



## High School Start Time Advisory

November 14, 2018

6:00 pm, Operations Conference Room

Facilitators- Christina Holt/Anna Stubblefield

### In Attendance:

Charlotte Anderson, Justin Anderson, Jay Buzhardt, Randy Clark, Gabe Dalton, Monica Dittmer, Cynthia Eubanks, Jill Fincher, Myron Graber, Julie Henry, Rick Henry, Christina Holt, Rick Ingram, Peter Karman, Mark Pruet, Sam Rabiola, Vanessa Sanburn, Valerie Schrag, Joan Stone, Allison Smith

Participated via ZOOM: Stephanie Harris

### AGENDA

- Welcome and Introductions (Christina/Anna)
- Review of group norms (Christina)
- Overview of agenda. Plan to review Focus Group Information and determine next step. Timeline and feasibility important considerations. Schedule next meeting to review data from surveys.

### Group Discussion-

Anna Stubblefield: Reviewed the survey process. All results will go to Patron Insight. Will do a progress check in another week. Many folks have reached out to Anna because her name was listed on the document.

Valerie Schragg: Some of her students took surveys that were designed for parents?

Vanessa Sanburn: Her own children received a survey that was designed for staff?

Anna Stubblefield: Please email her and she will send the correct survey. If you know of anyone who received the wrong survey inform her and she will send the correct version. Does not have an explanation for the mix up. Anna thought IT had the mix up solved.

Christina Holt: Summarize plan for tonight's meeting. Will be helpful to go through the survey and summarize.

Peter Karman: We would like to hear your opinion (Christina's). We want to hear from you and your reflections on the focus groups.

Christina Holt: Variety of mixed feelings came from the focus groups and concern about logistics. Christina recorded the focus groups and took notes and tried to highlight various perspectives. The document in front of you is not a document to draw conclusions, the survey will do that. Couple of comments worth mentioning: There were a fair number of early risers who do not want a change and also a fair number who do. Without any prompting on Christina's part, it was clear that many kids would like a choice of either or. Many expressed that they would like a later start but DO NOT want a later day - several options were proposed by the students.

Allison Smith: I would like to talk about Anna Stubblefield's visit to the classroom. I am not happy with the visit and the direction.

Anna Stubblefield: Kids were full of opinions and reflections.

Allison Smith: My son and I discussed your classroom visit and from his report I am concerned about the dialogue. NO one brought up that a later start would also mean the day would end later. Both sides of the issue were not discussed.

Anna Stubblefield: Courses were discussed, on-line options.

Allison Smith: Student opinions may change if both sides are stated and the options.

Christina Holt: The focus groups were given all details

Justin Anderson: He feels like kids would recognize that a later start in the morning would also mean a later day.

Vanessa Sanburn: Kids would recognize this but need to know it is not like Wednesdays late start.

Jill Fincher: I see a good cross section of both sides. I do not see a wrong answer.

Julie Henry: I want to bring up an issue that I found interesting. How much focus was given towards food. Food programs are available for late starts. Several options for food programs to be involved. Julie talks a bit about some of the programs.

Allison Smith: We need to notice that this change will reflect on our family time, meals together are important, morning schedules. The amount of family time now is limited and the time change will shorten/change this time together. This is an important issue.

Justin Anderson: Given options I believe most would consider another solution. Maybe we should step back and rethink this issue? Consider a late start but not stay late.

Rick Ingram: Extended days are an option. This could solve issues.

Valerie Schragg: Please note there are costs involved with a longer year.

Anna Stubblefield: Anything is possible. How do you make that work? Is it a 6 hour day, online courses, various options. Another Committee would be necessary for a redesign.

Valerie Schragg: I hesitate to consider a long year. This Focus Group document has some rich information, the report does reflect different desires but this should be a larger conversation. A "Flexible Schedule" is a much larger issue.

Mark Pruett: If you read this you will discover that "Flexible" is the issue. Many staffing issues. Please read the teacher's voices, they are concerned. Not only students are involved with this decision.

Justin Anderson: Do the math for summer days, a shorter day does not equal only a few extra days.

Mark Pruett: Reminder to everyone this change also matters to the Elementary.

Christina Holt: Zero hour was a big topic, core classes and transportation.

Allison Smith: My research has indicated that time change does seem great at first, then not so great after a few years.

Justin Anderson: Note that only 50% of the study are Dr/institutions.

Rick Ingram: Review the studies and information. Students are sleeping during first hour.

Justin Anderson: Look at the study from Asia. Late state = good performance. The late start appears to be warmly received. Online courses would be the key. No ah-ha.

Valerie Schragg: Notice all the At Risk student comments?

Christina Holt: Most At Risk students were in favor of a late start.

Valerie Schragg: A recreated Alternative High School could help solve this issue.

Rick Ingram: The consensus is that an Alternative High School is a good idea.

Anna Stubblefield: We could layer in the components.

Valerie Schragg: The reality is: Our decision is not just for kids, we need to remember parents, teachers, on-line staffing, costs. I want it on the records that this is not just what's best for the

kids. There is a broader picture here: Transportation, athletics, staffing, costs, all areas have to be considered.

Sam Rabiola: The previous Alternative High School was closed for various reasons, one was costs and the other was the test scores were blended with the two high school.

Anna Stubblefield: Logistics would need to be considered and the benefits. Lunch, alternative paths. We would have to engage LEA and others in these considerations.

Myron Graber: I do agree with the innovation and changes but you need to know that a 30 minute late start is only a band-aide. What we really need to do is address the educational issues. We really need to address the whole picture. In a conversation with an Asian colleague the differences were discussed, an example given: They start each day with exercise. The information in this document is inconclusive. This is only a band-aide.

Jay: What is the solution? Are we doing a disservice to not listen to the survey. Maybe a different outline, a holistic collaboration, parameters?

Justin Anderson: Not with core classes.

Rick Ingram: Does not feel dramatic changes would benefit anyone.

Allison Smith: The reality is that not everyone will benefit from this change.

Rick Ingram: I do feel like more kids would benefit.

Allison Smith: You have to understand that parents do not have the flexibility. We have set work hours, set schedules and are unable to change these.

Justin Anderson: If you compare the late start to Wednesdays schedule. Students could still arrive early and chill until class starts, possibly do homework.

Jill Fisher: I see gaps. Life is complicated for everyone.

Allison: Is low income represented? I feel it is important to hear their voices.

Rick Ingram: In any case not everyone will benefit. AVID is a good example of this. Not all of the population will benefit from AVID but it was still brought on because it would benefit some.

Anna Stubblefield: A mixed group was surveyed.

Cynthia Eubanks: Take a look at the comments regarding the negative impact - very strong feelings.

Justin Anderson: Does not feel all populations were reflected.

Cynthia Eubanks: It would be beneficial to all across the board.

Julie Henry: We do not have a consensus and won't.

Christina Holt: Our goal is to reach a consensus but we can also make a recommendation also various considerations

Peter Karman: Potential extra sleep and starting late are not the same thing.

Rick Ingram: The research does show that a later start is the mechanism to achieve more sleep which equals better health and mood.

Cynthia Eubanks: I can see how this will provide some benefits to students who will have more time to prepare.

Peter Karman: Staying later?

Christina Holt: Reminder of our norms. We need to plan out next meeting. (December 3 from 6-7:30) we will want to discuss how do we want to go about presenting this to the board.

Justin: I feel like we need to indicate the number of votes that were yes or no in our presentation.

Cynthia Eubanks: Couldn't we vow to have a consensus, so it matters. That should be our goal. Majority rules.

Valerie Schragg: Possible to have the survey in advance for all to review and plan on making decisions on December 3rd.

Christina Holt: We will send out the survey results in advance to help move the meeting along.

Christina Holt: Next date determination in the event more time is needed: December 10 from 6-7:00. We will send out a reminder email.

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Dawn Downing will post in Google.  
(Dawn will send out a calendar invite)