

Conference Record: Telephone interview between Shannon Bingham, Western Demographics on behalf of Littleton Public Schools, and Sandy Evans, Board of Education, Fairfax County Public Schools

Topic: Change in School Start Times

- 1) **How has the change in start times gone for your district?**
 - a) Very well; smooth transition in 2015–2016 school year.
 - b) There were concerns about buses but these have been resolved.
 - c) Students are getting more sleep.
- 2) **What are your former and new start times for elementary, middle, and high school?**
 - a) Elementary school: 8:00–9:30 rolling bells; Kept the same
 - b) Middle school: 7:20–8:00 before; 7:30 after
 - c) High school: 7:20 before; 8:10 after
- 3) **What aspects of the change have produced challenges?**
 - a) Most middle schools went earlier.
 - b) Latest elementary start times were not popular.
- 4) **What school level has experienced the most challenges?**
 - a) Middle school: not as good for adolescents to go earlier.
- 5) **What school level has experienced apparent benefits?**
 - a) High school!
- 6) **Have there been any traffic/transportation/operations challenges?**
 - a) Long-standing bus driver shortage (everyone has it).
- 7) **What parent feedback have you received?**
 - a) Overwhelming positive improvement for high school.
 - b) The earlier middle school start time is not popular with parents.
 - c) Latest elementary school start time (later afternoon release) is not popular with parents.
- 8) **What impacts on extracurricular activities have been observed?**
 - a) Very little; staff adapted (sports).
 - b) 2:05–2:10 teacher visits enabled us to start sports immediately after school or go see teacher.
- 9) **What feedback have you received from staff?**
 - a) Positive.
 - b) They were creative.
 - c) Buses were re-routed and adapted.
- 10) **What feedback have you received from coaches?**
 - a) Concern about practice time, but adapted.
 - b) Share fields with community was a concern, but compromised.

- 11) **What follow-up research will you support after the change?**
 - a) In process of getting research.
 - b) Suggest using a health consultant over a transportation consultant.

- 12) **What advice do you have for Littleton Public Schools?**
 - a) Start school between 8:00 and 9:00.
 - b) Engage the community.
 - c) Allow for transition time.