

School Start Times Presentation: Part II

Update to the Community
Presented to Franklin School Committee
September 24, 2019

Superintendent's Recommendation for 2019-2020

I recommend that the District focus its efforts related to School Start Times on *educating* students, staff, and families of the effects of sleep deprivation on adolescents. Specifically, I suggest that the District promote better sleep habits and sleep quality through:

1. **Sleep education** for families
2. Implementation and monitoring of FPS **Homework Guidelines**
3. Draw awareness to the impact of **Technology** and **Social Media** on sleep
4. Consider **piloting** a late start for students at the high school on a half-day

We will measure outcomes at the end of the year by:

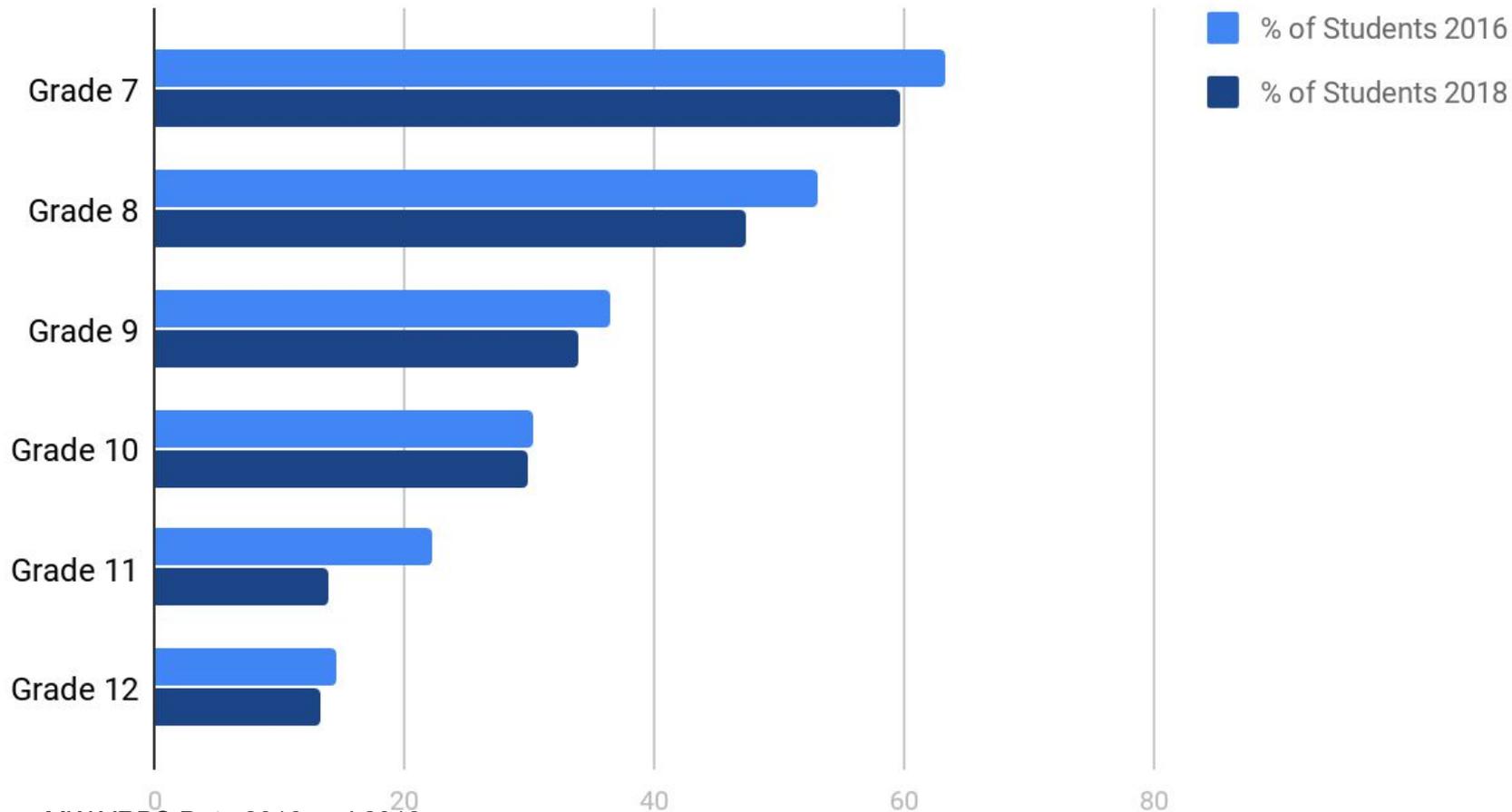
- Issuing a brief **Survey** to students to gather an interim data point about their sleep and its impact on school (Metrowest Youth Risk Behavior Survey question)

I suggest that the District *pause* on its consideration of start time changes across all schools. However, we **NEED** to continue to address the health of children, including sleep.

A rectangular chalkboard with a dark green surface and a thick, dark brown wooden frame. The word "Why?" is written in the center in white, textured chalk. The letters are slightly irregular and have a grainy appearance, typical of chalk on a chalkboard. The question mark is large and has a small dot at the bottom.

Why?

Students Reporting Sleeping Average of 8+ Hours on School Nights



Source: MW YRBS Data 2016 and 2018

Current Start and End Times of FPS

School Level	Current 2019-20 Start Time	Current 2019-20 Dismissal Time
Elementary Schools	8:30 AM	2:45 PM
Middle Schools	7:20 AM	1:55 PM (RMS/ASMS) 2:00 PM (HMMS)
High School	7:35 AM	2:10 PM

As noted in my e-mail to families, the addition of 5 minutes to the students' day in 2019-2020 allows us more flexibility in meeting both the requirements of "Time on Learning"* and our contractual obligations.

The addition of 5 minutes to the end of the day was NOT in relation to School Start Times.

*Elementary Schools = 180 school days and a minimum of 900 hours of direct instruction

*Secondary Schools = 180 school days and a minimum of 990 hours of direct instruction

Next steps for 2019-2020

- 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 social media
 - Homework Guidelines -- School Handbooks; Curriculum Nights
 - Social Media Education Night -- October 21, 2019 at 6:30 PM at Franklin High School
 - Sleep Education Night -- November 19, 2019 at 6:30 PM at Franklin High School

- Identify any school-based interim measures
 - Explore the possibility of a pilot for a late start to a half-day later this year for Franklin High School