



# Wyomissing Area School District School Start Times

*September 12, 2022*

*Rob Scoboria – WASD Superintendent*

## Background

- February 2021 – 23 Medical Health Professionals from WASD Community
- January 24, 2022 – Presentation at Board Meeting (Medical and Logistical Information)
- March 2022 – Focus groups include WASD parents, staff and community members
- April 2022 – Parent and staff surveys
- May 23, 2022 – Presentation to Board and Board Action

## ***Background – Previously Reviewed***

### **Why? / Impact on Student Health**

#### Benefits of Improved Sleep

- Less daytime sleepiness, sleeping in class, tardiness and absenteeism
- Improvements in academic performance
- Improvements in mood and anxiety symptoms
- Reduction in adolescent driver crashes
- Reductions in athletic injuries
- Improved impulse control - less risk taking behaviors

## ***Background – Previously Reviewed***

### **Why? / Impact on Student Health**

#### Differences in Adolescent sleep

- ❑ Optimal level of sleep in adolescence is 8½ -9½ hours, only 30% of teens nationwide are getting that amount of sleep.
- ❑ Circadian rhythms are shifted in teens by up to two hours from middle childhood, so the average teenager will have difficulty falling asleep before 11 pm.
- ❑ Shifts in school start time by 45 minutes led to average of 35 minutes more sleep. Teens don't just stay up later if school starts later.
- ❑ Parents can set “media curfews” and encourage good sleep hygiene
- ❑ Optimal school start time is 8:30 or later to ensure enough sleep.

## ***Background – Previously Reviewed***

### **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%

## ***Background – Previously Reviewed***

### **March 2022 Focus Meetings**

- Parents, staff and community members
- Reviewed student needs / medical research
- Discussed logistical concerns/questions
- Provided input to create surveys

## ***Background – Previously Reviewed***

### **Survey Results**

April 2022

- 480 Parents (39% WHEC, 21% WREC, 40% JSHS)  
[Parent Survey Results](#)
- 88 Staff Members (32% WHEC, 9% WREC, 59% JSHS)  
[Staff Survey Results](#)

## Previous Presentations

- [May 23, 2022 – Update Presentation](#)
- [March 2022 – Focus Groups Presentation](#)
- [January 24, 2022 – Delayed School Start Times Presentation](#)
- [January 24, 2022 – Delayed School Start Times - Informational](#)
- [February 2021 – Community Letter to School Board](#)



## **June 13, 2022 – Board action to 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

## WASD Board Strategic Plan

### **2. WASD will identify student mental health needs, review and align resources to address student needs, review summary data, and solicit ongoing feedback from stakeholders to set goals and measure the effectiveness of District services.**

#### Objectives/Goals

- WASD will establish an advisory committee (beginning Summer 2022) that includes medical/mental health professionals along with students, parents, community members and WASD staff to interpret data and identify needs in order to provide recommendations for the development of District and community supports. This committee will meet at least two times each school year to provide ongoing advice and guidance for WASD.
- WASD will create an Action Plan (initial Plan developed by March 2023) to document key initiatives and goals with assigned timelines for completion. Action Plan review will take place at least annually.
- WASD will evaluate adjusting school start times for the 2023-24 school year to better support students' medical, social/emotional and academic needs.
- WASD will consider use of a professional service to identify student mental health needs through data, survey results and direct interaction with stakeholders.
- WASD will create a K-12 SEL/Mental Health comprehensive curriculum by 2024.

## Recent Developments

- California State Law, school begins not before 8:30am
- Wilson SD moved High School to 8:00am start

## Next Steps – Stakeholder Input

- Schedule committee (Sept/Oct. 2022)
  - Admin., Department Heads, Counselors, School Nurse
- Flex Period Committee (Sept. 2022 – Winter 2023)
  - Admin., JSHS Staff, Counselors
- BCTC Administration / WASD Administration Collaboration
- JSHS, WREC and WHEC Collaboration
- JSHS Student Focus Group (Sept/Oct 2022)
- JSHS Parent Focus Group (Sept/Oct 2022)

## WASD Board Updates

- October 2022 – Proposed JSHS schedule for 2023-24
- November 2022 – JSHS Course of Study 2023-24

## Where Can I Find Information?

WASD District Website

[https://www.wyoarea.org/departments/curriculum\\_and\\_instruction/curriculum\\_committee\\_presentations](https://www.wyoarea.org/departments/curriculum_and_instruction/curriculum_committee_presentations)