

School Start Time Exploration Committee

Thank You

Board of Education:	Elizabeth George-Cheniara, West Windsor; Robin Zovich, Plainsboro
Student Council:	Sneha Dev, High School North; Devon Jiang, High School South
Parents/Guardians:	Laura Feng (Hawk, GMS, HSS Parent); Dr. Naresh Nagella (CMS Parent); Shreya Dasgupta (Wicoff Parent); Shruti Rajan (Village, Dutch Neck Parent)
Community Member:	Rick Cave, Retired WWP Director of Technology
WWPEA:	Shaundrika Stevenson, President, Gerry Pinner Wicoff School Representative
Health Services:	Michele Crilly, Nurse Coordinator
School Administration:	Dave Argese, Dutch Neck School Principal; Dr. Jon Dauber, High School North Principal; Kate Dobinson, Athletic Director; Mary Pierson, Director of Transportation; Lamont Thomas, Grover Middle School Principal, Shannon Martin, Director of Community Education
District Administration:	Dr. Barbara Gould, Chief Academic Officer (formerly Director of Counseling, Health, & Wellness) Dr. Lee McDonald, (Chair), Deputy Superintendent

Goals

The **WWPRSD School Start Time Exploration Committee** will research, analyze, and evaluate potential shifts in school start times with the goal of better understanding the impact on family schedules, grade levels, childcare, extra-curricular activities, transportation, and the budget among other outcomes. Recommendations to the Board of Education will be presented in November 2023.



Topics

- Analyze Current and Applicable Research on Start Times
- Analyze Impact on Family Schedules, Childcare, Grade Level Impacts
- Discussion and Review of Potential Scheduling Configurations
- Analyze Impact on Transportation, Extra Curricular Activities/Athletics
- Analyze the Impact on the District Budget



Recommendation #1 - Stakeholder Survey

- Student, Caregiver, and Staff Preferences
- Health and Wellness
- Bussing & Transportation
- Extra-Curricular Activities
- Work Schedules
- Before / After School Programming & Childcare



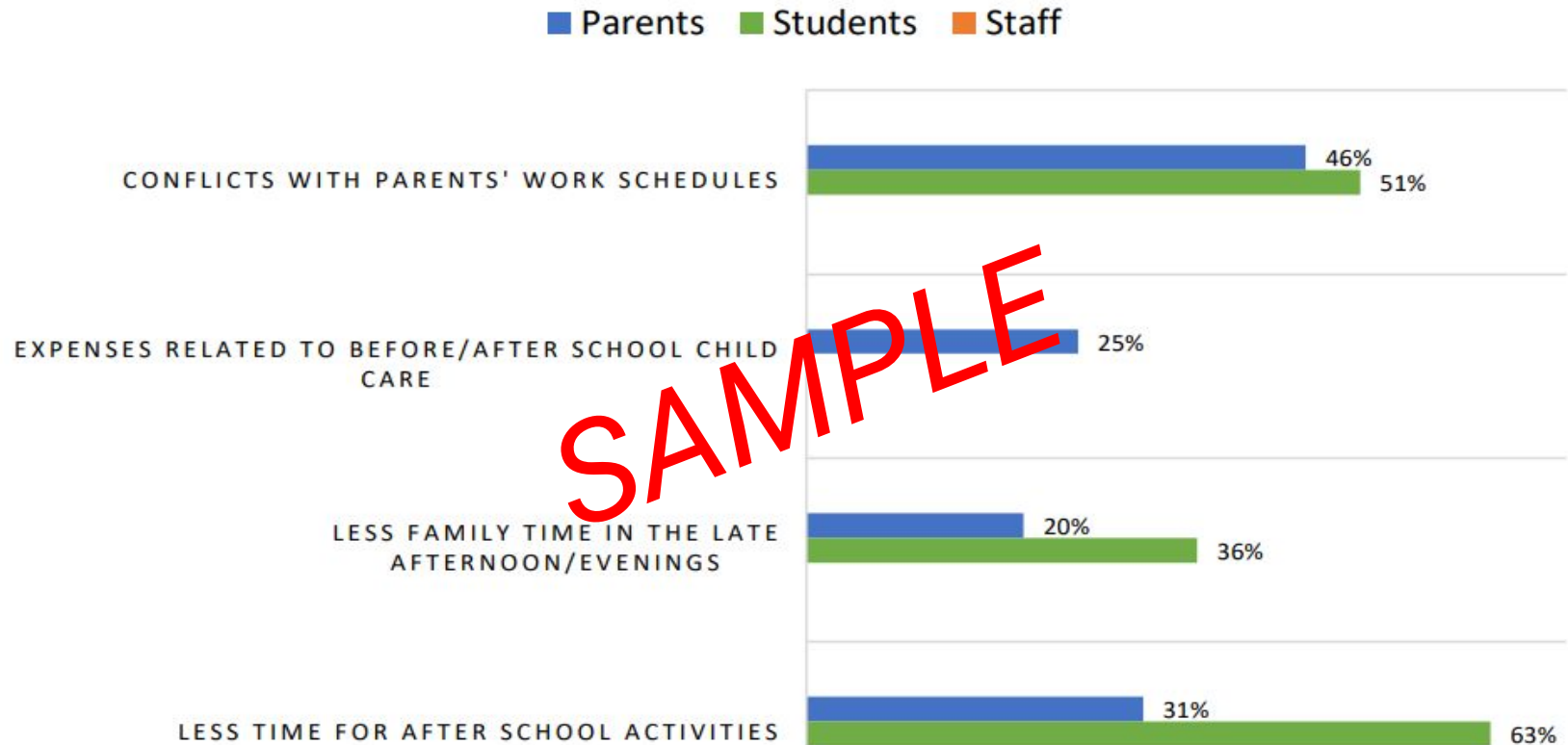
Athletic / Extracurricular Activities

High School North and High School South offer 18 sports while Community Middle School and Grover Middle School offer 11 sports. More than 1000 students participate at each high school with more than 800 participating at each middle school. Additionally, more than 75 extra-curricular activities and clubs are offered at each high school with approximately 20 options at each middle school. More than 1000 students participate in extracurricular activities at each high school with more than 600 participating at each middle school.

I BELIEVE THE 2019-2020 OPTION FOR LATER SCHOOL START TIMES MAY HAVE THE

FOLLOWING POTENTIAL CHALLENGES:

(Not all potential challenges were included on every group's survey)



What is the impact of a later school start time?

- On coaches and advisors availability?
- On child care access and capacity?
- On athletic & extra curricular participation?
- On athletic competition and instruction?
- On student part time jobs?



Recommendation #1 - Stakeholder Survey

Recommendation #2 - Bell Schedule Committee

- Identify Alternative Bell Schedules
- Clarify Values for Teaching & Learning
- Analyze Effect on Instructional Programs & Course Offerings
- Assess Impact on Students, Parents, and Staff
- Understand Staff Contract Parameters
- Determine Influence on District Operations, Budget, & Transportation



Alternative Start Times



Flipped WWP School Schedule

Grade	Start	Pick-Up	Drop	Pick-Up	Drop	Late Bus
K-5 (6 HR 35 MIN)	7:40am	7am	7:25am	2:50pm	3:15pm	
6-12 (7 HR 10 MIN)	8:40am	8am	8:35am	3:50pm	4:15pm	5:15pm 6:30pm

Sun Rise & Set / High & Low Temperatures - West Windsor, NJ

	Sep 1	Nov 1	Jan 1	March 1	May 1
Sun Rise	6:26am	7:28am	7:21am	6:32am	5:58am
Avg. Low	57	37	25	33	52
Sun Set	7:30pm	5:55pm	4:42pm	5:49pm	7:53pm
Avg. High	76	55	39	51	73

What is the impact of a later school start time?

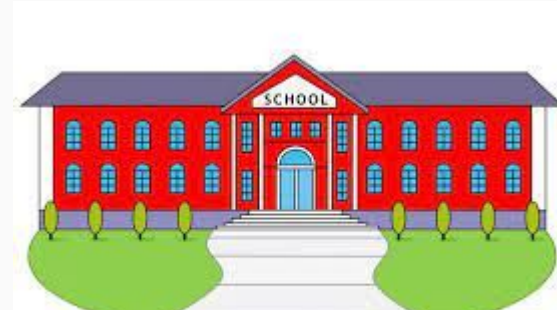
On the instructional program?

On staffing?

On contracts?

On the budget?

On transportation?



Recommendation #2 - Bell Schedule Committee

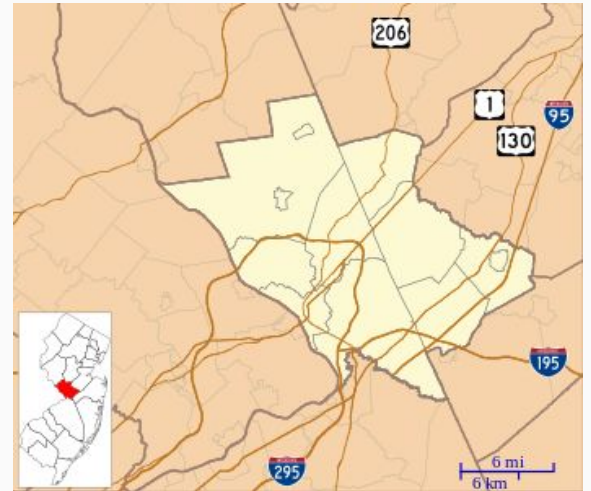
Recommendation #3 - Transportation Study

- Analysis of Current Multi-Tiered System
- Feasibility for School Start Time Shifts
- Bus Route Efficiencies and Capacities
- Safety Measures
- Estimated Costs for Changes



Transportation Facts

- 9254 Total Students
- Busing for 8942 students (96.6%)
- 312 walkers (3.3%)
- 39 square miles (per Google Maps)
- 10 schools, BOE, Maintenance, Transportation
- 14 WWP Bus Drivers
- 5 WWP Bus Aides
- 5 Transportation Staff



Transportation Budget

2019-2020 Expenses	2020-2021 Expenses	2021-2022 Expenses	2022-2023 Expenses	2023-2024 Budget
\$10,133,673	\$12,004,730	\$13,378,332	\$15,972,251	\$17,294,925
—	+18%	+11%	+19%	+8%

Cost Drivers: Contracted Service Providers, Fuel, Salaries/Benefits (e.g. WWP Drivers, Bus Aides, Support Staff), Insurance, Maintenance, Supplies, Joint Transportation Agreements, Other.

What is the impact of a later school start time?

On student pick up and drop off times?

On teenage drivers?

On bus driver and contractor availability?

On the transportation budget?

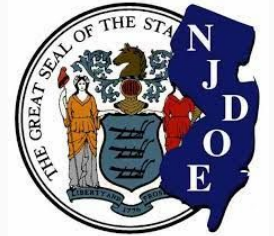
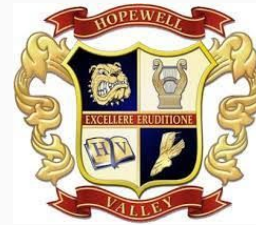
On residential sending paths?



Recommendation #3 - Transportation Study

Recommendation #4 - District Collaboration

- Collaborate with local school districts, particularly those similar in geographic size, student enrollment, and the number of schools that have or are considering changing school start times
- Discuss district school start time alignment, resources, and guidance



New Jersey Schools


- Average NJ High School Start Time 7:51 am
- WWP High School Start Time 7:40 am
- Average NJ School Day 6 hours 44 minutes
- WWP School Day 7 hours 10 minutes (6-12) / 6 Hours 35 Minutes (K-5)
- Pending Bill A3816 Requires certain public schools that receive State aid to begin regular instruction for high school students no earlier than 8:30 A.M.



Bridgewater-Raritan Explores Later School Start Times, Busing Changes

A transportation consultant presented a report at the most recent Bridgewater-Raritan Regional School District's Board of Education meeting.



Alexis Tarrazi, Patch Staff 

Posted Tue, May 16, 2023 at 4:00 pm ET | Updated Tue, May 16, 2023 at 4:01 pm ET

What is the impact of a later school start time?

State pilot program?

Pending legislation?

Timing of a transportation survey?

Changes in enrollment?

Pending residential growth?



Recommendation #4 - District Collaboration

Recommendation #5 - Health & Wellness Education

Additional community education on the importance of sleep, nutrition, and exercise for adolescents with the understanding that health is the state of complete physical, mental, and social well-being and wellness is an active process through which people become aware of, and make choices toward, a more successful existence.



American Academy of Pediatrics

- The American Academy of Pediatrics recognizes insufficient sleep in adolescents as an important public health issue that significantly affects the health and safety, as well as the academic success, of our nation's middle and high school students
- Although a number of factors, including biological changes in sleep associated with puberty, *lifestyle choices*, and *academic demands*, negatively affect middle and high school students' ability to obtain sufficient sleep, the evidence strongly implicates earlier school start times (ie, before 8:30 AM) as a key modifiable contributor to insufficient sleep, as well as circadian rhythm disruption, in this population

- *American Pediatrics Policy Statement, 2014*

American Academy of Sleep Medicine

- Sleeping the number of recommended hours on a regular basis is associated with better health outcomes including: improved attention, behavior, learning, memory, emotional regulation, quality of life, and mental and physical health
- Regularly sleeping fewer than the number of recommended hours is associated with attention, behavior, and learning problems. Insufficient sleep also increases the risk of accidents, injuries, hypertension, obesity, diabetes, and depression

- A Consensus Statement of the American Academy of Sleep Medicine, 2014

What is the impact of a later school start time?

On health and wellness?

On adolescent sleep patterns?

On teenage mental health?

On pupil attendance?

On academic performance?



Recommendation #5 - Health and Wellness Education

Mission Statement

Building upon our tradition of excellence, the mission of the West Windsor-Plainsboro Regional School District is to empower all learners to thoughtfully contribute to a diverse and changing world with confidence, strength of character, and love of learning.

