



# Later High School Start Timeline & Decision Points

April 2018

Syosset Board of Education Meeting

Note: The following presentation was given to the Syosset Board of Education at their April 17, 2018 meeting in response to their request to outline the logistics that would be involved in implementing a change in the start time of any school.

Working backwards from September 2019 as a starting point, a final decision would have to be made in January 2019 in order to implement it for the 2019-2020 school year.

Prior to this decision, the District would have to hire a consultant during the spring of 2018 to assist in developing various options for consideration by the public and the Board in the Fall of 2018.

It is important to note that no decision has been made and no action has been taken at this time to implement any changes.

The slides that follow were intended to facilitate discussion about the steps that would need to be taken should the District consider a change of this significance.

# Planning and Process

**Why:** The American Academy of Pediatrics (AAP) and the Center for Disease Control (CDC) recommend a high school start time of 8:30 a.m. or later.

- The later start time would allow adolescents more time for sleep.
- Research indicates a lack of sleep among high school students is associated with several health risks including being overweight, not engaging in daily physical activity, suffering from symptoms of depression, engaging in unhealthy behaviors such as drinking, smoking and using drugs, as well as poor academic performance.

**Objective:** Gauge community interest and evaluate District-wide implications of a later start time for the high school. Factors to be considered:

- Impact to academic, athletics, co-curricular activities and clubs schedule
- Timely arrival to after school events without a loss of instructional time
- Transportation routing, student time in transit
- Impacting on staffing
- Impact to budget

**Progress:** Efforts to date to develop a plan and timeline

- Interviewed consultants that have worked with other districts on changing start times.
- Spoke with administrators at other districts that have changed start times.
- Identified key actions needed to be taken prior to implementation.

# Process Overview

Spring 2018

Winter 2019

Spring 2019



# PROCESS OUTLINE FOR EXPLORING A LATER HIGH SCHOOL START TIME

## Phase I Discovery

- **April 2018 – June 2018**
- Begin RFP/contract process with Consultant(s)
- Interviews with District Administration, Staff, BOE, other school districts
- Compile/review research & best practices
- Create a survey based on the above

Information provided to BOE in **June 2018**.  
*If approved, proceed to Phase II.*

## Phase II Analysis

- **July 2018 – November 2018**
- Conduct a transportation study (done by consultant) Sept. – Oct. 2018
- Develop a series of options to consider. October 2018
- Community engagement (community/staff forums to evaluate and refine the options) Oct – Nov 2018.
- Survey school community on options in November 2018. Compile/analyze data from survey.

Provide Status Update and results of analysis to BOE in **October 2018**.  
*If results indicate support of changing start time, proceed to Phase III.*

# PROCESS OUTLINE FOR EXPLORING A LATER HIGH SCHOOL START TIME

