

# Late Start Committee Findings



December 2015

# Goal and Rationale of Research

- As early as 2007 and throughout the 2014-15 school year the Site Based Committee discussed and explored the feasibility of a later start time for Herricks High School students.
- Further, the social emotional health of students Herricks High School had previously been identified as a concern.

# Research Questions to Consider

- How can the current high school start time of 7:30 be adjusted to provide additional sleep time for students?
- What will be the potential impact a change in start/end times will have to extra help or athletics or extra-curricular activities?

# What the Research Suggests

- School start times are important since insufficient sleep for adolescents has been linked to poor academic performance and to health risks such as being overweight, suffer from depressive symptoms, and drinking alcohol/illegal drug use. Biological shifts during the teenage years drive the need for longer sleep durations and later wake times (Blad, Appendix 5).

# What the Research Suggests...

- According to a 2014 report, the start time for high schools recommended by the American Academy of Pediatrics is 8:30 a.m. or later (Viadero, Appendix 5).

These data helped frame the charge for the committee's work.

# Charge and Process

- The Site-Based Committee for 2015-16 was charged with facilitating the discussion around the findings from the work of the 2014-15 committee to determine the feasibility of the findings.
- In the end, these findings would be presented publicly at the December 10<sup>th</sup> Board of Education meeting to discuss proposing a change.

# Sub-Committee of Site Based

## Committee Members

- Andrew Frisone
- Bryan Hodge
- Dustin Liu- *Class of 2015*
- Nanette Marchelos
- John McManus
- Jane Modoono – *Retired June 2015*
  - Donna Solosky
  - Brenda Tannenbaum
  - Samuel M. Thompson
  - Ashwin Viswanathan

# List of Comparator Schools

- Cold Spring Harbor
- East Williston
- Garden City
- Great Neck
- Jericho
- Locust Valley
- Manhasset
- Rockville Centre
- North Shore
- Port Washington
- Roslyn
- Syosset



# Scheduled Meetings and Discussion

- Site Based Committee Review- 10/26/15; 11/16/15
- Leadership Team Discussion- 11/2/15
- Faculty Meetings- 11/5/15; 12/3/15
- P.T.S.A. Meeting- 11/24/15
- Board of Education- 12/10/15

# Presentation of Findings

- There were meetings held this year to review the findings of the committee work. In each instance the following was discussed:
  - Student Government survey data- **80%** favor a later start time (378 responders)
  - Parent survey data- **76%** favor a later start time (100 responders)
  - Information on what the research supports

# Presentation of Findings- Continued

- Draft of a possible schedule constructed by the 2014-15 Site Based Committee reflecting a recommended start time adjustment
- Transportation Costs
- Implications for athletic events or extra-curricular activities

# Comparator School Districts

Name of School District	Start Time	Number of Periods	Length of Day	Length of Periods (in minutes)	Length of Passing
Cold Spring Harbor	7:45	9	6 hrs. 40 min.	40	4
East Williston	7:50	9	6 hrs. 36 min.	40	4
Garden City	7:40	9	7 hrs. 3 min.	42	5
Great Neck	7:59	9	6 hrs. 34 min.	40	4
Jericho	8:59	9	6 hrs. 32 min.	40	4
Locust Valley	7:45	9	6 hrs. 54 min	42	4
Manhasset	8:13	9	6 hrs. 55 min	42	4
Rockville Centre	7:25	9	7 hrs. 7 min.	40	3
North Shore	8:10	9	6 hrs. 45 min.	40	4
Port Washington	8:05	7	7 hrs.	60	5
Roslyn	8:05	9	6 hrs. 35 min.	40	4
Syosset	7:39	9	6 hrs. 42 min.	40	5
<b>Herricks</b>	<b>7:30</b>	<b>9</b>	<b>7 hrs. 10 min.</b>	<b>43</b>	<b>5</b>

# Comparator Schools

## Herricks High School

- Start Time- 7:30
- Number of Periods- 9
- Length of Day- 7:10
- Length of Period- 43 mins.
- Passing Time- 5 mins.

## Averages:

- Start Time- 7:57/8:14  
w/Jericho
- Number of Periods- 9/8.83  
w/Port Washington
- Length of Day- 6:56
- Length of Period - 40.5/42.2  
w/Port Washington
- Passing Time- 4.2 mins.

# Draft of Proposed Schedules

<b>PERIOD</b>	<b>PRESENTLY BEGINS</b>	<b>PRESENTLY ENDS</b>	<b>PROPOSED BEGINNING</b>	<b>PROPOSED ENDING</b>
		<b>*Teachers Only* -</b>	<b>7:30</b>	<b>8:00</b>
<b>1</b>	<b>7:30</b>	<b>8:13</b>	<b>8:00</b>	<b>8:41</b>
<b>2</b>	<b>8:18</b>	<b>9:01</b>	<b>8:45</b>	<b>9:26</b>
<b>3</b>	<b>9:06</b>	<b>9:52</b>	<b>9:30</b>	<b>10:15</b>
<b>4</b>	<b>9:57</b>	<b>10:40</b>	<b>10:19</b>	<b>11:00</b>
<b>5</b>	<b>10:45</b>	<b>11:28</b>	<b>11:04</b>	<b>11:45</b>
<b>6</b>	<b>11:33</b>	<b>12:16</b>	<b>11:49</b>	<b>12:30</b>
<b>7</b>	<b>12:21</b>	<b>1:04</b>	<b>12:34</b>	<b>1:15</b>
<b>8</b>	<b>1:09</b>	<b>1:52</b>	<b>1:19</b>	<b>2:00</b>
<b>9</b>	<b>1:57</b>	<b>2:40</b>	<b>2:04</b>	<b>2:45</b>

# Challenges and Considerations

- Athletic practices and competitions



# Challenges and Considerations...

- Shorter Passing Time-
  - From five minutes to four minutes in between periods





# Challenges and Considerations...

- Loss of Instructional Time-

Two minutes per class=

Approximately 8.4 classes per  
subject by the end of the school year



# Challenges and Considerations...

- Transportation Costs
  - Based on starting 30 minutes later:
    - (1) Additional Bus and Driver: \$143,432.00



# Challenges and Considerations...

- Herricks Teachers' Association Contract



# Additional Teacher Time Before Classes Begin (7:30-8:00)

- Peer collaboration or planning
- Library hours or research enhancement
- College interviews or meetings with students
- Parent-teacher conferences/meetings
- Extra help (as needed, and not structured into schedule)



# Alternative Schedule to Explore

- 7:56-3:04 School Day where instructional periods are maintained
- Transportation Costs could go up

# Questions?

