



Mountain View
Whisman
School District

Results

Middle School Start Times

July 2, 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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2018 - 19 change in number of periods

Strategic Plan Goal 2

Achievement gaps will be eliminated for all student groups in all areas.

Desired Outcome:

All students will have access to electives

Actions

Create middle school schedules that provide for equitable course offerings to all students

Strategic Plan Goal 2

Achievement gaps will be eliminated for all student groups in all areas.

Desired Outcome

Increase the proficiency of students receiving special education services

Action

Implement a co-teaching model with special education teachers and general education teachers at all schools.

The new schedule and co-teaching must be implemented at the same time to best meet the needs of students

Middle School Schedule History

2011-12: Each middle school had a different schedule

- Crittenden: 8-period day schedule with double blocks of ELA and Math
- Graham: 7-period day similar to current schedule

2012-13: Changed middle school schedules to be consistent at each site: 7-period day and removed double block of math and ELA at Crittenden

2014-15: Added a double block of math to compensate for change in math pathways and rigor of new California State Standards (2-year plan short-term)

2016-17: Kept double block of math to accommodate for Teach To One; Middle School Schedule Task Force convened

2017-18: Kept double block of math while Middle School Schedule Task Force continued work to find a better schedule

Data from 2017-18 school year

- All students have a double block of math which leaves one period for an elective
- 244 students are English Language Learners
- 192 students have Individualized Education Plans (IEPs)
- 88 students in middle school are English Language Learners and have Individualized Education Plans (IEPs)
- These students must have one period of English Language Development (ELD) and/or one period of instructional support
- These students do not get to choose an elective such as art or robotics in the current schedule

Task Force Parameters

- English Language Learners must have ELD
- Students with IEPs will have an option for instructional support
- Math must be more than 47 minutes, but does not have to be double blocked
- Acceleration will continue in math
- All students must have one choice elective during the regular school day
- PE minutes must be met
- Must be what is best for students

8 Period Cascade- Pros and Cons

Pros	Cons
<ul style="list-style-type: none">• all students have a choice elective• all students have the support they need• provides two preparation periods, that are necessary for co-teaching• teachers see students 4 days each week• students can have an additional math block during the response to instruction period• period length is long enough for deeper learning, not long enough to cause fatigue	<ul style="list-style-type: none">• increases the need for staffing (same as 8 period A/B day)• will require students and teachers to adjust to new, rotating schedule• fewer instructional minutes per class (same as 8 period A/B day)• having short periods on Wednesday creates inconsistency for lesson planning
<ul style="list-style-type: none">• The Task Force recommends that the late start day be moved to Monday to increase consistency in instruction across the week	

8 Period Cascading Schedule

BELL SCHEDULE							
Late Start - Day 1	Minutes	Days 2-5	Minutes	Day 2	Day 3	Day 4	Day 5
Period 1	36	SESSION 1	60	Period 1	Period 2	Period 3	Period 4
	3	Passing	3				
Period 2	32	SESSION 2	58	Period 2	Period 3	Period 4	Period 1
	3	Break	10				
Period 3	32	Passing	3	Period 3	Period 4	Period 1	Period 2
Break	10	SESSION 3	58				
Period 4	32	Passing	3	Period 5	Period 6	Period 5	Period 5
	3	SESSION 4	58				
Period 5	32	Lunch	40	Period 6	Period 7	Period 7	Period 6
Lunch	40	passing	4				
Period 6	32	SESSION 5		Period 7	Period 8	Period 8	Period 8
	3	passing	3				
Period 7	32	SESSION 6	58	Period 8			
	3						
Period 8	32	DROPPED PERIOD		4, 8	1.5	2.6	3.7



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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

Site Visits

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 and various advisory groups (DAC, DELAC, MVEF, PTA presidents)



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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



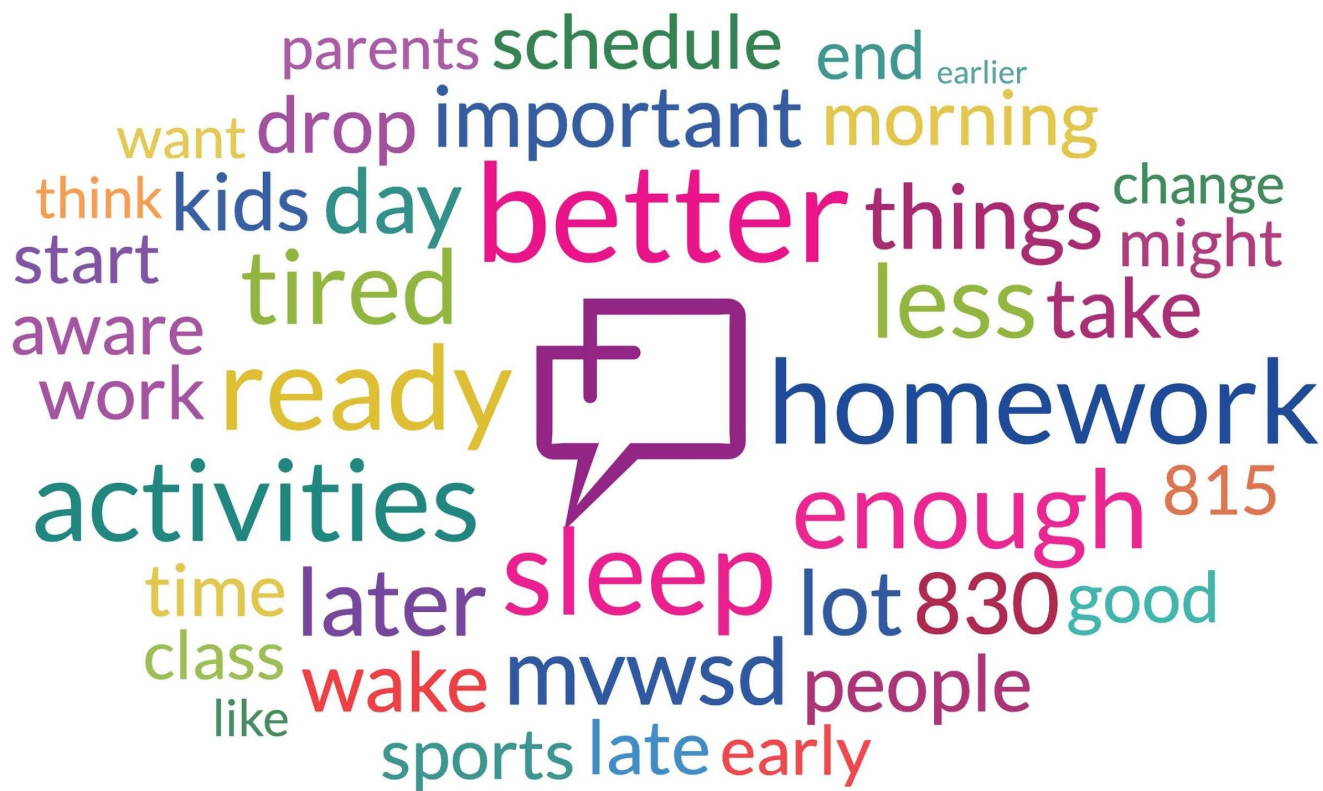
- Student participation



ThoughtExchange results

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

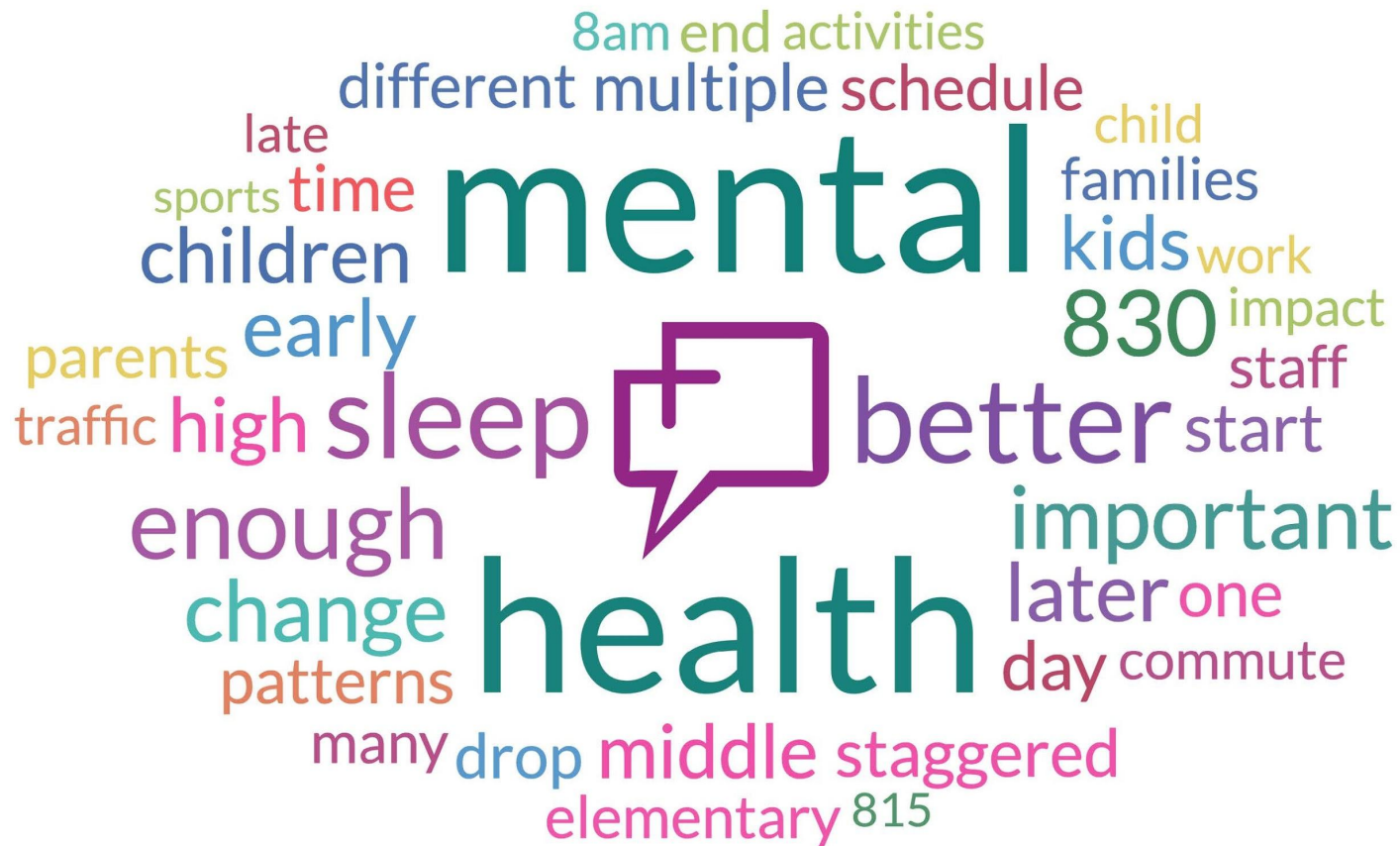
Students



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
 - (Monday classes move from 32 to ~45 minutes)
- 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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Feedback and Recommendation

Travel time Mistral to Crittenden

Search:
 i Escuela Ave, Mountain View, CA 9
 Crittenden Middle School, 1701 Rock St

Status: This place has been reported closed.

Time: 8:15 AM Thu, Jan 16

Options:
 Send directions to your phone

Route	Distance	Typical Travel Time	Arrival Time
via Rengstorff Ave	1.9 miles	7 - 16 min	Arrive around 8:31 AM
via S Shoreline Blvd	2.7 miles	7 - 16 min	Arrive around 8:31 AM

Explore Crittenden Middle School

Bottom Bar: Groceries, Hotels, Gas stations, Parking Lots, More

Travel time Crittenden to Los Altos HS

Route 1: via Rengstorff Ave
typically 10 - 20 min
Arrive around 8:50 AM
3.2 miles

Route 2: via San Antonio Rd
typically 10 - 22 min
Arrive around 8:52 AM
4.0 miles

Route 3: via N Shoreline Blvd
typically 10 - 22 min
Arrive around 8:52 AM
4.1 miles

Map Labels: Crittenden Middle School, Los Altos High School, Rengstorff Ave, San Antonio Rd, N Shoreline Blvd, Mountain View, Whisman Station, North Whisman, Palo Alto Orchards, Fairmeadow, Charleston Meadow, St. Claire Gardens, North Los Altos, Mountain View, Whisman Station, North Whisman, Palo Alto Orchards, Fairmeadow, Charleston Meadow, St. Claire Gardens, North Los Altos.

Do we adjust for travel time?

Before school, supervision coverage is provided at every school.

- Typically coverage starts 15 minutes prior to the start of the bell schedule.

While we cannot predict traffic patterns, the data suggests that if a parent had to drop off children at multiple sites, it is possible that they could make it to both schools on time.

Feedback from groups

Cabinet - Option 4

Leadership Team - Option 4

DAC - 2 or 4 will work

PTA presidents - 2 or 4 will work

MVEF - 2 or 4 will work

DELAC - 2

Most were favorable of option 4 because of passing/break time

Final Recommendation

Staff is recommending that in order to be in compliance with SB No. 328 beginning in 2020-2021, that MVWSD not only implements option 4 for both middle schools but also changes the start times at the following elementary schools:

Castro, Mistral, Stevenson, Monta Loma, Theuerkauf



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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