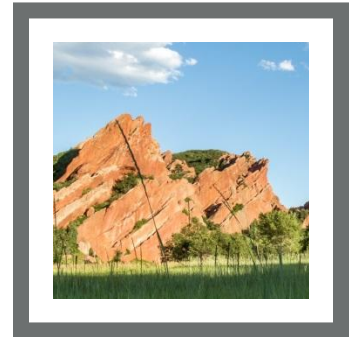
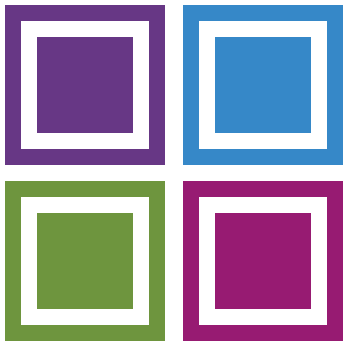


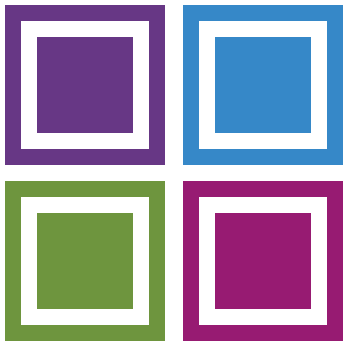
**SCHOOL START
TIME COMMUNITY
CONVERSATION**





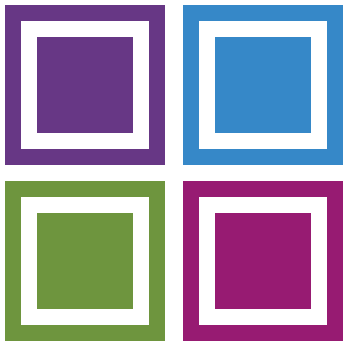
Superintendent & Chief Learner
Dr. Jason Glass

WELCOME & INTRODUCTIONS



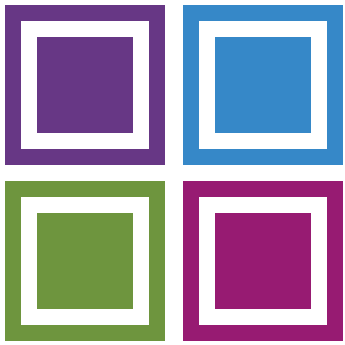
Achievement Director
Dan Cohan

WHY ARE WE HERE?



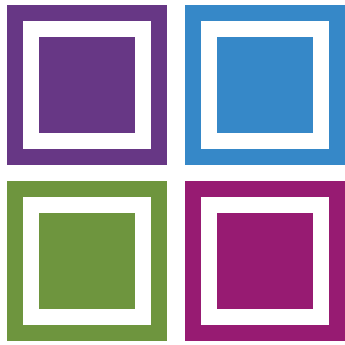
WHY ARE WE HERE?

- I've heard of conversations in the Jeffco Mountain Community
- I'm hearing about this in my child's school/ articulation area
 - Golden, Standley Lake, Columbine, Conifer, Evergreen
- I've heard of what other districts are doing
 - Cherry Creek, District 27J, Thompson, Monument, Greeley
 - Districts in 23 states
- I'm aware of some of the support
 - National Sleep Foundation
 - American Academy of Pediatrics
 - Centers for Disease Control and Prevention
 - National Education Association



Dan Cohan

BRIEF SUMMARY OF SUPPORTIVE RESEARCH



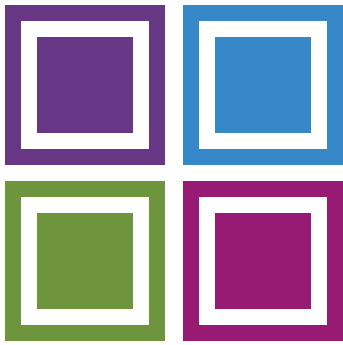
Quotes from the Research

Journal of Pediatrics

Current high school start times deprive adolescents of sleep and force students to perform academically in the early morning, a time of day when they are at their worst

University of Minnesota's study of 7,000 high schoolers

Teens who received A's averaged about fifteen more minutes of sleep than the B students, who in turn averaged fifteen more minutes than the Cs.



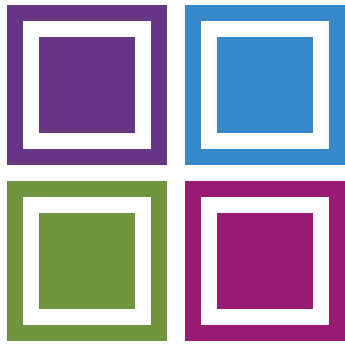
Quotes from the Research

Minneapolis Public Schools study

Delaying starting times at seven high schools to 8:40 a.m. from 7:15 a.m. resulted in attendance and enrollment rates improvement, students were more alert, and fewer kids reported depression.

From the book “Nurture Shock: New Thinking About Children”, 2009

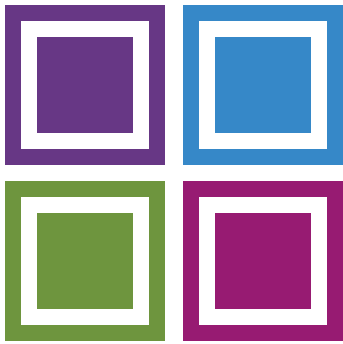
“Kids’ sleep is qualitatively different than grownups’ sleep because children spend more than 40% of their asleep time in the slow-wave stage (which is ten times the proportion that older adults spend). This is why a good night’s sleep is so important for long-term learning...”



Quotes from the Research

*Educational Leadership, “Sleep: The E-ZZZ Intervention”,
December 2009/January 2010*

In one study, adolescents who transitioned from middle schools whose start time was 8:25 a.m. to a high school whose start time was 7:20 a.m. did not go to bed earlier. As a result, they slept an hour less each night. In contrast, seven high schools in Minneapolis changed their start time from 7:15 a.m. to 8:40 a.m. Most students did not go to bed later, as some had feared, so they got 5 more hours of sleep per week



ARTICLES & PUBLICATIONS

News Scientist:

<https://www.newscientist.com/article/mg21829130-100-why-teenagers-really-do-need-an-extra-hour-in-bed/>

Hanover Research Institute Study: <https://www.clearslide.com/view/new/mail?iID=28VxQXzwJBDCtF4QM6Vr>

Chalkbeat Article July 2017:

<http://www.chalkbeat.org/posts/co/2017/07/21/two-colorado-districts-shift-to-later-high-school-start-times-for-very-different-reasons/>

NPR Story Dec 2017: <https://www.npr.org/2017/11/17/564608245/wendy-troxel-does-high-school-start-too-early>

NYT Article (Financial Impact) Sept 2017:

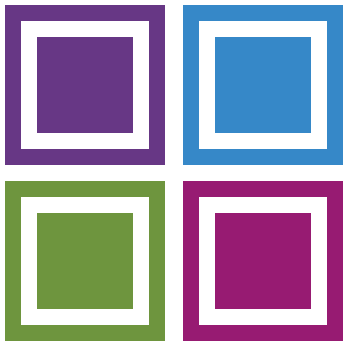
<https://www.nytimes.com/2017/09/13/upshot/the-economic-case-for-letting-teenagers-sleep-a-little-later.html?hp&action=click&pgtype=Homepage&clickSource=story-heading&module=second-column-region®ion=top-news&WT.nav=top-news>

Kappan Article : <http://www.kappanonline.org/late-start-time-for-teens/>

The Atlantic Article Nov 2017:

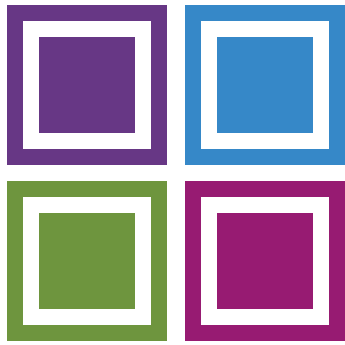
<https://www.theatlantic.com/education/archive/2017/11/why-are-parents-afraid-of-later-school-start-times/545642/>





Dr. Glass

CHALLENGES & COMPLEXITIES



CHALLENGES & COMPLEXITIES

- Budget
- Transportation
 - Capacity
- Workforce
 - Parent
 - Student
- Staff issues and concerns
- Geography
- Athletics and Activities
- Older siblings supervising younger ones after school
- Impacts to other schools

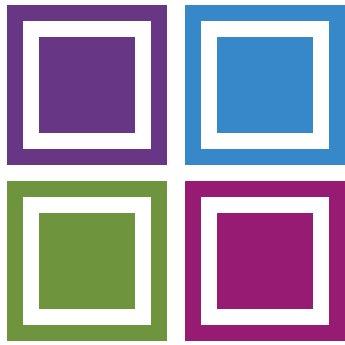
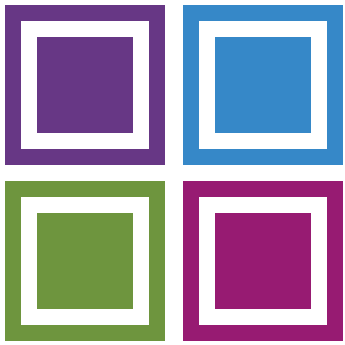


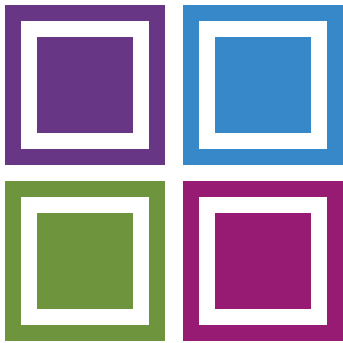
TABLE GROUP DIALOGUE

- Need Facilitator & Note Taker
- Table Talk
 - What are you hearing or experiencing regarding Start Times?
 - What excites you?
 - What scares you?
- Share out
 - Recorder will capture what is shared out



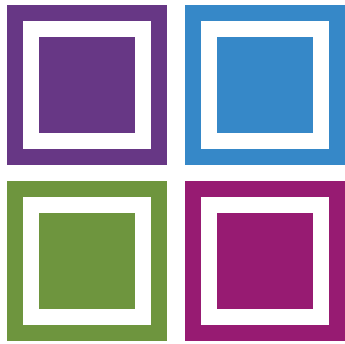
Dr. Glass, Dan Cohan & Kristopher Schuh

NEXT STEPS



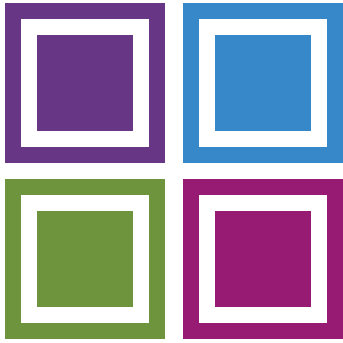
NEXT STEPS

- Will establish a Start Time Task Force
 - Charge/Outcome of the Task Force -
 - What are you signing up for?
 - Behind the Scenes Research and Work
 - Meet Quarterly (or more often if needed)
 - Have a Recommendation to the Superintendent and Board of Ed by January, 2019
 - Make up of Task Force
 - 40 people - 2 from each of the 17 Articulation Areas
 - The task force shall elect tri-chairs



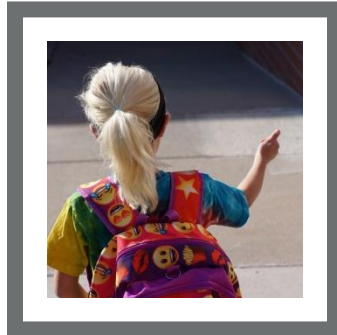
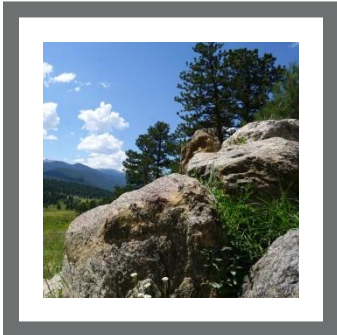
WHERE DO I FIND MORE INFO? HOW DO I APPLY? HOW DO I PROVIDE INPUT?

- Jeffco School Start Time Webpage:
 - <https://tinyurl.com/jeffcostarttime>
- Task Force Application
 - Apply by March 5th, 2018
- Student/Parent/Community Input Form



WHEN IS THE NEXT MEETING?

The School Start Time Task Force will set their first meeting



**THANK
YOU!**

