

Weston Public Schools

Start Time/Scheduling Innovation Steering Committee

February 5, 2018

Start Time/Scheduling Innovation Steering Committee

- Formed in January 2017
- Superintendent, all Assistant Superintendents, principals, faculty, staff, parents and 2 School Committee members
- Decided in September 2017 to focus first on start time
- Have been working on the practical implications of moving start times

Outreach and Communication with the Weston Community

- Parent Forums in June and November 2017
- Presentations at School Committee meetings in June 2017 and October 2017
- Start Time Survey
 - Completed February 2, 2018
 - 722 Responses, including 67 from Boston families
 - Represents 1,271 students planning to attend WPS in 2018

Teens Don't Get Enough Sleep



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Among teens, sleep deprivation an epidemic

Sleep deprivation increases the likelihood teens will suffer myriad negative consequences, including an inability to concentrate, poor grades, drowsy-driving incidents, anxiety, depression, thoughts of suicide and even suicide attempts.

- National Sleep Foundation recommends 8.5 – 9.25 hours of sleep per night for teenagers
- According to a CDC study, 70% of U.S. high school students sleep less than 8 hours on school nights

Weston Teens Echo National Trends

According to Student Life Survey Data in Weston

- Less than half (45%) of our HS students sleep more than 7 hours a night
- Only 39% of girls sleep more than 7 hours a night
 - Less than 1/3 of junior girls sleep 7+ hours
- Just 10% sleep more than 8 hours a night

Sleepy Teens – It's Biology, Not Choice

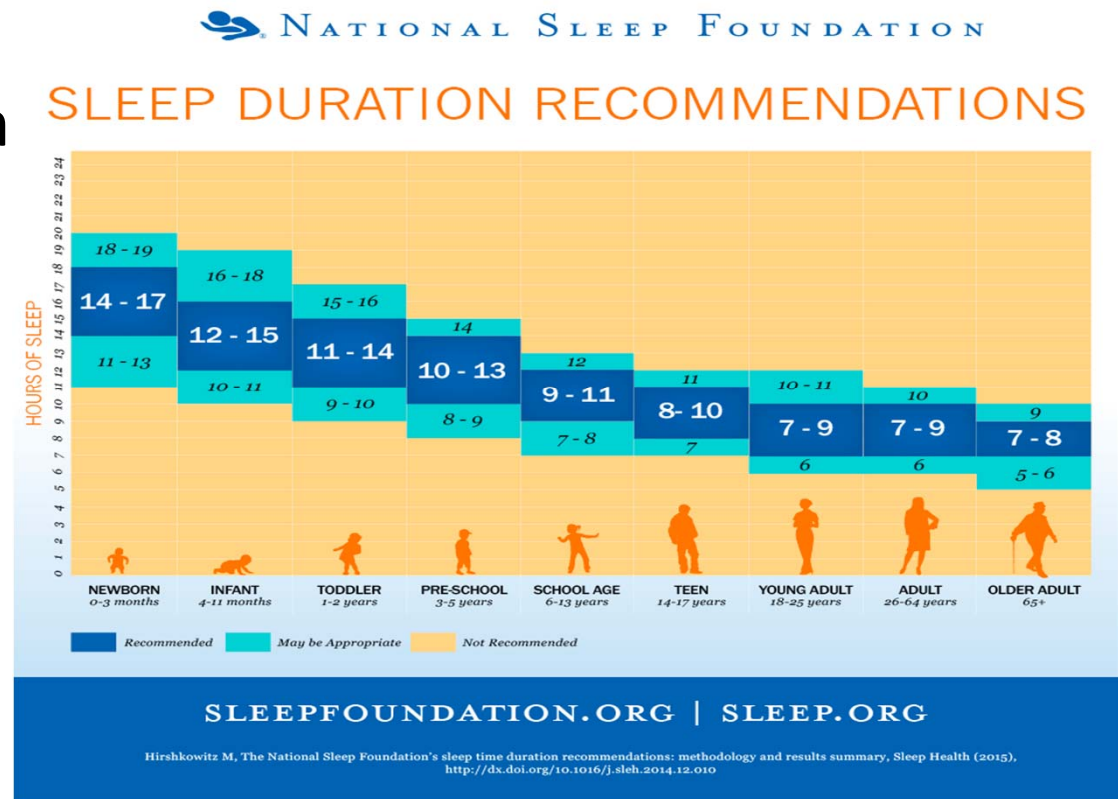
Dr. Chun Lim, MD, PhD

Cognitive Neurology Unit

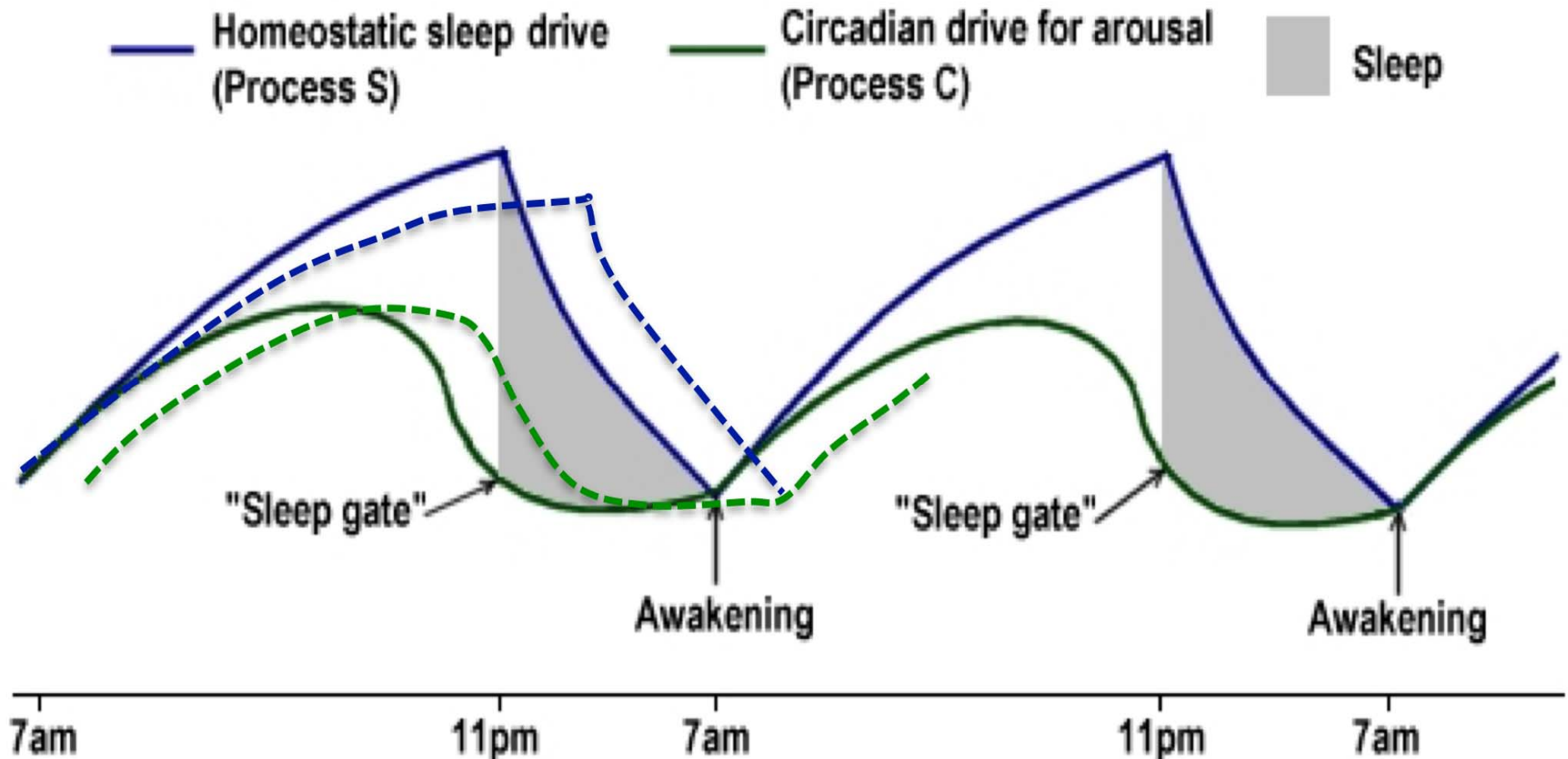
BIDMC and Harvard Medical School

Why Do We Sleep?

- Adaptive/Inactivity
- Energy Conservation
- Restorative
- Synaptic homeostasis (plasticity)
 - Sleep and memory consolidation
 - Sleep and motor learning



A Two-Process Model of Sleep Regulation



Borbély. Hum Neurobiol. 1982;1:195

Carskadon, Sleep, 1993; 16: 258

Carskadon, Pediatr Clin N Am, 2011; 58: 647

Survey Results on the Importance of Sleep

- 89% of respondents believe that more sleep, on average, leads to better health and/or academic outcomes for young people.
- 69% of respondents believe that their secondary school student(s) will get more sleep under the proposed new Weston school schedule

American Academy of Pediatrics Policy Statement

- “The evidence strongly implicates earlier school start times (ie, before 8:30 AM) as a key modifiable contributor to insufficient sleep, as well as circadian rhythm disruption, in this population.”
- “Furthermore, a substantial body of research has now demonstrated that delaying school start times is an effective countermeasure to chronic sleep loss and has a wide range of potential benefits to students with regard to physical and mental health, safety, and academic achievement.”

Benefits of a Later Start and More Sleep

School Performance

Decreased:

- Tardiness
- Absenteeism
- Sleeping during class
- Disciplinary actions

Increased:

- GPAs, test scores
- Focus, attention span
- Ability to solve complex problems
- Homework completion

Health and Safety

Decreased:

- Risky/impulsive behavior
- Depression
- Substance abuse
- Irritability
- Vehicle accidents
- Athletic injuries
- Fighting and violence
- Obesity

Increased:

- Physical activity
- Tolerance for frustration

Common Myths/Misunderstandings

- If school starts later, they'll just go to sleep later
 - Studies show that a later start leads to more sleep
- Parents just need to make their kids go to sleep earlier
 - It's not a choice for most teens
 - Importance of good sleep hygiene
- They can make up sleep on weekends
 - Weekend oversleep not sufficient and may be unhealthy

Proposed Schedule for 2018/2019 School Year

	Current Schedule	Proposed for September 2018	Current Schedule	Proposed for September 2018
School Doors Open*	7:15 AM	8:35 AM	7:45 AM	7:45AM
Classes Begin	7:30 AM	8:45 AM	8:10 AM	8:00 AM
Classes End	2:50 PM	3:15 PM	2:20 PM	2:20 PM

* Students may not enter the buildings before school doors open.

W Block (Middle School and High School): Wednesday or Thursday, 7:45 AM - 8:45 AM

No transportation provided. Buses would run on standard schedule.

Proposed Bus Schedules for 2018/2019

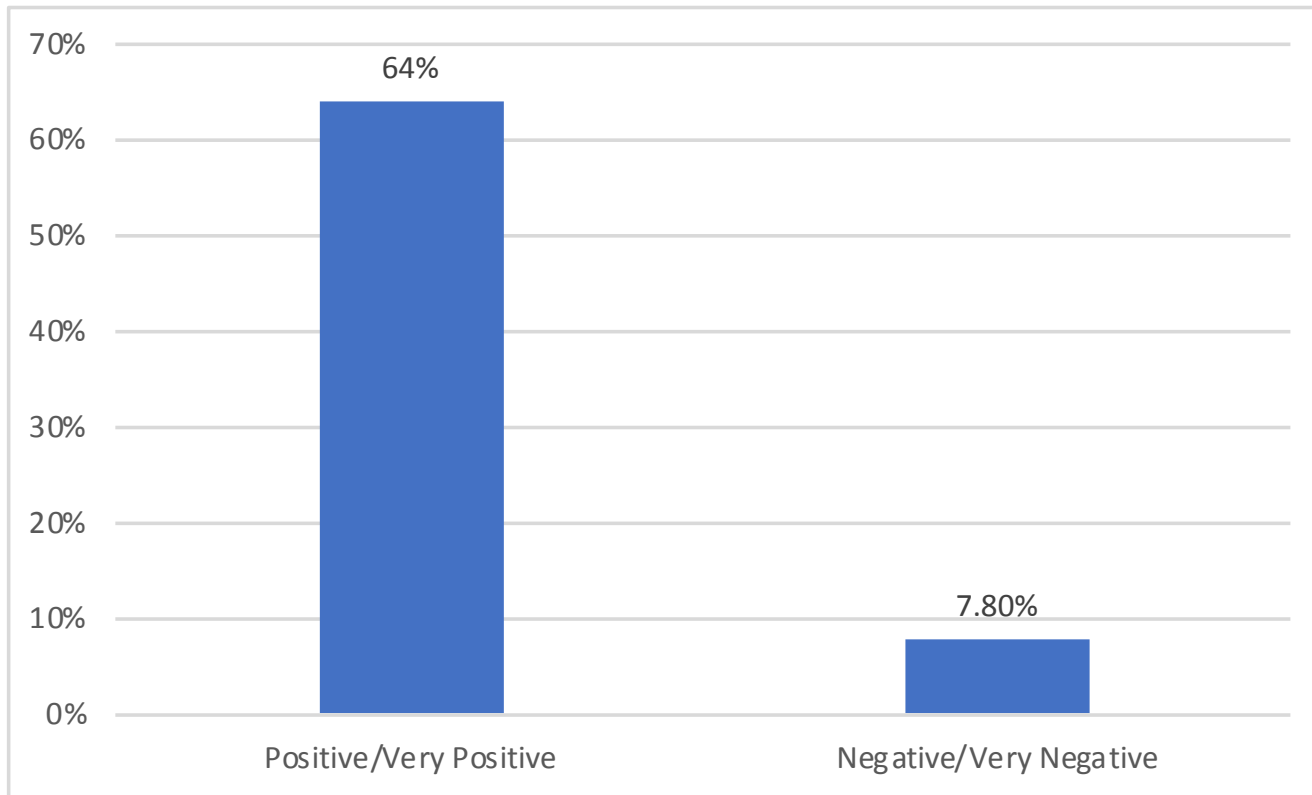
MIDDLE AND HIGH SCHOOLS

ELEMENTARY SCHOOLS

	Current Schedule	Proposed for September 2018	Current Schedule	Proposed for September 2018
WESTON BUSES				
First Pickup	6:45 AM	7:58 AM	7:25 AM	7:08 AM
End of Day Bus Pickup	3 - 3:15 PM	3:15 PM	2:20 PM	2:20 PM
Late Buses	3:40 PM	4:15 PM	3:25 PM	3:25 PM
	5:40 PM	6:15 PM		
BOSTON BUSES				
First Bus Stop	6:10 AM	6:50 AM	6:25 AM	6:15 AM
		7:05 AM	6:40 AM	6:30 AM
Bus Arrival	7:08 AM	8:35 AM	8:00 AM	7:45 AM
	7:23 AM		8:20 AM	
End of Day Bus Pickup	3:30 PM	3:45 PM	2:20 PM	2:20 PM
Late Buses	3:40 PM	4:15 PM	3:25 PM	3:25 PM
	5:40 PM	6:15 PM		

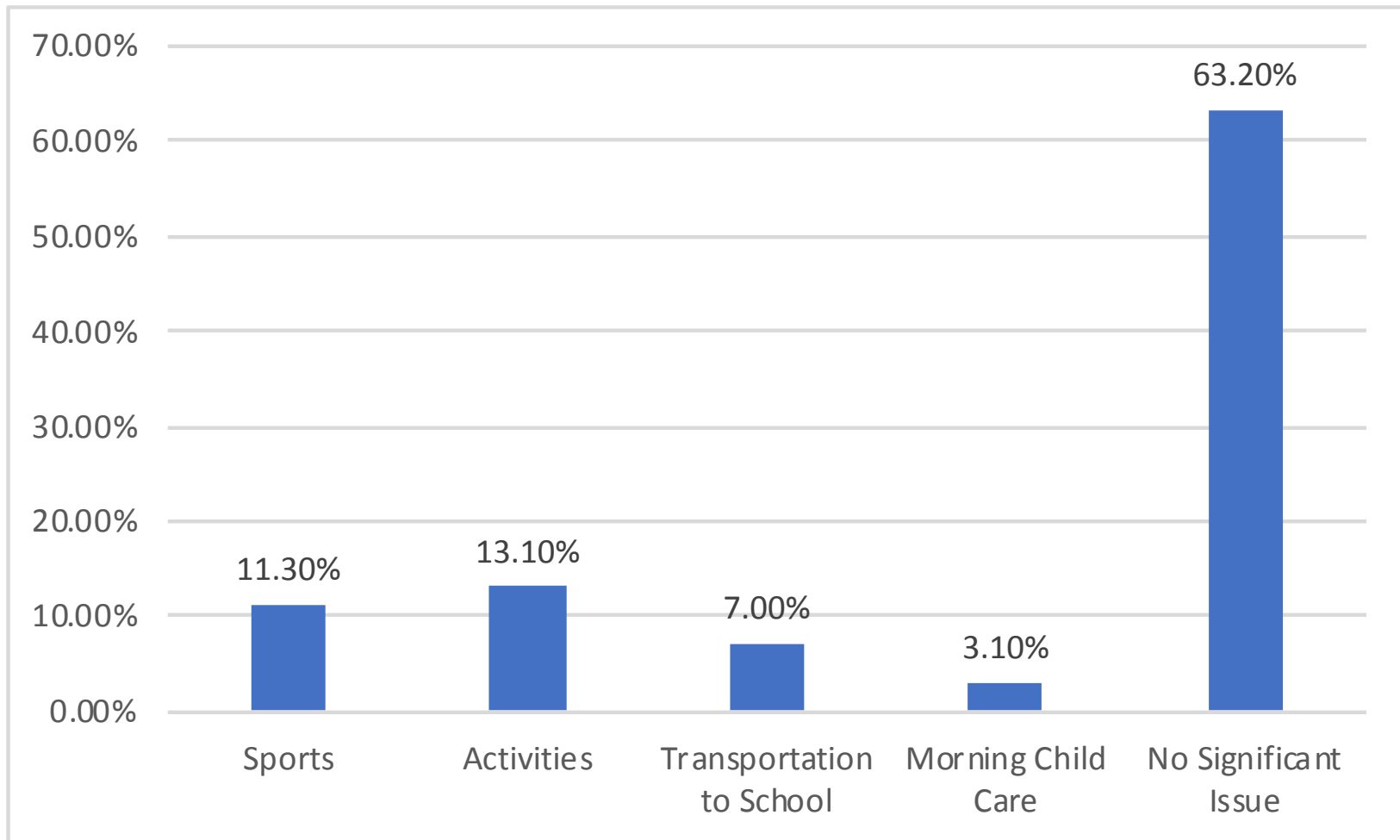
More Survey Results

- For each of your children who will attend the Weston Public Schools next year, how do you think the planned change in start time will affect him or her?



More Survey Results

- **Greatest Anticipated Issue**



Opportunities and Challenges

Opportunities

- More sleep for our students!
- Improved academic performance
- Positive impact on safety and physical and emotional health
- Elimination of unstructured time after MS day
- Opportunity for teacher team meetings or class preparation at beginning of day

Challenges

- Athletics scheduling
- Transportation
- Impact on after-school activities
- Impact on family schedules and child-care arrangements

Summary

- Sleep deprivation is a real problem for our Middle School and High School students with serious implications for their physical and emotional health and academic performance.
- Moving school start times later for adolescents results in more sleep and measurable improvement in key areas of health and performance.
- The majority of our school community sees a positive or very positive impact from delaying start times.
- While there are challenges to address, past experience has shown that communities can adjust and be successful with later start times.
- We have the opportunity for the Weston Public Schools to be a leader in providing the healthiest, most successful environment for our students.

Next Steps

- Community Feedback and Input
 - Email: starttime@weston.org
 - Visit our web page: westonschools.org/school-committee/start-timescheduling-innovation-steering-committee/
 - See more data from our students: westonschools.org/school-committee/start-timescheduling-innovation-steering-committee/student-life-survey-data/
 - Look for more analysis of survey results
- Upcoming Forum: February 15, 2018
 - 8:00 a.m. High School Media Center
- Expected School Committee Vote: February 26, 2018

Questions