

School Start Times

BT Connect Meeting

March 5, 2020

Where Have We Been?

From BT Connect Meeting on January 13, 2020:

- [PPT Presentation -Sleep or Not to Sleep - What is the Real Question?, Matthew J. Speesler, M.D.](#)
- [PPT Presentation -The Science Behind Changing School Start Times to Improve Health and Education, Rochelle Zozula, PhD, DABSM](#)
- [Video Recording](#)

Presentation sent to parents in 2019:

[Dr. Bert Mandelbaum](#) - Changing School Start Times

Where Are We Going And What Are We Doing?

WE ARE:

- Researching
- Talking to stakeholders and communicating
- Looking at schedules that may be feasible
- Considering pros and cons
- Anticipating ripple effects

WE ARE NOT:

- Recommending any changes for the 2020-2021 school year

Princeton, NJ School District: 2019-2020

High School: 8:20AM - 3:21PM

Middle School: 8:25AM - 2:55PM

Elementary School: 8:30AM - 3:00PM

Podcast about Princeton's schedule, click [here](#)

Some New Jersey districts are exploring start times, notably our neighbor in Bridgewater has assembled a [webpage of resources](#).

Radnor Township (PA) School District: 2019-2020

RADNOR HIGH SCHOOL

Start: 8:30 a.m.

End: 3:10 p.m.

RADNOR MIDDLE SCHOOL

Start: 7:50 a.m.

End: 2:40 p.m.

ITHAN, RADNOR & WAYNE ELEMENTARY SCHOOLS

Start: 9:07 a.m.

End: 3:40 p.m.

Resources from Radnor's Webpage, click [here](#).

Current School Times

School Level	School Starts:	School Dismissal:	Length of Day
High	7:35 AM	2:25 PM	6:50
Middle	7:45 AM	2:20 PM	6:35
Elementary	8:45 AM	3:15 PM	6:30

One Alternative* to Consider

School Level	School Starts:	School Dismissal:	Length of Day
Elementary	8:00 AM	2:30 PM	6:30
Middle	7:45 AM	2:20 PM	6:35
High	8:30 AM	3:20 PM	6:50

*This is just one possible schedule for discussion purposes, this scenario may not even be entirely feasible

What considerations can you think of?

Pros and Cons. Questions.

Votech, RHS students getting dropped off early - would that be allowed, have time for breakfast, impact on food service at RHS

Bus costs, Traffic patterns, commute times, change in subscription bus ridership, sports schedules lining up

Unique practice schedules

Will students use the time to sleep? Annin?

After care, Before care, Long day for some elementary kids in before and after care

Teacher schedules, possible increase in cost for before and after care

Separation in times with CHS and RHS - is it enough

Will students have enough time in the afternoon for all of their activities, coaches schedules

Challenges...To Name Some of Them:

- Transportation - buses and requisite travel times
- Traffic
- Schedule changes impact parents and staff
- Childcare
- Athletics and other after school activities
- Other student centered organizations
- Students who work or who utilize the vo-tech school
- Financial considerations

Next steps:

- Identify other challenges
- Seek solutions
- Provide a future update
- Develop a Q & A from feedback
- Make recommendations

Upcoming BT Connect Meetings

Tuesday March 31, 2:45PM, Ridge High School

Cafeteria: RHS Master Schedule Change

Thursday April 2, 3:45PM, Ridge High School

Cafeteria: Staff Professional Development

THANK YOU FOR YOUR
ATTENDANCE!