

# **School Start Times Update**

**December 12, 2017**

**Teaching and Learning, Educational Services**

# Presentation Goals

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- Recap key information presented in previous presentation to Board of Education (4.25.17)
- Provide update on Senate Bill 328 (Portantino)
- Present possible methods of moving to later school start times and potential schedules based on current secondary start times
- Seek guidance from Board regarding next steps
  - Option 1: No district action – allow individual school sites to pursue later start time scheduling at their discretion
  - Option 2: Develop and implement plan for moving all secondary schools districtwide to schedules with later start times

# Highlights of April 25, 2017 Presentation

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- Local context including February 2016 community petition
- State and national trends including SB 328 and other districts who are moving to later start times
- Overview of research including adolescent sleep research and benefits of delayed start times
- Recommendations by professional organizations
- Acknowledgement of barriers to address
- Summary of March 2017 survey results
  - Demonstrated significant support from students, parents/guardians, and staff for starting school later, even if it ended later, with the value that afterschool activities (including sports) are maintained

# Senate Bill 328 (Portantino)

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- Introduced in February 2017, SB 328 proposed to set the starting time for middle and high schools at no earlier than 8:30 a.m.
- After passing at the Senate on 5.30.17, the bill failed at the assembly on 9.14.17.
- Senator Portantino has said he would continue pressing the issue and may bring the bill back for a new vote next year.

# Selected Scenarios for Later Start Times

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## 1. Frameshift:

Slide the entire schedule later with no change to existing class length, passing periods, or other schedule features

## 2. Optimization of Instructional Minutes:

Modification of existing schedule features to maintain compliance with instructional minutes requirements while striving to achieve earliest possible release time

# Required Instructional Time

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Required days of instruction:	180
Required minutes/year for Grades 6-8:	54,000
Required minutes/year for Grades 9-12:	64,800

- Lunch time does NOT count as instructional time
- Passing time may count as long as it does not exceed 10 minutes
- Only ONE passing time for periods straddling a lunch break may count
- Study halls and home room may be considered instructional time if they are under the supervision of a credentialed teacher

# Alameda High School (Block Schedule): Frameshift

Current Schedule	
EVENT	TIME
Zero Period	7:00 – 7:55
Passing	7:55 – 8:00
Block Period A	8:00 – 9:26
Passing	9:26 – 9:33
Block Period B	9:33 – 10:59
Break	10:59 – 11:09
Passing	11:09 – 11:16
Block Period C	11:16 – 12:42
LUNCH	12:42 – 1:22
Passing	1:22 – 1:29
Block Period D	1:29 – 2:55

Later Start Time Schedule	
EVENT	TIME
Zero Period	7:30 – 8:25
Passing	8:25 – 8:30
Block Period A	8:30 – 9:56
Passing	9:56 – 10:03
Block Period B	10:03 – 11:29
Break	11:29 – 11:39
Passing	11:39 – 11:46
Block Period C	11:46 – 1:12
LUNCH	1:12 – 1:52
Passing	1:52 – 1:59
Block Period D	1:59 – 3:25

# Alameda High School (Block Schedule): Optimization of Instructional Minutes

Current Schedule	
EVENT	TIME
Zero Period	7:00 – 7:55
Passing	7:55 – 8:00
Block Period A	8:00 – 9:26
Passing	9:26 – 9:33
Block Period B	9:33 – 10:59
Break	10:59 – 11:09
Passing	11:09 – 11:16
Block Period C	11:16 – 12:42
LUNCH	12:42 – 1:22
Passing	1:22 – 1:29
Block Period D	1:29 – 2:55

Later Start Time Schedule*	
EVENT	TIME
Zero Period	7:30 – 8:25
Passing	8:25 – 8:30
Block Period A	8:30 – 9:55
Passing	9:55 – 10:02
Block Period B	10:02 – 11:27
Passing	11:27 – 11:37
Block Period C	11:37 – 1:02
LUNCH	1:02 – 1:42
Passing	1:42 – 1:49
Block Period D	1:49 – 3:14

\*Net decrease of one (1) instructional minute/day



# Encinal Junior/Senior High School: Frameshift

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## Current Schedule

EVENT	TIME
Zero Period	7:00 – 7:55
First Period	8:00 – 8:59
Second Period	9:04 – 10:03
Third Period	10:08 – 11:07
Fourth Period	11:12 – 12:17
LUNCH	12:17 – 12:57
Fifth Period	1:02 – 2:01
Sixth Period	2:06 – 3:05

## Later Start Time Schedule

EVENT	TIME
Zero Period	7:30 – 8:25
First Period	8:30 – 9:29
Second Period	9:34 – 10:33
Third Period	10:38 – 11:37
Fourth Period	11:42 – 12:47
LUNCH	12:47 – 1:27
Fifth Period	1:32 – 2:31
Sixth Period	2:36 – 3:35

# Encinal Junior/Senior High School: Optimization of Instructional Minutes

## Current Schedule

EVENT	TIME
Zero Period	7:00 – 7:55
First Period	8:00 – 8:59
Second Period	9:04 – 10:03
Third Period	10:08 – 11:07
Fourth Period	11:12 – 12:17
LUNCH	12:17 – 12:57
Fifth Period	1:02 – 2:01
Sixth Period	2:06 – 3:05

## Later Start Time Schedule\*

EVENT	TIME
Zero Period	7:30 – 8:25
First Period	8:30 – 9:28
Second Period	9:33 – 10:31
Third Period	10:36 – 11:34
Fourth Period	11:39 – 12:44
LUNCH	12:44 – 1:24
Fifth Period	1:29 – 2:27
Sixth Period	2:32 – 3:30

\*Net decrease of five (5) instructional minutes/day

# Additional Factors for Consideration

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- Potential movement of elementary school start times to adjust for later secondary start times
- Desire for standardized schedule across comprehensive high and middle schools

# Next Steps

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- Board direction to staff on whether or not to proceed with plan for later start times at secondary schools
- If direction is to proceed, staff to work with site administrators, parent/guardians, students, and community stakeholders on best schedule

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# Questions?