



Bell Times Advisory Committee

June 8, 2020

Online Meeting Norms

Be on time. We promise to start and end the meeting according to the times on the agenda. If you arrive late, please don't interrupt the call. Remain silent and catch up as best as you can.

Be Prepared. Please review the meeting agenda and any attached documents before the start of the meeting. Be prepared to discuss the issues and offer solutions. We need your opinion and perspective.

Mute yourself. Background noise disrupts the meeting for everyone and might prevent us from hearing the information that we need.

Identify yourself. Before you start to speak, please state your name so we know who is talking. Everyone might not recognize your voice.

Agenda

- Welcome and Introductions
- Purpose
- Leading with Equity
- Research
- Bell Times
- Future Topics
- Meeting Schedule
- Closing

Welcome and Introductions

Please share with us your name and role.

Purpose

To determine if changing to a later start time for the high schools is feasible for the district and beneficial for our students.

Leading with Equity

- Assess all options through an equity lens. Ask ourselves the following questions about all 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?
 - Does this proposal support the message of inclusion?
- Refer to [Resolution #31](#) and [EL-11 Policy - Race and Equity](#)

Research

American Academy of Sleep Medicine:

“Based on the available evidence, the AASM calls on primary academic institutions, school boards, parents, and policy makers to raise public awareness and improve education in order to promote a national standard of middle school and high school start times of 8:30 am or later. The AASM also encourages a collaborative and participatory approach among all stakeholders to support school boards as they overcome a variety of real and perceived barriers to the implementation of delayed school start times.” (2017)

http://www.startschoollater.net/uploads/9/7/9/6/9796500/aasm_position_statement_on_delaying_school_start_times.pdf

Research

Peer reviewed science from Seattle Schools:

“We show that a delay in the high school start times from 7:50 to 8:45 a.m. had several measurable benefits for students. The change led to a significant lengthening of daily sleep of over half an hour. There is evidence that adolescents in most industrialized societies do not achieve the recommended approximately 9 hours of daily sleep during school days (5,15), which is consistent with estimates that in the past 100 years, sleep has shortened by about 1 hour in children (16). Our study demonstrates a lengthening in the median daily sleep duration from 6 hours and 50 min to 7 hours and 24 min, restoring the historical sleep values present several decades before evenings within brightly lit environments and with access to light-emitting screens were common among teenagers. These results demonstrate that delaying high school start times brings students closer to reaching the recommended sleep amount and reverses the century-long trend in gradual sleep loss.”

Research

Peer reviewed science from Seattle (cont'd):

We also show that the later school start time is associated with a better alignment of sleep timing with the circadian system (reduced social jet lag), reduced sleepiness, and increased academic performance. Although it is highly likely that increased sleep was the cause for reduced sleepiness, it is much harder to attribute causality for 4.5% higher grades on increased sleep; nevertheless, it is certainly reasonable that students who are better rested and more alert should display better academic performance. Last, the later school starts led to an increase in punctuality and attendance that, remarkably, was only evident in the economically disadvantaged school. Obviously, attending school and arriving on time to school is beneficial for learning, and this result suggests that delaying high school start times could decrease the learning gap between low and high socioeconomic groups.

<http://advances.sciencemag.org/content/4/12/eaau6200>

NTPS Bell Times

	Start	End
Elementary:	8:10 to 8:40	2:40 to 3:10
Middle:	9:20	3:50
High:	7:30	2:00

Local Bell Times

Olympia

Tumwater

	Start	End		Start	End
Elementary:	8:20 to 9:10	2:42 to 3:27	Elementary:	8:40 to 9:05	3:10 to 3:35
Middle:	8:00 to 8:30	2:32 to 3:02	Middle	8:00	2:30
High:	7:45 and 8:20	2:22 and 2:20	High:	7:40	2:10

Seattle and Bellingham Bell Times

Seattle

Bellingham

	Start	End
Elementary:	7:55	2:25
Middle:	8:55	3:45
High:	8:45 to 8:55	3:35 to 3:45

	Start	End
Elementary:	8:00	2:30
Middle:	9:15	3:45
High:	8:30	3:15

Future Topics

- Academic Research
- Transportation
- District and Community Activities
- Food and Nutrition
- Community Survey

Meeting Schedule

September 21, 2020

October 19, 2020

November 16, 2020

December 14, 2020

January 18, 2021

February 15, 2021

March Board Meeting TBD

Closing

Questions?