

High School Start Time Working Group **Year End Report Overview**

Newton Public Schools
Newton, Massachusetts

June 20, 2016

The Report

- ▶ **Comprehensive resource**
 - ▶ Links to previously released material
 - ▶ Links to full survey results (all answer frequencies)
 - ▶ Newly released parent survey results
- ▶ **Tool for making future decisions**
- ▶ **Guide for mapping out potential future actions**
- ▶ **Does not make recommendation**



Central Finding

- ▶ Starting later in the morning has less negative impact than finishing later in the afternoon
- Preferred types of scenarios would maximize change in the morning and minimize change in the afternoon



Newton's Context

- ▶ Large geography (18.2 square miles)
- ▶ 43% of high school students live > 2 miles
- ▶ 23% of high school students ride buses
- ▶ 19 buses serve the high schools
- ▶ Grade levels have similar start/end times to facilitate professional development
- ▶ 990 instructional hours in a minimum of 180 days



Key Values

- ▶ Ensure equity
- ▶ Improve overall health and wellness
- ▶ Allow more students to get more sleep, at developmentally appropriate times
- ▶ Find solutions that are balanced



Overview of Scenarios A, B, C, D, E

- ▶ 5 Scenarios with different impacts, benefits and costs for a range of start times between 8:00 – 9:00 a.m.
- ▶ Plus additional versions that combine with schedule changes to achieve earlier end times



Schedule Changes

- ▶ Complement start time changes
- ▶ For any given start time, afternoon release times can be earlier
- ▶ Do not improve sleep opportunities by themselves



Schedule Changes: Even End Time

Newton North High School				
Monday	Tuesday	Wednesday	Thursday	Friday
A1 7:50- 8:45	B1 7:50- 8:45	A2 7:50- 9:05	A3 7:50- 8:45	A4 7:50 - 8:45
	HR 8:50 - 9:00		HR 8:50 - 9:00	
C1 8:50- 9:45	C2 9:05- 10:20	HR 9:10 - 9:20 B2 9:25- 10:20	B3 9:05- 10:20	B4 8:50 - 9:45
D1 9:50- 10:45				C4 9:50 - 10:45
	D2 10:25- 11:20	D3 10:25-11:20	C3 10:25- 11:20	
G1 10:50-12:20				E4 10:50- 12:20
	G2 11:25- 1:15	E2 11:25- 12:55	D4 11:25- 1:15	
L1 10:50- 11:20 L2 11:25- 11:50 L3 11:50- 12:20				L1 10:50- 11:20 L2 11:25- 11:50 L3 11:50- 12:20
F1 12:25- 1:20	L1 11:25- 11:55 L2 12:05- 12:30 L3 12:45- 1:15	L1 11:25- 11:55 L2 12:00- 12:25 L3 12:25- 12:55	L1 11:25- 11:55 L2 12:05- 12:30 L3 12:45- 1:15	G4 12:25 - 1:20
E1 1:25- 2:20	F2 1:20- 2:35	F3 1:00- 1:55	E3 1:20- 2:35	F4 1:25 - 2:20
		G3 2:00- 2:55		
X1 2:25- 3:20				
	2:40- 4:00 FACULTY MEETINGS		X2 2:40 - 3:20	

Results in
Earlier End Time

Schedule Changes: Longer Year

- ▶ Start school year earlier (before Labor Day)
- ▶ End school year later
- ▶ Modify vacation schedules
- ▶ Limit closure days to federal holidays
 - Results in slightly shorter school days



Scenario A:

Shift All Schools 20 Minutes

Scenario A	
North Start and End Times	8:10 AM to 2:40 - 3:40 PM
South Start and End Times	8:00 AM to 2:15 - 3:40 PM
Students with opportunity for ≥ 8 hours of sleep	67%
Potential Cost	\$0
Scenario A.1: Even end times	
North Start and End Times	8:10 AM to 3:25 PM
South Start and End Times	8:00 AM to 3:15 PM

- ▶ Elementary Schools start at 8:50 AM
- ▶ Middle Schools start between 8:20 AM and 8:50 AM

Scenario B:

HS at 8:30 a.m., Brown at 8:00 a.m.

Scenario B	
North Start and End Times	8:30 AM to 3:15 - 4:00 PM
South Start and End Times	8:30 AM to 2:45 - 4:10 PM
Students with opportunity for ≥ 8 hours of sleep	86%
Potential Cost	\$649,440 - \$844,272 plus \$42,845 - \$85,690 (B.1, B.2)
Scenario B.1: Even end times	
North Start and End Times	8:30 AM to 3:45 PM
South Start and End Times	8:30 AM to 3:45 PM
Scenario B.2: Add 5 days	
North Start and End Times	8:30 AM to 3:35 PM
South Start and End Times	8:30 AM to 3:35 PM

▶ No other schools change

Scenario C:

Switch High School and Elementary start times

Scenario C	
North Start and End Times	8:30 AM to 3:00 - 4:00 PM
South Start and End Times	8:30 AM to 2:45 - 4:10 PM
Students with opportunity for ≥ 8 hours of sleep	86% - 96%
Potential Cost	\$324,720 - \$422,136 plus \$42,845 - \$85,690 (C.1+ A+)
Scenario C.1: even end times	
North Start and End Times	8:30 AM to 3:45 PM
South Start and End Times	8:30 AM to 3:45 PM

- ▶ Elementary School starts at 7:45 AM

Scenario C:

(CONTINUED)

Switch High School and Elementary start times
....then shift all schools 20 minutes

Scenario C.1 + A	
North Start and End Times	8:50 AM to 4:05 PM
South Start and End Times	8:50 AM to 4:05 PM
Scenario C.1 + A + add 5 days	
North Start and End Times	8:50 AM to 3:55 PM
South Start and End Times	8:50 AM to 3:55 PM
Scenario C.1 + A + add 10 days	
North Start and End Times	8:50 AM to 3:45 PM
South Start and End Times	8:50 AM to 3:45 PM

- ▶ Elementary School starts at 8:05 AM

Scenario D:

Start High School at 9:00 a.m.

Scenario D	
Students with opportunity for ≥ 8 hours of sleep	98%
Potential Cost	\$0 plus \$42,845 - \$85,690 (D.1)
Scenario D.1 (even end times) + 5 days	
North Start and End Times	9:00 AM to 4:05 PM
South Start and End Times	9:00 AM to 4:05 PM
Scenario D.1 (even end times) + 10 days	
North Start and End Times	9:00 AM to 3:55 PM
South Start and End Times	9:00 AM to 3:55 PM

▶ No changes to other schools



Scenario E:

Start High School at 8:00 a.m.

Scenario E	
Students with opportunity for ≥ 8 hours of sleep	57%
Potential Cost	\$568,260 - \$738,738
North Start and End Times	8:00 AM to 2:30 - 3:30 PM
South Start and End Times	8:00 AM to 2:15 - 3:40 PM

- ▶ Similar to start times in Scenario A but there are no changes to times at other schools
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What is next?

HIGH SCHOOL START TIME WORKING GROUP TIMELINE

	2016-17												2017-18												2018-19					
	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Feedback & Community Engagement				★																										
Discussion of Preferred Options																														
Operational Planning / Budget Impacts																														
School Committee Update						★		★																						
FY18 Budget Process										★													★							
Implementation planning																														
Potential change																														

Questions / Discussion

Scenario	Student with sleep opportunity for ≥ 8 hours	Description	\$ Cost Ranking (High to Low)
A A.1	67%	Start All Schools 20 minutes	#5
B B.1 B.2	86%	HS starts at 8:30, Brown starts at 8:00	# 1
C C.1 C.1 + A C.1 + A +	86% 96%	Switch HS and ES start times ... Then shift all schools by 20 minutes	#3
D D.1	98%	High School starts at 9:00	#4
E	57%	High School starts at 8:00	#2

