018
E	HS starts at 8:00		● ●	●	●	—	—	—	2017

Low ● Moderate ●● or High ●●● Impact

Visit www.newton.k12.ma.us to download the full report from the
Newton Public Schools High School Working Group

Next Steps

Feedback Phase - This Fall

Collect and Synthesize Feedback

November 14, 2016

Update to School Committee

January 2017 School Committee Meetings

Discussion and narrowing of options

February 13, 2017

Discussion and possible vote

Options for Feedback

- 1) Give feedback now
- 2) Use the soon-to-be sent link
- 3) Email: laterstart@newton.k12.ma.us

All of this information is available at:
www.newton.k12.ma.us/laterstarttime