

**Question 1:** Review the possible high school start and end times below. What impacts will they have on child/families/activities that the Board should consider?

7:30 to 2:45   8:00 to 3:15   8:30 to 3:45   9:00 to 4:15

<p><u>HS Impact</u>  <b>7:30-2:45</b> No significant change  <b>8:30-3:45</b> and <b>9-4:15</b>  --Possibility of rotating classes for missing of sports.  --After school jobs, sports, extracurricular activities, community  --Loss of time after school to do homework before outside sports  --Missed buses and parents at work  --losing teachers out of instructional time for sports   Coordination with other schools and programming.  --Ex. Allied Health, Dual Enrollment Tech School  <b>8:00</b> Additional sleep for students  --delay after school activities  --would still need to rotate schedules</p>	<p><b>TABLE 7</b></p>
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<p><b>Concern:</b> little children at the bus stop and on the bus at 6:45.  <b>Question-</b>will before school offers be cancelled? Will that destroy our Art program?  Busing for K-12 is not an option.</p>	<p><b>TABLE X-1</b></p>
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<p><b>7:30-2:45 MS/HS</b>  --Not a big change-why make a change?  --Will it impact decoupled students:  --Not giving any more sleep. Why do it?  --Impacts before school activities (Music, Band) minimally  --Not worth it! Keep schedule the same.  <b>8:30-3:15 MS/HS</b>  --Gives a little more time, but not much. Why change?  --How will this impact sports?      *shorten practice?      *not enough fields with lights  --Students in sports will miss more instruction  --Students may not be able to participate in musical/sports. (MS). May impact the number of activities students may participate in.  --Will impact students playing community sports programs and other activities.  --Impacts dinner and family time!!  <b>8:30-3:45 and 9:00-4:15 MS/HS</b>  --Parents need to still get up for work. House will not be quiet. Students won't sleep later anyway.  --Parents get students out of bed before parents leave for work. Students will not get more sleep.  --Students wake time is dependent upon parent's schedule.  --After school jobs are impacted.  <b>RIDICULOUS!!!!</b>  --How will this impact elementary?</p>	<p><b>TABLE 6</b></p>
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<p>--Will elementary go earlier or later?  --HS/MS students need to watch elem. siblings after school.</p>	
<p>--Any change-Big impact on XC activities  --Syncing with other school schedules  --Missed class time with later start for students  --HS/MS facility cannot <b>currently</b> support more than 1 evening outside activity at a time due to lack of lighting.  --Parent schedules and trusting kids will actually get on bus  --Families depending on older kids home before younger for childcare purposes.  IDEAL: 7:30-2:45 or <b>8:00-3:15</b></p>	<p><b>TABLE 3</b></p>
<p><b>High School 7:30-2:45</b>  --No adverse effects  *continuation of <b>ALL</b> sports and extracurricular activities  <b>8:00-3:15 &amp; 8:30-3:45 &amp; 9:00-4:15</b>  --Students will miss academics to attend sports and extracurricular activities which may negatively affect AP and Keystone scores  --Loss of time at students after school job which has major affects for economically disadvantaged.  --Some students are morning people and fatigue later in the day.  --Students unable to watch younger siblings  --Bus stop safety with heavier traffic  --Longer time on the bus  --Loss of some sports and extracurricular in school and out of school activities  --Students will have to choose which activities to participate in due to time constraints</p>	<p><b>TABLE 8</b></p>
<p><b>High School start times</b>  <b>7:30-2:45</b>  --Too early because kids are too tired still. Makes mornings stressful for everyone. Time is ok for HS student because if later it will push homework until later and a problem with sports. HS students will miss instruction time when leaving for away sports.  <b>8:00-3:15</b>  --Ok with timing-8:00 meets time before 8:00 starting time. Best out of 4 times proposed.  <b>8:30-3:45 and 9:00-4:15</b>  --3:45 is too late for sports, too much academic time missed, family time missed, students with jobs would have issues.</p>	<p><b>GROUP 1</b></p>
<p><b>Secondary—if a change has to be made, this table supports the teacher’s proposal</b>  <b>7:30-2:45 &amp; 8:00-3:15</b> --Possible!  <b>7:15-2:35 FINE! (NOW!)</b>  <b>8:30-3:45 &amp; 9:00-4:15</b> –No Way!  --Would impact extracurricular activities.  --Teachers couldn’t do this-loss of quality of instruction.  -- Students would miss classes.</p>	<p><b>TABLE 4</b></p>
<p><b>High School/Middle School</b>  --Any delayed secondary start time will <b>cut</b> swimming program  --Golf will be impacted</p>	<p><b>TABLE 2</b></p>

<p>--Decrease engagement of youth leads to increase of drug use, teen pregnancy, depression</p> <p>--Could lead exodus of faculty due to impact on personal lives and desire to provide/coach extracurricular activities</p> <p>--Parents <b>cannot</b> replace the value teachers/coaches add to our children's development and success that they attain from music, drama, sports, academic clubs, etc.</p>	
<p><b>7:30-2:45 High School</b></p> <p>--Not a considerable difference from current</p> <p>--No real childcare times</p> <p>--Activities after school not affected</p> <p>--Not enough sleep</p> <p><b>8:00-3:15</b></p> <p>--End time still 'reasonable'</p> <p>--will other schools schedules impact our game times?</p> <p>--consideration in schedule for athletes, musicians so instruction is not missed</p> <p>--like the teachers recommendation to flip last periods/classes (every other day) so same class is not missed</p> <p>--golfers missing lots of class for away</p> <p>--an extra hour (hour push-8:30-3:45) may cause kids to go to bed later</p> <p>--after-school jobs</p> <p>--later end</p> <p>-time for activities eat into sleep time for students and parents</p> <p><b>8:30-3:45</b></p> <p>--"We are the outlier slide" impactful. Concern about being the outlier on the other end of the spectrum. Worries about taking opportunities away from the kids. Must decide between activities. Maybe can't do more than one. Concern about how this would impact college acceptance.</p> <p>--Parents may still have to wake their kids up at the same time, before or when they leave for work.</p> <p>--Concern about kids getting on or off bus in dark.</p>	<p><b>TABLE 5</b></p>
<p>--K-12 Bussing: K-1 busses with 2-5 and picking up bad language/habits</p> <p>--Wait for the State</p> <p>--Community Events? Well outside communities/travel?</p>	<p><b>TABLE X-2</b></p>

<b>QUESTION 2: In considering a change to the school start time to more accurately reflect the natural sleep patterns of elementary aged students and adolescents, what other solutions/changes should be considered by the Board/District/Parents/Community/Students?</b>	
<ul style="list-style-type: none"> <li>--Amount of homework (quality vs. quantity)</li> <li>--Teacher and subject area coordination for HW/Test load</li> <li>--Removal of before school activities</li> <li>--Survey had limited student response</li> <li>--Reliability and whether surveys were representative</li> <li>--There is statewide decision 2020?? May change, wait?</li> <li>--County and State consideration (CCIU discussion)</li> <li>--TCHS schedule: change? Impact?</li> <li>--Busing for preschool, private, charter</li> <li>--Traffic!!</li> <li>--Transportation costs</li> <li>--Additional opportunity to teach students and families healthy sleep habits</li> </ul>	<b>TABLE 7</b>
<p><b>Concern:</b> extra-curricular activities will be lost along with benefits on academics and other opportunities.</p> <ul style="list-style-type: none"> <li>--time management harder without extra-curricular</li> <li>--important artistic outlet</li> <li>--important for rounded education</li> <li>--important to be considered for top college admission</li> <li>--sports/music/theater simultaneous involvement must remain possible</li> <li>--pushing time back puts HS student drivers in height of rush-hour traffic-<u>dangerous</u> while elementary students are walking in dark or traffic.</li> <li>--extracurricular activities, jobs for students and teachers (teacher turnover will occur with change)</li> </ul>	<b>TABLE X-1</b>
<ul style="list-style-type: none"> <li>--COST \$\$\$\$</li> <li>--Will there be a tax increase?</li> <li>--What programs will suffer/get cut to pay for changes</li> <li>--Will we need buses?</li> <li>--Will K-12 ride same bus? Not acceptable!</li> <li>--Can we get quality bus drivers for these changes</li> <li>--Impact on parents jobs/schedules as well as HS/MS students</li> <li>--Students wake time dependent on parent's schedule</li> <li>-More parent control on amount of sleep time</li> <li>--Impacts childcare. Costs parents more</li> <li>--Increase in after school care at Y-would impact the length of elementary dismissed time. Need to take attendance of Y before buses can be called.</li> </ul> <p><b>TRAFFIC!! Already horrendous!</b></p>	<b>TABLE 6</b>
<ul style="list-style-type: none"> <li>--Less homework</li> <li>--Impact on XC activities &amp; logistics <b>must</b> be considered</li> <li>--Educating families on turning tech off at times</li> <li>--Schedules during day-overloaded academic schedules</li> </ul>	<b>TABLE 3</b>

<ul style="list-style-type: none"> <li>--Conversation has to be more than about sleep</li> <li>--Synching with other school districts for consistency</li> <li>--Longer school year to accommodate shorter days?</li> </ul>	
<ul style="list-style-type: none"> <li>--Students need a defined cut-off time of blue-light technology by parents</li> <li>--Increase in workload places more stress on students (excessive AP classes) <ul style="list-style-type: none"> <li>**impacts ability to sleep</li> <li>**impacts productivity of students</li> </ul> </li> <li>--sports and extracurricular activities help increase social opportunities, self-esteem, and academic performance teaches teamwork and time mgmt.</li> <li>--How will this impact tech school?</li> <li>--How will this financially affect budget?</li> <li>--How much will this cost me as a taxpayer?</li> <li>--Potential for large staff turnover which could negatively affect instruction</li> <li>--District is currently very successful academically (AP, Keystones, SAT) with current schedule. Why change?</li> <li>--Dept of Ed is coming out with State wide study in 2019. Why not wait to see their results before changing.</li> </ul>	<p><b>TABLE 8</b></p>
<ul style="list-style-type: none"> <li>--Consider teacher proposed schedule for HS 8:05-3:00 with shorter class times like 2015-2016</li> <li>--NO K-12 busing</li> <li>--Child care costs</li> <li>--Wait until other districts in the area change as well so sports would be less affected</li> <li>--Look at busing-not enough buses-too long on buses</li> </ul>	<p><b>Group 1</b></p>
<ul style="list-style-type: none"> <li>--What is the problem with the current state? Things could remain the same.</li> <li>--Technology (parent’s stand point)-what are parents doing to restrict usage after 10PM?</li> <li>--Provide education (via schools) to families, parents, and students on guidelines of adequate sleep duration.</li> <li>--Take more time to look at resources-other research</li> <li>--Parents have responsibility to enforce the amount of sleep their children get</li> <li>--Families are busy-students engage in activities (sports) and are good students-they feel they are now getting enough sleep</li> <li>--Many students in MS/HS play sports and have good grades. Schedule changes would disturb this situation.</li> <li>--Assemblies on good practices for students and parents</li> <li>--Aftercare/before care for elementary students would be a concern</li> <li>--Lights will be needed for fields</li> <li>--Buses-\$/more?</li> <li>--Why are we set on a change?</li> <li>--The state of PA is doing a study-let’s wait.</li> <li>--Chester County could suggest a change in the future. Why not wait?</li> <li>--This is a disgrace that a group of people are so set on changing a schedule that doesn’t present a problem</li> <li>--Extracurricular activities</li> <li>--Zero effect? A change would hurt students</li> <li>--Teachers will be less likely to sponsor clubs and coach teams if there is a later end time</li> <li>--There are <u>so</u> many benefits to engaging in extracurricular activities</li> <li>--A change would be a negative impact to extracurricular activities</li> </ul>	<p><b>TABLE 4</b></p>

<ul style="list-style-type: none"> <li>--There would not be enough time to allow students to participate, if school started later</li> <li>--Create a better poll-NOT BLAS!-to gather data</li> <li>--Students NEED to engage in activities-this engagement allows them to get college scholarships, boost self-esteem, build leadership, and <b>so</b> many other things</li> <li>--How many students are involved in before/after school clubs? Activities?</li> <li>--Kids would STAY up later if school started later, this is NOT a myth</li> <li>--Active lifestyles support well-being. Students need ACTIVITIES!</li> <li>--Where is Phase 2-what is the impact of a change? Share details</li> <li>--Is there a facility that could house before and after care needed if there is a change?</li> <li>--Financial costs would NOT be affordable if before or after care was needed!</li> <li>--Doctors' appointments-for students (miss school time if can't go after school) and teachers (miss school-absent)</li> <li>--We trust our teachers with our children</li> <li>--Are teachers' input important?</li> <li>--There are no available science studies that have analyzed long term follow up studies.</li> <li>**Important date: UC Davis, Sleep Lab, Ian Campbell, Irwin Feinberg</li> </ul>	
<ul style="list-style-type: none"> <li>--Be patient for a county wide or state wide change</li> <li>--Educate the community how to be disciplined in sleep times and ways to influence the individual's circadian rhythms with external methods (exercise, nutrition, lighting, etc)</li> <li>--The Board should allow parents to parent their children-set strict bedtimes and adhere to them</li> <li>--More transparency to the community regarding proposed changes. It's a chance in operations rather than a true sleep study</li> <li>--We need to address the real problem-parents setting true bedtimes</li> <li>--School District should pressure students less and encourage them to take time for lunch and casual electives to build a more well-rounded individual-rather than pushing AP</li> <li>--Encourage school board to provide community time to learn more on the subject before making a decision</li> <li>--Community was not engaged at start when it was presented as a "sleep study"</li> <li>--It has evolved into a change in operations. The community needs time to study the impact of this change.</li> </ul>	<p><b>TABLE 2</b></p>
<ul style="list-style-type: none"> <li>--Reduce homework? Education about effects of screen time, even online homework-more writing! Less online/computers/tech</li> <li>--Year-round schooling</li> <li>--Study skills and time management-----teach these skills at school—stress reduction</li> </ul>	<p><b>TABLE 5</b></p>
<ul style="list-style-type: none"> <li>--Cost to taxpayers (taxes)</li> <li>--Childcare –before school</li> <li>--Parents need to get to work</li> <li>--Student wake times not solely impacted by school (parents work schedule)</li> <li>--Making end of the day busier</li> </ul>	<p><b>TABLE X-2</b></p>

<b>QUESTION 3: What questions do you have about the science of sleep?</b>	
--Did not answer question	<b>TABLE 7</b>
--Why not wait until state sleep study is conducted to determine best options? State is conducting study in 2019 so change could be inevitable. <b>OTHER SOLUTIONS:</b> --Minimal change to bell-schedule (shift Principal time to a.m.) so that extracurricular am & pm remain as is. Childcare need not change. --Blue light emission. Turn-off policy-parent education --Educate about quality/consistent sleep rather than more quantity. --Let parents be parents and give them the tools <b>QUESTION:</b> --What do parents say in districts where time was changed? Did scores increase? Impact on community?	<b>TABLE X-1</b>
--Adults have different circadian rhythms. Teenagers can too. --The amount of time of sleep is most important. One participant's children have no problem getting the needed amount of sleep. --Adjust sleep schedule to get the right amount of sleep. Put away phones, etc. --Is this a universal pattern for all students-maybe not --Big generalization for a BIG IMPACT on a large population	<b>TABLE 6</b>
Did not answer question	<b>TABLE 3</b>
--Does this study include what it was like before technology?	<b>TABLE 8</b>
--No questions about sleep study-Well done!	<b>GROUP 1</b>
--No questions-this is enough --Students will act the same regardless --Why disrupt current routines --Changing the time is not the solution to the problem --Wouldn't those involved in athletics fall asleep <b>sooner</b> and get better sleep? --Can you program a teenager to go to bed earlier? --Take away cell phone, computers, video games --Other research available? --Have things changed with the use of cell phones? (Is that considered) --Need to present other data on IMPACT of change --Is there a change-daylight savings-in data? (darkness/daylight)	<b>TABLE 4</b>
--Where was the data gathered/analyzed for the circadian rhythm study? --How has new tech influenced this data? --Has new tech nullified what we have known to be true for decades?	<b>TABLE 2</b>

<p>--Do all kids have this change in circadian rhythms? Some kids don't have trouble falling asleep at 9 or 10pm. We need to change how we as a society view sleep. We need to understand and value it.</p>	<p><b>TABLE 5</b></p>
<p>--Aren't we one of the top districts? Why change. AP scores high, etc  --How does loss of activities/sports impact or standing?  --Have there been traffic studies?  --Use snow days to make up mandatory hours  --Optimize traffic with townships  --Put bus money into helping town optimize traffic  --Where is the data showing later start equals better grades?</p>	<p><b>TABLE X-2</b></p>

**QUESTION 4: Review the possible elementary start and end times below. What impacts will they have on child care/families/activities that the Board should consider?**

**7:45 to 2:45 8:15-3:15 8:45 to 3:45 9:15 to 4:15**

**ELEMENTARY IMPACT**

**7:45 to 2:45**

- Band & music before school (64%)
- Before and after care coverage
- Additional need for the after care for more families
- Extended day for kids in after care
- Older siblings not available to watch younger siblings (or babysitting/have jobs)
- Getting child to before care with 7 AM open

**8:45-3:45 and 8:15-3:15**

- No significant change with 15 min shift

**9:15 to 4:15**

- After school clubs: reading, math & HW clubs
- Lots** of additional before care needed
- Less daylight for children after school
- Longer day for children if before & after care needed
- Difficult for 5 year olds with PM academic in K—long day
- Shift of after school activities
- Teacher time away from families

**TABLE 7**

--Would prefer no change if change is required would say teacher proposed solution is only option 8:55-3:40 for Elem and 8:05-3:00 for HS/MS.

**TABLE X-1**

**ELEMENTARY START TIMES**

**7:45-2:45**

- More people will need aftercare
- Before/Aftercare costs \$400 a month per child
- Can impact before school activity
- Plan focuses too much on MS/HS
- Changing everything for elementary due to MS/HS
- Can we get bus drivers?
- Traffic big concern! More buses also more traffic
- Young students at bus stop earlier. Will it be dark?
- Hard to get students up earlier. They need more sleep

**8:15-3:15**

- One participant said this is the best option IF we need to change
- Only 15 minutes earlier-least impact
- Would impact before /after school clubs, music programs, etc. **THE LEAST.**
- Why are we making all these changes for a small amount of time?
- Why are we impacting the elementary day for HS/MS?

**8:45-3:45**

- Parent's work schedule impacted too much
- Increase childcare for before/after care
- Impacts before/after school clubs, activities
- Get home later-when to have time to eat; do HW-after school activities (football, soccer, dance, PREP)
- Decrease in time in after school activities—Rdg club/Math Club only 45 minutes
- Impacts family time GREATLY

**TABLE 6**

<p>--What would a 2 hr delay day look like for elem?  <b>9:15-4:45</b>  --Out of the question!  --Too late!!! NOT an option!!  --Same reasons as 8:45-3:45 NO!!!</p>	
<p>--Child care costs too high, regardless of new time  --Change in XC activities before school and after school  --Impact on non-school activities (church, etc)  --Bussing for charter/private schools  --Concern about young and older students on same bus  --Ideal: keep same or 7:45-8:15 start times</p>	<b>TABLE 3</b>
<p><b>7:45-2:45</b>  --Childcare extra care and availability for staff and parents  --Older siblings unable to care for younger ones  --Economically disadvantaged rely on older siblings for care and can't afford outside care  --Bus stop safety and longer bus rides with increased traffic  <b>8:15-3:15 and 8:45-3:45</b>  --Not a huge change  <b>9:15-4:15</b>  --No after school outside activity homework, effects sleep patterns by later return home.  --Child care a concern on both ends---economically disadvantaged</p>	<b>TABLE 8</b>
<p><b>7:45-2:45</b>  --Too early for kids, won't be older kids there to babysit kids-NO flip starts, more parents would need after-care, pushing problem down to elementary kids.  <b>8:15-3:15 and 8:45-3:45</b>  --Best out of 4 options  <b>9:15-4:15</b>  --Too late, dark when kids get off bus in winter, parents would need before care, not enough family time-kids go to bed early, no time for kids to play outside</p>	<b>GROUP 1</b>
<p>--Cannot put elementary and MS/HS students on the bus together! No way!  <b>8:30-3:15 (NOW)</b>  <b>7:45-2:45</b>  --Why?  --What science supports this?  --Financial Impact ☹  --No older sibling available for childcare  <b>8:15-3:15 and 8:45-3:45</b>  --How much would these changes cost? Why?  <b>9:15-4:15</b>  --Home in dark and child care before---Not recommended</p>	<b>TABLE 4</b>
<p><b>7:45-2:45</b>  --Eliminates music program, before school clubs, after care  <b>8:15-3:15</b>  --Can impact after care for certain shift workers...RN's work 7a-3p  <b>9:15-4:15</b></p>	<b>TABLE 2</b>

<p>--kids getting home too late for play (free time) impacts family dinners, etc</p>	
<p><b>7:45-2:45</b>  --Elementary-concern about kids in the dark, especially walkers  <b>8:45-3:45</b>  --Can the district provide “open gym” or something like that for parents before school?  --Concern about all grade levels being on the bus at the same time (concurrent schedule)  --Cost is a big factor  --Double buses means more traffic. Can’t find enough bus drivers  --More morning clubs may be an option in elementary school if time is pushed back. Music programs can continue. Music program is amazing-must keep.  --Again opportunities that the district provides for students are appreciated and valued. Parents don’t want to lose.</p>	<p><b>TABLE 5</b></p>
<p>--Parents not on board with any change  --Longer bus rides  --Extracurricular activities</p>	<p><b>TABLE X-2</b></p>