



SCHOOL CALENDAR & SCHOOL HOURS

School Board Meeting

October 17, 2018

SCHOOL CALENDAR DRAFTS

2019-20 & 2020-21 School Years

2019-20 CALENDAR DRAFT

NOTES

- First student week is a partial week
- Students start in August.
- HS Final Exams are during a busy athletic competition week.
- Slight imbalance of semesters.
- Eliminates “cushion” for make up days prior to Memorial Day.
- Added a provision regarding February make up day.

2020-21 CALENDAR DRAFT

NOTES

- First student week is a partial week
- Students start in July
- HS Final Exams are during a busy athletic competition week.
- Slight imbalance of semesters (same as 19-20 Draft).
- Maintains a “cushion” for make up days prior to Memorial Day.
- Added a provision regarding February make up day.

BOARD DISCUSSION



SCHOOL HOURS

Continued Review for Aug. 2019 Implementation

SUMMARY OF SCHOOL HOURS REVIEW TO DATE:

- **School Board Meetings:**
 - 2016: Aug. 8, Nov. 16
 - 2017: Sept. 27
 - 2018: June 15, July 25, Aug 8, Aug 22, Sept. 12
- **Routing Consultant Engagement** (June 2018 to Present)
- **Stakeholder Feedback Opportunities** and Presentations on School Hours:
 - Fall 2017, Spring 2018, Summer 2018, Fall 2018
 - Student Feedback, Parent Council Network, PTO, Teacher Feedback and Community Surveys
- **Calendar Analysis** of Marion County & Surrounding School Districts: Spring - Fall 2018
- **Administrative Research & Review** (Transportation Dept., Supt. Cabinet & Teaching/Learning Division) 2016-Present

GUIDING PRINCIPLES FOR SCHOOL HOURS REVIEW

- 1. Maintain a 3 Tier Bus System** – Moving to a 2 tier busing system would have a multi million dollar impact with ongoing costs that simply are not in the budget including additional busses (approx. 40-45) , bus drivers, maintenance and fuel
- 2. Time between Tiers must allow for consistent on-time transportation**
- 3. Alignment with Current Research** – Secondary schools (middle & high school) would fall in the 2nd and 3rd arrival tiers
- 4. Desired Start/End Times** (based on feedback)
 - 7:25-7:30 AM Earliest Desired Start Time For Tier 1 Arrival
 - 4:20-4:25PM Latest Desired End Time For Tier 3 Dismissal

SUMMARY OF SECONDARY RESEARCH

SHARED ON SEPTEMBER 26, 2018

- More than 4 in 5 ([82.3%](#)) of U.S. middle, high, and combined public schools require students to attend class at times earlier than recommended by the American Academy of Pediatrics, Centers for Disease Control and Prevention, and American Medical Association. ([Wheaton, CDC, August 7, 2015](#))
- A major, multi-state study conducted by researchers at the University of Minnesota and the U.S. Centers for Disease Control and Prevention linked later high school start times to significant decreases in teen substance abuse, depression, and consumption of caffeinated drinks.
- When schools have delayed the start of the school day, communities have seen reduced tardiness, sleeping in class, and car crash rates, as well as improved attendance, graduation rates, and standardized test scores
- More than half of licensed teens (56%) admit to having driven when feeling too tired to drive their best, and nearly one in 10 teens report that they have completely fallen asleep at the wheel. ([SADD and Liberty Mutual Study, 2016](#))
- 20-30% of high school students and 6% of middle school students fall asleep in school each day.
- Shifts in the sleep-wake cycle at puberty mean that most adolescents get their best sleep between 11 p.m. and 8 a.m.

SUMMARY OF SECONDARY RESEARCH

SHARED ON SEPTEMBER 26, 2018

- According to recent studies, only 32% of American teenagers reported getting at least eight hours of sleep on an average school night.
- The American Academy of Pediatrics recommends that teenagers between 14 and 17 years of age should get 8.5 to 9.5 hours of sleep per night to achieve optimal health and learning.
- Studies have also shown that adolescence is accompanied by a biological delay or shift in circadian rhythm, contributing to later bedtimes and wake times among teens.
- Research has shown later start times improve students' alertness, deportment, grades, and attendance.
- *Journal of Youth Studies* – “Larks” and “Owls” – As students age toward adolescence, they become the “owl.” – Adolescents tend to perform better in class (and this study suggests on assessments) when they receive more sleep in the AM hours.
- A report published by The Brookings Institution associated a significant increase in test scores with later middle and high school start times, with benefits roughly twice as great in disadvantaged students
- Sleep-deprived teens participate in more violent and property crime than other teens.
- A National Sleep Foundation poll found 59 percent of 6th through 8th graders and 87 percent of U.S. high school students were getting less than recommended hours of sleep on school nights.

SUMMARY OF ELEMENTARY RESEARCH

SHARED ON SEPTEMBER 26, 2018

- Limited research available on elementary – many have simply switched due to the strong evidence regarding adolescent students.
- A study referred to in the publication *Sleep Health* associated earlier times with poorer educational and behavioral outcomes.
- National Sleep Foundation believes earlier times make sense for the younger students because they wake up earlier, but this Foundation also believes that we still should ensure our students are able to get 10-11 hours of sleep.
- It was mentioned in multiple articles that the earlier start times are better for elementary students, so they are not at home watching TV for multiple hours in the morning prior to school.
- Earlier start times give more time for homework, play, and additional academic help (if it works in the students' and schools' schedules).

SUMMARY OF ELEMENTARY RESEARCH

SHARED ON SEPTEMBER 26, 2018

Effect on elementary students if bus routes are flipped

Younger children are biologically wired to wake up earlier, and have more energy for learning in the early part of the day. In fact, core curriculum classes like math and reading are most often held during the first part of the day for this reason. Teachers in schools, where elementary age students arrive earlier, after start times are adjusted, report a more ideal paced morning. They have more time to teach before scheduled lunch time activities. Younger children, like adults have more malleable sleep schedules. Teenagers on the other hand, have less flexibility due to a biologic delay in their sleep rhythm, causing them to sleep best between the hours of 10:45 pm to 8 am.

<https://www.mnsleep.net/school-start-time-toolkit/what-parents-can-do/support-schools-in-their-efforts-to-adjust-times/>

ADDITIONAL RESEARCH

Study shows less sleep associated with risky behavior in teens.

"Fewer hours of sleep on an average school night [is] associated with increased odds of all selected unsafe behaviors," the authors wrote, including risk-taking while driving, such as drunken driving, potentially unsafe sexual activity, aggressive behavior and use of alcohol, tobacco and other drugs.

<https://edition.cnn.com/2018/10/01/health/sleep-risky-behavior-teens-study/index.html>

SCHOOL HOURS DRAFT

Continued Review for Aug. 2019 Implementation

HOURS DRAFT (POTENTIAL HOURS) (ES, HS, MS)

OPTION 2 AM									
TIER 1 - ES				TIER 2 - HS				TIER 3 - MS	
ARRIVE	BELL	DEPART	WINDOW	ARRIVE	BELL	DEPART	WINDOW	ARRIVE	BELL
7:15	7:30	7:25	45 min	8:10	8:20	8:15	55 min	9:10	9:20

OPTION 2 PM									
TIER 1 - ES				TIER 2 - HS				TIER 3 - MS	
ARRIVE	BELL	DEPART	WINDOW	ARRIVE	BELL	DEPART	WINDOW	ARRIVE	BELL
2:20	2:20	2:30	0:55	3:25	3:25	3:35	0:45	4:20	4:20
						3:45	0:35		4:30

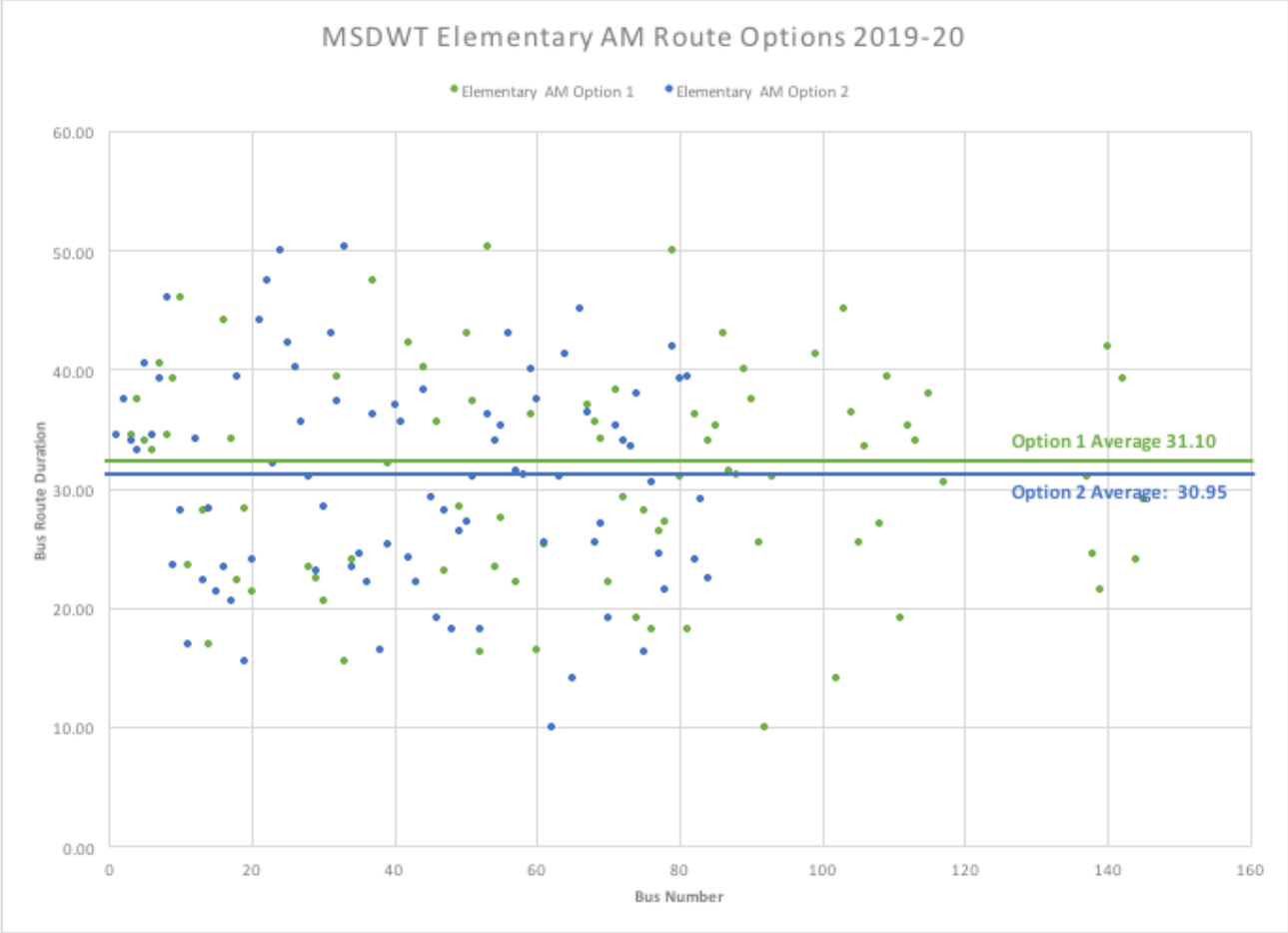
2019-20 BELL TIMES - OPTION 2			
SCHOOL	AM	PM	LENGTH
ES	7:30	2:20	6:50
HS	8:20	3:25	7:05
MS	9:20	4:20	7:00

ESTIMATED ELEMENTARY AM ROUTE TIMES

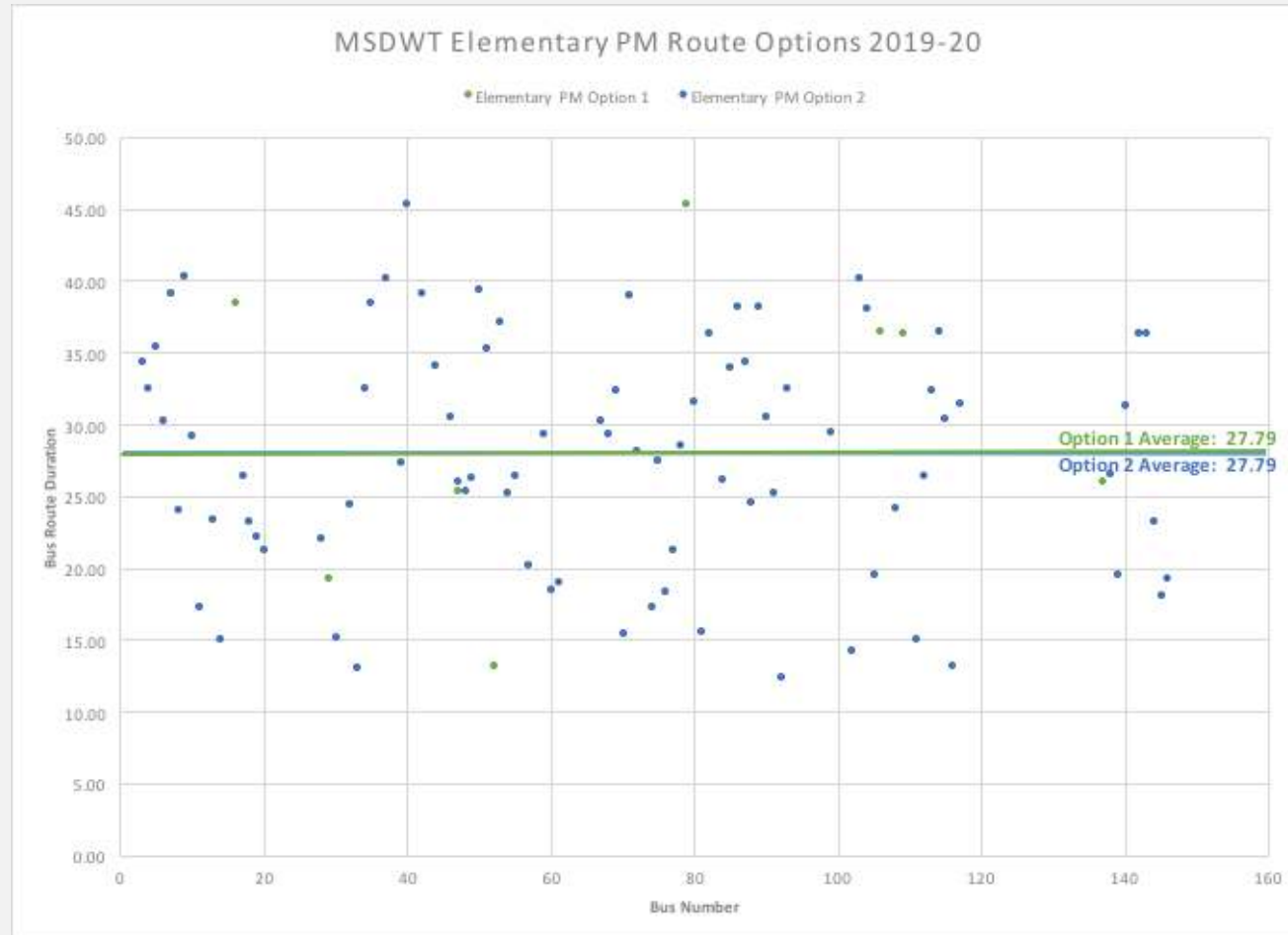
**Potential
19-20**

Earliest
Estimated
Route: **6:24 AM**

6 Routes begin
on or before
6:30 AM



ESTIMATED ELEMENTARY PM ROUTE TIMES

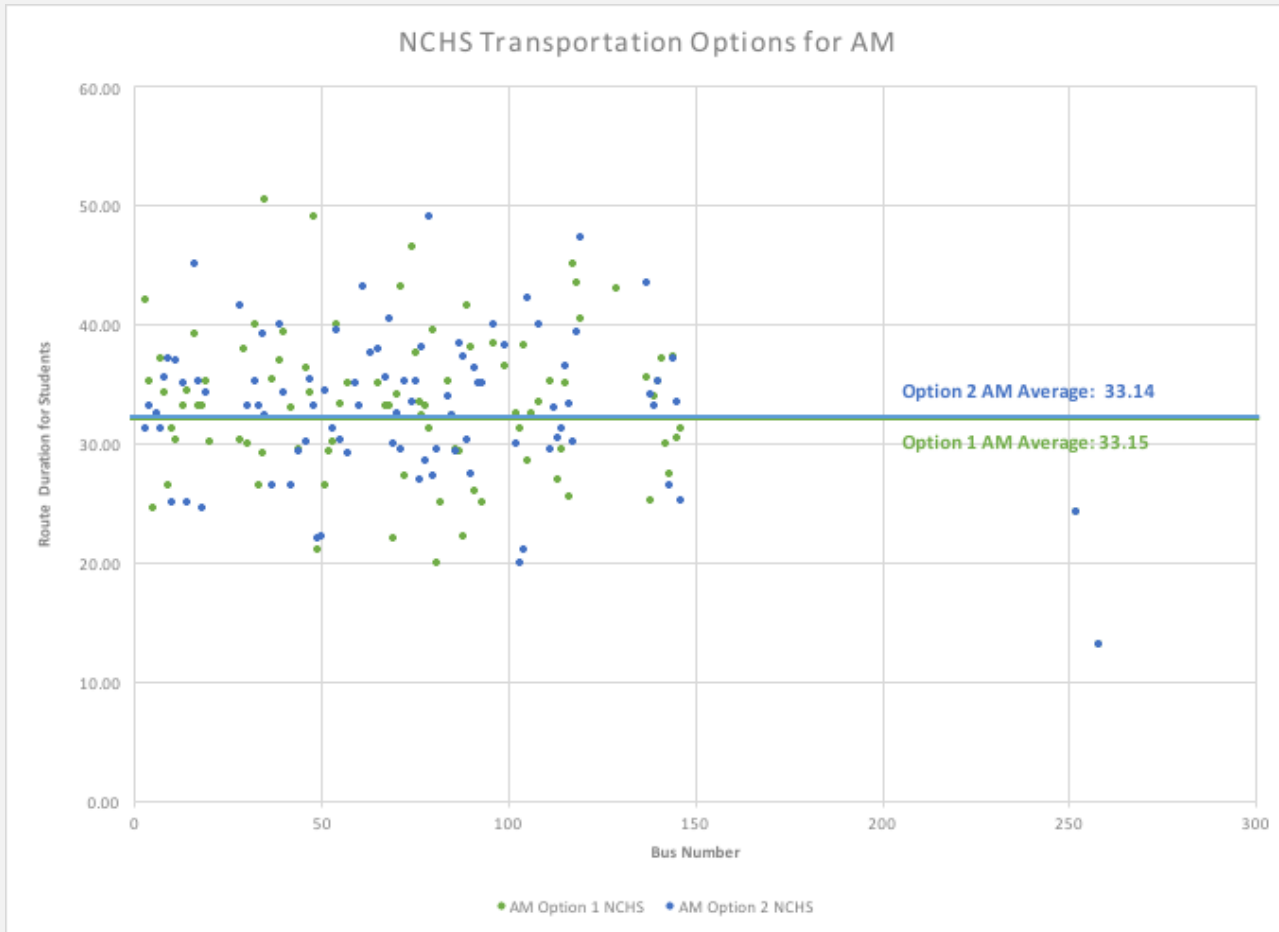


ESTIMATED HIGH SCHOOL AM ROUTE TIMES

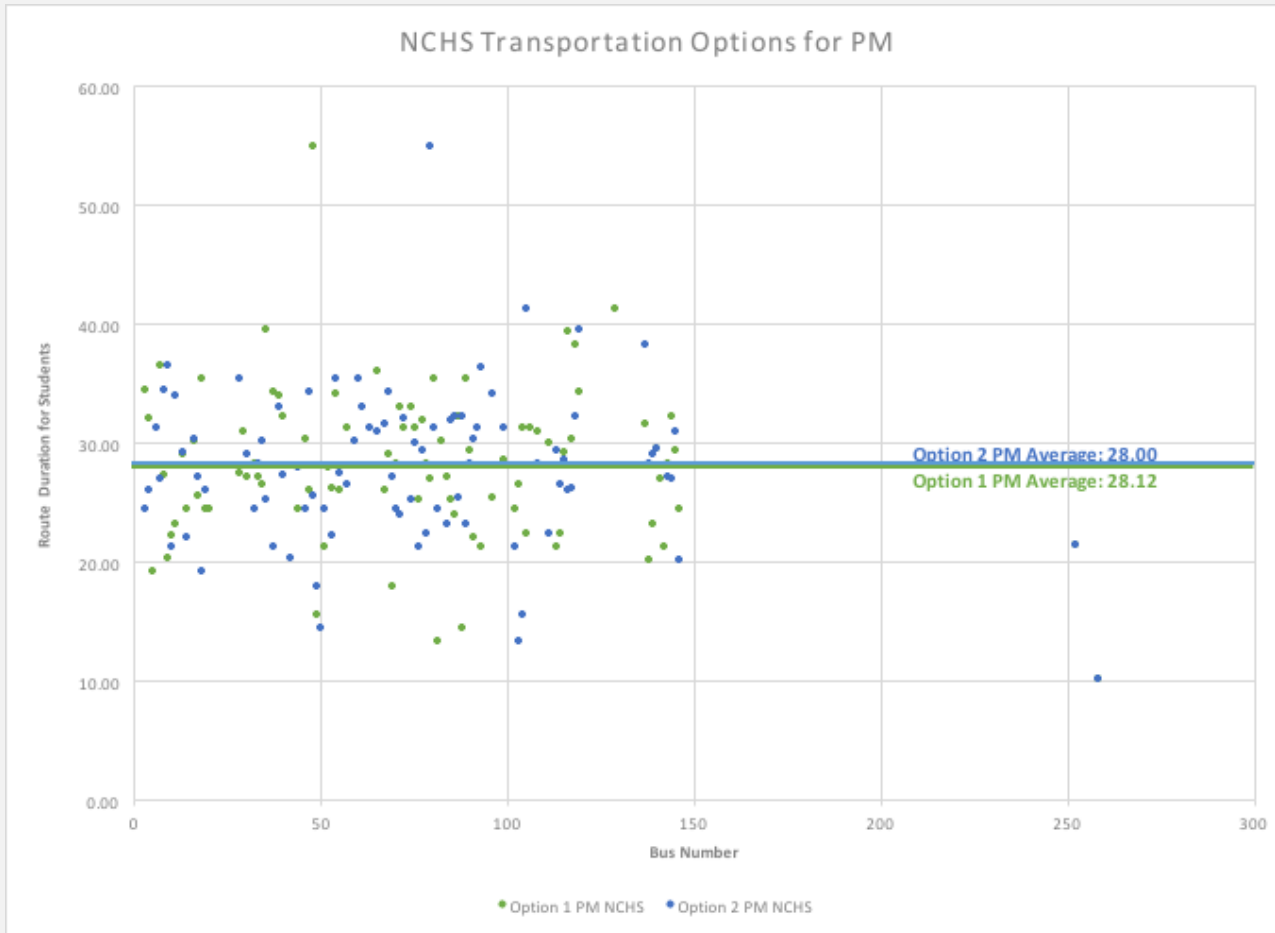
Current Schedule

Earliest Estimated Route: **6:09 AM**

74 Routes begin on or before 6:30 AM



ESTIMATED HIGH SCHOOL PM ROUTE TIMES



HIGH SCHOOL

Continued Review for Aug. 2019 Implementation

HIGH SCHOOL TRANSPORTATION INFORMATION

- Challenge staging two or maybe three waves of buses on campus (buses arriving at varied times will require staging)
- Practice of returning Kindergarten students to school when parents are not at the afternoon bus stop as well as daily elementary issues delaying routes may cause late buses to the HS campus in the PM
- 86th Street traffic, especially beginning in December
- Andy Frain and Security personnel not available to set up the HS campus in the afternoon prior to dismissal as they will be assigned to elementary sites
- Routing not the biggest barrier – HS campus logistics is the biggest barrier



Current HS Bus Staging - HS



AM Curbside - HS



**Current HS Regular Day Schedule
with 7:20 AM Start**

Period 1 7:20 – 8:10 (50 Minutes)
(6)
Period 2 8:16 – 9:06 (50 Minutes)
(6)
Period 3 9:12 – 10:08
6 Minute Announcements
(6)
Period 4 10:14 – 10:39 (25 Minutes)
(6)
Period 5 10:45 – 11:10 (25 Minutes)
(6)
Period 6 11:16 – 11:41 (25 Minutes)
(6)
Period 7 11:47 – 12:12 (25 Minutes)
(6)
Period 8 12:18 – 12:43 (25 Minutes)
(6)
Period 9 12:49 – 1:39 (50 Minutes)
(6)
Period 10 1:45 – 2:35 (50 Minutes)

**Potential HS Regular Day Schedule with 8:20 AM
Start Reduction of 10 Minutes
Compared to Current Schedule**

Period 1 8:20 – 9:09 (49 Minutes)
(6)
Period 2 9:15 – 10:04 (49 Minutes)
(6)
Period 3 10:10 – 11:05 (49 Minutes)
6 Minute Announcements
(6)
Period 4 11:11 -11:35 (24 Minutes)
(6)
Period 5 11:41 -12:05 (24 Minutes)
(6)
Period 6 12:11 – 12:35 (24 Minutes)
(6)
Period 7 12:41 – 1:05 (24 Minutes)
(6)
Period 8 1:11 – 1:35 (24 Minutes)
(6)
Period 9 2:40 – 2:29 (49 Minutes)
(6)
Period 10 2:35 – 3:25 (50 Minutes)

8:20 AM Start
425 Minutes
-54 Passing Period
371
-24 Lunch
347 Minutes of
instructional Time

Current Schedule
435 Minutes
-54 Passing Period
381
-25 Lunch
356 Minutes of
Instructional Time

Most periods were reduced by one (1) minute to accommodate for Draft Schedule

TRIAL HIGH SCHOOL PM RUNS

- Buses ran current HS routes but began the routes at 3:35 PM
- One route each for Eastwood, Westlane, and Northview

Arrival Times at Middle Schools:

- Westlane – 4:19 PM
- Northview – 4:16 PM
- Eastwood – 4:15 PM

ELEMENTARY SCHOOL

Continued Review for Aug. 2019 Implementation

ELEMENTARY TRANSPORTATION INFORMATION

- Average distance from home to bus stop is 1 ½ blocks.
- Kindergarten students are picked up and delivered at the students' door.
- Elementary field trips (during instructional day) will be shortened by approximately one hour.
- After school buses available beginning at 4:00 PM – This would require 1 ½ hour after school activities rather than the current 1 hour – Additional costs due to paying for longer supervision/sponsor/tutor time

AYS CONVERSATION

INFORMATION SHARED AT SEPTEMBER 26, BOARD MEETING

- Anticipates lower number of students in the morning.
- Anticipates larger numbers of students in the afternoon.
- Potential concern regarding space to accommodate larger afternoon numbers (primarily concerns at CC, AV, CW)
- Would not have ability to bus MS students from elementary schools (approx. 20 students)
- We did have a 2:30 dismissal prior to our addition of time to the elementary day – however, the day began later (8:15 am).

AYS CONVERSATION
QUESTIONS POSED TO AYS AND THEIR ANSWERS

What, if any impact would you anticipate on hours students may spend in after school care?

Positive(s):

- Increase in student's ability to participate in more intense programming
- Increased time for student's to complete homework
- Stronger connectivity to staff

Negative(s):

- Less programming opportunities in the morning

AYS CONVERSATION
QUESTIONS POSED TO AYS AND THEIR ANSWERS

What would the impact have on cost to the parents and /or pricing?

- AYS will likely increase pricing due to additional staff time for afternoon; prices have not been calculated yet.
- We are anticipating an increase in pricing between 7%-10%.

AYS CONVERSATION *QUESTIONS POSED TO AYS AND THEIR ANSWERS*

Additional Information:

- Washington Township's current enrollment is split between the following schedules:

AM Only - 73 (12%)

PM only - 253(41%)

AM/PM - 297(48%)

- With the proposed schedule change, we anticipate the following schedule:

AM-Only - 46 (8%)

PM only - 325 (55%)

AM/PM-224 (38%) *

*Data is based on current enrollment with schools/districts with similar AYS programming hours.

SUMMARY

Continued Review for Aug. 2019 Implementation

CHANGE IN EASTWOOD POPULATION

*AREAS NEAR NORA ELEMENTARY
BOARD QUESTION FROM SEPTEMBER 26*

Based on 2017-18 Data from Demographer:

- Approximately 156 students changing from Northview to Eastwood
- Approximately 30 students within the area are currently attending Eastwood

HOURS DRAFT (ES, HS, MS)

PROS

- Aligns with research for both middle school and high school
- No changes for middle school
- Secondary school students home when elementary siblings board bus
- After school programming and enrichment opportunities for elementary students remain
- Extended AYS services for elementary students after school

UNKNOWN

- Traffic congestion/patterns and impact on route times

CHALLENGES

- Potential challenging dismissal staging between Tiers 2 and 3 due to heavy traffic areas
- Elementary students board busses in the AM in darkness most of the year
- May reduce after school buses at elementary unless the length of after school activities are lengthened – this could require additional funds to pay staff
- Shortens elementary day by 10 minutes and the high school day by 10 minutes
- Secondary school students not home when elementary siblings arrive home in PM
- Shortens elementary in-school field trips by approximately an hour
- Impact of elementary route commitments (such as returning Kindergarten student to school) on 2nd Tier
- Staffing of HS traffic/security could require additional costs.

BOARD DISCUSSION



TIMELINE FOR CALENDAR & SCHOOL HOURS APPROVAL

Board Meeting Date:

Review:

November 14th

Administrative Recommendation for Calendar & School Hours

November 28th

School Board Vote on School Hours & School Calendar (Effective Aug. 2019)

