



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 at of 4/11/18)
 - <https://lps.lexingtonma.org/Page/10330>
- Contracted with Judy Owens
 - Director of Sleep Medicine, Boston Childrens 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

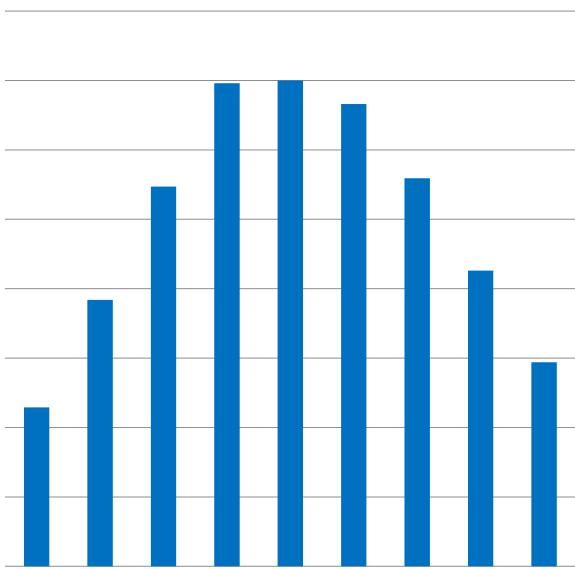
- Types of questions asked:
 - Sleep/wake patterns – weekday vs. weekend
 - Difficulty waking up
 - Tiredness levels in school
 - Device usage
 - Employment
 - After school activities/athletics
 - After school childcare
 - Breakfast
 - Transportation
 - Start time preferences



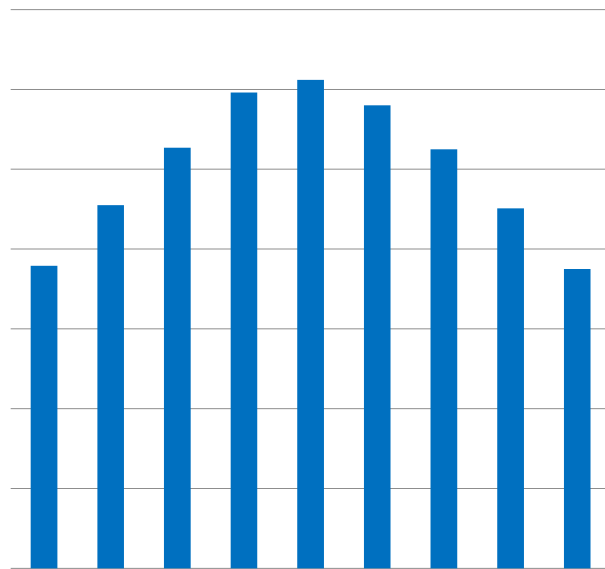
Feedback – XX

Insert Question here?

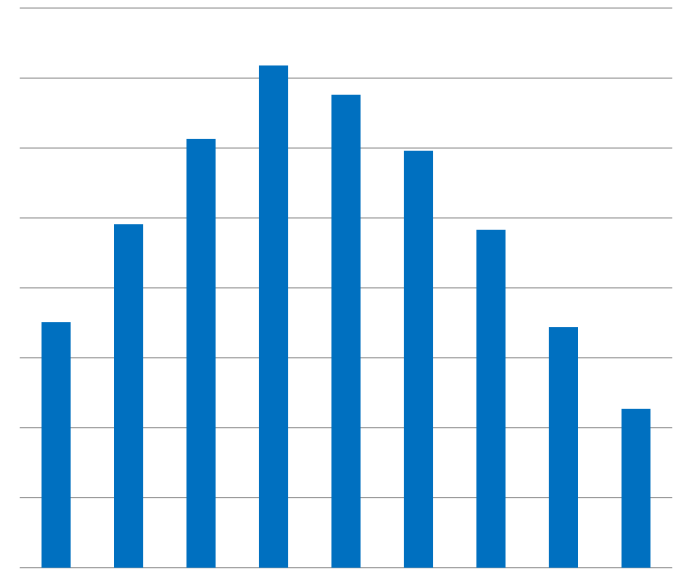
Parents



Students



Staff





Elementary School Survey Data



Feedback – ES

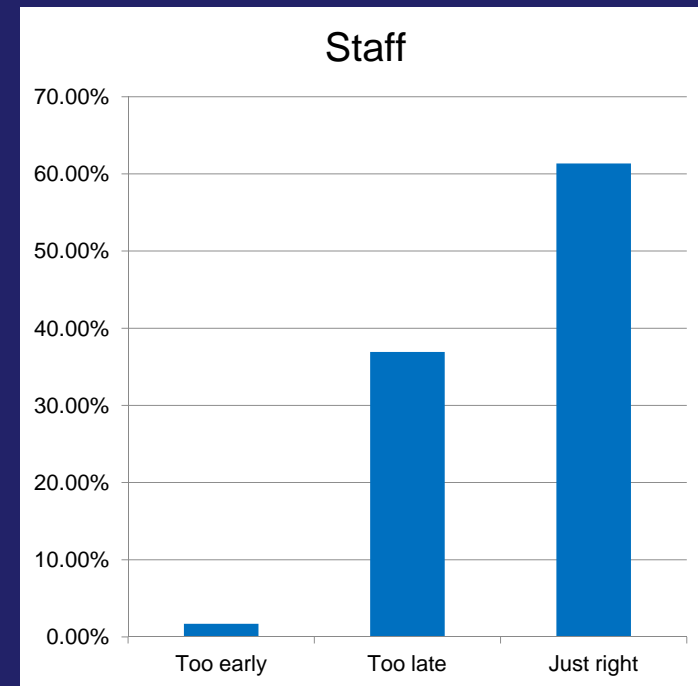
How often do your students appear tired or sleepy during school?





Feedback – ES

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

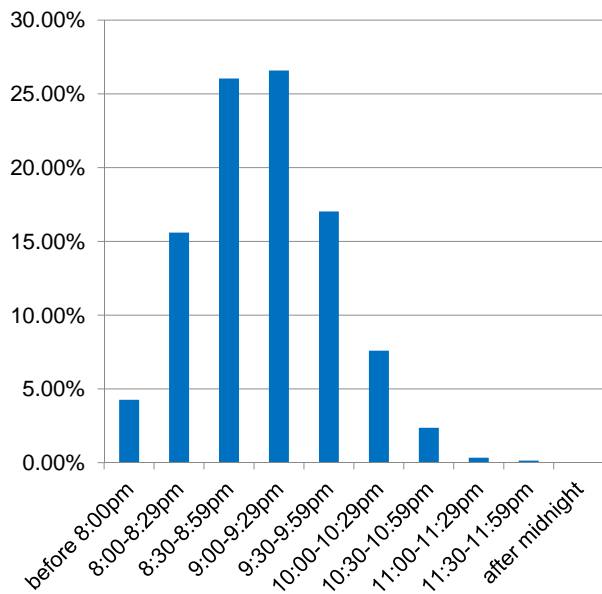




Feedback – ES

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

Parents

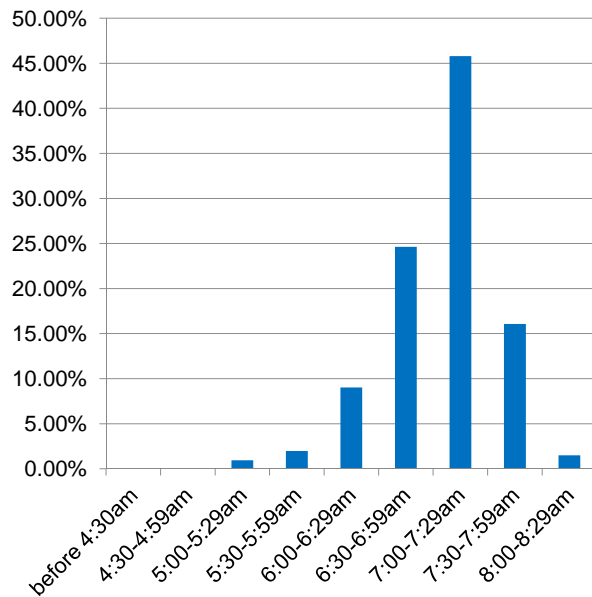




Feedback – ES

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

Parents

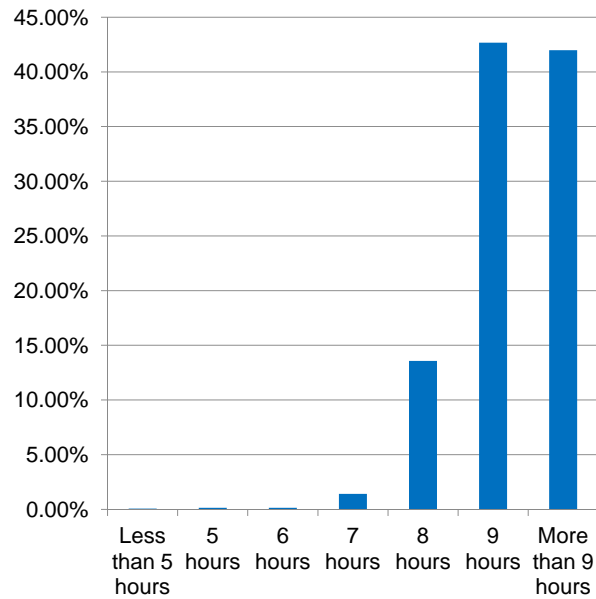




Feedback – ES

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

Parents

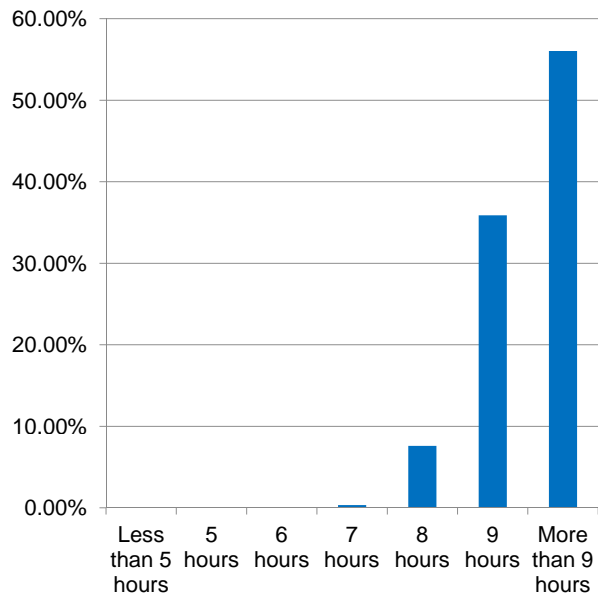




Feedback – ES

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Parents

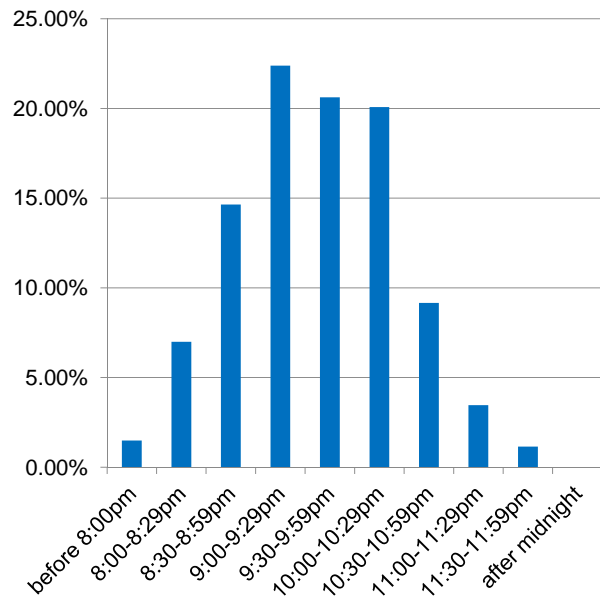




Feedback – ES

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

Parents

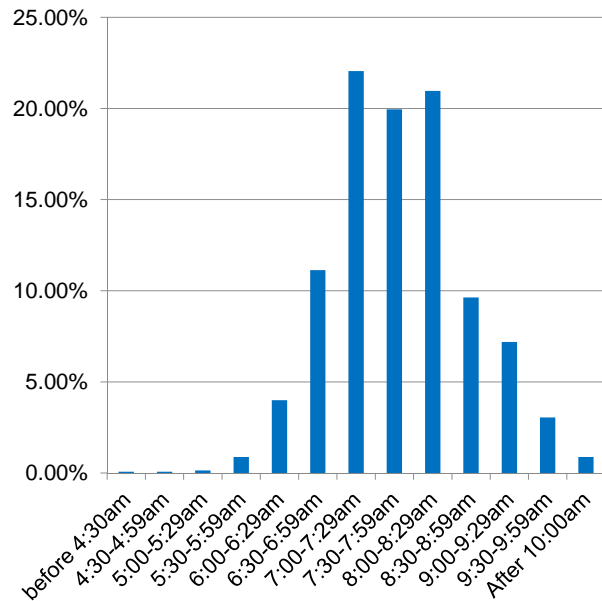




Feedback – ES

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Parents

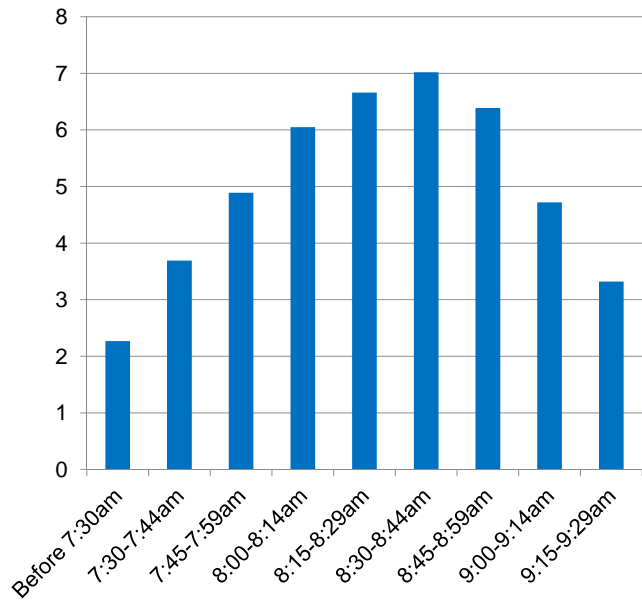




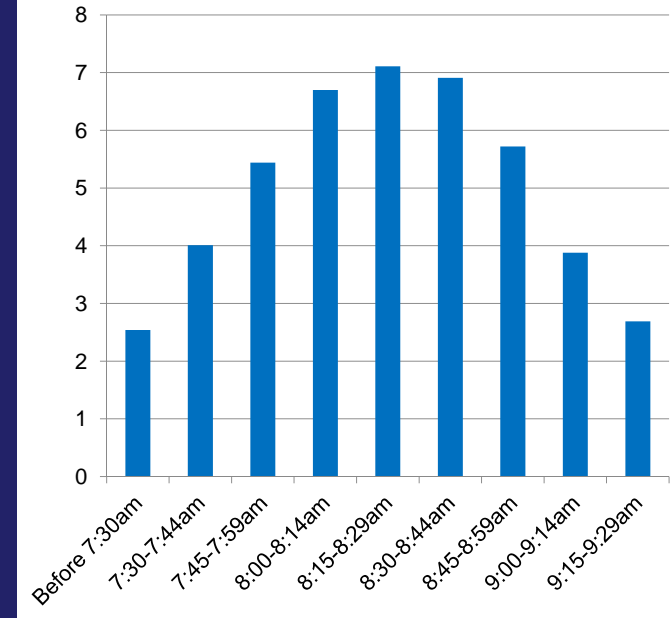
Feedback – ES

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

Parents



Staff





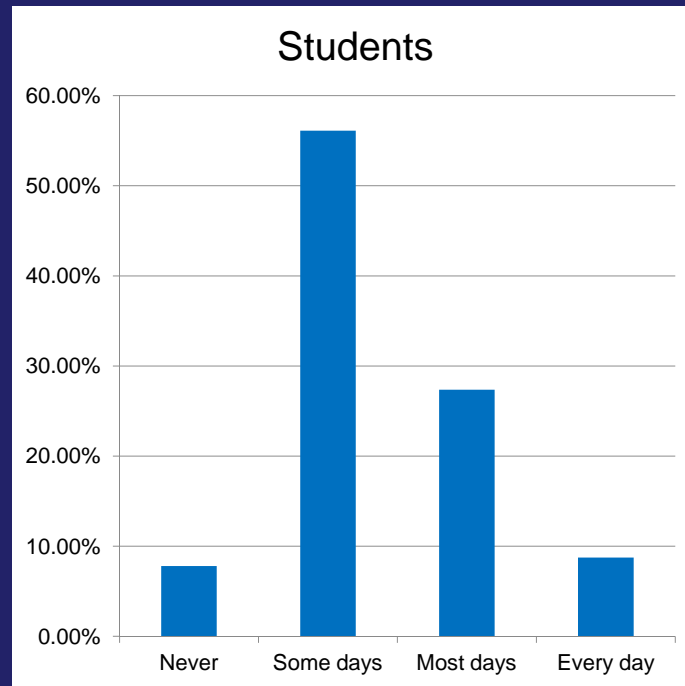
Middle School Survey Data



Feedback – MS

How often are you tired or sleepy during school?

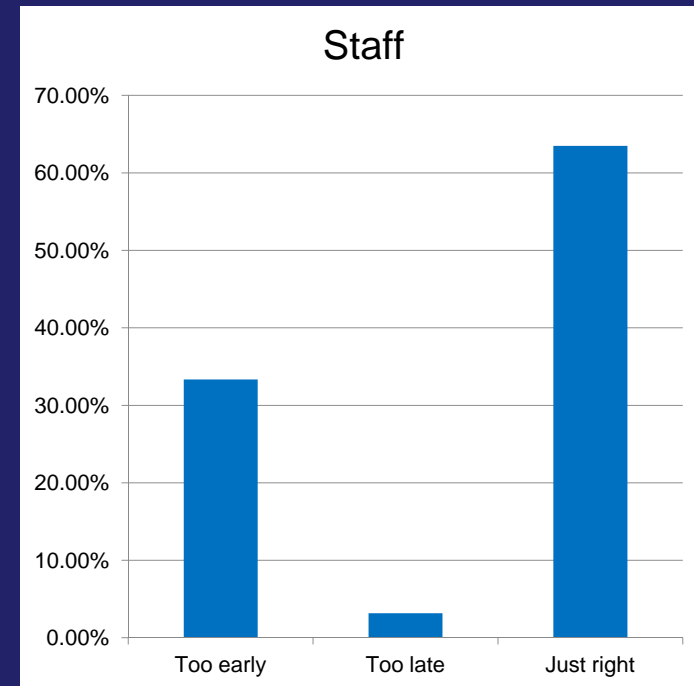
How often do your students appear tired or sleepy during school?





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:



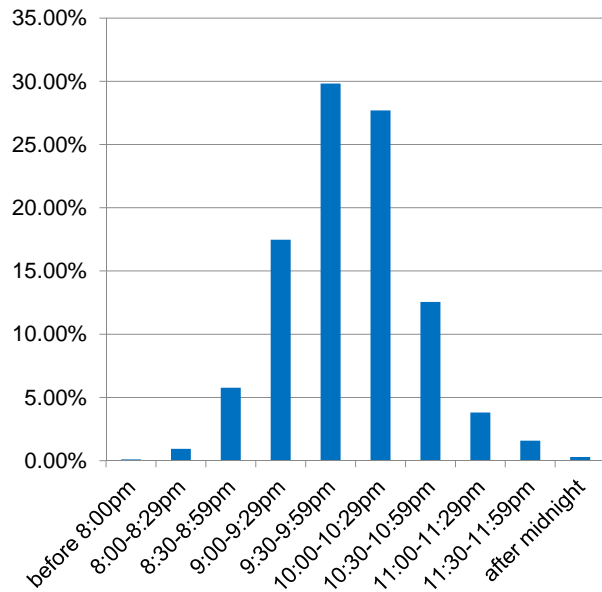


Feedback – MS

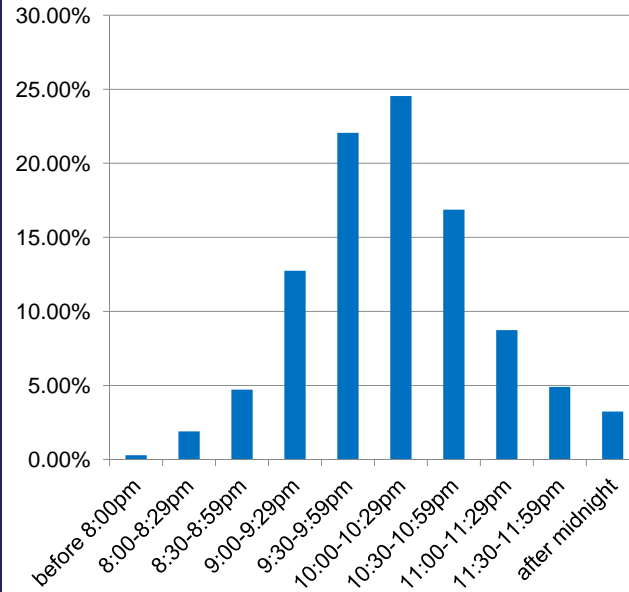
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What time do you usually fall asleep on school nights?

Parents



Students



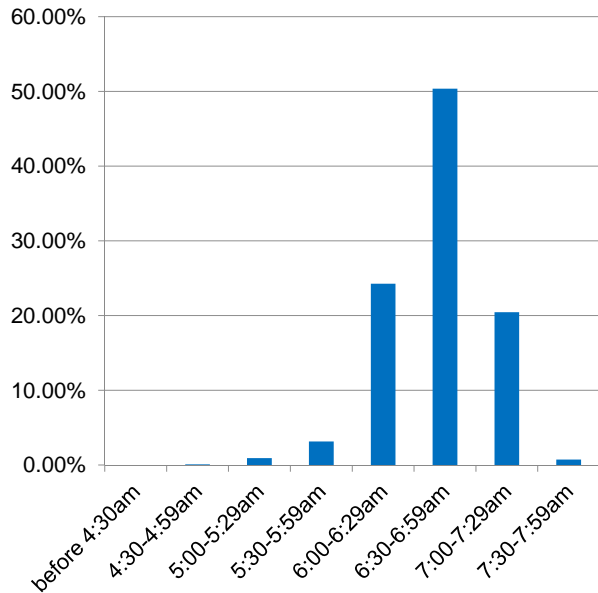


Feedback – MS

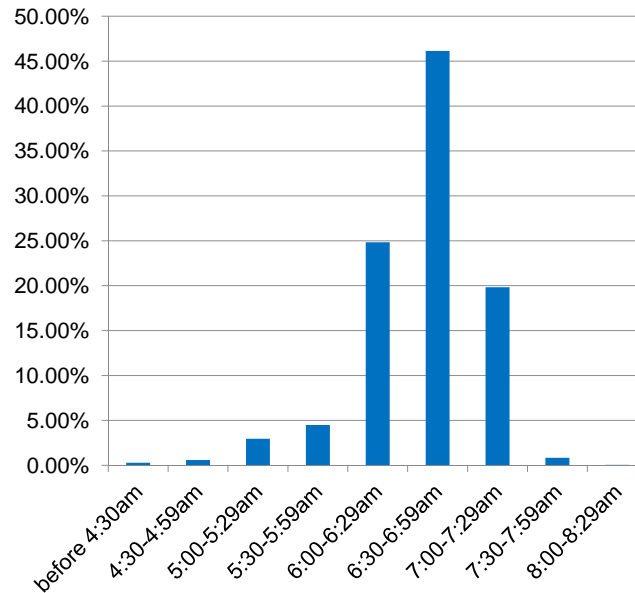
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What time do you usually wake up on school days?

Parents



Students



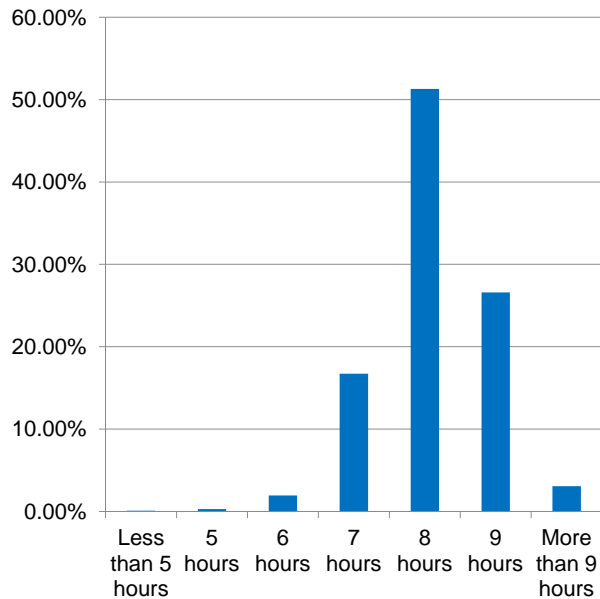


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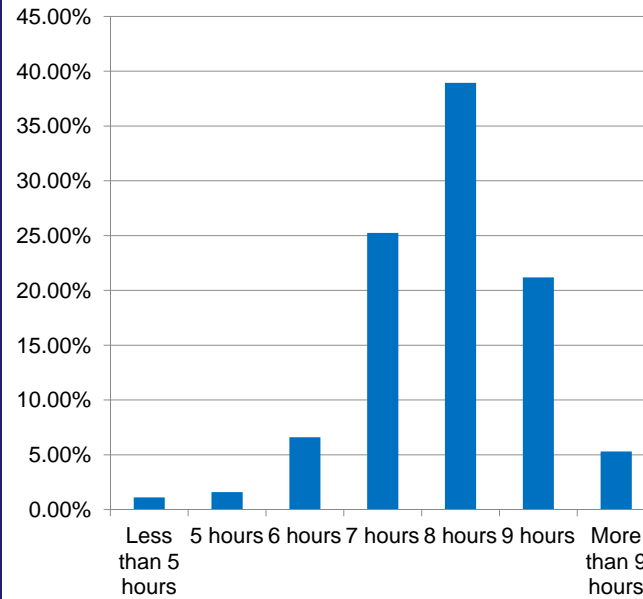
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Parents



Students



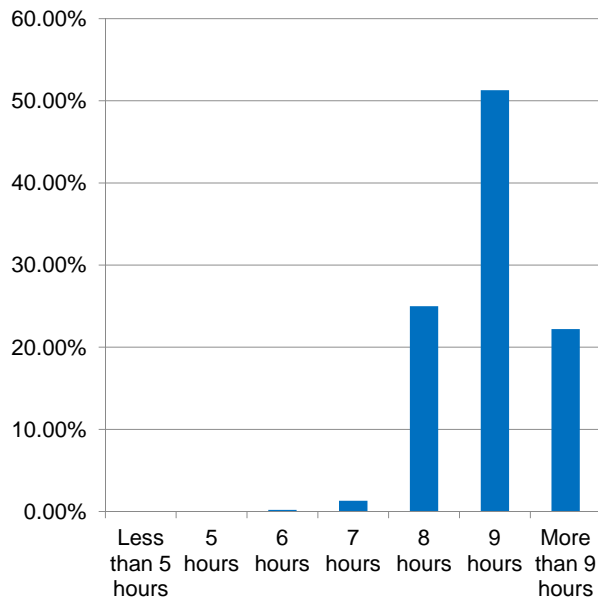


Feedback – MS

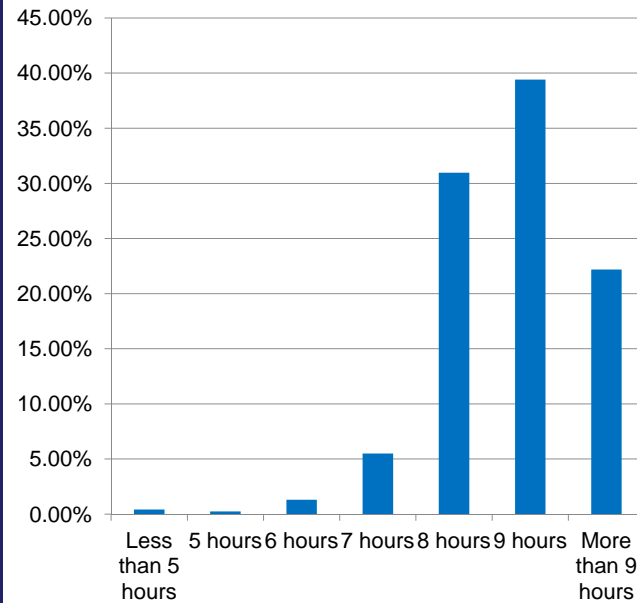
On average, how much sleep do you think your child needs on a school night?

On average, how much sleep do you think you need on a school night?

Parents



Students



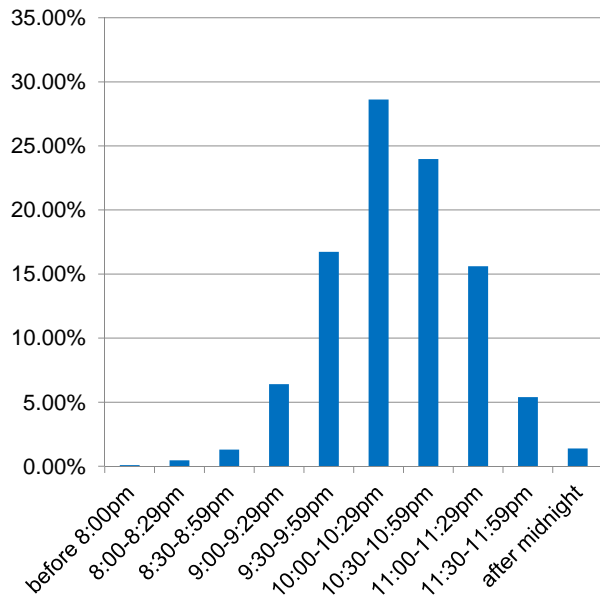


Feedback – MS

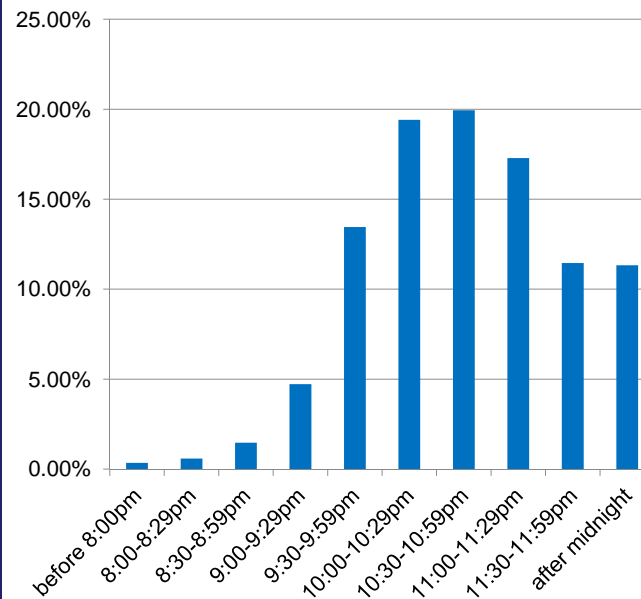
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What time do you usually fall asleep on weekend nights?

Parents



Students



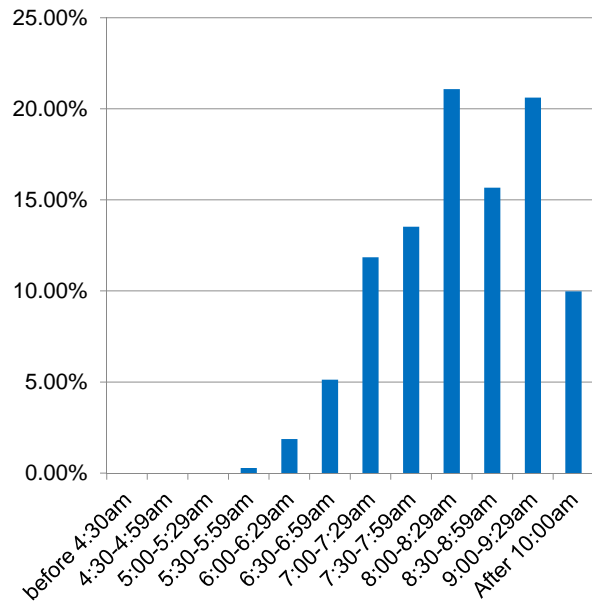


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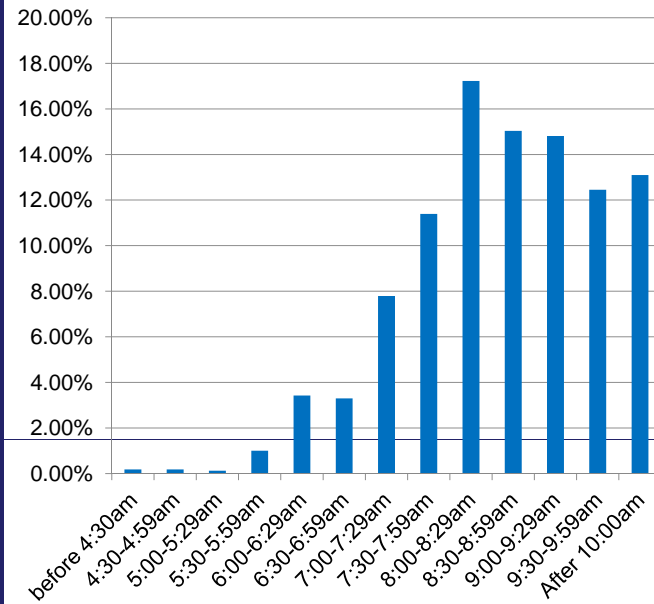
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Parents



Students

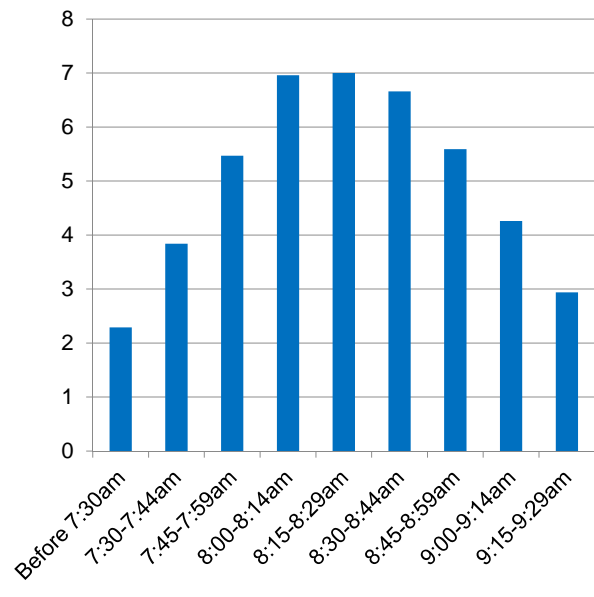




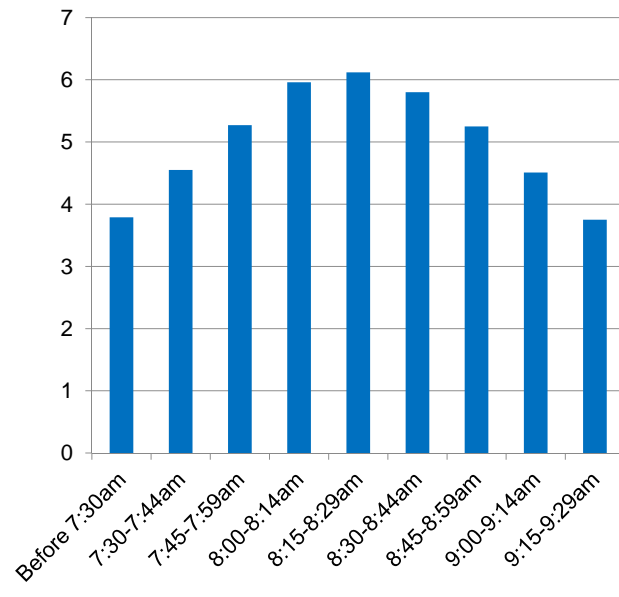
Feedback – MS

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

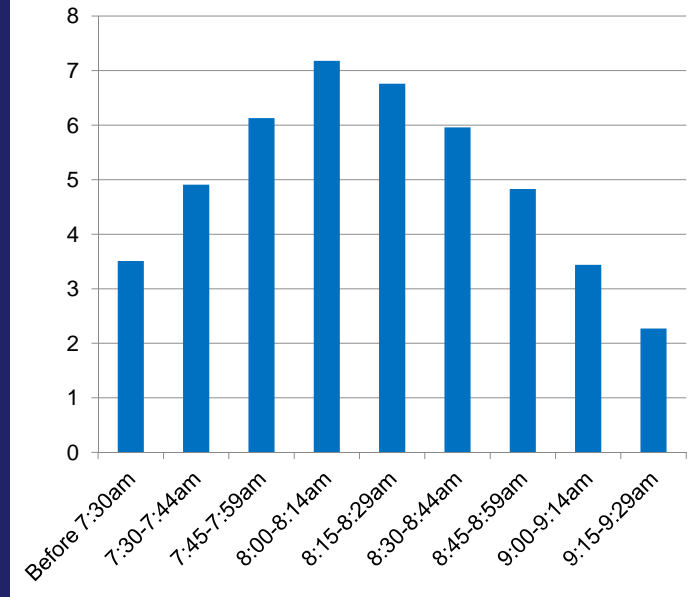
Parents



Students



Staff





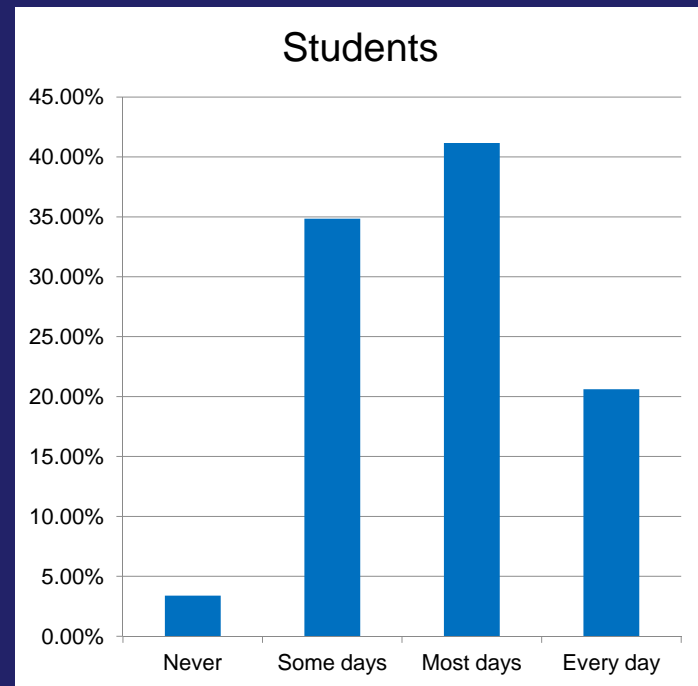
High School Survey Data



Feedback – HS

How often are you tired or sleepy during school?

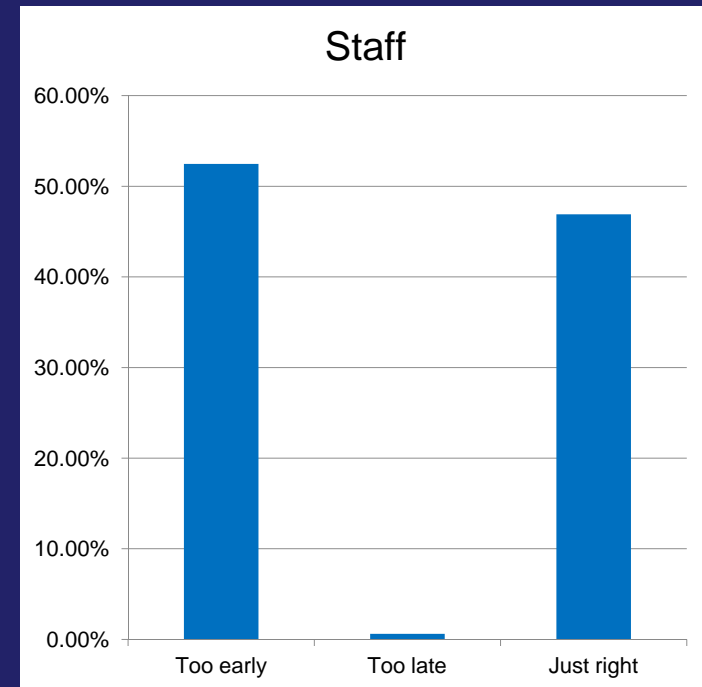
How often do your students appear tired or sleepy during school?





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:



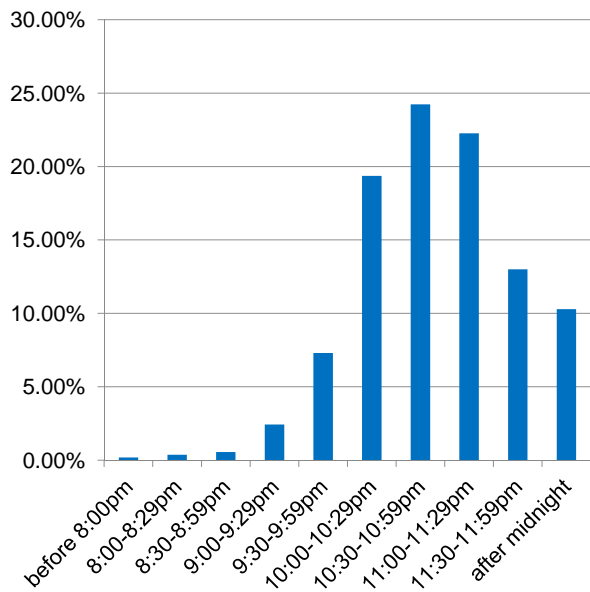


Feedback – HS

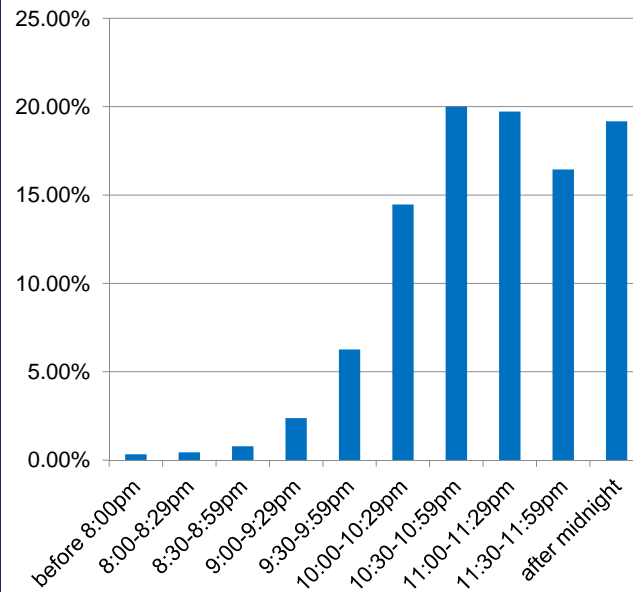
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What time do you usually fall asleep on school nights?

Parents



Students



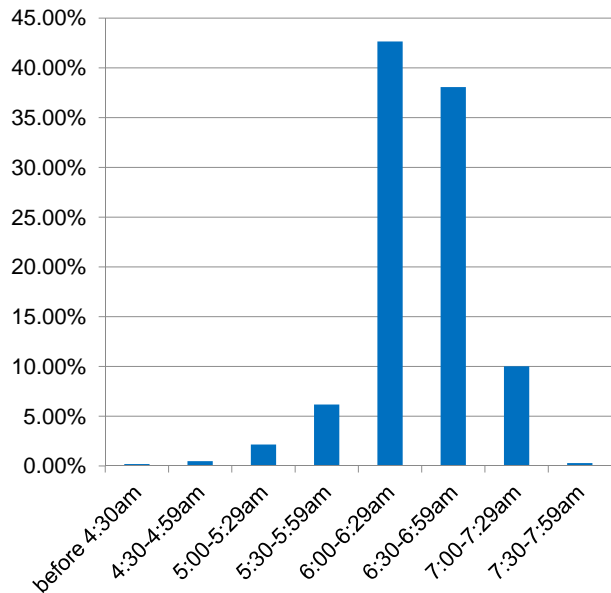


Feedback – HS

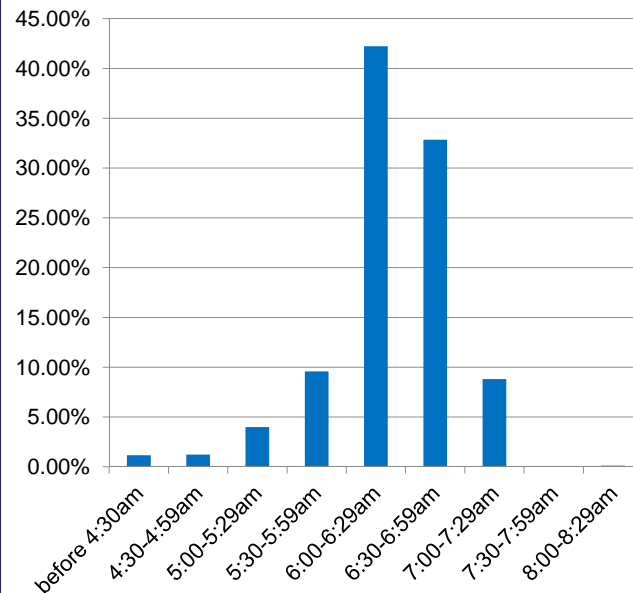
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What time do you usually wake up on school days?

Parents



Students



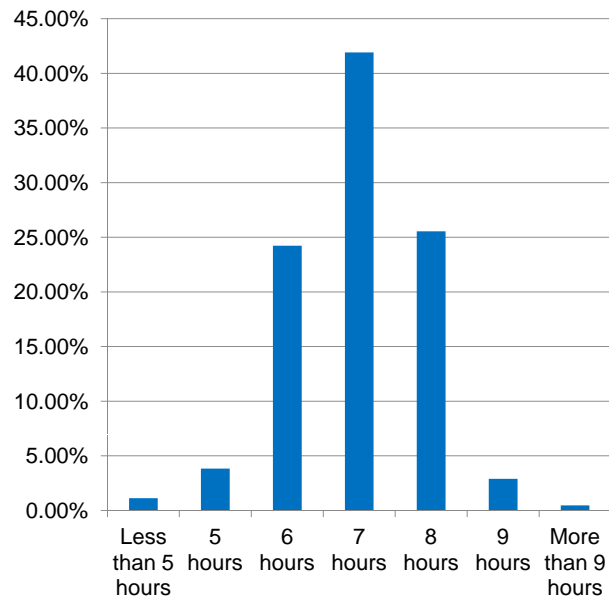


Feedback – HS

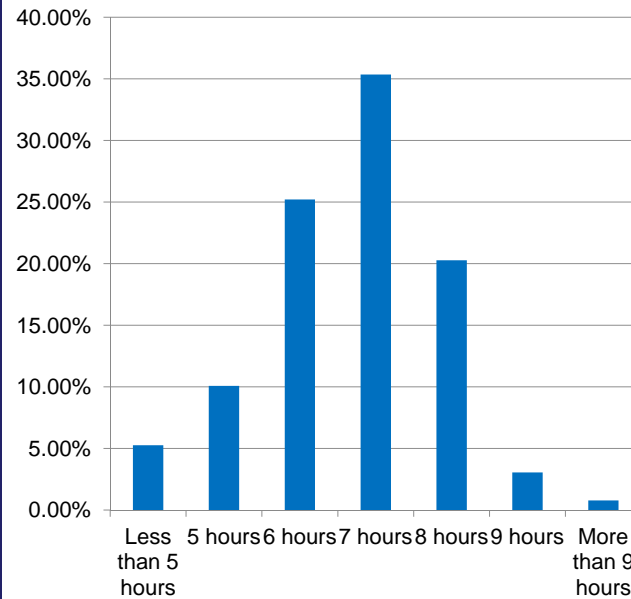
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Parents



Students



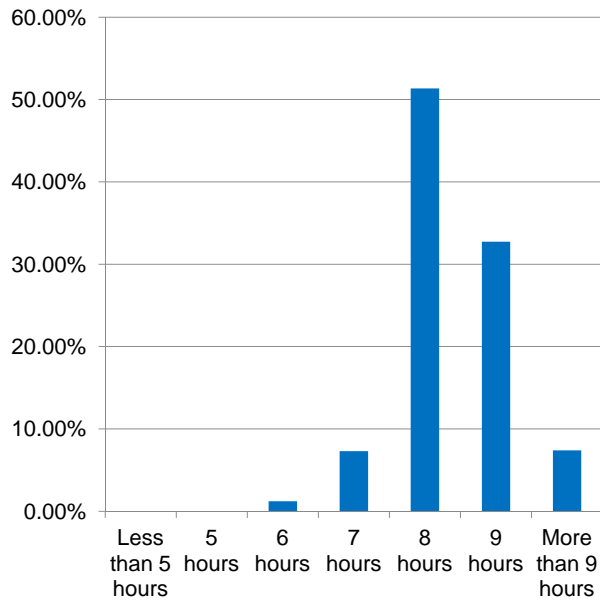


Feedback – HS

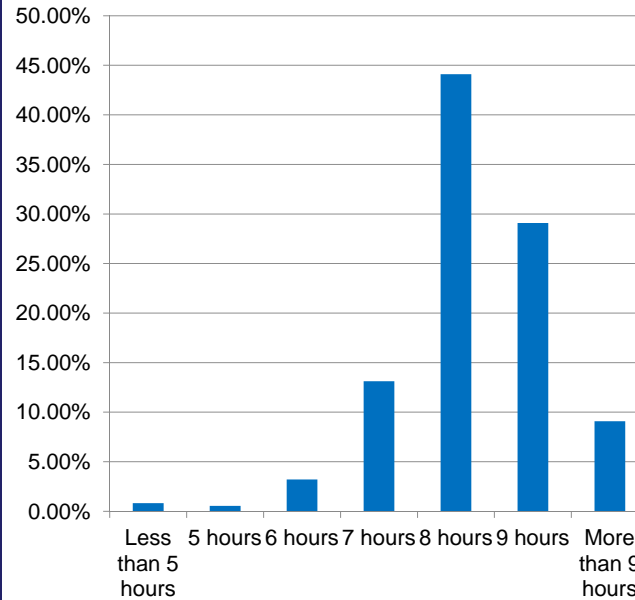
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Parents



Students



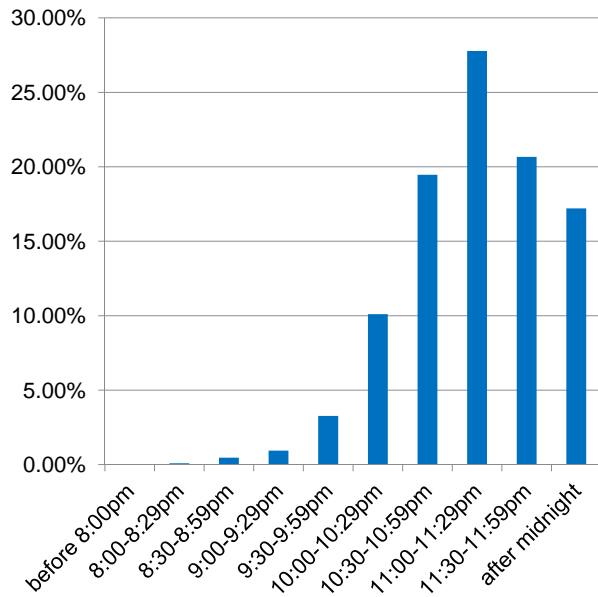


Feedback – HS

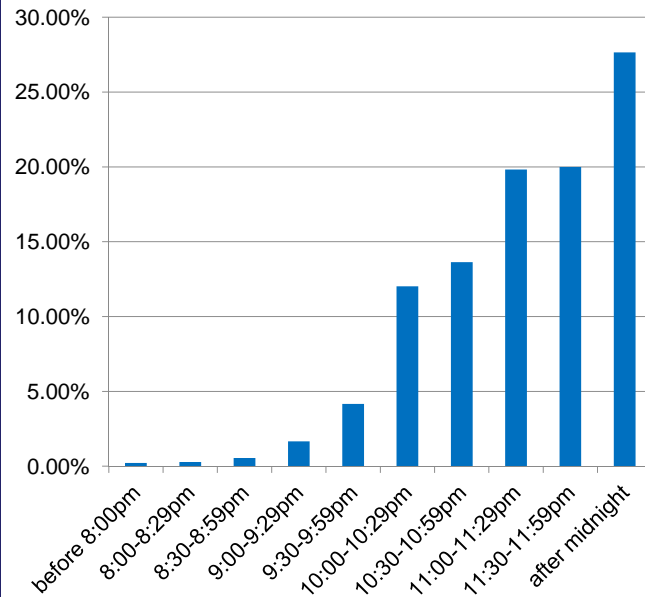
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Parents



Students



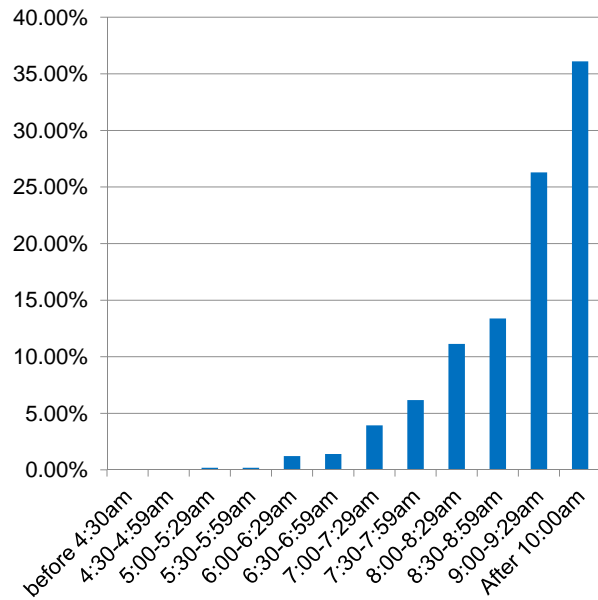


Feedback – HS

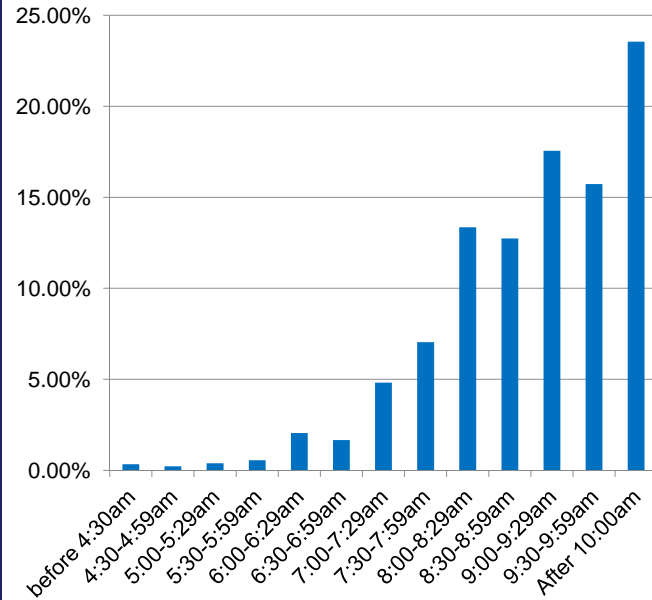
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What time do you usually wake up on weekend days?

Parents



Students

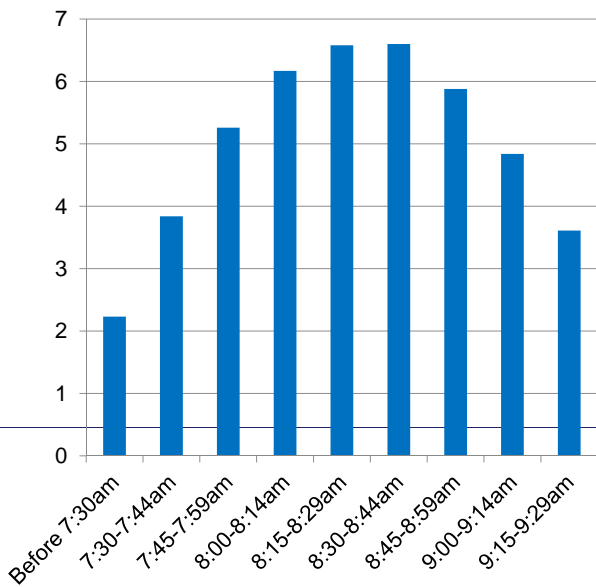




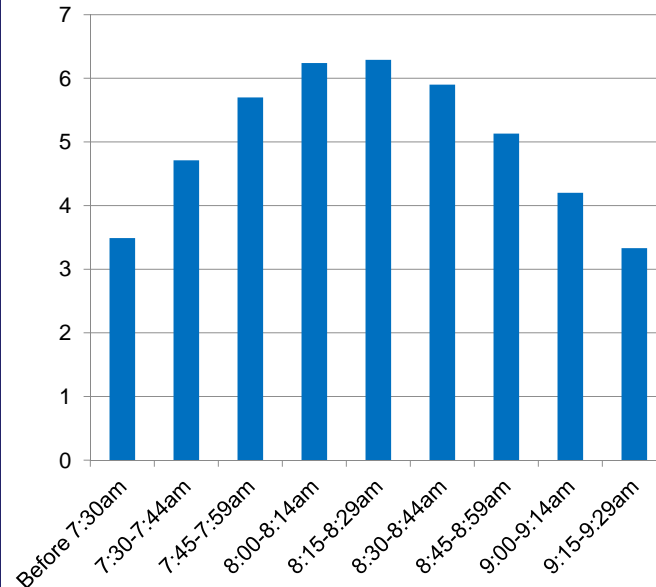
Feedback – HS

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

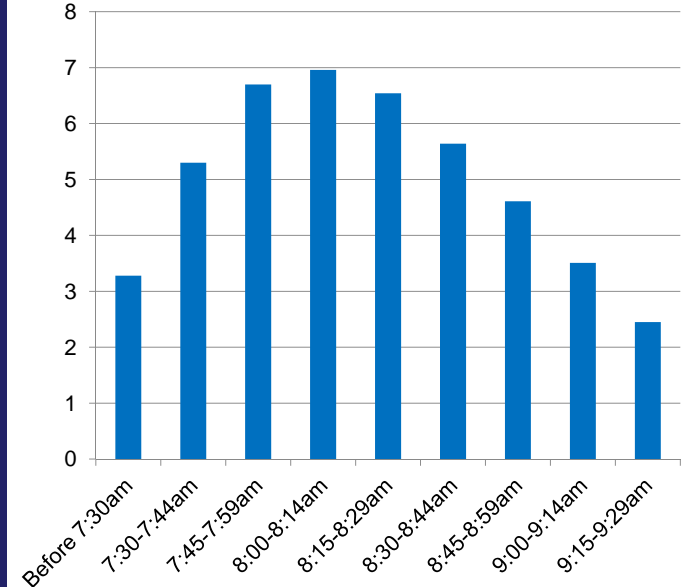
Parents



Students



Staff





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



Options/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

Option 1: Status Quo								
	Current				Proposed			
	Bus Route Start	AM Bell	PM Bell	Bus Route End	Bus Route Start	AM Bell	PM Bell	Bus Route End
LHS	7:00 AM	7:45 AM	2:25 PM	3:00 PM	7:00 AM	7:45 AM	2:25 PM	3:00 PM
MS	7:25 AM	8:00 AM	2:50 PM	3:25 PM	7:25 AM	8:00 AM	2:50 PM	3:25 PM
ES	8:10 AM	8:45 AM	3:15 PM	3:50 PM	8:10 AM	8:45 AM	3:15 PM	3:50 PM
ES - Thursday	8:05 AM	8:45 AM	12:15 PM	12:50 PM	8:05 AM	8:45 AM	12:15 PM	12:50 PM

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



Option 2 – The Flip

Option 2: "The Flip"								
	Current				Proposed			
	Bus Route Start	AM Bell	PM Bell	Bus Route End	Bus Route Start	AM Bell	PM Bell	Bus Route End
LHS	7:00 AM	7:45 AM	2:25 PM	3:00 PM	8:00 AM	8:40 AM	3:20 PM	3:55 PM
MS	7:25 AM	8:00 AM	2:50 PM	3:25 PM	7:30 AM	8:05 AM	2:55 PM	3:30 PM
ES	8:10 AM	8:45 AM	3:15 PM	3:50 PM	7:00 AM	7:35 AM	2:05 PM	2:40 PM
ES - Thursday	8:05 AM	8:45 AM	12:15 PM	12:50 PM	7:00 AM	7:35 AM	11:05 AM	11:40 AM

- 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

Option 3: "All together"									
	Current					Proposed			
	Bus Route Start	AM Bell	PM Bell	Bus Route End		Bus Route Start	AM Bell	PM Bell	Bus Route End
LHS	7:00 AM	7:45 AM	2:25 PM	3:00 PM		7:55 AM	8:35 AM	3:15 PM	3:50 PM
MS	7:25 AM	8:00 AM	2:50 PM	3:25 PM		7:50 AM	8:25 AM	3:15 PM	3:50 PM
ES	8:10 AM	8:45 AM	3:15 PM	3:50 PM		7:45 AM	8:20 AM	2:50 PM	3:25 PM
ES - Thursday	8:05 AM	8:45 AM	12:15 PM	12:50 PM		7:45 AM	8:20 AM	11:50 AM	12:25 PM

- 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

Option 4: "Shared buses"								
	Current				Proposed			
	Bus Route Start	AM Bell	PM Bell	Bus Route End	Bus Route Start	AM Bell	PM Bell	Bus Route End
LHS	7:00 AM	7:45 AM	2:25 PM	3:00 PM	8:00 AM	8:40 AM	3:20 PM	3:55 PM
MS	7:25 AM	8:00 AM	2:50 PM	3:25 PM	7:45 AM	8:20 AM	3:10 PM	3:45 PM
ES	8:10 AM	8:45 AM	3:15 PM	3:50 PM	7:15 AM	7:50 AM	2:20 PM	2:55 PM
ES - Thursday	8:05 AM	8:45 AM	12:15 PM	12:50 PM	7:15 AM	7:50 AM	11:20 AM	11:55 AM

- 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

Option 5: "Separated buses"									
	Current					Proposed			
	Bus Route Start	AM Bell	PM Bell	Bus Route End		Bus Route Start	AM Bell	PM Bell	Bus Route End
LHS	7:00 AM	7:45 AM	2:25 PM	3:00 PM		8:00 AM	8:40 AM	3:20 PM	3:55 PM
MS	7:25 AM	8:00 AM	2:50 PM	3:25 PM		7:45 AM	8:20 AM	3:10 PM	3:45 PM
ES	8:10 AM	8:45 AM	3:15 PM	3:50 PM		7:15 AM	7:50 AM	2:20 PM	2:55 PM
ES - Thursday	8:05 AM	8:45 AM	12:15 PM	12:50 PM		7:15 AM	7:50 AM	11:20 AM	11:55 AM

- 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