

Transportation Task Force – Community Impact Committee  
Studying the impact of 5 new bell schedules under consideration  
Compilation of Informational reports as of December 5, 2007

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Other Documents:

1. Community Impacts from Other Jurisdictions Changing to Later HS Start Times, Other Local Data, Dec. 4, 2007, prepared by Sandy Evans
2. Full text of the Adolescent and Family Health journal article
3. USDOJ-OJP-JuvenileOffendersAndVictims-2006-Chapter3-JuvenileOffenders

**From John Berlin, Dec 4, on use of county swimming facilities**

I have quite a bit of what could be relevant information related to the impact of shifting bell schedules on school swim teams and Park Authority customers at RECenters.

I do not consider the impact of a later high school start time on morning users at this time. Our assumption is that our swim club renters will keep the same times, and high school kids will have to get up early anyway, then go home for a break before school. It is unlikely they will get later times in the mornings for practices as that will impact regular customers again. I'm looking only after after-school times for this exercise.

Currently high school swim starts at 3:30 p.m. at many RECenters and must be completed by 5:30 p.m, with a split shift between schools at many sites and a mixture of swimming and diving. After that time a mixture of public swim, classes and aquatic rental groups use our pools throughout the evenings. We take a lot of flack during high school swim season as our regular customers are displaced during some prime time hours. I do not believe moving back high school swim times would be acceptable to our Board or our customers. That said, here is some of the impact.

Options C, D and E would push the schedule back approximately one hour. The attached tables seek to measure a partial impact on Fall and Winter classes (not including renters and public pass holders which is also significant) with start times between 5:15 and 6:35 p.m. As you can see, approximately 274 classes and about 1,500 persons possibly would be affected. Options A and B would have substantially more impact and would not ever be entertained as an option by the Park Authority.

**From Christy Wegener, Dec 3, on use of public transit**

Because of legal reasons, the school system does not use public transit to transport students to and from school - legally, the use of public transit as a means for transporting students comes with a myriad of issues, liability, insurance, etc. - however, students can and do use public transit. The difference is it is the student/parent's choice to use public transit and not the school system mandating it. The Fairfax Connector doesn't have ridership information on the number of students using our buses, but many of our bus lines go directly by high schools.

I am not involved with taxi-service planning.

Most of our core bus routes start in the early morning (5-6am) and end well after PM rush hour - therefore, I'd assume that staff who depend on public transit would be minimally impacted by any change in the bell schedule. But that doesn't mean there wouldn't be staff who were impacted.

[...] The only thing might be that later start times for HS could snarl traffic... but that probably isn't avoidable.

**From Sandy Evans, Nov 30, on Minneapolis Public Schools start time study**

Dear CIC Members,

The issue came up at our meeting the other night about teens getting more sleep as a result of later start times, and I said rather than get more sleep, the research shows this is not the case. Students in jurisdictions that have made the switch have links to a few of the studies and some highlights:

<http://cehd.umn.edu/CAREI/Reports/docs/SST-2001ES.rtf> (Executive Summary)

<http://cehd.umn.edu/CAREI/Reports/docs/SST-2002Bulletin.pdf> (see pp. 12-14)

Studies found Minneapolis students with an 8:40 am start time got **an hour more sleep per school night** than students in jurisdictions where start times were still getting an hour more sleep per school night:

**Minneapolis Public Schools**

**Executive Summary**

**August 2007**

This study was completed by Kyla L. Wahlstrom, Ph.D., Center for Applied Research on Education

Mark L. Davison, Ph.D., Department of Educational Psychology

Jiyoung Choi, D

Jesse N. Ross, D

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**Student Survey - Preliminary Results**

The School Sleep Habits Survey developed by Bradley Hospital at Brown University was administered in 1997 (school year 1997-98) and again in January, 2001 (school year 2000-2001). All students in both years were surveyed. Several initial findings are noted:

- Students in the 1997 survey reported a mean school day bedtime of 10:48pm. This time is statistically significantly later than the reported weekend bedtime of 12:40am.
- Students in 1997 reported a mean weekend bedtime of 12:40am, statistically similar to the reported weekend wakeup time of 9:51am, while students in 2001 reported a mean weekend wakeup time of 9:49am.
- The impact of circadian rhythms and similar weekend schedules (i.e. work, social, family) in both years was noted.
- **Minneapolis high school students continue to get an hour's more sleep each school night or on weekends than students in Minneapolis schools.** This finding supports the medical researchers' finding that nearly all teenagers who start school at 7:30 AM would mean that Minneapolis students would just end up staying up an hour later on school nights.

<http://sleepinfairfax.org/CS.Wilton.pdf>

National Sleep Foundation report on Wilton, Conn. (reviewed by Wilton public schools): 35 minutes more sleep on average

Report in **Pediatrics**, June 2005: (see excerpt below on HS start time and adolescent sleep --my highlights)

To see full report:

<http://pediatrics.aappublications.org/cgi/content/full/115/6/1774?maxtoshow=&HITS=10&hits=10&RESULTFORMAT=&fulltext=1>

Published online June 1, 2005

PEDIATRICS Vol. 115 No. 6 June 2005, pp. 1774-1786 (doi:10.1542/peds.2005-0772) TECHNICAL REPORT

Excessive Sleepiness in Adolescents and Young Adults: Causes, Consequences, and Treatment Strategies

**Richard P. Millman, MD Working Group on Sleepiness in Adolescents/Young Adults; and AAP Committee on Adolescence**

**((Excerpt:))**

**Early high school start time is a significant, externally imposed constraint on teenagers' sleep/wake schedules;** for most adolescents between 10 and 14 years of age for more than 1 year and found that all of them slept longer on weekends and during vacations by extending their wake times for these students. **Similarly, several surveys of high school students have found that students who start school at 7:30 AM**

In a laboratory and field study, Carskadon and colleagues<sup>39</sup> evaluated the effect of a 65-minute advance in school start time. Specifically, junior high school started at 8:25 AM and high school started at 7:20 AM in a large urban school district. 9th grade students got an average of as much as 7 hours of sleep on school nights. Students awoke earlier on school nights in 9th grade, particularly on the 8:30 AM assessment. In addition, 16% of participants experienced 2 REM sleep episodes on the MSLT was associated with a delayed timing of melatonin secretion. (In a previous study, Epstein and colleagues<sup>40</sup> compared a 7:10 AM with an 8:00 AM school start time. In their survey, children

minutes less) than did children who started school after 8:00 AM.

**From Patti McGrath, Nov 28, on high school use of other fields**

Spreadsheet High School Use of Other Fields.xls provided by: Jesse Ellis, Community Use Supervisor, and Karen Avvisato, Division Supervisor, Athletic Services Division, Fairfax County Community and Recreation Services.

First please read introduction, forwarded by Patti:

**From:** "Ellis, Jesse

**Date:** Wed, 28 Nov 2007 12:16:39 -0500

**Subject:** RE: Community impact committee - worksheet attached

Hi all. Attached is a spreadsheet I just sent Patti detailing off-campus use by high schools. I gave Patti these disclaimers as well:

- These change season to season based on facility availability, coaches' schedules, and other issues. The data included is from Spring 2007, Fall 2007, and Winter 2007-08.
- While most use listed is Monday-Friday, there are some schools that only use a given location a few days per week. I tried not to include anything that was less than 3 days per week.
- The sports listed are mostly accurate, but it is possible that there are some schools for which we put multiple sports under the same permit, so the sports listed should not be taken as exact.

We do not have info on the specific on-campus practice schedules of the high schools, other by inferring it based on the times we have access to the facilities (although this really only works with diamond fields and gyms). You may be able to get this info through Bill Curran or the schools themselves.

The current availability of facilities is as follows:

- Park fields are available for community use beginning at 4 pm. Most lighted fields close at 11, but some are 10:30.
- School fields are generally available beginning at 4:30. Most lighted fields close at 11, but some are 10:30.
- Gyms are available beginning at 5. However, middle school gyms in almost every case are not available until 6 to allow the after-school programs to function. Gyms remain open until 10:15.

Regarding practicing mornings, even if all sports would be able to practice in the morning (which I really doubt – coaches need to be available), I do not think there would be a difference in the number of off-campus facilities needed. After all, there would still be the same demand. I'm not sure what the FCPS perspective would be on morning practices. Bill Curran and Amy Craig might be the ones to touch base with. Particular questions of interest:

- Would high schools be permitted to practice at other school sites if those schools are in session or as students are arriving?
- Would morning field use interfere with field maintenance or sprinkler schedules?
- Would there be a problem using lights in the morning on fields if needed early in the spring or late in the fall?
- How does FCPS reconcile the fact that start times are later because kids need the sleep with the fact that they will then require student athletes to get up (probably) even earlier than they do now in order to get to practice? (I admit this isn't sports question as it is one for the task force.)

My biggest concern with trying to push practices into the morning is that it may be too difficult to get coaches who are available. Not all coaches work at the high schools. Many teach in middle or elementary schools and many are in the private sector. Mornings may just not work for them. But these concerns can and should be better addressed by high school DSAs.

Hope this helps. Let me know if you have more questions.  
Jesse

[Copied from spreadsheet into table below – MR]

High School	Sport	Season	Facility	# of Off-Campus Facilities Used			Off-Campus Locations
				Spring	Fall	Winter	
Annandale	Lacrosse	Spring	Fields	3			Braddock ES, 3:30-6 Sprague Ctr (2 fields), 3:30-5:30
Annandale	Soccer	Spring	Fields	3			Annandale Terrace ES, 3:30-6 Poe MS (2 fields), 3:30-6
Annandale	Softball	Spring	Fields	2			Ossian Hall Park (2 fields), 3:30-6
Annandale	Football	Fall	Fields		1		Annandale Terrace ES, 3-6
Annandale	Basketball	Winter	Gyms			1	Poe MS, 3:30-6
Centreville	Soccer	Spring	Fields	6			Braddock Park (2 fields), 3:30-6:30 EC Lawrence Park (2 fields), 3:30-5; Mountain View AHS, 3:30-6:30; Union Mill ES, 3:30-5:30
Centreville	Football	Fall	Fields		2		Braddock Park (2 fields), 3-6
Centreville	Basketball	Winter	Gyms			2	Liberty MS (2 gyms), 4:30-6:30
Chantilly	Soccer	Spring	Fields	9			Franklin MS, 3:30-6:30 Greenbriar Park (2 fields), 3-6; Greenbriar West ES, 3-6; Rocky Run MS (2 fields), 4-6; Stringfellow Park (3 fields), 3-5
Chantilly	Lacrosse	Spring	Fields	1			Rocky Run MS, 4-6
Chantilly	Football	Fall	Fields		1		Poplar Tree Park, 2:30-5
Chantilly	Basketball	Winter	Gyms			6	Carson MS (2 gyms), 4-6:30 Franklin (2 gyms), 4:15-6:15; Rocky Run (2 gyms), 4-6
Edison	Basketball	Winter	Gyms			2	Twain MS (2 gyms), 4:30-6:15

High School	Sport	Season	Facility	# of Off-Campus Facilities Used			Off-Campus Locations	
				Spring	Fall	Winter		
Falls Church	Lacrosse	Spring	Fields	4			Jackson MS (2 fields), 3:30-5:30	Leis Ctr (2 fields), 3:30-6
Falls Church	Basketball	Winter	Gyms			2	Jackson MS (2 gyms), 4-6	
Falls Church	Volleyball	Fall	Gyms		1		Jackson MS, 4:30-6:15	
Hayfield	Soccer	Spring	Fields	1			Hayfield ES, 3:30-5:30	
Herndon	Soccer	Spring	Fields	1			Herndon MS, 3-7	
Herndon	Basketball	Winter	Gyms			2	Herndon MS (2 gyms), 4-6	
Lake Braddock	Soccer	Spring	Fields	2			Lake Braddock Park (2 fields), 3:30-5:30	
Langley	Lacrosse	Spring	Fields	2			Cooper MS, 3-4:30	Langley Forks Park, 3-5:30
Langley	Basketball	Winter	Gyms	1			Cooper MS, 4-7:30	
Langley	Volleyball	Fall	Gyms		1		Cooper MS, 4:15-6:15	
Lee	Soccer	Spring	Fields	2			Forestdale ES, 3-5:30	Lee High Park, 3-5:30
Lee	Softball	Spring	Fields	1			Lee High Park, 3-5:45	
Lee	Lacrosse	Spring	Fields	1			Key MS, 3-5:30	
Lee	Football	Fall	Fields		1		Lee High Park, 3-6	
Marshall	Soccer	Spring	Fields	1			Shreveewood ES, 4-6	
Marshall	Basketball	Winter	Gyms			1	Cedar Lane Center, 4-6	
McLean	Soccer	Spring	Fields	3			Lewinsville Park (2 fields), 3:30-5:30	Longfellow MS, 3:30-7
McLean	Basketball	Winter	Gyms			1	Longfellow MS, 4-6	
Mt Vernon	Lacrosse	Spring	Fields	2			GW Park, 3-6	Woodley Hills ES, 4-7
Mt Vernon	Soccer	Spring	Fields	2			GW Park, 4-6	Whitman MS, 3-6
Robinson	Soccer	Spring	Fields	4			Fairview ES, 3-5	Lakeside Park, 3-6; Oak View ES (2 fields), 3-6
South Lakes	Soccer	Spring	Fields	2			Hunters Woods ES, 3-6	South Lakes Drive Park, 3-6
South Lakes	Basketball	Winter	Gyms			2	Hughes MS (2 gyms), 4-6	
Stuart	Lacrosse	Spring	Fields	2			Beech Tree ES, 3:30-5:30	Belvedere ES, 3:30-5:30

High School	Sport	Season	Facility	# of Off-Campus Facilities Used			Off-Campus Locations	
				Spring	Fall	Winter		
Stuart	Soccer	Spring	Fields	3			Baileys ES, 3:30-5:30	Sleepy Hollow ES (2 fields), 3:30-5:30
Stuart	Softball	Spring	Fields	2			JEB Stuart Park (2 fields), 3:30-5:30	
Stuart	Field Hockey	Fall	Fields		1		Belvedere ES, 3-5:30	
Stuart	Football	Fall	Fields		1		Beech Tree ES, 3:45-4:30	
TJ	Lacrosse	Spring	Fields	1			Holmes MS, 4-6:30	
TJ	Soccer	Spring	Fields	2			Holmes MS, 4-6:30	Weyenoke ES, 4-6:30
TJ	Football	Fall	Fields		1		Weyenoke ES, 4-6:30	
TJ	Basketball	Winter	Gyms			3	Holmes MS (2 gyms), 4:30-6:30	Graham Road ES, 5-6:30
West Potomac	Baseball	Spring	Fields	1			Sandburg MS, 3-6	
West Potomac	Soccer	Spring	Fields	3			Quander Road Center, 3-6	Sandburg MS (2 fields), 3-6
West Potomac	Basketball	Winter	Gyms			1	Bryant AHS, 4-6	
West Springfield	Lacrosse	Spring	Fields	3			Cardinal Forest ES, 3:30-6	Irving MS, 3-6 (2 fields)
West Springfield	Basketball	Winter	Gyms			1	Irving MS, 4:30-6:30	
Woodson	Lacrosse	Spring	Fields	2			Frost MS (2 fields), 3-6	
Woodson	Field Hockey	Fall	Fields		1		Frost MS, 3-6	
Woodson	Basketball	Winter	Gyms			2	Frost MS (2 gyms), 4:30-6:30	
				<b>Spring</b>	<b>Fall</b>	<b>Winter</b>		
			<b>Total</b>	<b>72</b>	<b>11</b>	<b>26</b>		

### **From Joe Swarm, Nov 28, on school sports practice times**

Fall: Golf- Matches begin at 4PM. I do not now the impact on tee times and if bumping them will cause loss in facilities (they are tight right now).

Volleyball 5/6/7:15. These start times will have to move back to accommodate travel (my guess-30-45min.).

Cross Country 4PM start: facilities could be similar to golf (doubt it)

Winter:

Swim: We receive 1 hour timeslots between 3-5 for almost every school. We might lose swim altogether with a change. We depart at 2:30 for our 3PM practice. My understanding is that there is little flexibility here. Morning practices were mentioned, I do not know but would guess that clubs (community) load the pool.

Track: 5PM start time. 4:30 end time would be a problem because I do not think we can push start times back without very late endings.

Basketball: freshmen games have a 4PM start time. Buses pull out at 2:30. 4/5:45/7:30. 2-hour change would not make the season possible. 7:30 games end around 9:15. Most schools are working with one gym with bleachers.

Basketball practice: Due to gym space going off campus is the norm for many schools. Community Use takes over at 6PM for the leagues. If you push back times 1-2 hours, huge ripple effect to the community users.

Spring:

Tennis: Need lights. Right now they have to start at 3:30PM and prior to daylight savings, it is a close call.

All other sports would have to push back start times if end time is around 4PM.

#### **Spring Practices:**

**Daylight savings: 2:45-4:15 Boys soccer (JV and Varsity)**

**4:15-5:45 Girls soccer (JV and Varsity)**

**2:45-4:15 Girls LX (JV and Varsity)**

**4:15-5:45 Boys LX (JV and Varsity)**

**Many schools are sending several teams off sight. If we could find the busing (and drivers) we would have to take at least 2 community use fields away to accommodate the practice schedule.**

#### **BUSING ISSUE: YEAR ROUND WITH A LATER END TIME:**

**Currently, I cannot get a County bus until 4:15 on regular days and 5PM on late bus days due to having to drop elementary runs first. In turn, I have a supplement driver take any trips prior to that time. Currently any off campus practices (freshmen B-Ball, swim, and maybe a spring program). Not to mention contest runs: fall cross country, (golf drives themselves), freshmen volleyball**

**Winter freshmen basketball, gymnastics, occasional track or wrestling.**

**Spring: Tennis, occasional track and soccer.**

**\*\*\*The quandary: Trying to find supplemented drivers who have gone through the certification process is always a task. Therefore, even the start times not impacted would require an Activity driver because we would have to wait until the FCPS drivers completed their runs to get a County bus. My guess would be 5PM at the earliest.**

**I hope this helps. I know it does not sound like a ray of sunshine, but it is what was asked.**

**\*\*\*Of course someone brought up alleviating some of the practice issues by going before school. True, this will work for coaches who can make the adjustment. Do we lose some of our quality coaches? I do not know.**

Thanks,

Joseph D. Swarm, ADSA

George C. Marshall High School

**From Susan Culin, Nov 26, on availability of crossing guards**

I would like to make one comment in regards to item 18, something that I mentioned at an earlier Tweak meeting....

The Police Department employees crossing guards, not the school system. As such we currently have 9 vacancies which results in 18 or more current "vacant" crossings (as crossing guards cover 2 or in some cases 3 crossings each). As a result of the vacancies, we must pull uniformed police officers off of the street, during the extremely busy am and pm rush (although am is much busier as we also have officers going to court, which leaves very few officers to cover the street). This is a public safety issue. We have always had an issue filling all of our crossing guard positions, for a number of reasons, i.e. few number of hours, split hours, no benefits, etc.

That being said, the police department can not accommodate any additional crossing needs. By extending the distance students walk, you increase the chance they will have to cross a road in which a crossing guard's assistance would be needed. Additionally, we have to be careful about stating how far from a school a bus stop "must" be. About 6 years ago the police department and school transportation worked together to eliminate the need for some crossing guards. We did this by identifying school buses that were coming into the school not completely full. These buses could then stop and pick up kids at a bus stop, which had previously been a crossing guard post. In some cases these stops are even within sight of the school but across a busy road. We don't want to include any wording that would eliminate these stops. Given the budget climate, I am confident the county will not give the police department any additional crossing guard positions.

Susan

Captain Susan Culin  
Commander, Traffic Division  
Fairfax County Police Department