

# School Start Times Task Force

Meeting 1 - February 19, 2014

## Minutes

**Members Attending:** M. McMahon, K. Lane, C. Truffer, W. McIntire, G. LeGrand, D. Batten, K. Snyder, W. Myers, P. Bukowski, K. Chandler, J. Horstkamp, C. Streeter, F. Chaney, H. McIntosh

**Also in Attendance:** G. Arlotto

Maureen McMahon and Kathy Lane each welcomed the members of the Task Force and began by acknowledging that the topic to be studied – School Start Times – has been studied before by both AACPS as well as many districts across the country, to determine the feasibility of changing the start time for schools, particularly for high schools. While each study reveals the various levers, points of friction, constraints, barriers, and possible supports for change, **all have agreed that teenagers need and may benefit from increased sleep.** Maureen and Kathy invited us to hold that as an accepted truth (assumption) and explained that the time spent by the Task Force, from now through September 2014, would be used to examine the options and constraints, but not to debate the benefit of sleep to adolescents. With that Kathy Lane explained the charge of the team.

### Charge to the Task Force:

- 1) To research and develop options regarding school start and end times for elementary, middle and high schools;
- 2) The development of the options should take into consideration the work previously conducted within AACPS, the recent work of other school districts of comparable size, along with relevant medical, social and behavioral research with regard to students and school performance; and
- 3) The task force should carefully review the financial and non-financial implications of altering school start and end times.

Maureen McMahon then reviewed the contents of the binder, explaining that we would benefit from the work done by other districts and through other studies so that the team might learn from them without conducting and repeating the same work. She encouraged all to scan the documents included in the binder in order to participate at this meeting. She also noted that the Task Force members should anticipate that there would be additional materials handed out or sent to each of them to read independently to prepare for future meetings.

The Task Force then spent 45 minutes in smaller groups to scan binder documents to discuss and list any points they deemed to be issues, barriers, constraints, or impacts of/to changing the start of school times. It was suggested that at this initial stage the team not list financial concerns as a barrier. Each group wrote their ideas on flip chart paper visible to all in the room. The smaller groups then presented their findings and thoughts to the larger whole group, noting the similarities in the ideas shared by the 3 groups. Finally, each member used colored dot stickers to identify what he or she found to be the 5 most significant from all the points posted.

The topics chosen as most significant for **future study** were:

- (12) Transportation
- (9) Sports/Clubs  
Extra or co-curricular  
Activities on school property before or after school
- (12) Impacts (pros/cons) on each level of school  
Elementary, Middle, High school student and family;  
What is optimal for students?
- (8) Childcare/ sibling care
- (7.5) Work schedules for students and employees

*NOTE: numbers in parentheses indicate the number of dots, or votes, each topic received from the task force members.*

Individual task force members used dots again to highlight the topics from the 5 topics chosen above in order to identify the 3 they felt were should be studied first related to our school start times issue. They chose:

- Impacts (pros/cons) on each level of school  
Elementary, Middle, High school student and family;  
What is best / optimal for students?
- Sports/Clubs  
Extra or co-curricular activities on school property  
before or after school
- Transportation

The group agreed to study Transportation last (in May) after delving into “What is Best/ Optimal for Students” in March and then Clubs and Activities in April.

The team agreed upon holding future meetings from 5:00- 7:00 pm on the 4<sup>th</sup> Wednesday of the month when possible. It was agreed to vary between Riva Road and Carver as the locations for future meetings.

These are the future meeting dates of the Task Force:

March 26	June 25
April 30	July 23
May 28	August 27

The team was encouraged to speak with colleagues and constituents to share what the Task Force discusses, but also to educate others about the findings, assumptions, and barriers.

Future materials might be shared through Google CLOUD and members might add relevant articles. Meeting time can be dedicated to demonstrating how to access and post materials posted in the CLOUD, for those who need assistance with using the cloud to access and share information.

**Next meeting:**  
**March 26, 2014**  
**5:00-7:00 pm**  
**Anne Arundel County Public Schools**  
**Board of Education**  
***Board Room***  
**2644 Riva Rd.**  
**Annapolis, Md.**