CALL TO ORDER

The meeting will be brought to order by the Board President Schwarz at 6:30 p.m.

ROLL CALL

Administrative Assistant Pencik took the roll of members present:
Katy Schwarz, President: Present
Jim Adams, Vice President: Present
Marty Mortensen, Clerk: Present
Linda Campbell, Trustee: Present
Georgie Coulter, Trustee: Absent

ADMIN PRESENT
Johnson, Dells, Suenram, Frisella

APPROVAL OF AGENDA

1. On a motion by Adams, seconded by Mortensen, the Board voted to approve the agenda items (4-0).

DISCUSSION

1. Town Hall Meeting – Later Start Time for Students

Approximately 50-60 parents, students, staff and members of the community were present at the meeting. Twenty-eight (28) people addressed the board during the meeting.

Superintendent Louise Johnson reviewed a PowerPoint presentation regarding teen sleep patterns prior to the Board’s solicitation of input from those present. Dr. Johnson explained that the district has considered the later start issue for many years. At the Education Summit in January of 2014 and during input for the recent Local Control Accountability Plan the issue was considered as part of the discussion on student schedules. She noted the research on the subject strongly implicates early start times as a key contributor to insufficient sleep in teens.

Dr. Johnson noted that there are valid concerns related to a later start time including the impact on after-school activities such as sports, extra-curricular activities and student jobs. Additionally the cost to move to a later start time impacts not only the high school district at an estimated cost of $145,000 per year, but also the feeder schools who share our bussing (GVSD’s cost will annually increase $70,000 & PRSD $3,000).

Dr. Johnson reviewed some of the other current new program priorities, noting the cost of a later start time could impact implementing other priorities:
- Fully implement 9th grade class size reduction ($17,490)
- 1.4 Certificated Intervention Specialist ($100,800)
- 1.4 FTE In School Credit Recovery teachers ($100,800)
- 4 additional sections of AP courses (NU AND BR) ($71,200)
- 1:1 student computer ratio – Chromebooks for all ($875,000)
- Additional Career Technical Education courses ($17,800-$71,000)

Community Input:

Cliff Brown, parent of 8th grade student, spoke in favor of a later start time. He noted that the charter schools use a later start as a selling point. He suggested the district could increase attendance and attract more students with a later start.

Lisa Huber, parent of 11th grade student at BR, was against a later start time. She stated she did not believe a later start would change teens’ sleep pattern. From a teen’s perspective the extra hour will not be used the way you intend it to be. It will be difficult for sports schedules. Getting out later starts a viscous cycle – everything done later, homework too. A later start is the wrong way to do it.

James Armstrong, parent of one current district student and two coming, spoke in favor of a later start time. He asked what good are any of these argument is the child is fighting with his/her own biology. Education is our priority. If there is a chance to improve it and the quality of life, it is a “no brainer.”

Joanne Kauffman asked for a compromise option. Her student is on the Mountain Bike Team and they will be practicing after daylight hours with a later start. Maybe starting a half hour later would be a compromise.

Sonia DelGadillo stated in theory she is supportive but it is not as simple as a later start time. Many of our students are driven (activities, sports, leadership, etc.) and do not get enough sleep. Some students work and it is important to them and their families. This is the first time this issue has been discussed publically. She stated she has never seen an idea with such consequences (financially) considered without a plan to pay for it. We do not know that increased attendance will pay for it. She noted she finds it disconcerting that this is considered without a plan to pay for it. She stated it feels like we are rushing it.

Wes Art, spoke in support of a later start time. He noted that he understood the arguments and parents with multiple students in multiple schools will have difficulties, but in the end we are here for the academics.

Kevin Dugan, parent of his third teen at NUHS, and also a psychologist, spoke in support of a later start time. He noted there is solid empirical evidence in support of the change. While there are valid arguments, this would benefit the majority (those not in sports, extra-curricular, etc.).

An 11th grade student from N spoke against a later start time. He stated that he works 7 days per week and a later start will be a problem. He noted that he currently does better in academic classes earlier in the day. He expressed dismay at the changes happening at the school (closed campus, etc.) that make the high school experience less, more like middle school.

Lori Rudiger, parent of 10th grader at BRHS, noted that if the start time was 8 am no one would be able to get to school at BR with the gridlock on Magnolia Road. She stated she hoped the Board was looking at value versus the upheaval this will cause. Is moving the start to 8:30 am really making enough difference (related to the brain science) to make it worth the upheaval? Have you talked with coaching staff and had the hard discussions and worked out the plans?

Jeff Bardan, parent of 12th grader at NUHS, spoke in support of a later start time. He noted he would just as soon have a start time of 9 am. He believes it will be a net positive for the district with increased attendance.
Michelle Morgan, parent of 10th grader at NUHS, was against a later start time. She emphasized the impact on parents who work and try to transport their student to school and the consideration that should be given to sports. She asked, "Will you really get more charter students?" And asked if there was a way to start later but keep the same release time.

Kimberly Wens, BR student, was against a later start time. Students will get home in the dark if this is implemented. She has a job three days per week. It will be harder for her.

Emily Raymond, BR student, was against a later start time. Sports and extra-curricular activities are important. Pushing the start time later is not worth it. You are punishing the students who are trying to achieve more.

Judy Bate, 10th grade student at NU, stated that everyone is tired at school. A later start time will change the vibe of the school. Most students are zoned out during first period and then again later in the day. It will help with student engagement.

Brian Martell stated the science is overwhelming. A cost/benefit analysis would be very obvious that we should do this. He encouraged the Board to bring this to a vote quickly.

Molly Shine, 10th grade student at NU, was not in favor of a later start time. She stated that part of a student's education and becoming an adult is balancing your schedule. Students who work are already struggling to balance with extracurricular activities and homework. They will simply stay up an hour extra or even two if you move the start time. This will not work out the way you think it will.

Rob Katzenstine, parent of 10th grade student at NU, spoke in favor of a later start time, stating it is a "no brainer, not whether or not to do it, but when." If cost is a factor he suggested changing the plan and implementing in 2016/17 and finding the money to pay for it.

Jeff Brown, parent, spoke in favor of a later start, stating "I didn't know what a zombie looked like until my daughter started high school." He noted the district could reap the benefits now or do it in 2016/17, but it is the way to go.

Donna Becker, parent of 11th grade student, spoke in favor of a later start time. She drives her student because the bus leaves too early. She felt keeping over GVSD and starting at 9 am would be better.

June Gilfillan, teacher at NUHS, spoke in favor of a later start noting the research on the subject. She voiced her opinion on several of the arguments: work- students should not be working more than 15 hours/week, cost-we spend a lot on increasing achievement, this would be most meaningful, extra-curricular activities - students who are sleep deprived are more likely to get hurt.

Julie Walton, parents of two NU students (9th and 11th), noted her students are involved in sports and extra-curricular activities and a later start would not be convenient to her family. However she encouraged the Board to do it anyway. She also expressed her concern for parents who could not attend tonight and having their voices heard. She believes the cost would be recouped.

John Baggett, parent of 10th grade NU student and administrator at GVSD, stated speaking as a father the research does support the change. However, speaking as an administrator he asked the Board to consider the financial impact of the feeder schools. He asked they make a consideration to the timing of the change. This year would be very difficult –cost and logistics.

Frank Lawrence, parent of 9th grade student, spoke in favor of a later start time.

Alex Durosfsky, 10th grade student at NU, quoted Spock, "the needs of the many outweigh the needs of the few" speaking in support of a later start time.

Karen Sullivan, parent, of 11th grade student, was against changing the start of school to a later time.
Mr. Durofsky, parent of a NU student, was in support of a later start time noting all arguments presented are based on keeping the status quo.

Robert Raymond, parent of Emily Raymond, student at BRHS, was against a later start, in support of his daughter who is involved in many activities.

Jill Sonnenberg, NU Librarian, stated she did not feel that the representation here tonight was an adequate representation of the students and parents of the district. There needs to be more meaningful outreach to the community. We need more valid data.

**Brief Q&A Period:**

Q: Issue of having sports during daylight hours, could the sports be starting during last period?
A: Currently there are some sports that have a period during the school day- baseball, football and basketball PE.

Q: Time of pick up in Penn Valley if this is implemented?
A: If we move the start time an hour later then all schedules will move one hour later.

Q: How much additional sleep will they (students) get if implemented and how many students ride the bus?
A: Asst. Supt. Karen Suenram stated about 25% of the student ride the bus (about 700 students).

Q: What percentage ride the bus at BR versus NU?
A: About the same.

Q: Have you polled charters to see if this change will increase your attendance?
A: No, we do not have access to charter students/parents to poll them.

Q: Can we have the same release time (at end of day) with a later start?
A: No. In California we are required to maintain a certain number of total instructional minutes, so we do not have the option to shorten the day.

Q: What about the third option – to start one-half hour later rather than one hour later?
A: We talked about it but felt if we are going to do it (and cause the disruption) we should do it right.

Q: Can we “jump over GVSD” and start even later?
A: We have been talking to GVSD and PRSD.

Q: Money to fund late start?
A: It is listed as one of the possible priorities for LCAP funding.

Q: Two tracks – one starting at 7:30 am and one at 8:30 am?
A: It could be considered.

Q: When are you meeting in South County?
A: We have not scheduled anything yet.

Q: How much have you spent researching this issue to date?
A: Staff time only.

Q: When will the student body be asked?
A: The Goldpan is doing a survey now. A student from the Goldpan was presented and stated it is on the newspaper website currently at www.nugoldpan.com.

Q: Number of parents sent survey?
A: All of them. It was sent out on the “all-call” message system. Some have said they did not get it, but some parents have calls blocked, etc.

President Schwarz asked what the next steps would be. Dr. Johnson noted the Board could bring the issue to the next meeting for a vote, however there are a lot of logistical issues to take care of. Implementing in 2016/17 would give us more time to plan. The logistics would be problematic at this point to be able to implement in Fall 2015.

President Schwarz also asked if the issue would require negotiations with the teacher’s union. Dr. Johnson responded that the district will be required to negotiate the effects of any management decision with the teacher’s union.

F. ADJOURNMENT

1. On a motion by Adams, seconded by Mortensen, the Board voted to adjourn the meeting at 7:58 p.m. (4-0).

D. Pencik
Administrative Assistant

James Johnson
Secretary, Governing Board

Kelly Johnson
President, Governing Board