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
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*
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: 30% to 40%
- Activities 3x per week: 49%
- Work after school: 39%
- Care for siblings: 16%
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.

- Students: 66% in favor
- Teachers: 47% in favor
- Parents: 71% in favor
Survey Key Finding #5

Yet concern for impact on other schools.

Preferred start times for K-5 families:
- 60%: Current start time works well
- 25%: An earlier start time
- 9%: A later start time
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

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

Potential

- 8:45 a.m. - 3:20 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.
- 8:00 a.m. - 3:15 p.m.
- 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

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**
- Elementary
- Oak Hill Middle
- Day Middle
- Bigelow Middle
- Brown Middle
- Newton South
- Newton North

**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)

## Potential
- Elementary: 7:45 a.m. - 2:15 p.m.
- Oak Hill Middle: 8:00 a.m. - 2:30 p.m.
- Day Middle: 8:05 a.m. - 2:35 p.m.
- Bigelow Middle: 8:15 a.m. - 2:45 p.m.
- Brown Middle: 8:30 a.m. - 3:00 p.m.
- Newton South: 8:30 a.m. - 3:45 p.m.
- Newton North: 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

### Sleep Opportunity

- **Current Sleep Opportunity**
  - ≥ 8 hrs: 22%
  - ≥ 8 1/4 hrs: 5%
  - ≥ 8 1/2 hrs: 3%

- **Proposed Sleep Opportunity**
  - 86%
Switch Elementary/High School Starts & Shift

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**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**

- Elementary
- Oak Hill Middle
- Day Middle
- Bigelow Middle
- Brown Middle
- Newton South
- Newton North
- 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.
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- 8:00 a.m. - 3:30 (latest)

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**Impact**
- Required minimum bus cost increase: $570k/yr
- Earliest feasibility: Sept. 2017
### Quick Comparison of Benefits and Impacts

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<thead>
<tr>
<th>SCENARIO</th>
<th>Sleep Benefits</th>
<th>OTHER IMPACTS</th>
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<tbody>
<tr>
<td></td>
<td></td>
<td>FY17 Cost</td>
</tr>
<tr>
<td>A</td>
<td>SHIFT ALL</td>
<td></td>
</tr>
<tr>
<td>B</td>
<td>8:30 HS START</td>
<td>● ● ● ● ●</td>
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<tr>
<td>C</td>
<td>SWITCH HS &amp; K5</td>
<td>● ● ● ● ●</td>
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<tr>
<td>A &amp; C</td>
<td>SWITCH &amp; SHIFT</td>
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<tr>
<td>D</td>
<td>HS starts at 9:00</td>
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</tr>
<tr>
<td>E</td>
<td>HS starts at 8:00</td>
<td>● ● ● ● ●</td>
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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