





School Start Time Update



School Committee Presentation
May 9, 2018



THE DANGERS *of* SLEEP DEPRIVATION

By A. Page

Just one week of insufficient sleep alters the activity of our genes, which control our response to stress, immunity, inflammation and overall health. Here are the hidden health hazards caused by sleep deprivation.

HIGHER LEVELS OF ANXIETY

Lack of sleep amplifies the brain's anticipatory reactions, raising overall anxiety levels.

PANIC

HIGHER LEVELS OF DEPRESSION

Lack of sleep causes a decrease in neurotransmitters which regulate mood.

DISRUPTION OF CIRCADIAN RHYTHM (NATURAL TIME CLOCK)

Leading to poor white blood cell health, which weakens our

IMPAIRED COGNITION

Deciding to intervene....

Spring update on planning implementation

WLT Planning team:

- One year planning implementation
- Multiple updates to families
- Three School Committee updates
- School subcommittee work
- Bus schedule planning

Bussing Plan: Morning

Mill Pond:

- Earliest pick-up 7:00 am
- Start unloading: 7:30 am for a 7:45 am start time
- Some have 20 min change.
- Some have 3 to 5 min change
- New routes:
 - 2 shortened
 - 6 reversed
 - 15 close to the same

High School & Gibbons:

- Earliest pick-up 7:33 am
- Start unloading: 7:50 am for an 8:10 am start time
- 8 routes redesigned
- 9 routes stayed the same
- 6 shortened
- About 6 min crossover time between schools

Afternoon dismissal:

Mill Pond:

- Dismissal begins 2:02
- First bus pulls out: 2:06
- First drop off: 2:08
- Last bus drop off: 2:35

Some afternoon routes were redesigned

High School & Gibbons:

- Dismissal begins: 2:37
- First bus crossover 2:40
- Last bus drop-off 3:00

K-3 Elementary

- Times remain same
- Start time: 8:50 End: 3:05

High School Schedule tweaks:

- Staff & Students discussed the topics associated with the new school start time throughout the fall and winter; a large group of students in Mr. Belbin's Current Affairs class even conducted research, did a case study, and presented its findings to a group of faculty, administrators, and School Committee members
- The WHS school schedule is a critical piece in our system of delivering high-level instruction and providing an environment for deep learning; most importantly, it is a reflection of our values and priorities for teaching and learning
- Bell Schedule next year:
 - ~ School Day begins at 8:06am;
Period 1 starts at 8:10am
 - ~ School Day ends at 2:37pm
 - ~ 10 minute flexible learning time at the end of the day

Students and teachers will be expected to be available to engage in: individual help, re-teaching a concept, make up work, feedback, start homework, skills practice, cooperative peer learning, enrichment (to name a few)

To be finalized:

- Preschool van routes
- Communication plan for releasing bus times and routes
 - Changes will occur
 - Seeking input from SC
- Monitoring implementation

