

# Later Start Committee

Update to the board  
October 3, 2018

# Who has participated?

Andrea Anderson: Rollinsford School Board Rep, parent

Sue Berman: Board member, parent

Keri Tice: Board chair, parent

Dr. Dan Mannschrek: former Board member

John Caverly: Admin, parent

Heidi Early-Hersey: Admin., parent

Tony Bourbon: Admin

Paul Melhorn: Admin

Will Hausman: former Board member, student

Rich Luciano: QEA president, teacher

Rich Buzzell: Athletic Director



# What has been done so far?

Committee was formed Dec. 2016 to being exploring this idea. We have...

- Developed core values for MSAD 35
- Explored research
- Gathered information about what other local districts are doing
- Start school later speaker
- Met with a couple schools that have already made this change
- Mapped out pros and cons of various options
- Surveyed MHS and MMS parents-initial exploratory survey
- ***Surveyed all parents, staff and students grades 6-12 (spring 2018)***
- Adjusted bus runs to ensure that starting 2017-18 no student was picked up prior to 6:20

# Core Values

- Preserve instructional time
- Preserve collaborative planning time
- Avoid all ages of students on the buses together
- Maintain extracurricular opportunities for students
- Make the best decision for students considering all factors

# Other Considerations



- Geographic location
- Longer school day than many districts
- Vocational school start time
- 45 minute turnaround time between bus runs (2 run system)
- Outer SB to MMS and South Eliot to GWS ...longer runs

# Round #2 Survey Data

# We asked one simple question...

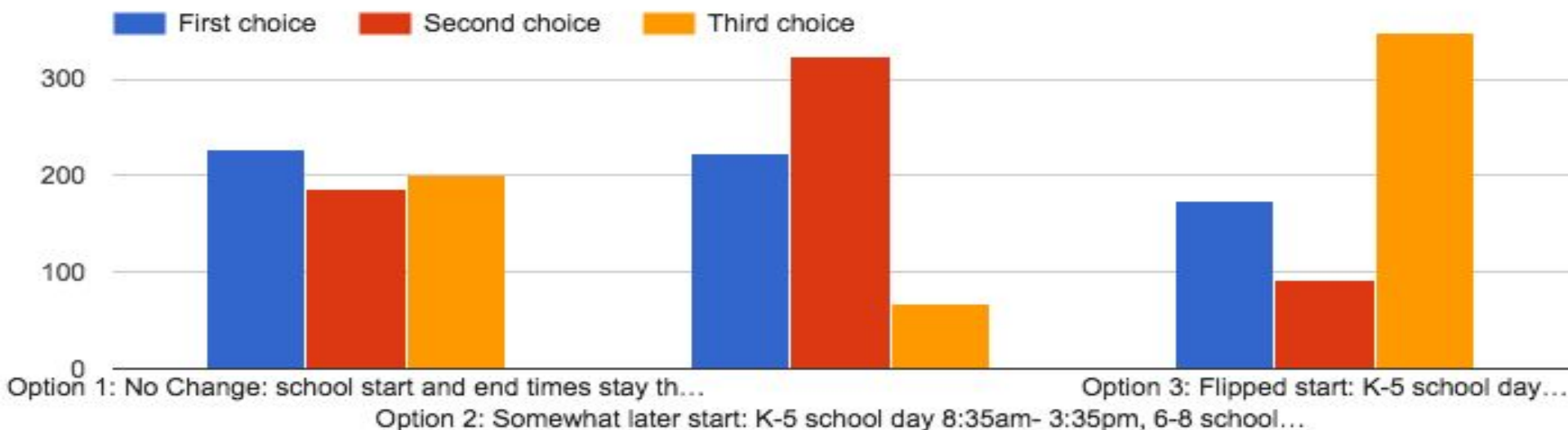
Respondents were asked to rank  
the three options according to  
their preference

Which of the following  
options do you feel is best  
for RSU 35 students. Things  
to consider include potential  
for additional sleep, impact  
on sports and after school  
activities/jobs, childcare,  
family schedules, etc... See  
detailed schedules below.

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## 614 Parent responses

Which of the following options do you feel is best for RSU 35 students. Things to consider include potential for...s, etc... See detailed schedules below.



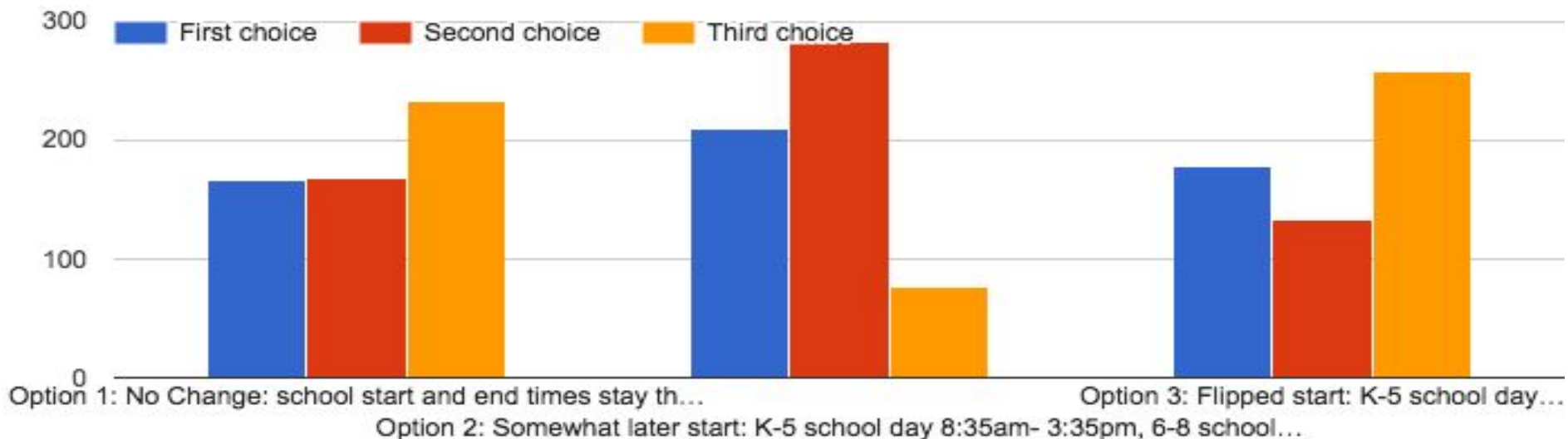


## Parents: Summary of 1st choice responses

<b>First choice</b>	<b>No change</b>	<b>37%</b>	<b>227/614</b>
<b>Second choice</b>	<b>Somewhat later</b>	<b>36.3%</b>	<b>223/614</b>
<b>Third choice</b>	<b>Flipped schedule</b>	<b>28.3%</b>	<b>174/614</b>

## 568 Student Responses

Which of the following options do you feel is best for RSU 35 students. Things to consider include potential for...s, etc... See detailed schedules below.

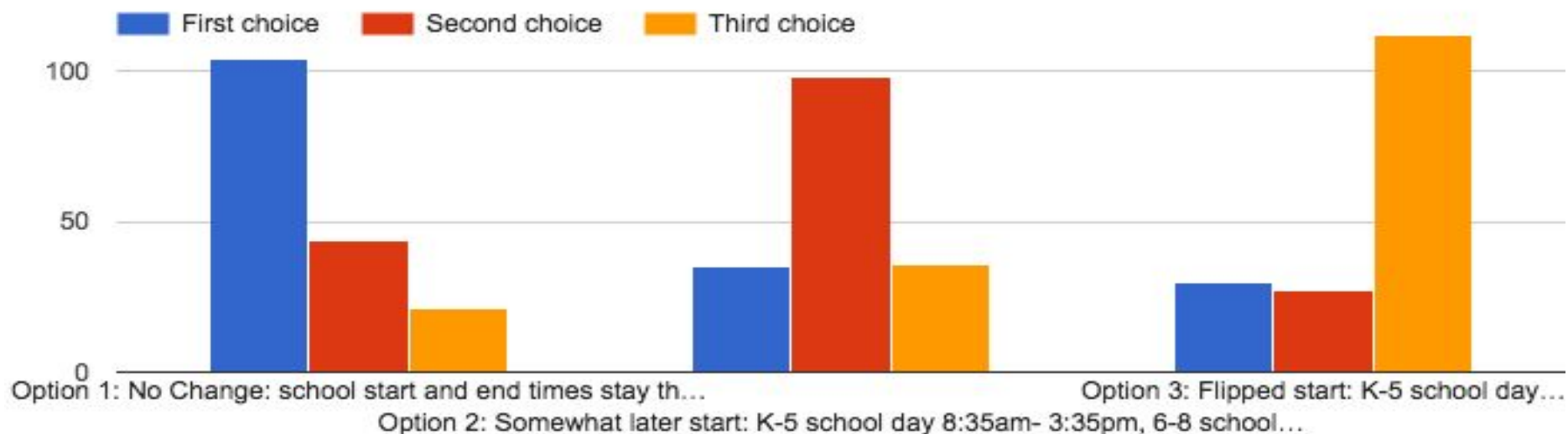


## Students: Summary of 1st choice responses

<b>First choice</b>	<b>Somewhat later</b>	<b>36.8%</b>	<b>209/568</b>
<b>Second choice</b>	<b>Flipped</b>	<b>31.3%</b>	<b>178/568</b>
<b>Third choice</b>	<b>No change</b>	<b>29.4%</b>	<b>167/568</b>

## 169 Staff Responses

Which of the following options do you feel is best for RSU 35 students. Things to consider include potential for...s, etc... See detailed schedules below.



## Staff: Summary of 1st choice responses

<b>First choice</b>	<b>No Change</b>	<b>61.5%</b>	<b>104/169</b>
<b>Second choice</b>	<b>Somewhat later</b>	<b>20.7%</b>	<b>35/169</b>
<b>Third choice</b>	<b>Flipped</b>	<b>17.8%</b>	<b>30/169</b>

# Option 1: No change to schedule

## Pros

- Not a change
- No adverse effect on after school activities
- No busing impacts
- No impact on Elementary schedule

## Cons

- High School/Middle School students at bus stops as early as 6:15 am.
- Does not respond to sleep research

# Option 2: middle ground 7:50 ish start time

## Pros

- Additional sleep time available to students
- Manageable impact on extra-curriculars
- According to the representative from start school later, “something is better than nothing”
- Very few students would have to be picked up before 7:00am
- Responds to survey results and the desire for some kind of change

## Cons

- Doesn't get us to the recommended 8:30 time
- Requires some changes /adjustments
- Minor impact on Elementary start times
- May impact Middle School After School Activities.
- May result in addition bus run to accommodate High School Vocational Students attending SRTC or Dover High School.

# Option 3: 8:30 start time

## Pros

- Significant increase in amount of time available for student to sleep
- Less rushed morning routines
- Responds to recommendations in the sleep research

## Cons

- Significant impact on Elementary schedule or need to purchase more buses
- Childcare concerns
- Impact on after school jobs
- Impact on Athletics/extra-curriculars
- Elementary School students at bus stops as early as 6:15 am.
- May result in additional bus run to accommodate High School Vocational Students attending SRTC or Dover High School.

**This was the least favorable option among parents and staff , and the “second choice” among students. It seems the least possible, given our local conditions.**



# What are other districts doing?

<b><u>Districts</u></b>	<b><u>HS start /end times</u></b>
<b>Dover</b>	<b>7:30-2:30</b>
<b>York</b>	<b>7:50-2:05</b>
<b>Oyster River</b>	<b>8:15-3:05</b>
<b>Portsmouth</b>	<b>8:20-3:20</b>
<b>Noble</b>	<b>7:40-2:25, Th. 9:30-3:00</b>
<b>Sanford</b>	<b>7:50-2:20</b>
<b>Kennebunk</b>	<b>7:45-2:11 W 9:00-2:11</b>

# Three possible courses of action for the board to consider

Option 1: No change

Option 2: Middle ground approach

Option 3: Flip K-5 schedule and 6-12 schedule