



Consideration of Changes to Bell Schedule Structure to Allow for Later High School Start Time

May 18, 2021

WCPSS Bell Schedule Structure - Options to Consider for a Later High School Start Time

Background

- Board requested review of structures to shift high school morning start times later
- Request based upon studies by American Pediatric Association & others

March 16, 2021 Board Work-Session

- Reviewed other districts implementation of shift to later start times
- Reviewed WCPSS options to shift Bell Schedule Structure to provide later HS start times

Today

- Recap of 3 options presented on March 16
- Board to work through a series of discussion questions to begin the process
- Confirm that options presented today are not for the 2021-22 School Year
- 2021-22 schedules established April 6, 2021

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Option 1 - Shift Existing 3-Tier Structure to Later Start Time*

	<u>Current</u>		<u>30 minute shift</u>		<u>45 minute shift</u>		<u>60 minute shift</u>	
HS	7:25 AM	2:20 PM	7:55 AM	2:50 PM	8:10 AM	3:05 PM	8:25 AM	3:20 PM
MS	8:30 AM	3:00 PM	9:00 AM	3:30 PM	9:15 AM	3:45 PM	9:30 AM	4:00 PM
ES	9:15 AM	3:45 PM	9:45 AM	4:15 PM	10:00 AM	4:30 PM	10:15 AM	4:45 PM

*There are exceptions to current standard Tier assignments & specific AM/PM times

*Buses target morning arrival 30 minutes prior to bell

Option 2 - Swap HS, MS, ES Standard Tier Assignments*

- Swap Elementary & High School Standard Tiers
- ES Standard becomes 1st Tier
- HS Standard becomes 3rd Tier

ES	7:30 AM	2:00 PM
MS	8:15 AM	3:00 PM
HS	9:15 AM	4:10 PM

*with exceptions

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Option 3 - Swap HS, MS, ES Standard Tier Assignment & Possible Shift to Later Start

	<u>30 minute shift</u>		<u>45 minute shift</u>		<u>60 minute shift</u>			
ES	7:30 AM	2:00 PM	8:00 AM	2:30 PM	8:15 AM	2:45 PM	8:30 AM	3:00 PM
MS	8:15 AM	3:00 PM	8:45 AM	3:30 PM	9:00 AM	3:45 PM	9:15 AM	4:00 PM
HS	9:15 AM	4:10 PM	9:45 AM	4:40 PM	10:00 AM	4:55 PM	10:15 AM	5:10 PM

Other District Migrations to a later HS Start Time

Swapped Standard Tier Assignments

- Durham NC – Swapped Standard Tier Assignments – now ES/MS/HS*
- Winston Salem/Forsyth NC - Swapped Standard Tier Assignments – now MS/ES/HS*
- Fairfax County VA - Swapped Standard Tier Assignments – now MS/HS/ES*

Kept Existing Standard Tier Assignments & shifted all start times later

- Montgomery County MD – Kept existing Tier Structure & shifted start time 20 minutes later
- Anne Arundel MD – Kept existing Tier Structure & shifted school start times 13-15 minutes

*with exceptions

Consideration of Implications as Options 1, 2, & 3 are Explored

- Implications for Parent Schedules
- Implications for Staff including those working second jobs
- Implications for Before & After School Providers (school, 3rd party off-site, sibling, etc.)
- Implications for After School Activities (Athletics, Arts, Student Jobs)
- Initial modelling indicates similar levels of buses required – no material budget implications

Board Discussion Questions

- Break-out into small groups of 3 board members
- Discuss questions one at a time
- Staff to rotate through groups to answer board member questions
- Board groups to maintain notes on discussion / direction on each question*
- Board groups report out after each question

*Staff will collect small group notes and collate afterwards

Board Discussion Questions

The Board has directed staff to look at shifting High School to a later start time. Research indicates Middle School students can also benefit from a later start time. Does the Board desire to also include Middle Schools to have a later start time as we review this overall shift, understanding the implications for Elementary Schools as presented within the three Options presented?

Board Discussion Questions

Some studies have recommended start times of no earlier than 8:30 am for adolescents. Other studies indicate improved outcomes with as little as a 30 minute later start time. Based upon the Board's review of studies, will the Board consider a shift of 30 minutes to mitigate implications of the changes for all stakeholders?*

*Montgomery County & Anne Arundel's direction

Board Discussion Questions

Discuss the pros and cons of Options 1, 2, and 3. Report out on the relative pros and cons of the three options.

Next Steps

- Begin developing a comprehensive list of implications for school based after school activities and associated implications for participation in cross LEA activities
- Begin developing a process for gaining stakeholder input and feedback including:
 - Parents
 - Students
 - Staff by type
 - Before & After School Providers
 - Board Advisory Councils
 - Businesses
 - Community Organizations
- Begin determination of what data is available on changes in student performance in identified peer districts as a result of their shifts in start times



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