

School Start Times

An Approach To Impact Student Achievement

February 7, 2017



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Today's Outcomes

Share Progress To Date

- Share how this change would benefit students.
- Share the community engagement plan.

Preliminary Review

Are there any major barriers?

- Cost Neutral
- No Operational Stoppers

Rationale

Why would we consider?

The body of evidence concerning the benefits of an earlier start time for elementary and a later start time for secondary students is ***compelling***.

Bell time changes will support improving student outcomes as we move toward becoming the model for urban education.

Research Summary

Positive Benefits For Adolescents

Student Learning

- Tardies/Truancy
- First Period Grades
- Athletics/Activities Participation

Health – Sleep Deprivation

- Obesity
- Depression
- Impulse Control
- Drowsy Driving

Equity

- Low SES Students Disproportionately Impacted

Research Summaries

Hanover Research Summary – February 2013

Academy of Pediatrics – August 2014

American Psychological Association - 2014

Deeper Dive

| Done | Additional Feedback Needed |
|--|--|
| <ul style="list-style-type: none">• Research Review• DART• Yellow Buses• Preschool• Metro and 21st Century• Food and Nutrition• Activities• Central Campus• Smouse and Ruby Van Meter• School Principals• DMEA• AFSCME | <ul style="list-style-type: none">• Parents• Community• Partners |

Positives and Concerns



Aligning start time with research benefits:

Learning
Health
Equity

All levels with same hours

Increased collaboration opportunities for elementary

Departments can adjust programming

Cost neutral



Elementary students - increased walking/waiting for bus in dark

Smouse exception

Elementary after-school activities requiring bus may be delayed a little longer

Secondary after-school activities - increased late afternoon absences and reduced practice facility time

Current Structure

DMPS - Current Bell Times

| 7am | 8am | 9am | | 2pm | 3pm | 4pm |
|-----------------------------------|------|--------|-------------------------|---------------------|--------------|------|
| 7:15 | 7:40 | High | 6 hr, 55 min school day | 2:35 | | |
| | 7:45 | Middle | 6 hr, 45 min | 2:30 | | |
| | 8:00 | 8:15 | Elementary, Group 1 | 6 hr, 45 min | 3:00 | |
| | 8:00 | 8:15 | Smouse & Van Meter | 6 hr, 45 min | 3:00 | |
| | | 8:30 | 8:45 | Elementary, Group 2 | 6 hr, 45 min | 3:30 |
| | | | 9:00 | DWP | 1:50/2:00 | |
| Breakfast / Drop-off Times | | | | | | |

Proposed Changes

Proposed Bell Times

| 7am | 8am | 9am | | 2pm | 3pm | 4pm |
|------|------|-----------------|--------|-------------------------------|-------------|------|
| 7:30 | 7:50 | Elementary, All | | 6 hr 55 min | 2:45 | |
| | 8:00 | 8:30 | High | 7 h 0 min | 3:30 | |
| | 8:00 | 8:35 | Middle | 6 hr 55 min | 3:30 | |
| | | 9:00 | 9:15 | Smouse & Van Meter, ECSE, DWP | 6 hr 55 min | 4:10 |

Breakfast / Drop-off Times

Timeline

January/February

- Board Communication
- Internal Stakeholder Engagement
- Community Engagement

March

- Revise Plan As Necessary
- Share Revised Plan Metro-Wide

April 5th

- Latest Date To Move Ahead For '17-'18

Summary

How could we measure impact?

- Truancy/Tardy
- First Period Grades
- Activities Participation
- Accidents/ Criminal Activity

Why would we change?

- Improved Student Outcomes

Thoughts...comments...questions



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