

School Start Times Presentation: Part I

Local Rationale and Considered Scenarios
Presented to Franklin School Committee
May 28, 2019

A History of School Start Times

Schools didn't always start as early as they currently do.

There has been a trend over the past approximately 50 years in the U.S. with schools starting increasingly earlier in the day. The typical pattern is for high school to begin before middle and elementary schools.*

Locally, in Massachusetts, communities are questioning start times and examining the prospect of moving high school and sometimes middle school start times to be later in the day.

The Franklin School Committee's School Start Times Advisory Committee studied this prospect within the local context and presented to the School Committee on March 26, 2019. Materials from this working group can be accessed here:

<https://www.franklinps.net/district/school-start-times-advisory-committee>

*Source: <https://schoolstarttime.org/early-school-start-times/>

Why are Start Times being examined by schools and districts?

Adolescents who do not get enough sleep are more likely to



be
overweight



not get
enough physical
activity



suffer from
depressive
symptoms



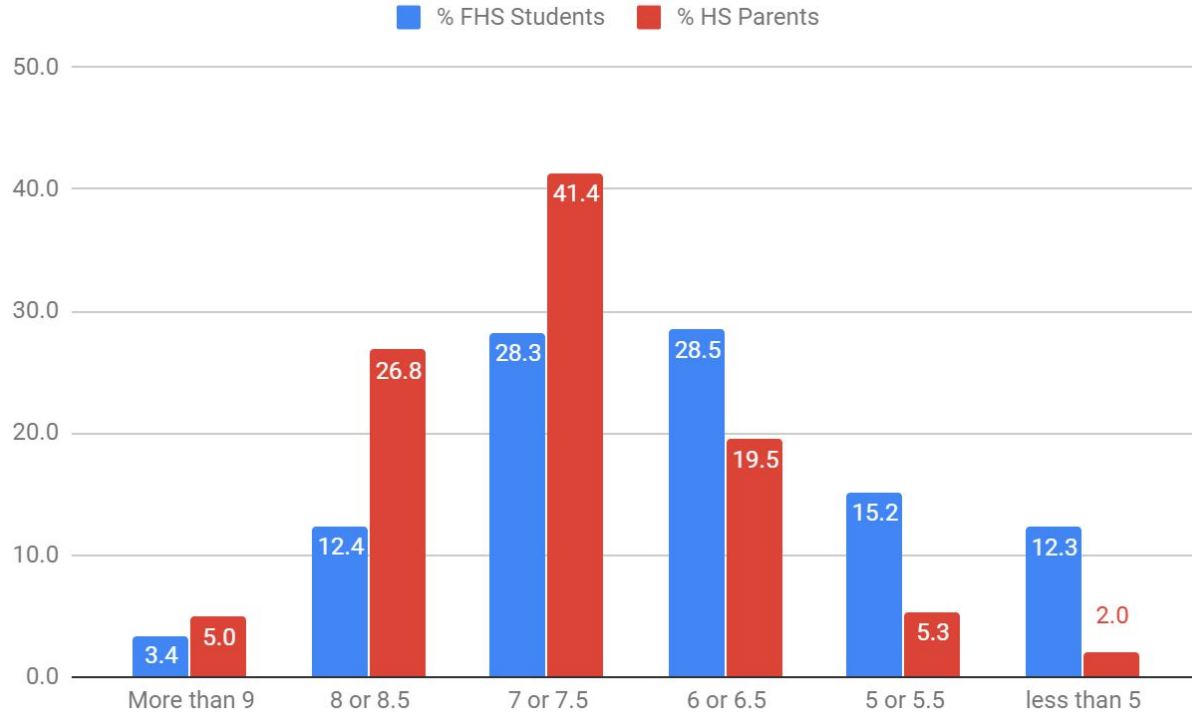
engage in unhealthy
risk behaviors such
as drinking alcohol,
smoking tobacco,
and using
illicit drugs



perform poorly
in school

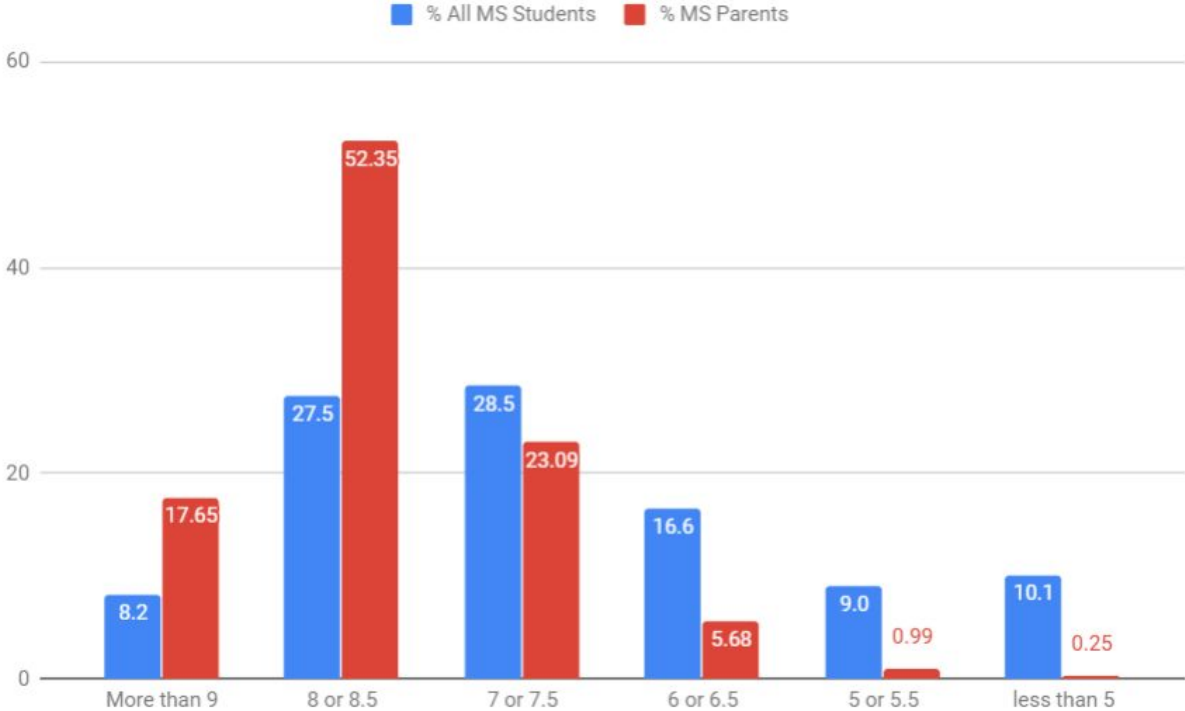
For more information: www.cdc.gov

FHS Students and Reported Sleep



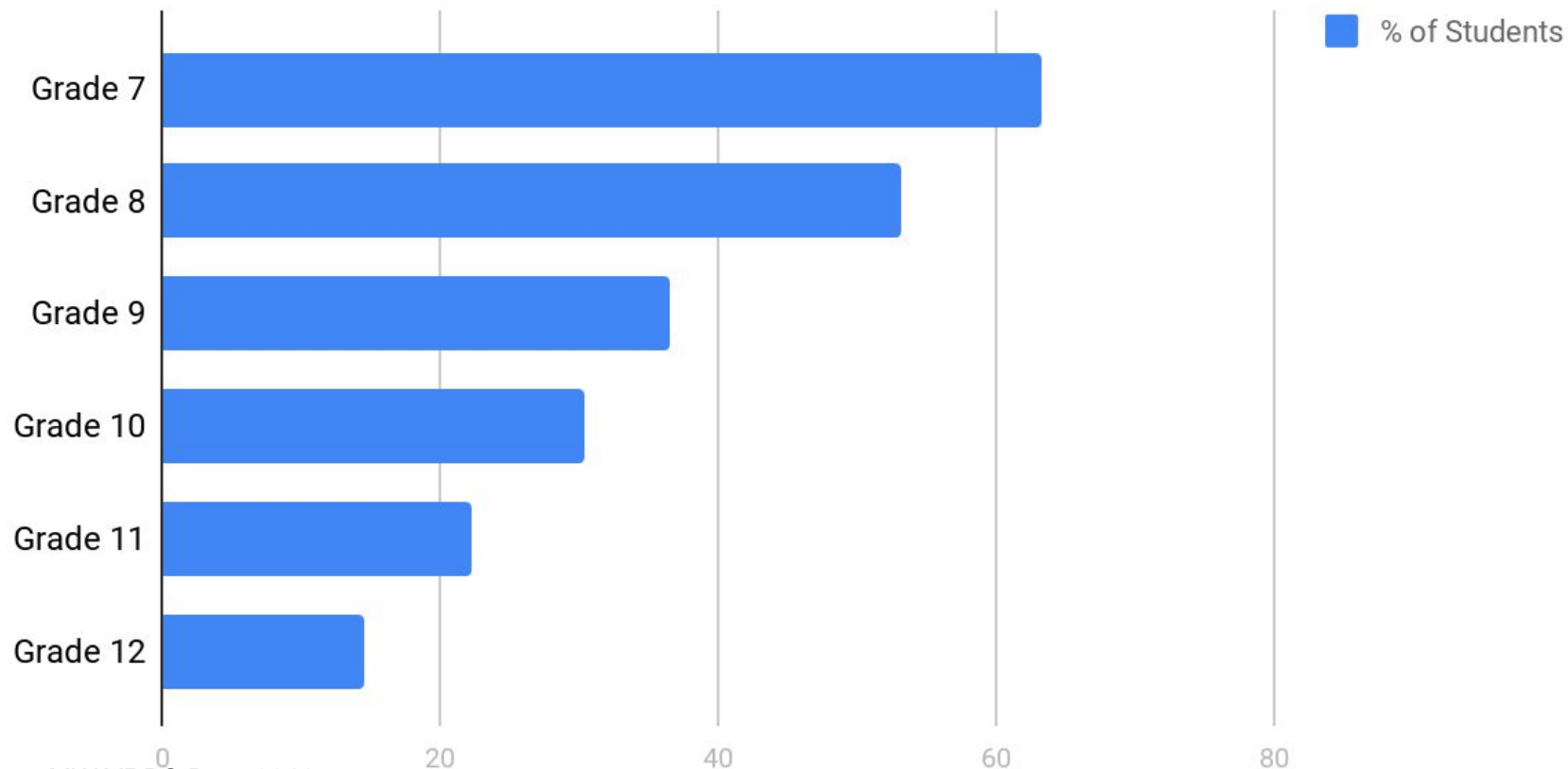
Source: SSTAC, Winter 2018-19

Franklin Middle School Students and Reported Sleep



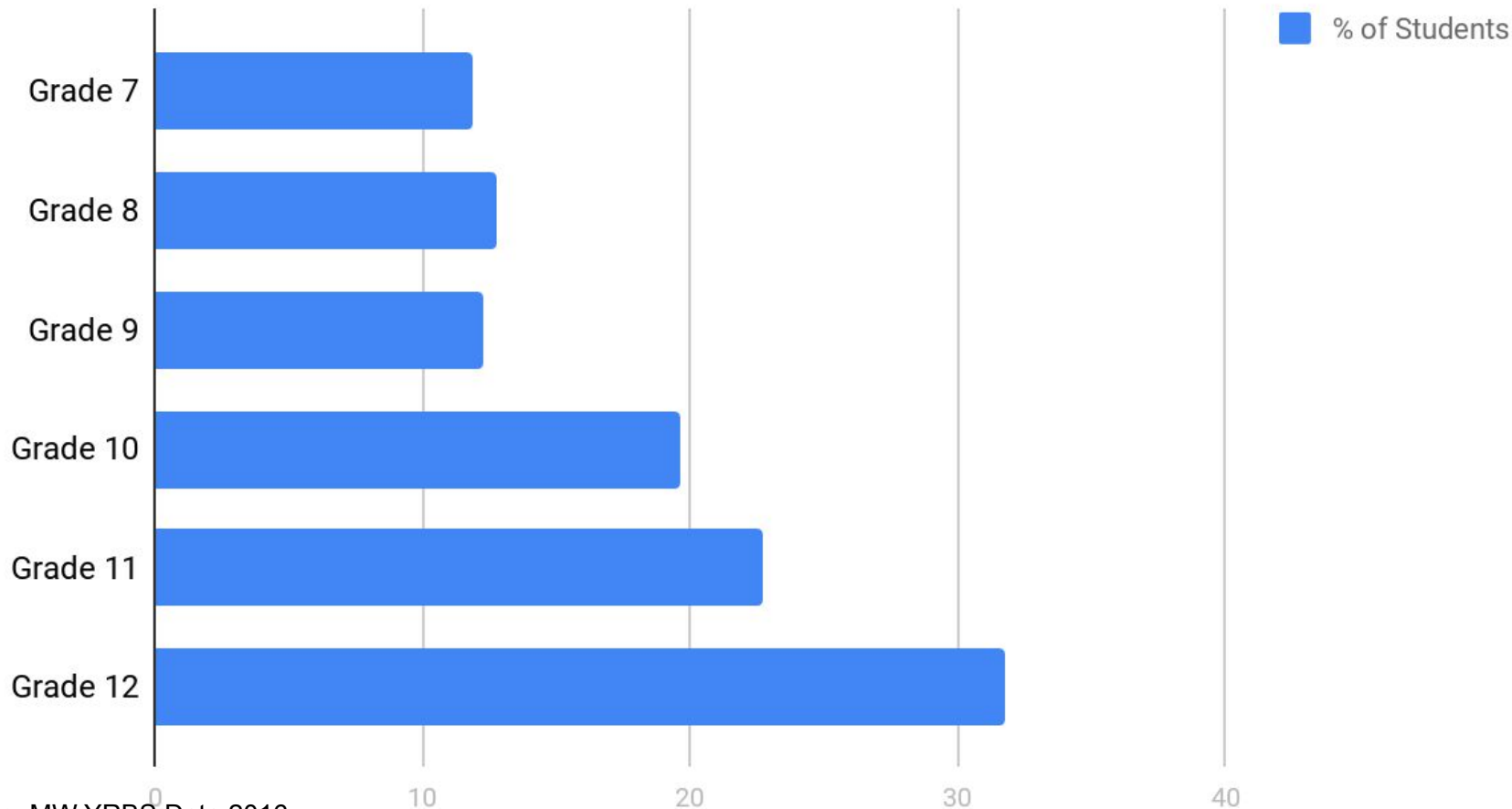
Source: SSTAC, Winter 2018-19

Students Reporting Sleeping 8 or More Hours on a Typical School Night



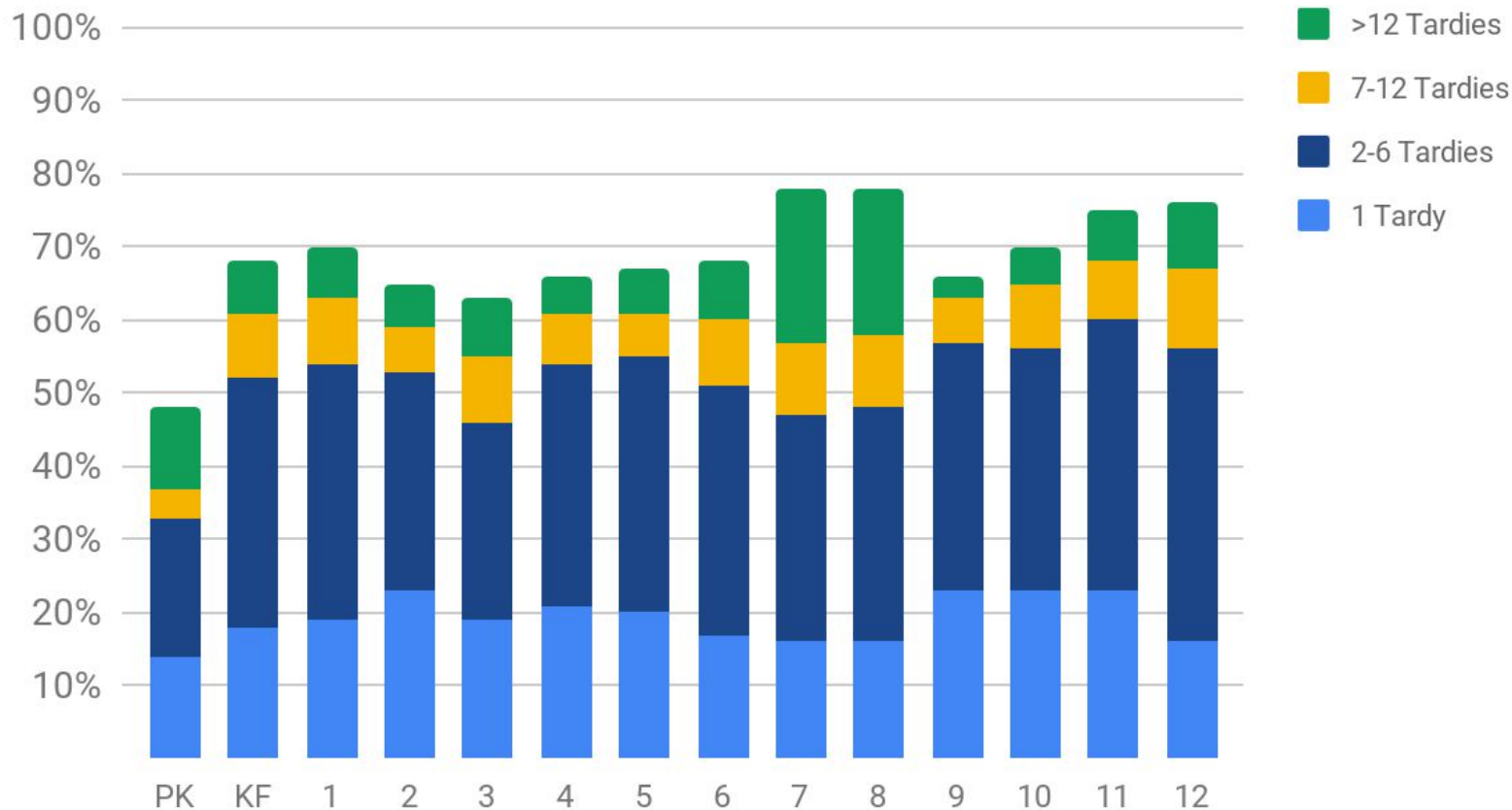
Source: MW YRBS Data 2016

Students Reporting Absence/Missing School Due to Being Tired (past 30 days)

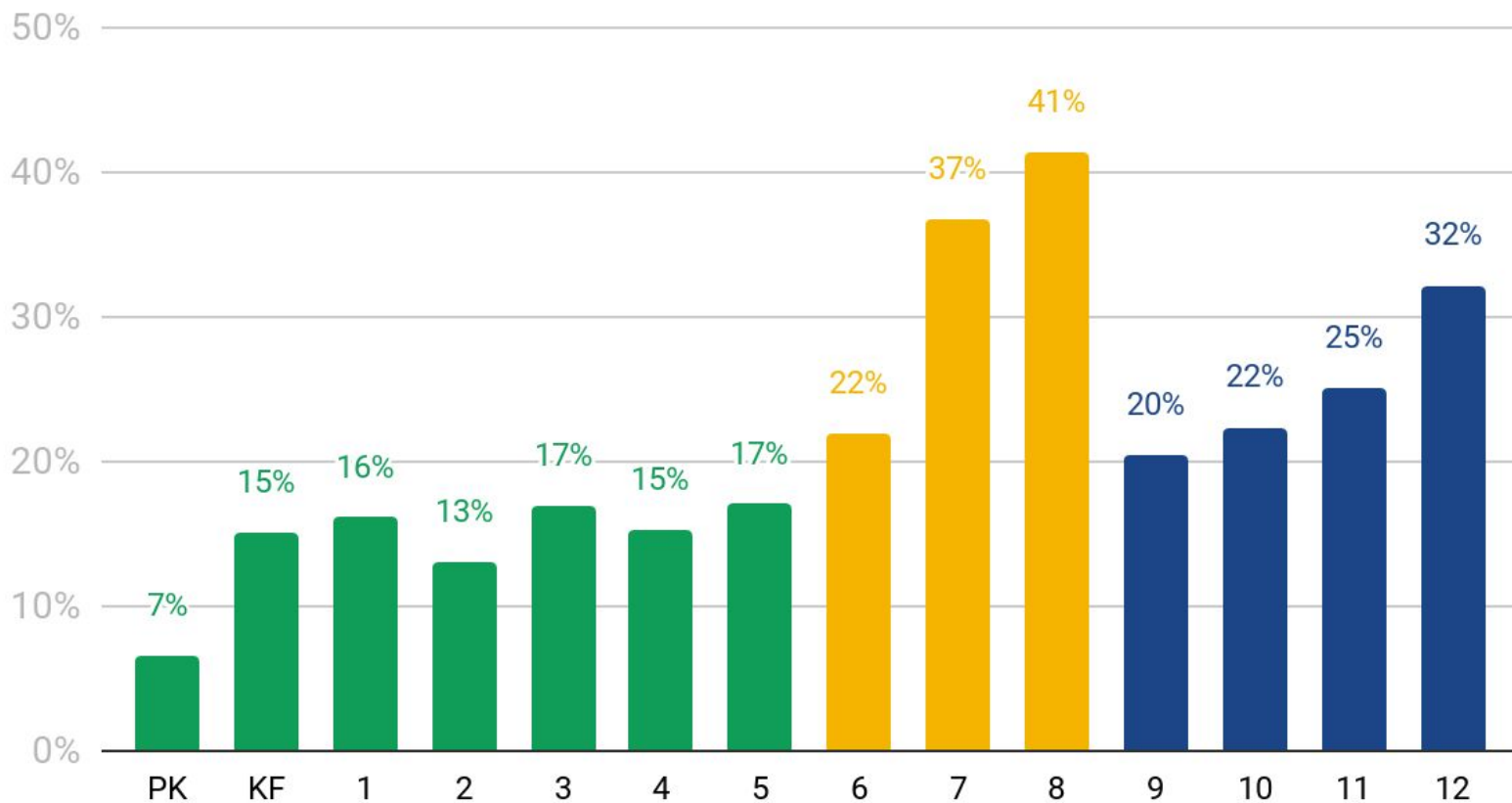


Source: MW YRBS Data 2016

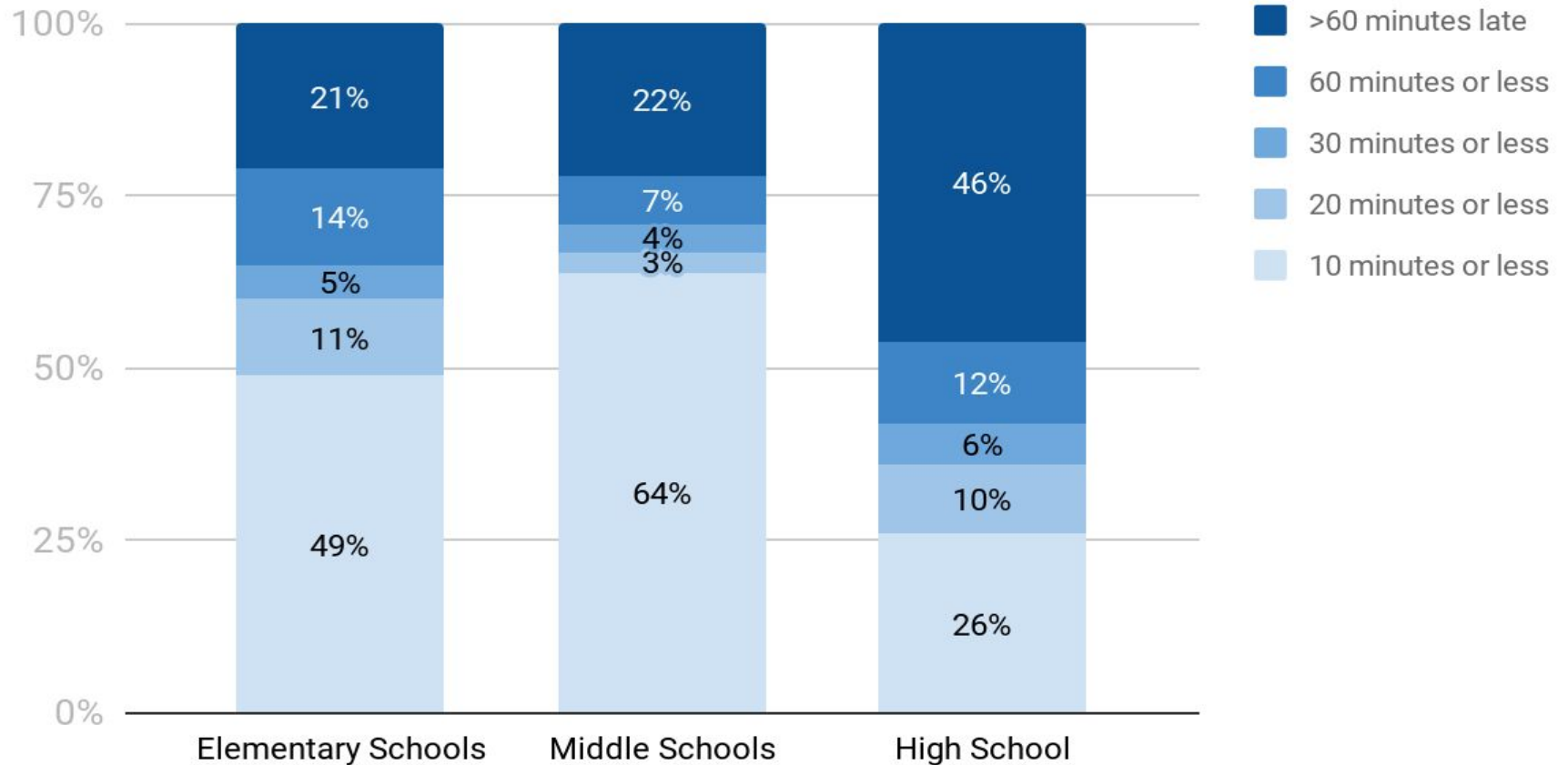
Percentage of Students Tardy by Grade - Grouped by Number of Tardies 2017-2018



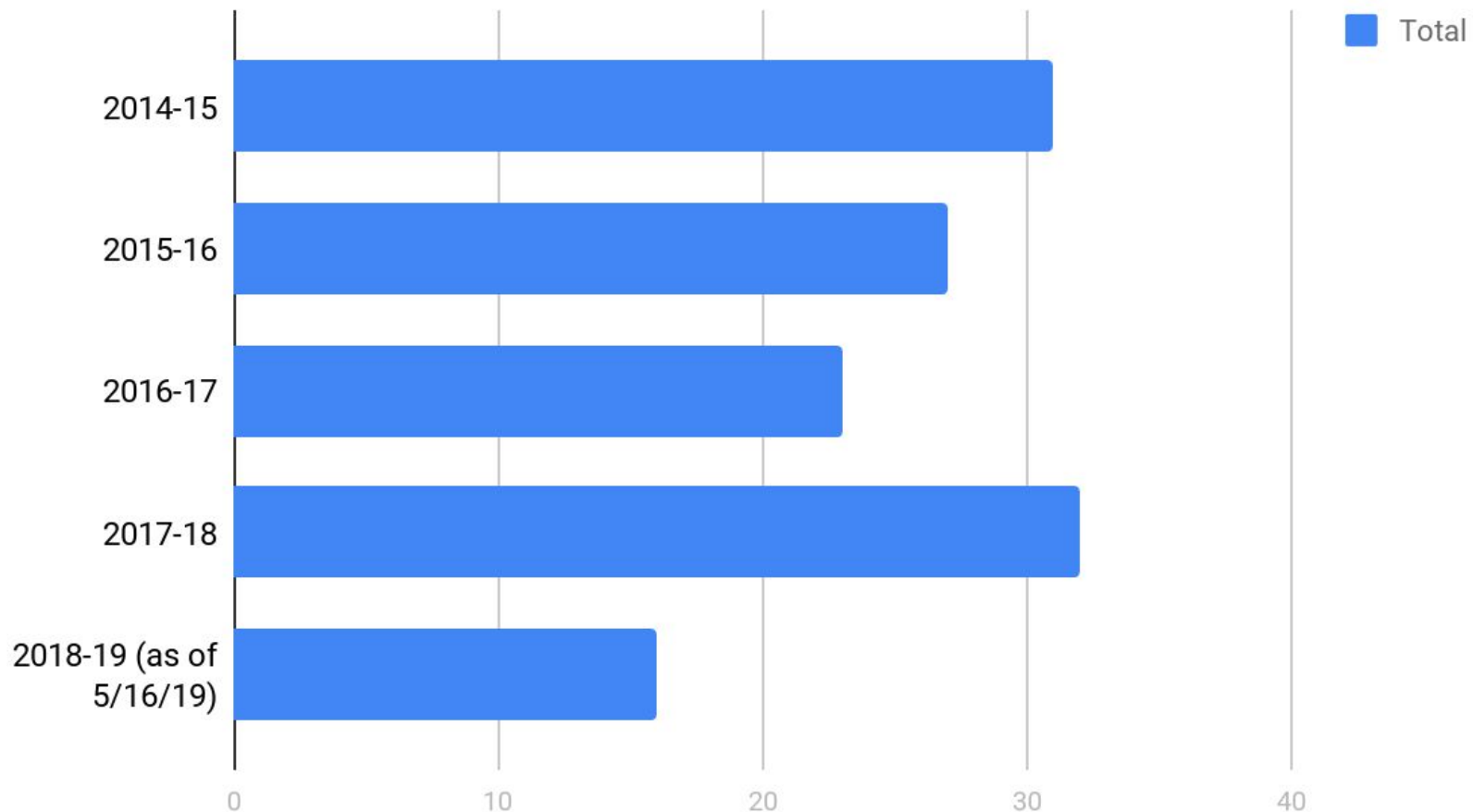
Distribution of Tardy Students by Grade 2017-2018



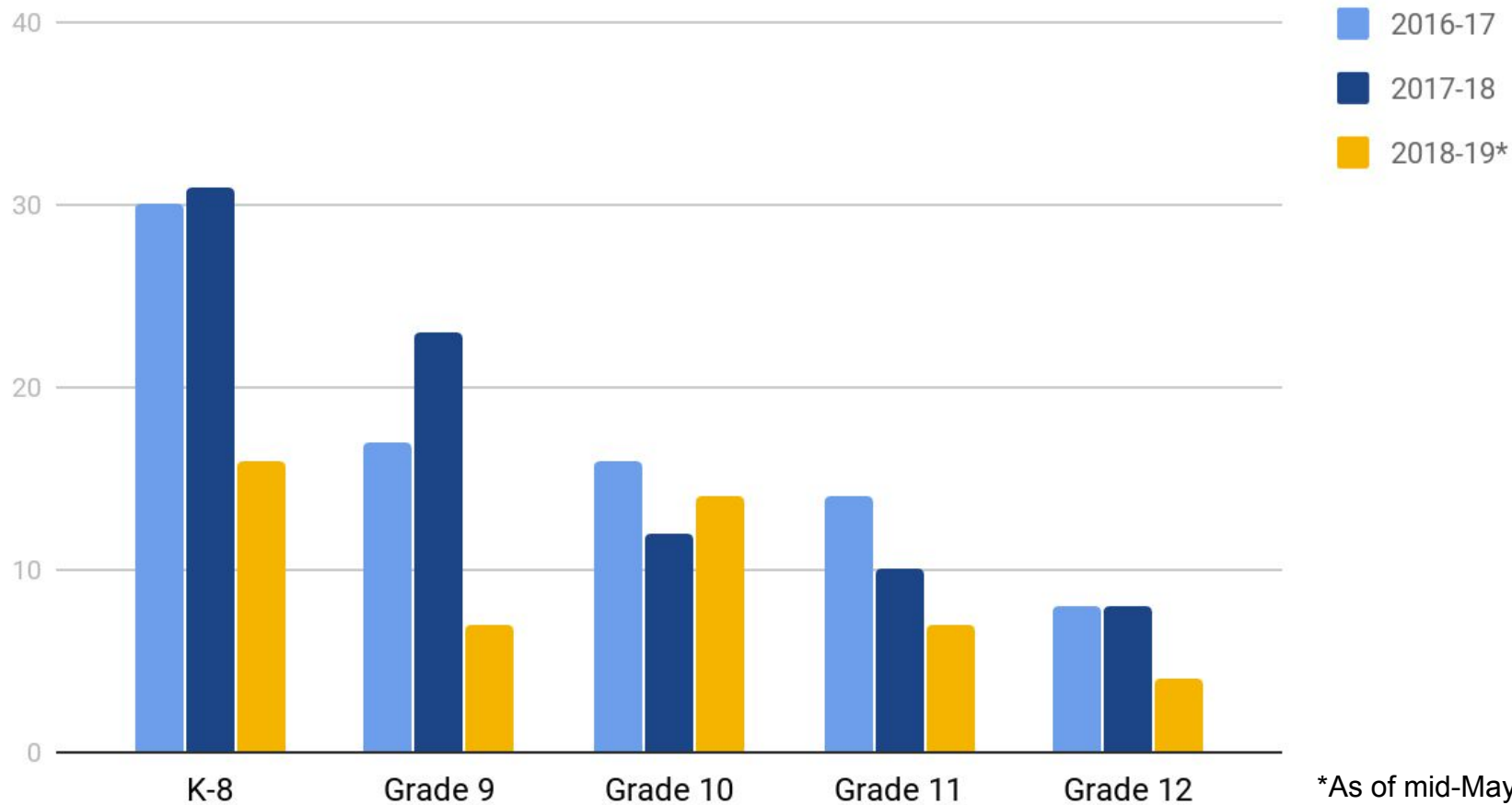
Time Late of Tardy Students by Level 2017-2018



High School Athletics -- Reported Concussions



Concussions Reported to School Nurses



*As of mid-May 2019

Selected Trends from the Metrowest Youth Risk Behavior Survey (2016)*

- Increase in the percentage of middle school students who spend more than 3 hours per day on screens for non-school use from 2012 to 2016
- Increase in the percentage of middle school students who participate in vigorous or moderate physical activity from 2006 to 2016

- Steady increase in the percentage of high school students who report life as very stressful (past 30 days from survey administration) from 2006 to 2016
- Increase in the percentage of high school students reporting that they have talked to a parent or non-school adult about mental health from 2010 to 2016

*2018 MWYRBS data due Fall 2018

Current Start and End Times of FPS

School Level	Current FY19 Start Time	Current FY19 Dismissal Time
Elementary Schools	8:30 AM	2:40 PM
Middle Schools	7:20 AM	1:50 PM
High School	7:35 AM	2:05 PM

Variables

The Charter school hours-
Elementary 9:00-3:00
Middle 8:15-3:00

The current FY19 cost of transportation based on the model described above is \$1,496,160.

- Tier 1: High School and Middle Schools. This tier is currently served with 31 buses.
- Tier 2: Elementary Schools - This tier is currently served with 20 buses.
- Tier 3: Ben Franklin Classical Charter School - This tier is currently served by 7 buses.

Initial Models Considered by SSTAC

Model A: MS/HS Shift Later;
 Elementary Starts First
 Cost: \$2,946,780
 An increase of \$1,450,620

School Level	Proposed Start Time	Proposed Dismissal Time
Elementary Schools	8:00 AM	2:10 PM
Middle Schools	8:15 AM	2:45 PM
High School	8:30 AM	3:00 PM

Model B: MS/HS Shift Later;
 Elementary Starts Last
 Cost: \$1,791,180
 An increase of \$295,020

School Level	Proposed Start Time	Proposed Dismissal Time
Elementary Schools	9:10 AM	3:20 PM
Middle Schools	8:05 AM	2:35 PM
High School	8:20 AM	2:50 PM

Model C: All Schools Start at Same
 Time
 Cost: \$2,946,780
 An increase of \$1,450,620

School Level	Proposed Start Time	Proposed Dismissal Time
Elementary Schools	8:30 AM	2:40 PM
Middle Schools	8:30 AM	3:00 PM
High School	8:30 AM	3:00 PM

Models proposed to SSTAC by our Transportation Provider for Consideration*

Model E: ES first, then MS, then HS
30 minutes separating start and end times

School Level	Proposed Start Time	Proposed Dismissal Time
Elementary Schools	8:00 AM	2:10 PM
Middle Schools	8:30 AM	3:00 PM
High School	9:00 AM	3:30 PM

Model F: MS first but slightly later,
then HS, then ES
30 minutes separating start and end times

School Level	Proposed Start Time	Proposed Dismissal Time
Elementary Schools	9:10 AM	3:20 PM
Middle Schools	7:45 AM	2:15 PM
High School	8:15 AM	2:45 PM

*Based on models with at least 30 minutes separating start and end times; some models reduce costs by \$350,000 because of the reduced number of buses used.

Additional Models Considered by SSTAC

Model E2: MS/HS Shift Later;
Elementary Starts First

School Level	Proposed Start Time	Proposed Dismissal Time
Elementary Schools	7:45 AM	1:55 PM
Middle Schools	8:15 AM	2:45 PM
High School	8:45 AM	3:15 PM

Model E4: Elementary Starts First,
HS/MS shift later

School Level	Proposed Start Time	Proposed Dismissal Time
Elementary Schools	8:00 AM	2:10 PM
Middle Schools	9:00 AM	3:30 PM
High School	8:30 AM	3:00 PM

Model E5: Earlier times (same as E2):
Elementary Starts First, HS/MS shift
later

School Level	Proposed Start Time	Proposed Dismissal Time
Elementary Schools	7:45 AM	1:55 PM
Middle Schools	8:45 AM	3:15 PM
High School	8:15 AM	2:45 PM

Scenarios Refined for Further Consideration by SSTAC in its Report

SCENARIO A

School Level	Proposed Start Time	Proposed Dismissal Time
Elementary Schools	7:45 AM	1:55 PM
Middle Schools	8:15 AM	2:45 PM
High School	8:45 AM	3:15 PM

SCENARIO B

School Level	Proposed Start Time	Proposed Dismissal Time
Elementary Schools	7:55 AM	2:05 PM
Middle Schools	8:55 AM	3:25 PM
High School	8:25 AM	2:55 PM

Other Models Explored after Community Discussion

Cost implications are estimates and relevant as of 5/23/19

Model G: MS - 10 minutes later; HS - 25 minutes later; ES - shifted later to accommodate HS end of day buses
\$88,560 cost savings

School Level	Proposed Start Time	Proposed Dismissal Time
Elementary Schools	8:50 AM	3:00 PM
Middle Schools	7:30 AM	2:00 PM
High School	8:00 AM	2:30 PM

Model H1: “Flipped Scenario B”
but with HS and ES switched

Cost: \$2,311,200
An increase of \$815,040

School Level	Proposed Start Time	Proposed Dismissal Time
Elementary Schools	8:25 AM	2:35 PM
Middle Schools	8:55 AM	3:25 PM
High School	7:55 AM	2:25 PM

Model H2: “Flipped Scenario B”
but with MS and ES switched

Cost: \$2,311,200
An increase of \$815,040

School Level	Proposed Start Time	Proposed Dismissal Time
Elementary Schools	8:55 AM	3:05 PM
Middle Schools	7:55 AM	2:25 PM
High School	8:25 AM	2:55 PM

Other Models Explored after Community Discussion

Cost implications are estimates and relevant as of 5/23/19

Model I1: ES and MS on same start schedule; HS later by 25 min

Cost: \$2,311,200
An increase of \$815,040

School Level	Proposed Start Time	Proposed Dismissal Time
Elementary Schools	8:30 AM	2:40 PM
Middle Schools	8:30 AM	3:00 PM
High School	8:00 AM	2:30 PM

Model I2: ES and MS on same schedule; HS shifted 50 min later

Cost: \$2,311,200
An increase of \$815,040

School Level	Proposed Start Time	Proposed Dismissal Time
Elementary Schools	7:55 AM	2:05 PM
Middle Schools	7:55 AM	2:25 PM
High School	8:25 AM	2:55 PM

Model J: Complexes start at same time; stand-alone ES and HS start different time

Cost: \$1,827,180
An increase of \$331,020
Concerns about bus stops for young elem. students

School Level	Proposed Start Time	Proposed Dismissal Time
Complex Elementary Schools	8:30 AM	2:40 PM
Middle Schools	8:30 AM	3:00 PM
Stand Alone Elem. Schools	8:00 AM	2:10 PM
High School	8:00 AM	2:30 PM

Next steps

- Return late September to discuss implications around athletics, before/after school, childcare (LLL), ECDC after internal discussions; looking for SC feedback to guide inquiries
- Provide education to families and students on the importance of sleep, good sleep habits, new homework guidelines, and the impact of blue light/screen time and perhaps other Wellness topics (Fall 2019)
- Continue to pursue district efforts to improve student attendance (Strategic Objective #1 about Student Well-being)
- Identify any school-based interim measures that we might employ