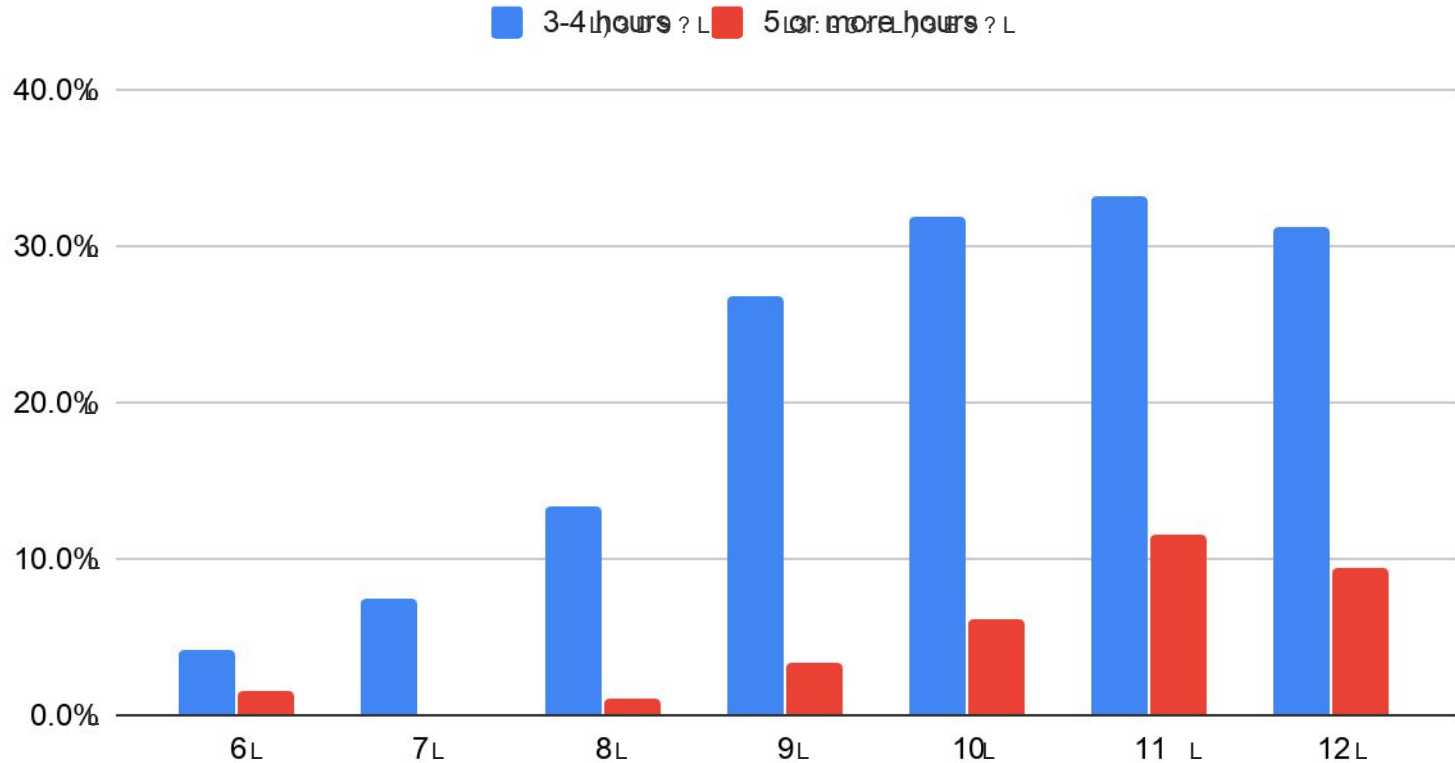


Significant Amounts of Homework

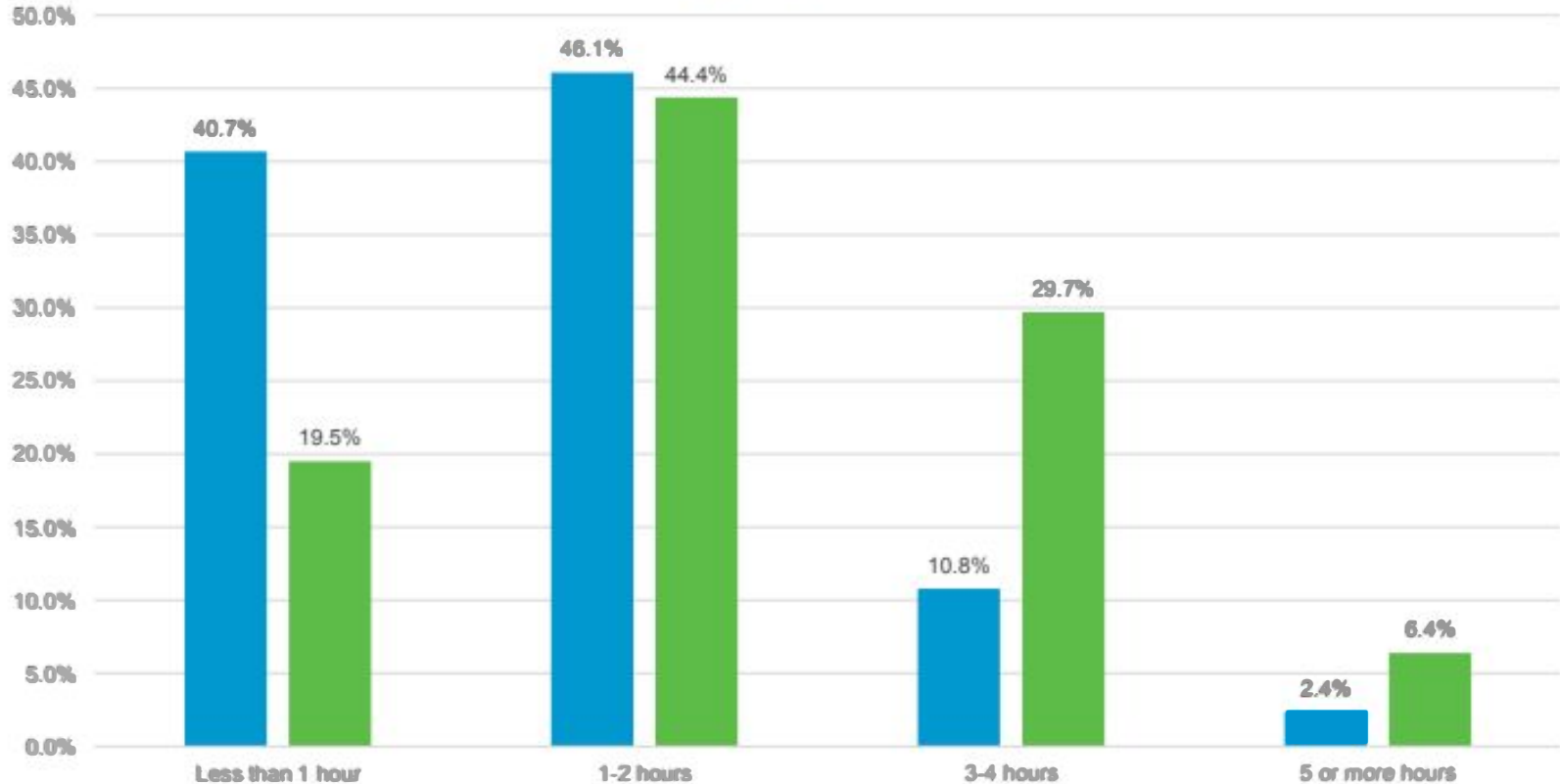
Students Reporting "3-4 or 5+ Hours of Homework" by Grade



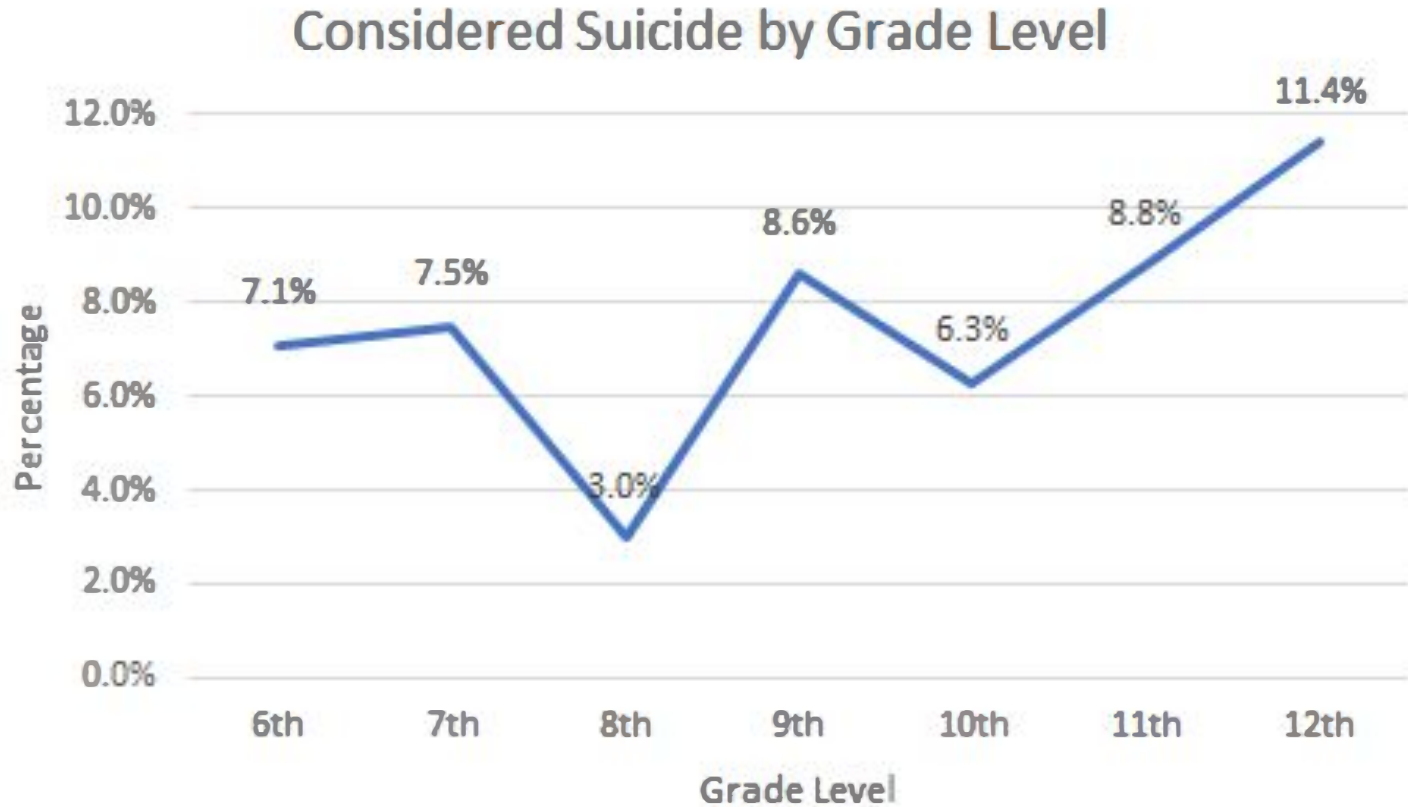
Amount of Homework by Gender

How many hours per night do you usually spend on homework?

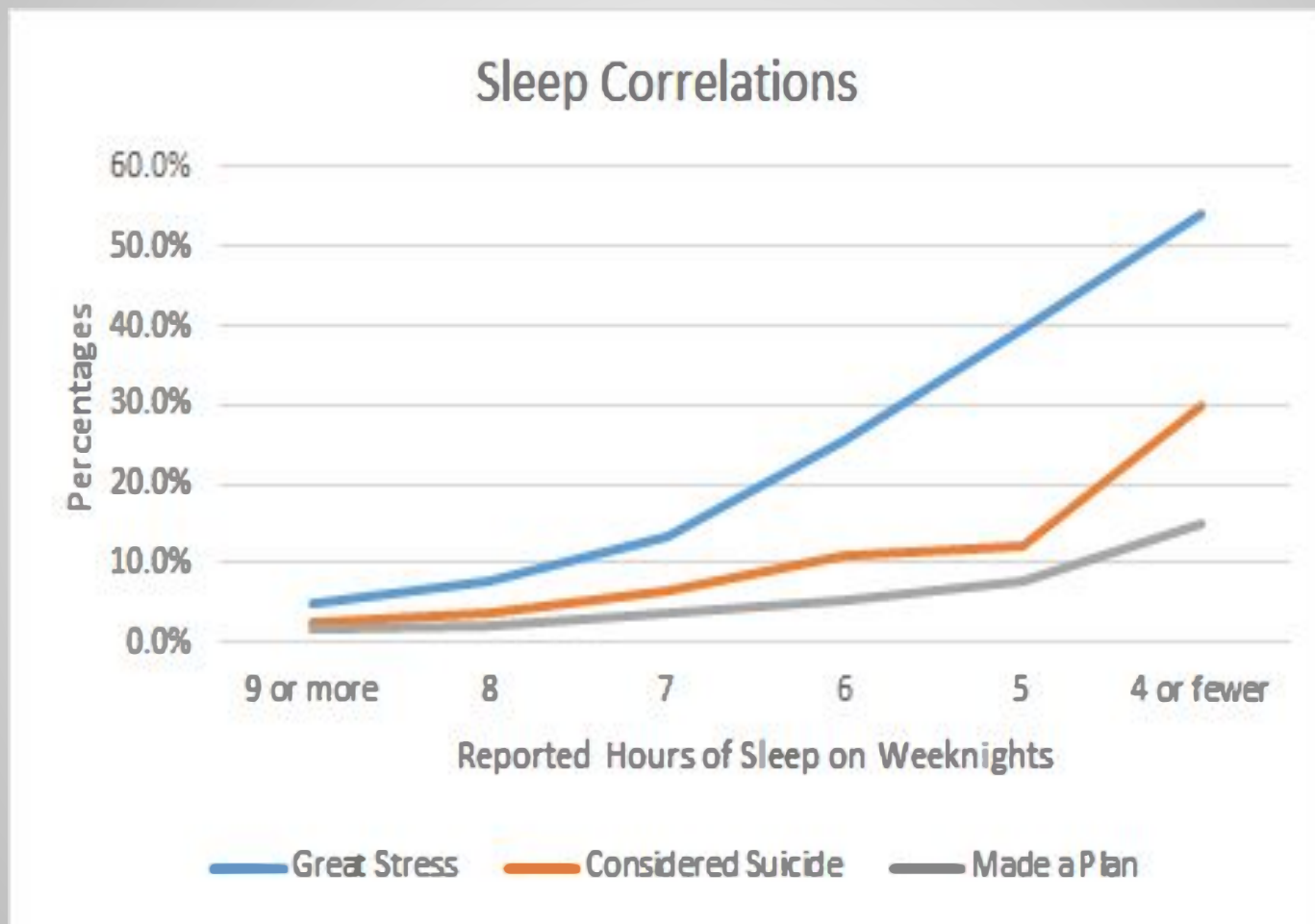
■ Male ■ Female



Suicide Ideation by Grade



Sleep, Stress, and Suicide Ideation among Chatham Students

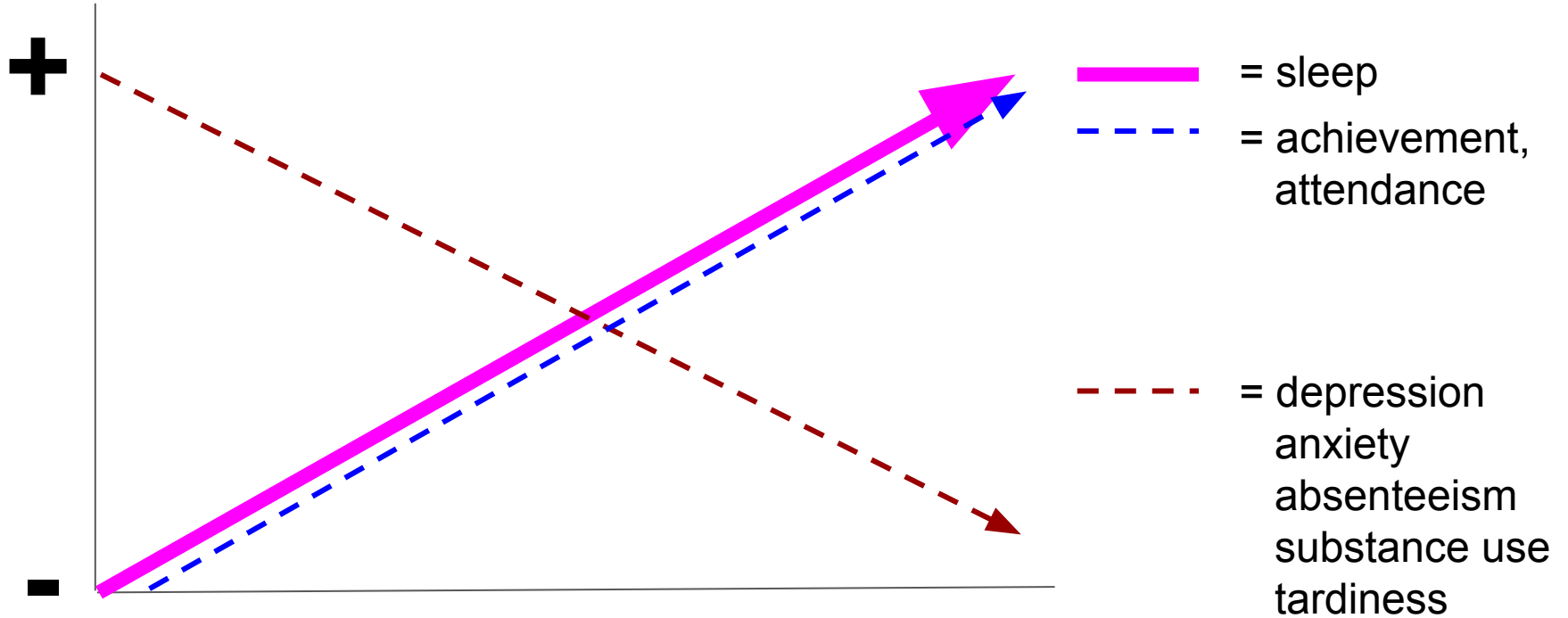


Research and Position Statements

- [American Academy of Pediatrics](#)
- [National Sleep Foundation](#)
- [RAND](#)
- [CDC](#)
- [American Academy of Sleep Medicine](#)
- [Johns Hopkins School of Medicine](#)
- [National Education Association](#)
- [American Academy of Child and Adolescent Psychiatry](#)
- [American Medical Association](#)
- [American Psychological Association](#)
- [National Parent Teacher Association \(PTA\)](#)

**ALL recommend starting
the high school day at
8:30 am or later**

The Effect of Sleep on other Stuff



How Can We Help Our Students to Get the Sleep They Need?

Challenges:

- Schedules
- Transportation
- Traffic
- Competing Priorities
 - Sibling Care
 - Darkness/Light
 - Athletics

Options Moving Forward

1. Go Real Late
2. Flip
3. Join Them
4. Seize the Delay
5. Shorten Up
6. Hybridize

Option # 1: Go Real Late

Description: Begin the high school day at 9:15 am or later

Plusses

- No interruption to other schools.
- Bus routes may remain tiered.
- No cost.
- Maintains length of school day.

Minuses

- Causes high school day to end at close to 4:00 pm.
- Requires student-athletes to have to miss up to the final two periods of the day in order to arrive on time to events.
- Causes high school students to arrive home after their younger siblings.

Option # 2: Flip

Description: Flip the high school start-time with either the LAF start-time or the pK-3 start-time

Plusses

- No cost.
- Maintains length of school day.
- No change to bus routes.

Minuses

- Alters the start-time of some elementary-aged students.
- Requires some elementary-aged students to await the bus in the dark for a portion of the year.
- May cause some elementary-aged students to arrive home before their older siblings.

Option # 3: Join Them

Description: Begin the high school day at about 8:30, along with most of the other schools

Plusses

- Start-times would be fairly consistent for all district students (about 8:00 am - 8:40 am).
- Length of day would remain unchanged.

Minuses

- Consistent start-times translate into more traffic at once.
- Would require additional bus routes because certain routes could no longer be tiered--cost would be approximately \$300K.
- May not be possible due to bus driver shortage.
- Requires student-athletes to have to miss a period at the end of the day in order to arrive on time to events.

Option # 4: Seize the Delay

Description: Institute a 2-hour delayed opening every Wednesday for students

Plusses

- No cost.
- No interruption to other schools.
- Gives students a respite in the middle of the week.
- Maintains the same end-time of the school day.

Minuses

- Does not provide respite to students every day.
- Results in reduction of the length of the high school day once per week.

Option # 5: Shorten Up

Description: Reduce the length of periods and start the later by a commensurate amount of time

Plusses

- Maintains the same end-time of the school day.
- No disruption to other schools.

Minuses

- Requires additional bus routes and costs (about \$300K).
- Starting at about the same time as other schools translates into additional traffic.
- Results in a reduction in the length of the school day on all days.

Option # 6: Hybridize

Description: Alter the high school schedule so that all courses rotate through the schedule; drop the first block of the day and virtually assign work for that period so that students can complete it on their own time

Plusses

- Looks more like a college model of learning.
- No disruption to other schools.
- Provides students more autonomy in completing assignments and learning.

Minuses

- Looks more like a college model of learning.
- Still requires students to arrive at school at about 8:30, thereby leading to the same traffic concerns and transportation costs.
- Less face-to-face time with teachers.

Moving Forward

Discuss and explore options and other iterations further.

Establish a timeline: goal should be implementation in 2020 or 2021

Pilot a model or two.

Make a plan to implement.