

School Start Time Committee Meeting Minutes

October 22, 2015

Attendees: Deirdre d'Albertis, Diane Lyons, Laura Schulkind, Joe Phelan, Tom Burnell

Community Engagement Timeline:

- 10/27 - Approval of draft statement to community regarding investigation of School Start Time (see attached)
- 10/30 - Approved statement emailed to Parents, Students (via district email), Teachers, Staff
- 11/3 - Short survey delivered electronically to parents, paper survey delivered to BMS/RHS students
- 11/10 - Committee begins collating survey results and provides brief update to BoE
- early December - meet with teachers to present findings and gather feedback
- 12/8 - Public Presentation begins at 6:30 in BMS/RHS Library
- 12/9 - Second Survey delivered to gather opinion of parents, students, teachers, staff based on 12/8 Presentation
- early January - additional Public Presentation for further community input

Parent Survey (surveys will be anonymous):

This survey will be sent out to all parents via SchoolMessenger. The committee discussed sending out a robo-call in advance to alert parents that an email survey would be sent on November 3 with a response deadline of 11/9. The survey will be created on Survey Monkey to tabulate answers in real time.

1. How many hours of sleep do your children get on a school night? (options to answer for multiple children with student age listed)
2. Is it sufficient? (options to answer for multiple children with student age listed)
3. Comment Field
4. Are you aware that Rhinebeck Central School District is investigating a change to the school start time?
5. Would you support the idea of a later school start time?
6. Comment Field

Student Survey (surveys will be anonymous):

This survey will be administered in class on paper to BMS/RHS students.

1. What time do you get up in the morning on school days?
2. What time do you go to sleep in the evening on school days?
3. Do you feel you get enough sleep?
4. How do you feel first period? Awake, Tired, Exhausted
5. Do you believe your school experience would benefit from a later school start time?
6. Would you support the idea of a later school start time?
7. Student's grade

December 8 Public Presentation

The committee discussed the format of the December 8 Public Presentation. Our approach is to inform the community about the work we have done to date. We are not taking a position on our options but simply presenting our findings. Based on our presentation, the community may have additional questions that we have not addressed. The committee members will collect all questions from the audience and have comment cards available to gather additional feedback. We are hoping the AV Club will be available to tape this meeting in a more dynamic fashion.

The committee will make the presentation using a Power Point format which will be available on the website after the meeting. It will include the scientific research, review the 4 options the committee explored and the steps we followed to gather information. It will also include an outline identifying what the changes will mean to all curricular and co-curricular activities.

After the December presentation, we will send an additional, brief survey to parents and students asking for feedback regarding their opinion of changing the school start time. Questions for those surveys will be developed prior to the December meeting.

Upcoming Agendas:

11/10 - begin compiling and reviewing survey data

11/19 - edit and finalize presentation for 12/9 meeting

Respectfully Submitted: Laura Schulkind

To: Students, Teachers, Staff, and Parents in the Rhinebeck Central School District

From: The Rhinebeck Board of Education

Date: October 30, 2015

RE: School Start Time

Over a year ago, an ad hoc committee was formed to research the possibility of changing school start time in Rhinebeck and what effects, both positive and negative, would be inherent in such a change. The committee was charged with researching and making a recommendation to the full Board and was instructed by the Board to keep any recommendation cost neutral.

Why? Researchers have realized for some time that teenagers require 8.5 to 9.5 hours of sleep each night, yet the national conversation about the importance of rethinking school start time has become more insistent, particular, and conclusive in the past two years. In August 2015, the Centers for Disease Control and Prevention, following recommendations made the year before by the American Academy of Pediatrics, declared insufficient sleep among adolescents to be a public health concern best addressed by adopting later school start times. Although the CDC suggests an ideal start time of 8:30 AM, many districts are unable to adopt such a radical shift in scheduling for a host of valid reasons. The good news is that studies have shown that delaying start time *by as little as half an hour* provides real health and wellness benefits for young people, improving sleep, motivation, and class attendance while reducing daytime drowsiness, depression, and caffeine use.

What? The committee has come to the conclusion that a slight shift to a later time is the best possibility for our district and would like to continue to pursue this option. This would mean shifting the BMS/RHS schedule 30 minutes later and CLS roughly 15 minutes later. BMS/RHS would adopt an 8am start time and 2:46 end time and CLS a 9:10 start time and 3:40 end time. A pilot of this plan could start as soon as September 2016.

How? At the December 8th BOE meeting the committee will outline information gathered to this point. All interested community members are encouraged to attend this session, scheduled to begin at 6:30 PM. A video clip of the presentation and discussion will be made available to the public through the district website. Additional feedback will be gathered through the use of surveys to parents, staff, and students. Members of the School Start Time committee welcome any and all feedback:

- Deirdre d'Albertis Deirdre.dAlbertis@rhinebeck.csd.org
- Diane Lyons Diane.Lyons@rhinebeckcsd.org
- Laura Schulkind Laura.Schulkind@rhinebeck.csd.org

For more information see:

<http://www.cdc.gov/mmwr/pdf/wk/mm6430.pdf>

<http://pediatrics.aappublications.org/content/early/2014/08/19/peds.2014-1697>

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2820578/>

<http://www.ncbi.nlm.nih.gov/pubmed/24336089>

<http://www.ncbi.nlm.nih.gov/pubmed/20603459>

4.2.2

Tax Levy Limit Projection

for 2016-17 Budget as of October 22, 2015

	Factors	Calculations
Prior Year Tax Levy	\$26,534,234	
multiply	x	
Tax Base Growth Factor (4 year average)	0.53%	\$26,675,529
add	+	
Payments in Lieu of Taxes Receivable during prior year	\$17,035	\$26,692,564
subtract	-	
Taxes levied for exemptions during prior year (not ERS & TRS)	\$1,148,511	\$25,544,053
equals	=	
Adjusted Prior Year Tax Levy		\$25,544,053
multiply		
Allowable levy growth factor (lesser of 2% or CPI)	0.31%	\$25,623,240
less	-	
Payments in Lieu of Taxes Receivable in the coming year	\$17,887	\$25,605,353
add	+	
Available Carryover, if any	\$0	\$25,605,353
equals	=	
Tax Levy Limit		<u>\$25,605,353</u>

Total Levy to Support Proposed Budget

for 2016-17 Budget as of October 22, 2015

Tax Levy Limit		\$25,605,353	
add			+
Coming School Year Exemptions			
Capital Tax Levy	\$0		
Capital Local Expenditures	\$1,148,451		
Court Orders & Judgments	\$0		
ERS Pension Exemption	\$0		
TRS Pension Exemption	<u>\$0</u>	\$1,148,451	
equals			=
Maximum Allowable Levy		<u>\$26,753,804</u>	
Other Information			
Prior Year Tax Levy		\$26,534,234	
Additional Tax Levy requiring simple majority		\$219,569	0.83%

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Property Tax Cap

Inflation and Allowable Levy Growth Factors

Inflation Factors and Allowable Levy Growth Factors by Fiscal Year

Fiscal Year	Fiscal Years Beginning									
	2012		2013		2014		2015		2016	
	Inflation Factor	Allowable Levy Growth Factor	Inflation Factor	Allowable Levy Growth Factor	Inflation Factor	Allowable Levy Growth Factor	Inflation Factor	Allowable Levy Growth Factor	Inflation Factor	Allowable Levy Growth Factor
Jan 1 - Dec 31	2.01%	1.0200	2.93%	1.0200	1.66%	1.0166	1.56%	1.0156	0.73%	1.0073
Mar 1 - Feb 28	2.43%	1.0200	2.57%	1.0200	1.70%	1.0170	1.58%	1.0158	0.45%	1.0045
Apr 1 - Mar 31	2.65%	1.0200	2.42%	1.0200	1.63%	1.0163	1.62%	1.0162	0.31%	1.0031
Jun 1 - May 31	3.04%	1.0200	2.17%	1.0200	1.48%	1.0148	1.68%	1.0168		
Jul 1 - Jun 30	3.16%	1.0200	2.07%	1.0200	1.46%	1.0146	1.62%	1.0162		
Aug 1 - Jul 31	3.26%	1.0200	1.96%	1.0196	1.46%	1.0146	1.48%	1.0148		
Oct 1 - Sep 30	3.32%	1.0200	1.79%	1.0179	1.40%	1.0140	1.25%	1.0125		

As defined in law, the allowable levy growth factor is the lesser of one plus the inflation factor or one and two-one-hundredths of a percent. Since July 31, 2013 the inflation factor has been less than 2 percent, therefore the allowable levy growth factor has been equal to one plus the inflation factor.



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