

# Winchester Public Schools



School Start Time Study Committee  
School Committee Presentation  
January 30, 2018

# School Start Time Study Committee

## Teachers/

### Administrators:

Irene Diamond

Frances Wooff

Jen Lassins

Jaime Bailey

Anna Paradis

Leigh Petrowsky

Dennis Mahoney

Judith Evans

## Parents/Community

Sarah Girotti

Mark Micciche

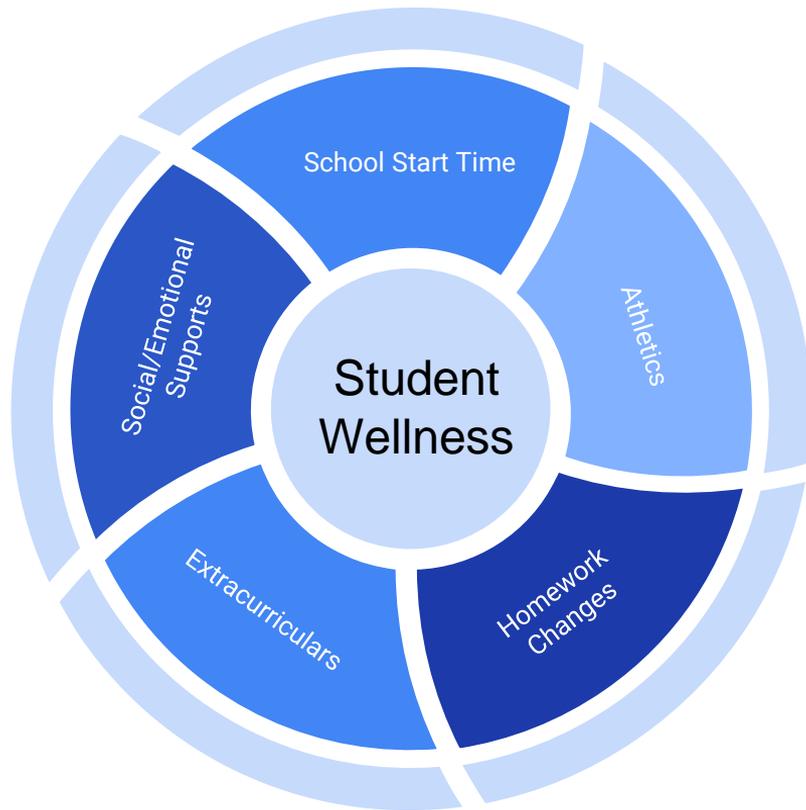
Patrick Gill

Michelle Bergstrom

## Students:

Jackson Savage

Elizabeth Splaine



# School Start History in Winchester



- 2016: Middlesex League resolution to work towards 8:30 a.m. start times in 2018-2019
- Fall 2017: School Start Time Committee formed
  - Study Committee comprised of parents, teachers, principals and students -- representing all 7 schools
- Fall 2017: Committee identified key stakeholders and issues: athletics, community engagement, teacher and staff engagement, busing and traffic, research
- Fall/Winter 2017:
  - Surveys (students, teachers, parents)
  - Community forum
  - Parent Association meetings
  - Solicited and reviewed feedback received via website and email

# Process



## Research

*How does sleep and start time research inform our decisions?*

## Community Feedback

*What issues & concerns do the stakeholders have?*

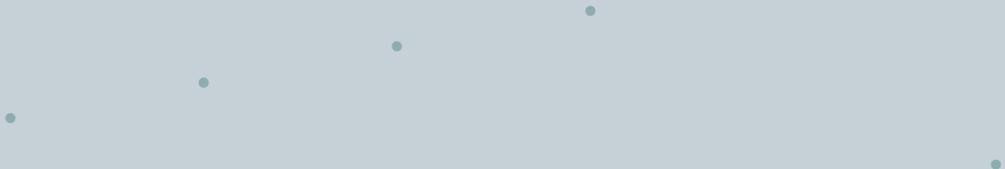
## Evaluation

*What is in the interest of the greatest good for the greatest number? What can we do to mitigate outstanding concerns?*

## Recommendations

# How Much Sleep Do Teens Need?

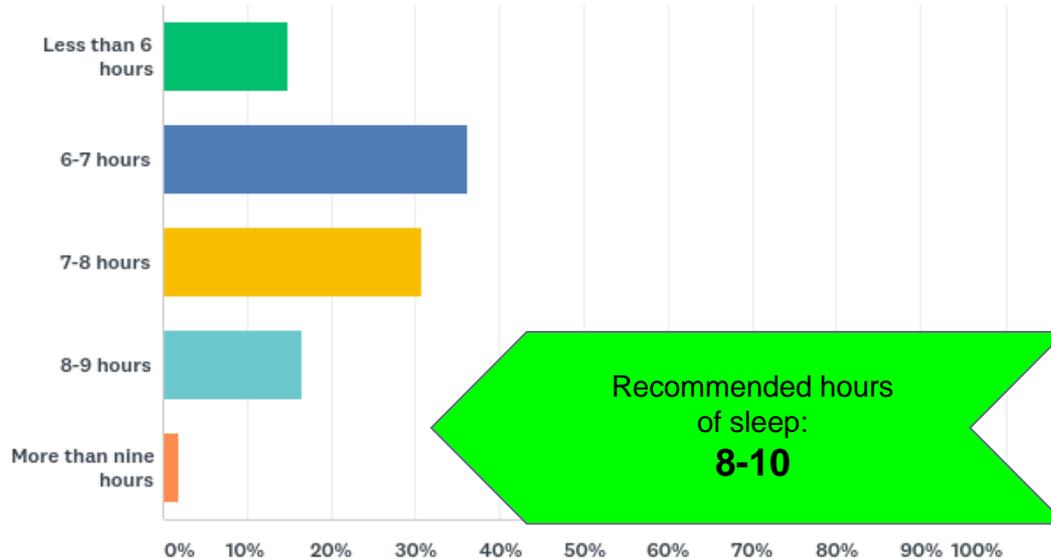


- Teens need 8-10 hours of sleep a night.
    - Our survey data reports ***less than 20%*** of our MS/HS students achieve the recommended number of hours of sleep
  - Waking a teen at 6 a.m. is like waking an adult at 4 a.m.
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# WPS Student Survey (n=1,151)



Q22 On average, how much sleep do you get on school nights?



# What does the research say?



## Biology and Natural Circadian Rhythms

- Teens' melatonin levels kick in around 11 p.m. and melatonin remains in their system, keeping them sleepy, until about 8 a.m.

**\*Not\* due to habit, lifestyle, or choice.**

# Research Shows Students' Sleep Cycle Changes

PEDIATRIC SLEEP: Sleep In Adolescents

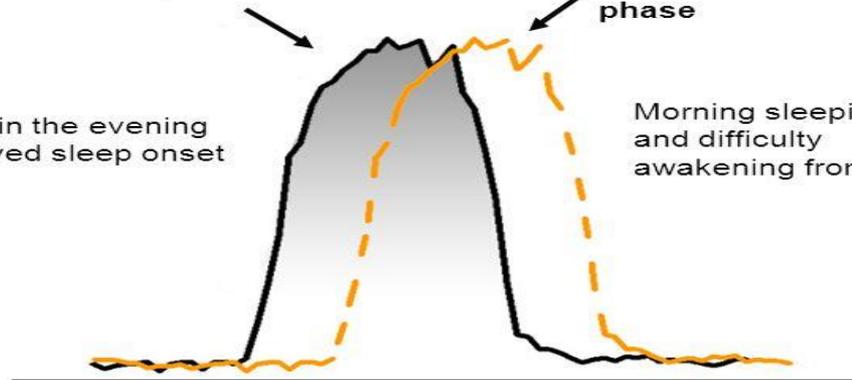
## Adolescent Sleep-Wake Cycle

Childhood circadian phase

Adolescent - Delayed circadian phase

Alert in the evening  
Delayed sleep onset

Morning sleepiness  
and difficulty  
awakening from sleep



Normal sleep time

Later Sleep-Wake Cycle

8



# Sleep Impacts Mental and Physical Health



## Lack of Sleep Impacts Mental & Physical Health

*Serious repercussions on teenagers' physical, mental and emotional health result from chronic lack of sleep*

- Linked to :
  - Mental health (depression, anxiety, irritability)
  - Physical health
  - Car accidents
  - Sports injuries
  - Substance abuse

# Will teens sleep more or just stay up later?



- Teenagers get a second burst of wakefulness in the evening
- More morning sleep = more REM sleep = better quality sleep
- Students typically go to bed at the same time as before the start time change

# Elementary Start Time Research



- There are few studies on ideal start time for elementary students
- Sleep research and parent feedback indicates that younger children are awake earlier than teens
- Surveys from elementary parents indicate that an earlier start time may be helpful in reducing the need for before school care

# Impact on Families



- Schedules will be better for some families, and more challenging for others
- After school child care may need to be adjusted or increased for some families (*cost, timing*)
- Family time may shift earlier or later, depending on schedules
- Employment hours may be affected

# Impact on Transportation



- The district currently uses the same buses to transport both elementary and middle/high school students (two-tier system).
- In order to maintain our two-tier bus system, elementary and middle/high school bus runs must be staggered by 30 minutes.
- A single bus run for all grade levels = \$500,000 in additional transportation budget

# Impact on Bus Pick-Up and Traffic



- The first K-5 bus pick-up time
  - No earlier than 7:25 a.m.
- First grade 6-12 bus pick-up time
  - No earlier than 7:55 a.m.
- A traffic study is recommended following start time change
- Even at latest sunrise of the year (7:13 a.m), students will walk and wait at bus stops in the daylight both in the morning and afternoon.

# Impact on Sports



*Well-rested students experience better sports performance and fewer injuries*

Student athletes who do not get at least 8 hours of sleep per night are at greater risk of sports-related injuries. That risk increases incrementally with each grade in school.

# Impact on Sports *(cont'd)*

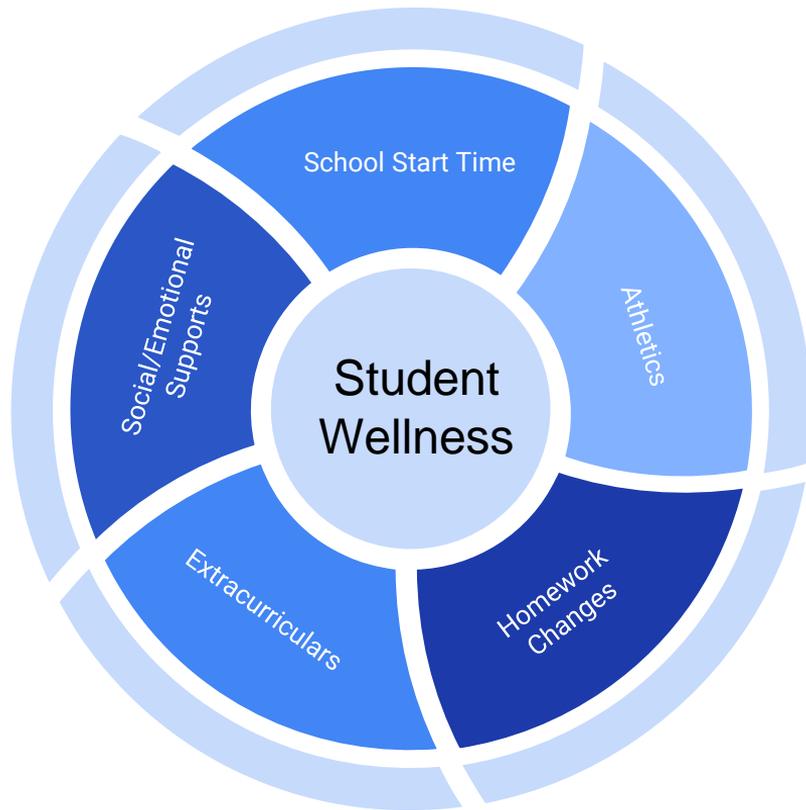


- High school student games and practices may begin later, depending on the sport/season.
- Shifted practice times will may mean acquiring different facility times or flexible student school schedules
- Lighted fields will be required in fall and spring, particularly for youth sports, as night falls at approximately:
  - 6:30 p.m in late October
  - 6:00 p.m. in early November
  - 7:30 p.m. in early April

# Impact on Teachers/Staff



- Morale of our staff is critical to the success of any change
- Some teachers may have conflicts with scheduling second jobs/graduate school
- Child/elder care may need to be adjusted; district will offer wrap-around care for in-district students
- Commuting time may improve for some, and may get worse for others



# Recommendations



## **Committee recommendation for 2018-2019:**

Elementary 8:10 - 2:20

MS/HS 8:30 - 3:07

Pre-K: 8:25-(varies)

## **Additional requirements for success:**

- Before and after school wrap-around care
- Adjusted bus schedules
- Lighted athletic fields
- Ongoing stakeholder engagement and conversation
- Traffic study in Fall 2018
- Continuation of robust after school activities

<b>Issue</b>	<b>Facts/Advantages</b>	<b>Challenges</b>	<b>Resolution</b>
<b>Wrap-around care needed at elementary schools</b>	<ul style="list-style-type: none"> <li>● 30 minutes before school</li> <li>● 60 minutes after school</li> <li>● Low-cost (under \$10/session)</li> <li>● Flexible</li> <li>● Site-based</li> </ul>	<ul style="list-style-type: none"> <li>● May not work for all families</li> <li>● Staffing needs based on usage</li> <li>● Need to add provision to support teacher PD/meetings</li> </ul>	Providers have been identified who can support wrap-around programs, including current providers and/or in-district employees
<b>Non-District After-School Program</b>	Some programs may be easier to schedule right after dismissal due to secondary change	Some programs may need to change their hours of operation	Continued district communication will be needed if start/end time change implemented

<b>Issue</b>	<b>Facts/Advantages</b>	<b>Challenges</b>	<b>Resolution</b>
<b>Transportation</b>	<p>Bus schedules revised to shorten time between arrival and start</p> <p>If ridership stable, no cost increases</p>	<p>Impact on ridership unknown</p> <p>Possible impact on in-district special education transportation requires further study</p> <p>Tighter bus scheduling could lead to delays in poor weather</p>	<p>Registration process will start earlier</p> <p>New bus contract pending</p> <p>Intensive monitoring of bus system during first weeks of operation</p>
<b>Traffic</b>	<p>Flex drop off/pick up may reduce traffic</p> <p>More students may be able to take the bus</p>	<p>Too many variables to do traffic study until after implementation</p>	<p>District will work with town officials to assess traffic once school starts</p>

<b>Issue</b>	<b>Facts/Advantages</b>	<b>Challenges</b>	<b>Resolution</b>
<b>Extracurricular Activities</b>	No impact beyond time shift	No plans to use before-school time for activities	District will continue to offer robust after-school activities
<b>Athletics</b>	<p>Two fields at Skilling coming online in Fall 2018 will help alleviate some scheduling pressures</p> <p>Students may experience better performance and less injury</p>	<p>Student return time after some contests will be later than current schedule</p> <p>Some student early dismissals may be required</p> <p>Sharing fields with youth sports will require complex scheduling</p>	<p>Temporary lighting for field(s) will be used, but new lights must be funded/installed</p> <p>No plans for new before-school practices</p> <p>Scheduling completed by June 2018</p>

<b>Issue</b>	<b>Facts/Advantages</b>	<b>Challenges</b>	<b>Resolution</b>
<b>Impact on staff</b>	Elementary teachers/staff may have improved commutes	Morale Impact on second jobs Impact on child care and elder care Impact on grad courses Impact on commute	Wrap-around care will cover later meeting times
<b>Homework</b>	Homework is a critical concern of parents, students, and staff members	Concern about excessive homework loads contributing to lack of sleep	Homework study committee will be formed in Spring 2018
<b>Impacts on auxiliary staffing</b>		Crossing guards will need to adjust working hours	

# 2018-2019 Proposed Start/End Times



<b>Grade Level</b>	<b>Start Time</b>	<b>End Time</b>
Elementary (K-5)	8:10 a.m.	2:20 p.m.
McCall Middle (6-8)	8:30 a.m.	3:07 p.m.
Winchester High	8:30 a.m.	3:07 p.m.
PreK (V-O/Lynch)	8:25 a.m.	Varies by program

# Middlesex League



Town	ES	MS	HS	Year/Notes	Town	ES	MS	HS	Year/Notes
Arlington	8:10	8:30	8:00	<i>No change for 2018</i>	Stoneham	8:30	7:58	8:15	HS New for 2018
Belmont	8:40	7:55	7:35	2019	Wakefield				New sup't.
Burlington	8:10/ 8:35	7:35	8:35	New for 2018	Watertown	8:15	8:30	8:30	New for 2018
Lexington				New sup't.	Wilmington				New sup't.
Melrose	8:05	8:15	8:15	<i>No change for 2018</i>	Winchester	8:10	8:30	8:30	2018 (pending)
Reading		8:15	7:30		Woburn				New sup't.

# History: Middlesex League



- In 2016, all twelve member districts of the Middlesex League agreed to work towards a starting time of 8:30 a.m. to support students' physical and emotional health.
  - 5 districts with 8:00 or later start time for Sept 2018
    - *Winchester would be #6*
  - 4 districts with change in Superintendent
  - 2 districts who will study/change for 2019
- All districts agree to accommodate later start times for matches and games for 2018-2019.

# Resources



- Content for this presentation provided from the Start School Later Website: <http://www.startschoollater.net> (Stacy Simera, MSSA, LISW-S, SAP)
- Winchester Public Schools Website: School Start Times Page  
[http://www.winchesterps.org/family\\_resources/superintendent/school\\_start\\_time\\_study\\_committee/index.php](http://www.winchesterps.org/family_resources/superintendent/school_start_time_study_committee/index.php)