

December 14, 2020

Bell Times Advisory Committee Meeting Notes

Remote Meeting

6:00 pm

16 members attended

Welcome and Introductions

Assistant Superintendent, Monty Sabin welcomed everyone to the meeting at 6:00 pm.

Purpose and Leading with Equity

Monty Sabin shared online meeting norms. He shared the purpose of the advisory committee was to determine if changing to a later start time for the high schools is feasible for the district and beneficial for our students.

He also asked the group to assess all options through an equity lens and to ask the following questions about the proposals: How does this issue connect with our strategic plan and the goals of the district? Will this decision ignore/worsen existing disparities or produce unintended consequences? If so, how? Finally, does this proposal support the message of inclusion? He referred the group to the district's Equity Resolution and EL-11 Policy, Race and Equity for guidance.

Academic Research

Monty Sabin thanked the group for reviewing the academic research that had been emailed to the committee members.

- [School Start Times, Sleep, Behavioral, Health, and Academic Outcomes: a Review of the Literature](#)
- [Sleepmore in Seattle: Later school start times are associated with more sleep and better performance in high school students](#)
- [NJ Final Report of the Study Group on Later School Start Times 2017](#)
- [Examining the Impact of Later High School Start Times on the Health and academic Performance of High School Students: A Multi-Site Study 2014](#)
- [Earlier School Start Times for Elementary School Students - Psychology Today 2017](#)

He asked if anyone had questions before going into their group discussions. There were no questions.

The groups split into three breakout rooms to discuss the following regarding the materials:

1. What are the major findings?
2. What conclusions can be drawn?
3. Are there further questions?

When the full group reconvened a representative from each group shared the common themes that were discussed in the breakout groups.

- Group #1
 - There was compelling research for the benefits of a later start time for High School start times.
 - Is there enough research if elementary has early start times is there also a benefit and is the change worth the cost?
 - Concerned about impacts on families in regards to childcare.
 - Transportation is a constraint
 - Transportation is a key ingredient and the tiered system that is currently in place is the most cost effective approach. Budget will be tight this year and continuing into next school year. Many possibilities were reviewed the times presented as a change were the most feasible.
 - Would like to see elementary start times later than 8:00 AM
- Group #2
 - Evidence is compelling for High School to start at a later time.
 - Increased academic performance

- Less substance abuse
 - Fewer car accidents
- Elementary students boarding busses in the dark is a concern, but the trade off is students getting off of the bus in the dark during winter.
- Hard to reach a definitive due to multiple cause and effect
- Impacts on behavior & fights. More fights occur in the afternoon than in the morning.
- Parents are more likely to be home in the morning to help elementary students on the bus with an earlier start time. Currently many elementary students go to the bus stop alone, parents are already at work.
- Group #3
 - Overall benefit is more sleep, but just because school starts later doesn't mean students will mean that students will actually get more sleep. Some may stay up later.
 - There must be a shift of at least one hour so see any benefit from later start times.
 - Obstacles include a natural resistance to change and the current reality of the community
 - Is this a good time to make a change?

Next Meeting

Monty Sabin shared that at the next meeting the group would be reviewing the survey results and hopefully reach a consensus on the recommendation that would be made to the school board. If more time is needed we can add a meeting following the January 18th meeting to finalize board recommendation.

Discussion followed regarding framework for decision making, a question as to whether there has been discussion between all three districts of making a change at the same time? Olympia has already completed a study, but has not moved forward with a change to start times. It was also shared that the Superintendent's Student Advisory would be meeting to discuss a change in school start times on December 17th and their feedback would be shared with the committee at the next meeting along with the survey results.

Future Meetings are scheduled for:

- January 18th
- February 23rd – Board Meeting

Closing

The meeting adjourned at 6:45 pm.