



High School Start Time Advisory

July 24, 2018

6:00 pm, ITC Room

Facilitators- Christina Holt/Anna Stubblefield

In Attendance:

Charlotte Anderson, Justin Anderson, Sandy Beverly, Bob Byers, Gabe Dalton, Monica Dittmer, Cynthia Eubanks, Jill Fincher, Laurie Folsom, Julie Henry, Rick Henry, Christina Holt, Rick Ingram, Syed Jamal, Mark Preut, Valerie Schrag, Allison Smith, Anna Stubblefield, Ameshia Tubbs and Wayne Zachary

Participated via ZOOM:

Matt Ellis

1. **Welcome/Introductions**

- a. Anna Stubblefield welcomed and stated purpose of the meeting. Introduced Christina Holt. The group went around the room and introduced themselves.

2. **Review group norms and purpose (Christina)**

- a. Meet with a purpose. Learning and gathering.
- b. Weigh scientific evidence

3. **Rick Ingram: power point presentation.**

- a. Cross section of information (no perfect study)
- b. Number of studies do advocate for late start
- c. Are we the only ones considering this change? No, several districts have made changes.
- d. Question? How many?

4. Valerie Schrag presented several start times of various districts near Lawrence. Compared to our peers Lawrence School District already starts later.

5. Rick Ingram presented research on sleep patterns and how this determines many events such as anxiety, behavior, mood and depression. Adequate sleep = positive behavior, less sleeping in class, less caffeine, better decisions, fewer auto accidents (review before and after), fewer sports injuries, academic increase. Even small increments made a difference.

6. Are we doing them a favor?

- a. Not relevant because the world has choices.
- b. Students are wired to stay up later. Developmentally appropriate behavior for this age.

7. Is there data connected with attendance?

- a. Yes, less likely to be late.

8. Does 25 to 30 minutes really make a difference?

9. Equity and start time? Important issue.

- a. Evidence that economically disadvantaged and low performing students do benefit from later start.

10. Late start problems?

- a. Community engagement.
 - b. Logistics are not reasonable.
 - c. Students already missing school due to after school events (real concern).
11. The group would also like to see research based on the other side (early start).
12. Anna: costs and we need to generate a list of info still needed.
13. Tradeoffs:
- a. Need to balance real world and science
 - b. Time change is beneficial but counter productive
 - c. Large number of students arrive at school early (100 to 200 students)
 - d. Need to survey students
 - e. Balance pros and cons
 - f. Staffing issues – loss of staff
 - g. Sporting events with other schools would not blend well
 - h. Group is concerned that committee is already on board
14. Facilitator speaks about why issues should be thought out.
15. Lori Folsom asks the committee to restate their direction to be problem solvers
- a. 8:30 time = cost
 - b. 9:00 time = saving, but many unknowns
 - c. First Student has provided costs chart. Fewer busses would be needed but this might affect the need for busses for after school events. While a savings is reflected with a late start there are many unknown factors.
16. Facilitator questions:
- a. What % of high school students depend on parents for transportation to school?
 - b. What is # of High School Students that arrive early? Would this change with a new start time?
 - c. How would late start time affect families?
 - d. How would this affect employment or family after school? Older siblings taking care of younger siblings?
 - e. How would this affect the T?
 - f. Breakfast – how would this affect lunch time and later breakfast for those students who need school meals?
17. Time line:
- a. Year away
 - b. Need to look at staffing
18. Is there a Kansas School who has made this shift? Could we reach out to them?
19. Create a Google Documents for comments.

The next meeting will be August 28, 2018 at 6pm.

(Dawn will send out a calendar invite)