

Improving School Hours

An Approach To Impact Student Achievement

School Board Presentation

April 4, 2017

School Board Meeting



Think. Learn. **Grow.**

www.dmschools.org

Outcomes

1. Share community engagement opportunities.
2. Provide community results and feedback.
3. Explain proposal modifications based on input.

Why

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

Impact of School Start Time on Student Learning

February 2013



Organizational Health Care

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

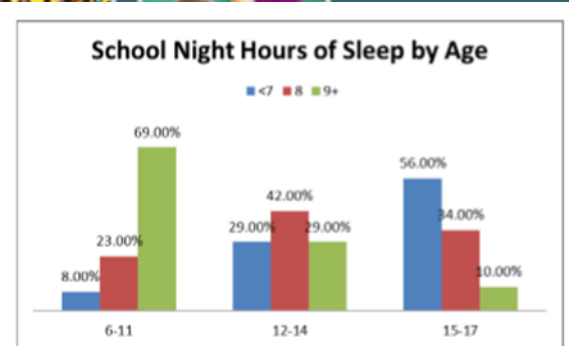
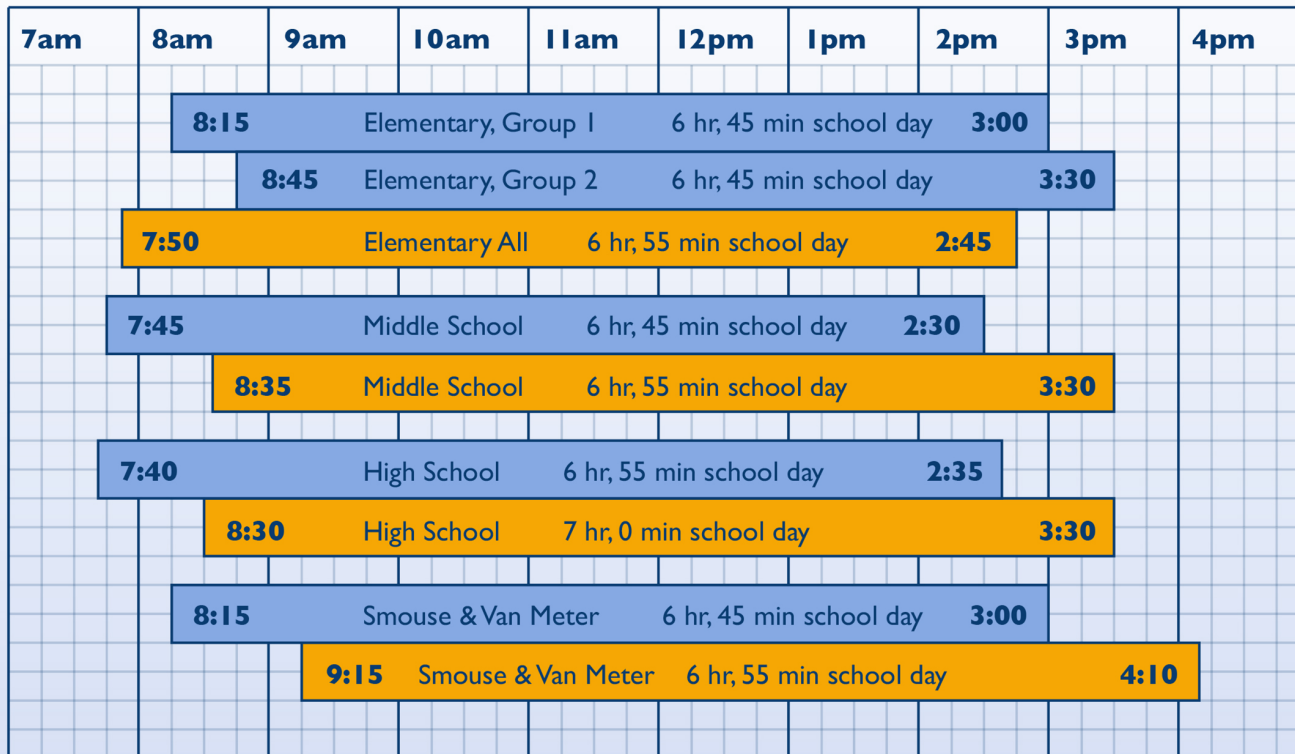


Figure 1: School Night Hours of Sleep by Age Group. While 69% of kids age 6-11 get approximately enough sleep, just 1 in 10 15-17 year olds are. Source: National Sleep Foundation, 2014.

School Hours

CURRENT & PROPOSED SCHOOL HOURS

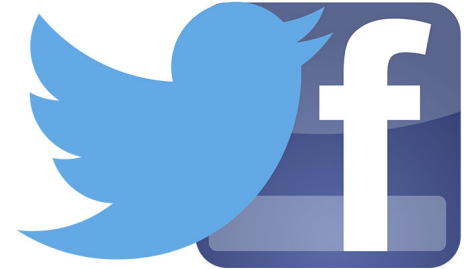


Current Bell Times



Proposed Bell Times

Communication Investment



- 14,350 Web Page Views
- 153,599 E-Newsletter Distributions
- 6 Facebook Posts Reaching 102,654 People
- 8 Twitter Posts Reaching 14,106 People
- 6 Television/Newspaper Articles
- Emails To 25,645 Parents/Students

Communication and Feedback Investment

Community Forums and Outreach

- 5 Public Forums, 45 Participants
- 5 ELL Community Meetings, 250 Participants
- 1 City-Wide Community Partnership Forum, 60 Participants
- 4 Preschool Coffee and Connections, 347 Participants
- Preschool Policy Committee, 10 Participants
- 2 Informational Sessions, Principals and Office Managers



Feedback

8,629 Surveys

- 3,612 Parent (373 ELL)
- 2,383 Student
- 2,468 Staff
- 166 Community

161 Website Comments



.@DMRegister reports on our school hours plan, including a look at the research that supports the proposed change.



Des Moines could push back school start times for older students

Health organizations, such as the American Academy of Pediatrics, recommend starting middle and high school at 8:30 a.m. or later.

desmoinesregister.com

Results

OVERALL POSITIVE IMPACT

Staff	65%
Community	62%
All Parents	56%
ELL Parents	64%
Students	50%

% Neutral, Agree, or Strongly Agree

Impact Priorities

Highest - Lowest

- Academic Performance
- Sleep And General Wellness
- Adult Work Schedule
- Student Work Schedule
- Childcare
- Non-Bus Transportation
- After School Activities

Highest ----- Lowest

Highest Rated Positive Impact

1. 65% - Reduce the Risk of Drowsy Student Driving
2. 63% - Improve Student Health and Well-Being
3. 63% - Particularly Beneficial to Socioeconomically Disadvantaged Students
4. 62% - Improve Academic Performance
5. 57% - Improve Student Sleep Schedules
6. 50% - Improve Absence and Tardy

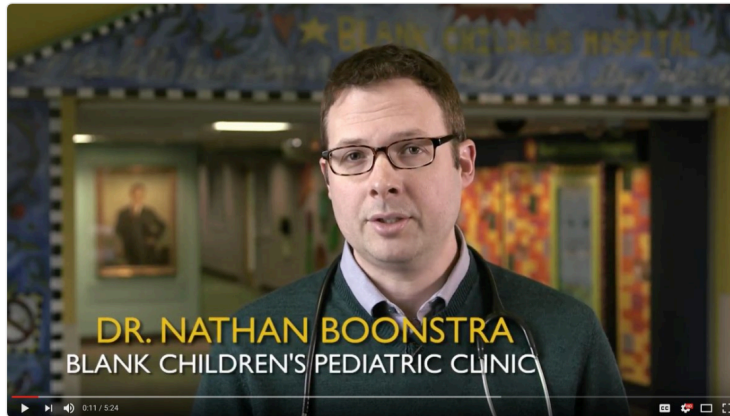
% Neutral, Agree, or Strongly Agree

Positive Themes From Comments

- Research-Driven
- Request Timely Implementation
- Students More Prepared
- Supports Sleep Patterns
- Less Unsupervised Time
- Best Interest of Students

Highest Rated Negative Impact

1. 60% - Create Problems With Childcare
2. 58% - Prevents After School Employment
3. 52% - Prevents After School Activities



% Neutral, Agree, or Strongly Agree

Common Concerns From Comments

- Early Start Too Early For Elementary
- Sibling Care
- Potentially Limits Student Work Schedules And Extracurricular Activities
- *Issues With Parent Work Schedules*
- *Transportation Potential Issue For Some*
- *Later Start Doesn't Make Responsible Students*

Response To Feedback

Identify Impediments For Early Elementary Start Time

Metro Programming

Free Breakfast

Student Activity Participation Increases

Investigate Options For Smouse/Ruby Van Meter

Smouse And Ruby Van Meter

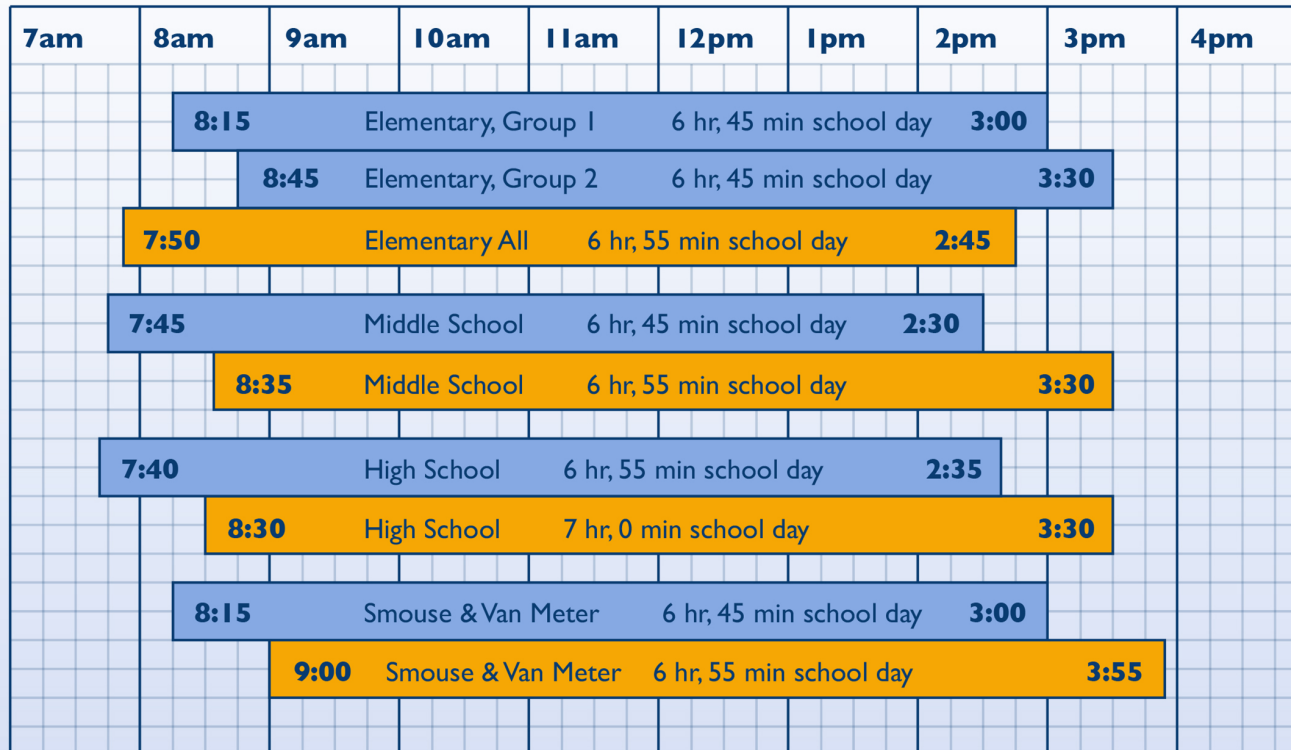
1. 23% - Overall Positive Impact
2. Most Pressing Concerns
 - Length Of Day For Students
 - Staff After School Professional Development

Response –

1. Explore Options To Adjust Smouse and Ruby Van Meter Hours
2. Engage Community Partners For Morning Care Options

School Hours - Modification

CURRENT & PROPOSED SCHOOL HOURS



Current Bell Times
 Proposed Bell Times

Summary

- Tremendous Support Relative To Impact
- Stakeholder Prioritization:
 - Impact On Academics
 - Impact On Sleep/Health
- Thorough Communication/Feedback
- Relatively Small % Of Concern - Personal
- Smouse/RVM Opportunities Illuminated

Proposal – Adopt Modified** Plan

- Capitalize On
 - Overall Student Benefits
 - Tremendous Support Relative To Impact
 - Logistical Success

Ruby Van Meter/Smouse Modifications **

- Move School Hours 15 Minutes Earlier
- Continue Exploring Even Earlier Options
- Continue Exploring Morning Care/Services

Comments/Questions



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