

**BOARD OF EDUCATION
APRIL 29, 2009
SPECIAL BOARD MEETING
4:30 P.M.
TOPIC: DAY SCHEDULE**

JDHS LIBRARY

**AGENDA
(UNADOPTED)**

- 1.0 Call to Order
- 2.0 Flag Salute
- 3.0 Roll Call
- 4.0 Approval of Agenda
- 5.0 Opportunity for Public Comment on Items other than Day Schedule
(Limited to a total of 10 minutes with no more than 2 minutes for any individual.)
- 6.0 Proposed Day Schedule Changes (First Reading)
- 7.0 Superintendent's Report
- 8.0 Committee Reports - None
- 9.0 Adjournment

Board Members:

**Mark Choate, President; Andi Story, Vice President; Destiny Sargeant, Clerk
JoAnne Bell-Graves; Phyllis Carlson; Ed Flanagan; Sally Saddler
Email the Board at: schoolboard@ci.juneau.ak.us**

CITY AND BOROUGH OF JUNEAU SCHOOL DISTRICT

BOARD AGENDA ITEM

DEPARTMENT _____ INFORMATION
OR
CLASSIFICATION INSTRUCTIONAL SERVICES X ACTION

TITLE: PROPOSED DAY SCHEDULE CHANGES

ISD GOAL:

Goal 1: Increase Student Achievement

Goal 3: Assure system wide structures that support achievement, inclusion, and graduation for all students

ISSUE SUMMARY:

The Juneau School District is considering a change in school start and end times beginning in the 2009-2010 school year. This would mean that elementary and middle schools would begin at 8:00 am and get out at 2:30 pm and high schools would begin at 9:15 am and end at 3:45 pm. The purpose is to increase instructional time at the high school level, respond to the science which clearly shows that adolescents perform better later in the day, and to take advantage of the natural readiness of elementary students to learn early in the day. This change would also align the elementary school start time more closely with the typical work day start time and allow for younger students to get out of school earlier in the day. The district needs the approval of the Board to implement such changes for the 2009-2010 school year.

RECOMMENDATION:

The Administrative Council, which is comprised of building principals and program managers within the Juneau School District, unanimously recommends the proposed time changes for approval by the Board of Education.

BACKGROUND:

Following several months of discussion amongst principals and teacher representatives of the Juneau Education Association about the day schedule (including a representative from First Student bus company), there is a consensus recommendation from all Juneau School District principals to change the start and end times of the daily school schedule.

This is about recapturing and maximizing instructional time. The changes are also designed to better accommodate the natural activity cycles of elementary students and high school students.

To gauge the support of the staff and the community, the District has been doing publicity, soliciting public comment and held a community forum on April 14, attended by about 80 people. The District has also compiled feedback provided via email and the website.

The Hellenthal and Associates' Juneau Public Opinion Research Survey will be completed on April 29, 2009. As of April 27, 2009, with 539 of 600 surveys of parents and guardians of Juneau public school students complete, the polling data show the following trend in support of the changes: for high school time changes 53.2% favor, 39.2% oppose, 7.6% don't know; middle school changes 59.1% in favor, 30.1% oppose and 10.8% don't know; and elementary school 64.6% favor, 26.5% oppose and 9% don't know.

It is important that a final reading be held during the May 5, 2009, regular meeting of the Board of Education. If a change is going to be adopted, principals will need to incorporate the changes into each building's schedule for the 2009-2010 school year and it is important that family notification take place before the end of the current school year.

Results of this change will be monitored using attendance information, classroom assessments, school discipline reports and student achievement measures.

PROS/CONS:

Through the public input process, arguments both in favor and opposed to these changes continue to be brought to the attention of the district. All community comments are provided to the Board of Education.

Pros:

Elementary principals support the change because elementary students come to school ready to learn and are more productive earlier in the day. Thus, later in the day, when they are tired, is a better time to transition to after-school childcare or other recreational activities.

High school principals support the change because it allows Juneau's high schools to re-capture lost instructional time. In addition, a day schedule change is key to facilitating a student advisory program and staff collaboration time at JDHS. Without these changes, Juneau-Douglas High School will start at 7:45 am next year.

Adolescent sleep research conducted over the past 25 years has demonstrated that hormonal changes in teens lead to a naturally later sleep and wake cycle. Teens also need more sleep (up to about 9 hours) than preadolescents and when their school start times are very early they don't get the sleep they require to function at their best. Reports indicate that with more sleep students do better in school, in extra-curricular activities and behind the wheel.

Later school start time has been linked to better attendance, a rise in actual sleep time, increased engagement, increased student achievement, reduced discipline referrals and a reduced number of teen car crashes.

Cons:

A number of concerns have been raised during this public process. The first issue is with the bus schedules. There have been concerns surrounding longer bus routes and mixed ridership of different ages on the same buses, both of which have now been mitigated. First Student bus company continues cooperate with administrators to address concerns.

There are concerns with this schedule for middle school students related to the sleep research for early teens and the possibility of increased unsupervised time after school. The district is working with First Student to explore additional bus schedule options and it may be possible to resolve these issues, preserving the current middle school day schedule of starting at 8:30 am and ending at 3:00 pm.

Family schedules could be impacted because older siblings would arrive home after younger siblings and be unable to provide afternoon supervision. Some families could see an increase in childcare costs.

The impact on family time together has also been reported by parents as a point of contention.

Polling at Juneau-Douglas High School and Thunder Mountain High School show a clear majority of students oppose the changes. Many of the students cite babysitting duties (for siblings or after school jobs), employment, and activities as major reasons for their opposition.

A Juneau Empire online poll published on Sunday, April 26 showed 57% of respondents against and 43% in support of the time change.

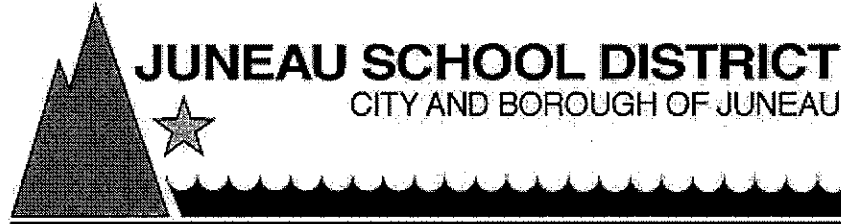
The community could see an impact relating to employment. After school jobs and internships with local businesses may be affected.

Activities issues will also arise with these changes. After-school practice, municipal recreational, and adult use of gyms would be pushed back by about 90 minutes.

Boys' basketball could be impacted with later evening practices or early morning practices which could result in a significant wait time between the end of practice and start of school. It will create a scheduling conflict for the swim team, which already has to schedule practice around a public use schedule. The JSD is working with CBJ to resolve field use for high school and youth recreational softball and baseball.

MOTION:

"I move that we accept the Proposed Day Schedule Changes as a first reading."



**Proposed Day Schedule Changes
FACT SHEET
April 2009**

- There is a **consensus recommendation** from all Juneau School District principals to change the start and end times of the daily school schedule. This is about recapturing and maximizing instructional time.
- The changes are designed to better accommodate the **natural activity cycles of elementary students and high school students**. The consensus is a result of four months of meetings amongst principals and teacher representatives of the Juneau Education Association.
- Elementary principals support the change because **elementary students come to school ready to learn** and are more productive earlier in the day. Thus, later in the day, when they are tired, is a better time to transition to after-school childcare or other recreational activities.
- High school principals support the change because it allows Juneau's high schools to **re-capture lost instructional time**. In addition, a day schedule change is key to facilitating a student advisory program and staff collaboration time at JDHS.
- Without these changes, **Juneau-Douglas High School will start at 7:45** am next year.
- **Adolescent sleep research conducted over the past 25 years** has demonstrated that hormonal changes in teens lead to a naturally later sleep and wake cycle. Teens also need more sleep (up to about 9 hours) than preadolescents and when their school start times are very early they don't get the sleep they require to function at their best. Reports indicate that with more sleep students do better in school, in extra-curricular activities and behind the wheel.
- Later school start time has been linked to better attendance, a rise in actual sleep time, increased engagement, **increased student achievement, reduced discipline referrals and a reduced number of teen car crashes**.

- The Juneau School District is served by one bus company. The schedule below is the **most affordable option** of several reviewed to achieve the proposed day schedule without adding costly buses or routes:
 - Auke Bay, Gastineau, Glacier Valley, Harborview, Riverbend and Mendenhall River Elementary Schools: 8:00 a.m. - 2:30 p.m.
 - Middle Schools: 8:00 a.m. - 2:30 p.m. (30 min. earlier than current status)
 - High Schools: 9:15 a.m. - 3:45 p.m.

- An earlier start time at the elementary level aligns more closely with the traditional **parent workday schedule**.

- According to FBI data reported by the National Sleep Foundation, violent activities, sex, recreational use of alcohol and drugs, and criminal and other **risky behaviors frequently occur between 2 p.m. and 4 p.m.**

- A later high school day **enhances the Juneau School District's ability to use a \$1.5 million five-year grant** to expand a selection of high school classes until 8:30 p.m. An evening program could particularly appeal to low income students who may be considering dropping out due to a day job, a graveyard shift job, or to students who have childcare duties during the day.

- Some students who ride certain buses to Harborview and Auke Bay, could **ride their buses about 20 minutes longer** – up to 50 minutes one way under the current proposal. However, this challenge could be mitigated by adding fleet, possibly at no net cost increase as it is anticipated that savings will result from the overall proposed bus changes.

- The time changes to the **middle school day schedule** in this proposal would be necessary in order to accommodate the bus schedule without adding fleet at considerable cost. There are concerns with this schedule for middle school students including contradicting the sleep research for this early teen group and the lack of after school care available for middle school and thus the increased unsupervised time this would create. The district is working with First Student to explore additional bus schedule options and it may be possible to resolve these issues, preserving the current middle school day schedule of starting at 8:30 am and ending at 3:00 pm.

- **RALLY costs for families could be impacted.** Families who pay for before-school RALLY may be able to avoid that cost. However, families who need additional child care after school due to an earlier release time may experience an increase in costs. RALLY honors childcare assistance.

- **Family schedules could be impacted** because older siblings would arrive home after younger siblings and be unable to provide afternoon supervision.

- **After-school practice**, municipal recreational, and adult use of gyms would be pushed back by about 90 minutes.
- **Later start times are reported to be manageable** for football, cross-country, track and field, girls basketball, soccer, and volleyball. Boys' basketball could be impacted with later evening practices or early morning practices which could result in a significant wait time between the end of practice and start of school. It will create a scheduling conflict for the swim team, which has to schedule practice around a public use schedule. The JSD is working with CBJ to resolve field use for high school and youth recreational softball and baseball.
- **Adult recreation would start about 90 minutes later** and end at 11 p.m. Depending on the activity and season, CBJ Parks and Recreation would adjust youth sports times, but they would occur between 5 p.m. and 9 p.m.
- There will be **additional recreational space available** next year with Harborview gym re-opening, with after-school district-supported rental time at Dimond Field House, the availability of the new TMHS turf field, as well as the two new gyms which came on line at TMHS this year. However, JSD will need to work with Dimond Field House managers to secure time past 5:00 pm.