

District Advisory Board (DAB) School Start Times Feedback

| Questions | Answers |
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| By adding zero hour, what have you really gained? | PSD currently offers zero hour opportunities to our students. This allows for flexible scheduling. If PSD shifts school start times to approximately 8:30 or 9:00am, zero hour opportunities could begin later in the morning than they currently do at our high schools. |
| How can a zero hour or having students dismissed a period early affect the overall situation? | Offering a zero hour may provide students with an opportunity to engage in coursework, athletics, or extracurricular activities before the start of the school day. For some students, this could result in an earlier end to their day should school end times be pushed later in the afternoon. |
| How can zero period offerings be expanded to offset after school conflicts? (Allow students to go zero to (last 1))? | Should PSD move to later start and end times, district high schools will likely examine ways to expand zero period offerings to include coursework, athletics, and extracurricular activities such that students have the option to engage in these activities before school in lieu of after school. It is unlikely, however, that zero hour offerings would entirely offset after school conflicts/activities for all students. |
| High school off periods can enable flexibility in scheduling. Why isn't that part of the discussion? | Should PSD move to later start and end times, students would continue to have the option to schedule off periods such that they create flexibility in their schedules. |
| Will high school athletics have practice before school if start times are later? | Depending on the start time that PSD adopts for high schools, it is possible that athletic practices will occur before school. |
| How many student athletes are involved in sports where late start will impact practice time? | Per PSD's athletic director, approximately 55% of PSD high school students participate in PSD athletics. Approximately 88% of PSD high school students participate in either athletics or extracurricular activities/clubs, or a combination of both. |
| What percentage of 8,000+ high school kids are in sports we are concerned with? | Approximately 55% of PSD high school students participate in PSD athletics. |
| What percent of 6,000+ middle school kids are in sports we are concerned about? | Approximately 60% of PSD middle school students participate in PSD athletics. |
| High school athletes are already missing class to get on a bus currently. With a later start, will an athlete miss 2 classes to go to compete? How will we support athletes? | Although PSD will make every effort to minimize the amount of class time that student athletes miss to participate in competitions/games, it is likely that student athletes will miss more class time to travel if PSD moves start/end times later in the day. PSD teachers will continue to support student athletes to make up coursework missed due to participation in athletic competitions. |
| What is the true impact on sports in the number of students affected by game times and practice lights (or lack thereof)? | Approximately 55% of PSD high school students participate in PSD athletics. PSD's Athletics Director and Operations departments are in the process of analyzing the specific impacts to game times and practices as associated with lights on fields. It should be noted that PSD only has 3 lighted fields, so it is likely that later start and end times will have an impact on the scheduling of these facilities. More detailed information about this impact will be included in PSD's report on the start times exploration to be shared with the Board of Education at their November 13 meeting. |

If we have to add lights, what would that cost be?

PSD is in the process of examining this potential cost. More information will be shared on this topic during the November 13 presentation to the Board of Education.

Later end times probably mean sports will switch to AM practices. How much extra sleep will kids really get?

It is difficult to identify the specific amount of extra sleep that our students will get should the start times of PSD schools shift. It should be noted that in some of the scenarios under consideration with start times at or around 9:00am, it is possible that athletic practices held in the morning could start later than the current start of the school day (i.e. after ~7:30am).

If you are going to add activities before school, why change the time to a later start? (Seems to cancel the benefit).

We certainly understand this perspective. Although numerous PSD students take part in athletics and extracurricular activities, not all students do. Additionally, in some of the scenarios under consideration (i.e. those starting at or around 9:00am), offerings that take place before school may begin later than the current start of the school day, potentially creating opportunity for additional sleep for more students.

Do we have any idea what dollars will be saved with better rested, healthier teens at school?

It is difficult to estimate a cost savings associated with these metrics.

I want to know more about potential financial impact to the district. Where will this money come from for scenarios A, B, & C? What will potentially need to be sacrificed? Schools already have to make difficult financial decisions.

The Finance Department accounts for an annual cost increase associated with Transportation, which will offset some of the costs associated with these scenarios. The Finance Department also believes that the remaining costs can be accommodated within PSD's regular budget process. Further, the Board of Education maintains a reserve budget, which could be used to support some of the capital costs associated with a change to start times (i.e. the purchase of busses).

Scenario C: Can PSD come up with the dollars for this? For the 2019-2020 school year?

Yes, the PSD Finance Department believes that through the annual estimated increase in the cost of Transportation that is built into the district's budget, the regular budget process, and the Board of Education's reserve, the cost of any of the scenarios could be covered.

Why C? What were pros of C over B? I fail to see the need it addresses, that B does not, B = a lower cost.

The primary difference between Scenario B and Scenario C is the start time for middle schools. In Scenario B, middle schools begin at 8:05am. In Scenario C, they begin at 8:35am. The American Medical Association's recommendation is that secondary schools (i.e. middle and high schools) begin after 8:30am. Scenario C brings PSD middle school start times into alignment with this recommendation.

District has said it can cover costs of all proposed scenarios. How can this be when budgets are being cut (layoffs, etc.). We can't afford to pay teachers, hire needed staff, improve facilities, etc. Is this really best use of dollars? Could it be better spent on teachers and counselors and get the same benefit?

Each year, PSD's budgeting process accounts for an increase in Transportation costs due to growth within the district. Additionally, PSD believes that it can cover some of the capital costs of implementing these scenarios through the use of Board of Education reserve funding.

All school start time scenarios were presented with raw dollar associated costs, but not with context regarding the budget impact as a percent of the money allocated to bussing/transportation. Why not provide that context? What are the percent increases in annual transportation costs by scenario for initial & continuing costs?

Do you have any data around cost relative to new schools and potential boundary changes coming in 2020, 2021?

There is already a driver shortage, so how does it make sense to add drivers needed?

What else is being done to retain drivers? Is there or can there be limits or incentives for bus drivers to have a CDL just for buses & not be able to get their CDL in order to quit to become a driver for a big trucking company where they make more money & have different hours?

We pay for their CDL training/license. Can it be a limited CDL in which they would need more/different training to drive for trucking companies?

What is the whole transportation budget? What is the percent change in cost overall?

PSD spent approximately \$10.5 million on student transportation during the 2017-18 school year. Each year, PSD anticipates adding approximately three routes to our Transportation system. As related to the 2017-18 budget, the Current Start Times and Scenarios A, B, and C, would require an addition of an estimated 4%, 8%, 7%, and 10% respectively to the Transportation budget in the first year. It should be noted that PSD's Finance Department typically budgets for an increase in the Transportation Department's budget each year to accommodate growth within the district as well. So, some of the costs of implementing these scenarios would potentially be covered by this annual planned increase.

PSD does not yet have specific cost estimates related to the Transportation routes that will be associated with the new schools when they open in 2021 and 2022. As development within PSD boundaries continues over the next few years, PSD's Transportation Department will develop new routes to accommodate this development and to serve the new schools.

PSD is concerned about the ongoing driver shortage and the potential of adding additional routes that will require hiring and retaining additional drivers.

It is difficult to retain drivers for a variety of reasons. PSD already offers one of the highest rates of pay in the state for drivers. The Transportation Department has also explored flexible scheduling opportunities for drivers as a retention strategy. Despite these efforts, the shifts of school bus drivers remain challenging and the job itself is challenging, and therefore results in difficulty retraining these employees. Additionally, CDL licensure is strictly controlled by state and federal regulators. School Districts cannot independently develop a restricted/limited CDL. In some states, such a limited (school bus only) CDL has been developed, but this is not the case in Colorado, though many school district Transportation Departments have pushed for this option in this state. To date, it has not been successful.

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The increase in transportation cost will impact what because of overall budget? Does it come from \$4.3 million?

Each year, PSD anticipates adding approximately 3 routes/3 drivers to the Transportation Department to accommodate for growth within the district. This addition is accounted for in the regular budget process. Additional increases to the Transportation Budget would also be accounted for through the budget process and may be covered in part through the Board of Education reserve (i.e. capital funds from this reserve could be used to purchase additional busses).

What programs/services will be cut to meet the busing costs for late start?

PSD believes that it can accommodate for increases to the Transportation Department budget through the regular budget process for the 2019-2020 school year. Additionally, some of the capital costs associated with a change to start time (i.e. the purchase of busses) may be paid for through the Board of Education reserve.

How does the switch reduce/remove/impact elementary field trip opportunities?

At present, field trip bussing is provided such that regular bus routes can be run. This often means that field trip times are limited. If PSD changes start/end times, it is likely that field trip bussing will continue to be offered in much the same way that it is offered now, meaning that it will be available but limited such that regular bus routes can still be run.

What is the percentage of each grade 9-12 usage of the bus system?

In total, approximately 43% of PSD High School students are currently riding a PSD bus.

Is there research on what is the optimal time a teen should go to bed?

Research indicates that melatonin release during puberty is delayed by 1 to 2 hours in most adolescents. This biological delay in melatonin onset makes it difficult for adolescents to fall asleep early enough to wake in time for an early school start time.

Will shifting time also shift human behavior? (Later start - later end time - later up to do homework - no change in amount of sleep).

It is certainly possible that students will stay up later if later start times are implemented. A recent study of impacts of later start times on students conducted in Cherry Creek School District, in partnership with National Jewish Health, found that secondary students did stay up later, but also slept later in the morning, ultimately resulting in additional minutes of sleep.

What does the Board conjecture about 5,000 families with elementary students do before 3:00pm everyday?

PSD acknowledges that earlier elementary end times will likely result in an increased need for after school childcare at the elementary level. Base Camp is aware that it is possible that PSD will alter start/end times and they plan to adjust their offerings accordingly. The district also acknowledges that each individual family within the PSD system will have to make independent decisions about how to arrange for childcare as needed both before and after school.

What has been done to address younger (K-5) kids getting home who won't have older siblings home for care?

PSD acknowledges that earlier elementary end times will likely result in an increased need for after school childcare at the elementary level. The district also acknowledges that each individual family within the PSD system will have to make independent decisions about how to arrange for childcare as needed both before and after school.

How many middle & high school students have younger siblings in elementary? How many of these middle & high school students will ultimately have to get up earlier because of parents having to get younger sibling off an hour earlier?

Based on the first survey distributed to families, about 25% of respondents indicated that older siblings are responsible for caring for younger siblings. PSD does not have comprehensive data on how many of these students will be responsible for managing routines at home as associated with start/end times.

Does PSD currently meet the needs of - according to research - its elementary students?

Research on the impact of start times on elementary students is quite limited. The information that PSD does have available from other districts - primarily Cherry Creek School District - indicates that elementary students are able to fall asleep earlier and therefore are able to obtain sufficient sleep for an earlier start time.

Studies are too premature to see impact on academics. Some evidence reduces anxiety, improves social/emotional. What does it do to other groups impacted and how does that compare?

As is noted in this question, some districts are reporting improved social/emotional outcomes for students, including Cherry Creek School District and districts in Minnesota as well. Additional longitudinal study would be necessary to address impact to academics.

Have we seen tangible results in schools that have later starts? Is there measurable ROI?

According to a study completed by National Jewish Health with Cherry Creek School District, fewer high school students self-reported feeling sad, nervous, or worried. Fewer high school students reported poor physical health and caffeine use. Of high school students who drive, 9% reported no longer driving drowsy at least once a week, and a significant increase in the percent of high school students reporting feeling ready to start the day, feeling alert during 1st period, feeling prepared for 1st period and participating in 1st period, were reported as well.

Why are there no research findings on early childhood needs throughout official reports?

Extensive research on the impact to early childhood is not currently available. The vast majority of the research related to start times is focused on adolescents.

How will this affect preschool programs? Will they just follow the elementary schedule?

It is likely that preschool programs will follow the elementary schedule, particularly those programs that are located within PSD buildings.

In the current scenario, middle and high schools start close to the same time. In scenario A-B-C, the start times are almost 30 minutes apart - why? Can't you change to a late start for both middle and high schools and both start at 8:00-8:30am?

PSD explored several scenarios that bring start times to within a narrower range of times. However, these scenarios proved too costly (\$2-3 million in start up) for the Scenario Committee to recommend moving them forward for further consideration. In all scenarios, the range of start times is in some way dictated by the three-tiered bussing system that PSD runs.

How will the new schools impact the times? Will we have to adjust again?

When new schools open, PSD will make every effort to set start times that are in close alignment with whichever scenario is implemented moving forward. That said, it is possible that the opening of new schools will have some minimal impact on the start times of existing schools given that these new schools will impact bus routes overall. However, PSD does not anticipate large-scale changes to start times as a result of the opening of new schools. It is more likely that opening new schools will have a positive impact on route times, shortening them for some of our students who travel considerable distance to school currently (i.e. those students travelling from north of Wellington to Poudre High School).

How will this impact the new middle and high school being built in Wellington?

As new schools open, PSD will seek to align the start times of these new schools to whichever scenario is implemented moving forward.

What percentage of kids in Cherry Creek survey responded to survey inquiring on sleep quantity post schedule change?

We do not have a percentage. We know that 25,446 students in grades 3 through 11 responded to CCSD's pre-survey and 30,946 students responded to the post-survey.

What is the data from Cherry Creek regarding how much extra sleep high school students get after the change?

Per the findings of the National Jewish Health and CCSD study, high school students woke up on average 61 minutes later and had 48 minutes more sleep opportunity with the change to start times.

Any thought to having shorter days - earlier end times - and less days off to make up the time?

PSD continues to explore opportunities to condense the school day in scenarios with later end times. Minutes may be recovered through the elimination of the Wednesday later start that is currently embedded in high school schedules, and potentially through condensing lunch and/or passing minutes as well.

What innovations has the PSD considered regarding non bus mode of transportation? Has the district studied/investigated/researched/explored the "slow way home" - a model developed by parents and developed with collaboration with schools and neighbors? Police in Japan adopted in several districts in USA.

This is not a model that the district has explored at this time.

What other district-wide changes do you anticipate having next year? Anything else major like this? Sometimes it's not the change itself but when combined with 4-5 other changes, it overwhelms a system.

This is the most significant change, should the Board of Education choose to move forward with it, that is anticipated for the 2019-2020 school year at this time.

Comments:

The emphasis on transportation, buses, and drivers seems to indicate that to walk, bike, or ride is not integral to the novel approaches to education, community, and exercise.

If we can save dollars by keeping status quo, I'd rather see the dollars go to teachers.

High school kids want to know: Zero hour for working kids, athletes, etc.

I think 7:45am is too early to start elementary school.

Too much emphasis on high school students and not enough of time change impact on elementary.

If PSD is going to make a change to align with the AMA guidelines, they might as well change both middle and high school to conform.

High schoolers have more pressure/opportunity to work/sports after school...would rather set them up for more rest and workable schedules. Middle schoolers can tough it out.

Does changing the start times create more problems than it solves?