



Mountain View
Whisman
School District

Results

Middle School Start Times

April 2020



Senate Bill No. 328

- Approved October 13, 2019
 - Requires all non-rural middle and high schools to start no earlier than 8:00 am (middle) and 8:30 am (high)
 - Law takes effect July 1, 2022
 - Middle schools start at 7:50 am (Graham) and 7:55 am (Crittenden)
 - Issue was brought up by parents during the 2017-18 school year.



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Research behind start times

Hanover conducted a meta-analysis

- American Academy of Pediatrics recommends
 - middle schools should not start earlier than 8:30 am
- American Academy of Sleep Medicine recommends
 - children between the ages of 6 and 12 receive between 9 and 12 hours (elementary)
- Appropriate start time for elementary school 7:30-8:30 am
- Modest correlations between start times and positive impact on student achievement for schools and student behavior



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Considerations

Information gathering

Observations

- Looked at requirements for instructional minutes
- Late start middle schools are inconsistent with other schools
- Shortness of each period is important (32 min impacts instruction)
- Lost instructional time (19 days) by moving to 8-period day
- Inequity in staff meetings (Elementary staff meetings after work day and middle schools during the work day).

Information gathering

Discipline data

- Reports increase in the afternoon

Attendance data

- Teacher absences are high on Mondays and Fridays; Student absences high Tuesday after late start

Stakeholder feedback (parents, staff and students) through ThoughtExchange



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Results of start times ThoughtExchange

ThoughtExchange results

- MVWSD engaged parents, staff, community members and students (grade 5-8) in an online exchange of ideas about considerations and priorities for new middle school start times

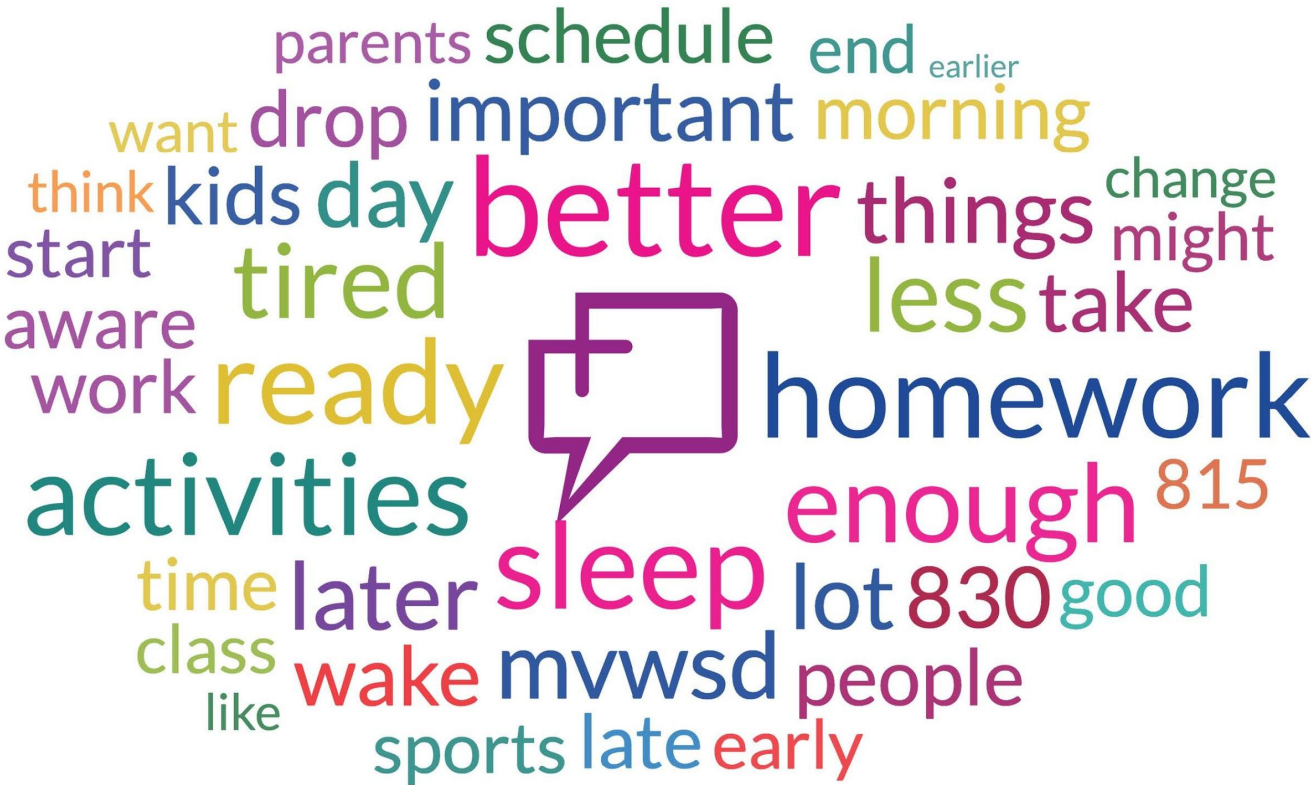
- Adult participation

Student participation

ThoughtExchange results

Words sized based on their “star” rating (ie. The number of people who liked them)

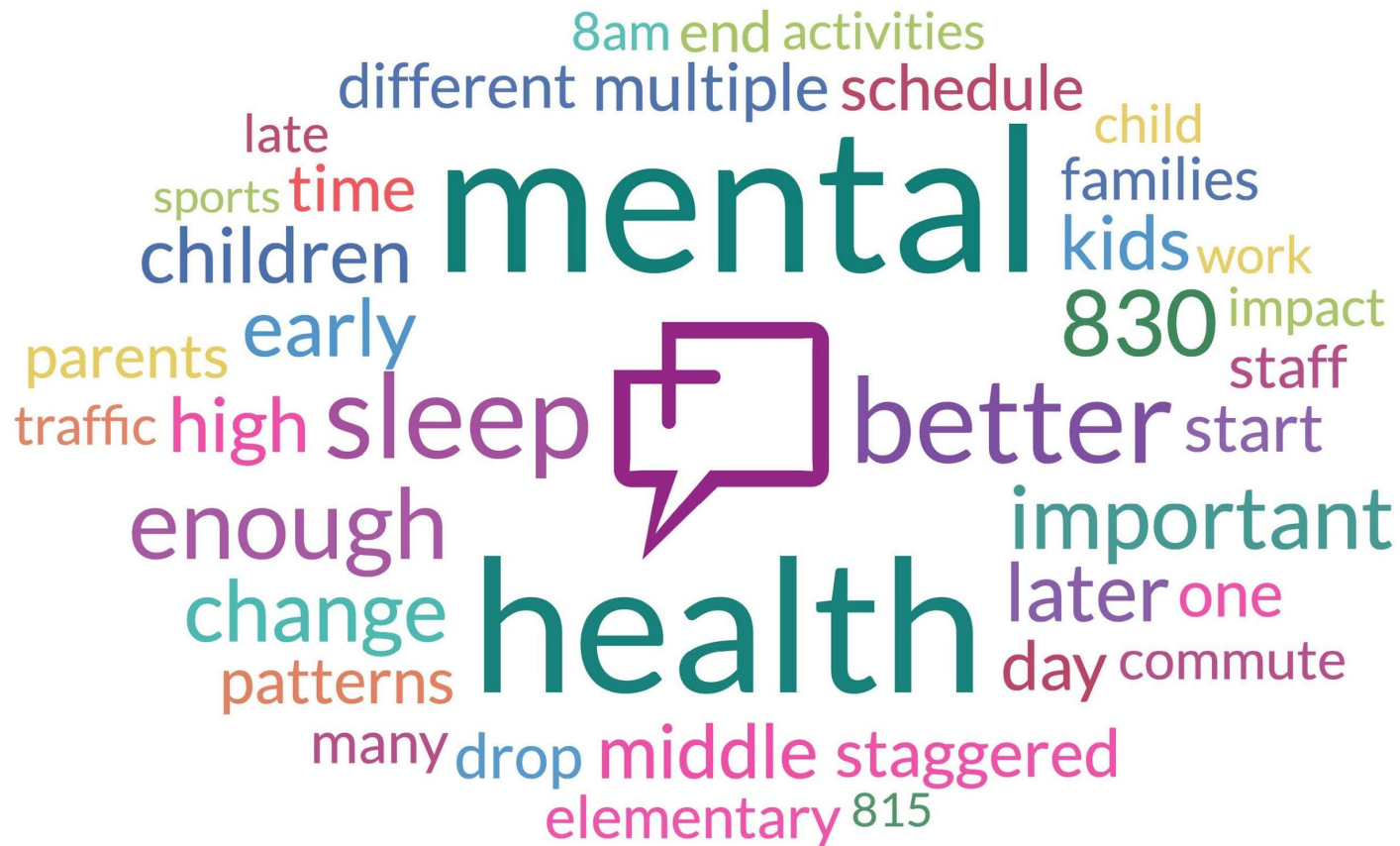
Students



ThoughtExchange results

Words sized based on their “star” rating (ie. The number of people who liked them)

Adults



ThoughtExchange results

Top thought categories

For students

1. Health
2. Extracurricular activities
3. Sleep

For adults

1. Health
2. Students in multiple schools
3. Transportation

ThoughtExchange results

Highlights

- Staff wants 8 am, parents want 8:30 am.
- The parents who want 8am would be fine with later if there is supervised childcare before school.
- No one wants start times to conflict to cause extra traffic or stress for dropping off at multiple locations.
- Younger students don't mind earlier start times, older students want a later start.
- Students like late start Monday.



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Potential solutions

What are we trying to accomplish

Comply with later start times law while:

- Increasing instructional time and quality
- Boosting student and staff attendance
- Address concerns about break times
- Not making the day too late (darkness, after school activities)

Proposed solutions

- Comply with law
- Increase instructional time and quality by eliminating late start
- Increase teacher prep time
- Increase passing/ break time as requested (options #2, #3 and #4)
- Would require some elementary times to shift earlier (option #1, #3, and #4)
- Would require middle school staff meeting to happen after work day just like elementary schools
- Limits during school day staff collaboration time

Middle School start times, option 1

Per 1	8:30-9:14
Per 2	9:17-10:00
Per 3	10:03-10:46
Break	10:46-10:56
Per 4	10:59-11:42
Per 5	11:45-12:28
Lunch	12:31-1:11
Per 6	1:15-1:58
Per 7	2:01-2:44
Per 8	2:47-3:30

**8:30 - 3:30 -No late start
Same number of passing
period minutes (3) and break
(10)**

Pros:

- Increases instructional minutes (compared to original schedule)
- Increases teacher prep time

Cons:

- No additional passing and break time (requested)
- Would require some elem times to shift earlier

Middle School start times, option 2

Per 1	8:20-9:04
Per 2	9:08-9:51
Per 3	9:55-10:38
Break	10:38-10:50
Per 4	10:54-11:37
Per 5	11:41-12:24
Lunch	12:28-1:08
Per 6	1:13-1:56
Per 7	2:00-2:43
Per 8	2:47-3:30

8:20 - No late start

1 extra minute in each passing period (4), 5 minute passing period after lunch, and 2 minutes added to break (12)

Pros:

- More instructional minutes (compared to original schedule and Options 1 & 3)
- Increases teacher prep time
- More passing and break time (requested)
- Doesn't require some elem times to shift earlier

Con:

- Increases the teachers' workday by 10 minutes

Note: Would require staff meeting to happen before or after school

Middle School start times, option 3

Per 1	8:25-9:12
Per 2	9:15-9:58
Per 3	10:01-10:44
Break	10:44-10:59
Per 4	11:02-11:45
Per 5	11:48-12:31
Lunch	12:31-1:11
Per 6	1:15-1:58
Per 7	2:01-2:44
Per 8	2:47-3:30

8:25 - No late start
Passing time stays the same,
additional minutes added to
break (15)

Pros:

- More instructional minutes (compared to original schedule)
- More break time (requested)
- Increases teacher prep time
- May require some elem times to shift earlier

Con:

- Increases the teachers' workday by 5 minutes

Note: Would require staff meeting to happen before or after school

Middle School start times, option 4

Per 1	8:25-9:13
Per 2	9:17 - 9:59
Per 3	10:03-10:45
Break	10:45-11:00
Per 4	11:04 - 11:46
Per 5	11:50-12:32
Lunch	12:32-1:12
Per 6	1:16-1:58
Per 7	2:02-2:44
Per 8	2:48-3:30

8:25 - No late start
Passing increases to 4 minutes,
additional minutes added to
break (15)

Pros:

- More instructional minutes (compared to original schedule)
- More break time (requested)
- Increases teacher prep time
- May require some elem times to shift earlier

Con:

- Increases the teachers' workday by 5 minutes

Note: Would require staff meeting to happen before or after school

Elementary schools times shift

May be required for Options #1, #3, and #4

Bubb

Start: 8:00, End: 2:40 No change

Huff

Start: 8:00, End: 2:40 No change

Mistral

Start: 8:30, End: 3:10 **Start: 8:15, End: 2:55**

Monta Loma

Start: 8:35, End: 3:15 **Start: 8:15, End: 2:55**

Vargas

Start: 8:00, End: 2:40 No change

Castro

Start: 8:30, End: 3:10 **Start: 8:15, End: 2:55**

Landels

Start: 8:15, End: 2:55 No change

Stevenson

Start: 8:30, End: 3:10 **Start: 8:10 End: 2:50**

Theuerkauf

Start: 8:35, End: 3:15 **Start: 8:15, End: 2:55**



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Next steps

Next steps

- Gather feedback from the board, staff and community on options
- Bring back a recommendation to BOT
- Determine which option and start date