LEXINGTON SCHOOL COMMITTEE MEETING  
Wednesday, April 11, 2018  
Cary Memorial Building, Estabrook Hall  
1605 Massachusetts Avenue

All agenda items and the order of items are approximate and subject to change.

5:30 p.m.  Call to Order:

5:31 p.m.  Executive Session:  
Exemption 3 - To Discuss Strategy with Respect to Collective Bargaining Regarding All Units

6:30 p.m.  Return to Public Session:  
Public Comment – Written comments to be presented to the School Committee, oral presentations not to exceed three minutes.

6:35 p.m.  Agenda:  
1. Discussion of School Start Time Options (30 minutes)

7:05 p.m.  School Committee will remain in session and relocate to Battin Hall for the purpose of participating in Town Meeting.

Policy AD: Mission/Vision of the Lexington Public Schools
The Lexington Public Schools serve to inspire and empower every student to become a lifelong learner prepared to be an active and resilient citizen who will lead a healthy and productive life. Educators, staff, parents, guardians and community members will honor diversity and work together to provide all students with an education that ensures academic excellence in a culture of caring and respectful relationships.

The next scheduled meeting of the School Committee is as follows:
- Tuesday, April 24, 2018 – 7:00 p.m., Lexington Town Office Building, Selectmen’s Meeting Room
TODAY’S DATE: April 9, 2018

REQUESTED MEETING DATE: April 11, 2018

AGENDA ITEM TITLE: School Start Times Presentation

PRESENTER: Ian Dailey, Assistant Superintendent for Finance and Administration

SUMMARY:
The administration will report out the work of the School Start Times Task Force and make a presentation to the School Committee. This will be the first of multiple discussions between April and the end of the school year. A presentation for the meeting is forthcoming.

WHAT ACTION (IF ANY) DO YOU WISH SCHOOL COMMITTEE TO TAKE?

☐ No action requested, this is a short update or a presentation of information.
☒ Request input and questions from the School Committee, but no vote required.
☐ Request formal action with a vote on a specific item.

If formal action is requested, please check one:
This item is being presented
☒ for the first time, with a request that the School Committee vote at a subsequent meeting
or
☐ with the request that the School Committee take action immediately

If formal action is requested:
Include a suggested motion or let __________ know if you need assistance preparing a motion.

SUGGESTED MOTION:

FOLLOW-UP:

AMOUNT OF TIME REQUESTED FOR THE AGENDA ITEM: 40 minutes

ATTACHMENTS:
Lexington Public Schools
School Start Times Task Force

April 11, 2018

Overview

- Goal
- Membership
- Meeting Timeline
- Research
- Feedback
- Options/Considerations
- Next Steps
- Implementation Timeline
Goal

Research, identify priorities, and evaluate all considerations to determine if a recommendation should be made to the Superintendent to consider changes to start/end times at the high school, middle school, and/or elementary school levels.

Membership

- Jeff LaBroad, Estabrook Assistant Principal
- Anna Monaco, Clarke Principal
- Scott Kmack, LHS Dean
- Barbara Hamilton, METCO Director
- Naomi Martin, Athletic Director
- Andrew Baker, LEA President
- Elaine Celi, Transportation Coordinator
- Kathleen Lenihan, School Committee Member
- Deepika Sawhney, School Committee Member
- Jessie Steigerwald, Community Member
- Sara Cuthbertson, Parent
- Beth Murnaghan, Parent
- Ian Dailey, Assistant Superintendent for Finance and Administration
Meeting Timeline

• Task Force: April 4, 2017
• Task Force: May 5, 2017
• Task Force: June 6, 2017
• PPC Meeting: September 6, 2017
• Task Force: September 13, 2017
• School Committee: September 19, 2017
• Task Force: October 26, 2017
• School Committee: November 7, 2017
• Community Forum: November 15, 2017
• Task Force: November 20, 2017
• Task Force: November 29, 2017
• PPC Meeting: December 6, 2017
• Staff Meeting: March 5, 2018
• Task Force: April 9, 2018
• School Committee: April 11, 2018

Research

• Established collaborative environment for Task Force
  – Google Drive
• Gathered & reviewed scientific research
• Established web presence (3,108 page views as of 4/11/18)
  – https://lps.lexingtonma.org/Page/10330
• Contracted with Judy Owens
  – Director of Sleep Medicine, Boston Children's Hospital
  – Conducted Community Forum
  • Presentation recording & materials: Found on District Start Times site
  – Conducted Staff Meeting presentation
  • Presentation materials: Found on District Start Times site
• Concerns around adolescent sleep/wake patterns – secondary level students
• Impacts on students social/emotional wellness
• Impacts on secondary students' ability to perform in morning classes
• Massachusetts Legislature – require no earlier than 8:30a
• Local, regional, and national economic impacts
  – Car crash safety data
  – Economic returns – long-run
Research

- Burlington – 2018-19
- Stoneham – 2018-19
- Watertown – 2018-19
- Weston – 2018-19
- Winchester – 2018-19
- Concord-Carlisle – 2018-19
- Maintaining Middlesex League status on District Start Times site: https://lps.lexingtonma.org/Page/10330

Feedback

- Surveys issued to:
  - Parents/Guardians (3,692 responses)
  - Staff (550 responses)
  - Students: Grades 6-12 (3,500 responses)
- Community Forum with Judy Owens
- Staff Meeting with Judy Owens (425 responses)
- Lexington Listens
Feedback

• Types of questions asked:
  – Sleep/wake patterns – weekday vs. weekend
  – Difficulty waking up
  – Tiredness levels in school
  – Device usage
  – Employment
  – After school activities/athletics
  – After school childcare
  – Breakfast
  – Transportation
  – Start time preferences

Feedback – XX

Insert Question here?
Elementary School Survey Data

Feedback – ES

How often do your students appear tired or sleepy during school?

![Chart showing staff feedback on students' tiredness/sleepiness during school]
Feedback – ES

As you know, the elementary day starts at 8:45am, with bus pickups starting earlier. In your opinion, do the elementary schools days start:

- 50.00% Too early
- 60.00% Too late
- 70.00% Just right

Feedback – ES

On average, what time does your child usually fall asleep on school nights?

- 15 00%
- 20.00%
- 25.00%
- 30.00%

Parents

- 0.00%
- 5.00%
- 10.00%
- 15.00%
- 20.00%
- 25.00%
- 30.00%
Feedback – ES

On average, what time does your child usually wake up on school days?

Parents

Feedback – ES

On average, how much sleep do you think your child gets on a school night?

Parents
Feedback – ES

On average, how much sleep do you think your child needs on a school night?

Parents

Feedback – ES

On average, what time does your child usually fall asleep on weekend nights?
Feedback – ES

On average, what time does your child usually wake up on weekend days?

Parents

Feedback – ES

If the length of the school day stayed the same, please rank the preferred time you feel elementary schools should start?

Parents

Staff
Middle School Survey Data

Feedback – MS

How often are you tired or sleepy during school?

How often do your students appear tired or sleepy during school?

![Bar chart for students and bar chart for staff showing frequency of tiredness or sleepiness during school.]
Feedback – MS

As you know, the middle school day starts at 8:00am, with bus pickups starting earlier. In your opinion, does the middle school day start:

- Too early
- Too late
- Just right

Staff

On average, what time does your child usually fall asleep on school nights?

Parents

What time do you usually fall asleep on school nights?

Students
Feedback – MS

On average, what time does your child usually wake up on school days?

What time do you usually wake up on school days?

Feedback – MS

On average, how much sleep do you think your child gets on a school night?

On average, how much sleep do you get on a school night?
Feedback – MS

On average, how much sleep do you think your child needs on a school night?

Parents

Students

Feedback – MS

On average, what time does your child usually fall asleep on weekend nights?

Parents

Students

What time do you usually fall asleep on weekend nights?
Feedback – MS

On average, what time does your child usually wake up on weekend days?

What time do you usually wake up on weekend days?

Parents

Students

Feedback – MS

If the length of the school day stayed the same, please rank the preferred time you feel middle school should start?

Parents

Students

Staff
High School Survey Data

Feedback – HS

How often are you tired or sleepy during school?

How often do your students appear tired or sleepy during school?

<table>
<thead>
<tr>
<th></th>
<th>Never</th>
<th>Some days</th>
<th>Most days</th>
<th>Every day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Students</td>
<td></td>
<td></td>
<td>45.00%</td>
<td>30.00%</td>
</tr>
<tr>
<td>Staff</td>
<td></td>
<td>10.00%</td>
<td>30.00%</td>
<td>15.00%</td>
</tr>
</tbody>
</table>
Feedback – HS

As you know, the high school day starts at 7:45am, with bus pickups starting earlier. In your opinion, does the high school day start:

- Too early
- Too late
- Just right

![Graph showing staff feedback](chart)

Feedback – HS

On average, what time does your child usually fall asleep on school nights?

- 15.00%
- 20.00%
- 25.00%
- 30.00%

Parents

What time do you usually fall asleep on school nights?

- 15.00%
- 20.00%
- 25.00%
- 30.00%

Students

![Graph showing parents' feedback](chart)
Feedback – HS

On average, what time does your child usually wake up on school days?

On average, how much sleep do you usually wake up on school days?

Feedback – HS

On average, how much sleep do you think your child gets on a school night?

On average, how much sleep do you get on a school night?
Feedback – HS

On average, how much sleep do you think your child needs on a school night?

Parents

Students

Feedback – HS

On average, what time does your child usually fall asleep on weekend nights?

Parents

Students

What time do you usually fall asleep on weekend nights?
Feedback – HS

On average, what time does your child usually wake up on weekend days?

What time do you usually wake up on weekend days?

Feedback – HS

If the length of the school day stayed the same, please rank the preferred time you feel high school should start?
Options/Considerations

- Multiple options evaluated and discussed
- Determined listing of considerations and trade-offs
  - Programmatic Impacts
  - Financial Impacts
  - Operational Impacts
- Need to evaluate trade-offs and considerations

- Athletics
  - Scheduling with other districts
  - Availability of space – fields, rinks, pools, etc.
  - Field lighting
- Recreation
  - Operating budget – up to $70,000 loss (enterprise fund)
  - Field availability to community groups (i.e. LUSC, Pop Warner, Babe Ruth, youth lacrosse)
  - Building availability (i.e. gyms); depends on level
  - Recreation Committee/Department involvement (i.e. five year capital plan)
- METCO
- Transportation Implications
  - Transportation model options
  - Non-LPS after-school transportation
- Impact bargaining – all options; except status quo
- PreK program schedule – all options; except status quo
- LABBB at High school – all options; except status quo
- Crossing Guard schedules – all options; except status quo
- LCE – all options; except status quo
  - Availability of space
- Food Service – all options; except status quo
- Extended Day – all options; except status quo
### Option 1 – Status Quo

<table>
<thead>
<tr>
<th></th>
<th>Current</th>
<th>Proposed</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Bus Start</td>
<td>AM Bell</td>
</tr>
<tr>
<td>LHS</td>
<td>7:00 AM</td>
<td>7:45 AM</td>
</tr>
<tr>
<td>MS</td>
<td>7:25 AM</td>
<td>8:00 AM</td>
</tr>
<tr>
<td>ES</td>
<td>8:10 AM</td>
<td>8:45 AM</td>
</tr>
<tr>
<td>ES - Thursday</td>
<td>8:05 AM</td>
<td>8:45 AM</td>
</tr>
</tbody>
</table>

- No change to school start times
- All existing conditions and impacts remain

### Option 2 – The Flip

<table>
<thead>
<tr>
<th></th>
<th>Current</th>
<th>Proposed</th>
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</thead>
<tbody>
<tr>
<td></td>
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<td>8:45 AM</td>
</tr>
<tr>
<td>ES - Thursday</td>
<td>8:05 AM</td>
<td>8:45 AM</td>
</tr>
</tbody>
</table>

- Reverses order of schools, staggering start times for tiered approach
- Achieves later start time at HS, minimal impact to MS start time
- Lowest cost alternative
  - No additional buses required
  - 1hr 10min change to elementary start time
  - Requires elementary students be at bus stops starting at 7am
  - Athletic scheduling becomes compressed – particularly late fall; early spring
    - Need to put lights on fields – i.e. Lincoln Fields - ~$200k per field
  - Recreation Department scheduling impacts; field/building availability for LPS, Recreation, and community organizations
  - Elementary METCO routes starting early; may extend secondary route lengths (traffic)
  - After school clubs/activities/jobs become compressed at HS level; increases available time for ES
Option 3 – All together

<table>
<thead>
<tr>
<th>Option 3: &quot;All together&quot;</th>
<th>Current</th>
<th>Proposed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bus Route Start</td>
<td>AM Bell</td>
<td>PM Bell</td>
</tr>
<tr>
<td>LHS</td>
<td>7:00 AM</td>
<td>7:45 AM</td>
</tr>
<tr>
<td>MS</td>
<td>7:25 AM</td>
<td>8:00 AM</td>
</tr>
<tr>
<td>ES</td>
<td>8:10 AM</td>
<td>8:45 AM</td>
</tr>
<tr>
<td>ES - Thursday</td>
<td>8:05 AM</td>
<td>8:45 AM</td>
</tr>
</tbody>
</table>

• Reduced impact to elementary schools
• Achieves later start time at HS and MS
• Highest cost alternative
  – Approximately 55 buses needed - $4.8 million
• Athletic scheduling becomes compressed – particularly late fall; early spring
  – Need to put lights on fields – i.e. Lincoln Fields - ~$200k per field
• Recreation Department scheduling impacts; field/building availability for LPS, Recreation, and community organizations
• Increases benefit to elementary METCO routes; may extend secondary route lengths (traffic)
• After school clubs/activities/jobs become compressed at MS/HS level; increases available time for ES

Option 4 – Shared buses

<table>
<thead>
<tr>
<th>Option 4: &quot;Shared buses&quot;</th>
<th>Current</th>
<th>Proposed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bus Route Start</td>
<td>AM Bell</td>
<td>PM Bell</td>
</tr>
<tr>
<td>LHS</td>
<td>7:00 AM</td>
<td>7:45 AM</td>
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<tr>
<td>ES - Thursday</td>
<td>8:05 AM</td>
<td>8:45 AM</td>
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</tbody>
</table>

• Reduced impact to elementary schools compared to Option 2: “The Flip”
• Achieves later start time at HS and MS
• Moderate cost alternative
  – Approximately 11 buses needed - $960k
• Requires that middle school and high school students ride the same bus
  – May have supervision impacts with buses moving from MS to HS in afternoon
• Athletic scheduling becomes compressed – particularly late fall; early spring
  – Need to put lights on fields – i.e. Lincoln Fields - ~$200k per field
• Recreation Department scheduling impacts; field/building availability for LPS, Recreation, and community organizations
• Increases benefit to elementary METCO routes; may extend secondary route lengths (traffic)
• After school clubs/activities/jobs become compressed at MS/HS level; increases available time for ES
**Option 5 – Separated buses**

<table>
<thead>
<tr>
<th>Current</th>
<th>Proposed</th>
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</thead>
<tbody>
<tr>
<td><strong>LHS</strong></td>
<td><strong>LHS</strong></td>
</tr>
<tr>
<td>Bus Route Start AM</td>
<td>7:00 AM</td>
</tr>
<tr>
<td>PM Bell</td>
<td>7:45 AM</td>
</tr>
<tr>
<td>PM</td>
<td>2:25 PM</td>
</tr>
<tr>
<td>End Bus Route</td>
<td>3:00 PM</td>
</tr>
<tr>
<td><strong>MS</strong></td>
<td><strong>MS</strong></td>
</tr>
<tr>
<td>Bus Route Start AM</td>
<td>7:25 AM</td>
</tr>
<tr>
<td>PM Bell</td>
<td>8:00 AM</td>
</tr>
<tr>
<td>PM</td>
<td>2:50 PM</td>
</tr>
<tr>
<td>End Bus Route</td>
<td>3:25 PM</td>
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<tr>
<td><strong>ES</strong></td>
<td><strong>ES</strong></td>
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<tr>
<td>Bus Route Start AM</td>
<td>8:10 AM</td>
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<tr>
<td>PM Bell</td>
<td>8:45 AM</td>
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<tr>
<td>PM</td>
<td>3:15 PM</td>
</tr>
<tr>
<td>End Bus Route</td>
<td>3:50 PM</td>
</tr>
<tr>
<td><strong>ES - Thursday</strong></td>
<td><strong>ES - Thursday</strong></td>
</tr>
<tr>
<td>Bus Route Start AM</td>
<td>8:05 AM</td>
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<tr>
<td>PM Bell</td>
<td>8:45 AM</td>
</tr>
<tr>
<td>PM</td>
<td>12:15 PM</td>
</tr>
<tr>
<td>End Bus Route</td>
<td>12:50 PM</td>
</tr>
</tbody>
</table>

- Reduced impact to elementary schools compared to Option 2: “The Flip”
- Achieves later start time at HS and MS
- Moderate cost alternative
  - Approximately 17 buses needed - $1.4 million
- No requirement that middle school and high school students ride the same bus
  - No supervision impacts at HS in afternoon
- Athletic scheduling becomes compressed – particularly late fall; early spring
  - Need to put lights on fields – i.e. Lincoln Fields - ~$200k per field
- Recreation Department scheduling impacts; field/building availability for LPS, Recreation, and community organizations
- Increases benefit to elementary METCO routes; may extend secondary route lengths (traffic)
- After school clubs/activities/jobs become compressed at MS/HS level; increases available time for ES

**Next Steps**

- **Upcoming Meetings/Public Hearings**
  - April 11, 2018
  - April 24, 2018
  - May 8, 2018
  - May 22, 2018 – Public Hearing
  - June 5, 2018
  - June 19, 2018 – tentative decision point; if 19-20 implementation desired
  - September 2018 – FY2020 budget planning & development begins
- **Survey for feedback if unable to attend public hearing**
Implementation Timeline

- Adjustments made no earlier than the 2019-20 school year, if any
- Should a decision be made the following items are still open and need to be addressed:
  - Impact bargaining
  - Financial planning
  - Procurement of buses
  - Athletic scheduling changes
  - Field lighting
  - Impact on recreation budget (capital and operating) and operations
  - LABBB schedule
  - Crossing Guard schedules
  - Custodial schedules
  - School Lunch schedules
  - Extended Day agreement amendment
  - Impact on space availability – LCE, Recreation, outside groups