

Agenda, Student Impact Committee
Tuesday, January 29, 2008, 7:00-9:00 p.m. Gatehouse Room #1610

Sign in; pick up handouts:

- Agenda
- CAREI reports summary

ALL AREAS:

- Grids: Best & Worst? Different wording?
- Including comments from our committee's students?
 - Jay Brigleb, SIC student member: More sleep—never have enough. He says that sleep would have a positive impact on health, safety and learning—too tired to drive some mornings, but he has to anyway. Getting out later – not that big a deal and any additional cost. Smart to put elementary before high school.
 - Beanca Nicholson, SIC student member:
 - We need to have a productive workday for high school students.
 - The neighboring middle school starts at the same time as Chantilly does on Friday resulting in massive amounts of traffic. **Solution-** community outreach, the high school and middle school worked together along with parents to devise a plan to lower the traveling time. Shifting lanes and changing traffic patterns had an immediate effect.

ACADEMICS:

- Is the report on the website your final full report?
- Beanca Nicholson, SIC student member: mentioned lower grades in first period classes.
- Arne Eliasson,1 Anders Eliasson,2 Joseph King,2 Ben Gould,2 and Arn Eliasson, M.D.3,4 2002, Assn. of Sleep & Academic Performance, Dec. 2007, oral presentation:
 - Sleep time for students with high grades did not differ statistically from those with low grades. Gender and homework time did not predict scholastic performance. Employed students slept less but maintained higher grades than students without jobs.
 - A study evaluating the association of academic performance and total sleep time was performed in middle school and high school students in a suburban Maryland school system. Preliminary results of this study show no correlation of total sleep time with academic performance. Before mandating costly changes in school schedules, it would be useful to perform further research to determine the effects of increasing sleep time on the behaviors of adolescent students.

HEALTH:

- Beanca Nicholson, SIC student member: I am awake and active for 12 hours a day, for a high school student to be constantly on the move with a lack of proper sleep is a problem- and results in poor performance.

SAFETY:

- Beanca Nicholson, SIC student member: does not want to compromise the safety of elementary students.

SPORTS & EXTRACURRICULAR ACTIVITIES:

- Jay Brigleb, SIC student member: Sports with Freshman, JV, Varsity typically start at 3:00 or 3:30 now. Others may start sometime between 4 and 7 p.m. He thinks it would be possible to start practices closer to the end of the school day.
- Beanca Nicholson, SIC student member:
 - With a later start time, the after school activities may be put on the "back burner" to sports due to the need to get children home before it gets dark. **Solutions** - Students are already getting picked up from practices late (8-9pm). My sister is a cheerleader and i have picked her up from practice on multiple occasions at 8:30. I am not advocating the late release of students, seeing that some athletes may not have rides that late into the night, and for some sports it is to dark to practice out side at a late time. I feel that if this is already happening now, that it should not be a huge factor in the final product.
 - Chantilly has built in Learning Seminars (LS) into every other day of our schedule. They are two 45 minute blocks of time, that are on a rotating schedule (meaning that we will have an LS for every class during 4

days). I find them extremely helpful, since the LS program was initiated i, along with most of my schoolmates, have not had to stay after for remedial help or to make up test and quizzes, therefore eliminating the after school component. If an LS program is placed into all high schools schedules, you could move up practices times (usually start around 3 or 3:30) because there is not a need for remedial help after the school day.

- Morning practices are already happening in high schools. Basketball, Swimming, and conditioning for multiple sports practice in the morning, which means these athletes are waking up around the 4 o'clock hour for weeks. If start times are moved back, they will be waking up around the same time they would for a normal school day. Therefore making morning practices is a viable and effective solution for the sports time schedule.
- Wording on before-school practices
- Wording on availability of gyms: ES, MS, HS
- Sports travel during rush hour
- District bands, orchestras and choruses
- What Options to include in table?
- Lisa Cherubini, who runs a soccer club commented on Sports draft via Jill Hecht:

REPORT STATES	LISA CHERUBINI RESPONDS
reduced opportunity for recreational athletics	Youth leagues begin practices at 5 pm so they are not affected of HS has practices 3:30-5:00pm or 3:00-4:30pm.
Possible shorter practice time was debated – inconclusive	If OUTDOOR practices run from 3:30-5:00pm you get 1.5 hour practice and that won't affect community use of fields as community use permits start at 5:00pm on fields and most gyms.
Warm-up, conditioning & practice time could be reduced.	nonsense, see above. Warmup is part of the practice
Time between end of school & start of practice might be reduced; that time is currently used for: academic support; converting gyms from daytime use set-up; transport players to alternate facilities, when needed	Morning practices might offset this.
Coaches may find later practice and game time schedule unacceptable	Not true. Game times would not be affected as teams do not practice when they have games and games are always after 5:00pm and are held on fields at times not used by community groups. Also if coaches work for school system, they're not affected. If coaches work outside school system, they would have MORE time to get in a normal work day at non-coaching job and more time to get to the school from offsite office. In any case, this is a mix.
Instrument practicing, tutoring, and the like could be moved to before-school times, as some activities and teams do currently, but this would limit the effect of a later bell schedule	Maybe, but this would also only affect most athletes 1 season. Soccer, for example. is only played in Spring. Out of the 40% of athletes playing a sport in HS, what percentage play both Fall and Spring sports anyway? At last this way, the majority of students would benefit from later bell schedule and athletes practicing in morning at least will have more time in afternoon to do homework, take a nap, get an after school job, OR participate at practice for their CLUB team, which the majority cannot do now because HS coaches will not excuse a player from HS practice to practice with their CLUB team (which typically has much higher quality training than HS).

STUDENT EMPLOYMENT:

- “Restricted after-school employment opportunities may disproportionately impact low-income families”
- See CAREI studies on student employment impact