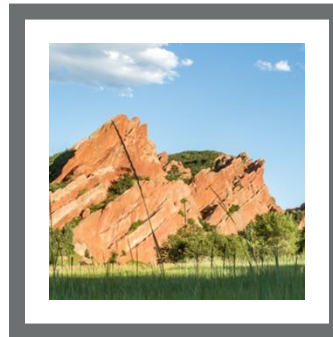
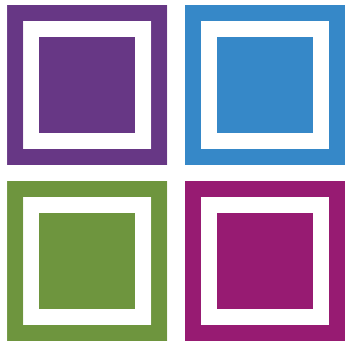
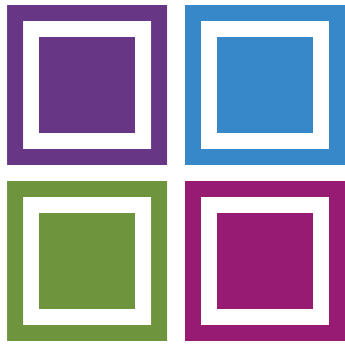


**School Start Time
Interim Study
Committee
8/31/18**



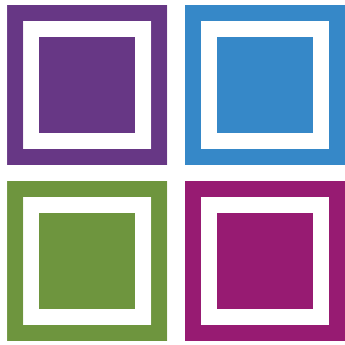


WELCOME & INTRODUCTIONS



Started with a Community Conversation 2/12/18

- I've heard of conversations in the Jeffco Mountain Community
- I'm hearing about this in my child's school/ articulation area
 - Golden, Standley Lake, Columbine, Conifer, Evergreen
- I've heard of what other districts are doing
 - Cherry Creek, District 27J, Thompson, Monument, Greeley
 - Districts in 23 states
- I'm aware of some of the support
 - National Sleep Foundation
 - American Academy of Pediatrics
 - Centers for Disease Control and Prevention
 - National Education Association



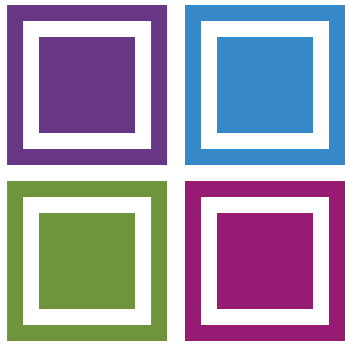
Quotes from the Research

Journal of Pediatrics

Current high school start times deprive adolescents of sleep and force students to perform academically in the early morning, a time of day when they are at their worst

University of Minnesota's study of 7,000 high schoolers

Teens who received A's averaged about fifteen more minutes of sleep than the B students, who in turn averaged fifteen more minutes than the Cs.

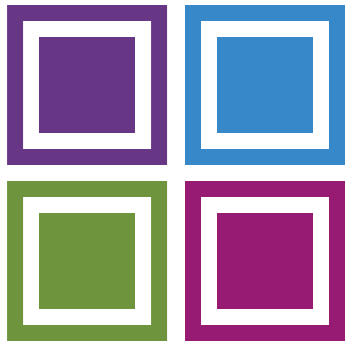


Quotes from the Research

Minneapolis Public Schools study

Delaying starting times at seven high schools to 8:40 a.m. from 7:15 a.m. resulted in attendance and enrollment rates improvement, students were more alert, and fewer kids reported depression.

From the book “Nurture Shock: New Thinking About Children”, 2009
“Kids’ sleep is qualitatively different than grownups’ sleep because children spend more than 40% of their asleep time in the slow-wave stage (which is ten times the proportion that older adults spend). This is why a good night’s sleep is so important for long-term learning...”



ARTICLES & PUBLICATIONS

News Scientist: <https://www.newscientist.com/article/mg21829130-100-why-teenagers-really-do-need-an-extra-hour-in-bed/>

Hanover Research Institute Study: <https://www.clearslide.com/view/new/mail?iID=28VxQXzwJBDCtF4QM6Vr>

Chalkbeat Article July 2017: <http://www.chalkbeat.org/posts/co/2017/07/21/two-colorado-districts-shift-to-later-high-school-start-times-for-very-different-reasons/>

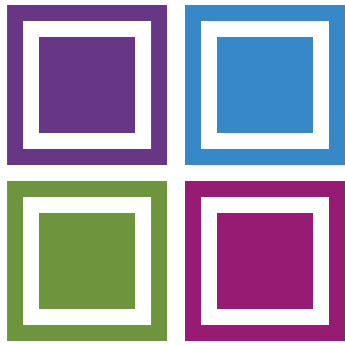
NPR Story Dec 2017: <https://www.npr.org/2017/11/17/564608245/wendy-troxel-does-high-school-start-too-early>

NYT Article (Financial Impact) Sept 2017: <https://www.nytimes.com/2017/09/13/upshot/the-economic-case-for-letting-teenagers-sleep-a-little-later.html?hp&action=click&pgtype=Homepage&clickSource=story-heading&module=second-column-region®ion=top-news&WT.nav=top-news>

Kappan Article : <http://www.kappanonline.org/late-start-time-for-teens/>

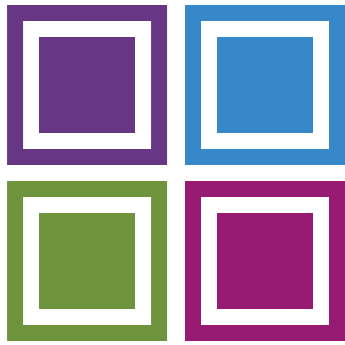
The Atlantic Article Nov 2017: <https://www.theatlantic.com/education/archive/2017/11/why-are-parents-afraid-of-later-school-start-times/545642/>





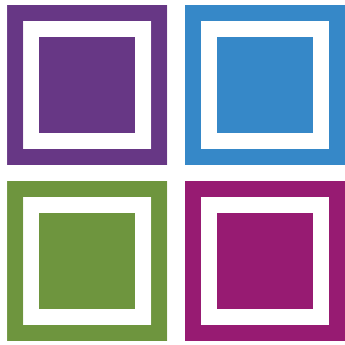
CHALLENGES & COMPLEXITIES

- Budget
- Transportation
 - Capacity
- Workforce
 - Parent
 - Student
- Staff issues and concerns
- Geography
- Athletics and Activities
- Older siblings supervising younger ones after school
- Impacts to other schools



Decisions from the 2/12/18 meeting:

- Will establish a Start Time Task Force
 - Make up of Task Force
 - Approx. 40 people - from each Articulation Area (17)
 - Leadership of the Task Force
 - The task force shall elect Tri-Chairs
 - Charge/Outcome of the Task Force...



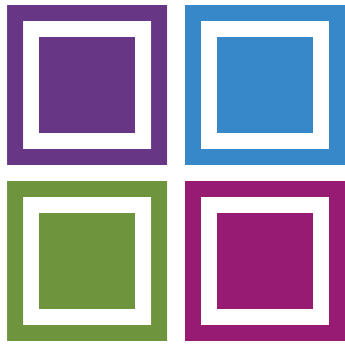
Start Time Task Force Charge

The Task Force is charged with holding **balanced and representative** discussions related to the possibility of altering secondary school start times to later in the day. The Task Force shall also **consider the complexities** of such a decision and what **impact** it might have on areas such as student **transportation, elementary and preschool start times, staff impact, athletics and activities, and impacts on the community workforce**. The Task Force shall use a **consensus-based process** to arrive at a set of recommendations to be presented to the Superintendent early in the spring of 2019.



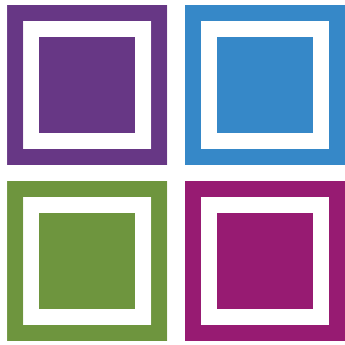
Purpose of the Task Force

- Gain an understanding of community needs and impacts of changing school start times
- Review the research on school start time effects on student learning and health; Research other school districts who have explored or made this change
- Clearly define the pros and cons of creating a consistent district-wide start time by level
- Present a recommendation to the Superintendent and Board of Education in early 2019



Subcommittee Work

- Engage in understanding of **community needs and impacts** of changing school start times
- Review the **research on school start time effects** on student learning and health; Research **other school districts** who have explored or made this change
- Clearly define the **pros and cons** of creating a consistent district-wide start time by grade level



Information & Communication

Jeffco School Start Time Webpage:

<https://tinyurl.com/jeffcostarttime>

School Start Time Task Force

"Research tells us that current school start times are not well aligned with the biological clocks for our secondary students. At the same time, changing start times is complex and involves considerations around athletics, activities, working students, and transportation. We hope to have a thoughtful and honest conversation on this topic and what's right for Jeffco moving forward." - Dr. Jason Glass

HAPPENING NOW

The task force met May 21. See the last section on this page for the presentation and notes. There are three working teams. The focus areas are:



- Engage in understanding of **community needs and impacts** of changing school start times
- Review the **research on school start time effects** on student learning and health; Research **other school districts** who have explored or made this change
- Clearly define the **pros and cons** of creating a consistent district-wide start time by grade level

THE TASK FORCE

Jeffco Public Schools assembled a task force to look at the logistics and impacts of changing school start times across the district. Here is more from Dr. Glass about the task force. The task force consists of 50 volunteers and a few staff from all areas of our school district. The teams will work over the summer and then the full group will meet again in the fall.

The working/sharing site for the task force is on Google, and there is also a conversation group page on Facebook.

YOUR INPUT

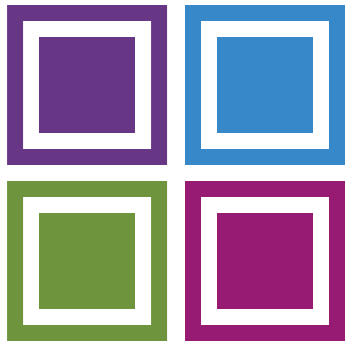
If you would like to give feedback on this issue, please use this form.

All feedback will be reviewed by the task force.

MORE INFO

- Slide show from the Feb. 12 meeting
- Meeting notes from Feb. 12
- Presentation from May 21 meeting
- Notes from May 21 meeting





Information & Communication

Jeffco Start Time Task Force Google Page:
[Google Page](#)



Meeting Notes

The next meeting of the Jeffco Schools Start Time Task Force is:

September 10th, Jeffco Ed Center

5:30-7:30pm

Task force members – [Join a subcommittee.](#)

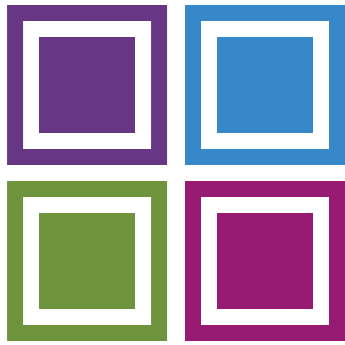
We are on Facebook! Join our public group at [School Start Time Task Force](#)

May 21, 2018

The Jeffco Schools Start Time Task Force met for the first time on May 21. There were 23 members in attendance. Dr. Jason Glass and Dan Cohan, Task Force Lead Facilitator, [presented the purpose of the group](#), guidelines and more with a deadline of early 2019 to present findings and recommendations to Superintendent Glass and the Jeffco School Board.

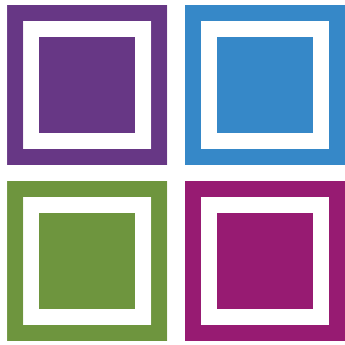
It is expected the task force as a whole will meet four (4) times beginning June 2018 through the start of the 2019 school year and present final recommendations made through a group consensus process. The 2019 timeline allows for the recommendations of the group to be reviewed in conjunction with budget planning for the Jeffco Public Schools District. At this first meeting of the task force there was time for information sharing, group conversation, subcommittees were discussed in detail and tri-chairs were nominated and voted upon.

Full [Meeting Notes](#) and the [Presentation](#) given by Dr. Jason Glass, Dan Cohan and the Jeffco Schools team from the May 21st are available for viewing on the [Jeffco Schools Task Force website](#).



Ongoing Work

- Tri-Chairs work with district to develop process, meetings, scope of work, etc.
- Tri-Chairs compile notes/input/feedback from stakeholders
- Subcommittees began meeting and working Summer, 2018 - will continue this Fall
- Mtgs with Jeffco Cabinet members and other stakeholders as needed
- Proposal to Superintendent early Spring, 2019



Subcommittee Summer Work

- Community Research about similar problems to Jeffco (transportation, child care, etc.)
 - what was presented to their boards
 - post-implementation findings (example: while transportation costs increased, lower costs were seen from fewer disciplinary actions, improved student mental health, and enhanced district ratings and reputation)
- Meetings with tri-chairs and Jeffco admin
- Communications to task force: Website and Email updates
- Next full task force meeting: Sept 10



Community Feedback

Received over 275 responses, ranging from...

“Later the better. All levels.”

“Please consider the families...later start times make it harder for parents to get to work.”

“...horrible idea...enabling youth to be irresponsible...the world doesn’t care about your biological clock”

“Research shows later start times impact brain development, suicide rates...let’s put our students’ mental health first”



What Would You Tell a Colorado Legislator



Jessica Porter Keene Let the school communities make the decision at their own level. In this case I don't believe a one size fits all approach works. There are many different reasons a school is chosen and that factored into why we chose the school we did.

Like · Reply · 1d



Kristen Ching Simon All or nothing. The entire district needs to be on the same plan. Buses and activities would have to be adjusted.

Like · Reply · 1d



Tonya Allen I would ask them to review the research / results from other schools around the state and country who are making this change as well, get feedback from the parent and teacher community, and make an informed decision for our students.

Like · Reply · 1d



Jenna Bannon Write a piece of legislation incentivizing districts to rethink the way they are supporting the well-being of children, families & staff. Award planning grants to districts who want to mobilize local task forces to develop thoughtful approaches to the emotional & physical health, including a thorough examination of school start times, especially for teenagers. Then provide additional resources (funding, TA, support for Boards, etc.) to districts to make their recommendations a reality.

...Or that legislator could just come to my house at 6am & see what it's like to get my teen daughter up, out the door & "learning" in biology class all by 7:15am. I'll even throw in a cup of coffee for driving carpool at 6:45.

Haha · Reply · 1d



Ayrolyn Anderson Keady I would ask them what they intended to do with the answer to my question.

Like · Reply · 1d

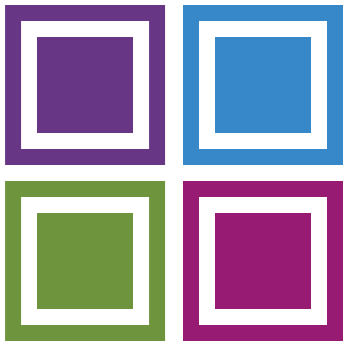


Ayrolyn Anderson Keady If their answer was to recommended something at the state level through a policy change, I'd suggest that they leave this to the individual districts / local level decision.

If they told me they were trying to pick a school for their kid, I'd walk them through how to plan their morning and anticipate how start times would affect them at the individual level.

Like · Reply · 1d





Thank you!