



Rhinebeck Central School District

School Start Time Discussion

RCSD Board of Education Ad Hoc Committee
December 8, 2015



Why are we exploring this issue now?

Over the last decade, the medical and scientific communities have become increasingly aware of what the **National Sleep Foundation** describes as "a widespread chronic health problem" among adolescents: sleep deprivation.



Why are we exploring this issue now?

Teens need more sleep than adults do. On average, experts say, they should be sleeping 8.5 to 9.5 hours a night.



Why are we exploring this issue now?

In 2014, the **American Academy of Pediatrics (AAP)** made an official recommendation: schools should align schedules "to the biological sleep rhythms of adolescents, whose sleep-wake cycles begin to shift up to two hours later at the start of puberty."



Why are we exploring this issue now?

Researchers agree: changes in sleep patterns make it difficult for students to fall asleep before 11 PM.

Adolescent sleep phase delay has been documented and studied not only in North America, but also around the globe.



Why are we exploring this issue now?

This summer (August 2015), the **Centers for Disease Control** declared insufficient sleep for adolescents to be **a public health concern best addressed by adopting later school start times.**



What are our Parameters?

- Any recommendation must be **Cost Neutral**
- **Maintain** all extra and co-curricular programs for all students.
- **Pilot** any recommendation for one year and assess effects throughout the year.



How did we research the options?

Dutchess County Bell Schedule

School District	Start/End Time	Class Periods	Length	Passing
Wappingers	7:17-1:42	8	43m	5
Dover	7:25-2:00	8	46m	3
Spackenkill	7:28-2:04	9	41m	3
Arlington	7:30-2:10	8	45m	5
Webutuck	7:30-2:12	9	42m	3
Pine Plains	7:30-2:15	9	41m	4
Rhinebeck	7:30-2:16	9	41m	4
Hyde Park	7:35-2:07	8	45m	4
Millbrook	7:35-2:09	9	41m	3
Red Hook	7:45-2:11	9	39m	3
Poughkeepsie	7:45-2:40	9	42m	4



How did we research the options?

Ulster County Bell Schedule

School District	Start/End Time	Class Periods	Length	Passing
Highland	7:40-2:17	8	47m	3
Onteora	7:40-2:35	9	42m	4
Marlboro	7:42-2:32	8	45m	3
Saugerties	7:45-2:08	8	43m	4
Walkkill	7:49-2:21	9	40m	4
Ellenville	7:50-2:34	8	47m	4
Kingston	7:50-3:00	9	42m	5
Rondout Valley	7:55-2:22	9	40m	4
New Paltz	8:00-2:20	5	82m	5
Coleman	8:00-2:35	9	41m	3



How did we research the options?

Before and After School Club Participation

CLS

Enrollment: 444

Extracurricular Participation
@ 350

* Extracurriculars include Before School Enrichment, Young Rhinebeck, Flying Colors, PTSO Electives

BMS

Enrollment: 249

# Clubs	Participation
9	@ 90 [†]

[†]Students can participate in multiple clubs. Participation represents total students based on average attendance.

RHS

Enrollment: 405

# Clubs	Participation
23	@ 250 [†]

[†]Students can participate in multiple clubs. Participation represents total students based on average attendance.



How did we research the options?

Athletic Participation - Grades 7-12

	2013-14			2014-15			2015-16		
	Male	Female	Total	Male	Female	Total	Male	Female	Total
Total Athletes - Fall	95	140	235	91	136	227	110	143	253
% Student Body Gr 7-12	34%	49%	41%	31%	48%	39%	37%	51%	46%
Total Athletes - Winter	42	40	82	55	34	89	48	36	84
% Student Body Gr 7-12	15%	14%	14%	19%	12%	15%	16%	13%	15%
Total Athletes - Spring	84	152	236	136	75	211	-	-	-
% Student Body Gr 7-12	30%	53%	41%	47%	27%	37%	-	-	-



How did we research the options?

Discussions with Stakeholders

- CLS, BMS, RHS Principals
- Athletic Director
- Business Office
- Teachers
- Parents
- Students
- RCSD Health & Wellness Committee
- CLS, BMS & RHS BLPTs
- National Research: American Academy of Pediatrics
Centers for Disease Control
National Sleep Foundation



What are the Possibilities?

- Single Trip All Students K-12
- “Flip-Flop” BMS/RHS & CLS
- “Flip-Flop and Shift” BMS/RHS & CLS
- Shift BMS/RHS 30m & CLS 5-7m
- Maintain current start and end times



What are the Possibilities?

Single Trip All Students K-12



What are the Possibilities?

Single Trip all students K-12

How would we do it?

- All students K-12 would ride on the same bus at the same time.
- BMS/RHS students would arrive at the secondary school for @ 8am start.
- CLS students would arrive at the elementary school for @ 8:15am start.



What are the Possibilities?

Single Trip all students K-12

What would the effect be on the BMS/RHS schedule?

- First period at BMS/RHS would begin @ 8:00am.
- Ninth period would end @ 2:46pm.
- BMS/RHS bus students would depart @ 2:56pm
- After-school Clubs and Extra Help would meet until @ 3:40.
- Athletic buses would depart @ 3:00pm
- After school bus would depart @ 3:46pm



What are the Possibilities?

Single Trip all students K-12

What would the effect be on the CLS schedule?

- Classes at CLS would begin @ 8:15am.
- Final classes at CLS would end @ 2:35pm.
- CLS bus students would depart @ 2:45pm.



What are the Possibilities?

Single Trip all students K-12

What would it cost?

- A total of 22 buses would be required for the home-to-school runs (10 buses more than are currently used).
- Estimated additional cost for 10 extra busses would be between \$372k - \$622k
- Estimated additional cost for Bus Monitors would be between \$241k - \$485k



What are the Possibilities?

Single Trip all students K-12

Pros	Cons
<p>“Single” start and end time for all students.</p>	<p>Additional Total Cost: approx. \$613k-\$1.1m</p>
<p>All clubs and After-school help maintained.</p>	<p>National bus driver shortage. This option may not be feasible from a personnel stand point</p>
<p>CLS students begin day earlier, aligning with their sleep patterns.</p>	<p>No before school enrichment transportation for CLS students.</p>



What are the Possibilities?

“Flip-Flop” BMS/RHS and CLS start times



What are the Possibilities?

“Flip-Flop” BMS/RHS & CLS

How would we do it?

- All CLS students would ride the first bus run of the day.
- CLS students would arrive at the elementary school for @ 7:30am start.
- All BMS/RHS students would ride the second bus run of the day.
- BMS/RHS students would arrive at the secondary school for @ 8:55am start.
- BMS/RHS passing time would decrease to 3 minutes (from 4).



What are the Possibilities?

“Flip-Flop” BMS/RHS & CLS

What would the effect be on the CLS schedule?

- Classes at CLS would begin @ 7:30am.
- Final classes at CLS would end @ 1:50pm.
- CLS bus students would depart @ 2:05pm.



What are the Possibilities?

“Flip-Flop” BMS/RHS & CLS

What would the effect be on the BMS/RHS schedule?

- First period at BMS/RHS would begin @ 8:55am.
- Ninth period would end @ 3:41pm.
- BMS/RHS bus students would depart @ 3:51pm
- After-school Clubs and Extra Help would meet until @ 4:41pm.
- Athletic buses would depart @ 3:56pm
- After school bus would depart @ 4:50pm



What are the Possibilities?

“Flip-Flop” BMS/RHS & CLS

What would it cost?

- Approximately 4 “After-school” buses would be required for students who stay late.
- Estimated additional cost would be between \$21k - \$29k



What are the Possibilities?

“Flip-Flop” BMS/RHS & CLS

Pros	Cons
Elementary and Secondary students would begin classes at the hours when they are most awake.	Additional Cost: Approx: \$21k - \$29k
	Athletes at away games would have to leave early thus missing instructional time.



What are the Possibilities?

**“Flip-Flop” BMS/RHS and CLS
start times and
“Shift” CLS earlier in the morning**



What are the Possibilities?

“Flip-Flop & Shift” BMS/RHS & CLS

How would we do it?

- All CLS students would ride the first bus run of the day.
- CLS students would arrive at the elementary school for @ 7:00am start.
- All BMS/RHS students would ride the second bus run.
- BMS/RHS students would arrive at the secondary school for @ 8:15am start.
- BMS/RHS passing time would decrease to 3 minutes (from 4).



What are the Possibilities?

“Flip-Flop & Shift” BMS/RHS & CLS

What would the effect be on the CLS schedule?

- First period at CLS would begin @ 7:00am.
- Final classes at CLS would end @ 1:20pm.
- CLS bus students would depart @ 1:35pm.



What are the Possibilities?

“Flip-Flop & Shift” BMS/RHS & CLS

What would the effect be on the BMS/RHS schedule?

- First period at BMS/RHS would begin @ 8:15am.
- Ninth period would end @ 2:53pm.
- BMS/RHS bus students would depart @ 3:03pm.
- After-school Clubs and Extra Help would meet until @ 3:53pm.
- Athletic busses would depart @ 3:00.
- After-school busses would depart @ 4:00pm



What are the Possibilities?

“Flip-Flop & Shift” BMS/RHS & CLS

What would it cost?

- Approximately 4 “After-school” buses would be required for students who stay late.
- Estimated additional cost would be between \$21k - \$29k



What are the Possibilities?

“Flip-Flop & Shift” BMS/RHS & CLS

Pros	Cons
School schedule would mirror the sleep cycles for ALL students	Additional Cost: Approx: \$21k-\$29k
CLS early start would optimize younger students’ learning time	No before school enrichment transportation for CLS students
BMS/RHS students would gain additional sleep time optimizing adolescent learning time	CLS electives MAY be affected



What are the Possibilities?

**Shift BMS/RHS Start time
30 minutes later -
Shift CLS Start time
5-7 minutes later**



What are the Possibilities?

Shift BMS/RHS 30m and CLS 5-7m Later

How would we do it?

- All BMS/RHS students would ride the first bus run.
- BMS/RHS students would arrive at the secondary school for @ 8am start.
- All CLS students would ride the second bus run.
- CLS students would arrive at the elementary school for @ 9:02am start.
- BMS/RHS passing time would decrease to 3 minutes (from 4).



What are the Possibilities?

Shift BMS/RHS 30m and CLS 5-7m Later

What would the effect be on the BMS/RHS schedule?

- First period at BMS/RHS would begin @ 8:00am.
- Ninth period would end @ 2:46pm.
- BMS/RHS bus students would depart @ 2:56pm
- After-school Clubs and Extra Help would meet until @ 3:30pm.
- Athletic buses would depart @ 3:00pm
- After school bus would depart from CLS @ 3:45pm



What are the Possibilities?

Shift BMS/RHS 30m and CLS 5-7m Later

What would the effect be on the CLS schedule?

- Classes at CLS would begin @ 9:02am.
- Final classes at CLS would end @ 3:22pm.
- CLS bus students would depart @ 3:37pm.
- Before school programs would begin @ 8:15am.



What are the Possibilities?

Shift BMS/RHS 30m and CLS 5-7m Later

What would it cost?

- There are no additional costs



What are the Possibilities?

Shift BMS/RHS 30m and CLS 5-7m Later

Pros	Cons
<p>BMS/RHS students would gain 30 minutes extra sleep improving health and wellness.</p>	<p>CLS students would be pushed slightly (5-7 minutes) later in the day.</p>
<p>CLS Early morning programs would not be affected.</p>	<p>BMS/RHS Club meeting time potentially shortened for bus departure at 3pm.</p>
<p>BMS first period lunch would push to 11:00 from 10:30</p>	



What are the Possibilities?

Maintain current school start and end times.



What are the Possibilities?

Maintain current start and end times

How do we do it currently?

- All BMS/RHS students ride the first bus run.
- BMS/RHS students arrive at the secondary school for a 7:30am start.
- All CLS students ride the second bus run.
- CLS students arrive at the elementary school for an 8:55am start.



What are the Possibilities?

Maintain current start and end times

What is the current BMS/RHS schedule?

- First period at BMS/RHS begins at 7:30am.
- Ninth period ends at 2:16pm.
- BMS/RHS bus students departs at 2:26pm
- After-school Clubs and Extra help meets until 3:00pm.
- Athletic buses depart at 2:45pm
- After school bus departs from CLS at 3:30pm



What are the Possibilities?

Maintain current start and end times

What is the current CLS schedule?

- Classes at CLS begin at 8:55am.
- Final classes at CLS end at 3:15pm.
- CLS bus students depart at 3:30pm.
- Before school programs begin at 8:00am.



What are the Possibilities?

Maintain current start and end times

What would it cost?

- There are no additional costs



What are the Possibilities?

Maintain current start and end times

Pros	Cons
It's easy	Adolescents do not gain additional sleep time.



What does our Community Say?

Parent Survey Results

Total Response	% Total Possible Response	Average Response per Grade: K-12	Positive Impact on Students	Negative Impact on Students	Undecided
335	51.5%	50.7%	66%	21%	13%



What does our Community Say?

Teacher Survey Results

Total Response BMS/RHS	% Total Possible	Positive Impact*	Negligible Impact*	Negative Impact*
39	56%	44%	50%	6%

* Impact as it relates to students in teachers' buildings

Total Response CLS Teachers	% Total Possible	Positive Impact*	Negligible Impact*	Negative Impact*
32	68%	0%	28%	72%

* Impact as it relates to students in teachers' building



What does our Community Say?

Student Survey Results - Grades 6-12

Total Response BMS	% Total Possible Respondents	Average Response per Grade	Positive Impact	Negligible Impact	Negative Impact
197	80%	80%	59%	6%	35%

Total Response RHS	% Total Possible Respondents	Average Response per Grade	Positive Impact	Negligible Impact	Negative Impact
310	70%	77%	71%	6%	23%



What does our Community Say?

Parent, Teacher, Student Survey Results - Recap

Parent - Grades K-12

% Total Response	Positive Impact on Students	Negligible Impact or Undecided	Negative Impact on Students
51.5%	66%	13%	21%

Teacher - BMS/RHS

% Total Response	Positive Impact on Students	Negligible Impact or Undecided	Negative Impact on Students
56%	44%	50%	6%

Teacher - CLS

% Total Response	Positive Impact on Students	Negligible Impact or Undecided	Negative Impact on Students
68%	0%	28%	72%

Student - Grades 6-12

% Total Response	Positive Impact on Students	Negligible Impact or Undecided	Negative Impact on Students
73%	66%	6%	28%



Public Comment