

# School Start Times Task Force

Meeting 2 - March 26, 2014

## Minutes

**Members Attending:** M. McMahon, K. Lane, T. Tudor, J. Horstkamp, C. Streeter, K. Chandler, K. Snyder, F. Chaney, D. Batten, W. McIntire, C. Truffer, P. Bukowski, H. MacIntosh

**Absent Members (Pre-Arranged):** W. Myers, G. LeGrand

**Also in Attendance:** L. Grey (recorder)

Kathy Lane opened the meeting and welcomed the group with a reorientation of the charge given to this task force: bring forth options to the Board for changing school start times with pros and cons or challenges behind each option.

Maureen McMahon gave a brief introduction to Google Drive as the Cloud space that the Task Force will use to share notes, research, and relevant documents related to school start times. The team should use this space as an ongoing, growing reference resource. Kathy reminded everyone to review and take advantage of the research that other states and districts have already conducted on the issues at hand. Much of this information is included in the Task Force Binder handed out in Meeting#1. The purpose of the Task Force is not to consider whether or not school start times should change, but rather determine *how* times could/should change to increase the potential for sleep for our adolescents. It is therefore important to learn from the work of others in school districts around the nation who have contemplated and/or made a change to school start times.

Maureen and Kathy reviewed the Parking Lot items from last week, focusing on the questions that the members had surrounding transportation. Maureen announced that in the May meeting, the Task Force would see presentations from at least three transportation software companies to consider possible options to help address the transportation issues associated with changing start times.

The Task Force broke into small groups to discuss the impact of changed start times on the student and family at each level of school: Elementary, Middle, and High. It was suggested that each group begin by considering the impact of moving all school start times later by 30-90 minutes. Maureen asked that during their small group discussions, each member focus solely on the impact of a later start time on the family and child/student at that level of school and, for the moment, ignore the impact to other school levels. The groups rotated every 15 minutes so that after 45 minutes everyone had an opportunity to consider the each level and build off of the previous group's work. Then, each member used colored dot stickers to identify what he or she found to be the four most important issues posted.

The topics chosen as the most significant (pro & con) at each school level by the task force members in attendance were:

### Elementary

- School After Care (SAC) capacity/day care challenges, including acquiring day care and paying for day care for parents (12)
- Getting students on a bus later in the morning could create a barrier for family work schedules (10)
- Less family time in the evening (9)
- Prime learning for elementary students, with the assumption that primer learning time for elementary students is earlier in the day (7) *NOTE: It was noted that we need to locate and share the research on optimal learning time for elementary students. This information was not available at the time of this meeting.*
- Less time and energy for after school activities if we have a later school start time (7)

### Middle

- Time for after school activities would shrink with later start time (9)
- Unsupervised Morning time for middle school students (9)
- Less family time in the evening (9)
- Less time for at-risk behavior by middle school students in the afternoons (7)

### **High**

- Health Impact—mental and physical; reduction in anxiety and depression (10)
- Less student tardiness/less missed busses (8)
- School readiness/ students more prepared to learn later in the morning (8)
- Higher academic achievement (7)

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

During this meeting we concentrated on the impact of moving to a **later start time for each level of school** (elementary, middle, and high). Each member of the Task Force will choose either Elementary, Middle, or High School and use one of the school time studies posted on Google Drive (and in the binders) to find data from another district that addresses the significant issues the Task Force identified for that level of school. Maureen and Kathy will also create a Select Survey to send out to the task force members to gather ideas on the **impact of moving all start times earlier at each school level**. These findings will be discussed at the next meeting along with the month of April's primary topic: the Impact on Sports, Clubs, and Activities on School Property before and after school.

The team was again 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 and to bring back the concerns and thoughts that they hear. Members should think about all upcoming meeting topics and send resources, links, and information to Maureen (with a CC to Kathy) with resources to post on Google Docs.

### **Next meeting:**

**April 30, 2014**

**5:00-7:00 pm**

**Anne Arundel County Public Schools  
Carver Professional Development Center  
*Computer Lab*  
2671 Carver Rd  
Gambrills, MD.**