



Seattle Public Schools



Photos by Susie Fitzhugh

Bell Time Recommendation Community Meeting

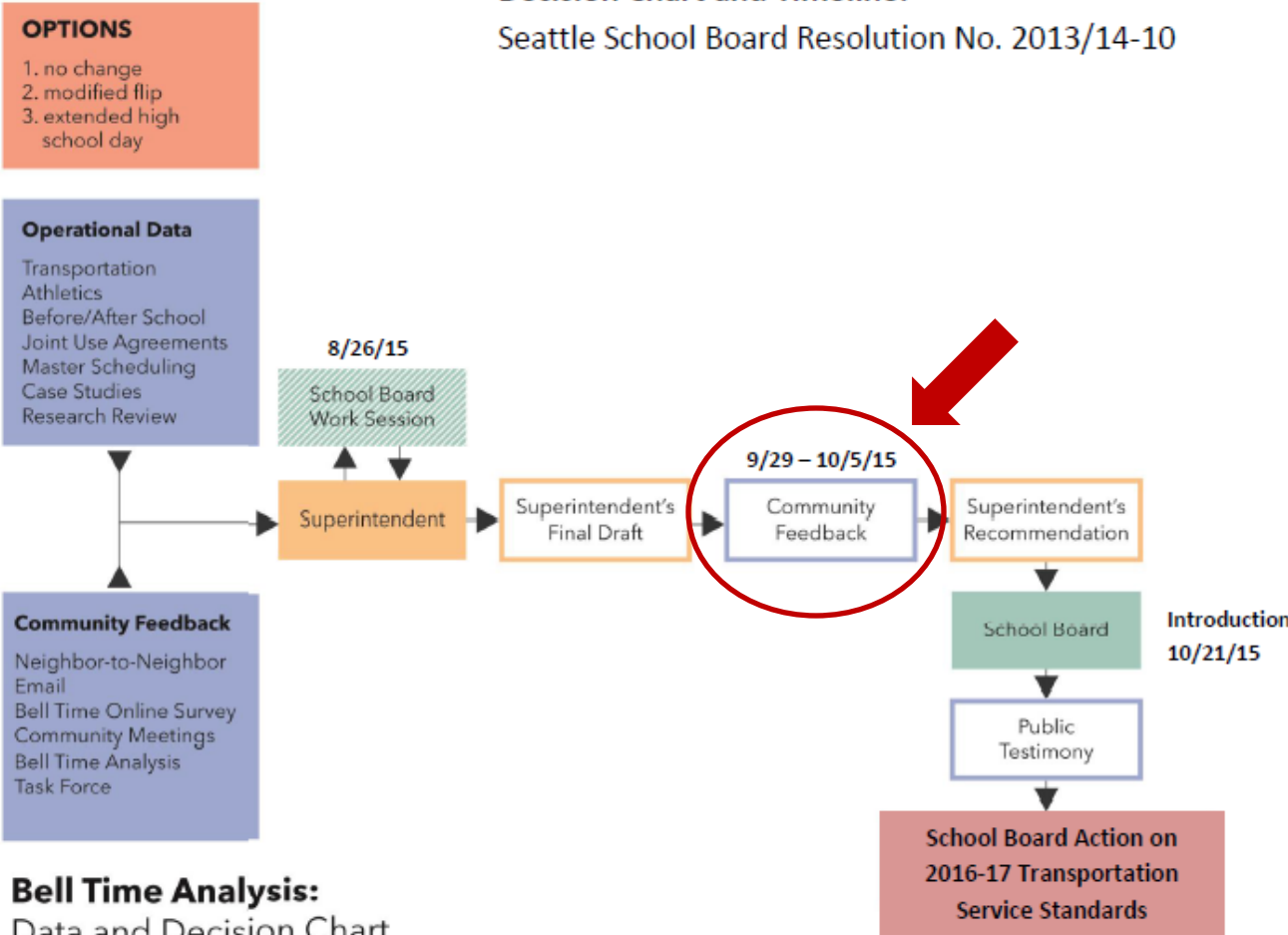
Agenda

- **Bell Time Resolution Analysis** (20 minutes)
 - Timeline, History and Summary
 - Additional Considerations
- **Superintendent's Final Draft Recommendation**
 - Questions and Answers (10 minutes)
- **Large Group Feedback** (30 minutes)
 - Written Comments
 - Oral Comments
- **Ongoing Feedback/Next Steps**
- **Individual Discussions**

Timeline

Decision Chart and Timeline:

Seattle School Board Resolution No. 2013/14-10



Bell Time Analysis:
Data and Decision Chart



History of Bell Time Study

Impact of Chronic Sleep Loss in Adolescents

Physical health and safety

- Increased obesity risk
- Metabolic dysfunction (hypercholesterolemia, type 2 diabetes mellitus)
- Increased cardiovascular morbidity (hypertension, increased risk of stroke)
- Increased rates of motor vehicle crashes (“drowsy driving”)
- Lower levels of physical activity

Mental health and behavior

- Increased risk for anxiety, depression, suicidal ideation
- Poor impulse control and self-regulation; increased risk-taking behaviors
- Emotional dysregulation; decreased positive affect
- Impaired interpretation of social/emotional cues in self and others
- Decreased motivation
- Increased vulnerability to stress

Academics and school performance

- Cognitive deficits, especially with more complex tasks
- Impairments in executive function (working memory, organization, time management, sustained effort)

Impairments in attention and memory

- Deficits in abstract thinking, verbal creativity
- Decreased performance efficiency and output
- Lower academic achievement
- Poor school attendance
- Increased dropout rates

History of Bell Time Study

- American Academy of Pediatrics (AAP) recommends middle and high schools delay the start of class to 8:30 a.m. or later
- Findings from organizations such as the National Institutes of Health (NIH), Centers for Disease Control (CDC), and National Sleep Foundation (NSF) conclude that adolescents need about nine hours of sleep per night for optimal health and brain development.

History of Bell Time Study

Local support for later school start times:

- El Centro de la Raza
- Seattle City Council member Bruce Harrell
- Seattle City Council member Mike O'Brien
- Seattle City Council member Kshama Sawant
- Seattle Council PTSA
- Seattle Educators Association
- Seattle NAACP
- Seattle School Nurse Association
- Society of Pediatric Nurses
- Washington State PTA
- Endorsements from 29 sleep and pediatric specialists from the greater Seattle area

History of Bell Time Study

- School Board Resolution 2013/14-10
 - directed Superintendent to study feasibility of a bell time change
- Public Outreach and Community Feedback
 - Purpose: to determine public preference for a bell time change and identify possible affects to families
 - Engagement Activities
 1. *Bell Time Analysis Task Force*
 2. *Bell Time Online Survey*
 3. *Student Climate Survey: Bell Time Analysis*
 4. *Neighbor-to-Neighbor (N2N)*
 5. *Community Meetings using N2N Tools*
 6. *Arrival Times Inbox*

History of Bell Time Study

- 3 Options Presented for Public Outreach / Community

1. No Change

School Type	Times
Elementary Schools	Start: 8:40 a.m. or 9:30 a.m. End: 2:50 p.m. or 3:40 p.m.
K-8 and Middle Schools	Start: 7:50 a.m. or 8:40 a.m. or 9:30 a.m. End: 2:20 p.m. or 3:10 p.m. or 4:00 p.m.
High Schools	Start: 7:50 a.m. – 8:40 a.m. End: 2:20 a.m. – 3:10 p.m.

2. Modified Flip

School Type	Times
Most Elementary Schools	Start: 8:00 a.m. End: 2:10 p.m.
Some Elementary Schools	Start: 8:50 a.m. End: 3:00 p.m.
Middle Schools/K-8 Schools	Start: 9:40 a.m. End: 4:10 p.m.
High Schools	Start: 8:50 a.m. End: 3:20 p.m.

3. Extended High School Day

School Type	Times
Elementary Schools	Start: 8:40 a.m. or 9:30 a.m. End: 2:50 p.m. or 3:40 p.m.
K-8 and Middle Schools	Start: 7:50 a.m. or 8:40 a.m. or 9:30 a.m. End: 2:20 p.m. or 3:10 p.m. or 4:00 p.m.
High Schools	Start: 7:50 a.m. or 8:40 a.m. End: 2:20 p.m. or 3:10 p.m.

History of Bell Time Study: Community Engagement

1) Bell Time Analysis Task Force

Findings: A recommendation to the Superintendent supported changing District bell times to the Modified Flip option to support Student Learning, School Engagement, Health and Safety and Equity.

	No Change	Modified Flip	Extended HS Day
Task Force Votes	9%	77%	14%

History of Bell Time Study: Community Engagement

2) Bell Time Online Survey

Findings: The survey was open April 28 to May 10 of 2015, with 10,579 parents, 582 community members and 1,317 staff members responding to the survey questions. Overall, 61% of parents, 74% of community members and 62% of staff favored the Modified Flip bell time option.

Results* - Favorable Rating	No Change	Modified Flip	Extended HS Day
Parents	32%	61%	43%
Community Members	19%	74%	47%
District Staff	38%	62%	39%

* Rows don't equal 100% as respondents were able to rate their level of preference for all three options individually

History of Bell Time Study: Community Engagement

3) Student Climate Survey: Bell Time Analysis

Findings: The District received 15,921 responses. Thirty-five percent (35%) of students provide childcare before- or after-school; 30% of high school students and 12.6% of middle school students work before- or after-school. A majority of students additionally preferred starting school later in the morning (66.8%).

Results – Agreement	Provide Childcare Before / After School	Work Before/After School	Would Choose to Start Later in the Morning
All Students	35%	20.1%	66.8%

History of Bell Time Study: Community Engagement

4) Neighbor-to-Neighbor (N2N)

Findings: Four hundred sixty-six (466) respondents provided their input on the bell time issue, with 57.4% favoring the Modified Flip bell time schedule. Factors potentially affected the most by Modified Flip were identified as before- and after-school activities (51.9%).

Results – Favorable Rating	No Change	Modified Flip	Extended HS Day
All respondents	29.5%	57.4%	13.1%

History of Bell Time Study: Community Engagement

5) Community Meetings using N2N Tools

Findings: Six regional meetings were held across the city between April and May of 2015, with 61 attendees providing written feedback. Eighty-four percent (84%) of participants preferred the Modified Flip option.

Results – Favorable Rating	No Change	Modified Flip	Extended HS Day
All respondents	8%	84%	8%

History of Bell Time Study: Community Engagement

6) Arrival Times Inbox

Findings: District received 203 e-mails from the community between January 14, 2014 and August 12, 2015

- From the 203 e-mails received, only 14 of them (7%) expressed a desire for No Change
- Ninety-three percent (93%) of e-mails received indicated a desire for changing bell times, with varying nuances reflective of individual concerns
- Of the inputs received, the data shows a preference amongst parents of students in K-8 Schools for a second tier start time
- Since the School Board Work Session on August 26, 2015 in which public engagement information had been discussed,
 - 38 additional comments received, of which 17 of them (45%) explicitly support a change to bell times, while 18 of them (47%) either request further review of their individual schools start times under Modified Flip, support No Change to bell times, or voice concerns with equity issues and safety

History of Bell Time Study: Community Engagement

Key Findings from Public Engagement:

- *Significant support for a change to bell times, specifically for the bell time option of ‘Modified Flip’ in which High School and Middle School students start later and Elementary students begin class earlier*
- *Primary concerns with a bell time change are before- and after-school childcare, student employment and extracurricular activities, including athletics*

Summary of Bell Time Study

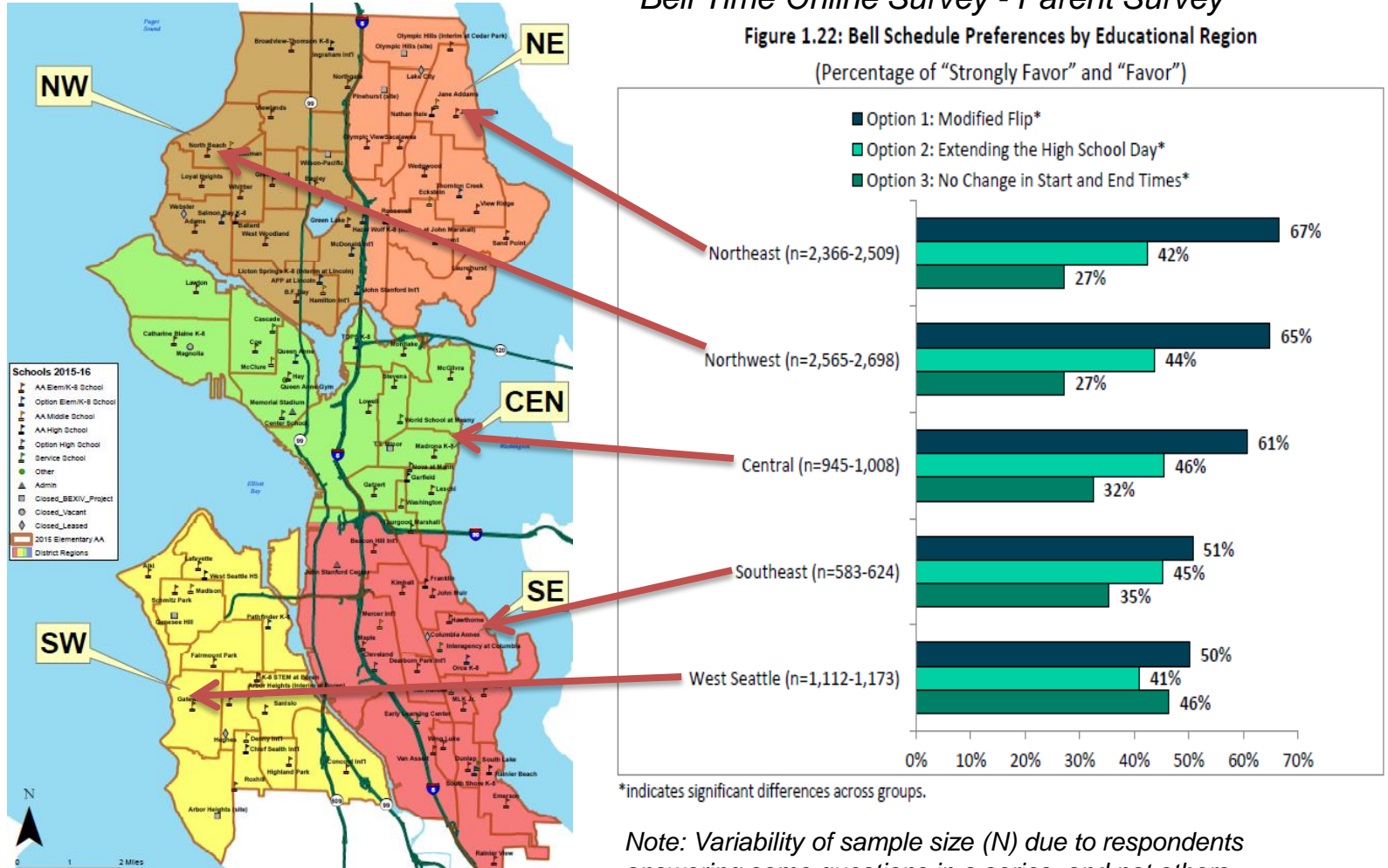
- Analyzed community feedback from six outreach initiatives
- Reviewed data from other Districts
- Analyzed impacts to district and community –
 - Identified issues and ways to reduce potential negative impacts
- State Environmental Impact Analysis (SEPA) –
 - Programmatic Environmental Impact Study (EIS) to identify possible affects from a bell time change
 - Draft EIS calls for District to coordinate with Parks and Recreation on scheduling joint fields and facilities to minimize impact to recreation users
- School Board Feedback
 - Prefer bell time options that wouldn't increase transportation operating costs (i.e. Cost Neutral)
 - Equity considerations

Additional Considerations: Regional Data

Bell Time Online Survey - Parent Survey

Figure 1.22: Bell Schedule Preferences by Educational Region

(Percentage of "Strongly Favor" and "Favor")



*indicates significant differences across groups.

Note: Variability of sample size (N) due to respondents answering some questions in a series, and not others

Additional Considerations: Equity Data

Select Findings: Bell Time Online Survey - Parent Survey

Figure 1.28: Bell Schedule Preferences by Race/Ethnicity
(Percentage of “Strongly Favor” and “Favor”)

BELL SCHEDULES	AMERICAN INDIAN OR ALASKA NATIVE (N=24-26)	ASIAN (N=494-531)	BLACK OR AFRICAN AMERICAN (N=124-131)	HISPANIC OR LATINO(A) (N=282-298)	NATIVE HAWAIIAN OR PACIFIC ISLANDER (N=26-30)	WHITE (N=5,345-5,669)	MULTI-RACIAL (N=420-441)
Option 1: Modified Flip*	62%	53%	52%	55%	46%	64%	58%
Option 2: Extending the High School Day	46%	42%	50%	46%	41%	44%	43%
Option 3: No Change in Start and End Times*	46%	44%	39%	38%	47%	29%	33%

*indicates significant differences across groups.

Note: Variability of sample size (N) due to respondents answering some questions in a series, and not others; columns do not equal 100% as respondents could rate preference for each option

Additional Considerations: Equity Data

Select Findings: Bell Time Online Survey – Community Survey

Figure 2.7: Bell Schedule Preferences by Race/Ethnicity
(Percentage of “Strongly Favor” and “Favor”)

<i>BELL SCHEDULES</i>	ASIAN (N=19-20)	BLACK OR AFRICAN AMERICAN (N=7-8)	HISPANIC OR LATINO(A) (N=15-16)	WHITE (N=223-230)	MULTI-RACIAL (N=18-19)
Option 1: Modified Flip*	50%	25%	81%	79%	72%
Option 2: Extending the High School Day	45%	0%	47%	49%	63%
Option 3: No Change in Start and End Times*	42%	63%	25%	13%	22%

*indicates significant differences across groups.

Note: The comparison excludes “American Indian or Alaska Native” due to the small sample size.

Note: Variability of sample size (N) due to respondents answering some questions in a series, and not others; columns do not equal 100% as respondents could rate preference for each option

Additional Considerations: Areas of Focus

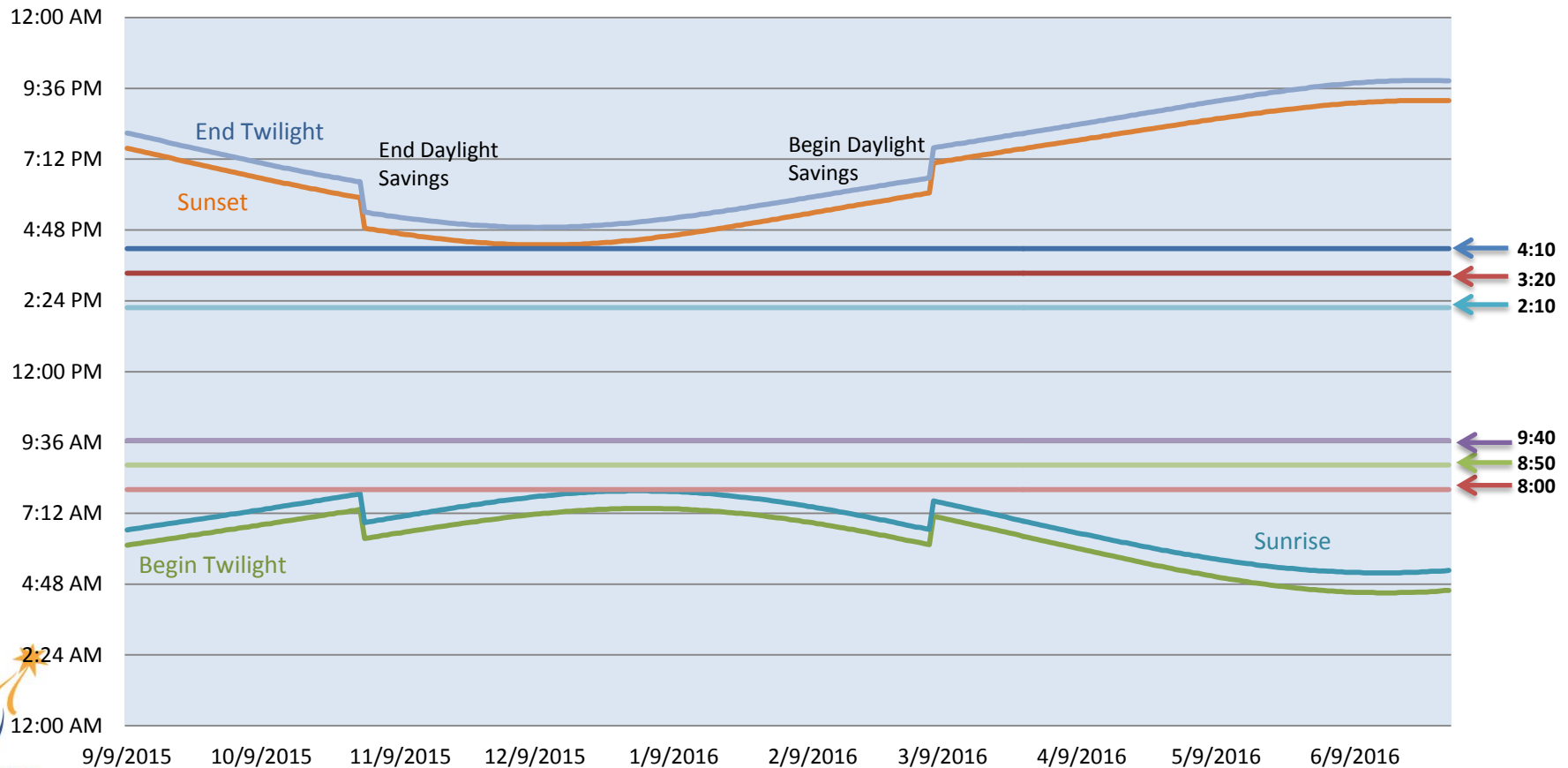
Focus	Major Issues
Transportation	<ul style="list-style-type: none">• Cost• Budget Neutral Routing• Student Safety
Athletics	<ul style="list-style-type: none">• League Sports• Facilities / Capacity• Minimizing lost instructional time for student athletes
Joint Use Agreement	<ul style="list-style-type: none">• Capacity• Community Use• Revenue Impacts

Additional Considerations: Areas of Focus

Focus	Major Issues
Before- and After-School Activities	<ul style="list-style-type: none">• Childcare• Student Employment• Focus mitigation strategies on those demographic groups most affected
Schools / Master Scheduling	<ul style="list-style-type: none">• Integration of 24 credit graduation requirements• 2017-18 Increased Instructional Time• Student Safety

Additional Considerations: Areas of Focus

Civil Twilight and Sunrise/Sunset for Seattle Proposed SPS Bell Times for Cost Neutral Modified Flip



Superintendent's Final Draft Recommendation

Recommendation for 2016-17:

Cost Neutral Modified Flip

Details:

- Cost Neutral – does not increase operational costs for transportation
- Modified Flip – see handout for detailed 2016-17 start/end times
 - High Schools will start later (8:50 AM)
 - Middle Schools will start later (9:40 AM)
 - Most K-8 Schools start earlier (8:50 AM)
 - Elementary Schools starts vary (8:00 AM or 9:40 AM)

Superintendent's Final Draft Recommendation

Recommendation: **Cost Neutral Modified Flip**

Schools	2016-17 Start / End Times	# of Schools
High Schools	8:50 AM / 3:20 PM	15
Middle Schools	9:40 AM / 4:10 PM	10
K-8 Schools*	8:50 AM / 3:20 PM	11
Elementary Schools	8:00 AM / 2:10 PM	41
	9:40 AM / 3:50 PM	20

*South Shore K-8 and Madrona would start at 8:00 AM and end at 2:30 PM

Additional Considerations: Proposed 2016-17 Bell Times

# of Schools per Tier		Current Bell Times	Cost Neutral Modified Flip (2016-17 Bell Times)
Elementary Schools	Tier 1	0	41
	Tier 2	33	0
	Tier 3	28	20
High Schools	Tier 1	10	0
	Tier 2	5	15
	Tier 3	0	0
Middle Schools	Tier 1	10	0
	Tier 2	0	0
	Tier 3	0	10
K-8 Schools	Tier 1	1	2
	Tier 2	5	9
	Tier 3	5	0
All Schools	Tier 1	21	43
	Tier 2	43	24
	Tier 3	33	30

Oral Comments

- Following written comments, please line up at the microphone
- Testimonials – 2 minutes or less per person
 - Allows a total of 15 comments

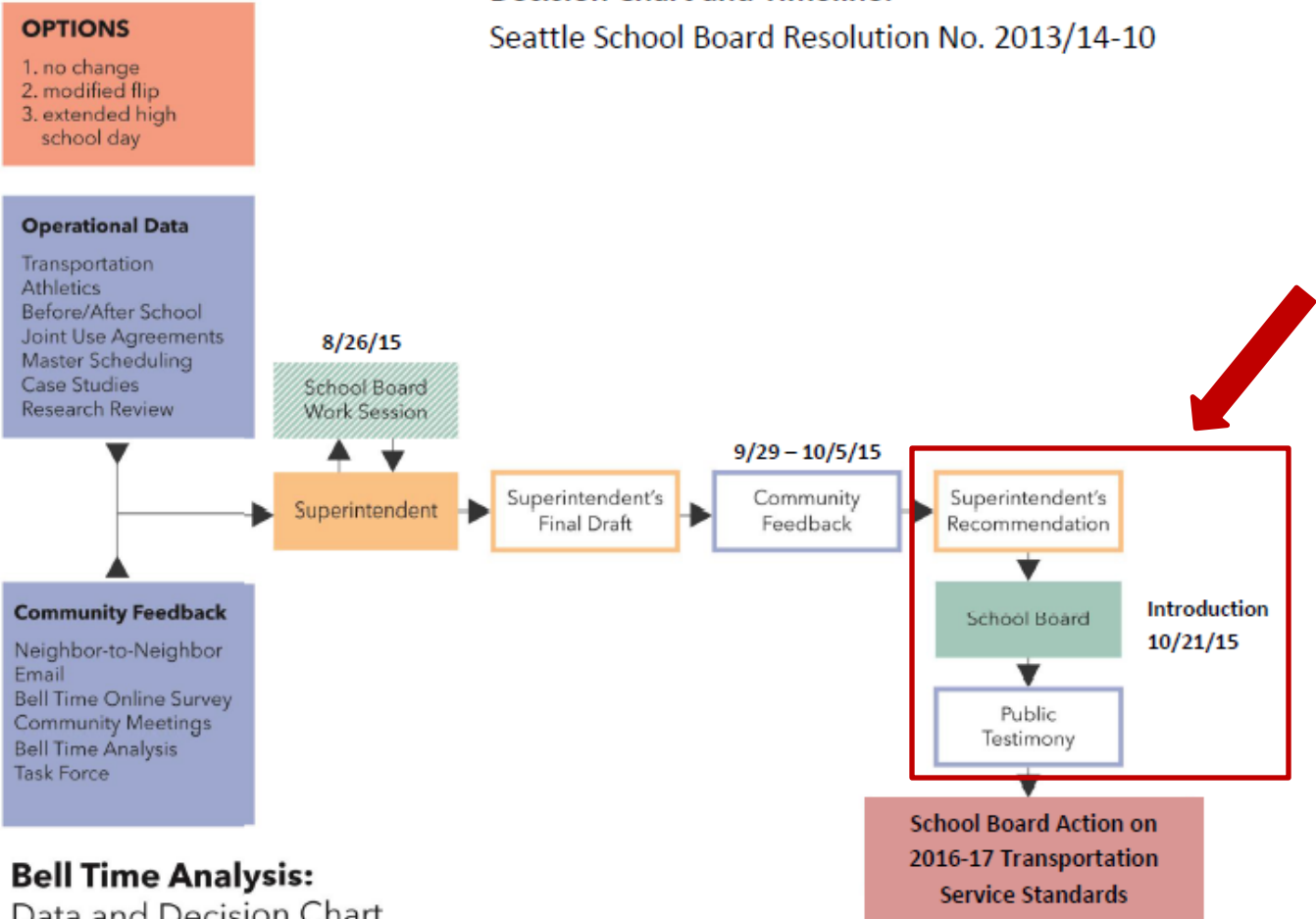
Ongoing Feedback

- The District will continue to collect comments sent into arrivaltimes@seattleschools.org
- Comments on the Superintendent's Final Draft Recommendation will be taken at until: October 6, 2015

Next Steps

Decision Chart and Timeline:

Seattle School Board Resolution No. 2013/14-10



Bell Time Analysis:
Data and Decision Chart



Next Steps

- Analysis of Written and Oral Comments
- Superintendent Reviews Comments with District Leadership Team
- Final Recommendation to School Board
October 21, 2015
 - School Board Decision for 2016-17 Transportation Service Standards in November 2015

Thank you for your feedback!