

Universal Start/End Times Proposal

“Sleep ranks among the three most important considerations in maintaining good health and predicting longevity.”

Dr. William C. Dement
Sleep Research Center
Stanford University

Proposed Start/End Time Changes

School	Schedule	School	Schedule
ILES/ILMT/ ILHS	8:15 a.m. – 3:00 p.m.	SCS	7:55 a.m. – 2:40 p.m.

Current Start/End Times

ILES	8:25 a.m. – 3:00 p.m.	SCS	8:05 a.m. – 2:35 p.m.
ILMT	8:20 a.m. – 3:00 p.m.		
ILHS	7:20 a.m. – 2:08 p.m.		

Sleep Research

- Sleep is important to our well-being
 - Restorative
 - Boosts Immunity
 - Releases Growth Hormones
 - Influences Thinking, Memory Formation, and Mental Organization

Sleep Research (continued)

- School Age Children (5 yrs. – 10 yrs.)
 - Need 10 – 11 Hours of Sleep
- Teens (10 yrs. – 17 yrs.)
 - Need 8.5 – 9.25 Hours of Sleep
 - Optimal Sleep Time is 9.25 Hours
 - Healthy Sleep Time is 8.5 Hours

Center for Disease Control and Prevention

- 70% of teens are sleep deprived (less than 8 hours)
- 40% of teens get 6 or fewer hours of sleep/night
- 20% sleep in class

**On average, most teens get 6.75 hours /night
(National Sleep Foundation)**

Positives

- Supports health, wellness and learning for middle and high school aged students
 - American Pediatric Association
- Begins to build an environment that supports better utilization of resources which includes greater flexibility in providing students what they need instructionally
- Common professional learning time for staff

Competencies
**Learner Qualities/
Personal Competencies**

**Competency Recovery
Competency Pathways
Program**

**Learner
Qualities/Personal
Competencies**
**Responsive
Classroom
Developmental
Design**



**Performance
Assessments**

**Technology 1:1
VLACS**

**Differentiated Learning
Opportunities**

Graphic:
Innovation Lab Network - Six Critical Attributes

Student Survey

Later Start of 8:15 vs. 7:20 positive impact on learning?								
Response	7th	8th	9th	10th	11th	12th	Total	Percent
Yes	43	51	30	39	26	5	194	55.75%
No	13	16	30	18	24	4	105	30.17%
Unsure	17	6	8	12	4	1	48	13.79%
Blank	0	0	0	1	0	0	1	0.29%
Total	73	73	68	70	54	10	348	100.00%

Parents

Please share feedback on the changes being studied for school start/end times.					
(42 Parents & 1 Other)					
School(s)	Favor	Not Favor	Concerns	Unsure	
ILES	4	2	2	0	
ILES/ILMT	3	0	0	0	
ILES/ILMT/ILHS	0	0	1	0	
ILES/ILHS	6	0	0	0	
ILMT	3	0	1	1	
ILMT/ILHS	8	0	0	1	
ILHS	8	0	0	0	
SCS	0	1	0	1	
SCS/ILMT	1	0	0	0	
Total	33	3	4	3	43
(6 Students)					
ILMT	3	0	0	0	
ILHS	3	0	0	0	
Total	6	0	0	0	6

Concerns

Online Survey

(42 Parents, 1 Other & 6 Students)

Please share areas of concern.	
Category	Count
K - 12 Bus Routes	12
Traffic on Campus	5
Bus Crowding	3
Loss of ES as Late Bus for HS	2
Early Start ES	1
Not Preparing Kids for Life	1
Need Lights on the Field	1
Bus Schedule	1
Huot Program	1
After School Work	1
After School Childcare	1
Before School Childcare	1

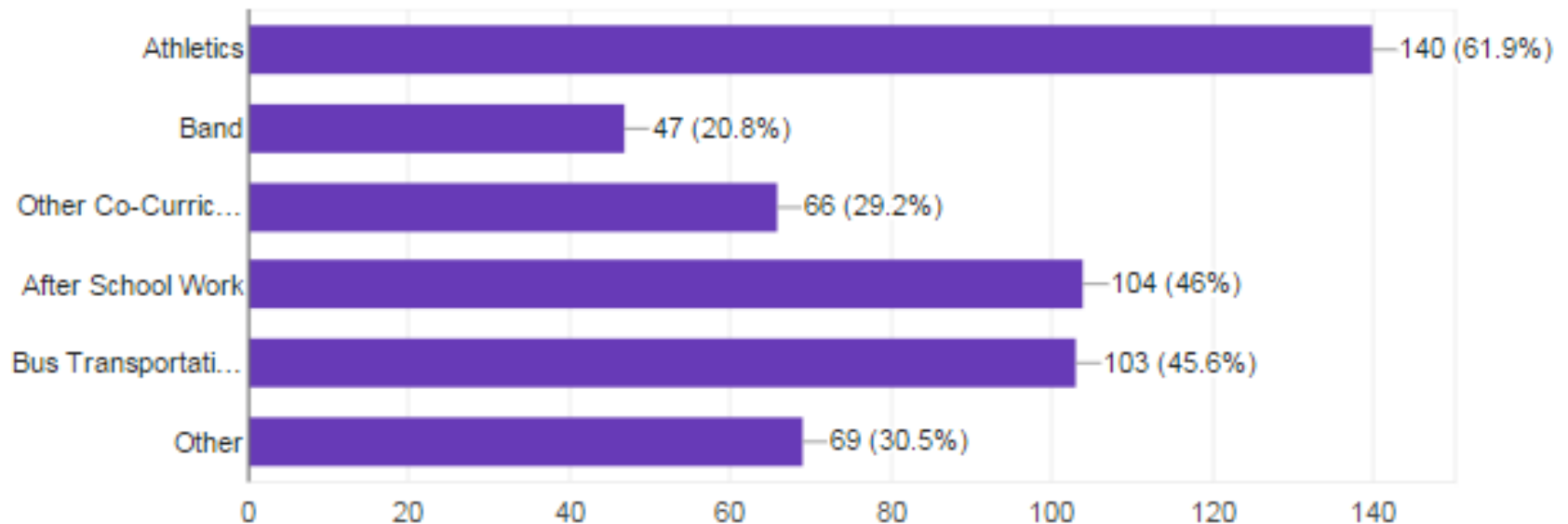
Do you have any concerns about a change to the HS start and end times?

Response	7th	8th	9th	10th	11th	12th	Total	Percent
Yes	35	45	55	29	32	6	202	58.05%
No	38	28	13	41	22	4	146	41.95%
Blank	0	0	0	0	0	0	0	0.00%
Total	73	73	68	70	54	10	348	100.00%

Student Areas of Concern

If you answered yes, please select the areas which best describe your concerns.

226 responses



Challenges

Eliminates students ability in grades:
7 & 8 to take an early bus to school and
9 – 12 to take a late route bus home.

Areas Impacted

– 7 & 8 Before School Band

- Response:

- Move band to advisory time during the school day; similar to high school use of Office Hours; or
- Parent transport to before school band program similar to ILES

– 7 & 8 Read 180

- Response:

- Incorporate into English Language Arts Program (benefit - ALL students who need this resource will have access); and
- Provide additional tutoring after school

– 9 – 12 Late Route Bus Home

- Response:

- Add a late bus & late bus stops to designated areas

Increase Athletic Dismissals

Athletics

Early Dismissals 2016 - 2017

	Home	Away	Total
No dismissal	106	89	195
Before 1:35	0	19	19
Between 1:35-1:50	0	11	11
Between 1:50-2:08	0	13	13
Saturdays	15	22	37

Early Dismissals 2017 - 2018

	Home	Away	Total
No Dismissal	117	42	159
Before 2:30	0	20	20
Between 2:30-2:45	8	40	48
Between 2:45-3:00	0	6	6
Saturdays	12	21	33

NOTE: Saturdays are not counted in the "no dismissal" row

**Fall Sports
Participation Based on 16/17 Counts**

Time	JV FB 11	V. FB 17	U. Soc. 11	B. Soc. 31	G. Soc. 31	VB 29	Golf 10	XC 16	
12:50				1					
1:15							1		
1:45							2	1	
2:00							2	4	
2:30	3			4	6				
2:35	1		1	2	1				
2:50	0		2	1		1			
Total Dis.	4	0	3	8	7	1	5	5	
Total Hrs.	1.91	0	0.75	5.17	3.4	0.17	6.25	5.25	

**Winter Sports
Participation Based on 16/17 Counts**

Time	G. BB 14	B. BB 23	U. BB 17	Hockey 14	Nordic 28				
10:30					1				
11:30					1				
12:00					1				
12:30					2				
1:00					1				
2:30	1	1							
2:35	1								
2:45			1						
Total Dis.	2	1	1	0	6				
Total Hrs.	0.91	0.5	0.5	0	15.5				

**Spring Sports
Participation Based on 15/16**

Time	G. SB 19	B. BB 16	JV B. BB 5	G. Lac. 8	B. Lac. 15	G. Ten. 8	B. Ten. 10	U. VB 11	T/F 28
1:50	1			2					
2:30	1	1	4	3	3	3	2	1	2
2:35		1			1				
2:45	1	1			1				
2:50					1			2	
Total Dis.	3	3	4	5	6	3	2	3	2
Total Hrs.	1.92	1.17	2	3.83	2.33	1.5	1	0.83	1

Areas Impacted

- HS loss of academic time at the end of the day
 - Response:
 - Rotate on a weekly basis C and D block to minimize impact
 - Utilize Office Hours to support missed class time
- Scheduling multiple practices
 - Response:
 - This will need to be worked out as we move forward
 - Lights on the Turf Field will eventually help
- Why can't we move Office Hours to the end of the day to address this concern?
 - Impact on Band Program

Athletics

- A [Stanford University study](#), released in March 2011 found that athletes who sleep more perform better, and in October 2012, the [American Academy of Pediatrics](#) cited another study showing that "[a]dolescent athletes who slept eight or more hours each night were **68 percent less likely to be injured** than athletes who regularly slept less."

Increase
Traffic Inter-Lakes Campus

Traffic Data

Drop Off/Pick Ups

School	AM	PM
ILES	157	110
Grades 7 - 8	29	29
ILHS	81	25
Total	267	164
Student Permits	96	
Approx. Staff	200	

Areas Impacted

- Response
 - Implement new traffic pattern
 - Increase from one Police Officer to two to start
 - Open the library at 7:30 a.m. for grades 7 – 12
 - ILES – drop off starting at 8:00 a.m.

Single Tier K – 12 Bus Routes

Transportation

- Need to address concerns whether or not moving to a universal start/end times, we need to:
 - Add Cameras & Public Address Systems
 - Monitors
 - Modernize the Fleet
 - Increase to 14 Buses to “Smooth Out” Routes & Shorten Route Lengths
 - Continue contact with Terminal Manager & Senior Management

School Bus Transportation				
Data Source	Grades 9 - 12		Grades K - 8	
	AM	PM	AM	PM
Current Estimates	96	70	258	353
Surveyed	144		361	

DRAFT Routes	
Time	# of Routes
30 minutes or Less	5
Between 30 to 40 minutes	7
45 minutes, 46 minutes	2

Single Tier K – 12 Bus Routes

- Response:
 - Cameras & Public Address Systems
 - Monitors (2)
 - New Bus Routes (still need to refine and plan to have complete for early August)
 - Seating arranged by level (K – 6/HS/7-8)
 - Superintendent & Assistant Superintendent will ride each bus route at least once.

Estimated Cost of Change	
Need	Cost
Signage/Parking Lot Striping	Included
Bus Cameras/PA Systems	
Bus Monitors (2)	\$36,720*
Additional Late Bus (1)	\$15,637
Restore Library Para-Educator	\$14,463
Total	\$66,820

“Studies have found that people express similar concerns about moving start times later, but once the change is made, the overwhelming majority (>90%) preferred the later time just 1 year later.”

Research/Sources

- Erin Hiley Sharp, PhD. Associate Professor of Human Development & Family Studies, Carsey School of Public Policy Faculty Fellow, University of New Hampshire
- Adolescent Sleep Needs and Patterns: Research Report and Resource Guide (2000) – National Sleep Foundation
- Examining the Impact of Later High School Start Times on the Health and Academic Performance of High School Students: A Multi-Site Study (Feb., 2014) – Center for Applied Research and Educational Improvement, University of Minnesota
- Impact of School Start Time on Student Learning (Feb., 2013) – Hanover Research Group, Washington, DC
- Policy Statement: School Start Times for Adolescents (2014) – Adolescent Sleep Working Group, Committee on Adolescence and Council on School Health – Journal of Pediatrics
- School Start Times for Middle & High School Students – United States, 2011 – 2012 School Year (2015) – Centers for Disease Control and Prevention
- School Start Times for Adolescents (Sept., 2014) – American Academy of Pediatrics
- Oyster River School District
- Portsmouth School District