



# West Chester Area School District

OUR MISSION IS TO EDUCATE AND INSPIRE OUR STUDENTS  
TO ACHIEVE THEIR PERSONAL BEST



# **School Start Time Task Force**

## **October 3, 2019 Meeting**

- **Summary of Wendy Troxell presentation (9/12) and Community update (9/18)**
- **Review of Fugett MS comparative data**
- **Unionville-Chadds Ford Findings**
- **Community/Parent Feedback**
- **Subcommittee breakout sessions**
- **Subcommittees report back to full group**



## September 12<sup>th</sup> Wendy Troxell Presentation

- **Presentations were made to 9<sup>th</sup> and 10<sup>th</sup> grade students in all three high schools**
- **An evening meeting was held for parents and the community – approx. 100 people attended**
- **The facts about sleep research were presented.**



# Districts that have changed find teens *are* sleeping more



Teens get more sleep and more "overnight therapy" sleep



Absenteeism reduced by 25% and graduation rates go up



Standardized test scores in math and reading go up by 2 to 3 percentage points



Students and families are happier and less stressed



Car crash rates go down



Potential economic benefits



## September 18<sup>th</sup> Community Update

- **About 25 people attended, including 13 members of the task force.**
- **Wendy Troxell's TED talk and other data was presented.**
- **Comments from the audience were discussed in an open forum.**
- **Most who attended agreed with moving the start time.**



# Fugett MS Comparative Data

## Percentage of Passing Grades in Core Academic Subjects

### ENGLISH

	<u>2010-11</u>	<u>2011-12</u>	<u>2012-13</u>	<u>2013-14</u>	<u>2014-15</u>	<u>2015-16</u>
District	99.43	<b>99.35</b>	99.38	99.36	98.57	99.06
E. N. Peirce Middle School	99.77	<b>99.66</b>	99.77	99.28	98.7	98.4
G. A. Stetson Middle School	99.36	<b>99.67</b>	99.22	99.56	99.1	99.4
<b>J. R. Fugett Middle School</b>	99.19	<b>98.74</b>	99.17	99.24	97.8	99.4

### READING

	<u>2010-11</u>	<u>2011-12</u>	<u>2012-13</u>	<u>2013-14</u>	<u>2014-15</u>	<u>2015-16</u>
District	99.76	<b>99.48</b>	99.4	98.91	98.72	98.17
E. N. Peirce Middle School	99.8	<b>98.94</b>	98.92	99.73	99.3	98.7
G. A. Stetson Middle School	99.43	<b>99.77</b>	99.56	98.75	98.2	96.8
<b>J. R. Fugett Middle School</b>	100	<b>99.62</b>	99.6	98.47	98.7	99.2



# Fugett MS Comparative Data

## Percentage of Passing Grades in Core Academic Subjects

### MATH

	<u>2010-11</u>	<u>2011-12</u>	<u>2012-13</u>	<u>2013-14</u>	<u>2014-15</u>	<u>2015-16</u>
District	97.48	<b>97.42</b>	97.17	97.02	93.77	95.03
E. N. Peirce Middle School	98.5	<b>99.77</b>	98.83	99.15	94.45	97.88
G. A. Stetson Middle School	95.51	<b>98.21</b>	97.06	97.57	95.77	92.71
<b>J. R. Fugett Middle School</b>	98.37	<b>94.31</b>	95.69	94.58	91.03	94.61

### SCIENCE

	<u>2010-11</u>	<u>2011-12</u>	<u>2012-13</u>	<u>2013-14</u>	<u>2014-15</u>	<u>2015-16</u>
District	98.78	<b>98.4</b>	99.04	98.15	98.02	98.49
E. N. Peirce Middle School	98.63	<b>99.21</b>	98.83	98.53	97.4	97.3
G. A. Stetson Middle School	98.59	<b>98.57</b>	99.56	97.68	98.6	99.6
<b>J. R. Fugett Middle School</b>	99.08	<b>97.48</b>	98.75	98.26	98	98.5



# Fugett MS Comparative Data

## Absences and Discipline

### % of Students with 13 or more Cumulative Absences

	<u>2010-11</u>	<u>2011-12</u>	<u>2012-13</u>	<u>2013-14</u>	<u>2014-15</u>	<u>2015-16</u>
District	4.47	<b>4.42</b>	5.28	4.53	5.17	3.63
E. N. Peirce Middle School	6.23	<b>3.96</b>	5.25	6.96	5.81	4.93
G. A. Stetson Middle School	2.04	<b>2.19</b>	4.67	2.65	4.42	3.55
<b>J. R. Fugett Middle School</b>	5.18	<b>6.96</b>	5.87	4.22	5.37	2.39

### % of Students with 3 or more Level II or III Disciplinary Offenses

	<u>2010-11</u>	<u>2011-12</u>	<u>2012-13</u>	<u>2013-14</u>	<u>2014-15</u>	<u>2015-16</u>
District	2.04	<b>1.59</b>	1.69	0.94	1.69	1.22
E. N. Peirce Middle School	1.37	<b>0.9</b>	1.17	0.98	1.3	1.31
G. A. Stetson Middle School	3	<b>1.42</b>	1	0.55	0.51	0.71
<b>J. R. Fugett Middle School</b>	1.73	<b>2.39</b>	2.78	1.3	3.29	1.7





# Fugett MS Comparative Data Late to School

## % of Students with 10 or more Tardies

	<u>2010-11</u>	<u>2011-12</u>	<u>2012-13</u>	<u>2013-14</u>	<u>2014-15</u>	<u>2015-16</u>
District	8.4	<b>7.97</b>	6.41	8.19	8.83	7.81
E. N. Peirce Middle School	10.92	<b>6.45</b>	5.72	9.77	10.43	10.08
G. A. Stetson Middle School	8.79	<b>6.35</b>	6.22	6.29	8.13	5.97
<b>J. R. Fugett Middle School</b>	5.79	<b>10.91</b>	7.21	8.65	8.11	7.5



# Wellness Data on Mental Health Findings – Fugett MS vs. Peirce/Stetson MS

## **Safe2SaySomething Tip Line January– September 2019**

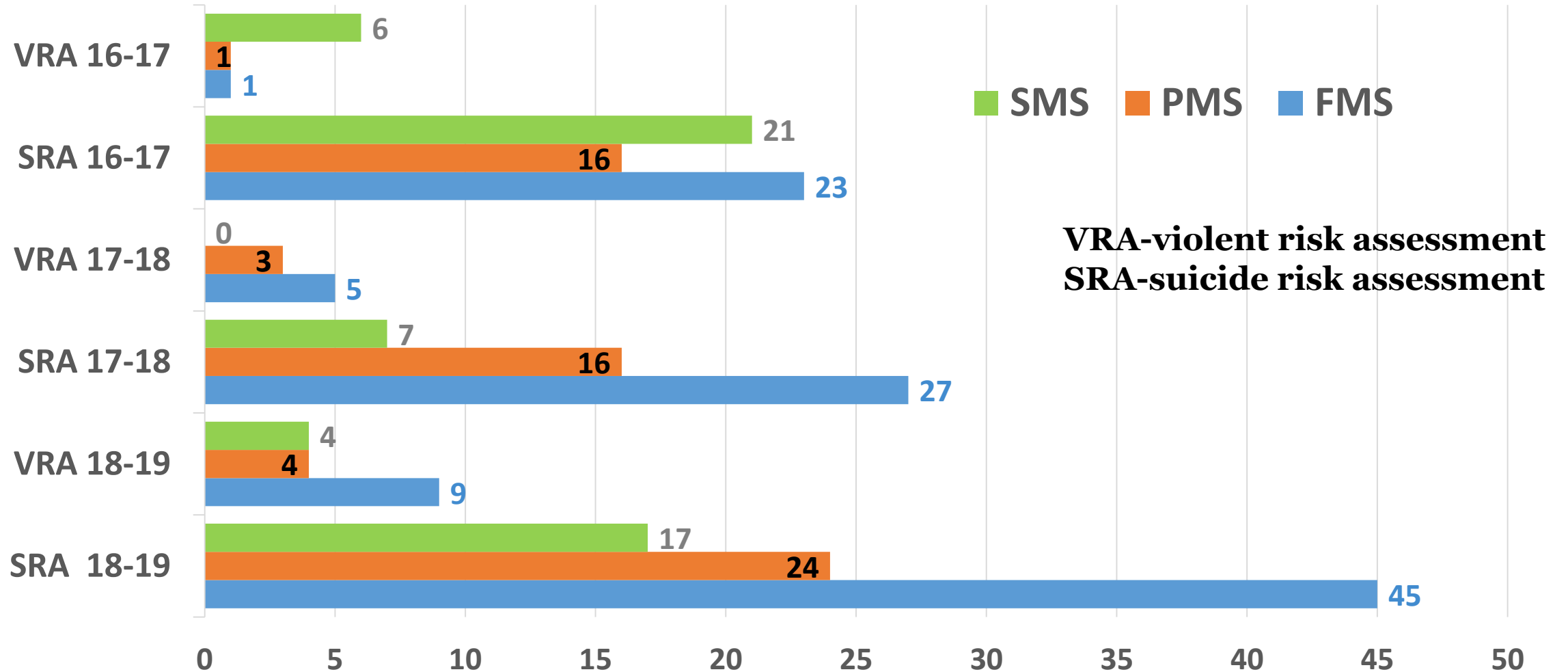
**Fugett MS - 37**

Peirce MS - 47

Stetson MS - 14



# Wellness Data on Mental Health Findings – Fugett MS vs. Peirce/Stetson MS





# Wellness Data on Mental Health Findings – Fugett MS vs. Peirce/Stetson MS

**Number of hours mental health specialists spent in  
individual sessions with students**

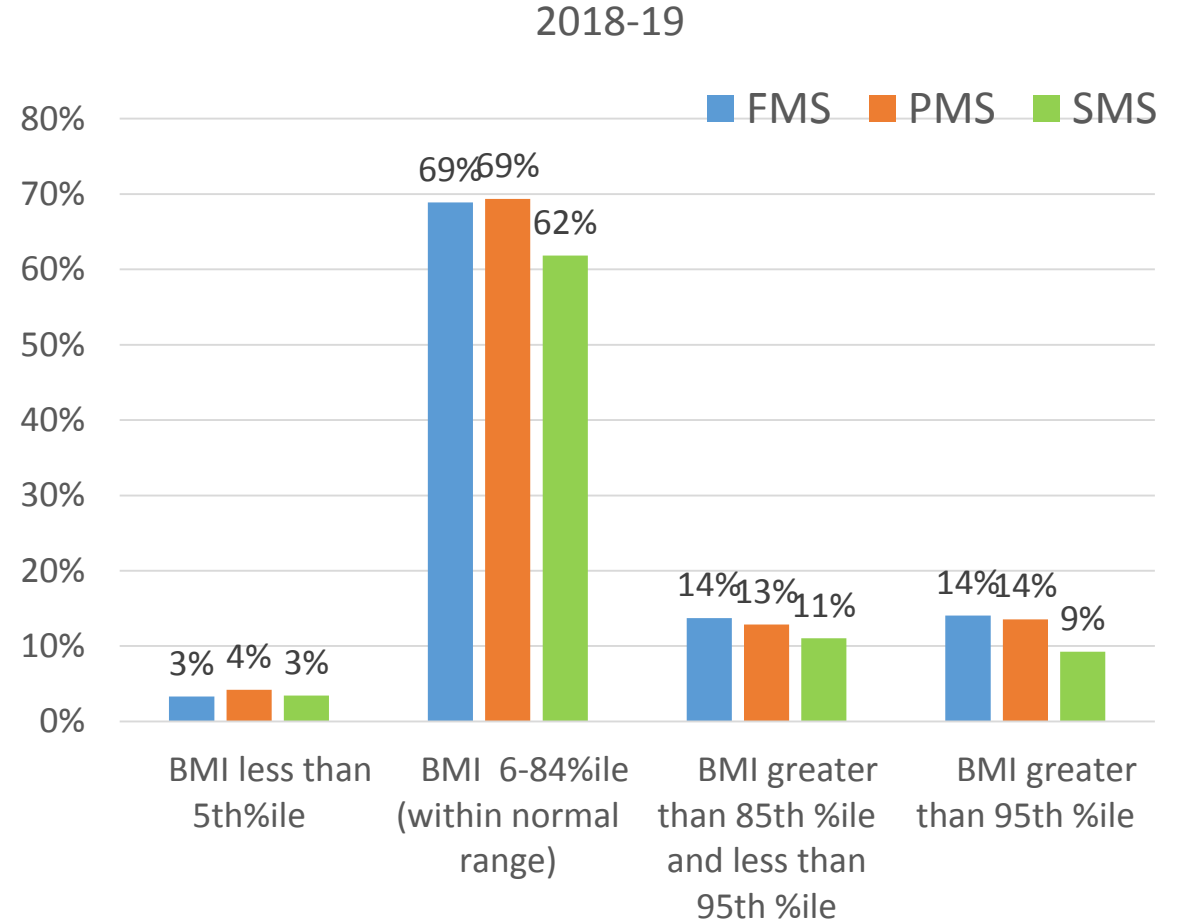
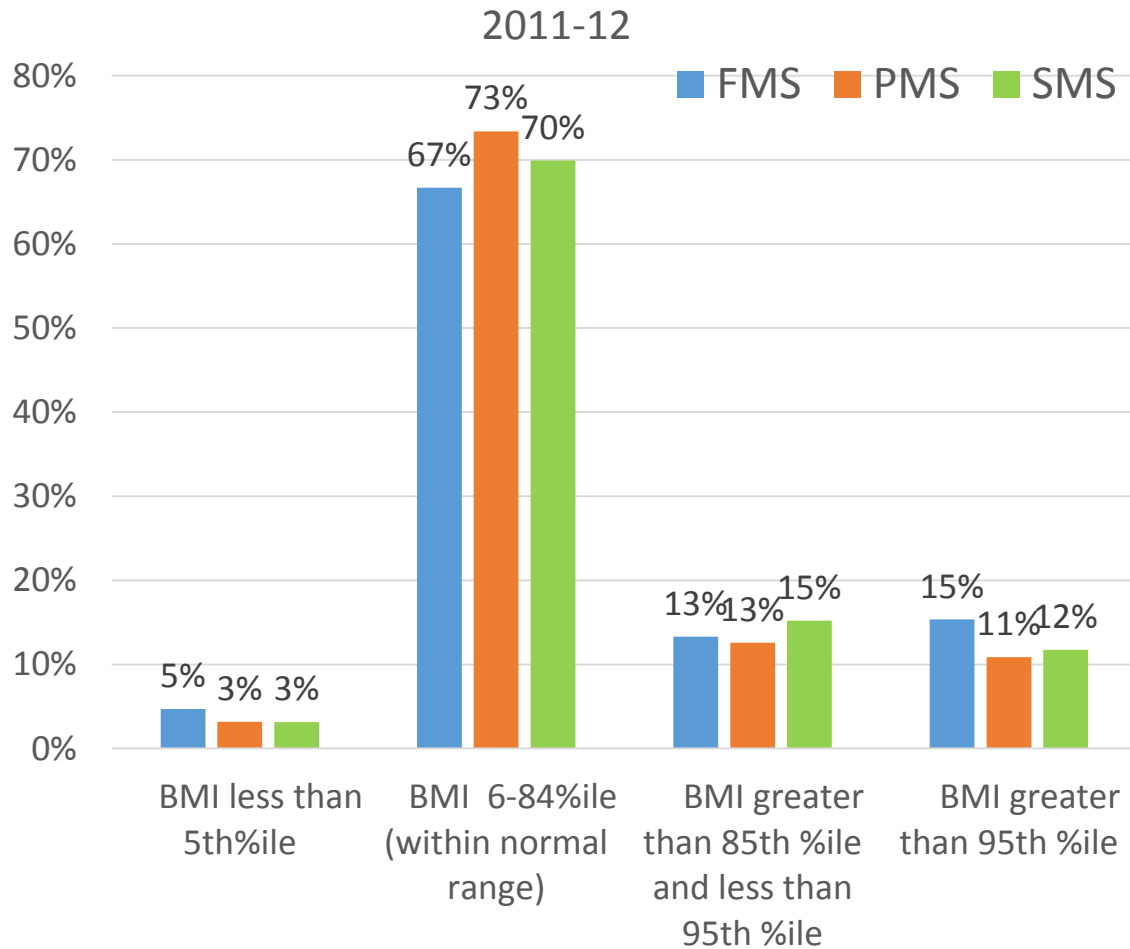
**Fugett MS - 580**

Peirce MS - 600.2

Stetson MS - 604



# BMI Data on Fugett MS vs. Peirce MS/Stetson MS



# School Start Time Change Data Review

2018-2019 school year

# Instrument

---

- **Cleveland Adolescent Sleepiness Questionnaire**
  - Students
- **Monitoring related data**
  - Concussions
  - Sports injuries
  - Visits to the Nurse
  - Social Worker referrals
  - Suspensions
  - Absences
  - Tardies

# Findings

---

Secondary Students continue to get more sleep, on average, as compared to pre-change data.

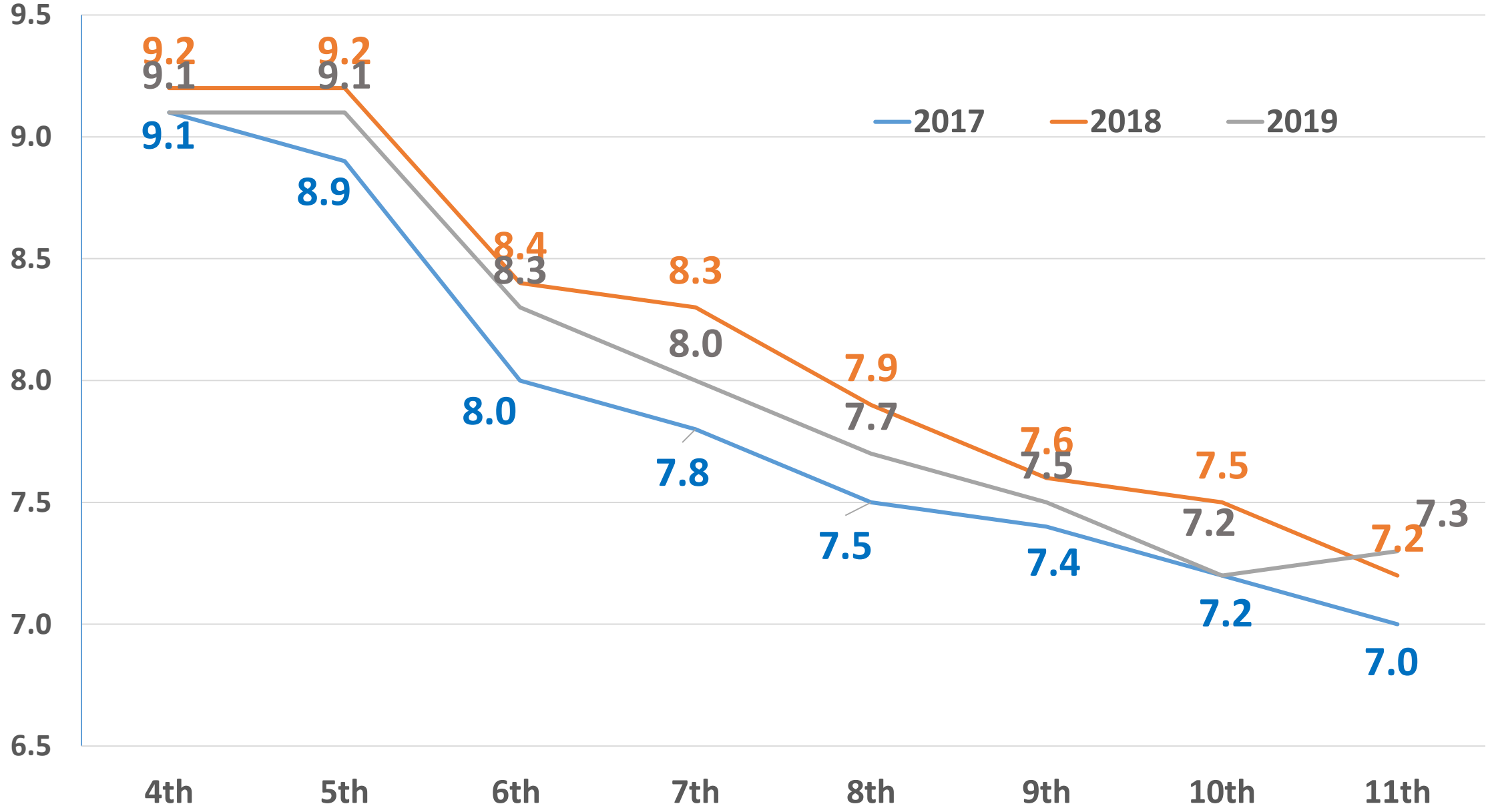
- Not getting as much sleep as year one of the change
- Notable exception was last year's 11th graders; they increased their sleep time.

Some wellness indicators have improved at UHS.

11th grade students report significant improvements in alertness at school.



Unionville Students Reported Sleep Time



# Measures of Improvement

---

- UHS
  - Suspensions were down significantly
  - Tardies have been reduced
  - Nurse visits have decreased
  - Fewer concussions
- CFPMS
  - Fewer concussions

## Change in Student Wellness

### Patton Middle School

	2016-2017	2017-2018	2018-2019
Total Number of Students	1021	997	992
Nurse Visits	7846	5344	7041
Attendance	96.03%	96.40%	96.27%
Tardiness	2589	2694	2997
Social Worker Referrals	70	70	111
Athletic Injuries	307	276	314
Concussions	44	23	7
Suspensions	20	11	18

### Unionville High School

	2016-2017	2017-2018	2018-2019
Total Number of Students	1333	1371	1375
Nurse Visits	9389	11293	5594
Attendance	95.70%	96.01%	97.37%
Tardiness	4577	4498	3044
Social Worker Referrals	195	185	178
Athletic Injuries	650	803	910
Concussions	63	47	25
Suspensions	59	64	33

## Recommendations

---

- Emphasize the importance of sleep: Wellness Council, Health Class, PTO.
- Continue to bring in experts in the field to speak with staff, students, and parents.
- Monitor changes in start times in the surrounding districts.



## Community/Parent Feedback April-October 2019

- **33 comments: 11 suggestions, comments, considerations, 10 in favor, 12 don't want time changed.**
- **Suggestions to consider:**
  - include traffic impact study
  - effect on bus drivers
  - start all secondary at same time
  - book to read, "Why we Sleep"
  - sports/activity impact



## **Community/Parent Feedback April-October 2019**

- Send another survey to see what students/families prefer**
- Impact on game scheduling with surrounding districts and practicing times esp. during winter**
- Childcare needs**
- When would students needing extra help meet with teachers**
- Will students actually get more sleep**



## Community/Parent Feedback April-October 2019

- **Impact on families with students in elementary school and their activities (logistics)**
- **Is it possible to shift ES to an earlier start time.**



## Next Steps

---

**Wednesday October 23** - Start Time Task Force Committee meets (if necessary)

**October, November** - Transportation Impact Committee to conduct traffic analysis

**Monday November 11** - Update to Board Education Committee