

School Start Times

PTO Meeting October 5, 2017

Interest in School Start Times

- AMSD Presentation August 2016
- Student Support Review September 2016
- School board study session September 2016
- Parent Information Session October 2016
- All Family Email with informational links October 2016
- All staff email with links and survey October 2016
- School Board review January 2017
- School board retreat July 2017

- Center for Applied Research and Educational Improvement (CAREI)

Conrad Iber, M.D. and Kyla Wahlstrom, PhD have answered questions about adolescents having insufficient sleep. They state:

- Less sleep is associated with poorer test scores and reduced academic performance.
- Insufficient sleep (less than eight hour per night for teens) is associated with depressed moods, increased emotional outbursts, and increased risky behavior.
- A teenager getting less than eight hours of sleep per night is significantly more likely to use cigarettes, alcohol, drugs, and be sexually active.
- If an athlete performs with insufficient sleep, he or she is more likely to lose the game.

Some Selected Studies

- TIME Health, April 17, 2017 says, “Middle and high school should start not earlier than 8:30 am.”
- Minnesota Sleep Society: the **recommended amount of sleep** (8-10 hours)
- Timing the opportunity for sleep in sync with the natural developmental shift in their sleep schedule.

Considerations

- Research
- Comparisons to other School Districts
- Legal Requirements/Contractual Agreements
- Impacts on Students, Families, and Staff
- MAC
- Athletics and Activities
- Transportation

Comparisons (Athletic conference and neighbors)

- Five of the 11 district have elementary school that start as late or later than Mahtomedi and ten of the eleven have schools that start earlier.
- Of the school districts, Mahtomedi's elementary school day of 6 hours and 20 minutes is the shortest and Hastings has the longest elementary school day of 6 hours 45 minutes.
- For secondary schools there are four high schools that start later than Mahtomedi High School, six that start earlier and two that start at the same time--8:00 am.
- For the middle school there are eight that start earlier than Mahtomedi Middle School, three that start later and one that starts at 8:00 am.

Legal Requirements

Mahtomedi Kindergarten has 1005 hours which is 155 hours over the minimum

Mahtomedi Grade 1-5 have 1023 hours which is 88 hours over the minimum

Mahtomedi Grade 6 has 1032 hours which is 97 hours over the minimum

Mahtomedi grade 7-12 have 1032 hours which is 12 hours over the minimum

Impacts

- Students
- Families
- Staff

MAC

- Morning enrollment reduction: Anticipate enrollment reduction in the morning which is currently larger than afternoons.
- Revenue loss: If the morning program were eliminated (possible) or scaled back (likely) would result in a loss of revenue. Revenue for the morning program is approximately \$300,000.
- Afternoon enrollment expansion: It is possible that more families would be interested in afternoons. This could have positively impact enrollment and revenue.
- Staffing challenges: Fewer staff would be needed in the mornings due to an anticipated drop in enrollment. MAC also employs high schoolers who would no longer be available after school (thus missing out on a potential first job) due to the shift in their dismissal time.

Sports and Activities

- Mostly High School: Tennis, Golf, Lacrosse, Track and Field, Softball, and Baseball
- To summarize, in 2016-17 there approximately 1200 hours of instructional time that were lost due to athletes being dismissed from school early. Adding approximately an hour to the school day would mean that approximately 2450 hours of instruction would be lost for students leaving school early for activities.

Busing and Transportation

- Two Tiers
- It takes about 60-65 minutes between tiers
- Additional buses cost approximately \$55,000 annually
- Student Ride times
- School Board requested scenarios and options
 - All schools start at the same time
 - Two different contractors to have school start at same time
 - Secondary schools starting at 9:00, 8:45, 8:30 and corresponding elementary times