



# Wyomissing Area School District School Start Times Initiative

*October 24, 2022*

*Rob Scoboria – WASD Superintendent*

## Why Consider School Start Times?

We know many of our students aren't getting enough sleep

### WASD Pennsylvania Youth Survey Results (PAYS)

Administered to grades 6, 8,10 and 12:

#### Fall 2019

- “On average, sleeping less than 7 hours a night on school nights”  
WASD = 38.5%
- Felt tired or sleepy during the day every day or several times during the past two weeks”  
WASD = 64.6%

#### Fall 2021

- On average, sleeping less than 7 hours a night on school nights”  
WASD = 29.8%
- Felt tired or sleepy during the day every day or several times during the past two weeks”  
WASD = 60.9%

# Why Consider School Start Times?

We know school start times impact student sleep

- Systematic Review >12,000 students
  - School start times delayed 25-60 minutes
  - Total sleep time increased 25-77 minutes
  - Average bedtime change
    - 0 minutes (3 studies)
    - 12-14 minutes later (2 studies)
    - 19 minutes earlier (1 study)
  - No studies have demonstrated delayed bedtime equivalent to delayed school start time

Minges KE, Redeker, NS. Delayed School Start Times and Adolescent Sleep: A Systematic Review of the Experimental Evidence. *Sleep Med Rev.* 2015;**28**:86-95. Minges KE, Redeker NS. Delayed school start times and adolescent sleep: A systematic review of the experimental evidence. *Sleep Med Rev.* 2016;**28**:86-95. doi:10.1016/j.smr.2015.06.002

## Why Consider School Start Times?

We know that inadequate sleep can impact

- Physical Health
- Mental Health
- Behavioral Health and Safety
- Academics
- Quality of Life

## ***Review of Previous Work***

- Medical Community Input
- Research and Learning
- Focus Groups – Staff & Community
- PAYS survey – 2019 & 2021
- Survey Feedback – Parents & Staff

[Wyomissing Area SD Website: School Start Times Information](#)

**June 13, 2022 – Board Action**

**Establish Intent for 2023-24, Direct Administration to Develop the following plans with staff input:**

- Bell schedules that include a delayed student start time at the JSHS and minimal changes for WHEC & WREC
- Bell schedules that meet or exceed PDE requirements for instructional time
- JSHS schedule that include a “Spartan” period, to expand participation in clubs, provide student access to staff for support and time for social/emotional learning (this is a flexible period that would be part of the daily schedule at the JSHS during the school day and would allow time for clubs, student support and academic extension, and SEL lessons of a six-day cycle)
- JSHS continues to provide challenging extra-curricular activities for students (including but not limited to music programs, theatre, athletics, etc.)
- K-12 transportation services aligned to support revised bell schedules
- Full access to BCTC programs and transportation services per revised bell schedule
- K-12 access to breakfast for interested students that arrive as walkers, via car rides and bus transportation
- Continuation of before/after-school daycare at WHEC and after-school programming at WREC
- Communications plan to share information with WASD stakeholders

## Other School Systems

PA School Communities Making Progress on School Start Times Initiative

Note: Community needs and Challenges Vary

Source: <https://www.startschoollater.net/pa---chester-county.html>

## Other School Systems

Times Below are for Secondary / HS Schools

- Wilson West Lawn – from about 7:30 to 8:00 start
- West Branch – 7:25 to 8:00
- Burrell – 7:45 to 8:10
- Blue Ridge – 7:45 to 8:15
- Erie – to 8:40 start
- Lake-Lehman – 7:30 to 8:00
- Mechanicsburg – 7:55 to 8:20
- Phoenixville – to 8:05 start
- Quaker Valley – 7:45 to 8:00
- Pine Richland – 7:20 to 7:45
- Radnor – 7:35 to 8:30
- Seneca Valley – 7:34 to 8:09
- Boiling Springs – 7:15 to 7:45
- TE – 7:20 to 7:50
- Unionville-Chaddsford – 7:35 to 8:00



## Fall 2022 Work

- Staff work sessions – discussing flex and schedule options
  - Time for student/staff connect
  - Opportunity for club participation
  - BCTC 2.5 hour goal
  - Time to hold IEP, Department, other meetings
- Student focus groups
  - 20 Grade 9/10 students
    - Majority getting less than 8 hours sleep
    - Support later start
    - Support end of day period
- Draft schedules for discussion

## WASD Challenges / Considerations

- Ensure adequate time for BCTC students both at BCTC and JSHS
- Keep WREC and WHEC close to current bell schedules – need 30-45 minute start time separation for JSHS and WHEC
- HS 2:15 to 2:55 period (work with staff, club activities, required meetings/functions, buffer for after school activities).
- HS extra curricular activities need to start no later than 3:15 on campus due to available daylight in fall and spring seasons
- Clubs and extra-curricular activities are a great way to get our students involved and connected at WASD

## Draft Schedule Review

- JSHS Current Schedule
- JSHS Later Start, Daily Flex
- JSHS Later Start, Activities Period Remains

## Next Steps

- Continue to work with stakeholders
- Communications
- Non-Voting Update at November 7, 2022 Committee Meeting