

Start Time Community meeting 2/12/18

Table Group Share out:

- Most people have children with early start and later start time. When children had earlier start time the “mood” of the home changed, more challenges
- What studies say later start times help?
- Teens driving in morning are sleepier
- There are districts that have done this, started earlier and went later, how will we learn from those who transitioned?
- Enrichment programs offered in morning will they be offered in afternoon?
- Jeffco is doing right thing in getting input from community before decisions made.
- Equity as we think of school choice and taking RTD
- What is best for kids, not what is best for adults
- Dietician saw study kids are 20% more likely to be obese with less sleep.
- Some people at the table want to get this change moving
- Logistical questions for the task force
- Can't argue with research, just make this work
- Concerns with kids getting on bus when it is still dark

- Mental health issues, depression and stress are insurmountable for students caused by continuous lack of sleep and school schedules don't match student's needs
- Agreement for later start times
- Doesn't want to teach algebra and other subjects in the dark
- Most parents agree, HS students groaning about later start times
- Idea that 6th graders will be with older students with transition, better to get out of school later, less chance to get into trouble
- Concerns with child care before/after school
- Bussing concerns
- If we start later we have to stay later
- Shorter days but longer school year
- Prefer to roll out change in times faster, doing in increments? Or just go full out and roll out sooner the full change?
- Sports could practice shorter amount of time and earlier in the day, in the morning
- Middle school students afraid of the 7:15 am start time, feeling apprehensive and on board for later start time
- Just move everyone an hour and everything stays the same, no issues with busses and scheduling

- There are elk and wildlife when sending kids to the bus in the dark when starting earlier
- Athletic travel times, Jeffco is big may be hard to adjust to morning practices
- Urgency to not spend so much time discussing and just go ahead and make the change
- In general are in agreement with later start times but need to work through some issues
- Good to keep kids occupied later in the day instead of being idle
- Teachers may have their own children home before them
- Leveraging public transportation
- HS/MS students getting community credit going to the elementaries to help out
- Does this have to be county wide or can each articulation area decide what works best for them
- Reduction in teen pregnancy when they start later - research from CPR, also reduction in depression
- Didn't discuss how to get around the complications, decide to go forward and then figure out how to solve the problems that go with the change
- More concerns with going to the bus in the dark
- One family having child do Virtual Academy and they are healthier than peers in school earlier

- MS going from 8:50 start to 7 am start over the summer
- Can bus issues be solved or helped with increasing fees for riding the bus
- Before and after activities is it possible for practices to be split to morning and afternoon, two shorter practices
- What percentage of kids do after school sports? Are we making a decision based on a small percentage of kids
- Children are in school for learning, extracurriculars should be secondary
- Positive to changing to later times
- Colorado has one of highest suicide rates and if kids get more sleep and have less depression would be beneficial
- Challenges in hiring subs for later in the day
- Think outside the box for how to make the changes, bring everyone together to find the best solution
- Each articulation area address within their own communities and focus individually instead of blanket whole district with the same times
- Mindful that we are here to serve all the kids in the district, we are here for the kids

- Small group disagrees in changing start times, retired teacher felt kids were more focused and better behaved earlier in the day
- Students today are going through the choice process outside their neighborhood school purely based on start times.
- No crime earlier in the morning, research is driving the conversation of later starts
- Want to be “cost neutral”, can we work with this so we can think and work outside the box?
- Weigh cost neutral and cost of changes with the outcomes
- Work groups must be staffed, transparent, translated, action oriented, clear timelines, who will make the decision - school board, superintendent, community?
- More in favor of moving start times later
- Making study halls/advisement first thing in morning
- Let Golden be the guinea pigs
- People are excited about the research and what is driving this conversation
- Feels should not take so long to make this decision, let's be concise in the timeline
- Urgency, wanting this sooner rather than later
- Lack of sleep and implications on academics

- Possible con - some parents would avoid rush hour drives with the earlier start. All others in favor of later start
- Safer if we can start later
- Learn from others who have done this, maybe do some of the things others have done to change the time
- Lack of sleep is like being under the influence of alcohol
- Scares them to see this pushed to 2020 or later
- Study hall earlier
- Students not for the change, felt less time for homework and less time for sports and homework afterward. Lack of ability to keep up with their responsibilities
- Adults were in favor, teacher at table says the first couple classes in the morning the kids are just vacant, trying to wake up and not much gets done
- Schedules are catering to needs other than a good learning environment, this should be first.

