



NOVATO UNIFIED SCHOOL DISTRICT
Education Services

TO: Board of Trustees

FROM: Ivan Chaidez, Assistant Superintendent, Education Services

DATE: April 4, 2017

RE: Staff Report: Later Start Time Committee Update

Board Priority/Goal

- Equity
- Student Success
- Staff Success
- Community Engagement

Objective

To present to the Board of Trustees an update on Later Start Time Committee for a later start time at the secondary schools.

Background

On March 21st the Later Start Committee presented to the Board of Trustees an update on the process and recommendation from the Later Start Committee on a later start time for secondary schools. The Committee was composed of 55 members which included students, parents, teachers, administrators, and community members. As a follow up to questions from the March 21 Board meeting, we have included a detailed sheet of current and recommended start and end times, the number of students enrolled in classes for the school year, and graduation credit requirements. As a reminder, the purpose of the Later Start Committee was to recommend a later start time by investigating the impact of start times on the well-being of students and to study the feasibility of changing start times for our secondary students in NUSD. This investigation aligned with the most modern research on the impact of school start times on the brain and behavioral physiology of students as well as their capacity to get the most out of their learning environment.

The driving question the committee focused on and researched is how can a later student start time at secondary schools maximize the learning conditions of our students?

A later start survey for parents, staff and students at the secondary level was sent out in December 2016 and closed at the end of January 2017, and resulted in 2,844 people responding. The following percentages of stakeholders **support a later start time** are:

- 76% Students
- 74% Parents
- 71% Community
- 58% Staff
- 80% students (Spanish survey)
- 61% parents (Spanish survey)

Both Novato High and San Marin High surveyed their teachers and students. At both high schools over 75% of students prefer to start school at or after 8am.

At San Marin HS 85% of teachers prefer to start school at or after 8am.

At Novato HS 78% of teachers prefer to start school at or after 8am.

The Recommended Start Times meet the following interests and goals:

- Supports Project Based Learning
- Consistent start time every day (everyone is happy :)
- Supports medical and science research that students need more sleep and a later start
- Introduces “unstructured” Office Hours for student support twice a week (Could be a longer break for some teachers if needed)
- Instructional Minutes Remain mostly the Same for Teachers (will depend on actual schedule adopted, but goal is to keep the same minutes)
- Reasonable end of school time for all after school activities
- Most High School Seniors take 5 periods and would be done about 12:50 PM before Lunch (Seniors happy :)
- All recommended start times give a 20-minute gap for Special Education Transportation busing 8:00 am, 8:20 am, 8:40 am, 9:00 am
- All recommended start times are between 8am – 9am
- Staggered high school arrival time benefits traffic flow (8am & 9am)
- Reasonable end times for all schools between 2:40 pm – 3:05 pm (one day a week at 3:15pm)

(Note: A survey to Elementary and Middle School Parents, Students, and Staff on their preference between an 8:20 am and 8:40 am start time was sent out on March 30, 2017.)

Attached are 3 samples of bell schedules for information purposes only: 2 from Novato High and 1 from San Marin High. The majority of the staff support the draft schedules. The goal is for both high schools to collaborate on designing a common bell schedule to support shared teachers and staff. If the final draft schedule results in a significant change to work conditions, it

would need to be negotiated with Novato Federation of Teachers and voted on. As a reminder and clarification, the purpose of Later Start Committee was to focus on a later start time which is a very different and separate discussion from a bell schedule.

Funding Source/Cost

N/A

Recommendation

At the April 25, 2017, Regular Board Meeting, the Superintendent and staff will recommend a later start time for all schools.