

Improving School Hours

November 21st, 2017



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Presentation Agenda

1. Revisit Student Benefit Research
2. Share Survey Data – Platinum Plan
3. Understand Positive Trends and Stakeholder Concerns
4. Share Response to Data

The Case For Change

Dr. Ahart



Why

The body of evidence concerning the **academic** and **health benefits** of adjusted school hours for students is compelling.

American Academy
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

POLICY STATEMENT

School Start Times for Adolescents

The Children, Youth, & Families Office of the American Psychological Association

Later School Start Times Promote Adolescent Well-Being



AMERICAN
PSYCHOLOGICAL
ASSOCIATION

Impact of School Start Time on Student Learning

February 2013



School Night Hours of Sleep by Age

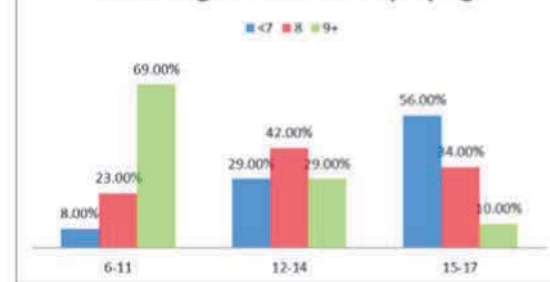


Figure 1: School Night Hours of Sleep by Age Group. While 69% of kids age 6-11 get approximately enough sleep, just 1 in 10 15-17 year olds are. Source: National Sleep Foundation, 2014.

Key Research-Based Benefits For Adolescents

Student Learning	Health and Well Being	Disproportionate Impact
<ul style="list-style-type: none">• Attendance• First Period Grades• Standardized Assessments	<ul style="list-style-type: none">• Obesity• Depression• Impulse Control• Drowsy Driving• At-Risk Behaviors	<p>Less Privileged Students</p> <ul style="list-style-type: none">• Transportation• Attendance• Breakfast• First Period Grades

Overview

- ❖ The body of evidence concerning **benefits** for students is compelling.
- ❖ Better academic results and health improvements for students is research-based.
- ❖ Flip was attempted 11 years ago and there has been continued interest from community.
- ❖ The plan works and doesn't require additional staff.

School Hours

CURRENT & PROPOSED SCHOOL HOURS

7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm
CURRENT									
	8:15	Elementary, Group 1	6 hr, 55 min school day		3:10				
	8:45	Elementary, Group 2	6 hr, 55 min school day		3:40				
	7:45	Middle School	6 hr, 55 min school day		2:40				
	7:40	High School	7 hr, 0 min school day		2:40				
	8:15	Smouse & Van Meter	6 hr, 55 min school day		3:10				
PROPOSED									
	7:45	Elementary All	6 hr, 55 min school day		2:40				
	8:30	Middle School	6 hr, 55 min school day		3:25				
	8:25	High School	7 hr, 0 min school day		3:25				
	9:00	Smouse & Van Meter	6 hr, 50 min school day		3:50				
	7:30	All Elementaries, Smouse	6 hr, 55 min school day		2:25				
	8:30	Middle School & Van Meter	6 hr, 55 min school day		3:25				
	8:25	High School	7 hr, 0 min school day		3:25				



Communication and Feedback Investment

Community Communication and Outreach

- ELL Community Meetings, 300 Participants
- City-Wide Community Partnership Forum, 65 Participants
- Principal Advisory Team
- DMEA/AFSCME
- Media Coverage
- Survey – Online
- Survey – Paper



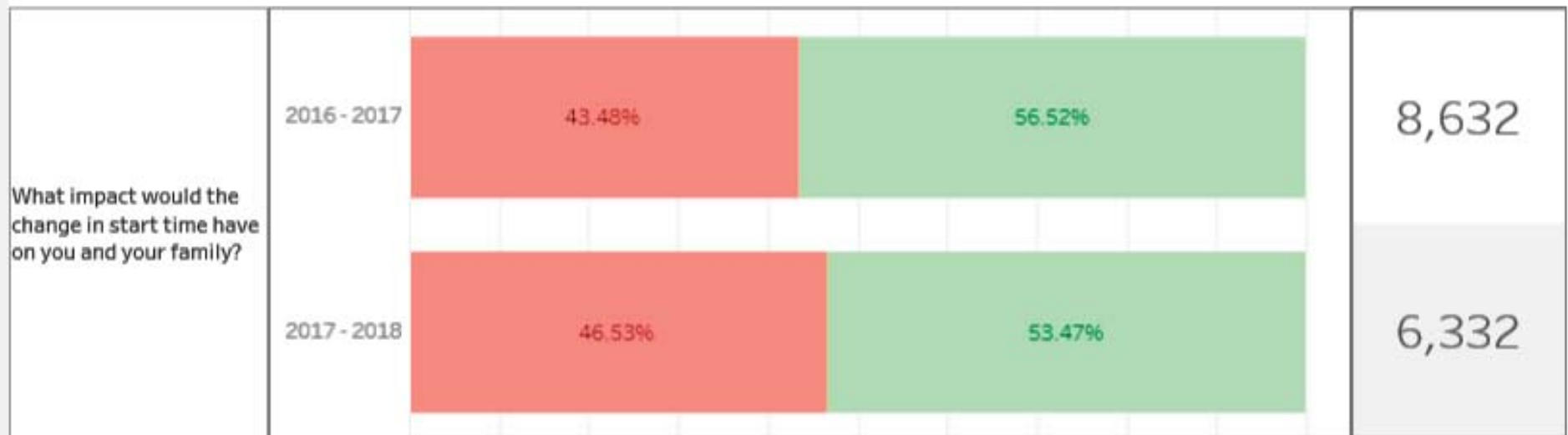
Feedback Fall 2017

6332 Surveys

- 3637 Parent (438 ELL)
- 814 Student
- 1782 Staff
- 84 Community



Overall Impact



Results – Platinum

OVERALL POSITIVE IMPACT	
Staff	60%
Community	44% (small sample)
All Parents	50%
ELL Parents	65%
Students	53%

% Neutral, Agree, or Strongly Agree

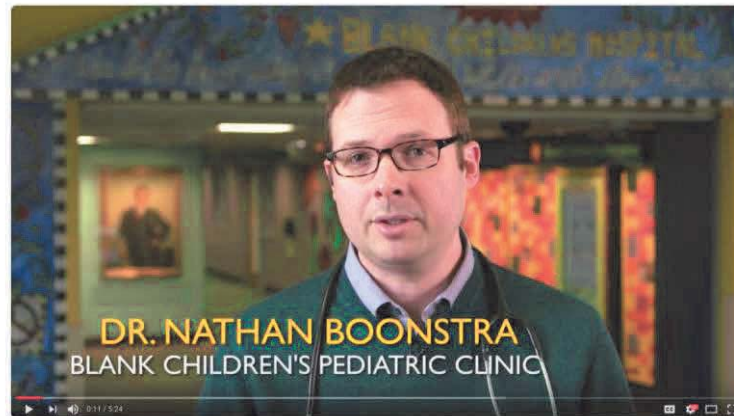
Highest Rated Positive Impact

1. 68% - Reduce the Risk of Drowsy Student Driving
2. 63% - Improve Academic Performance
3. 60% - Improve Student Health and Well-Being
4. 58% - Particularly Beneficial to Socioeconomically Disadvantaged Students
5. 55% - Improve Student Sleep Schedules

% Neutral, Agree, or Strongly Agree

Highest Rated Negative Impact

1. 60% - Prevents After School Employment
2. 57% - Prevents After School Activities
3. 48% - Create Problems With Childcare



% Neutral, Agree, or Strongly Agree

Themes From Comments

Positive	Concerns
<ul style="list-style-type: none">• Research-Driven• Students More Prepared• Supports Sleep Patterns• Less Unsupervised Time• Best Interest of Students	<ul style="list-style-type: none">• Elementary Start Too Early• Limits Student Work Schedules• Limits Extracurricular Activities

Summary

- Tremendous Support Relative To Impact
- Stakeholder Prioritization:
 - Impact On Academics
 - Impact On Sleep/Health
- Thorough Communication/Feedback
- Relatively Small % Of Concern
- Elementary Start “Too Early”

Morning Supports - Elementary

- Educate students/families about morning safety-build into curriculum.
- Engage metro care workers, volunteers, community partners, faith-based organizations, and Americorps staff in supporting walking routes/walking school busses/bus stops.

Before and After Care Impact

- 70% Fewer Students Requiring Morning Metro (Current Enrollment = 1363)
 - Positive Financial Impact for Families
- 30% More Students Requiring Afternoon Metro
 - Increase Partnerships
 - Improve Program Offerings

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Timeline

- Week of October 23
 - Departments and Principals Present Case for Change
 - Media Campaign Begins
- November 7 – November 16
 - Stakeholder Survey of **Platinum** Proposal
- November 21
 - Board Presentation

Questions or Comments



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