

**LEXINGTON SCHOOL COMMITTEE MEETING**  
**Wednesday, April 11, 2018**  
**Cary Memorial Building, Estabrook Hall**  
**1605 Massachusetts Avenue**

*All agenda items and the order of items are approximate and subject to change.*

**5:30 p.m. Call to Order:**

**5:31 p.m. Executive Session:**

Exemption 3 - To Discuss Strategy with Respect to Collective Bargaining Regarding All Units

**6:30 p.m. Return to Public Session:**

Public Comment – Written comments to be presented to the School Committee, oral presentations not to exceed three minutes.

**6:35 p.m. Agenda:**

1. Discussion of School Start Time Options (30 minutes)

**7:05 p.m. School Committee will remain in session and relocate to Battin Hall for the purpose of participating in Town Meeting.**

**Policy AD: Mission/Vision of the Lexington Public Schools**

*The Lexington Public Schools serve to inspire and empower every student to become a lifelong learner prepared to be an active and resilient citizen who will lead a healthy and productive life. Educators, staff, parents, guardians and community members will honor diversity and work together to provide all students with an education that ensures academic excellence in a culture of caring and respectful relationships.*

**The next scheduled meeting of the School Committee is as follows:**

- Tuesday, April 24, 2018 – 7:00 p.m., Lexington Town Office Building, Selectmen’s Meeting Room

# **AGENDA ITEM SUMMARY**

## **LEXINGTON SCHOOL COMMITTEE MEETING**

**TODAY'S DATE:** April 9, 2018

**REQUESTED MEETING DATE:** April 11, 2018

**AGENDA ITEM TITLE:** School Start Times Presentation

**PRESENTER:** Ian Dailey, Assistant Superintendent for Finance and Administration

**SUMMARY:**

The administration will report out the work of the School Start Times Task Force and make a presentation to the School Committee. This will be the first of multiple discussions between April and the end of the school year. A presentation for the meeting is forthcoming.

**WHAT ACTION (IF ANY) DO YOU WISH SCHOOL COMMITTEE TO TAKE?**

- No action requested, this is a short update or a presentation of information.
- Request input and questions from the School Committee, but no vote required.
- Request formal action with a vote on a specific item.

**If formal action is requested, please check one:**

This item is being presented

- for the first time, with a request that the School Committee vote at a subsequent meeting  
or
- with the request that the School Committee take action immediately

**If formal action is requested:**

Include a suggested motion or let \_\_\_\_\_ know if you need assistance preparing a motion.

**SUGGESTED MOTION:**

**FOLLOW-UP:**

**AMOUNT OF TIME REQUESTED FOR THE AGENDA ITEM:** 40 minutes

**ATTACHMENTS:**



# Lexington Public Schools School Start Times Task Force

April 11, 2018

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## Overview

- Goal
- Membership
- Meeting Timeline
- Research
- Feedback
- Options/Considerations
- Next Steps
- Implementation Timeline

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## Goal

Research, identify priorities, and evaluate all considerations to determine if a recommendation should be made to the Superintendent to consider changes to start/end times at the high school, middle school, and/or elementary school levels.

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## Membership

- Jeff LaBroad, Estabrook Assistant Principal
- Anna Monaco, Clarke Principal
- Scott Kmack, LHS Dean
- Barbara Hamilton, METCO Director
- Naomi Martin, Athletic Director
- Andrew Baker, LEA President
- Elaine Celi, Transportation Coordinator
- Kathleen Lenihan, School Committee Member
- Deepika Sawhney, School Committee Member
- Jessie Steigerwald, Community Member
- Sara Cuthbertson, Parent
- Beth Murnaghan, Parent
- Ian Dailey, Assistant Superintendent for Finance and Administration

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## Meeting Timeline

- Task Force: April 4, 2017
- Task Force: May 5, 2017
- Task Force: June 6, 2017
- PPC Meeting: September 6, 2017
- Task Force: September 13, 2017
- School Committee: September 19, 2017
- Task Force: October 26, 2017
- School Committee: November 7, 2017
- Community Forum: November 15, 2017
- Task Force: November 20, 2017
- Task Force: November 29, 2017
- PPC Meeting: December 6, 2017
- Staff Meeting: March 5, 2018
- Task Force: April 9, 2018
- School Committee: April 11, 2018

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## Research

- Established collaborative environment for Task Force
  - Google Drive
- Gathered & reviewed scientific research
- Established web presence (3,108 page views at of 4/11/18)
  - <https://lps.lexingtonma.org/Page/10330>
- Contracted with Judy Owens
  - Director of Sleep Medicine, Boston Childrens Hospital
  - Conducted Community Forum
    - Presentation recording & materials: Found on District Start Times site
  - Conducted Staff Meeting presentation
    - Presentation materials: Found on District Start Times site
- Concerns around adolescent sleep/wake patterns – secondary level students
- Impacts on students social/emotional wellness
- Impacts on secondary students' ability to perform in morning classes
- Massachusetts Legislature – require no earlier than 8:30a
- Local, regional, and national economic impacts
  - Car crash safety data
  - Economic returns – long-run

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## Research

- Burlington – 2018-19
- Stoneham – 2018-19
- Watertown – 2018-19
- Weston – 2018-19
- Winchester – 2018-19
- Concord-Carlisle – 2018-19
- Maintaining Middlesex League status on District Start Times site:  
<https://lps.lexingtonma.org/Page/10330>

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## Feedback

- Surveys issued to:
  - Parents/Guardians (3,692 responses)
  - Staff (550 responses)
  - Students: Grades 6-12 (3,500 responses)
- Community Forum with Judy Owens
- Staff Meeting with Judy Owens (425 responses)
- Lexington Listens

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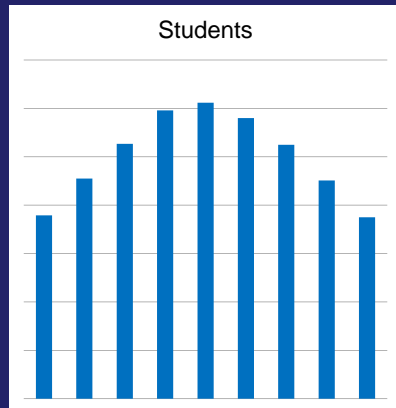
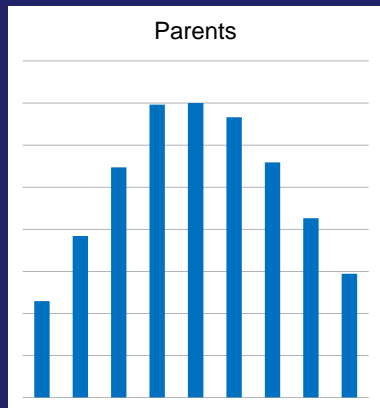
# Feedback

- Types of questions asked:
  - Sleep/wake patterns – weekday vs. weekend
  - Difficulty waking up
  - Tiredness levels in school
  - Device usage
  - Employment
  - After school activities/athletics
  - After school childcare
  - Breakfast
  - Transportation
  - Start time preferences



# Feedback – XX

Insert Question here?





## Elementary School Survey Data

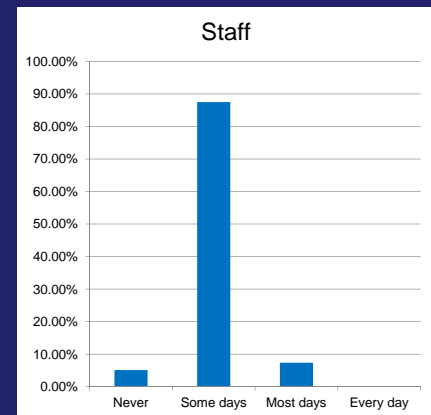
11



## Feedback – ES

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How often do your students appear tired or sleepy during school?



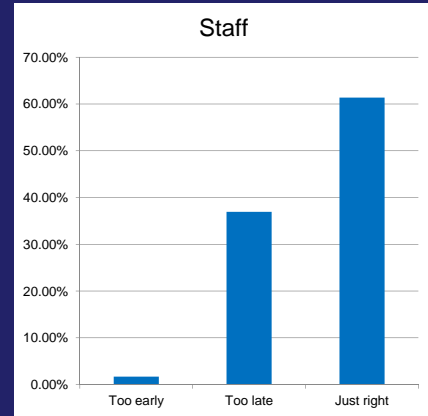




# Feedback – ES

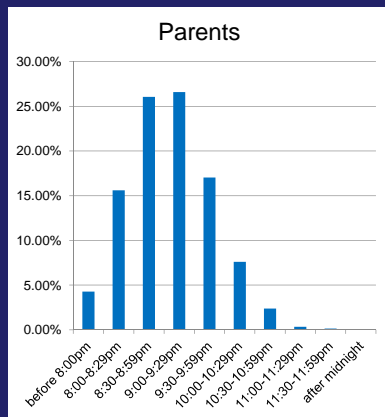
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As you know, the elementary day starts at 8:45am, with bus pickups starting earlier. In your opinion, do the elementary schools days start:



# Feedback – ES

On average, what time does your child usually fall asleep on school nights?

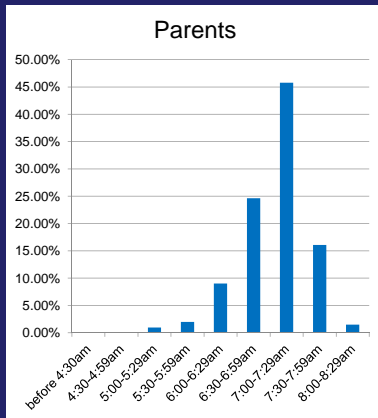


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## Feedback – ES

On average, what time does your child usually wake up on school days?

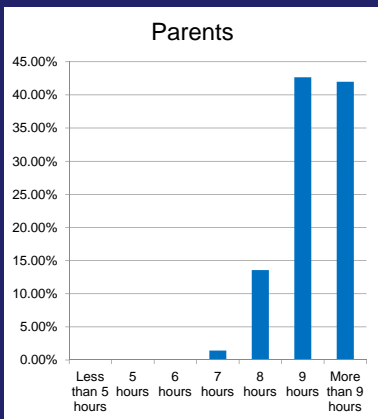


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## Feedback – ES

On average, how much sleep do you think your child gets on a school night?

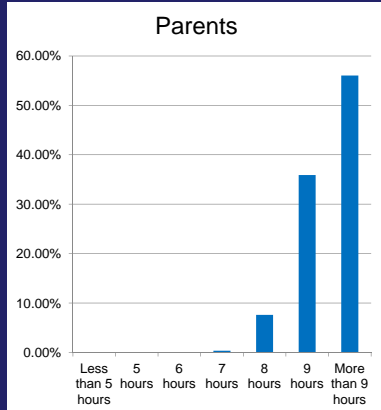


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## Feedback – ES

On average, how much sleep do you think your child needs on a school night?

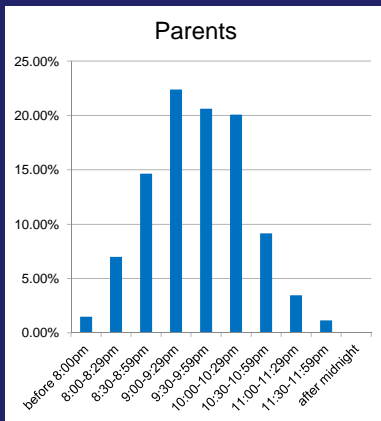


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## Feedback – ES

On average, what time does your child usually fall asleep on weekend nights?

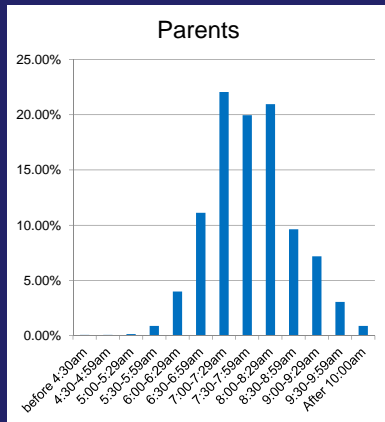


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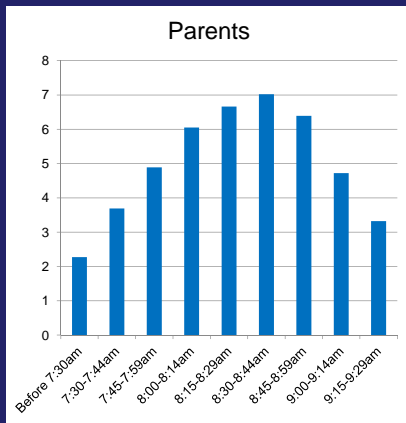
# Feedback – ES

On average, what time does your child usually wake up on weekend days?



# Feedback – ES

If the length of the school day stayed the same, please rank the preferred time you feel elementary schools should start?



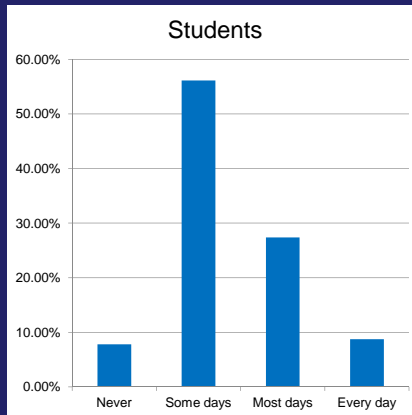


# Middle School Survey Data



# Feedback – MS

How often are you tired or sleepy during school?



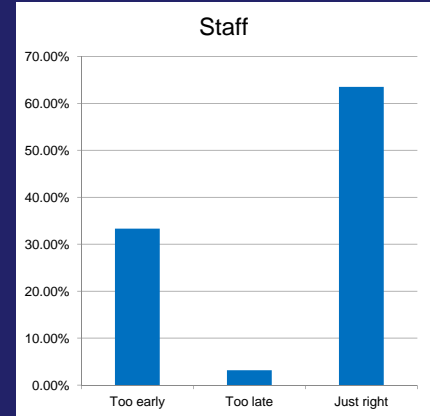
How often do your students appear tired or sleepy during school?





# Feedback – MS

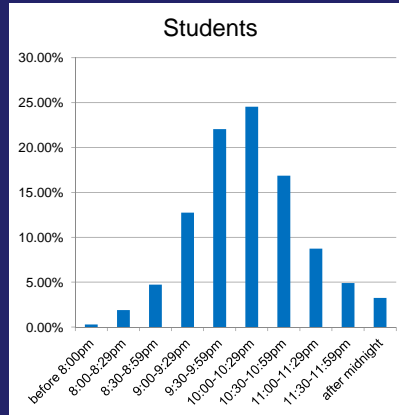
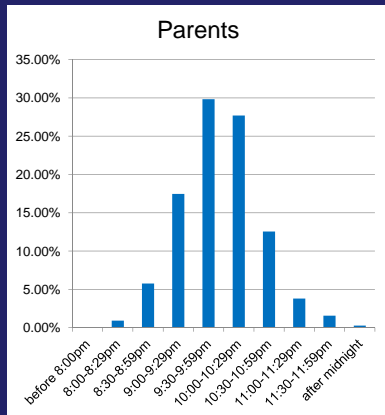
As you know, the middle school day starts at 8:00am, with bus pickups starting earlier. In your opinion, does the middle school day start:



# Feedback – MS

On average, what time does your child usually fall asleep on school nights?

What time do you usually fall asleep on school nights?

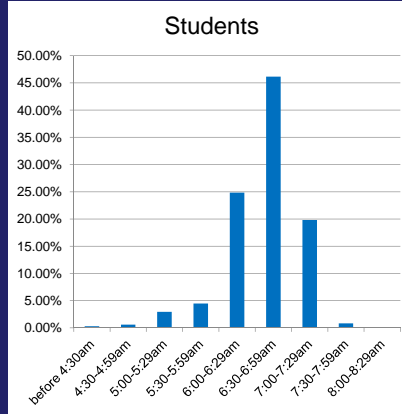
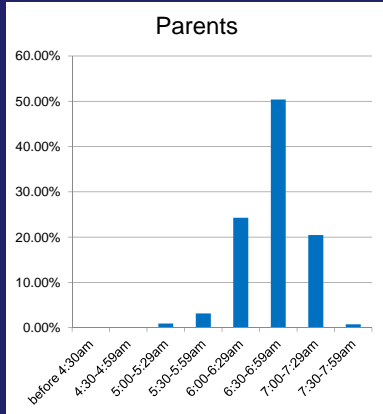




# Feedback – MS

On average, what time does your child usually wake up on school days?

What time do you usually wake up on school days?



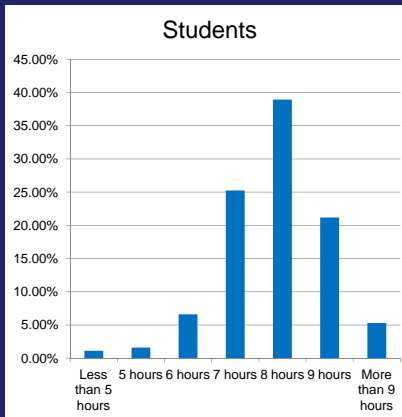
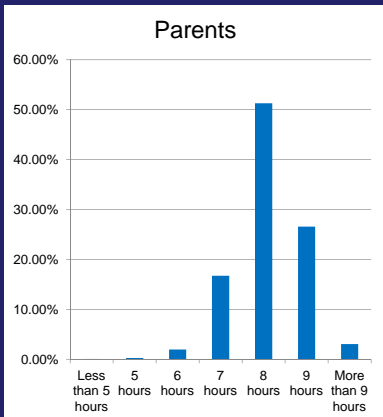
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# Feedback – MS

On average, how much sleep do you think your child gets on a school night?

On average, how much sleep do you get on a school night?



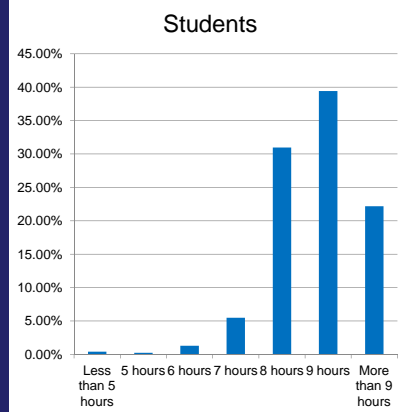
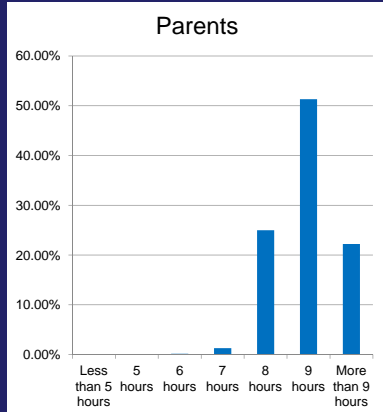
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# Feedback – MS

On average, how much sleep do you think your child needs on a school night?

On average, how much sleep do you think you need on a school night?



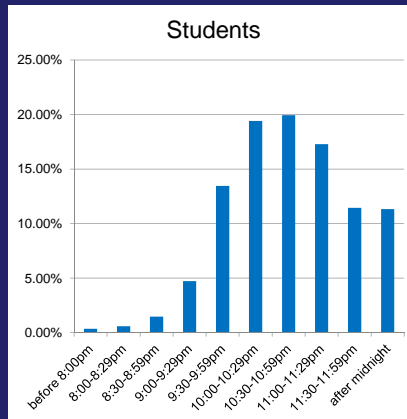
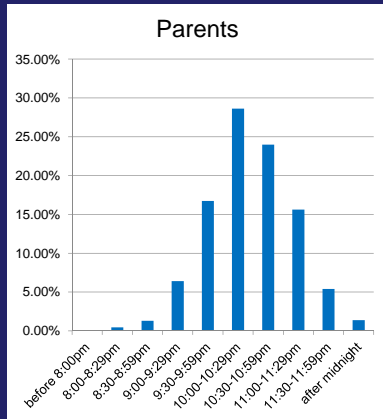
27



# Feedback – MS

On average, what time does your child usually fall asleep on weekend nights?

What time do you usually fall asleep on weekend nights?



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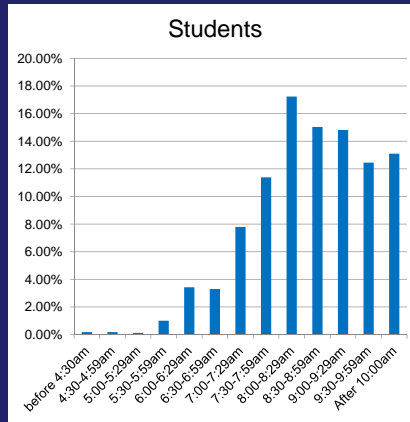
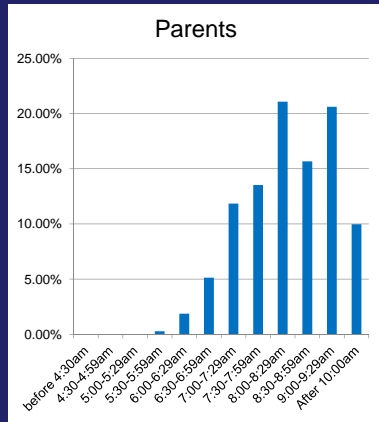




# Feedback – MS

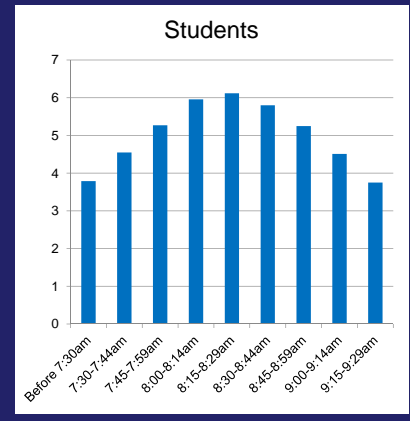
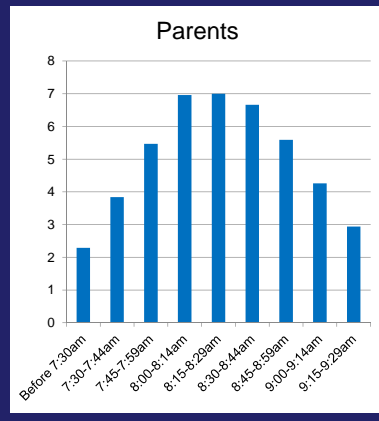
On average, what time does your child usually wake up on weekend days?

What time do you usually wake up on weekend days?



# Feedback – MS

If the length of the school day stayed the same, please rank the preferred time you feel middle school should start?





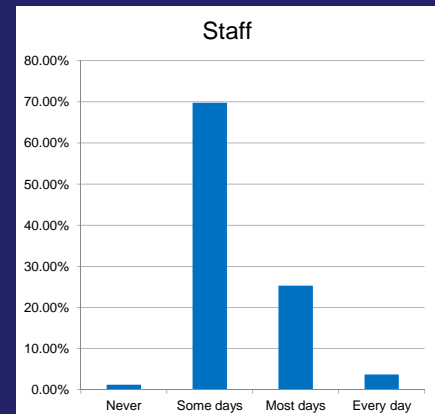
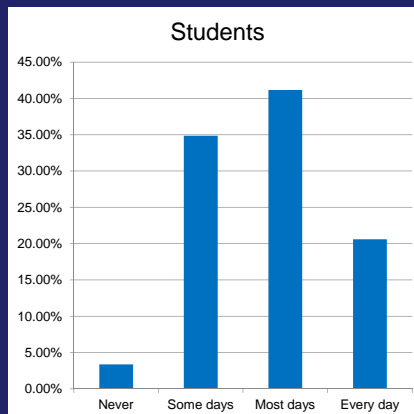
# High School Survey Data



## Feedback – HS

How often are you tired or sleepy during school?

How often do your students appear tired or sleepy during school?

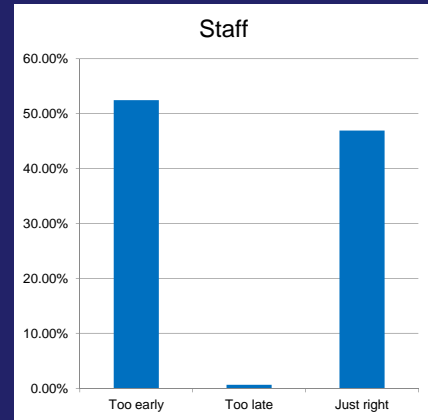




# Feedback – HS

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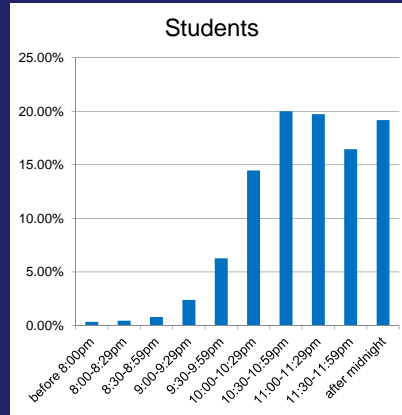
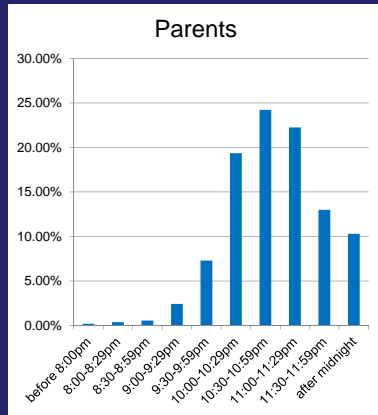
As you know, the high school day starts at 7:45am, with bus pickups starting earlier. In your opinion, does the high school day start:



# Feedback – HS

On average, what time does your child usually fall asleep on school nights?

What time do you usually fall asleep on school nights?



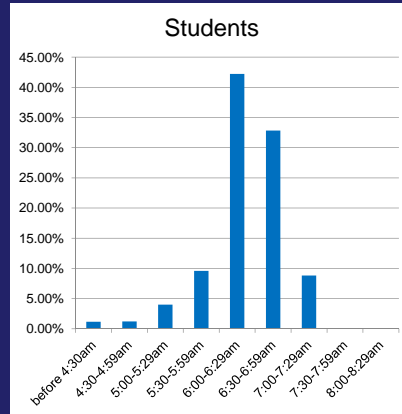
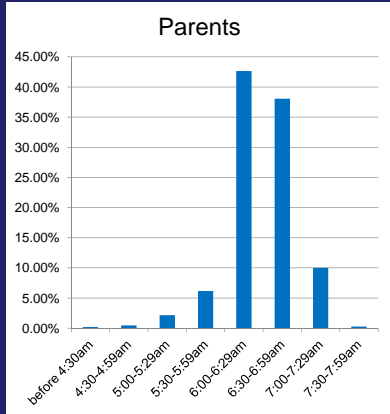
34



# Feedback – HS

On average, what time does your child usually wake up on school days?

What time do you usually wake up on school days?



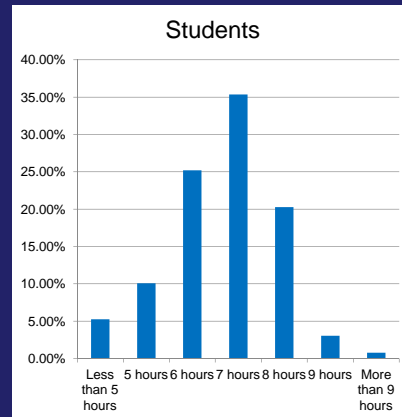
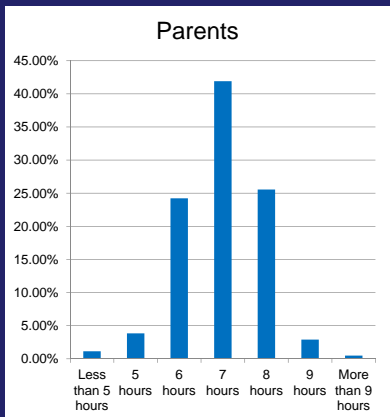
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# Feedback – HS

On average, how much sleep do you think your child gets on a school night?

On average, how much sleep do you get on a school night?



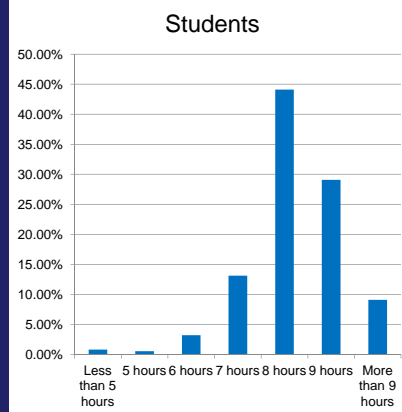
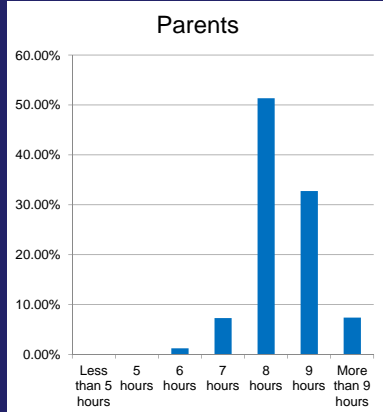
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# Feedback – HS

On average, how much sleep do you think your child needs on a school night?

On average, how much sleep do you think you need on a school night?



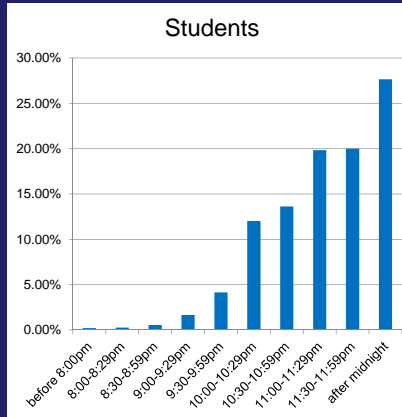
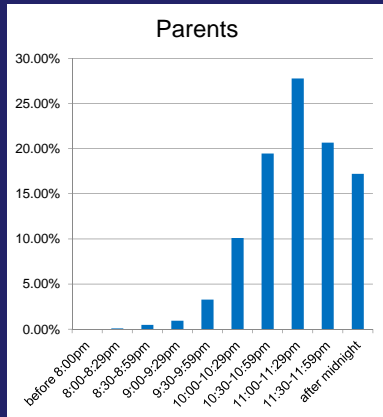
37



# Feedback – HS

On average, what time does your child usually fall asleep on weekend nights?

What time do you usually fall asleep on weekend nights?



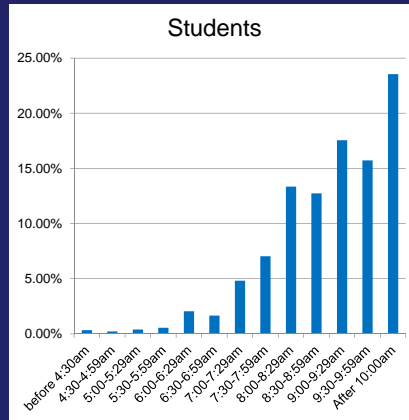
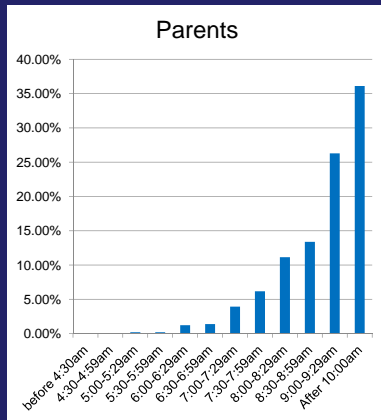
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# Feedback – HS

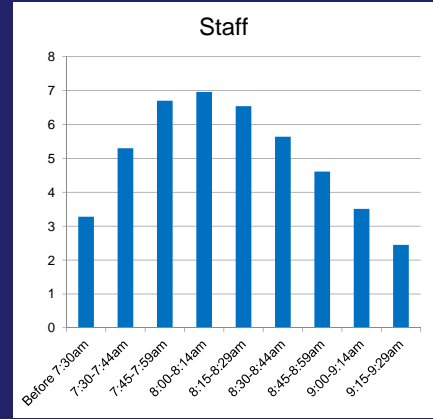
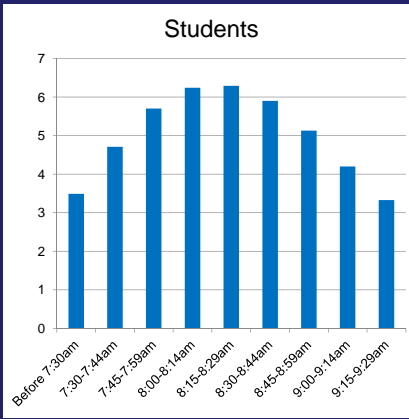
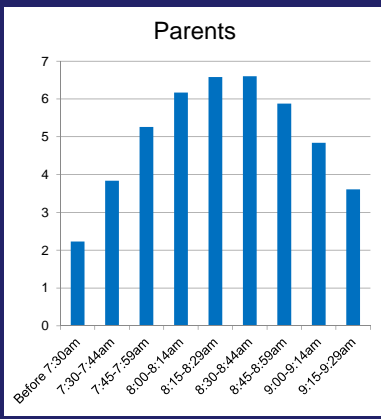
On average, what time does your child usually wake up on weekend days?

What time do you usually wake up on weekend days?



# Feedback – HS

If the length of the school day stayed the same, please rank the preferred time you feel high school should start?





## Options/Considerations

- Multiple options evaluated and discussed
- Determined listing of considerations and trade-offs
  - Programmatic Impacts
  - Financial Impacts
  - Operational Impacts
- Need to evaluate trade-offs and considerations

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## Options/Considerations

- Athletics
  - Scheduling with other districts
  - Availability of space – fields, rinks, pools, etc.
  - Field lighting
- Recreation
  - Operating budget – up to \$70,000 loss (enterprise fund)
  - Field availability to community groups (i.e. LUSC, Pop Warner, Babe Ruth, youth lacrosse)
  - Building availability (i.e. gyms); depends on level
  - Recreation Committee/Department involvement (i.e. five year capital plan)
- METCO
- Transportation implications
  - Transportation model options
  - Non-LPS after-school transportation
- Impact bargaining – all options; except status quo
- PreK program schedule – all options; except status quo
- LABBB at High school – all options; except status quo
- Crossing Guard schedules – all options; except status quo
- LCE – all options; except status quo
  - Availability of space
- Food Service – all options; except status quo
- Extended Day – all options; except status quo

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# Option 1 – Status Quo

Option 1: Status Quo								
	Current				Proposed			
	Bus Route Start	AM Bell	PM Bell	Bus Route End	Bus Route Start	AM Bell	PM Bell	Bus Route End
LHS	7:00 AM	7:45 AM	2:25 PM	3:00 PM	7:00 AM	7:45 AM	2:25 PM	3:00 PM
MS	7:25 AM	8:00 AM	2:50 PM	3:25 PM	7:25 AM	8:00 AM	2:50 PM	3:25 PM
ES	8:10 AM	8:45 AM	3:15 PM	3:50 PM	8:10 AM	8:45 AM	3:15 PM	3:50 PM
ES - Thursday	8:05 AM	8:45 AM	12:15 PM	12:50 PM	8:05 AM	8:45 AM	12:15 PM	12:50 PM

- No change to school start times
- All existing conditions and impacts remain



# Option 2 – The Flip

Option 2: "The Flip"								
	Current				Proposed			
	Bus Route Start	AM Bell	PM Bell	Bus Route End	Bus Route Start	AM Bell	PM Bell	Bus Route End
LHS	7:00 AM	7:45 AM	2:25 PM	3:00 PM	8:00 AM	8:40 AM	3:20 PM	3:55 PM
MS	7:25 AM	8:00 AM	2:50 PM	3:25 PM	7:30 AM	8:05 AM	2:55 PM	3:30 PM
ES	8:10 AM	8:45 AM	3:15 PM	3:50 PM	7:00 AM	7:35 AM	2:05 PM	2:40 PM
ES - Thursday	8:05 AM	8:45 AM	12:15 PM	12:50 PM	7:00 AM	7:35 AM	11:05 AM	11:40 AM

- Reverses order of schools, staggering start times for tiered approach
- Achieves later start time at HS, minimal impact to MS start time
- Lowest cost alternative
  - No additional buses required
- 1hr 10min change to elementary start time
- Requires elementary students be at bus stops starting at 7am
- Athletic scheduling becomes compressed – particularly late fall; early spring
  - Need to put lights on fields – i.e. Lincoln Fields - ~\$200k per field
- Recreation Department scheduling impacts; field/building availability for LPS, Recreation, and community organizations
- Elementary METCO routes starting early; may extend secondary route lengths (traffic)
- After school clubs/activities/jobs become compressed at HS level; increases available time for ES





## Option 3 – All together

Option 3: "All together"								
	Current				Proposed			
	Bus Route Start	AM Bell	PM Bell	Bus Route End	Bus Route Start	AM Bell	PM Bell	Bus Route End
LHS	7:00 AM	7:45 AM	2:25 PM	3:00 PM	7:55 AM	8:35 AM	3:15 PM	3:50 PM
MS	7:25 AM	8:00 AM	2:50 PM	3:25 PM	7:50 AM	8:25 AM	3:15 PM	3:50 PM
ES	8:10 AM	8:45 AM	3:15 PM	3:50 PM	7:45 AM	8:20 AM	2:50 PM	3:25 PM
ES - Thursday	8:05 AM	8:45 AM	12:15 PM	12:50 PM	7:45 AM	8:20 AM	11:50 AM	12:25 PM

- Reduced impact to elementary schools
- Achieves later start time at HS and MS
- Highest cost alternative
  - Approximately 55 buses needed - \$4.8 million
- Athletic scheduling becomes compressed – particularly late fall; early spring
  - Need to put lights on fields – i.e. Lincoln Fields - ~\$200k per field
- Recreation Department scheduling impacts; field/building availability for LPS, Recreation, and community organizations
- Increases benefit to elementary METCO routes; may extend secondary route lengths (traffic)
- After school clubs/activities/jobs become compressed at MS/HS level; increases available time for ES

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## Option 4 – Shared buses

Option 4: "Shared buses"								
	Current				Proposed			
	Bus Route Start	AM Bell	PM Bell	Bus Route End	Bus Route Start	AM Bell	PM Bell	Bus Route End
LHS	7:00 AM	7:45 AM	2:25 PM	3:00 PM	8:00 AM	8:40 AM	3:20 PM	3:55 PM
MS	7:25 AM	8:00 AM	2:50 PM	3:25 PM	7:45 AM	8:20 AM	3:10 PM	3:45 PM
ES	8:10 AM	8:45 AM	3:15 PM	3:50 PM	7:15 AM	7:50 AM	2:20 PM	2:55 PM
ES - Thursday	8:05 AM	8:45 AM	12:15 PM	12:50 PM	7:15 AM	7:50 AM	11:20 AM	11:55 AM

- Reduced impact to elementary schools compared to Option 2: "The Flip"
- Achieves later start time at HS and MS
- Moderate cost alternative
  - Approximately 11 buses needed - \$960k
- Requires that middle school and high school students ride the same bus
  - May have supervision impacts with buses moving from MS to HS in afternoon
- Athletic scheduling becomes compressed – particularly late fall; early spring
  - Need to put lights on fields – i.e. Lincoln Fields - ~\$200k per field
- Recreation Department scheduling impacts; field/building availability for LPS, Recreation, and community organizations
- Increases benefit to elementary METCO routes; may extend secondary route lengths (traffic)
- After school clubs/activities/jobs become compressed at MS/HS level; increases available time for ES

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## Option 5 – Separated buses

Option 5: "Separated buses"								
	Current				Proposed			
	Bus Route Start	AM Bell	PM Bell	Bus Route End	Bus Route Start	AM Bell	PM Bell	Bus Route End
<b>LHS</b>	7:00 AM	7:45 AM	2:25 PM	3:00 PM	8:00 AM	8:40 AM	3:20 PM	3:55 PM
<b>MS</b>	7:25 AM	8:00 AM	2:50 PM	3:25 PM	7:45 AM	8:20 AM	3:10 PM	3:45 PM
<b>ES</b>	8:10 AM	8:45 AM	3:15 PM	3:50 PM	7:15 AM	7:50 AM	2:20 PM	2:55 PM
<b>ES - Thursday</b>	8:05 AM	8:45 AM	12:15 PM	12:50 PM	7:15 AM	7:50 AM	11:20 AM	11:55 AM

- Reduced impact to elementary schools compared to Option 2: "The Flip"
- Achieves later start time at HS and MS
- Moderate cost alternative
  - Approximately 17 buses needed - \$1.4 million
- No requirement that middle school and high school students ride the same bus
  - No supervision impacts at HS in afternoon
- Athletic scheduling becomes compressed – particularly late fall; early spring
  - Need to put lights on fields – i.e. Lincoln Fields - ~\$200k per field
- Recreation Department scheduling impacts; field/building availability for LPS, Recreation, and community organizations
- Increases benefit to elementary METCO routes; may extend secondary route lengths (traffic)
- After school clubs/activities/jobs become compressed at MS/HS level; increases available time for ES

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## Next Steps

- Upcoming Meetings/Public Hearings
  - April 11, 2018
  - April 24, 2018
  - May 8, 2018
  - May 22, 2018 – Public Hearing
  - June 5, 2018
  - June 19, 2018 – tentative decision point; if 19-20 implementation desired
  - September 2018 – FY2020 budget planning & development begins
- Survey for feedback if unable to attend public hearing

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## Implementation Timeline

- Adjustments made no earlier than the 2019-20 school year, if any
- Should a decision be made the following items are still open and need to be addressed:
  - Impact bargaining
  - Financial planning
  - Procurement of buses
  - Athletic scheduling changes
  - Field lighting
  - Impact on recreation budget (capital and operating) and operations
  - LABBB schedule
  - Crossing Guard schedules
  - Custodial schedules
  - School Lunch schedules
  - Extended Day agreement amendment
  - Impact on space availability – LCE, Recreation, outside groups