



Poudre School District

School Start Times Exploration Update

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School Start Times Exploration

- PSD is exploring the possibility of changing school start times for the 2019-2020 school year
- Research indicates that high school students perform better and are safer when they get more sleep
 - American Medical Association (AMA) recommends start times of 8:30am or later
 - PSD's current start times range from 7:25-8:15am at the secondary level
- PSD recognizes that start and end times have a broad impact in our community



School Start Times Exploration

- **Community Input: Key Findings from Survey 1**
 - Very high response rate (17.4%)
 - 85% of respondents indicated that shifting secondary start times later is important
 - Ideal start time windows between 8:00am and 8:30am for all levels
 - End times are of particular concern to high school students
 - Maintaining after school time for homework, extracurricular activities, athletics, jobs, family, outdoor play, religious and social groups, etc. is important



School Start Times Exploration

- **Community Input: Key Findings from Survey 1**
 - Impact to parent work schedules/family schedules is a concern
 - The cost and logistics of childcare are important considerations for parents at the elementary level in particular
 - Start and end times for staff should be considered, especially since meetings often take place before and after school
 - The cost of implementing a later start should also be considered
 - Research-based findings should be considered in PSD's decision-making



School Start Times Scenario Committee

- Committee members:
 - Parents/guardians of elementary, middle, and high school students
 - Community members at-large, including a representative with expertise in the science of sleep and a representative from Base Camp
 - Licensed, classified, and administrative staff from schools and the Central Office



School Start Times Scenario Committee

- Committee Objectives:
 - Consider the feedback provided in the first survey and data from the Transportation Department
 - Use this information to identify **three to four start time scenarios** for further consideration in a second survey for the entire PSD community



Transportation Background Information

- Key Transportation Facts:
 - 1,900 square miles: Area served by PSD's 4 bus terminal locations
 - 600 runs and 128 routes: The number of routes and runs daily supporting PSD's three-tiered bussing system
 - \$100,000: Cost to purchase 1 bus
 - \$37,000: Cost to run 1 route (including salary, benefits, maintenance, and fuel)



Transportation Background Information

- Key Transportation Facts:
 - Tiered routes are efficient. Using tiered routes allows PSD to use one bus for multiple runs.
 - Hiring and retaining bus drivers is challenging. PSD offers one of the highest rates of pay in the state, but it is difficult to retain drivers.
 - Due to driver shortages, all staff in the Transportation Department with CDL drivers licenses are asked to drive routes. This is not a sustainable practice.



Scenarios Selected for Consideration

- Four Scenarios:
 - **Current Start Times**
 - **Scenario A:**
 - 8:30am High School Start
 - Current start times for most Middle and Elementary School
 - **Scenario B:**
 - 8:55am-9:00am High School Start
 - 8:05am Middle School Start
 - 7:45am-8:50am Elementary School Start
 - **Scenario C:**
 - 9:00-9:05am High School Start
 - 8:35am Middle School Start
 - 7:45am-8:40am Elementary School Start



Scenarios Selected for Consideration

- **Current Start Times**
 - Earlier than the start times recommended by the American Medical Association (AMA) and others
 - Maintaining these times would have little impact on the system, requiring no change for families/staff
 - PSD will need to add ~3 routes to accommodate growth even if start times are not changed
 - This will cost approximately \$411,000 in year 1 (cost to purchase busses included) and \$111,000 in ongoing operations (not including the cost to add growth routes in future years)



Scenarios Selected for Consideration

- **Scenario A: 8:30am High School Start, limited/no change for Middle and Elementary Schools**
 - High schools starting ~1 hour later is in alignment with AMA recommendations
 - Middle school start times (except CLP Middle) are unchanged in this scenario and are starting earlier than the AMA recommends
 - Least impactful of the options for middle and elementary schools
 - Only 5 elementary schools and 1 middle school would have altered start times
 - High school end times shift to ~4:00pm
 - This may impact after school activities, athletics, jobs/internships, concurrent enrollment, family time, etc.
 - Cost: +6 routes/+6 drivers
 - ~\$822,000 in year one (including bus purchase)
 - ~\$222,000 in ongoing operation (not including cost to add growth routes in future years)



Scenarios Selected for Consideration

- **Scenario B: 8:55am/9:00am High School Start, 8:05am Middle School Start, 7:45-8:50am Elementary School Start**
 - High schools starting ~1.5 hours later is in alignment with AMA recommendations
 - Middle school start times at 8:05am are closer to the AMA recommendation of 8:30am
 - Flips elementary school start times earlier
 - 10 elementary schools starting at 7:45am
 - Currently only 1 PSD elementary school starts at 7:45am (Eyestone)
 - High school end times shift to ~4:25pm
 - This may impact after school activities, athletics, jobs/internships, concurrent enrollment, family time, etc.
 - Cost: +5 routes/+5 drivers
 - ~\$685,000 in year one (including bus purchase)
 - ~\$185,000 in ongoing operation (not including cost to add growth routes in future years)



Scenarios Selected for Consideration

- Scenario C: 9:00am/9:05am High School Start, 8:35am Middle School Start, 7:45-8:40am Elementary School Start
 - High schools starting ~1.5 hours later is in alignment with AMA recommendations
 - Middle school starting ~1 hour later is in alignment with AMA recommendations
 - Flips elementary school start times earlier
 - 9 schools starting at 7:45am
 - High school end times shift to ~4:30pm
 - This may impact after school activities, athletics, jobs/internships, concurrent enrollment, family time, etc.
 - Cost: +8 routes/+8 drivers
 - ~\$1,096,000 in year one (including bus purchase)
 - ~\$296,000 in ongoing operation (not including cost to add growth routes in future years)



Scenarios Discussed and Eliminated

- Scenarios eliminated included:
 - 8:15am high school start time
 - The cost was too high at \$2.8 million in start up
 - Added too many drivers/routes for PSD to be able to hire/staff
 - The start time change created was not significant
 - 7:35am elementary school start times
 - The committee indicated that 7:35am is too early for elementary school starts
 - 8:45am high school start times with middle school starting 15 minutes later and elementary schools starting between 8:00am-9:00am
 - The cost was too high at over \$2 million
 - Added too many drivers/routes for PSD to be able to hire/staff



Next Steps

- Scenario Survey
 - Released to PSD community August/September 2018
 - Gathers feedback on 3-4 specific start time scenarios
 - Open through September so that community members may attend engagement sessions before taking the survey
- Community Engagement
 - September: Community opportunity to participate in public forums on start time scenarios
 - September 6, 2018, 5:30pm, Fort Collins High School
 - September 13, 2018, 5:30pm, Poudre High School
 - September 20, 2018, 5:30pm, Fossil Ridge High School
 - September 27, 6:00pm, Rocky Mountain High School
- Decision-making
 - November: PSD presents survey findings to BOE
 - December-January: Board of Education makes determination regarding changes to start times for the 2019-2020 school year



Questions?

