

January 10, 2017

Agenda Item #6.6

Start Time Task Force Presentation

Purpose of the Agenda Item – Information

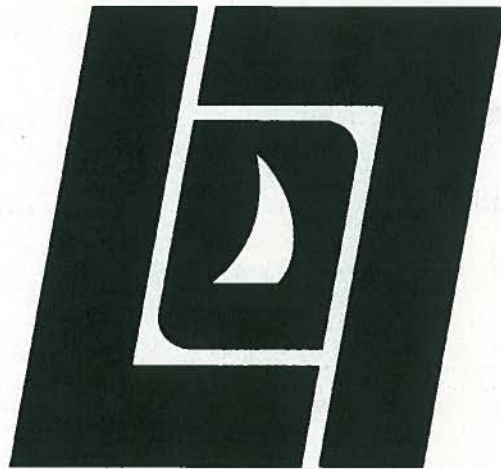
The purpose of this agenda item is to apprise the Board of the work done within the Start Time Task Force.

Dr. Mike Musick and the Start Time Task Force will present their findings and recommendations to the Board for consideration.

Mike Musick

Start Time Task Force Recommendations

Lake Oswego School District
Lake Oswego, OR



December 2016

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START TIME TASK FORCE

Mission Statement:

Our mission is to be an inclusive and safe learning community that develops lifelong learners and contributing world citizens.

Introduction:

The School Start-Time Task Force was established to conduct a study of the potential benefits and implications of changing school start times to facilitate a later start time for the district's secondary schools. Current school start times are as follows:

- High Schools: 7:35 a.m.
- Junior High Schools: 7:55 a.m.
- Elementary Schools: 9:10 a.m.

The committee, working under the direction of Dr. Michael Musick, Executive Director of School Management, included ten parents, multiple staff members from all schools, and principals from each level. Broad representation was important because there is a system-wide impact when schedules at any school level are changed.

The committee worked collaboratively to study feasibility and develop the following recommendations to the superintendent.

Recommendation

The committee is recommending that LOSD create bus and bell schedules that increase the opportunity for our teens to get up to one hour of additional sleep. To achieve this goal, the high school and junior high start time would need to move to 8:25 a.m. at the earliest.

Based on the input from the staff and stakeholders who served on the committee, the 8:25 a.m. goal is attainable. However, the following is a summary of considerations that should be addressed by the LOSD staff as the schedule is implemented. We have attached a complete list on pages 14 - 17.

Process:

The major components of the task force process have included the following:

- to review the research findings regarding sleep and school success for all age groups;
- to review the experiences of other school districts that have adopted later start times or considered doing so but did not;
- to identify the implications of later start times for elementary, junior, and high school programming and activities for school and district operations;
- to implement outreach strategies to gather the thinking of school and community stakeholder groups;
- to consider the potential benefits to students, the input received, and the implications of later start times;
- to determine whether there are feasible solutions within the district to change start times; and
- to submit findings and recommendations to the superintendent no later than December 5, 2016, for possible implementation in 2017-18.

The process included the following:

Phase 1: Learning together (Thursdays, September 22 and September 29): The committee focused on gathering information (e.g., educational and child development research, experiences of other school districts, feasibility implications).

Phase 2: Input from the community (Thursday, October 6): The committee solicited and recorded input from various school and community stakeholder groups ie. activities, athletics, bus company, etc., and heard a presentation from Dr. Bill Rhodes, the former superintendent from West Linn/Wilsonville. Questions were formulated for broader community feedback through the Thought Exchange community engagement platform.

Phase 3: Recommendations (Thursdays, November 3, November 17 and December 1) The committee considered everything they have learned, summarize their findings, and developed recommendations to be presented to the superintendent.

History:

The research around adolescent sleep patterns emerged in the early 2000's. In 2009-10, the School Board asked LOSD administration to review the possibilities for changing schedules to accommodate later secondary start times. This discussion took place during the Great Recession when the district was facing significant funding challenges and also making downsizing decisions and program reductions. Because of the many changes, complicating factors, and competing concerns in play during that time, an acceptable solution for later secondary start times could not be found.

Research:

During our committee's research, we reviewed a number of available studies. In particular, we noted a University of Minnesota (2002) study on the impact of moving middle and high school start times later: "After the Minneapolis Public School District changed the starting times of seven high schools from 7:15 a.m. to 8:40 a.m., the study investigated the impact of later start times on student performance, and the results are encouraging. It found that students benefited by obtaining five or more extra hours of sleep per week."

It also found improvement in attendance and enrollment rates, increased daytime alertness, and decreased student-reported [depression](#). The [National Sleep Foundation recommends](#) that adolescents get 8 to 10 hours of sleep each night, however, few actually get that much sleep.

Since we are also considering impacts on younger children, it should also be noted that for elementary students in Minneapolis, some negative effects were produced by both a very late start time (9:40 a.m.) and a very early start time (7:40 a.m.). Among the negative effects of the 7:40 a.m. start time were increased tardiness and absenteeism, even after schools purchased alarm clocks for families with children who had trouble with the early start time.

The study also noted that even with compelling research, changing school start times can be challenging for school districts. Administrators have to reconfigure busing schedules. Coaches worry about scheduling practices and many parents rely on the current start times for reasons such as childcare or carpools.

For their part, high school students are concerned that being in school later in the day means that it will cut into after-school jobs and other extracurricular activities. Still, there are convincing reasons to push back school start times. There are several advantages for teens to get the sleep they need and from the research we noted four themes or pillars:

Mental Health and Wellness		Physical Health and Safety		Academic Performance		Cognitive Development
Less likelihood of experiencing depressed moods		Reduced risk of metabolic and nutritional deficits associated with insufficient sleep, including obesity.		Better grades Increased likelihood of academic growth Greater retention of academic content		Reduced impediments to normal, age appropriate cognitive and neurobehavioral development, for both adolescents and elementary aged students, respectively
Less likelihood of experiencing anxiety		Reduced risk of drowsy driving		Reduced likelihood for tardiness and absenteeism		Long-term ("lifetime") positive effects resulting from improvement in one or more of these four "pillars" benefit categories.

ThoughtExchange Information and Summary:

The task force used the ThoughtExchange engagement platform to seek community feedback regarding school start times. The ThoughtExchange process includes the following steps:



Answer 2 or 3
open ended questions



Consider ideas from others
and put stars next to
the ones you like the best

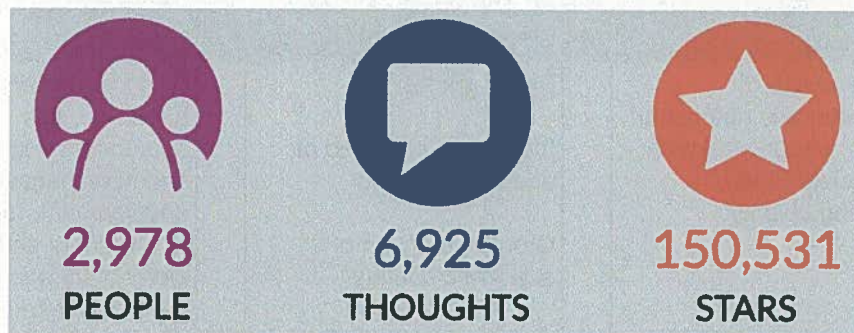


Learn what
is important

Parents, students, staff and community members were invited to SHARE and STAR thoughts on the following questions:

- We are considering a change to the High School and Junior High start times to make them later and moving the Elementary School start time to an earlier time frame. Please tell us what you would like us to consider as we make this decision.
- What concerns do you have with changing the start times of our schools?
- What benefits do you see in changing the start times of our schools?

Participation in the ThoughtExchange engagement was as follows:



At the November 17 task force meeting, the committee reviewed results with a representative from ThoughtExchange. Overall, the committee noted that there appears to be considerable support for moving the secondary start times, but that there is also concern around the proposal to start elementary schools earlier, especially if the elementary start time were as early as the current high school start time (7:35 a.m.).

Additional detailed data regarding considerations, benefits and concerns was reviewed in the ThoughtExchange report:

<http://losd.thoughtexchange.com/card-welcome/welcome-2/>

Other Districts:

During our meeting on October 6th, the committee invited the former West Linn/Wilsonville superintendent to speak. Dr. Rhodes provided an overview of his district's long history of elementary first, high school second, and middle school last start times. West Linn/Wilsonville elementary schools begin at 7:50 or 7:55, high schools at 8:30 and middle schools at 8:45 or 8:50. He noted that the West Linn Wilsonville School District is much larger geographically and depending on our transportation contract, this schedule could be replicated in smaller districts. He said this decision was aligned to the research that surfaced in the early 2000s. He also commented that although he was not the superintendent when the changes were made, he believes the district would never consider changing back and they aren't getting complaints.

It should also be noted:

- for schools without air conditioning, earlier start times can enhance the learning environment and lead to increased academic performance.
- LOSD only offers breakfast programs to our Title schools (Oak Creek and River Grove). Due to the early start time for all elementary schools, the district should consider offering a breakfast program in each school. This program would help families with their morning routines and ensure breakfast for all students.

Implications and Considerations :

The team heard presentations from:

Dee Dee Jenkins/Donna Atherton:	Transportation costs
Brigham Baker and Ian O'Brien:	Athletics
Corey Alston:	Music and performing arts
Melissa Griffiths:	Community School programs
Lilian Sarlos, Amy Blakey:	Elementary Schools
Kurt Schultz:	Junior High Schools
Rollin Dickinson:	High Schools

Transportation Costs:

Some stakeholders would like to see a schedule with all schools starting after 8:30 a.m.. However, the group discussed cost implication of these options and found the costs would be substantial. The schedules and plans submitted by our transportation partners and reviewed by our executive director of finance showed an increase of between \$500,000 and \$1,000,000 in order for all schools to start at approximately the same time. In contrast, we also discussed and included the following options:













- **No cost increase (Option #2)**
Dependent on the elementary strings program moving from before school to after school
- **Recurring increase of approximately \$220,000-250,000** that would require storing 12-20 additional buses offsite. (3, 3a, 4) However, each of these three options addresses an area of concern for some stakeholders. The committee recommends we do not consider option #1.

Following is a cost and benefit chart to explain the implications and challenges for each option:

<https://docs.google.com/document/d/1bQr497wqhFqSDZI-dtx25XRRlp0Kf2pbxBFQadHoOaQ/edit>

Busing Options and Costs

----- RECOMMENDED OPTION -----

Option #2	Proposed Start Times		Student Benefits	Educator & Admin Benefits	Cost Implications	Community Response
High	First Bell	8:25				
	Instructional Start	8:35				
	End of Day	3:40				
Middle	First Bell	8:35				
	Instructional Start	8:50				
	End of Day	3:49				
Elem.	First Bell+Breakfast	7:45-7:50				
	Instructional Start	8:00				
	End of Day	2:15				

- A full chart of options:

<https://docs.google.com/document/d/1PIF4AztLESrSDJS3745Mubxozdiz5J96HtonzJFi3W8/edit>

Athletics:

During the 2010 start time discussions, there was some resistance from the athletic community. During this process, both athletic directors are supportive of the plan to move the high school start time later. However, the following consideration should be addressed as the plan is implemented:

1. The Joint Use Agreement (JUA) between the City of Lake Oswego and Lake Oswego School District was entered into August 17, 1988. It contains the terms for shared use of each entity's athletic fields and gyms and has been modified twice since its inception to accommodate the addition of artificial turf fields. Since the start time will impact some parts of this agreement, the committee would recommend reviewing and possibly amending the JUA.

Note Mr. Ketzler's Memo:

<https://drive.google.com/open?id=0B9imbUva9m3mQ2pfOVFVS1RXSHM>

2. At LHS, the need to add lights to Turf #2 which has been an existing need for some time, could be made more pronounced. Because the sleep issue is such an important concern and shared concern, Mr. O'Brien said he would consider contracting/renting temporary lights during the two months prior to daylight savings until/unless a long term solution funding source is found. Permanent lights for Turf # 2 would be approximately \$250,000. The addition of lights would require city approval.
3. Later start times will mean later practice times and although this aligns with the sleep research, the parent community will need to be educated on the importance of an additional hour of sleep.
4. The later start time would mean LOSD would need to work closely with the other conference schools to move some event/game start times later. However, this is common practice since West Linn/Wilsonville is in our conference and they have done this for over ten years. The goal is to minimize the loss of class time for athletes who need to go to events and games. In addition, the West Linn athletic department advised us based on their experience that adopting a later start time than theirs could cause a significant increase of students missing class time for events. West Linn HS has a six period schedule and their day ends at 3:10 p.m. and we are proposing end times at 3:40 p.m.. for many of our bell schedule options. Consequently, any movement later should not be considered.
 - a. Due to the scheduling of games within the conference, the athletic directors would recommend that PLC move to Wednesdays instead of Thursdays.
5. Because use of all athletic facilities would be overtaxed, we are recommending an Operations Committee made up of the athletic directors, community school director, the city's park and recreation directors and members of his/her staff to meet quarterly to discuss and plan field and gym use. This committee will follow the guidelines outlined in policies within the Intergovernmental Agreements and permitting process. In addition, if we pass the bond, this committee should be a sub-committee working with the Long Range Facilities Committee.

Music and Performing Arts:

The elementary strings and orchestra program is one of the most important enrichment programs in the district. Beginning strings currently has 150 students and elementary orchestra has 100 students who attend classes each morning before school at Uplands Elementary. After their classes, the students load nine buses to go back to their schools. As noted in the transportation cost option #4, continuing this program in the morning poses significant cost issues if the program remains before school. If the strings program is moved to the afternoon or could be programed in each of the schools, the following concerns were raised by Corey Alston, the music teacher on the committee:

1. Beginning strings needs several unique instructors, and elementary orchestra needs at least 2 directors. With one location in the morning, LOSD employs eight instructors.
2. If the program moved to the afternoons, and Uplands is potentially repurposed to accommodate construction issues, we may need to split to multiple schools and increase staffing.
 - a. A morning program from 7:15 to 8:00 a.m. if the program were located at the students' schools.
3. The main source of income for the program's instructors is teaching private lessons to students, mostly after school. We would have a hard time recruiting /keeping instructors for an after school program due to their loss of income with this schedule change.
4. Presently, the only enrichment program in the morning is elementary music. If it moved to the afternoon it would compete with other programs like languages, STEM and art. This may cause a drop in program enrollment. It should be noted that if the bond measure passes, it may be necessary to move the program to the afternoon at multiple schools anyway because Uplands will be needed as an alternate site during construction. The space needs at each location for the elementary music program is an extra large space for 50+ students for elementary orchestra and a large space for break-out rehearsals. Based on the proposed no cost schedule (option #2), the space concerns could be addressed more effectively in the afternoons. One option that was also discussed is possibly using the junior high or high school band rooms for this program.

Performing Arts Programs:

It was noted by Mr. Alston in his presentation that a later secondary release means later rehearsals; current musical theater rehearsals last until 5:30 p.m. However, students from the Superintendent's Advisory Group and from the committee's student panel said more sleep would be beneficial even if their activities ran later.

Community Schools:

With an earlier elementary release time, the community school would increase after school opportunities for elementary students. The proposed schedule would significantly increase the number of time blocks to offer enrichment programs. Director Melissa Griffiths would anticipate higher enrollments in after school extra curricular activities due to earlier dismissal times for the elementary schools. In addition, there could be opportunities for before school enrichment/athletic training at the secondary levels. It should be noted that there would be less facility use/rental time available at the secondary level, but more at the elementary. As with high school sports, this will have some impact on club sports where practices and games would run later. We would see a decrease of availability of weekday use of the gyms by the community. In addition, due to possible construction projects, the possible repurposing of Uplands to support these projects and the City's lease of Palisades, providing adequate/equitable programs at all schools will be challenging.

Elementary Schools:

The principals of all the schools are overwhelmingly in favor of the change and see an earlier start time for their students as a positive, especially for their younger students who often become fatigued by the end of the day. As a group, elementary parents seem to be fully supportive of later start times for middle and high schools, and they are generally receptive and open minded about an earlier start time for elementary schools, though concerns were raised regarding start times any earlier than 8:00 a.m. Those concerns include bus/bus stop safety, students walking in the early morning darkness, and possible increased tardiness to the first block of the day. Some parents also expressed concern that some students could be less engaged and experience diminished learning so early in the day.

The committee noted that opportunities for afterschool programs including arts, sports, language, and STEM/STEAM would increase. These activities would need to be programmed into teaching spaces/classrooms that have been used by teachers for prep. The parents on the committee noted that neighboring districts already have these start times and parents like it. However, high school students would not be home with younger siblings to support child care issues of working parents. Also, the amount of time needed for extended care for working parents would shift.

The committee reviewed one research study specific to elementary start times and noted that achievement in the Kentucky schools that were studied increased, but that retention also increased when start times were later (after 8:00 a.m.). In addition, the group shared studies and found other research that noted the importance of duration and quality of sleep for all students and that parents should be allowed to follow the pediatric sleep guidelines. The difference between the adolescent sleep studies and the elementary age research is the physiological implications of teen sleep. Generally, young children can be trained to go to sleep earlier, but with teenagers it is much more challenging due to their metabolism. It should be noted that very early start times for any age student can impede learning and possibly other daytime neurobehavioral and developmental factors.

Secondary:

All the secondary principals fully endorse this plan by noting that the research overwhelmingly supports later secondary start times, and all of the information coming from our counseling teams about the stress on our students affirms the need to accept the recommendation of the committee. In addition, although the students on the Superintendent's Advisory Group and the student panel that presented to our committee noted many of the same considerations that our staff presented, they supported a later start time without reservations. One student said, "...even an hour would make a big difference for my friends and me...." In addition, students and principals commented that a late start rather than an early release would allow for additional sleep on Thursdays. This would also be true for elementary students.

Staff:

The feedback from the staff has been favorable. However, there are some concerns from staff about the number of unresolved details. For example, some teachers would like to see a secondary start time closer to 8:00 a.m. because of activities, athletics and traffic for teachers driving home. In addition, some staff would like to see an elementary start time that would be after 8:00 a.m. However, the committee felt that only gaining 30-35 minutes of additional sleep for teens was not sufficient. Through our LOEA Liaison process, we will address staff start time concerns. More significant issues will be part of our bargaining process. This would include, for example, common contract day/hours for all employees or the idea that has support from teachers to consider moving the teacher PLC time (currently early release) to the morning rather than the afternoon on Wednesdays (note athletic recommendation) or Thursdays.

If the recommended bell schedule for secondary was to be adopted, the teachers' day at:
elementary could switch to 7:15 to 3:15,
high school could switch to 8:15 to 4:15,
junior high could switch to 8:00 to 4:00.

The following is a link to possible elementary workday options:

<https://docs.google.com/document/d/1I0-UGtYh8p1L0MNHpVkl9WCqz5NCwcl3qwC4EC3RCA8/edit>

Community Engagement:

The committee encourages the school district to continue to engage and educate the community throughout the implementation process.

Elementary Workday

	Current Schedule	Proposed Change	Notes
Teacher Day Begins	8:00 AM	7:15 AM or 7:30 AM	Teachers have 35 minutes prior to students in classrooms.
Buses Arrive	8:45 AM	7:45 AM	Staff Duty Outside
First Bell (Doors Open)	8:55 AM	7:50 AM	Has always existed this way (First Bell and Tardy Bell).
Tardy Bell (Official Start)	9:10 AM	8:00 AM	Shortened time between First Bell and Tardy Bell (now 10 minutes).
Day End	3:25 PM	2:15 PM	Same number of minutes exactly
Teacher Day Ends	4:00 PM	3:15 PM or 3:30 PM	Teacher 45 minute prep now fits at the end of the day with a grace period for getting students to buses (15 - 30 minutes).

Appendix 1:

Considerations:

Parents/Families:

- Before/After childcare implications for working parents.
- Traffic
- More Community School programs
- Inclusion of elementary parents in conversation of start time.
- Cost associated with adding buses.
- Less stress at home? Less fight for sleep/getting up, etc.

Athletics:

- Elementary Rec sports?
- Internal coaches + tax?
- AM practices?
- Shorten practices to end earlier?
- Neighborhood issues with LHS lights and cost.
- Later start times = later practice times.
- Elementary teachers unable to be an internal coach currently.
- Fall / Spring teams would have to share or split fields, currently the practice.
- Thursday game times in Fall would be a non factor as early release would continue
- Matches our external coaches schedules.
- Winter- additional teams require more space.
- Athletes leave school early, a later start time would mean they miss more classes by leaving at the same time.
- LHS conditional use permit may need adjustment (lights, noise, etc)
- Parent understanding about sleep vs. practice
- With fewer internal coaches the fields may be taxed.
- City agreements should be reviewed
- Education for athletes and parents
- Turf #2 enhancements, portable stands, bleachers, stands, on LHS Turf#2
- Lights for LHS Turf#2
- May need to create a facilities operation committee of athletic directors, community school director and parks/rec director.

Jr. / Sr. High:

- LJH has a large support from students. "Can we start late, but end not at 3:40?"
- Schedule change options.
- Jobs for highschool students.
- Some teachers would like see a start time closer to 8:00am because of activities, athletics and traffic for teachers driving home.
- The students are also concerned with their workload. One student commented, "...The high schools need to review the amount of homework and its purpose. Students have way too much busy work that has nothing to do with learning....One more hour of sleep would be great, but unless we talk about the workload high school will be too stressful...."

Superintendent Advisory (15+ high school students):

- More sleep for teens is always good (x3)
- More restful sleep matches teens' body clock (x2)
- Healthier and happier students so quality of life is better.
- Decrease stress for students
- Overall health improvement
- Decrease road accidents as sun will be up on the way to school because it will be lighter
- Better nutrition because students might eat breakfast since they are more awake.
- Happier teachers because the commute might be easier.
- Could have schedule conflicts with activities
- For students who don't sleep, students using time unwisely in the morning and during late arrivals.
- Students may go to bed even later.
- Parent driving schedules and family considerations for activities and athletics.
- New schedule for buses
- Sports teams missing the time during the last period of the day.
- Work and volunteer hours will be impacted.
- Consider late arrival instead of early release.

Elementary:

- Dark at bus stops, which is currently a middle school issue. However, usually elementary students have an adult with them.
- Bus safety / usage/ congestion.
- Not all younger kids get up early
- Walkers?
- Strings - no plan in place except that it will be after school
- What is the cost of keeping start time late? 8:30am or 8:10am? Still late, but earlier than current times.
- Lack of research on effects of earlier start time on younger kids.
- Young children perform best earlier in the day
- Opportunities for afterschool programs including arts, sports, language, STEM/STEAM
- Adjustment of teacher prep time to afternoon vs morning
- Starting elementary earlier is a benefit for our students
- Young students function better in the morning
- Students learning time is optimized
- Students are tired by mid afternoon. Currently the last hour is less productive. Ending earlier would help with this.
- Extra curricular activities could start earlier before the high school. It will increase the opportunity for young students to have an earlier bedtime.
- Before school activities would have to transition to after school
- Teacher prep time and use of classrooms for activities after school may have conflicts
- Math and ELA are both first subjects of the day, could impact learning if students arrive late.
- Students may be in aftercare an hour longer till parents are off work.
- High school students would not be home with younger siblings to support child care issues of working parents.
- Potentially frequent oversleeping and tardiness.
- Younger students are naturally up earlier so an earlier start seems logical
- Ending the school day earlier would have benefits to more time for after school socializing, relaxation, homework, sports, clubs, etc.
- Neighboring districts start earlier and parents like it.
- May have loss of 1 on 1 time with younger child after older child goes to school.
- Use of morning time for activities would need to move to afternoon.
- Children who are not "morning" people will struggle.
- Private lessons in the morning would need to be rescheduled, which can be challenging to book.

Arts Programs:

- Strings commitment to sustain program
- No positives listed for P.A.
- Might cost more if strings is at each school? Bus cost vs. teacher cost?
- Kids from panel said more sleep would be beneficial even if their activities ran later.
- Later release means later rehearsals, current musical theater rehearsal lasts until 5:30pm.

Strings:

- If we just move the high school later and leave the elementary at approximately the same time, the bus company can not run proposed schedule w/o additional buses for strings. Cost / Space for additional buses Bus barn does not have space for 8-10 more.
- Beginning strings currently has 150 students and elementary orchestra has 100.
- Beginning strings needs several unique teachers, elementary orchestra needs at least 2 directors.
- With a change of location due to afternoon times, we may need to split and supply at least 2 full staffs, totaling 10 teachers.
- Main source of income for our teachers is teaching private lessons to students, mostly after school. They would have a hard time getting /keeping teachers due to their loss of income with schedule change.
- At each location, an extra large space for 50+ students for elementary orchestra and a large space for break-out rehearsals.
- We provide on site basses for students b/c they can't transport them on the bus.
- Currently, the strings program is the only program happening before school. If strings moved into enrichment slots with other activities, there would be conflicts resulting in a possible drop of enrollment.
- Elementary strings is very popular in our district. The past 2 years have had record breaking enrollment and is highly valued by students and parents.

Community Schools:

- More opportunities for enrichment programs
- Strings location and use of Uplands. If we start construction we may not have Uplands.
- Higher enrollment in afternoon extra curricular activities
- Opportunity to have before school enrichment/athletic training at the secondary level
- More facility use/rental time available for elementary.
- HS Club sports will start and end later
- HS club student athletes could miss more school due to competitions/games
- Less facility use/rental time available at the secondary level.
- Sport offering dependent on coach and facility availability
- Run HS Field lights later in the evening.
- More program opportunities require additional facility space
- Decrease availability of weekday city use of gyms
- Space/reutilization of Uplands
- Due to construction projects, providing adequate/equitable programs at all schools will be a challenge.
- Use of Palisades for LOSD programs and athletics.

Appendix 2:

LAKE OSWEGO SCHOOL DISTRICT

To: Mike Musick

From: Stuart Ketzler

Date: October 5, 2016

Topic: City Field and Athletic Facility Considerations

This memo summarizes the major terms of the district's Joint Use Agreement and other significant conditions that presently impact scheduling of the district's fields or athletic facilities. This information is provided to you for consideration by your Start Time Committee as one of the many factors it must weigh when evaluating optimum start times for our schools.

The Joint Use Agreement (JUA) between the City of Lake Oswego and Lake Oswego School District was entered into August 17, 1988. The JUA was a clarification of resolutions passed by each body's governing boards in 1969 wherein both parties agreed to work cooperatively to meet the public recreational needs of the community. An addendum was authorized on August 10, 1998 in anticipation of higher outside field users that would result from the eventual installation of artificial field turf on the main athletic field at each high school. The JUA was modified again on August 14, 2007 to clarify application of the JUA to the two additional artificial turf fields that were installed around that time, namely the practice field at Lakeridge High School and the baseball field at Lake Oswego High School.

In addition to establishing the order of priority for scheduling of the various athletic facilities and fields and application and maintenance responsibilities, the agreement also outlined times where certain facilities would be made available to either the district or the city for scheduling their respective uses thereof. The major time limits in the JUA or its addendums are as follows:

Each party has first priority usage for youth activities that take place on their fields or athletic facilities, with either the city or district as second priority. Simply stated, on district property the district has first priority and then the city has second priority.

The district's indoor swim pool and the city's indoor tennis center and municipal golf course are excluded from the JUA.

Permits for use will not be issued for outdoor practice sessions, except for school district use of the baseball/softball fields at city parks between 3:00 - 5:30 pm on weekdays during the school spring Sport Season.

District grade school gymnasiums will be reserved from 5:45 to 7:45 p.m. Monday through Friday (except for school district activities) between January 1 and Spring break for youth basketball activities in grades 1 through 6 and Monday, Wednesday and Friday between spring break and June 1 for indoor youth soccer. If no other activities are requested past 7:45 pm, additional time may be granted.

The 2007 amendment with the city established minimum non-school use of the improvements known as the Lakeridge High School artificial turf "practice field" shall be on Sundays from 8 am until 10 pm. A subsequent order from the city under one of its Conditional Use Permits limited Lakeridge High School field use until 9:30 p.m. Monday through Saturday, at which time the main field artificial turf lights are to be turned off (excepting home varsity football games which may go later than 9:30) and to 6:00 p.m. on Sundays.

The District leases the former Palisades Elementary School to the city under a lease that expires June 30, 2018, with two possible additional one year extensions. The lease may be terminated earlier under certain conditions. The lease agreement reserves the district's historical regular use of the gym and fields at that site.

LAKE OSWEGO SCHOOL DISTRICT

Though the above information outlines the major terms from the JUA or city Conditional Use Permits, there are long-standing practices that have operated between the city and district that have time Components. The most significant of these practices relating to times is the city's permitted use of the Lakeridge Junior High School fields beginning at 4 p.m. weekdays.

Finally, the district's use of baseball/softball fields at city parks has been greatly diminished since the JUA was entered into. The district used to regularly use baseball/softball fields at George Rogers, Waluga and Westlake Parks, but since certain improvements on district grounds were completed in or prior to 2007, the District no longer uses George Rogers Park and only uses Waluga and Westlake Parks intermittently.

Director of Finance and Business Services 3600

LAKE OSWEGO SCHOOL DISTRICT

Current Major LOSD After-School Athletic Facility Schedules

Gym Use:

- o High School Gym Use: 3 pm to 10 pm weekdays all year (high school sports)
- o Junior High Gym Use: 3 pm to 10 pm weekdays all year (jr high sports and City league sports which is high school and adult)
- o Elementary Gym Use: 8 am to 9 am (occasional use by Unicycle Clubs at Hallinan and Forest Hills) 3:30 pm to 10 pm (Extended Care, Jr High Dance, Basketball Programs, other CS programs, Adult City Sports Programs.) Elementary Gym use does vary by season. November through March being the busiest times.

High School Turf/Field Use:

- o LOHS, Turf 1 and Turf 2: 3 pm until 9:30 or 10 pm depending on field and if lights are necessary (high school sports programs, jr. high sports programs, youth football, occasional rentals during Winter months)
- o Baseball and Softball Fields: Varies

POO USE:













- o Fall Use: 3 to 7 pm (high school use) 7 to 9:30 pm (LOSC, Community School use)
- o Winter Use: 3 to 5:30 pm (high school use) 7 to 9:30 pm (LOSC, Community School)
- o Spring Use: 3 to 9:30 pm (LOSC, Community School)

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Appendix 3:

Busing Options and Costs

----- RECOMMENDED OPTION -----

Option #2	Proposed Start Times		Student Benefits	Educator & Admin Benefits	Cost Implications	Community Response
High	First Bell	8:25				
	Instructional Start	8:35				
	End of Day	3:40				
Middle	First Bell	8:35				
	Instructional Start	8:50				
	End of Day	3:49				
Elem.	First Bell+Breakfast	7:45-7:50				
	Instructional Start	8:00				
	End of Day	2:15				

- For a full chart of "Harvey Ball" benefit options:

<https://docs.google.com/document/d/1PIF4AztLESrSDJS3745Mubxozdz5J96HtonzJFi3W8/edit>

Stuart Ketzler, our CFO, and Dr. Morelock, our Assistant Superintendent, reviewed these options and assessed the costs.

Present Bell Schedule

	High School		Middle School		Elementary
Start	7:35		7:55		9:10
End	2:40		2:49		3:25

The cost for transportation before the 70% state discount/reimbursement is \$3 million. After the rebate from the state the cost is \$900,000.

Option #1 (Moving the high school and middle school start times and keeping the elem. Approximately the same time)

	High School		Middle School		Elementary
Start	8:20		8:40		9:25
End	3:25		3:34		3:40

Cost implications:

This option would increase the overall cost by 50% due to the number of buses needed to make this adjustment. The cost would be nearing \$1,500,000. After the 70% rebate, this option would be minimally a \$500,000 addition. The reasons for the cost increases are:

- The time between the first run and the last run must be 45 minutes or the number of buses in the fleet must increase. (note the cell in red)
- The fleet would increase by 28 buses from 47 buses to 75 buses. This increase would need to be made to accommodate the morning afternoon runs and the larger secondary run in the morning.
 - The bus barn already houses 4 buses off-site because the bus barn does not have adequate capacity. If we add 28 additional buses and these buses would need to be housed at a different site which could include storing the buses at schools. This option could have significant implications.

Option #2 (Similar schedule as West Linn/Wilsonville)**----- RECOMMENDED OPTION -----**

	Elementary		High School		Middle School
Teacher workday begins	7:15		8:15		
First Bell and Breakfast	7:50		8:20		
Start	8:00		8:35		8:50
End	2:15		3:40*		3:49
Teacher workday ends	3:15		4:15		

Cost implications:

This would be a no cost option because the windows between the first (morning) and last (afternoon) bus runs is 45+ minutes. Therefore, the routes would be a similar to the existing contract. In addition, the Strings transportation program in the AM uses nine buses and this schedule moves this program to the afternoon. Consequently, the buses can be used to support the high school and middle school routes which need more buses than the elementary routes.

- *As noted in the Athletic Section of the implications and considerations, the later start time would mean LOSD would need to work closely with the other conference schools to move some event/game start times later. However, this is common practice since West Linn/Wilsonville is in our conference and they have done this for over ten years. The **goal is to minimize the loss of class time for athletes** who need to go to events and games. In addition, the West Linn athletic department advised us based on their experience that adopting a later start time than theirs would potentially cause an increase of students missing class time for events. West Linn HS has six period schedule with their day ends at 3:10 p.m. and we are proposing an end time at 3:40 p.m.. Consequently, any movement later should not be considered.

Option # 3 (To match the most recent research: All schools start @ 7:40 am or later)

	Elementary		High School		Middle School
Start	8:00		8:30		8:45
End	2:15		3:35		3:39

Cost implications:

This option would increase the overall cost by 25-35%. After the 70% rebate, this option would be minimally a \$260,000 addition.

The reasons for the cost increases are:

There is a high school bus time conflict because the windows between the routes are not large enough. Consequently, the buses can't be used to support the high school and middle school routes which need more buses than the elementary routes.

- The fleet would increase by 16 buses from 47 buses to 63 buses. This increase would need to be made to accommodate larger secondary runs.
 - The bus barn already houses 4 buses off-site because the bus barn does not have adequate capacity. If we add 16 additional buses, these buses would need to be housed at a different site(s) which could include storing the buses at schools. This option could have significant implications.

Option # 3A High School and Junior High students riding the same bus together.

Secondary student riding together is a slight savings of approximately 5% or four to five fewer buses. This concept could be applied to any option.

	Elementary		High School		Middle School
Start	8:00		8:30		8:45
End	2:15		3:35		3:39

Cost implications:

This option would increase the overall cost by 22-30%. After the 70% rebate, this option would be minimally a \$214,000 addition. The reasons for the cost increases are:

There is a high school bus time conflict because the windows between the routes are not large enough. Consequently, the buses can't be used to support the high school and middle school routes which need more buses than the elementary routes.

- The fleet would increase by approximately 12 buses (vs.16) from 47 buses to 59 buses. This increase would need to be made to accommodate larger secondary runs.
 - The bus barn already houses 4 buses off-site because the bus barn does not have adequate capacity. If we add 12 additional buses, these buses would need to

housed at a different site(s) which could include storing the buses at schools. This option could have significant implications.

Option # 4 To accommodate Strings in the morning from 7:15-8:15 at one central location.





(To match the most recent research where all schools start @ 7:40 am or later)

	Elementary		High School		Middle School
Start	8:30		8:30		8:45
End	2:45		3:35		3:39





Cost implications:





Similar to option #1, this option would increase the overall cost by 50% due to the number of buses needed to make this adjustment. The cost would be nearly \$1,500,000. After the 70% rebate, this option would be minimally a \$500,000 addition. The reasons for the cost increases are:

- The time between the first run and the last run must be 45 minutes or the number of buses in the fleet must increase. (note the cell in red)
- The fleet would increase to by 28 buses from 47 buses to 75 buses. This increase would need to be made to accommodate the morning afternoon runs and the larger secondary run in the morning.
 - The bus barn already houses 4 buses off-site because the bus barn does not have adequate capacity. If we add 28 additional buses, these buses would need to be housed at a different site(s) which could include storing the buses at schools. This option could have significant implications.





Option #2			Student Benefits	Educator & Admin Benefits	Cost Implications	Community Response
High	First Bell Instructional Start End of Day	8:25a 8:35a 3:40p				
Middle	First Bell Instructional Start End of Day	8:40a 8:50a 3:49p				
Elementary	First Bell Instructional Start End of Day	7:50a 8:00a 2:15p				

-----OPTIONS W/ RESERVATIONS -----

Option #3			Student Benefits	Educator & Admin Benefits	Cost Implications	Community Response
High	First Bell Instructional Start End of Day	8:20a 8:30a 3:35p				
Middle	First Bell Instructional Start End of Day	8:35a 8:45a 3:39p				
Elementary	First Bell Instructional Start End of Day	7:45a 8:00a 2:15p				

Option #4			Student Benefits	Educator & Admin Benefits	Cost Implications	Community Response
High	First Bell Instructional Start End of Day	8:20a 8:30a 3:35p				
Middle	First Bell Instructional Start End of Day	8:35a 8:45a 3:39p				
Elementary	First Bell Instructional Start End of Day	8:15a 8:30a 2:45p				

----- NOT RECOMMENDED -----

Option #1			Student Benefits	Educator & Admin Benefits	Cost Implications	Community Response
High	First Bell Instructional Start End of Day	8:10a 8:20a 3:25p				
Middle	First Bell Instructional Start End of Day	8:30a 8:40a 3:34p				
Elementary	First Bell Instructional Start End of Day	9:10a 9:25a 3:40p				

Timeline for Schedule Implementation
DRAFT

December 5: Academic Team review of Start Time Task Force recommendations/information

December 6: Principal review of Start Time Task Force recommendations/information

December 12: Cabinet review of Start Time Task Force recommendations/information

December 14: MS School Schedule meeting
(HS team met on 11/10/16)

December ____: CO Review of School Schedule meeting notes and discussion of possible cost implication

January 25: Secondary principals meeting to discuss schedule option

January 10: Board workshop on Start Time Task Force recommendations/information

February 7: Possible travel to Colorado to observe RTI support periods and structures

February 7: Elementary Schedule meeting

January - February:

- **Principal discussions with their staffs and students about the possible changes to the schedules.**
- **Community engagement process**

February-March: Completion of Forecasting

Week of June ____: Test Run of Advisory/Support period

Research Documents Reviewed by the Committee

- **Adolescent Sleep Needs and Patterns a Research Report and Guide published by the National Sleep Foundation**

https://drive.google.com/a/loswego.k12.or.us/file/d/0B9imbUva9m3mWW12NkhHZEtc00/view?usp=drive_web

- **Teen Sleep Habits What Should You Do? Published by The Center for Disease Control**

http://www.cdc.gov/media/subtopic/matte/pdf/2011/teen_sleep.pdf

- **Teen sleep: Why is your teen so tired? Mayo Clinic Staff**

https://docs.google.com/a/loswego.k12.or.us/document/d/1nd5zznGDxCcXdKjc53DfEJDwpBI4OiMjKtflZ_jgCOc/edit?usp=drive_web

- **Adolescents and Sleep: A summary of what researchers know about teenagers' need for sleep and why sleep affect memory and learning. Published by PBS "Frontline" producer Sarah Spinks**

https://docs.google.com/a/loswego.k12.or.us/document/d/1bW0HpVdBK5O1ZF_NwhXOuKAGl3Mxnv1SZg4aPiS63tM/edit?usp=drive_web

- **Sleep Chart and Fact Sheet from the National Sleep Foundation**

https://docs.google.com/a/loswego.k12.or.us/document/d/1UJ65bnStLpEq2OVm2jB0vkvYraE1jrFCmocTbBlpcc/edit?usp=drive_web

- **Elementary Research Published by Minnesota Public Schools**

http://www.spps.org/cms/lib010/MN01910242/Centricity/Domain/7352/elementary_feedback_on_changed_start_times.pdf

- **Earlier School Start Times as a Risk Factor for Poor School Performance: An Examination of Public Schools in the Commonwealth of Kentucky Publish by University of Kentucky and Auburn University.**

<https://drive.google.com/drive/folders/0B9imbUva9m3mYTZ2dTBTU3JzVGc>