LATE START FORUM

PRESENTATION BY:

SUPERINTENDENT DR. JIM MORSE, SR.

Thursday, October 13th, 2016  6:00 – 8:00 PM

★ Oyster River High School - Auditorium
THE PURPOSE OF THIS LATE START FORUM IS TO PROVIDE A BRIEF HISTORY OF THE START TIME DISCUSSION.

THE INTENT OF DISCUSSIONS TO DATE IS FOR START TIME TO BETTER REFLECT RESEARCH RELATED TO ADOLESCENT SLEEP.

THERE WILL BE AN OPPORTUNITY FOR THOSE PRESENT TO SHARE THEIR VIEWS AND OPINIONS RELATED TO START TIME OF OYSTER RIVER SCHOOLS.
BOARD GUIDING QUESTIONS

- DOES THE BOARD BELIEVE THE CURRENT RESEARCH AND PROFESSIONAL RECOMMENDATIONS ON ADOLESCENT SLEEP PATTERNS WARRANT THE BOARD TO MOVE FORWARD WITH A PROPOSAL TO CHANGE ORCSD SCHEDULES?

- WHAT INFORMATION DO WE NEED TO GO FORWARD DEVELOPING A PROPOSAL FOR ONE OR MORE ALTERNATIVES?

- HOW DO WE GET INPUT ON PROPOSAL(S) FROM STUDENTS, PARENTS, TEACHERS, COMMUNITY MEMBERS?

- WHEN DO WE ANTICIPATE MAKING A DECISION?

- WHAT CRITERIA CAN WE USE TO EVALUATE THIS CHANGE IF IT IS MADE?
DISTRICT

▪ ORCSD BOARD RECOGNIZES THE RESEARCH COMPLETED ON ADOLESCENT SLEEP PATTERNS

▪ SINCE CONTEXT IS IMPORTANT, HOW WOULD ORCSD APPLY THE RESEARCH IN A MANNER THAT RESPECTS THE NEEDS OF ALL K-12 STUDENTS, AND

▪ IS IT COST EFFECTIVE
- Discussed sleep time over 6 years ago

- The issue was resurrected in 2014-15 by concerned parents with backgrounds in the field:

  - Dr. Rachel Higginbothem - Medical doctor, sleep specialist, and ORCSD parent
  - Dr. Erin Hiley Sharp - UNH professor and ORCSD parent
  - Dr. Jeannie Sowers - UNH professor and ORCSD parent
  - The conversation started with the administrative team and moved on to the ORCSD school board as a goal in 2015-16
“SLEEP RANKS AMONG THE THREE MOST IMPORTANT CONSIDERATIONS IN MAINTAINING GOOD HEALTH AND PREDICTING LONGEVITY.”

DR. WILLIAM DEMERE

SLEEP RESEARCH

- SLEEP IS IMPORTANT TO OUR WELL BEING
  - RESTORATIVE
  - BOOSTS IMMUNITY
  - RELEASES GROWTH HORMONES
  - INFLUENCES THINKING, MEMORY FORMATION, AND MENTAL ORGANIZATION
SLEEP RESEARCH CONTINUED

- SCHOOL AGE CHILDREN FROM AGES 5 – 10
  - NEED 10 - 11 HOURS OF SLEEP
- TEENS FROM AGES 10 – 17
  - NEED 8.5 - 9.25 HOURS OF SLEEP
- OPTIMAL SLEEP TIME FOR TEENS IS 9.25 HOURS
- HEALTHY SLEEP TIME FOR TEENS IS 8.5 HOURS
SLEEP RESEARCH CONTINUED

- Teen average sleep time is approx. 6.75 hours/night
- 70% of teens get less than 8 hours sleep
- 40% of teens get less than 6 hours sleep
BOARD DISCUSSION:
ATHLETICS & EXTRACURRICULAR

CONCERN OVER POTENTIAL IMPACT ON ATHLETICS

▪ OVER 70% OF ORHS PARTICIPATE IN ATHLETICS
▪ ORHS STUDENTS WHO PARTICIPATE IN ATHLETICS HAVE A HIGHER GPA THAN THOSE WHO DO NOT...3.44 VS. 3.24 (FALL 2015)
▪ LOSS OF ACADEMIC TIME DUE TO TRAVEL TO SCHOOL DISTRICTS THAT REQUIRE AN HOUR OR MORE TRAVEL TIME
▪ CONCERN ABOUT THE IMPACT TO THOSE AT THE ELEMENTARY AND MIDDLE SCHOOL LEVEL.
WAYS TO MITIGATE A LATE START ON ATHLETICS:

- LIGHTED FIELDS – DONE FALL 2016
- SCHEDULE MORE GAMES ON WEEKENDS
- CREATE A SCHEDULE THAT MEETS MINIMUM REQUIREMENTS
BOARD DISCUSSION: FAMILIES

CONCERN OVER DISRUPTION TO FAMILY SCHEDULES K-12:

- BEFORE AND AFTER SCHOOL CARE OF CHILDREN WITH WORKING PARENTS
- OLDER CHILDREN WHO BABYSIT YOUNGER CHILDREN
- HIGH SCHOOL STUDENTS WHO HAVE JOBS AFTER SCHOOL
- HIGH SCHOOL STUDENTS WHO TAKE PRIVATE LESSONS AFTER SCHOOL
- HIGH SCHOOL STUDENTS INVOLVED IN ACTIVITIES AFTER SCHOOL
BOARD DISCUSSION: BUS SYSTEM

CONCERN: IMPLEMENTATION OF A LATER START WILL REQUIRE CHANGE TO CURRENT BUS SYSTEM

CURRENT BUS SYSTEM IS A TWO RUN SYSTEM

- HIGH SCHOOL & MIDDLE SCHOOL 1ST RUN
  - FIRST STUDENTS PICKUP AT 6:40 FOR DELIVERY TO SCHOOL AT 7:15
  - ORHS AND ORMS START SCHOOL AT 7:35
BOARD DISCUSSION: BUS SYSTEM CONTINUED

- ELEMENTARY SCHOOLS 2ND RUN
  - DOWNTIME BETWEEN RUNS OF UP TO 30 MINUTES TO ACCOMMODATE PM RUNS
  - FIRST ELEMENTARY STUDENT PICKED UP AT 7:55 FOR DELIVERY TO SCHOOL AT 8:30
  - ELEMENTARY SCHOOL START AT 8:45
BOARD DISCUSSION:
BUS SYSTEM #1

- DELAY THE START OF ROUTES AND START OF SCHOOLS BY 30 MIN
- ADJUST HS/MS START TIME 8:05 AND END TIME TO 3:00
- ADJUST ELEMENTARY START TIME TO 9:15 AND END TIME TO 3:40

THE SCHOOL BOARD FELT THE END TIME FOR ELEMENTARY STUDENTS WAS TOO LATE FOR A GAIN OF ONLY 30 MINS.
BOARD DISCUSSION: BUS SYSTEM # 2

- Delay the start of routes and start of schools by 60 min
- Adjust HS/MS start time to 8:35 and end time to 3:30
- Adjust Elementary start time to 9:45 and end time to 4:10

The school board felt the end time for Elementary and high school students was too late.
BOARD DISCUSSION: 
BUS SYSTEM # 3

- FLIP HS/MS START TIMES SO ELEMENTARY STARTS 1ST AND HS/MS STARTS LAST
- ADJUST ELEMENTARY START TIME TO 8:05 AND END TIME TO 2:30
- ADJUST HS/MS START TIME TO 9:15 AND END TIME TO 4:05

THE SCHOOL BOARD FELT THE END TIME FOR HIGH SCHOOL STUDENTS WAS TOO LATE.
BOARD DISCUSSION:  
BUS SYSTEM # 4

- ADD THE MIDDLE SCHOOL TO THE ELEMENTARY RUNS RATHER THAN WITH HIGH SCHOOL
- ADJUST ELEMENTARY/MS START TIME TO 8:20 AND END TIME TO 2:45
- ADJUST HS/MS START TIME TO 9:25 AND END TIME TO 4:20

THE SCHOOL BOARD FELT THE END TIME FOR HIGH SCHOOL STUDENTS WAS TOO LATE AND WOULD REQUIRE ADDITIONAL BUSES AND DRIVERS FOR AN ESTIMATED COST OF $600,000.
BOARD DISCUSSION:
BUS SYSTEM # 5

DEVELOPED A MODIFIED ONE RUN SYSTEM

- Adjust elementary start time to 8:55 and end time to 3:00 (EST.)
- Adjust HS/MS start time to 8:10 and end time to 3:10 (EST.)
- Maintain two runs in the morning, but only one K-12 run in the afternoon
Least Disruptive Solution

- Adjusts start time and end time at the MS/HS 8:15 – 3:00.
- Leaves the elementary schedule as is.
- Least disruptive to after school activities, parents and HS students.
- Requires mixing of younger and older students.
- May require 2 or 3 additional buses (cost $75,000).
- Extends bus replacement cycle by 1 year.
RESEARCH

“ADOLESCENT SLEEP NEEDS AND PATTERNS: RESEARCH REPORT AND RESOURCE GUIDE” (2000) BY THE NATIONAL SLEEP FOUNDATION

“EXAMINING THE IMPACT OF LATER HIGH SCHOOL START TIMES ON THE HEALTH AND ACADEMIC PERFORMANCE OF HIGH SCHOOL STUDENTS: A MULTI-SITE STUDY” (FEB, 2014) BY THE CENTER FOR APPLIED RESEARCH AND EDUCATIONAL IMPROVEMENT, UNIVERSITY OF MINNESOTA

“IMPACT OF SCHOOL START TIME ON STUDENT LEARNING” (FEB, 2013) BY HANOVER RESEARCH GROUP, WASHINGTON, DC

“POLICY STATEMENT: SCHOOL START TIMES FOR ADOLESCENTS” (2014) BY THE ADOLESCENT SLEEP WORKING GROUP, COMMITTEE ON ADOLESCENCE, AND COUNCIL ON SCHOOL HEALTH. PRESENTED IN THE JOURNAL OF PEDIATRICS

“SCHOOL START TIMES FOR MIDDLE SCHOOL AND HIGH SCHOOL STUDENTS – UNITED STATES, 2011-12 SCHOOL YEAR” (2015) BY CENTERS FOR DISEASE CONTROL AND PREVENTION
QUESTIONS, COMMENTS AND/OR CONCERNS

THANK YOU FOR ATTENDING THIS FORUM.

THE REMAINDER OF THE TIME TOGETHER IS FOR YOU.

QUESTIONS, COMMENTS, AND/OR CONCERNS