

High School Start Times Committee.

December 1, 2016

Summary

Welcome – Introductions

Introductions were made around the table: In attendance were: Stewart Mhyre, Jennifer Hershey, Ann McMurray, Laurel Callan, Angie Karlberg, Haley Karlberg, Erika Jennings, Shannon Tipple-Leen, Ryan Treadway, Ethan Wansley, Alex Alexander, Tommy Tran, Janette M., Leonardo Diaz, Melinda Ferguson, Cameron Ferguson, Jan Phillips, Kim Dreir, Barb Brister, Debbie Jakala, Mitchell Givens, Craig Christensen, Kelly Johnson, Becky Olds, Barb Lloyd, Jenni McCloughan, Pam Bass, Gary Bass, Patrick Murphy

Review Norms

The group reviewed the operating norms and agreed to continue with them.

Reviewed Last Meeting: The group reviewed the Nov. 14 meeting summary.

New Information: The committee reviewed additional feedback via the google comment form on the website and that was sent out on school E-News blurbs. There were approximately 170 responses including some who indicated they were elementary and/or middle school families. Of those responses, approximately 70% were in favor of some later start time for high schools. Approximately 17% were opposed and advocated for leaving the times as they are and 13% were neutral but raised other concerns like elementary and K-8 start times. Many of those who supported a later start time mentioned the research and their own experiences with regards to the negative impact of the early start time on high school students. Many of those who favored leaving the times alone, mentioned the impact on sports or after school activities and jobs. In some cases those who favored no change mentioned that the sleep issue would remain the same regardless because it was an individual issue or parent issue in getting teenagers to bed on time.

Many of the comments were continuation of themes heard from previous staff responses and from student leadership groups. There were four middle school and three high school students in attendance. Some were in favor of leaving the times the same, others advocated for moving start times later.

Northshore Process/Proposals: The committee was brought up to speed on the latest developments in Northshore. The Northshore School Board approved a 25 minute later start time for all schools across the system which would result in a 7:45 start for high schools. In their message to the community they spoke of the decision as a “first step” in getting high school start times to a more reasonable and healthy place. In addition, they mentioned that some elementary schools might not start until 9:35 am but that could change for “transportation reasons”. Committee members were curious how that might change.

Next steps in Edmonds: The committee agreed to schedule two more meetings in January and February and finalize proposals to put in front of the community. The committee wanted proposals to have clear

listings of impacts financially and in other ways. In addition to the “Golden” Proposal that was fully vetted and that entailed an 8:40 start for high schools, the committee wanted staff to vet impacts for

- 1) a 25 minute shift for all schools
- 2) a flipped model with elementary early and high school at 9:20 and
- 3) some version of a flipped and shifted model in which no school would start earlier than 7:45.

Staff will vet those ideas prior to the January 26 meeting. Communications staff will look at best ways to gather community input on the proposals in a timely fashion. Any proposal would need to be approved by March 1st to give families and staff 6 months lead time to adjust and make arrangements.

Set agenda for next meeting: Committee will finalize 2-4 proposals to put in front of community for input and finalize feedback loops for feedback.