



EIS Proposal for a Staggered Start for Schools

2021-2022 School Year

PUTTING THE PIECES TOGETHER

EIS is Evolving and Innovating out of Necessity:

Ideas that improved how we interacted with the world around us!

- ★ ***The Automobile*** - 1886 is regarded as the birth year of the modern automobile. The T-model was 1st mass produced in 1908.
- ★ ***Air Conditioning*** - In 1901, American Inventor, Willis H. Carrier built 1st Electrical Air Conditioning System.
- ★ ***The 3pt Line*** - Can you guess what year the KHSAA adopted this new addition to the game of basketball?
- ★ ***The Smart Phone*** - The 1st iPhone was revealed by Steve Jobs and his team at Macworld in what year: _____

What is it?:

A sequenced initiation of the school day, allowing TKS, EHS, and Valley View to start later than our Elementary Schools. This is not a plan built out of convenience, but a plan built out of necessity to address safety, overcrowded buses, traffic congestion around schools, student health needs, bus driver shortages, and student performance in the classroom.

Why is it needed?

- **Student Safety**
- **Student Learning and Achievement**
- **Student Attendance**
- **Student Behavior (At school & on the bus)**
- **Student Health (Mental and Physical)**
- **Bus Efficiency and Routing**

Student Safety:

- *Separate Elementary Students from Middle and High School Students.*
- *Reduce Traffic Congestion around MES/TKS and EHS/PA at drop-off times and pick-up times.*
- *Allow Kindergarten students to ride the bus with Preschool students where it is required to have a monitor to manage our youngest Panthers.*
- *A later start will give our drivers and students more light to operate in during the mornings, especially in the winter months.*

Student Learning and Achievement:

- *Studies show that teens improve their grades and test scores when they get more sleep.*
- *Help Improve graduation rates and decrease dropout rates.*
- *Sleep deprivation has become an epidemic among teens and the CDC supports later start times for teens as most teens don't fall asleep until after 10pm. For teens that play extracurricular sports or work part-time, this will be a huge benefit as these activities have proven to keep kids out until after 10pm and 11pm at night.*
- *Research also shows that inadequate sleep has a major impact on learning, memory, motivation, and academic performance.*
- *Sleep deprivation is associated with deficits in executive function, which includes organization, working memory, and the ability to apply sustained effort and attention.*

Student Attendance:

- *Teens will have more time to prepare themselves and their younger siblings for school to avoid being late or absent from school.*
- *More sleep will result in more motivation to wake up and get to school on time.*

Student Behavior:

- *Elementary Students are no longer influenced by Middle and High School Students on the bus.*
- *Students are not on overcrowded buses and no longer have to arrive at school an hour before school or stay an hour after school before the bus can take them home.*
- *This will also allow teachers to supervise less and focus more on teaching and planning to keep students engaged in the classroom.*
- *Lead to a reduction of discipline issues in our schools and on our buses and it will also address disproportionate discipline issues within our schools.*

Student Health (Mental and Physical):

- *More sleep will result in improved mental and physical health of our teens.*
- *Less anxiety and depression among teens.*
- *Improved physical performance in extracurricular activities.*
- *Later start times allow students to get more sleep which results in better outcomes for teens in the classroom and outside the classroom.*
- *Lower rates of car crashes among teens:*
 - *In a study done in Lexington, KY the automobile crash rate for teen drivers decreased by 16.5% after delaying high school start times.*

Bus Efficiency and Routing:

- *Will allow for more buses to focus on fewer schools at one time, which would help with our driver shortage as we currently have 4 vacancies.*
- *For example, we have 15 buses that have to deal with school dismissals all at one time in our current format, but in a staggered format, that will allow us to have 15 buses to focus on three schools versus 6 schools and will help tremendously with our bus driver shortage.*
- *This will lead to students not arriving at school an 45 minutes to an hour before school starts.*
- *It will lead to students not waiting after school for 45 minutes to an hour before the bus picks them up.*
- *That hour will now be reduced to 30 minutes before school and only 5-10 minutes after school, which will allow students to get home sooner than they do now. No more wasted time for students.*
- *Currently, we have multiple groups of students that have to be supervised at our schools for 30-45 minutes before the bus picks them up to take them home and potentially could be a cost savings for our school budgets in regards to bus room supervision stipends.*

West Point Students:

- **Probably the most sleep deprived students in the district.**
- **Hardin County reached out to me last week to make me aware that due to their bus driver shortage and the change of our their preschool times that they may not be able to help transport our West Point Students to EHS.**
- **I told them that there may be a possibility that we may move our High School Start Times back and they seemed like if we were able to do that, then it would be easier for them to get our West Point Students to EHS or at least meet one of our drivers halfway, so we could bring them the rest of the way. A staggered start time would make it much easier for us to add a transfer bus to our routes. If not, I doubt we could provide a bus or driver with our current staffing.**

Proposed Schedule:

No time changes for Elementary Schools, except elementary students will not be picked up as early in the morning as they were picked up during the 2020-2021 school year. (6:35am vs 7:00am)

Middle and High School start times and end times are pushed back by 35 minutes.

EHS, TKS, and Valley View will now have the following start and dismissal times:

Start Time: 8:25am Dismissal Time: 3:25pm

School	First Student Picked Up	Arrival Time	AM Bus Room Time	Start Time	Dismissal Time	PM Bus Room Time
PA	6:50am	7:30am	30min	8:00am	2:00pm	0 minutes
HHES and MES	7:00am	7:30am	25min	7:55am	2:55pm	0 minutes - no lates buses
TKS	7:35am	8:00am	25min	8:25am	3:25pm	5-10 minutes for 2nd run buses
EHS	7:35am	8:00am	25min	8:25am	3:25pm	5-10 minutes for 2nd run buses
VVEC	7:45am	8:15am	10min	8:25am	3:15pm	0 minutes

PM Regular Route Dismissal Comparison:

2020-2021 School Year	2021-2022 School Year with Staggered Start
Panther Academy: 2pm 4 Buses	Panther Academy: 2pm 14-16 Buses - which can help transport to daycares in and around our district.
HHES: 2:50pm 3 Early Buses 2 Late Buses	HHES: 2:50pm 5 Early Buses 0 Late Buses
MES: 2:50pm 3 Early Buses 2 Late Buses	MES:2:50pm 5 Early Buses 0 Late Buses
TKS: 2:55pm 3 Early Buses 7 Late Buses (20 -50 minutes after school)	TKS: 3:25pm 5 Early Buses 5 Buses (5-10 minutes after school)
EHS: 2:50pm 3 Early Buses 7 Late Buses (20 -50 minutes after school)	EHS: 3:25pm 5 Early Buses 5 Buses (5-10 minutes after school)

What are the possible concerns that might be associated with this type of change?

Some might argue that...

- If schools start later, students will simply go to bed later.
However, it has been found that bedtimes did not change, so the later start time results in more sleep.
- If dismissal time is later, students will not have time to engage in activities.
However, it has been proven that the later time has no effect on the number of hours students spend playing sports, activities or doing homework.
- If athletes get out of school later, athletics will be negatively affected in regard to practice and game times.
However, many high schools in KY have the same dismissal time and accommodate through coaches' coordination about practice times/facilities and 6:00 game times instead of 5:30.

“Courage is the power to let go of the familiar.”

-Raymond Lindquist

Benefits of a Staggered Start Plan

- ✓ **Student Safety**
- ✓ **Student Learning and Achievement**
- ✓ **Students Attendance and the Reduction of Chronic Absenteeism**
- ✓ **Student Behavior (Both in School and on the Bus)**
- ✓ **Student Health (Mental and Physical)**
- ✓ **Efficient Practices with our Bus Routing to help address our Bus Driver Shortage: (We currently have 4 vacancies we need to fill before August.)**