

Long-Range Planning Committee
August 14, 2017
4:30 p.m.–6:30 p.m.
ESC Board Room

“To review the district physical plant, program capacity, enrollment boundaries, transportation routing, and major capital equipment requirements, and determine what improvements to efficiency, sustainability, and infrastructure needs may be required during the next five to ten years.”

Attendees: Diane Doney, Betty Timmer, Ralph Dergance, Brian Bostwick, Dave Culp, Bob Colwell, Lucie Stanish, Erick Hartzell, Chris Jobanputra, Mary Haas, Terry Davis, Karen Johnson, Brett Collins, Dana Wedlick, Bill Canterbury

Absent: Becca Damiano, Lucie Stanish

Ad hoc attendees: Nicole Moyer, Mark Crisman, Donna Villamor, Diane Leiker, Melissa Cooper, Kathleen Ambron, Roy Tanner, Mark Lindstone, Connie Bouwman, Nate Thompson, Robyn Zagoren, Alan Moore, Clay Abla, Jessica Gould

Consultant attendees: Shannon Bingham

Guest: Dr. Lisa Meltzer, Mark Ketchum, Barb Reyes

Minutes:

1. Welcome and review minutes/agenda
 - a. Diane welcomed committee members and provided an overview of what would be discussed.
 - b. Diane introduced Dr. Lisa Meltzer from National Jewish Health
2. Dr. Lisa Meltzer, PhD, Pediatric Psychologist
 - a. Sleep specialty
 - b. Been working on getting school districts to recognize the value in a later start time for teens for 16 years
 - c. [Presentation](#) (~30 minutes)
 - d. Questions (15 minutes)
 - i. Who around us is doing this? Large scale change? Trending?
 1. Nationwide is trending this way
 2. Denver Public Schools gave a flexible start time a chance and gave students RTD bus passes so they could avoid transportation issues.

3. First National Conference on adolescent sleep and start times happened in April 2017. Big school districts across the country are making this change or at least exploring this.
- ii. Have you studied the effect of high school kids being on later start times, what effect carries into college?
 1. Colleges started to recognize this a few years ago (for example, Duke won't start classes before 8:00 a.m.)
 2. Students have the flexibility in college to schedule their classes later
 3. Circadian rhythm doesn't shift back to "normal" until after college (early- to mid-twenties)
 4. Most adults should be going to bed between 10 and 11 and waking up between 6 and 7, but there are outliers
- iii. Did Boulder and Fairview stick with their time changes?
 1. Not sure. St. Vrain was looking at making the change, but that district was struggling because they have a lot of farming families.
 2. Boulder has continued to explore potential outcomes and solutions as a district.
 3. Jeffco might be starting to think about this as well.
 4. Air Academy in Co Spgs made that change about 5 years ago and has kept it.
- iv. Do some high schoolers start adding before school practices or zero hour class?
 1. Yes, and this still has a negative impact on students.
 2. CCSD: only sports/activities that are currently before school can stay before school.
- v. Three different scenario options, so is it a linear change?
 1. Argue that at least a 30-minute change is important based on what we know for cumulative sleep.
 2. Recommend 8:00 or later for MS and HS.
- vi. Putting together an FAQ for our public process.
 1. Recommend middle AND high school starting at 8:30 or later.
 2. The only argument for later starts in high school than middle is that circadian shift is more complete by the high school ages.
- vii. Effect of light and daylight savings time, have there been any studies in Alaska due to the daytime light?
 1. There are some studies that look at the seasonal effect; look at Seattle for examples of these.
- viii. Other Universities doing the most research on this topic?
 1. Brown, Rhode Island area, Fairfax, Seattle.
 2. Can send [annotated bibliography](#).

3. Continuing to collect and monitor data from CCSD as they make this change this year; will have data available in a year and for several years out.
- ix. Impact on school staff?
 1. Mixed.
 2. Minnesota district really asked staff; it's an adjustment. No teachers left; some may have requested a change in school or grade level.
 3. After a couple years, no one wants to go back to the way it was.
- x. State associations doing coordinated conferencing around this? For example, in MN they might get their 7 or 8 biggest districts to look at this?
 1. It would be great, but school districts are big on local control and this is a local issue, which is why coordination efforts have failed up to now.
- e. Tylervargen.com (recommended website showing correlation does not equal causation)
3. LPS Start Time Scenarios Presentation
 - a. Recommendations/discussion:
 - i. Group 1: Eliminate 1C
 1. Pros:
 - a. 1C: High school getting out earlier.
 - b. 1E: Based on science, these start times are best for students. Transportation department (Barb) likes this option best.
 - c. 1G: Everything starts between 8:00 and 9:00 a.m.
 2. Cons:
 - a. 1C: Start times for MS and HS are before 8:00 - not consistent with research.
 - b. 1E: out-of-district families might struggle to meet 8:00 elementary start time; has the most change from current schedule; impact to intramural sports; middle schoolers will be home alone in mornings.
 - c. 1G: elementaries start late; not much of a gain in sleep time for secondaries.
 - ii. Group 2: Eliminate 1C
 1. Are there mandatory classes in mornings/afternoons and is that accommodated by the changes?
 2. 1E best scenario for children
 3. 1G can be considered a best option because not a lot of change in the times
 4. Can we get the MS and HS start times to be the same (8:30--more likely 8:30-8:45 start time)
 - a. Trying to minimize MS students being home alone.

- iii. Group 3: Eliminate 1C
- 4. Discussion of Public Process (aka "Road Show")
 - a. Stations in an open house setting.
 - b. One at each middle school with staggered start times and on different evenings.
 - c. Volunteers at the next meeting to help facilitate community engagement
- 5. Adjourn