

Portsmouth School Start Time Forum

PORTSMOUTH SCHOOL BOARD

11/15/16



Purpose

- ▶ The purpose of this forum is to provide a brief (recent) history of the school start time discussion.
- ▶ Brief review of discussions driven by research related to adolescent sleep patterns.
- ▶ Present concrete options for the shifting of school start times with a discussion of associated costs.



Timeline

- ▶ At least two previous study groups in years past researched later start times.
- ▶ Raised as a priority topic at the end of 2014-2015 school year.
- ▶ School Start Time Committee begins meeting in October 2015.
- ▶ School Start Time Committee includes parents, teachers, administration, school board, athletics.
- ▶ Start Time Committee distributes survey to students, parents, and teachers in November 2015.

Timeline (cont.)

- ▶ Survey results discussed at December 8, 2015 Board meeting.
- ▶ Board continued discussions in January 2016 and decided to push decision for 2017-2018 school year.
- ▶ Board held community forum with Dr. Erin Sharp on April 12, 2016.
- ▶ Feedback was generally positive for moving start times later for middle and high school, while not significantly impacting elementary times.



Timeline (cont.)

- ▶ Bus contract was put out to RFP for cost scenarios with additional busses.
- ▶ Other area schools also discussing start times.
- ▶ Oyster River votes to move times roughly 45 minutes later. Additional busses are needed.



Sleep Research

“Sleep ranks among the three most important considerations in maintaining good health and predicting longevity.”

Dr. William C. Dement

Sleep Research Center

Stanford University

Sleep is important to our well being

- ▶ Restorative
- ▶ Boosts immunity
- ▶ Releases growth hormones
- ▶ Influences thinking, memory formation, and mental organization

Are Adolescents Getting Recommended Sleep?

- ▶ 70% of teens are sleep deprived (less than 8 hours)
- ▶ 40% of teens get 6 or fewer hours of sleep/night
- ▶ 20% sleep in class

(Center for Disease Control and Prevention)

**On average, most teens get 6.75 hours /night
(National Sleep Foundation)**



Concerns Raised

- ▶ Impact on elementary day if “flipped” to earlier start
- ▶ After school and sibling childcare
- ▶ Impact on after school activities and athletics
- ▶ Impact on homework completion
- ▶ Impact on after school jobs
- ▶ Encourage later bed time for adolescents



Start Time Options



Current School Start Times

School	Opening Time	Closing Time
Dondero	8:55 am	3:15 pm
Little Harbour	8:30 am	3:15 pm
New Franklin	8:20 am	2:40 pm
Middle School	7:30 am	2:11 pm
High School	7:30 am	2:30 pm
Robert J. Lister Academy	8:20 am	2:30 pm
PEEP	9:00 am	12:00 pm

Considerations of current start times

- ▶ Staggered elementary start times to share busses
- ▶ Requires 13 busses
- ▶ HS/MS Portsmouth busses begin morning runs around 6:45 AM



Option 1 – No Change to Elementary Times

School	Opening Time	Closing Time
Dondero	8:40 am *	3:15 pm
Little Harbour	8:40 am *	3:15 pm
New Franklin	8:20 am	2:40 pm
Middle School	8:30 am	3:15 pm
High School	8:25 am	3:25 pm
Robert J. Lister Academy	8:20 am	2:30 pm
PEEP	9:00 am	12:00 noon

Option 2- Elementary schools all start together

School	Opening Time	Closing Time
Dondero	8:20 am	2:50 pm
Little Harbour	8:20 am	2:50 pm
New Franklin	8:20 am	2:50 pm
Middle School	8:30 am	3:15 pm
High School	8:25 am	3:25 pm
Robert J. Lister Academy	8:20 am	2:30 pm
PEEP	9:00 am	12:00 pm

Rationale and Impact of Option 2

- ▶ Does not “flip” elementary start times, but does coordinate all elementary schools to start at the same time (NFS).
- ▶ Allows for some busses to serve multiple levels, creating greater efficiency.
- ▶ Requires 16 busses
- ▶ Cost impact:
Approximately \$150,000





Questions and Discussion