

PUBLIC FORUM:  
HIGH SCHOOL START TIME  
REGIONAL SCHOOL COMMITTEE

April 4, 2017

# High School Start Time Advisory Committee Membership – Spring 2016

- Johanna Boynton, CCRSC Concord member
- Bill Fink, CCRSC Carlisle member
- Heather Bout, CCRSC Concord Member
- John Flaherty, Deputy Superintendent
- *Mike Mastrullo, CCHS Principal*
- Brian Miller, CCHS Vice Principal
- *Drew Rosenshine, Middle School Principal*
- Kate Lee-Dubon, CCTA representative
- John Peachey, CTA representative
- Linda Manning, Parent
- Cynthia Rainey, Parent
- Mariya Shtiliyanova, Student
- Jason Genova, Student
- Logan Dick, Student
- Michael Barach, Parent (observer who stood in for Linda Manning)

# Charge Review – Spring 2016

---

“Provide the school committees with recommendations to guide the possibilities for a change to the start of the school day at CCHS along with rationale to support those recommendations.”

*(abbreviated for the slide)*

# Benefits to Later Start Time Review

Research has shown that starting school later for adolescents results in:

- ❑ Less use of caffeine, alcohol and substance abuse
- ❑ Fewer signs of depression
- ❑ Increased attention in class
- ❑ Better test grades, better test scores
- ❑ Fewer automobile accidents
- ❑ Less tardiness
- ❑ Fewer discipline issues and suspensions
- ❑ Less risky behaviors – substance abuse, sexual
- ❑ Better cognitive function
- ❑ Better graduation rates

# Recommendations – June 2016

- The committee supports the idea of a later start time at the high school beginning in 2017-18
- The committee believes the change should be least 30 minutes to realize the benefits
- The committee wants to be sure the community understands the tradeoffs prior to making a change
- The committee recommends additional education, communication, and feedback through a transparent process beginning this fall
- A final decision is the responsibility of the school committee

# Actions of School Committees

- December 21, 2016 – Concord-Carlisle Regional School Committee voted to approve FY18 CCRSD Budget
- Includes the leasing of 5 new buses/bus drivers to accommodate later start time at CCHS
- Approved FY 18 Budget was originally \$350,000 above the Finance Committee Guideline
- OPEB ARC and leasing buses in the FY18 Budget allowed for getting to Finance Committee Guideline
- February 14, 2017 – CCRSC Voted Revised FY18 Budget – in line with Finance Committee Guideline
- Guarantees CCHS start time for next school year: 8:00am
- 2017-2018 High School hours: 8:00am - 2:41pm
- FY18 Budget voted on at Town Meeting: April 24, 2017

# Timeline to Decision

- January 13, 2009 - CPS & CCRSD Report of K-12 School Schedules Committee
- August, 25, 2014 - American Academy of Pediatrics – Recommends Later Start Time for adolescents
- August 6, 2015 - Center for Disease Control, Recommends Later Start Time for adolescents
- March 2016 – Middlesex League of Superintendents resolve to move start time of high schools to 8:00am or later
- June 14, 2016 - American Medical Association, Recommends Later Start Time for adolescents
- Spring 2016 – CPS & CCRSD School Committees approve High School Start Time Advisory Committee
- May 10, May 17, May 31, June 14, October 6, 2016 - Meeting Dates of Committee
- November 29, 2016 – Presentation & Update to CCHS SAC
- December 14, 2016 – Presentation & Update to CCHS Department Chair Group
- January 9, 2017 – Presentation and Update to PTG/PA Presidents
- January 24, 2017 – Presentation & Update to CCHS SAC
- February 2017 – April 2017 – Presentations and Updates @ 6 PTG Meetings
- April 4, 2017 – Public Forum

# For More Information



See

[www.startschoollater.net](http://www.startschoollater.net)