



High School Start Time Advisory

September 11, 2018

6:00 pm, ITC Room

Facilitators- Christina Holt/Anna Stubblefield

In Attendance:

Charlotte Anderson, Sandy Beverly, Jay Buzhardt, Gabe Dalton, Matt Ellis, Jill Fincher, Myron Graber, Rick Henry, Christina Holt, Rick Ingram, Syed Jamal, Peter Karman, Mark Preut, Sam Rabiola, Valerie Schrag, Allison Smith, Joan Stone, Anna Stubblefield.

Participated via ZOOM: Cynthia Eubanks

AGENDA

- Welcome and Introductions (Christina)
- Review of Group Norms (Christina)
- Additional information gathered to be shared
 - . Updates (Anna)
 - . Schools recently making the change (Rick)
- Survey
 - . Results from previous survey (Rick)
 - . Survey development (Christina)
- Focus group planning (Christina)
- Next Meeting: October 4, 2018

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. The district has scheduled a meeting with Patron Insight (survey group). They will provide us a quote for both an electronic and hard copy version. Anna noted that the survey cannot be biased one way or another. Reported that Jerri Kemble has reached out to Wellington. They have staggered starts (school open from 7:00 to 5:00). Gradually making the change and have started with 9th and 10th grades only. This was the year to ease in and see the social/emotional component. Wellington wanted to be able to provide options. We are still waiting to hear from Liberal, Kansas school district. Anna wanted the group to know the Junction City information was located in google if anyone wished to review that information. Anna recommended that 3 groups within the district be consulted: Equity Site Council, District Site Council and Delta.

2. Review group norms and purpose (Christina)

- a. Start and end on time
- b. Speak with respect towards others' opinions
- c. Don't talk over others
- d. Be open to learning
- e. **Meet with a purpose.** Learning and gathering.
- f. Weigh scientific evidence as more compelling than gut reaction/ fear of change
- g. Decisions will be made through consensus or majority rule

3. Rick Ingram provided an update on schools having made or are making the time change. District all around us making the change.

- a. Hickman Mills - 8:30
- b. Columbia, MO - 8:30
- c. Stillwater, OK - 8:30.
- d. San Diego also planning to change all schools by 2020 (22 schools 8:30 start)

The momentum continues to grow. State of California currently has a bill sitting on the Governor's desk that all schools not start before 8:30 am. Rick mentioned that the research indicated the late start time is good for kids.

*Peter Karman: Do we have any information to share reviewing the opposite direction - early start? Rick was not aware of any research or information.

*Valerie Schrag had question on the logistics of Oklahoma and Missouri schools. Hours, schedules. Anna answered that their schools let out at 3:30

*Valerie Schrag felt that Columbia was a fair comparable to Lawrence, Kansas and would have valuable information to share. Rick Ingram thought it would be good to reach out to those districts.

*Mark Pruett spoke about Minneapolis, Minnesota having made this change 20 years ago. They could have valuable information to share. Rick Ingram has a friend at the University he could reach out to. Rick mentioned the 2014 American Academy made the determination that late start was a better fit for kids.

*Allison Smith: What are the start times of Kansas City schools. Anna stated the various times of the schools she knew. Most Kansas City schools have seminar as their final class. Rick Ingram mentioned that we too are considering having seminar again.

*Jay Buzhardt: Asked Rick Ingram about the research. Any time a change is made people are happy and unhappy with change. Families were unhappy with boundary changes too.

4. Survey Information

Rick Ingram reviewed the background and survey that was taken during the fall of last year. It listed various percentages. The survey also included several topics. 400 people were

surveyed and also a link. Rick asked everyone to look at the last page summary and compare the survey for what type of questions need to be covered.

Christina Holt reminded us that we will need student feedback, We will want focus group feedback. Please review. Based on previous survey and our current questions does this capture all our questions?

*Sandy Beverly: Noted that all of our questions are generally family oriented. Can we also include staff?

*Anna Stubblefield: What have we missed? We need both staff and student groups. Patron Insight (survey group) can help us narrow down and help us to provide info to survey to parents and not a generic group/community. Specific staff questions?

- a. How would this affect contract time?
- b. If you had options what would you work?

*Peter Karman: Concerned about the change and equity. Curious to know the percent of ethnic/income and how we clearly need to target focus groups. Is it possible to review the demographics and their answers from the survey?

*Valerie Schrag: Asked group to look at question #42. It was the only question that listed specifics. It was not a broad question and it was the only question that mentioned money. We might also wish to list specific money factors and possibly the % not necessarily the money (Example: 10% of 500,000 budget).

*Jay Buzhardt: What will we do with our data?

Per Anna: Stubblefield: We will have an informed decision to present to the board. Items to consider now.

- a. State the reasons for the survey
- b. Specific questions need to be listed
- c. Questions need to be approved by the committee
- d. Costs/Savings
- e. Get Patron Insight (survey company) to guide us..

*Allison Smith: Indicated she was upset that ONLY the 8:30 start time is being presented. What about simply leaving the times alone?

*Rick Ingram: 8:30 time is a compromise. We have state guideline/hours to consider. In previous meetings we did discuss options.

5. Focus Group Planning

Christina Holt: Standing at chart listed various FOCUS GROUPS (providing food would be helpful):

- a. students in athletics
- b. AP students

- c. students involved with music
- d. bus riding students
- e. students who arrive early
- f. pull representatives from existing clubs
- g. late start students
- h. LINK crew leadership (Valerie could help with this)
- i. Middle School
- j. Parents
 - i. those who applied for the committee
 - ii. parents of color
 - iii. Delta
 - iv. Site Council
 - v. PTO
 - vi. Conferences.

This topic could be discussed with staff (at both high schools) during a contract day

- a. Record & Report - October 12)
- b. Cross section of all departments classified & certified

*Valerie Schrag: a staggered start might defeat the purpose of late start. Out time frame for this project is limited and we need to move now. We cannot delay our survey until negotiations.

*Mark Pruet: Various departments could also do their own surveys. Include coaches and activity sponsors.

*Anna Stubblefield: Questions & comments can be posted to Dawn Downing in Google.

The next meeting will be October 4, 2018 at 6pm.

(Dawn will send out a calendar invite)