

# Feedback on Options for Later Start for High Schools

## Rocklin Unified School District Board of Trustees Meeting February 15, 2017



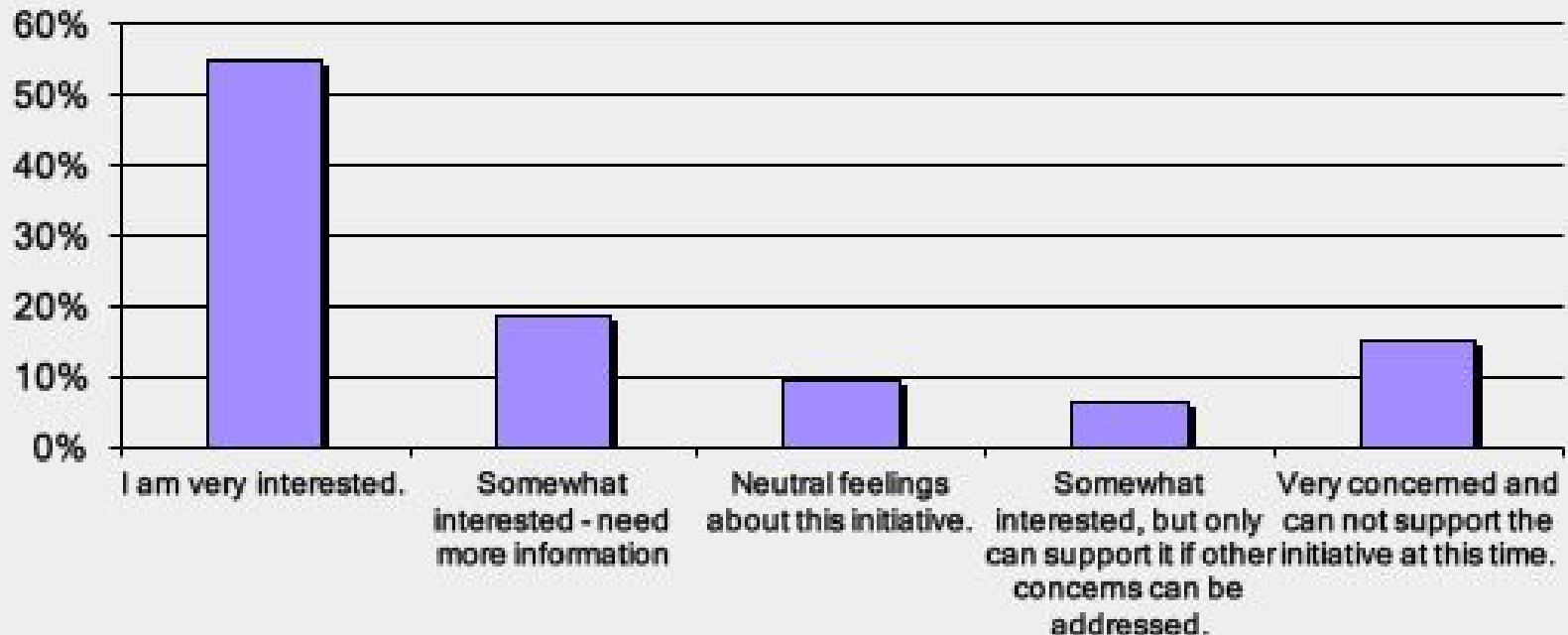
Kathleen Pon, Ed. D.,  
Deputy Superintendent, Office of Educational Services  
Martin Flowers,  
Director, Secondary Programs & School Leadership

# Overview of Presentation

1. Review context and rationale for gathering feedback on Later Start Options
2. Share Later Start Options presented to stakeholders
3. Examine responses from Parent Forums and Staff Survey
4. Consider direction for 2017-18 school year
5. Develop next steps, based on Board decision

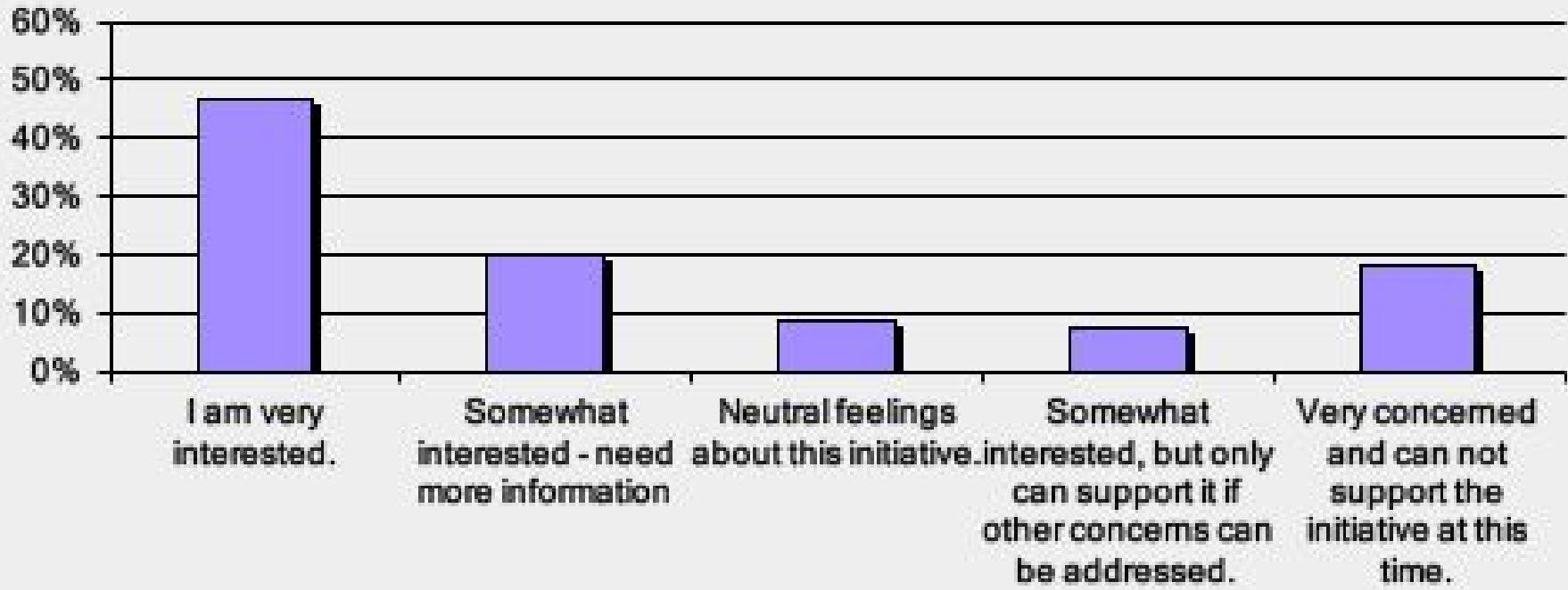
# October - Student Interest Survey on Exploring Later Start Option

How likely are you to support the exploration of later start and ending time for high school students?

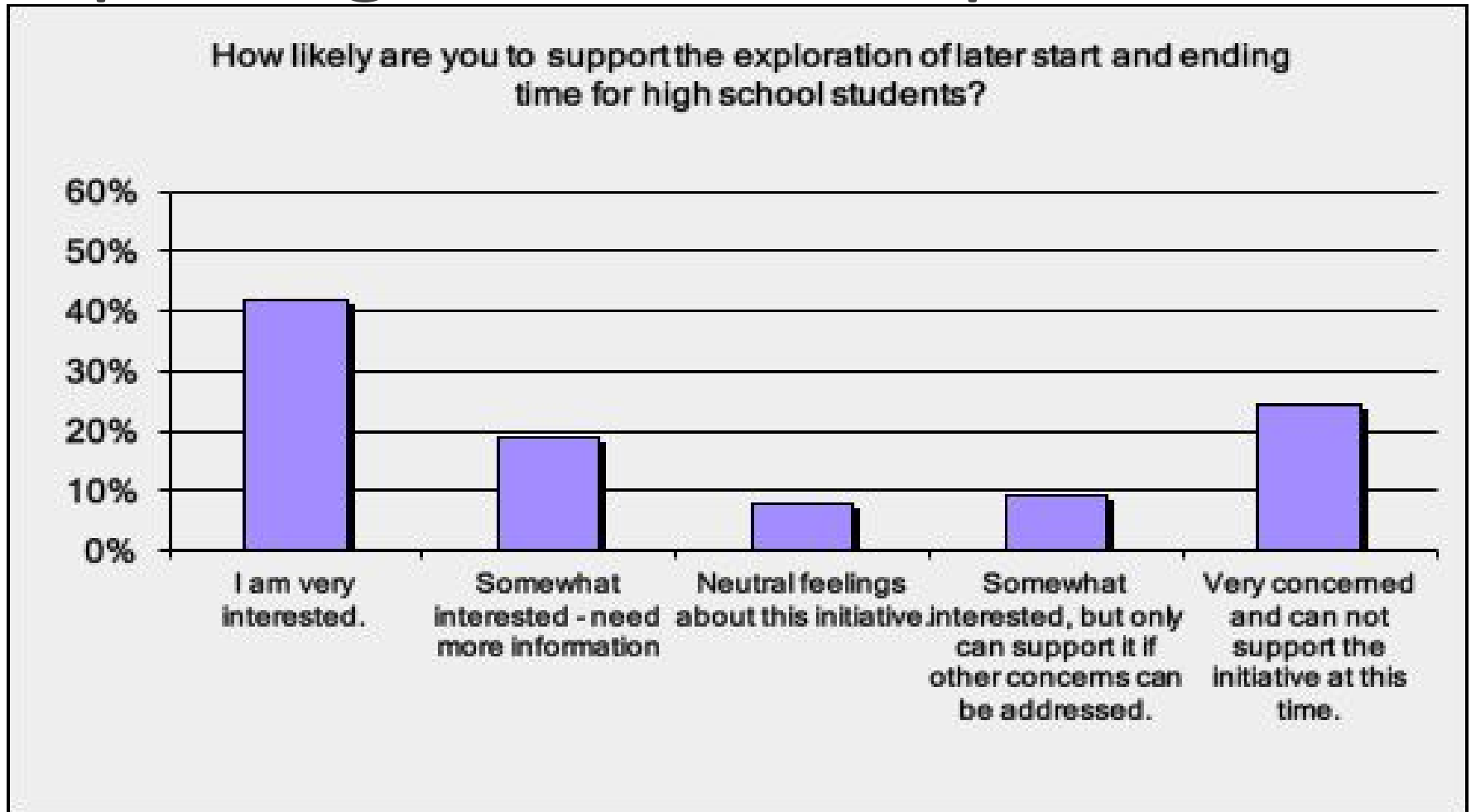


# October - Parent Interest Survey on Exploring Later Start Option

How likely are you to support the exploration of later start and ending time for high school students?



# October - Staff Interest Survey on Exploring Later Start Option



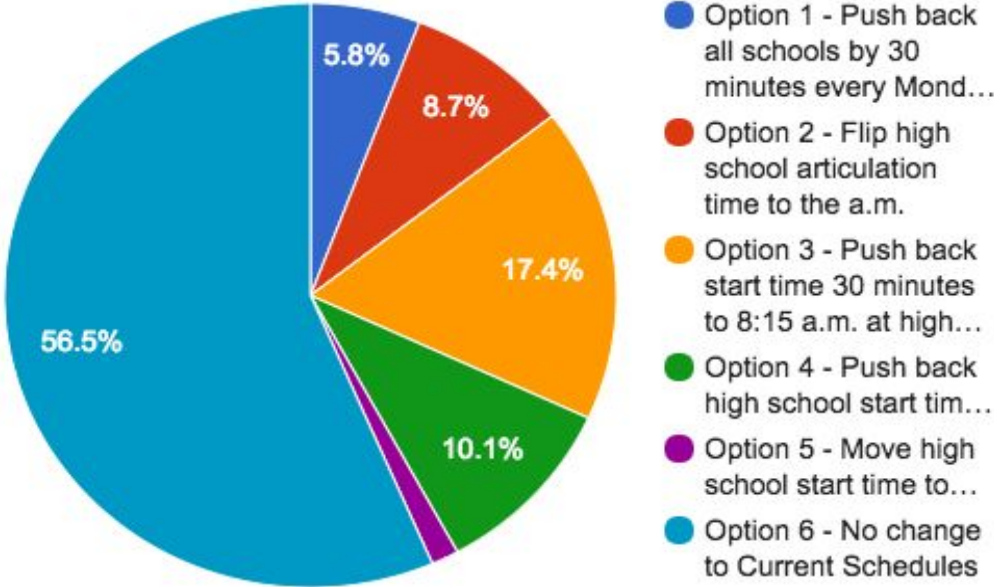
# Options Developed with Potential Impacts and Costs Shared with Parents

1. Push back all schools 30 minutes
2. Flip high school articulation on Mondays to a.m.
3. Push back start time 30 minutes to 8:15 a.m. at high schools and to 8:55 a.m. at middle schools
4. Push back high school start time 60 minutes to 8:45 a.m.
5. Move high school start time to 9:10 a.m. (85 minute delay)
6. No change

# Parent Forum Response

Rocklin High School - 1/9/17 - 50 participants

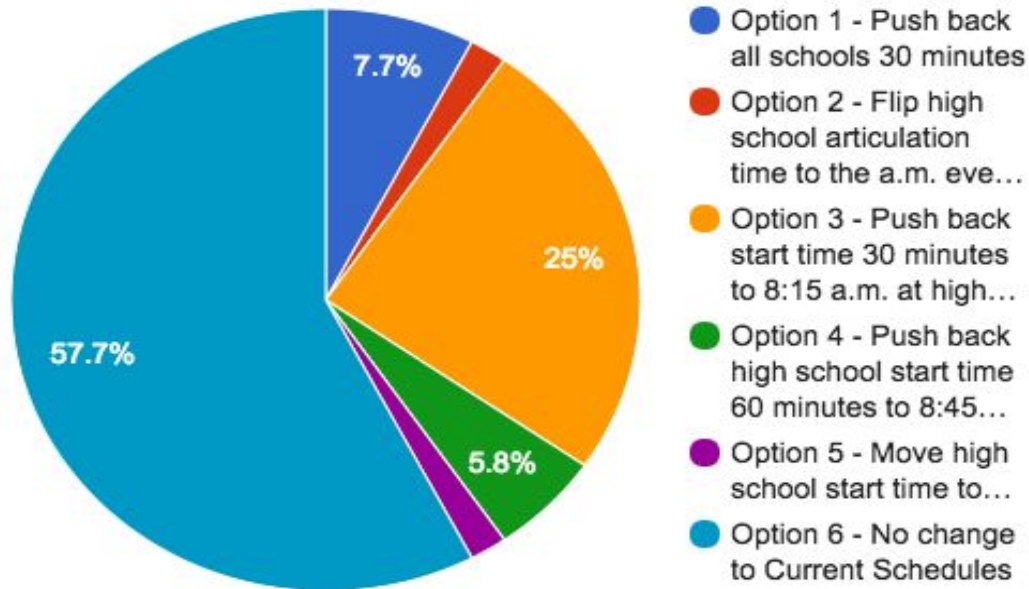
Later Start Survey Results



# Parent Forum Response

Whitney High School- 1/11/17 - 30 participants

Later Start Survey Results

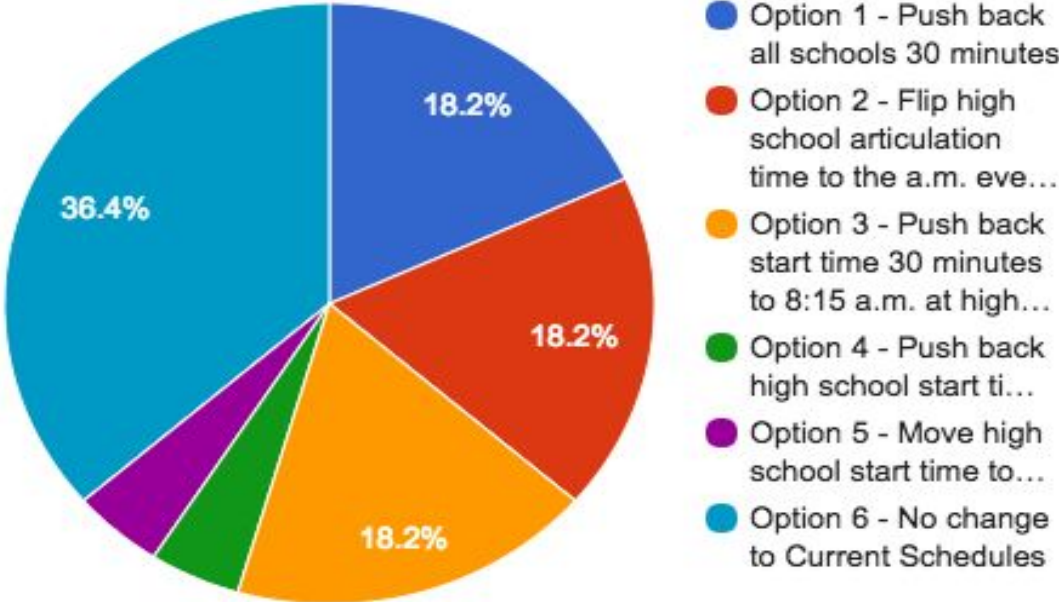




# Parent Forum Response

Spring View Middle School - 1/17/17 - 25 participants

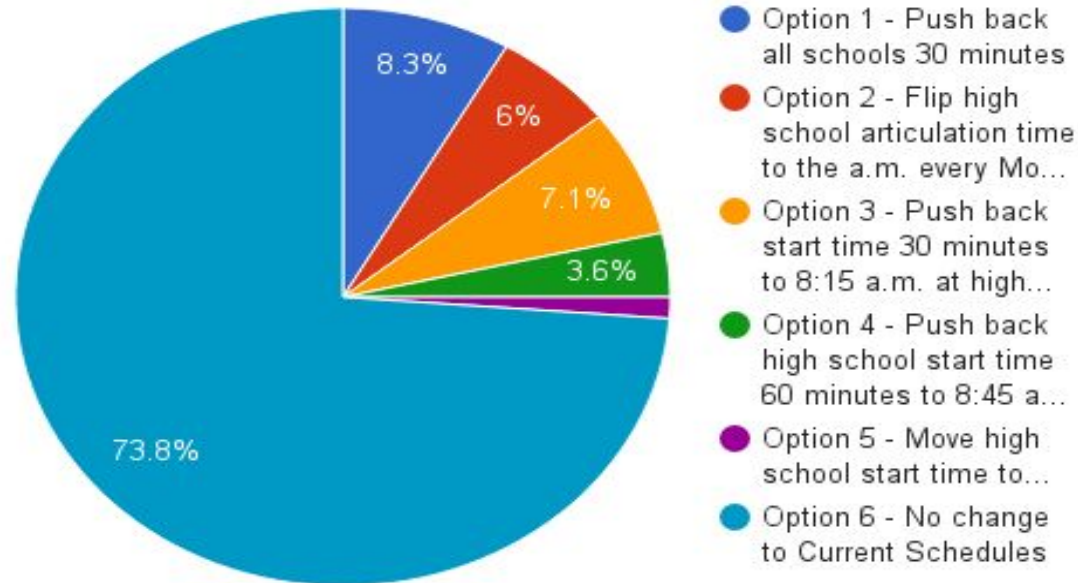
Later Start Survey Results



# Parent Forum Response

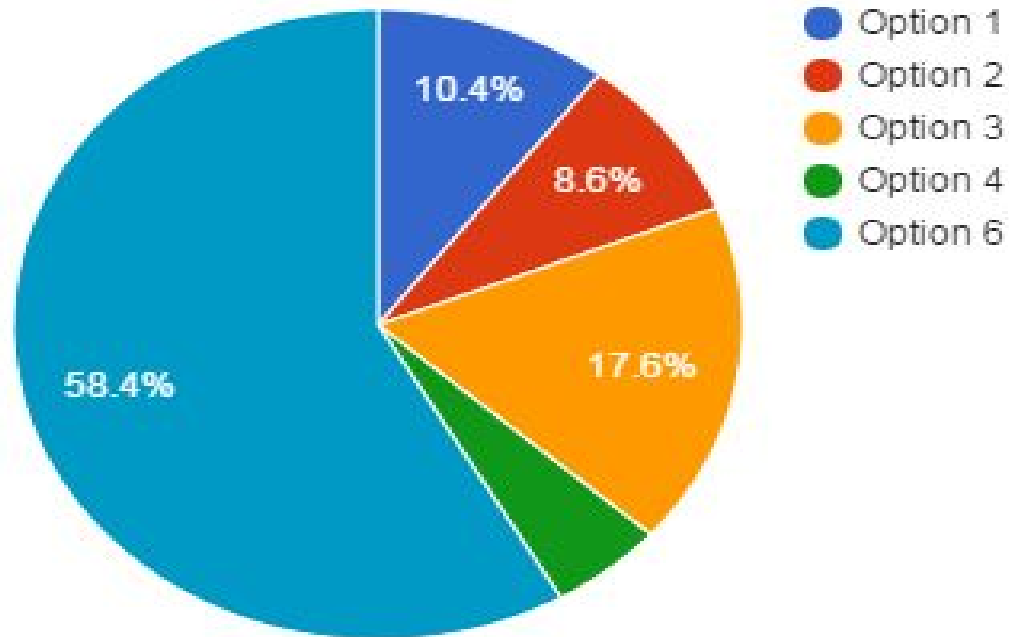
Rocklin Elementary - 1/19/17 - 30 participants

**Later Start Survey Results**



# Totals for all forums:

Average of all Parent Forums



# Sample Parent Comments

## Option 1 - Push back all schools 30 minutes

- This would allow enough of a change to all students to get enough sleep, but times would not drastically change
- If the schedule is pushed back 30 minutes and a family has to drop off 20-30 minutes early, then the gain in sleep is lost

## Option 2 - Flip high school articulation on Mondays to am

- We like this one as it gives students a break at the beginning of the week, there is good family time and no real impact of change
- This is only ONE day and not a good solution. It only takes care of 20% of the sleep issue

## Option 3 - Push back start time 30 minutes to 8:15 a.m. at high schools and to 8:55 a.m. at middle schools

- This one is without too much disruption and seems best option to achievement/mental health
- I like the later start time, but I just don't want athletes to miss more class instruction for meets/games - two classes is too much

# Sample Parent Comments (continued)

## Option 4 - Push back high school start time 60 minutes to 8:45 a.m.

- More sleep time and less impact on other schools
- Extra curricular activities - extreme impact to after school activities and less time for homework

## Option 5 - Move high school start time to 9:10 a.m. (85 minute delay)

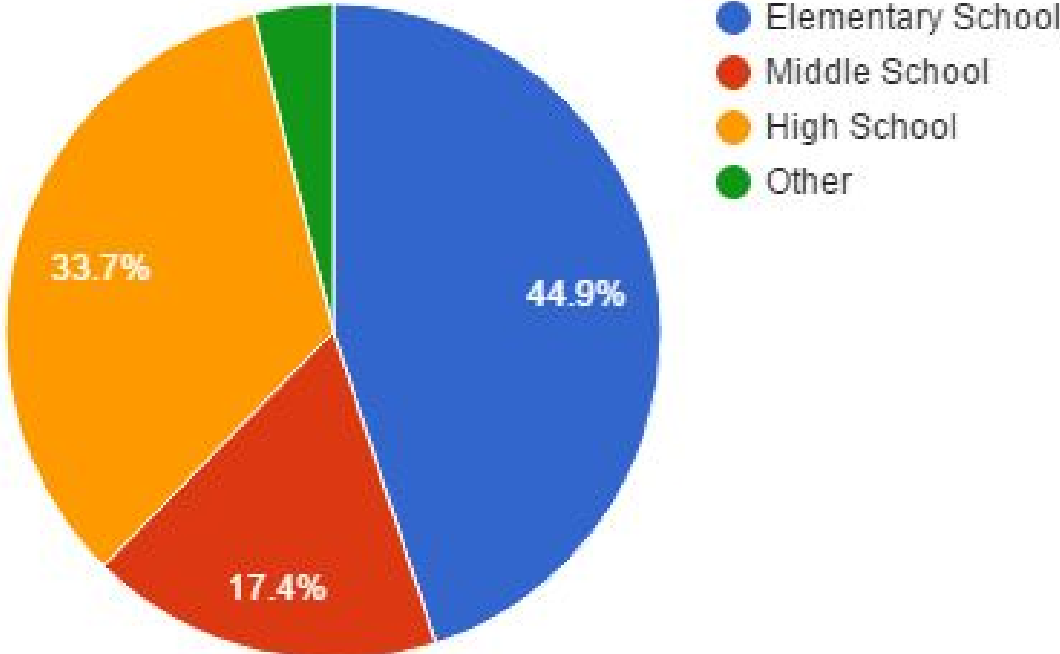
- Shifts sleep time and supports the time frame (sleep schedule) provided to be beneficial in research
- Leaves too little family/personal time. For students with multiple after school activities, homework would be pushed to very late, potentially influencing them not to complete it

## Option 6 - Keep Schedules As Is

- High school starts too early and I have seen the negative impact of early start on my high school student with a.m. fatigue
- Let's raise adults that have personal discipline to go to bed and awaken

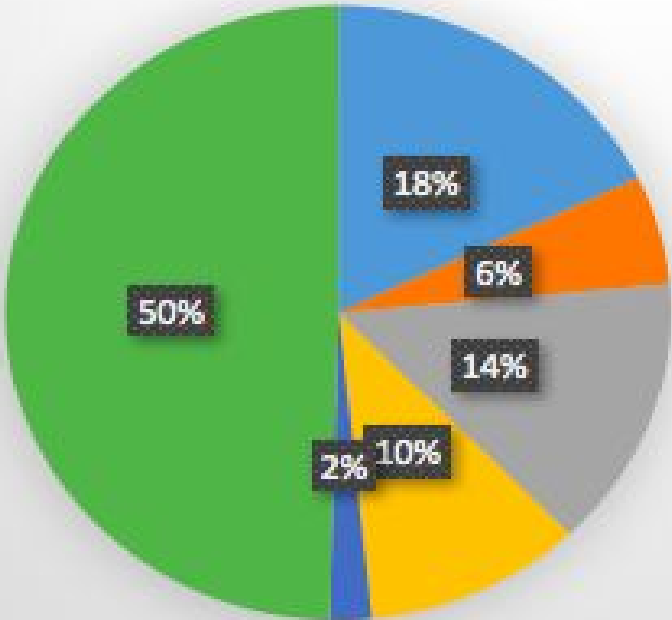
# Staff Response

Question 1 -  
Where do  
you work?



# Staff Survey Results

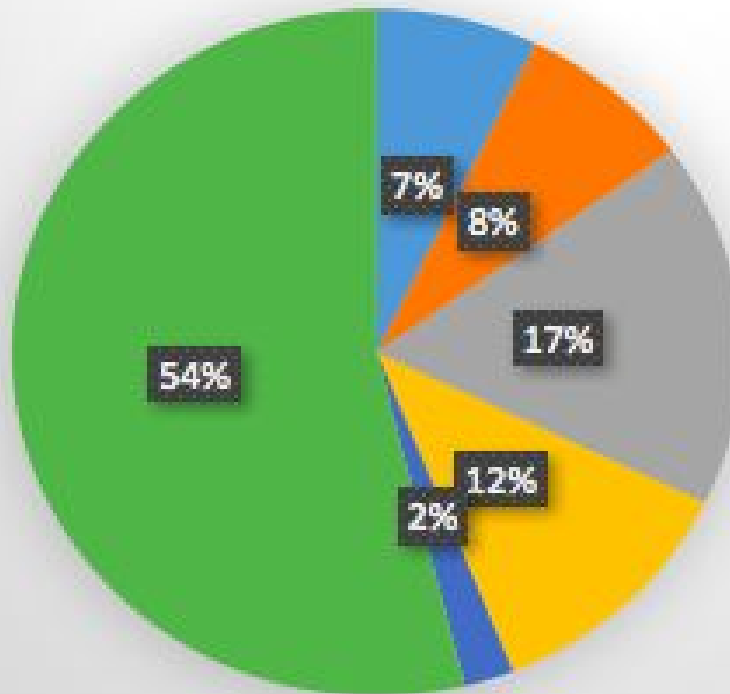
## Total District Staff Responses - 540 Responses



- Option 1 - Push back all schools 30 minutes
- Option 2 - Flip high school articulation time to the a.m. every Monday
- Option 3 - Push back start time 30 minutes to 8:15 a.m. at high schools and to 8:55 a.m. at middle schools
- Option 4 - Push back high school start time 60 minutes to 8:45 a.m.
- Option 5 - Move high school start time to 9:10 a.m. (85 minute delay)
- Option 6 - No change to Current Schedules

# Staff Survey Results (continued)

## High School Preferences for Later Start Time - 180 responses

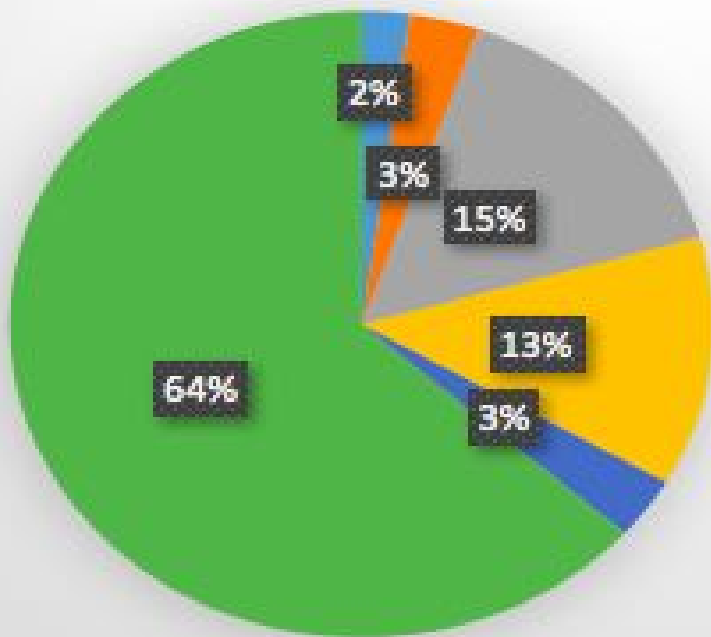


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# Staff Survey Results (continued)

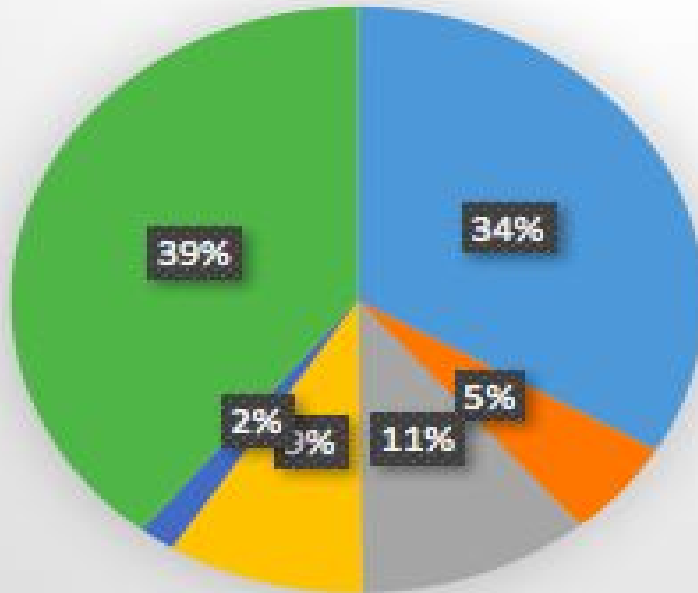
## Middle School Preferences for Later Start Time - 93 responses



- Option 1 - Push back all schools 30 minutes
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- Option 4 - Push back high school start time 60 minutes to 8:45 a.m.
- Option 5 - Move high school start time to 9:10 a.m. (85 minute delay)
- Option 6 - No change to Current Schedules

# Staff Survey Results (continued)

## Elementary Preferences for Later Start Time - 239 responses



- Option 1 - Push back all schools 30 minutes
- Option 2 - Flip high school articulation time to the a.m. every Monday
- Option 3 - Push back start time 30 minutes to 8:15 a.m. at high schools and to 8:55 a.m. at middle schools
- Option 4 - Push back high school start time 60 minutes to 8:45 a.m.
- Option 5 - Move high school start time to 9:10 a.m. (85 minute delay)
- Option 6 - No change to Current Schedules

# What Are Other Districts Doing with Later Start?

In Davis USD all middle schools started the 2016-17 school year at 8:30, and end at 3:30. They intend to start senior high schools at 8:30 and end at 3:30 for the 2017-18 school year. **Note: Davis does not provide district busing for students.**

San Mateo Union High School District is exploring this issue, but working with the city to identify ways to decrease costs for stadium lighting due to athletics and practices going on later in the evening.

Sequoia Union High School District implemented a later start for their high schools approximately 5 years ago, culminating with their last high school beginning this school year.

Folsom Cordova Unified has also explored this issue and conducted a survey this year with similar results to RUSD's. To date the Board has not taken action on the issue.

# Possible Options to Consider

- The responses indicate a clear majority in all respondent groups wanting no change. This could be an option.
- Or, Trustees could consider that a portion of parent and staff respondents show interest in a 30 minute delay at the high school and middle schools. While this solution pushes middle school later into 3:40 in the afternoon, due to the need for 35 minutes between buses at the middle and high schools, this might be a consideration.
- Or, the Board might consider a combination of instituting a morning articulation (shows 20% movement towards more sleep for secondary students with least cost to district) and variation of a secondary delay such as 15-20 minutes. This could be a compromise that achieves a solution that all individuals might be able to accommodate.