



# West Chester Area School District

OUR MISSION IS TO EDUCATE AND INSPIRE OUR STUDENTS  
TO ACHIEVE THEIR PERSONAL BEST



# **School Start Time Task Force**

## **Community Update**

**September 18, 2019**

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### **1. Summary of Survey data collected in June, 2019**

- Parents
- Staff
- Students

### **2. Purpose of each subcommittee**

- Impact on students
- Impact on staff
- Impact on parents and community
- Transportation cost and traffic analysis

### **3. Progress of work completed**

### **4. Timeline**



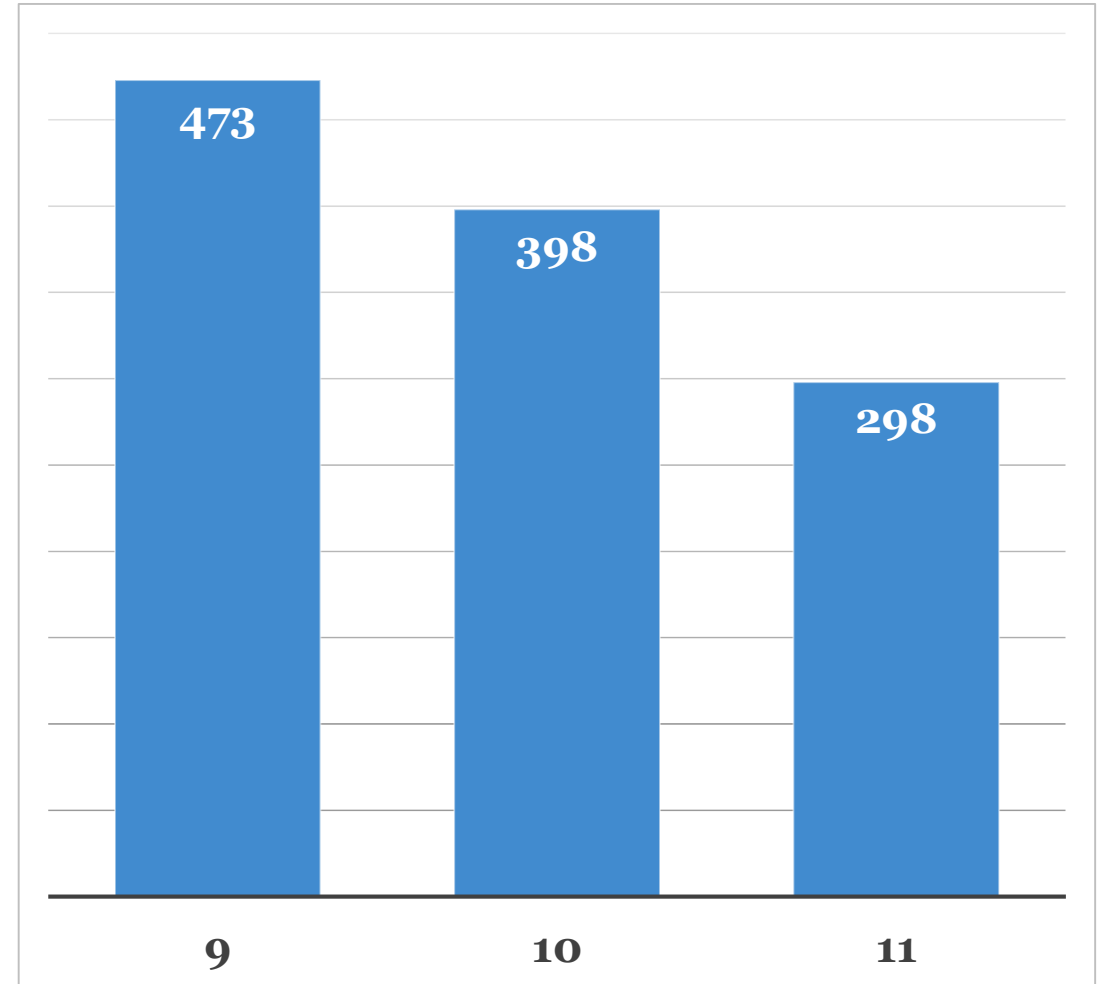
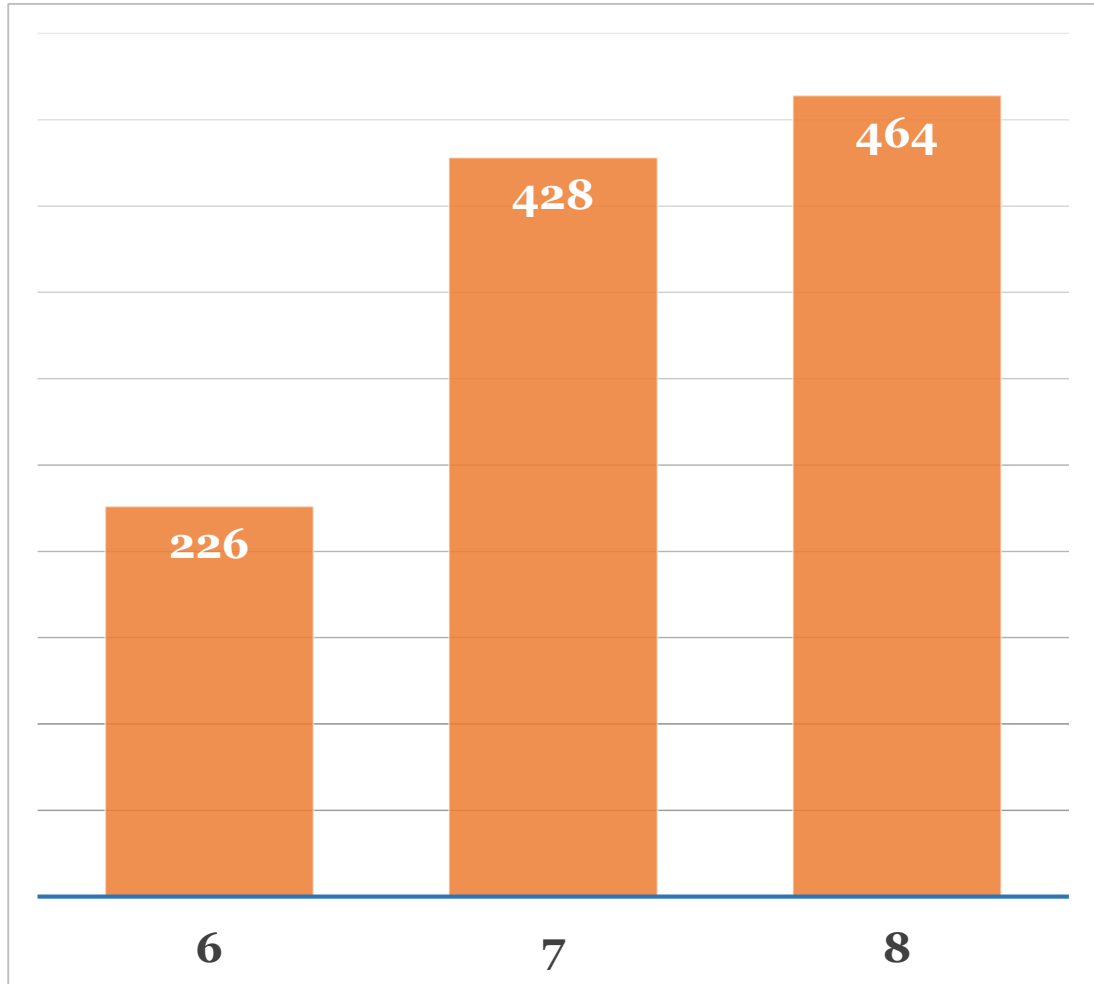
# Start Time Task Force

Student Survey Results

2,287 respondents

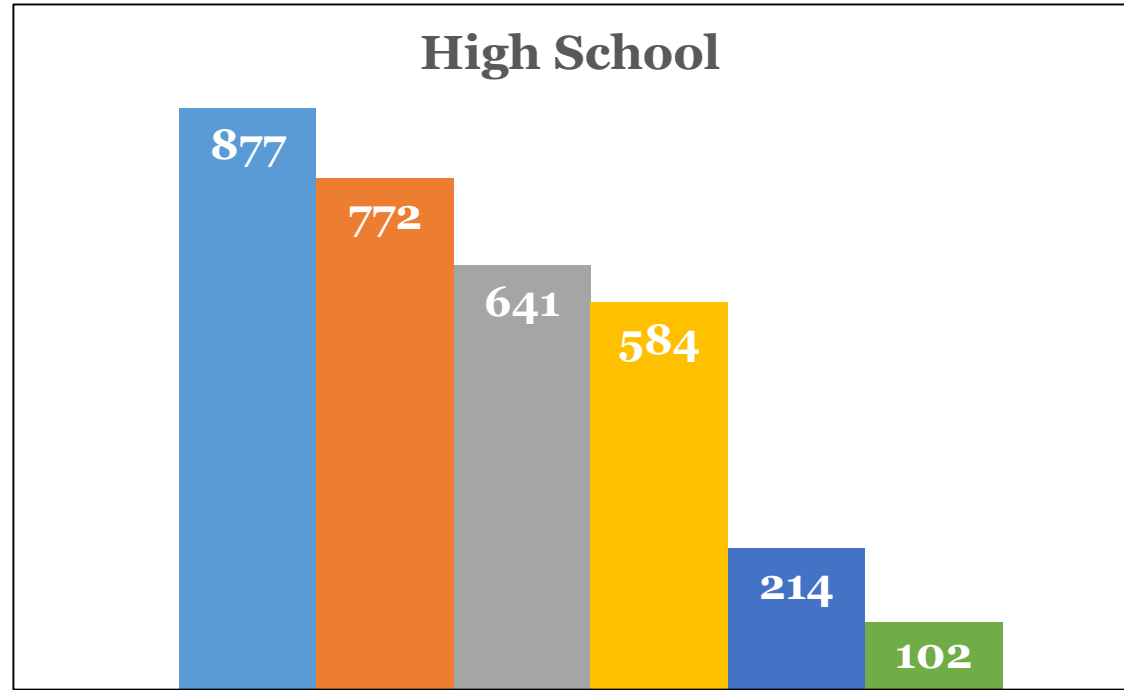
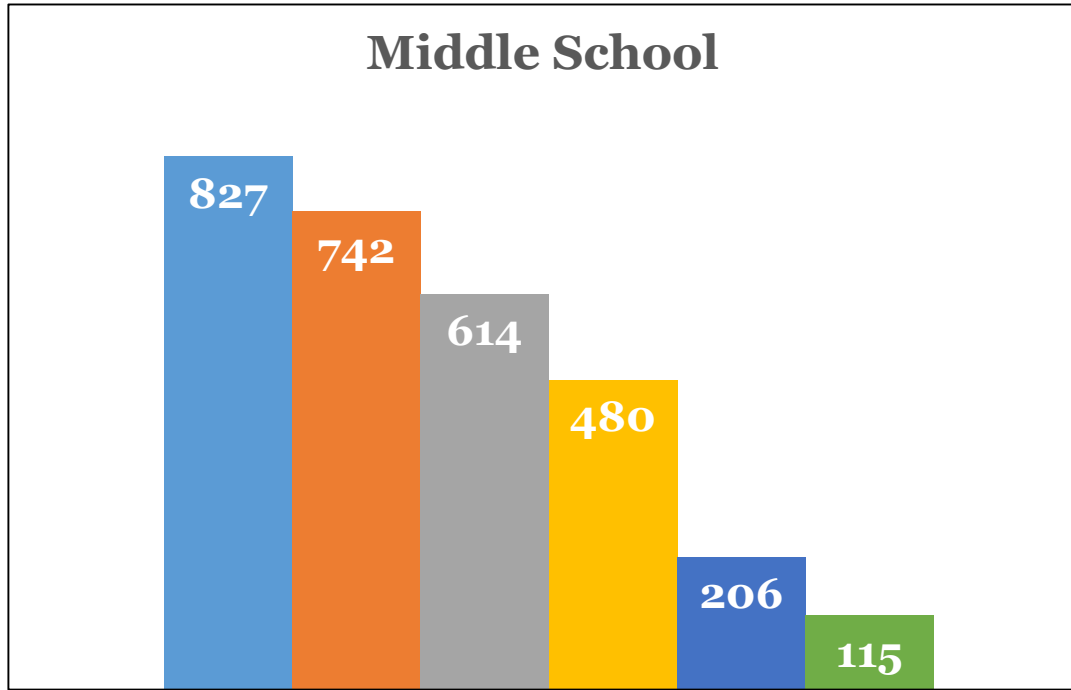


# Student Responses by Grade





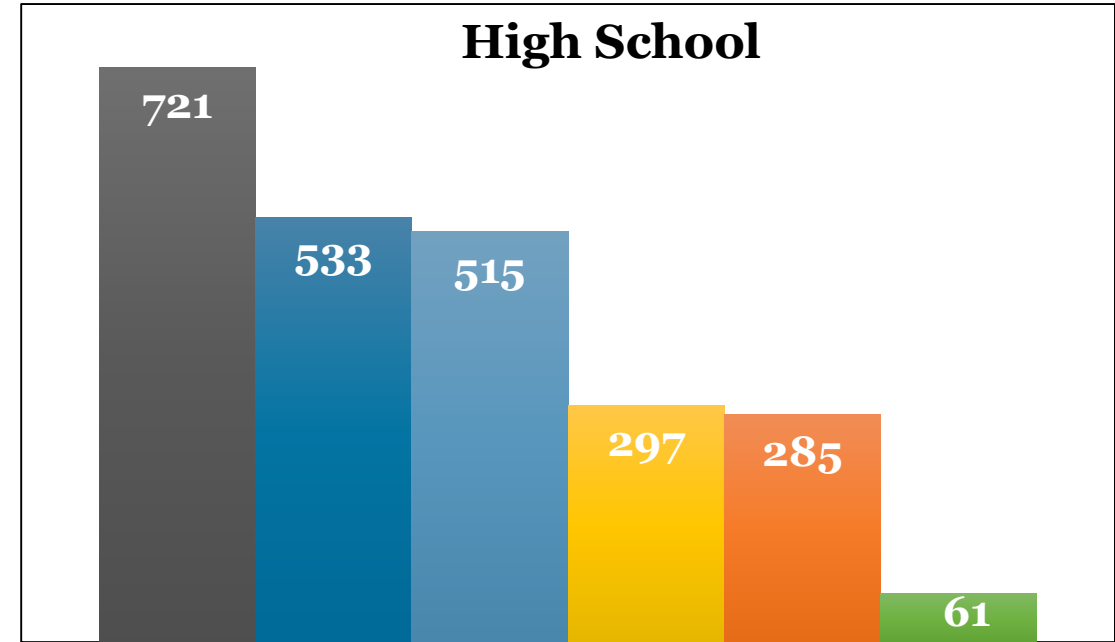
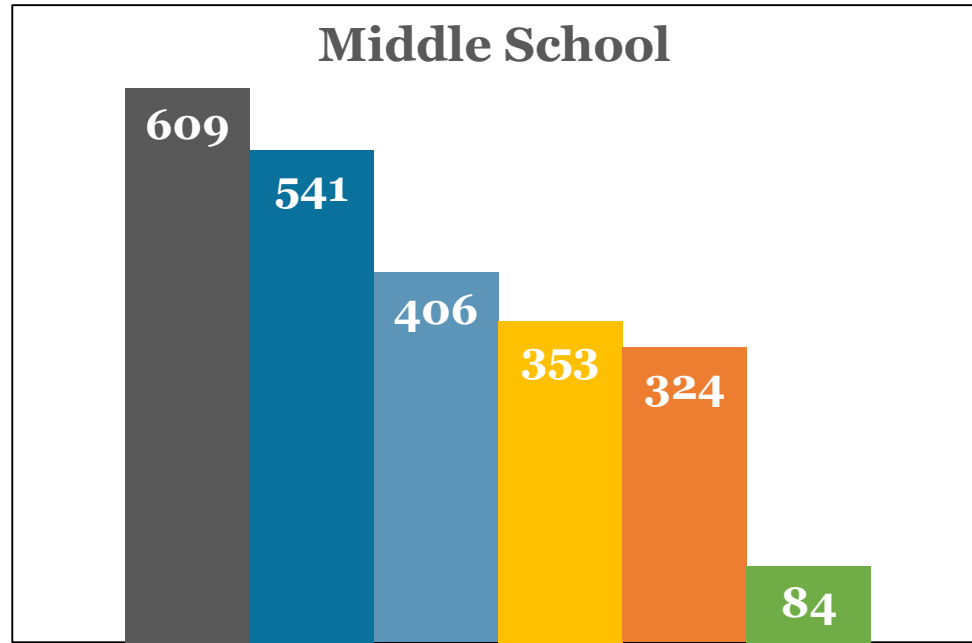
# Possible Benefits of Later Start Times



- I'd feel more rested.
- I'd be more alert in school and improve my performance.
- I'd have more time for breakfast.
- I'd see health benefits.
- I'd see no benefits
- Other



# Possible Challenges of Later Start Times

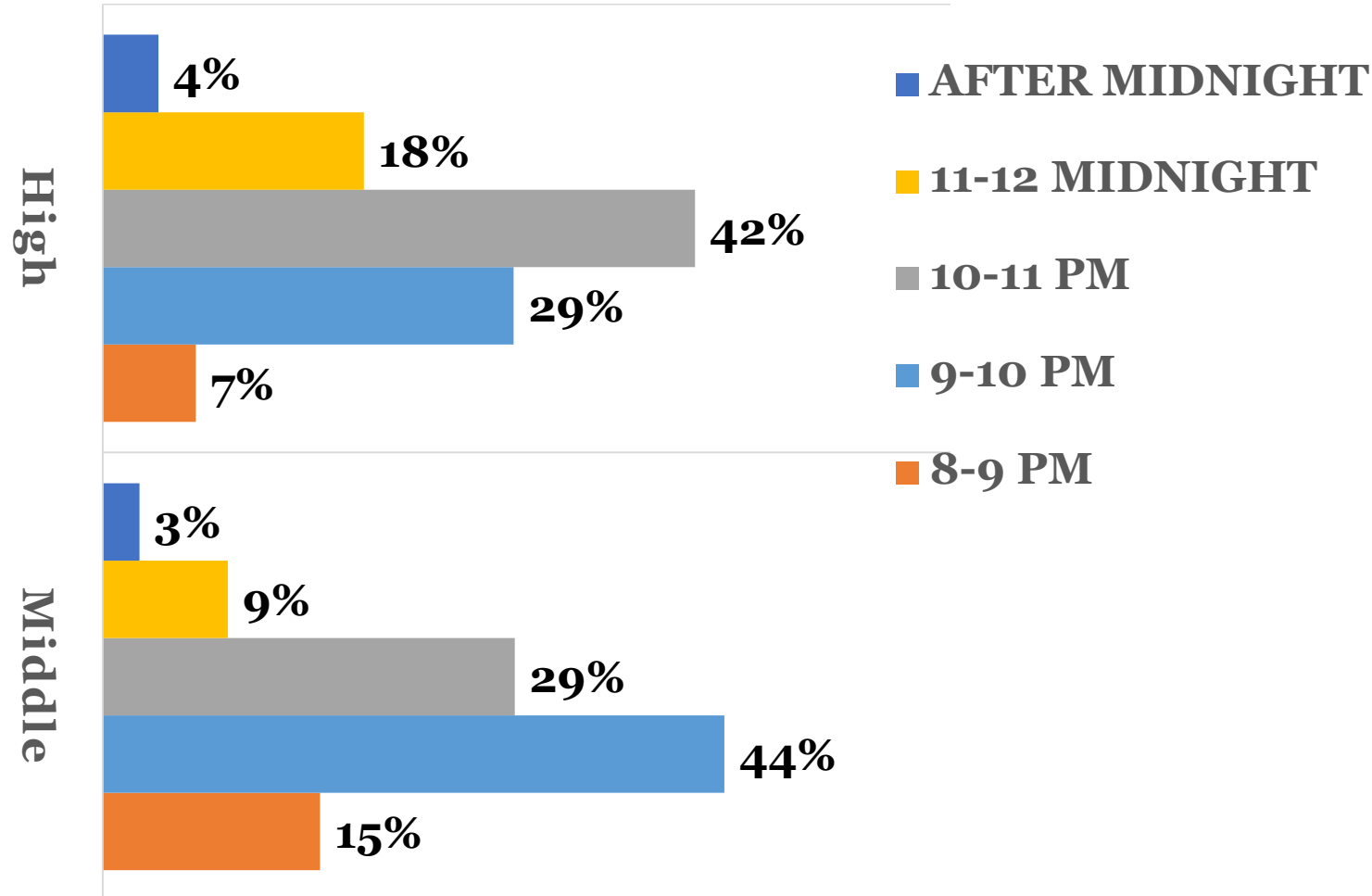


- Challenges fitting in extra-curricular activities.
- Could be up too late finishing homework or studying.
- Later dismissal would cut into my work time.
- Schedule could impact family time.
- I have no concerns.
- Other

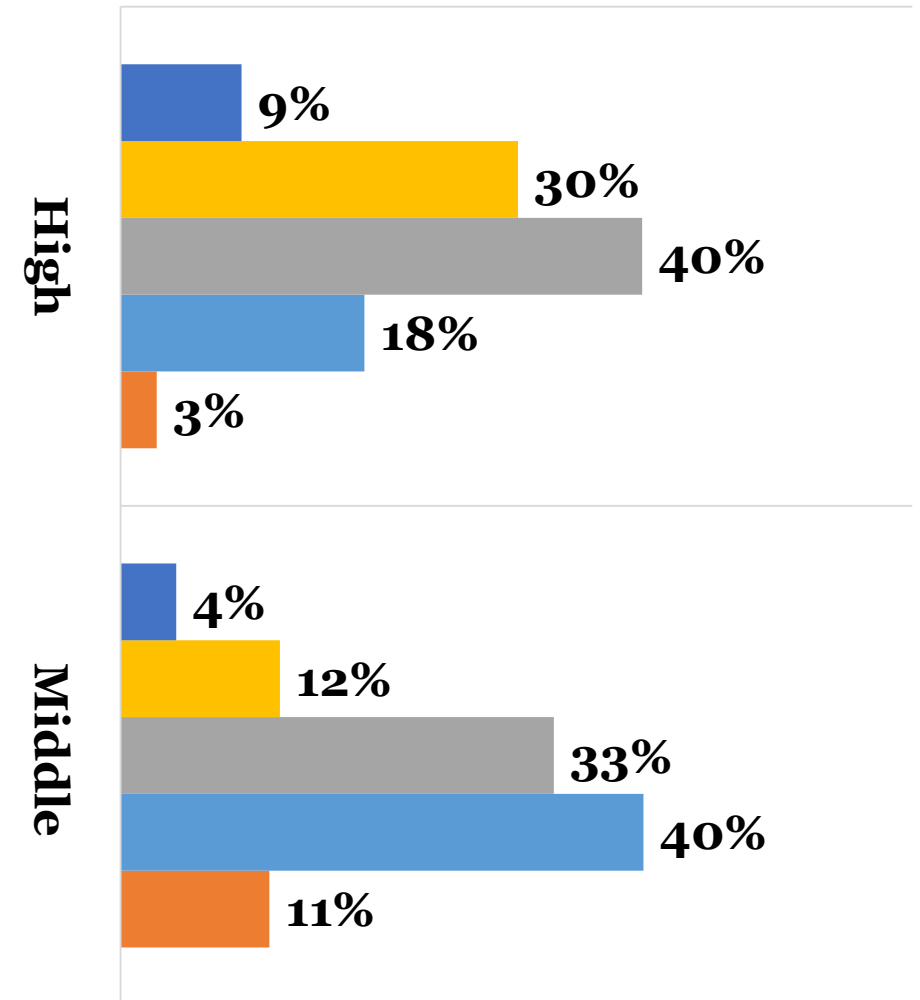


# Weekday Bedtime Comparison

## When does your body start to tell you it's time for bed?

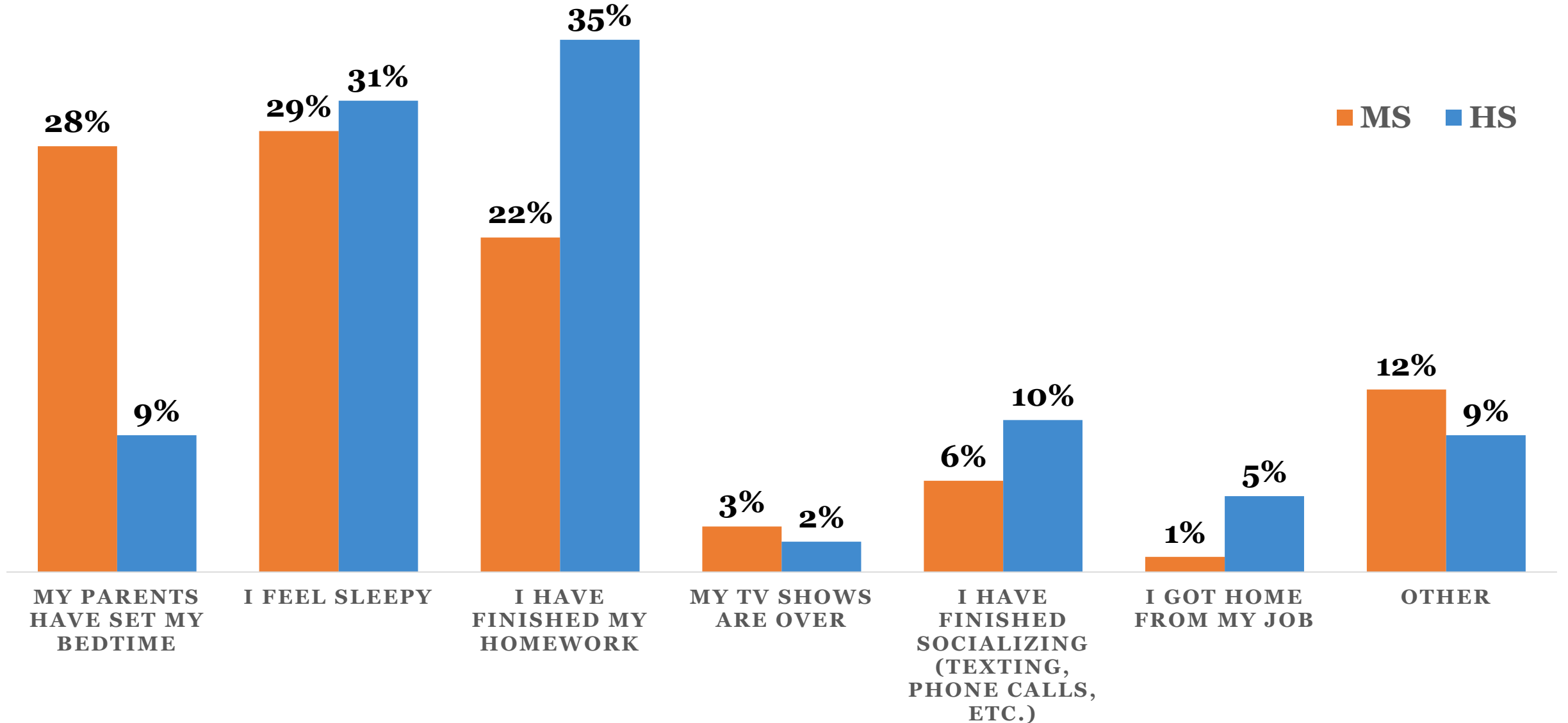


## When do you actually go to bed?



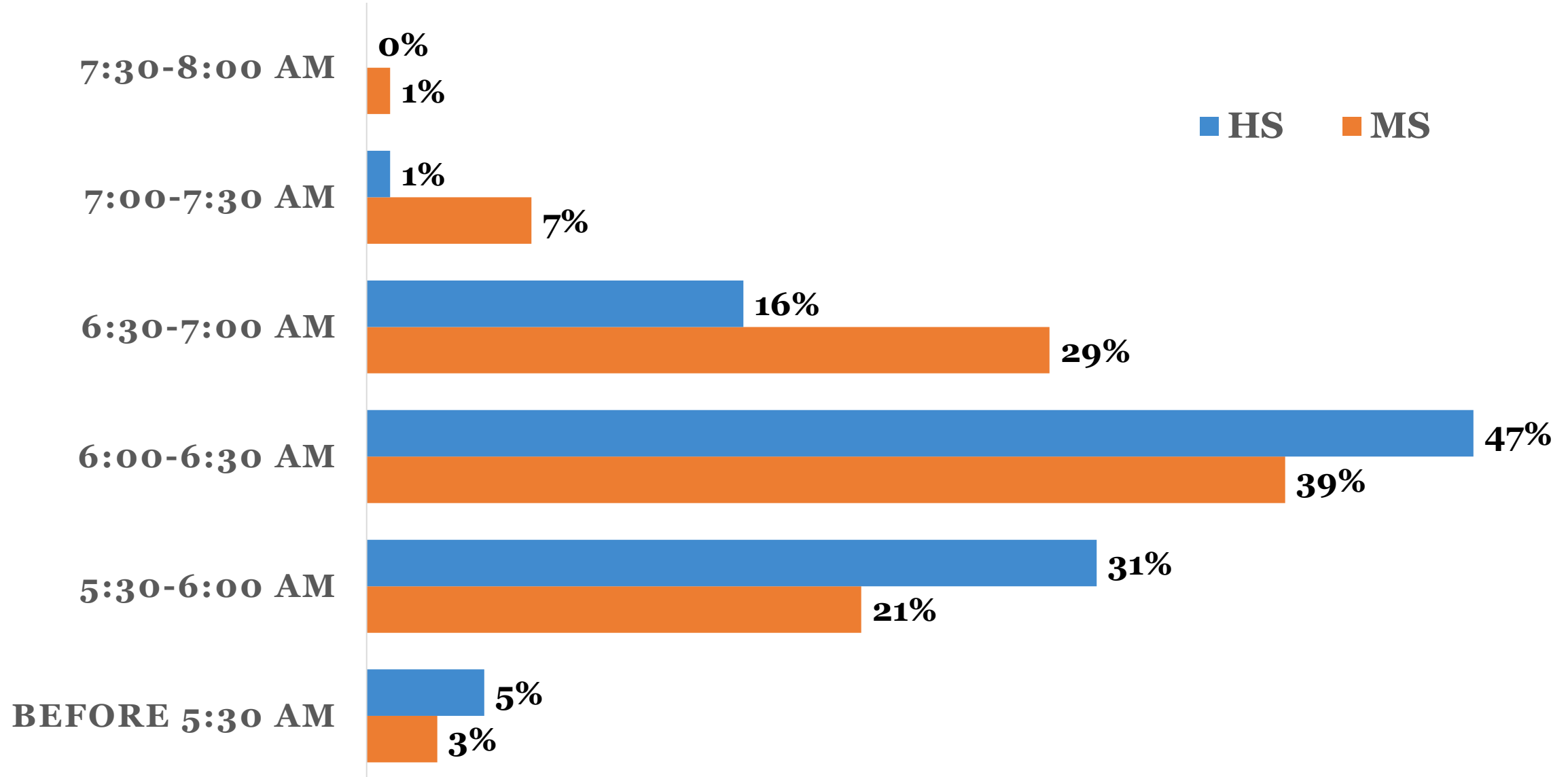


# What is the main reason you usually go to bed at this time on school days



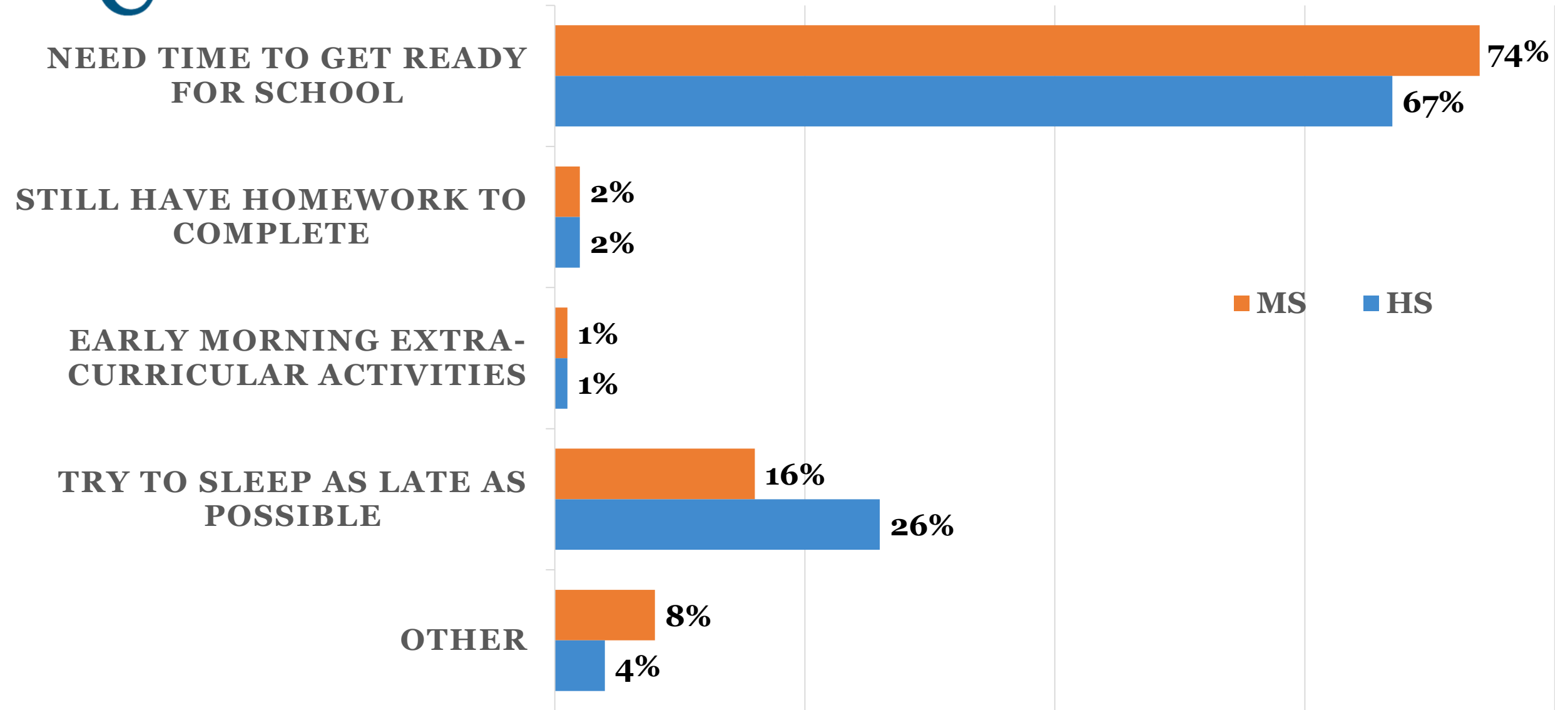


# WC What time do you usually wake up on school days?



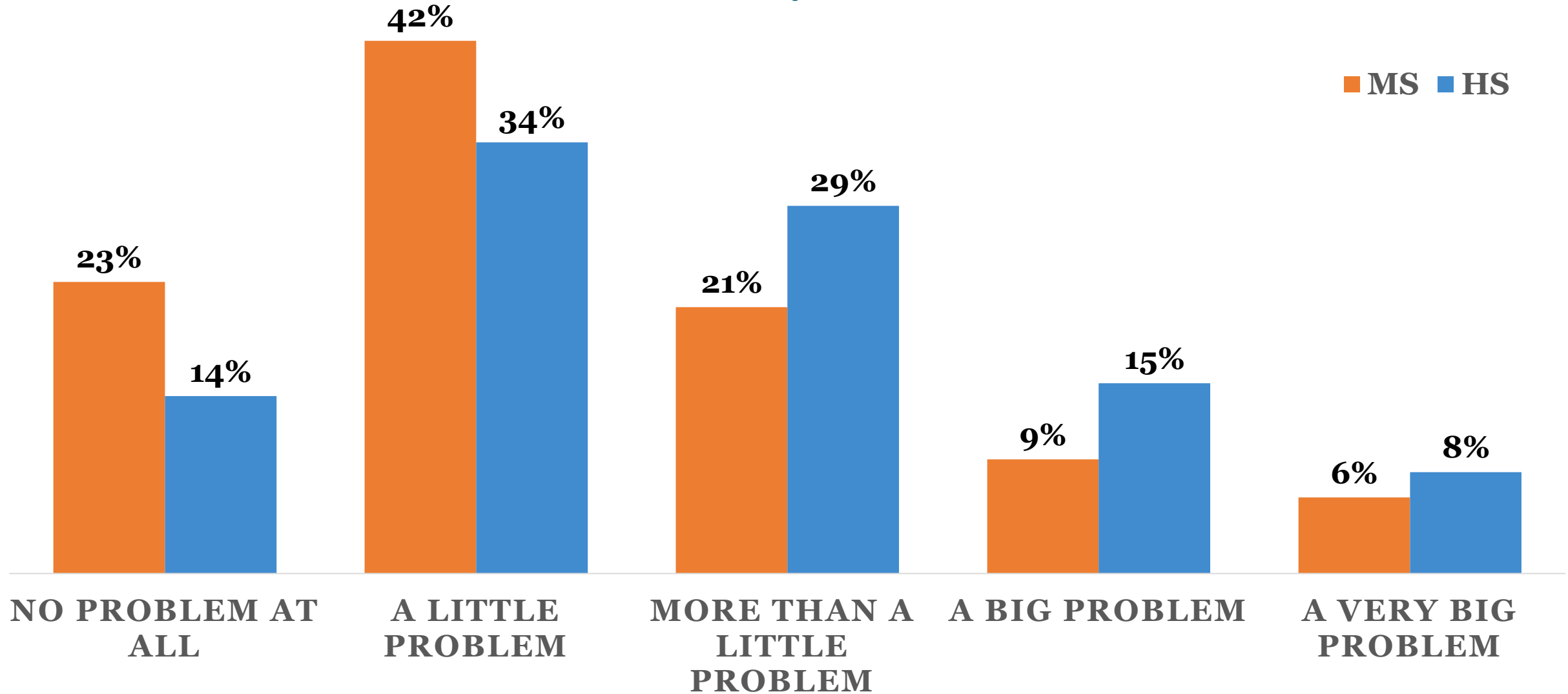


# What is the main reason you wake up on a school day?



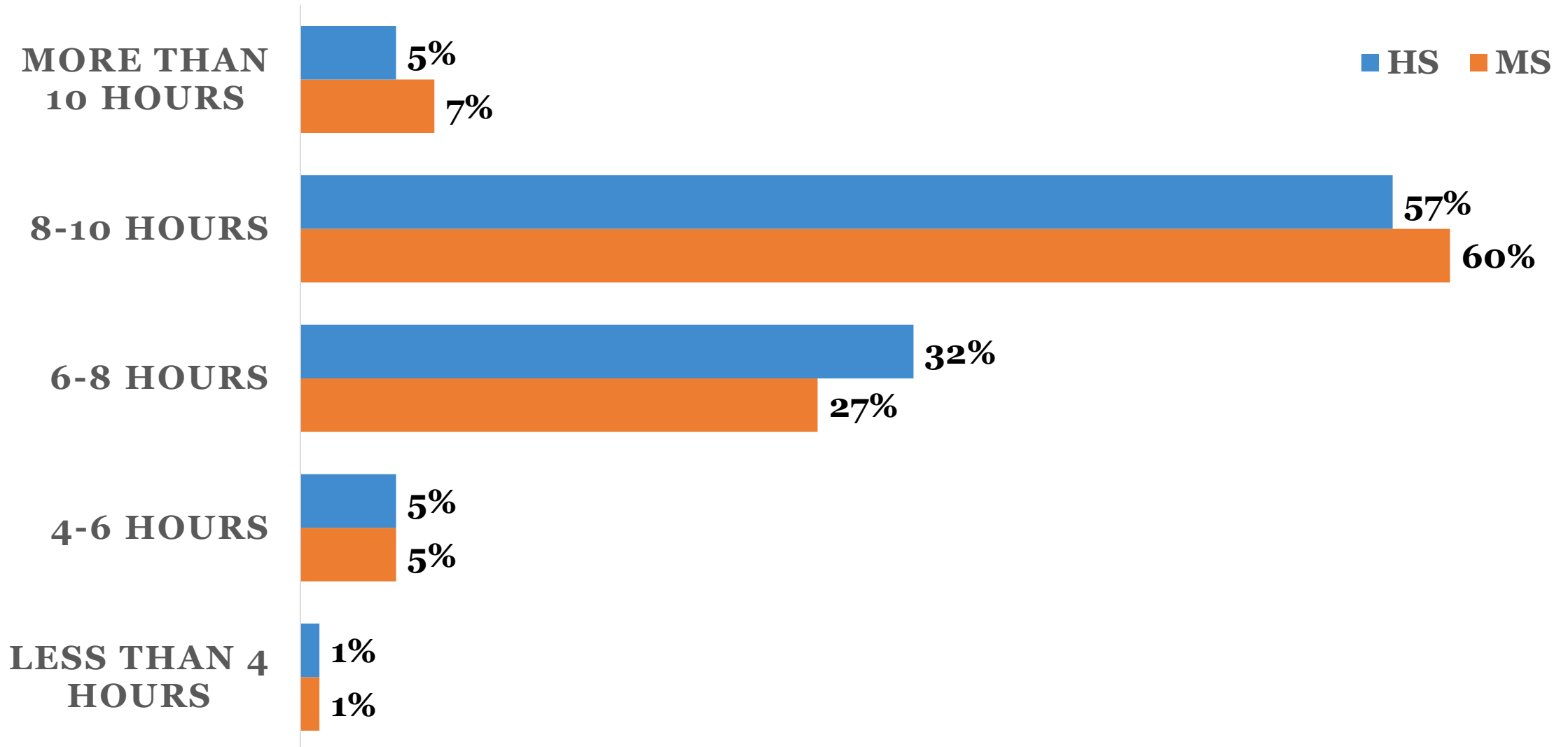


# During your daytime activities, how much of a problem do you have with sleepiness (feeling sleepy, struggling to stay awake)?





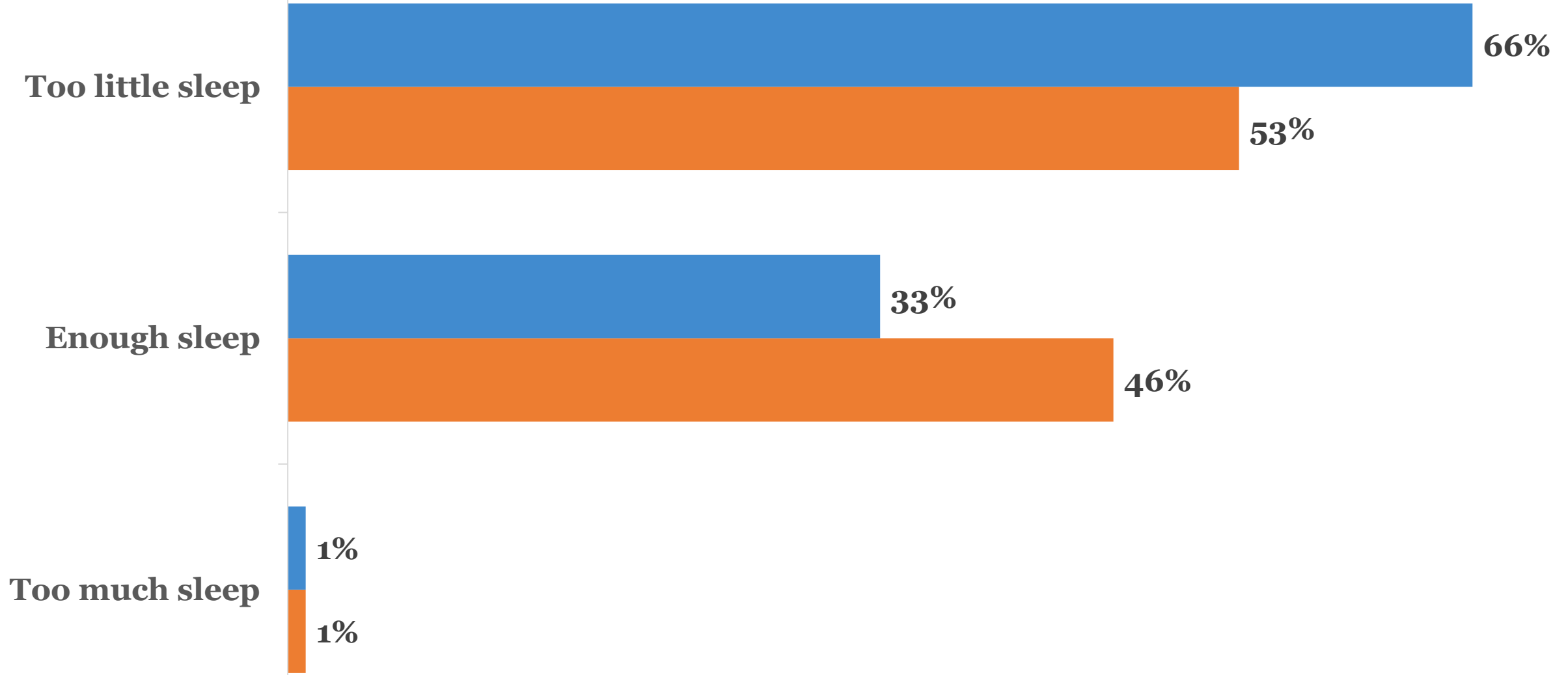
# How much sleep do you need? Fill out below how much sleep you think you would need each night to feel your best every day.





# In general, do you feel you usually get:

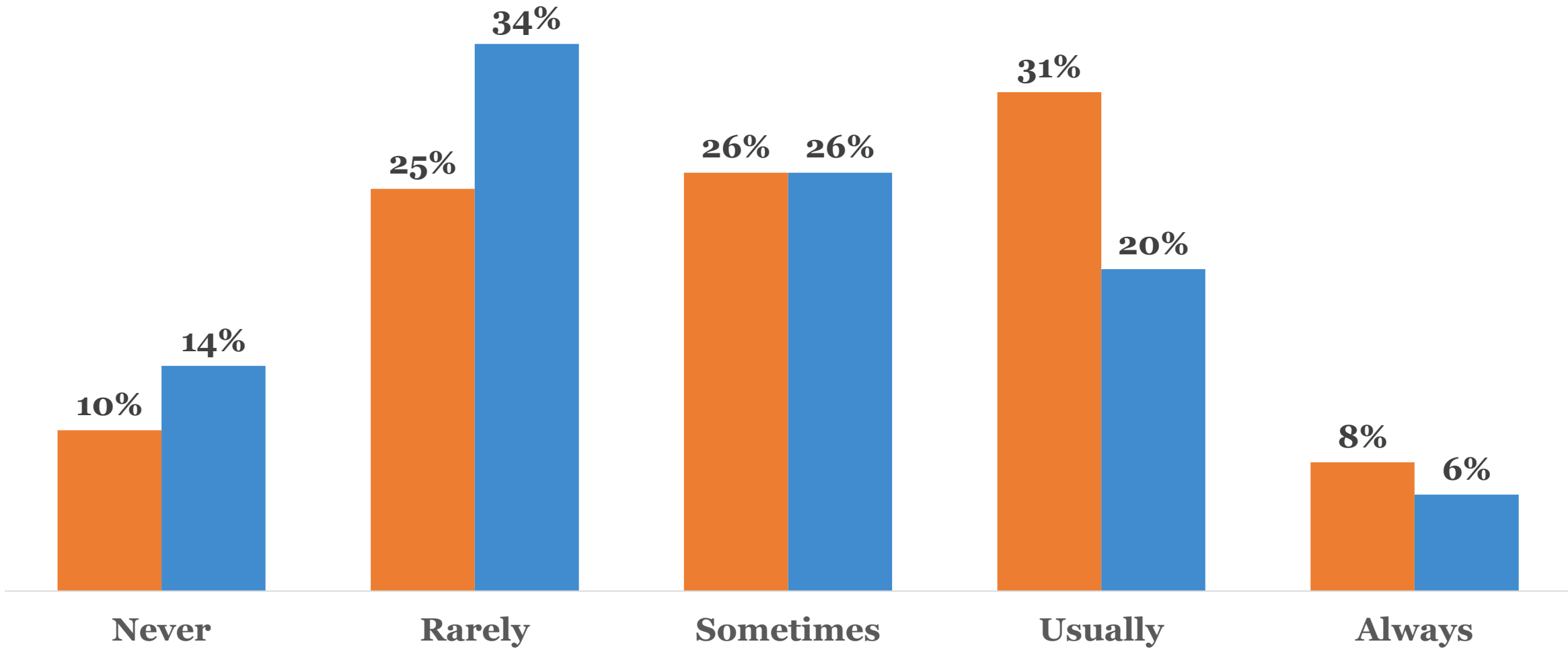
■ HS ■ MS





# How often do you think you get enough sleep during the school week?

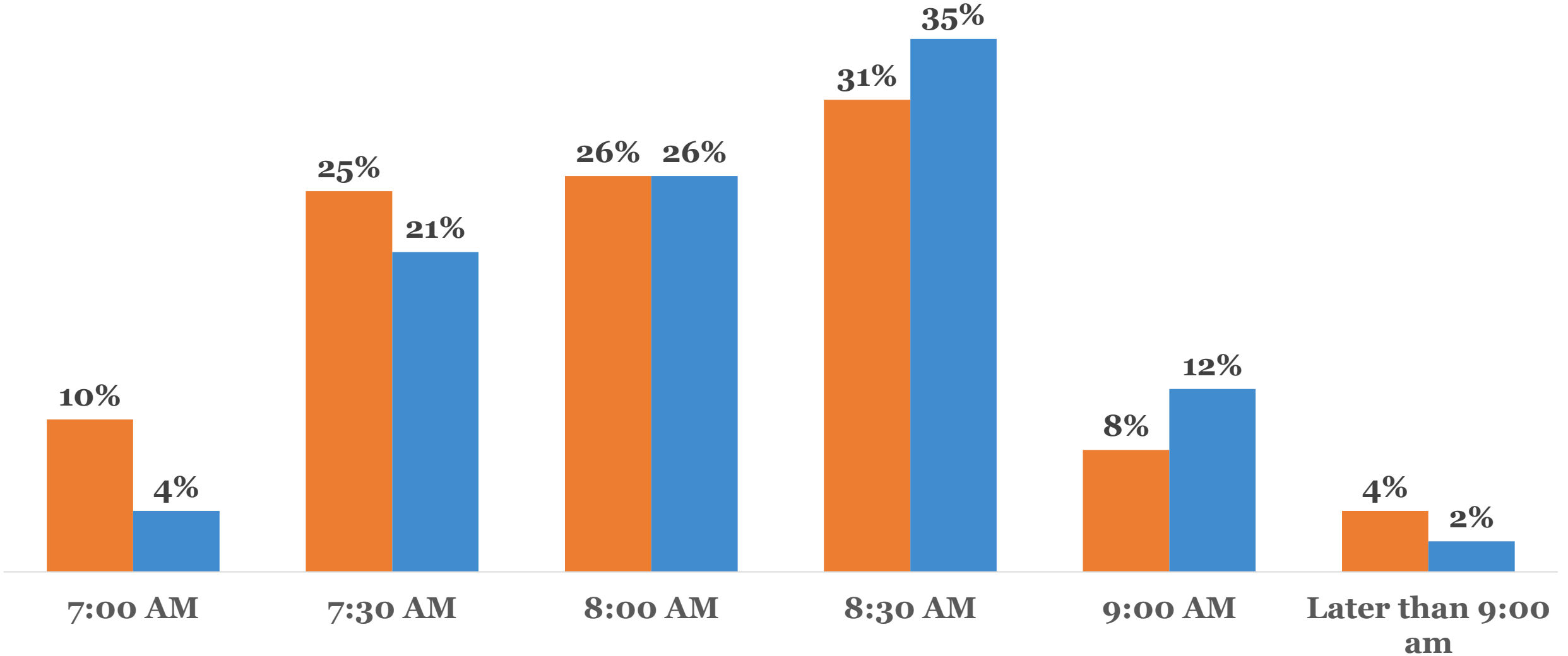
MS HS





# Ideally, when would be the best time for you for school to start?

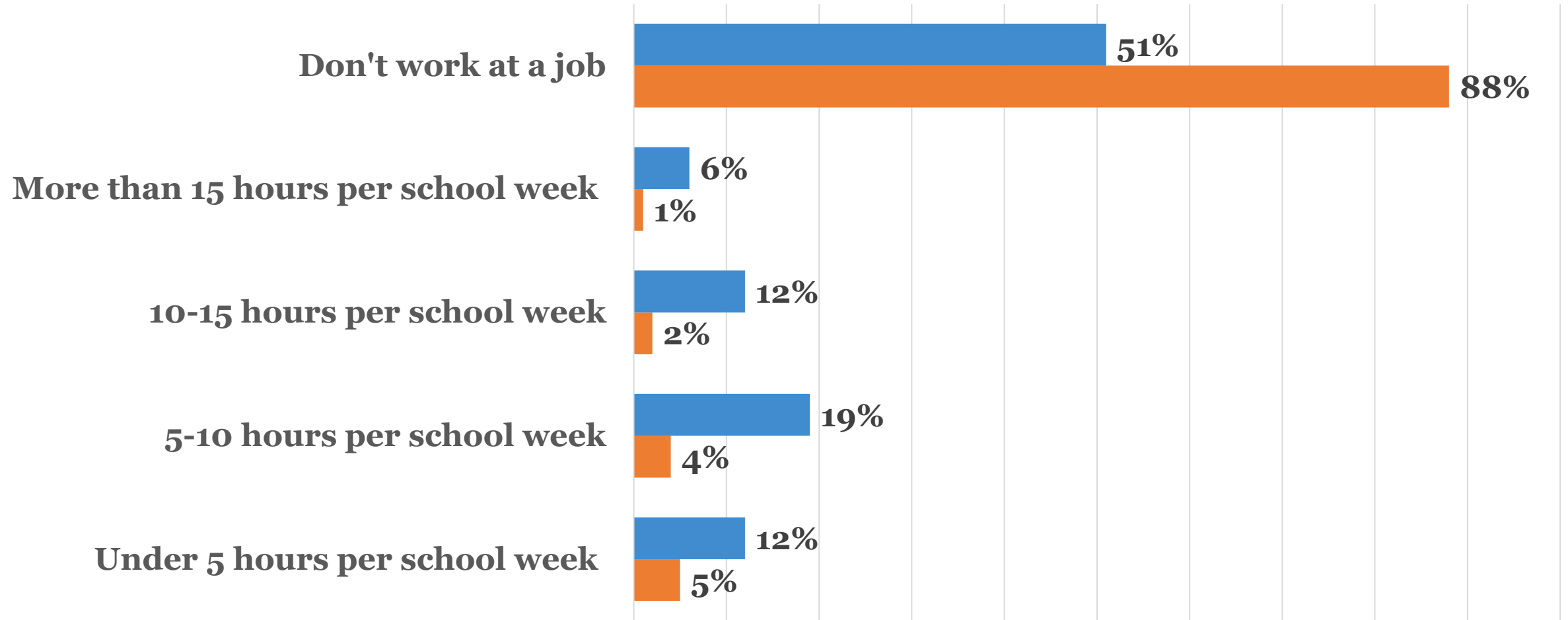
MS HS





# How many hours do you work at your paying job during the school week?

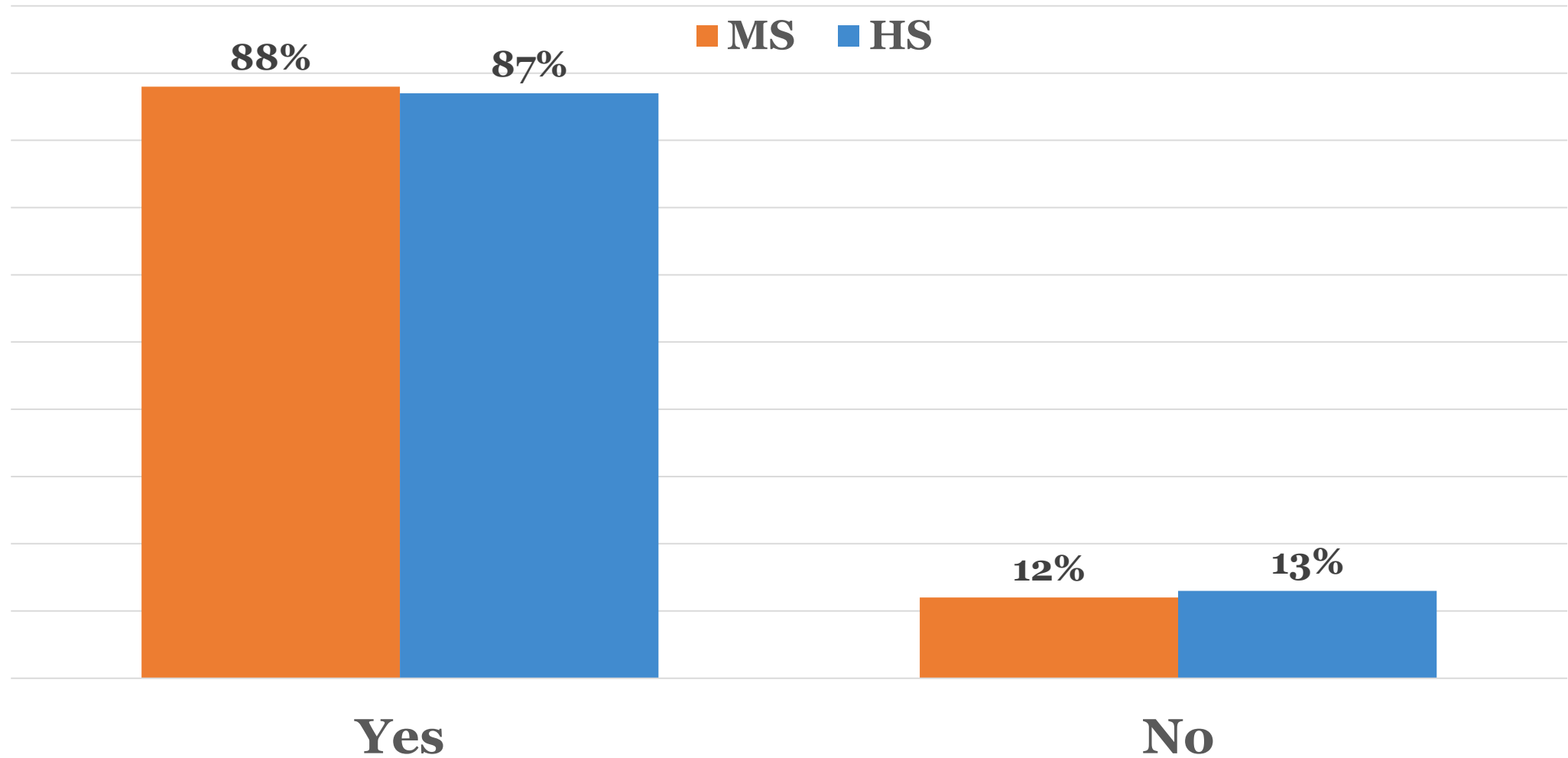
■ HS ■ MS







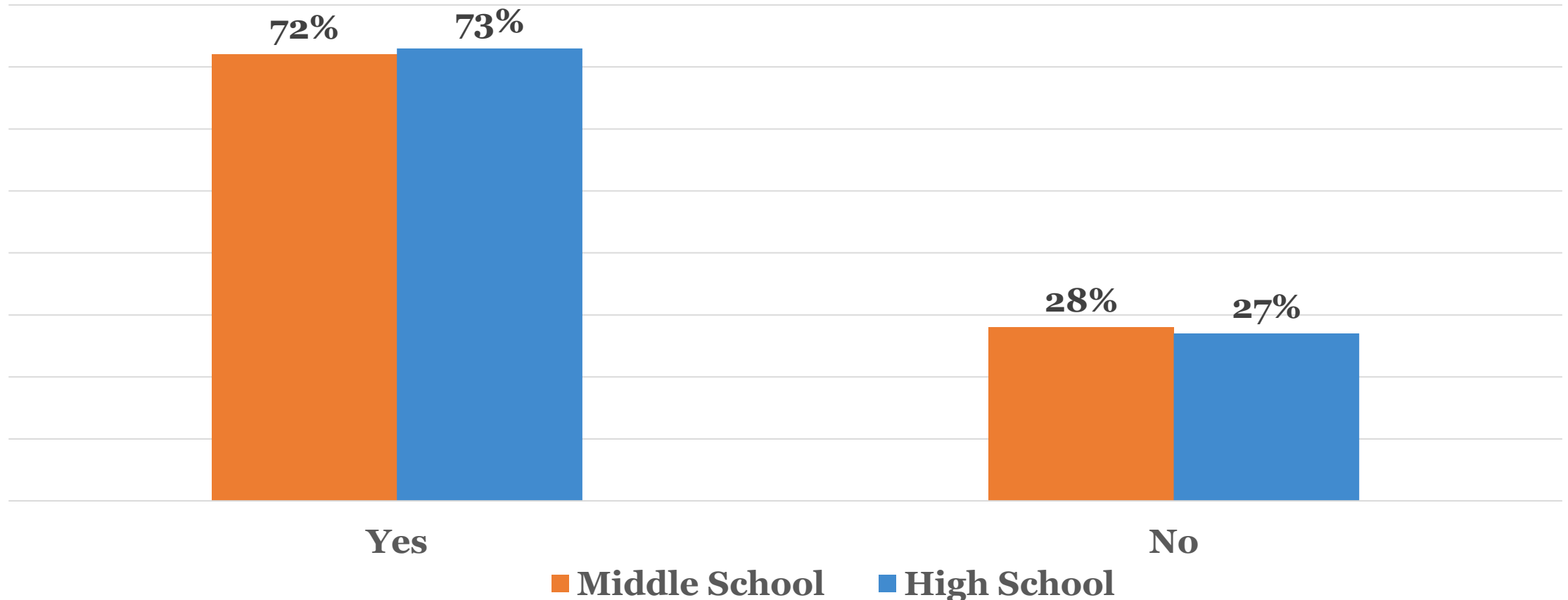
# Do you engage in organized sports or extra curricular activities?





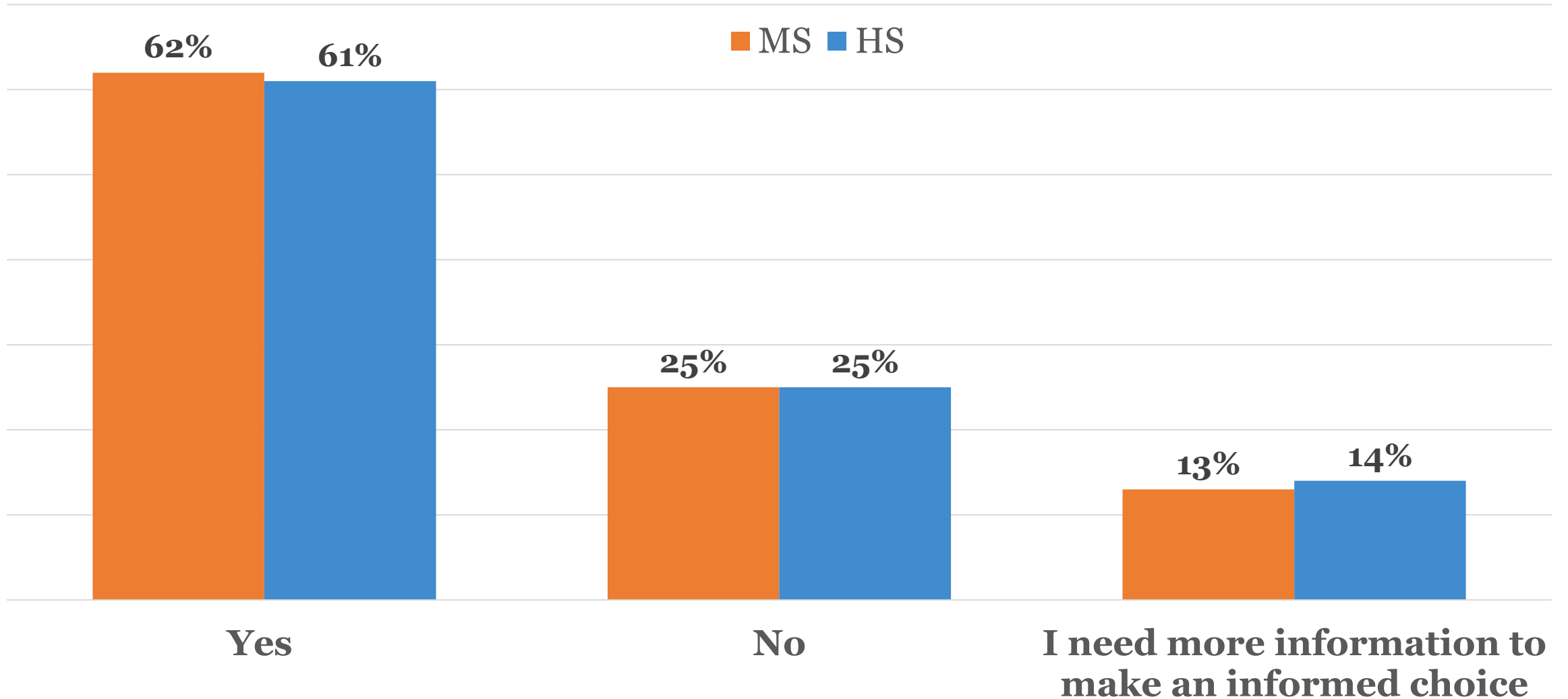
Research shows that because of the unique circadian rhythms of teens, they need 8 to 11 hours of sleep to be fully rested. For a teenager, waking up at 6 a.m. is like an adult waking up at 4 a.m. Research also shows that a lack of sleep creates a lot of stress.

## Knowing this, do you support later start times, despite any concerns you may have?





# Should the West Chester Area School District consider starting school later for secondary students?





## **Students provided additional comments about the subject**

- **Most student responses were supportive of the later start times.**
- **Some students wondered how the later start times would impact extra curricular activities.**
- **Some students worried about how the change would affect part time employment.**



# Comments

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- **Most student responses were supportive of the later start times.**
- **Some students wondered how the later start times would impact extra curricular activities.**
- **Some students worried about how the change would affect part time employment.**



# Start Time Task Force

Parent Survey Results

2,515 respondents

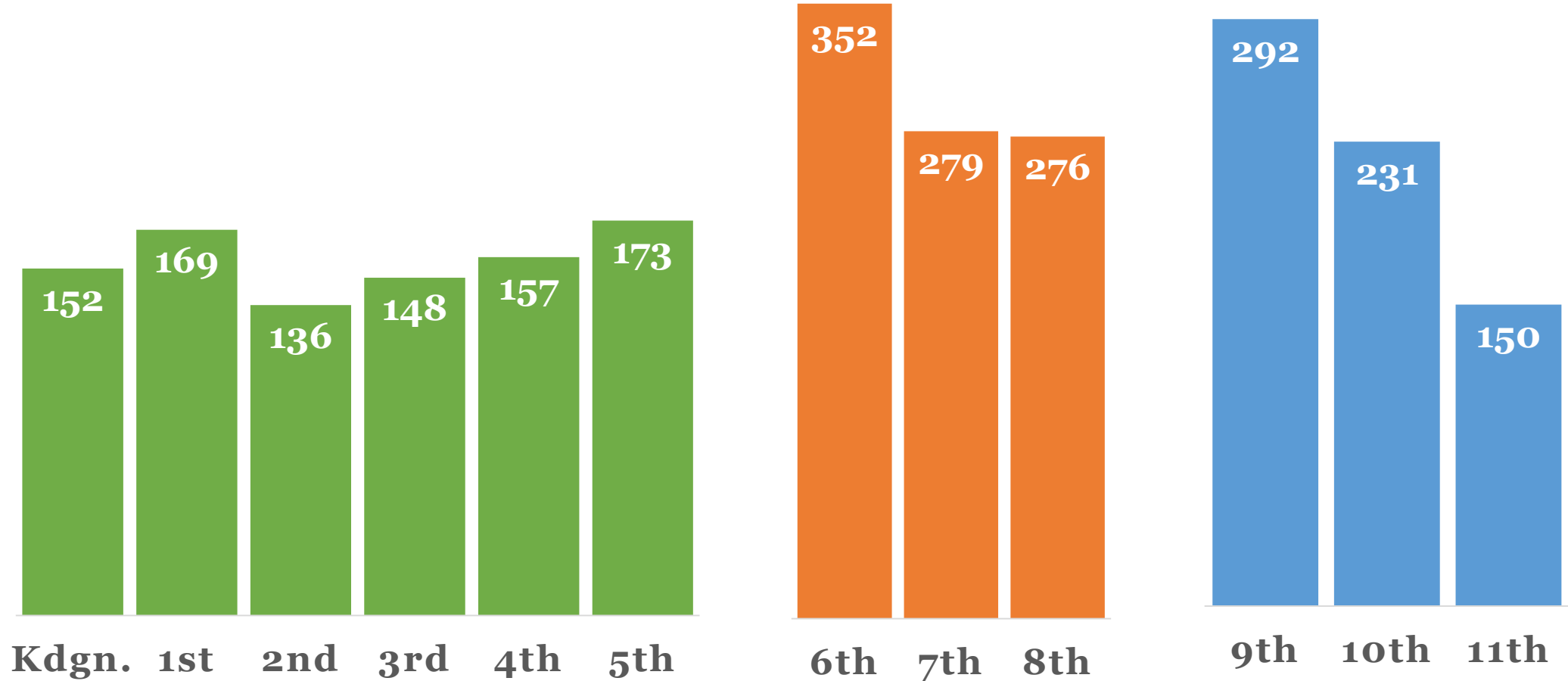


# Parent Responses by Level

## ELEMENTARY

## MIDDLE

## HIGH



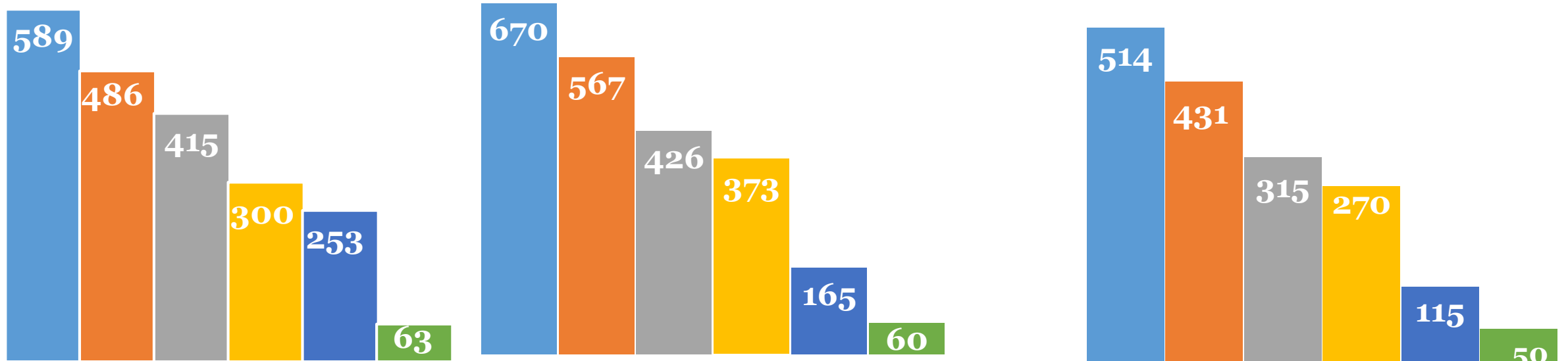


# Possible Benefits of Later Start Times

Elementary

Middle

High



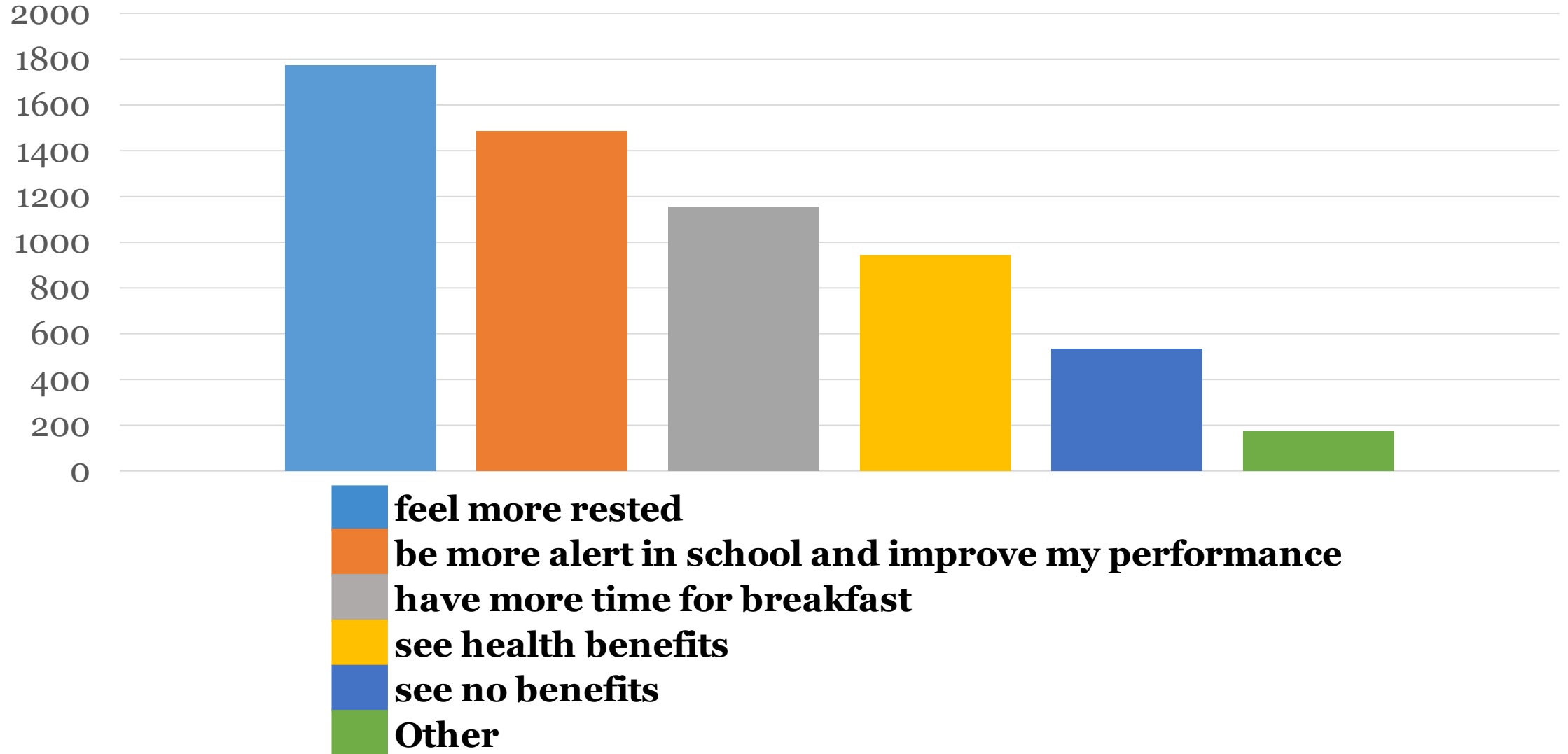
- feel more rested
- be more alert in school and improve my performance
- have more time for breakfast
- see health benefits
- see no benefits
- Other





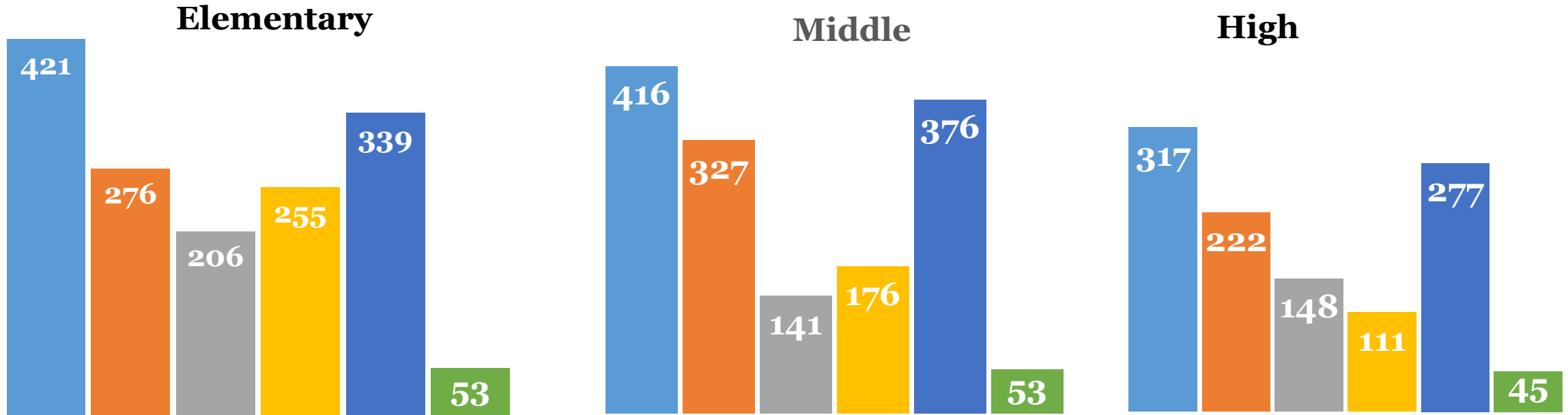
# Possible Benefits of Later Start Times

Number of Comments across levels





# Possible Challenges of Later Start Times

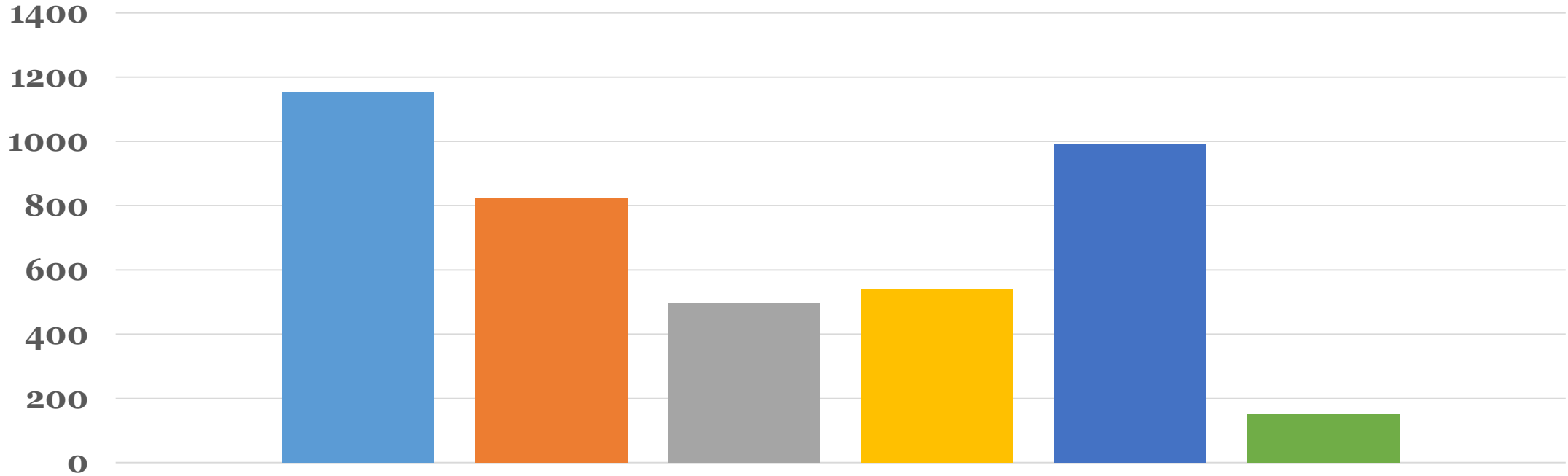


- Challenges fitting in extra-curricular activities.**
- Could be up too late finishing homework or studying.**
- Later dismissal would cut into my work time.**
- Schedule could impact family time.**
- I have no concerns.**
- Other**



# Possible Challenges of Later Start Times

Number of Comments across levels

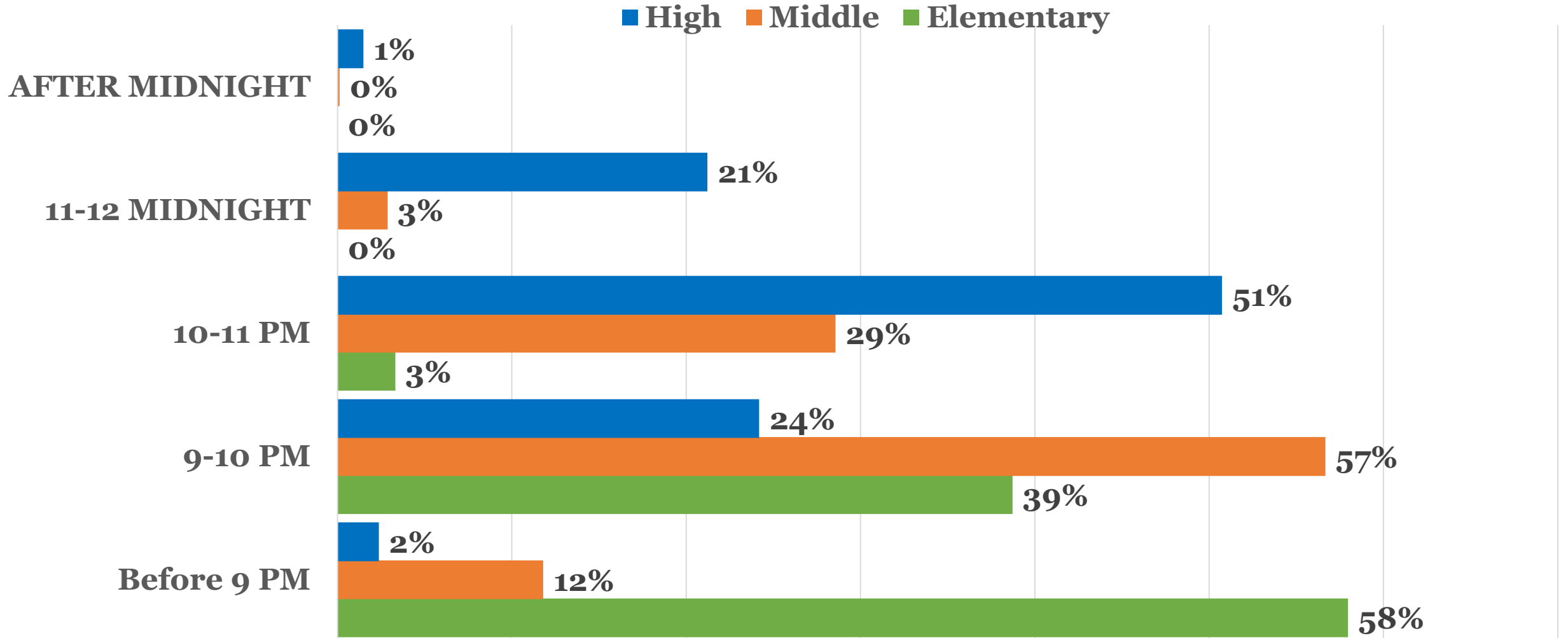


- 28%** Challenges fitting in extra-curricular activities.
- 20%** Could be up too late finishing homework or studying.
- 12%** Later dismissal would cut into my work time.
- 13%** Schedule could impact family time.
- 24%** I have no concerns.
- 4%** Other



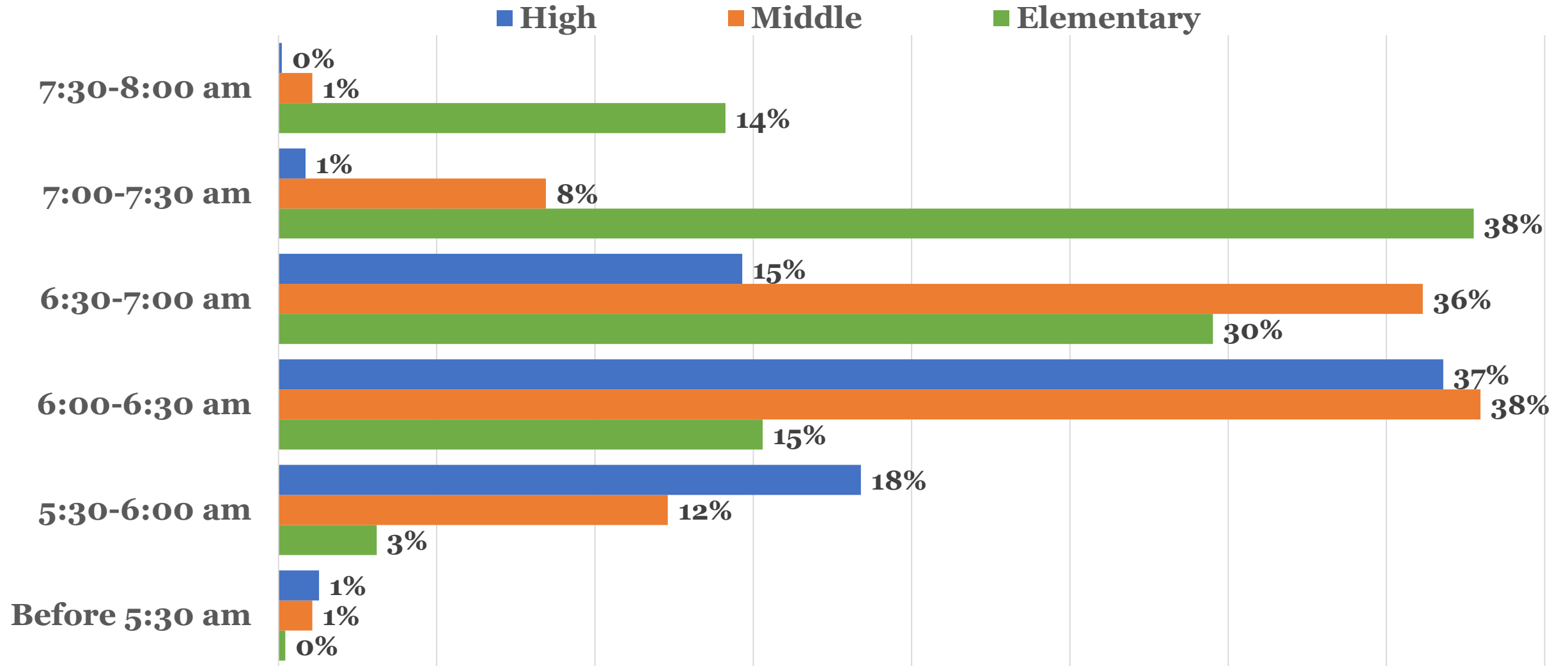
# Weekday Bedtime

What time does your child usually go to bed on school days?





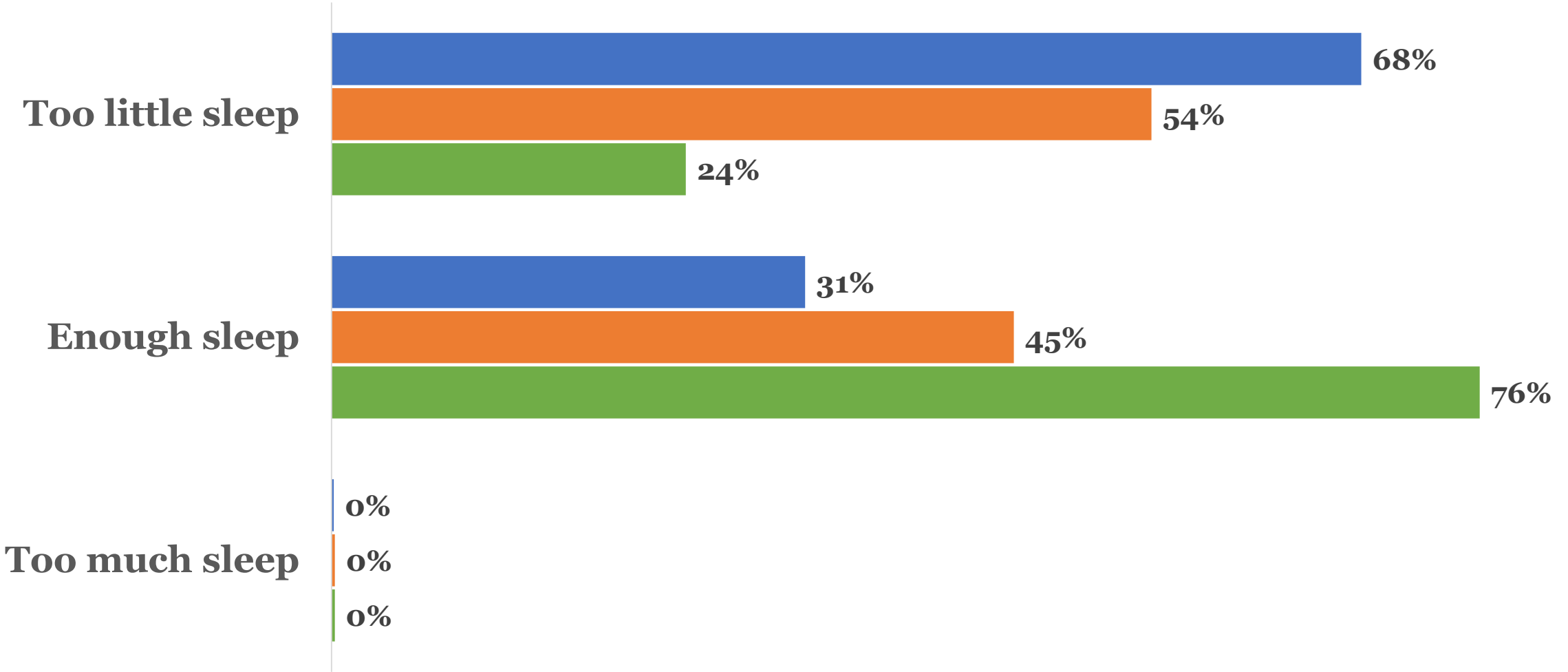
# What time does your child usually wake up on school days?





# In general, do you feel your child gets:

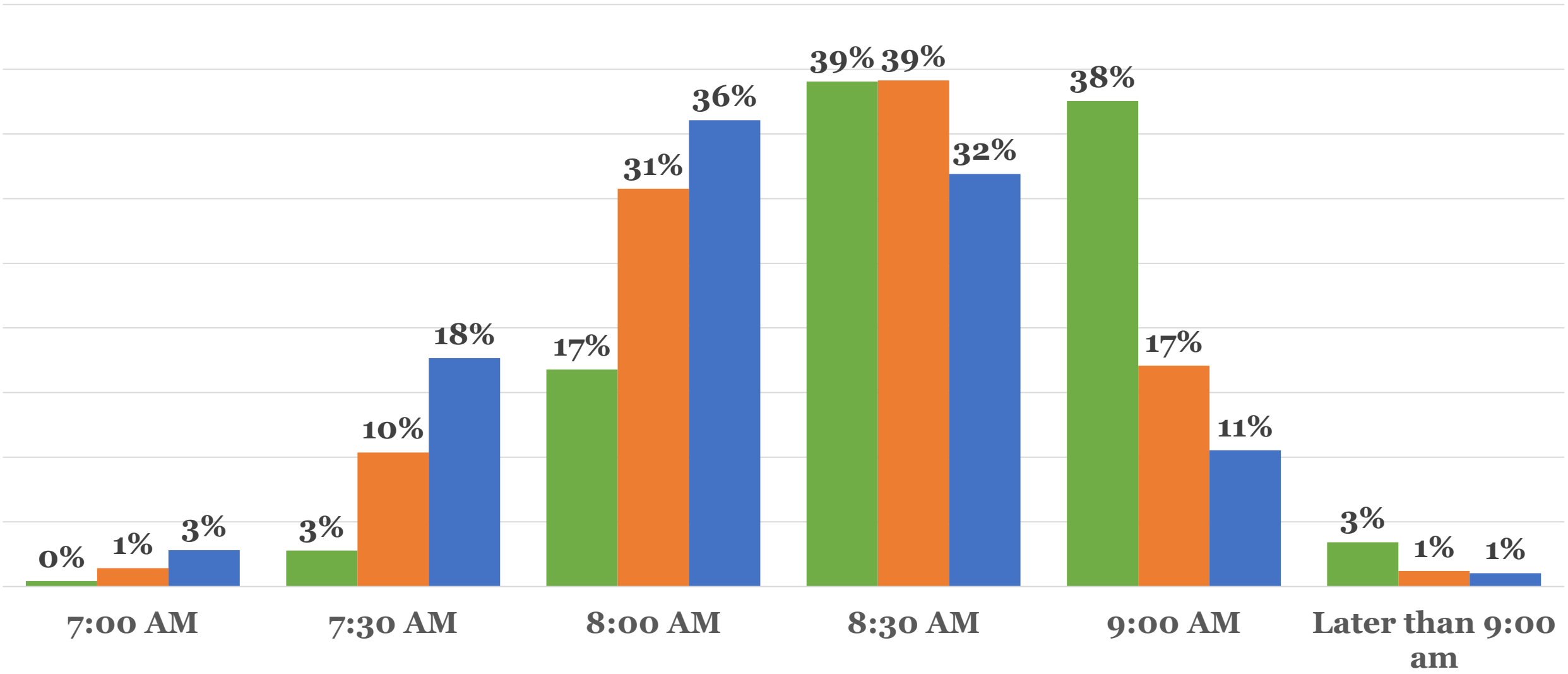
■ High ■ Middle ■ Elementary





# Ideally, when would be the best time for your child for school to start?

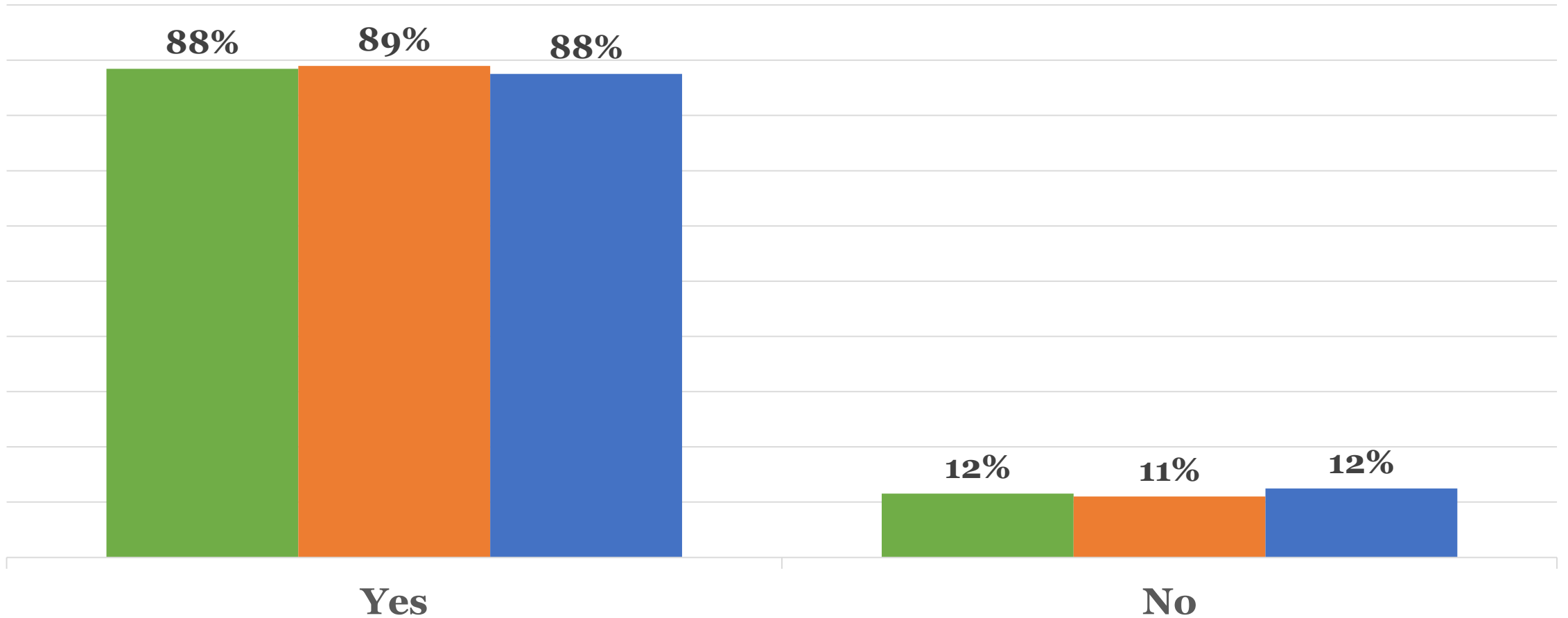
■ Elementary ■ Middle ■ High





# Does your child engage in organized sports or extra curricular activities?

■ Elementary ■ Middle ■ High

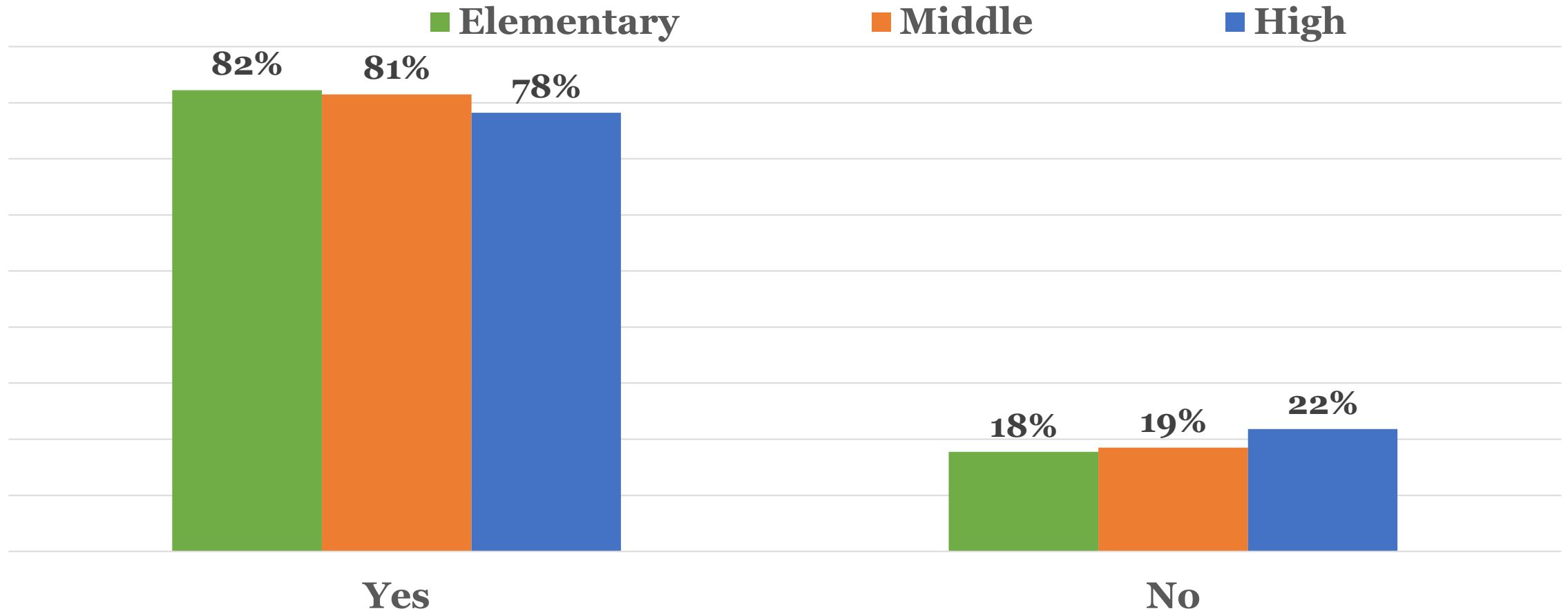






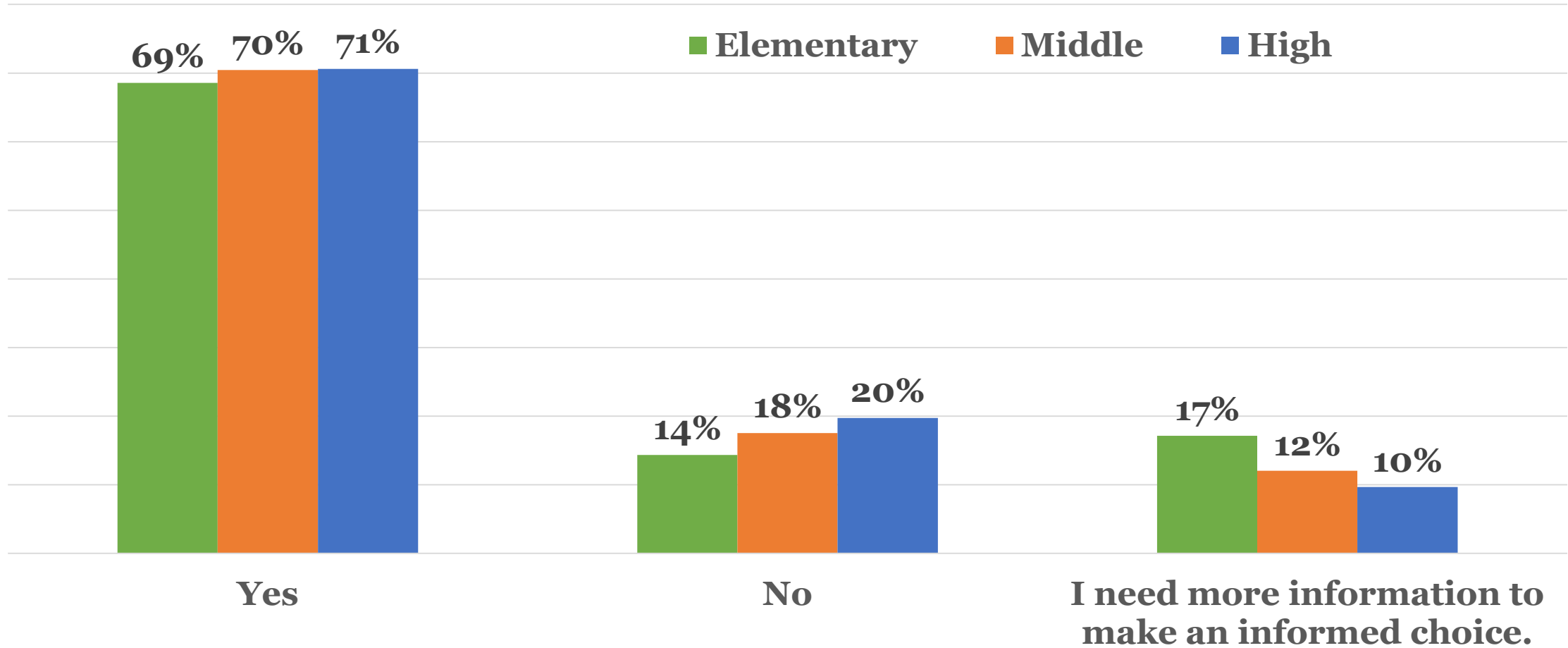
Research shows that because of the unique circadian rhythms of teens, they need 8 to 11 hours of sleep to be fully rested. For a teenager, waking up at 6 a.m. is like an adult waking up at 4 a.m. Research also shows that a lack of sleep creates a lot of stress.

## Knowing this, do you support later start times, despite any concerns you may have?





# Should the West Chester Area School District consider starting school later for secondary students?





## Parents provided additional comments about the subject

- **Most parent responses were supportive of the later start times.**
- **Some parents were concerned that the students would not use the additional time to get more sleep.**



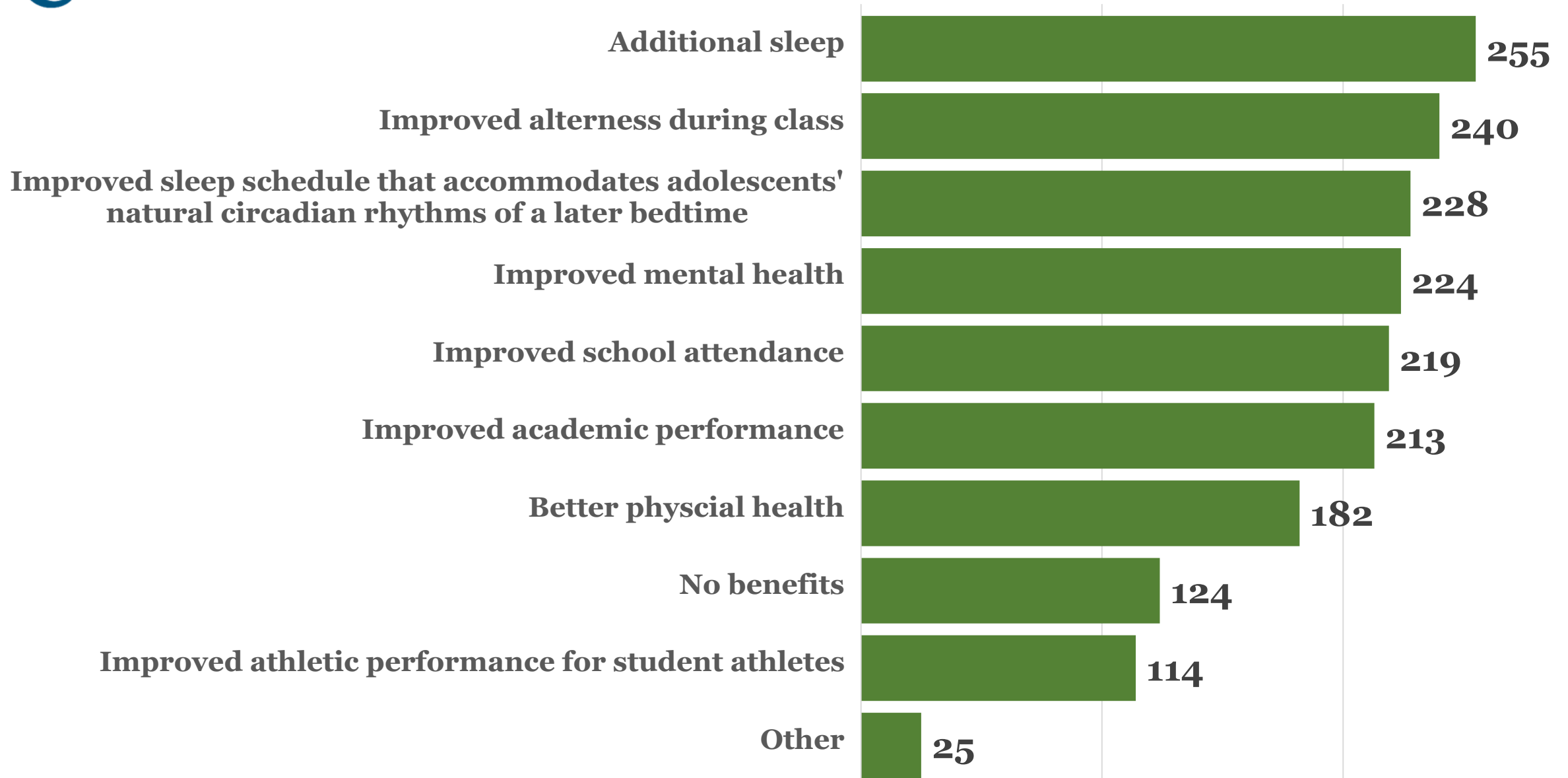
# Start Time Task Force

Staff Survey Results

460 respondents

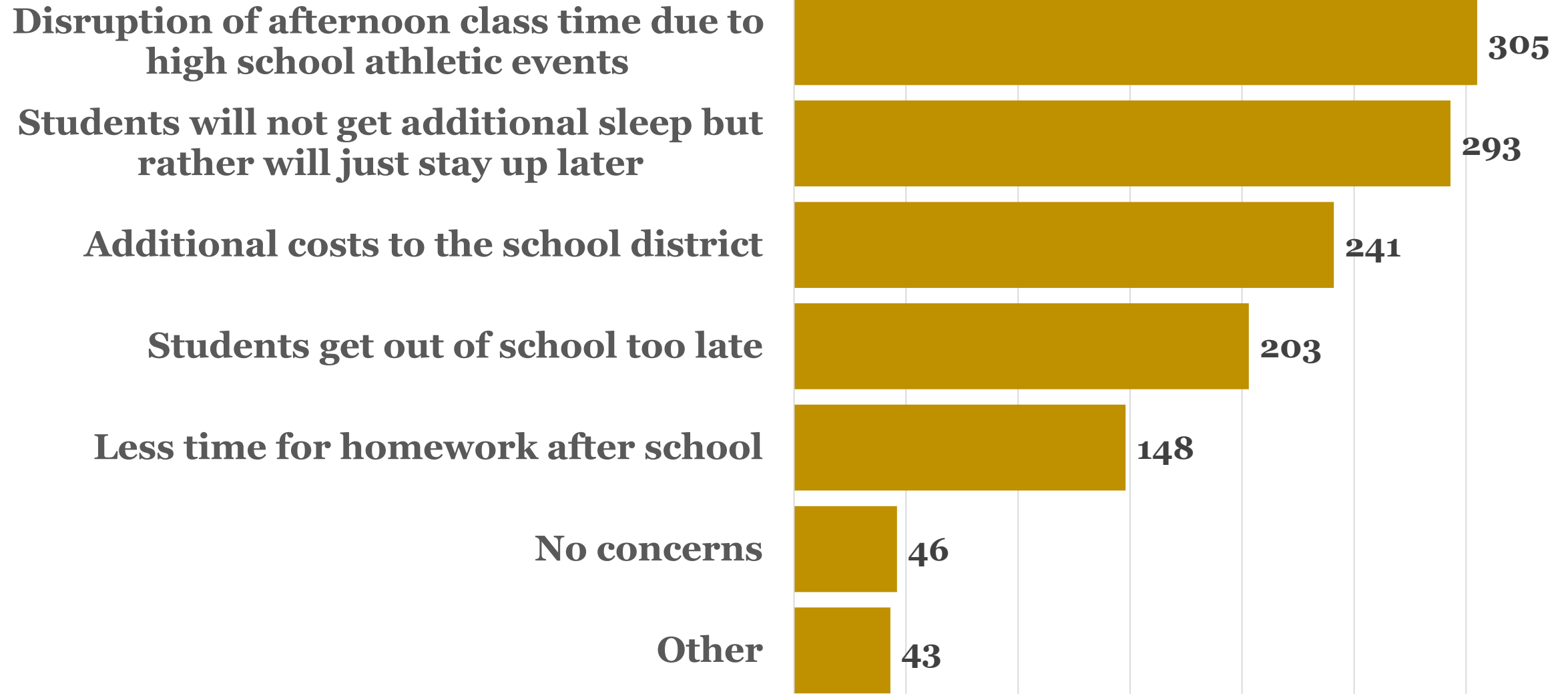


# Possible Benefits of Later Start Times:

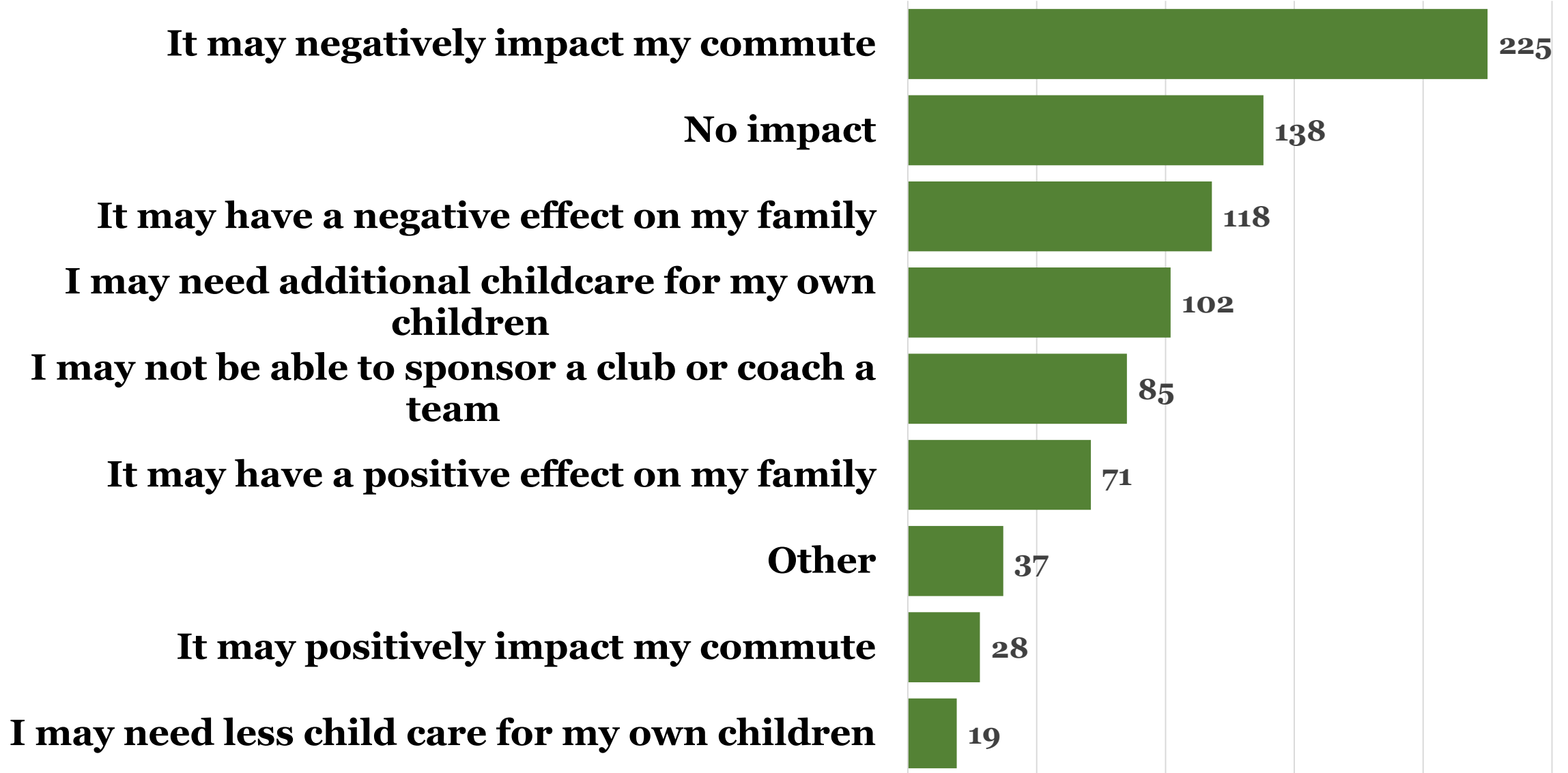




# Possible Challenges of Later Start Times:

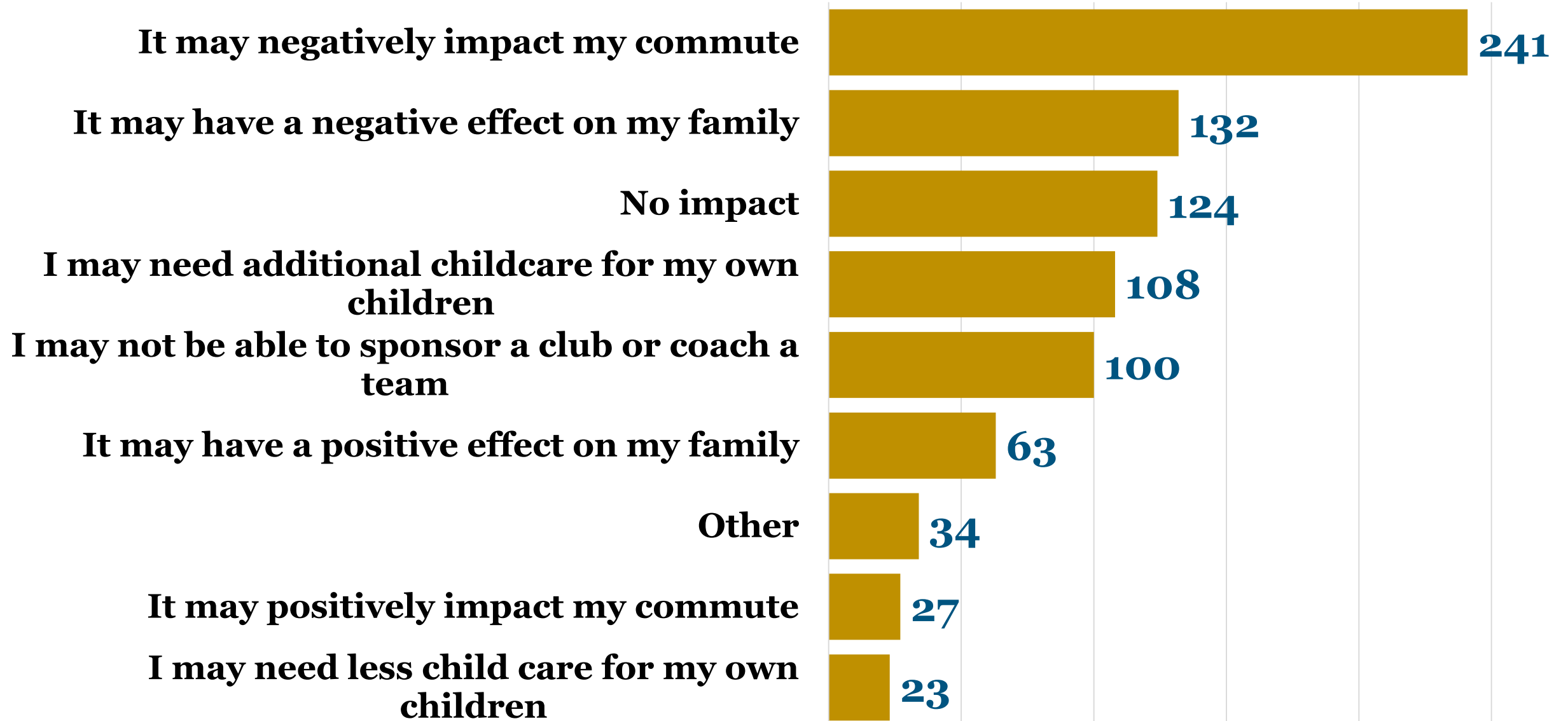


# WC Potential Impact of 8:15 am start time on you:





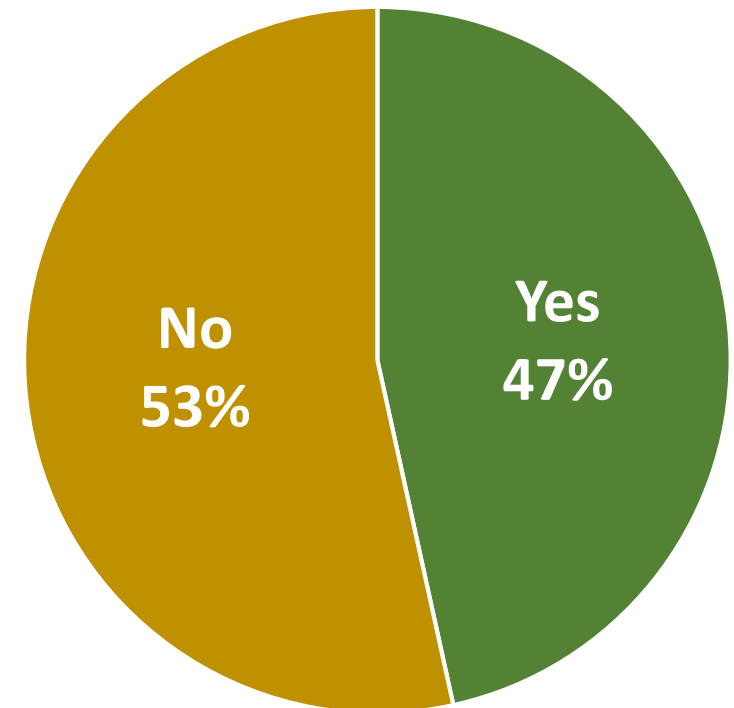
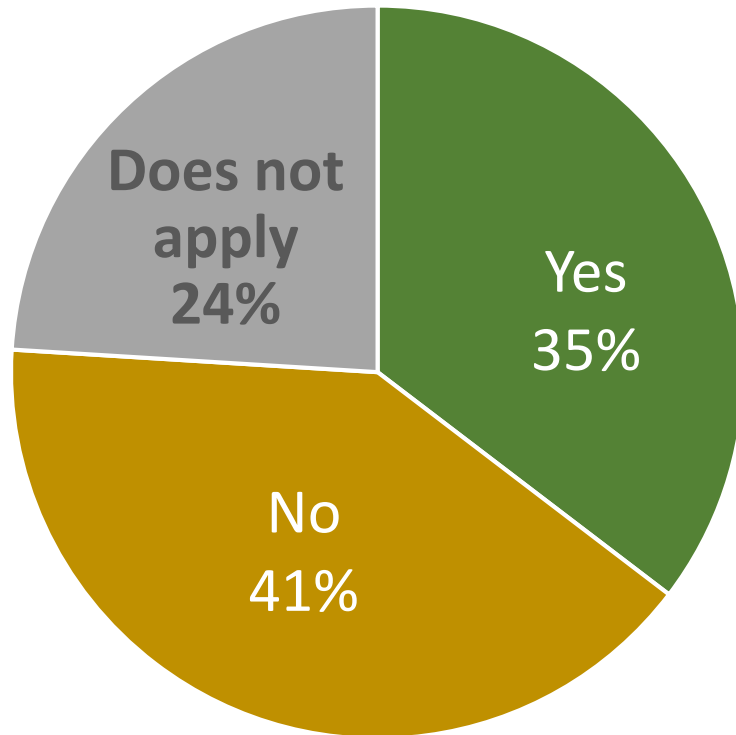
# Potential impact of 8:30 am start time on you:





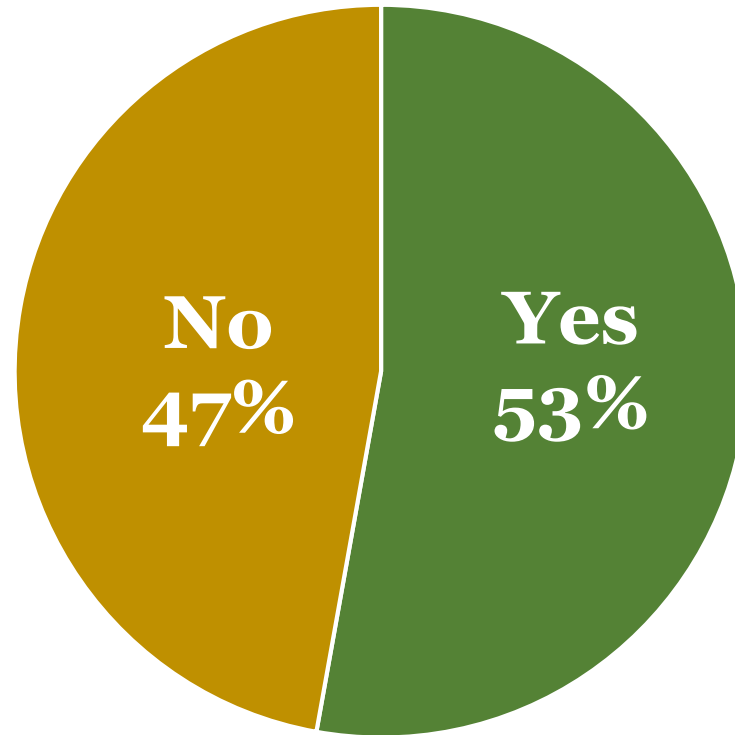
# WC If you work in a classroom, during the last month, have you noticed your students struggling to stay awake (fought sleep) or fallen asleep?

## Classroom staff noticed students sleepiness:





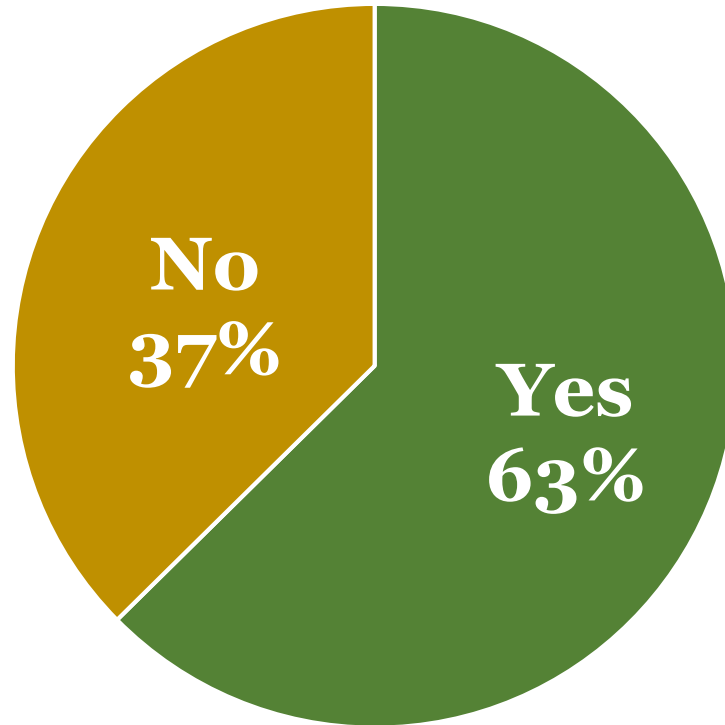
## Do you feel that student sleepiness is a problem in our school?





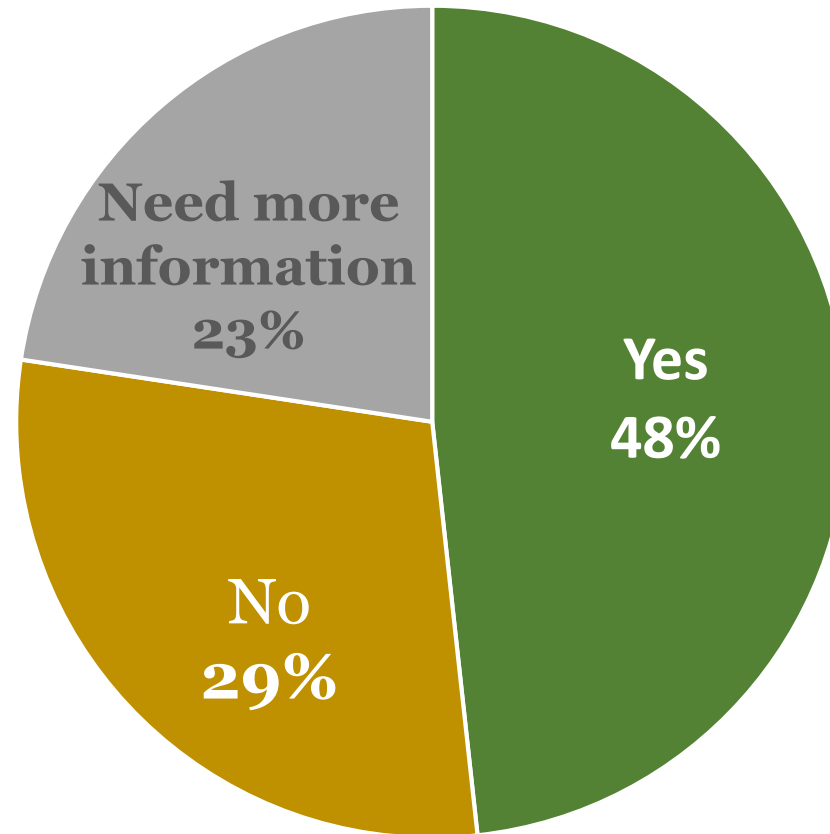
Research shows that because of the unique circadian rhythms of teens, they need 8 to 11 hours of sleep to be fully rested. For a teenager, waking up at 6 a.m. is like an adult waking up at 4 a.m. Research also shows that a lack of sleep creates a lot of stress.

**Knowing this, do you support later start times, despite any concerns you may have?**





## Should the WCASD consider starting school later for secondary students?





## **Staff members provided additional comments about the subject:**

- **Were split on whether late start times is a good idea**
- **Were curious about how a change would affect their own schedule**



# Timeline

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Thursday, October 3 - 6:30 p.m. - Committees meet

Wednesday, October 23 - 6:30 p.m. - Committees meet

Monday, November 11 - Update to Board Education Committee

Wednesday, November 20 - 6:30 p.m. - Committees meet

Wednesday, December 4 - 6:30 p.m. - Committees meet

Wednesday, January 8, 2020 - 6:30 p.m. - Committees meet

February, 2020 - Administration prepares final report

Monday, March 9, 2020 - final report presented to Board Education Committee

Monday, March 23 (tentative), 2020 - presentation to school board



# Progress Report

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## Summer 2019

- Committees met twice to discuss research and purpose
- Developed impact statements and possible ways to address any negative impact
- Presentation by [Wendy Troxell](#) -Rand Clinical Psychologist with an expertise in sleep research



# Progress Report

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## **Impact on students - Questions to address:**

- How does each scenario impact students?
- Will students get additional sleep?
- Should we look at the impact of the Fugett schedule since they start 35 minutes earlier than Peirce and Stetson?
- Will students be less likely to participate in sports because they will get out of school later?
- Will all students benefit from the various scenarios?
- How will students manage their extra time to capture the extra sleep?
- Will high school students be able to work after school if they are in school later?
- Is there a benefit to not changing the middle school time since the impact appears to be primarily for high school teens?





# Progress Report

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## **Impact on parents - Questions to address:**

- How does each scenario impact parent work schedules?
- How will each scenario impact the need for daycare?
- Should we generate FAQ's for parents?
- Can we provide research on later starting times on parenting?
- Can we educate parents on the impact social media has on sleep?
- Will parents need to reconsider childcare expenses?
- Parents and community members will need to consider tax implications versus student and community benefits.
- Will inclement weather days have less of an impact on schedules?



# Progress Report

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## **Impact on staff - Questions to address:**

- How does this impact their families? Are they comfortable with the change? Will this impact their stress levels in the classroom and schools?
- Will there be additional expense to teachers in the form of childcare? What about commuting patterns?
- Do we need to consider custodian schedules?
- Would scheduling changes and/or a smarter bell schedule make the actual contractual day much different?
- Are there other contractual implications?
- Are there advantages to meeting students who need additional help before school instead of after school? Will this shift help accommodate parents who need morning meetings?
- What is impact to afterschool sports for coaches' schedules?



## Next Steps

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**Thursday October 3** - Start Time Task Force Committee meets

**Wednesday October 23** - Start Time Task Force Committee meets

**October, November** - Transportation Impact Committee to conduct traffic analysis

**Monday November 11** - Update to Board Education Committee

Send comments to: [starttimes@wcasd.net](mailto:starttimes@wcasd.net)