



Fairfax County
PUBLIC SCHOOLS
ENGAGE • INSPIRE • THRIVE

Middle School Start Time Study

Board Meeting, February 22, 2024



Agenda

- **Review of Objectives, Tasks, Timeline, and Team**
- **Engagement Plans**
- **Brief History of School Start Times in FCPS**
- **Current Constraints**
- **Board Input**

Origin of this RFP

- FCPS adopted Blueprint for Change in 2014. In 2015-16, HS start times changed to 0800 or later, achieving a 2012 School Board goal.
- With the HS change, MS moved from 0720-0805 starts to 0730 start. The FCPS superintendent at that time stated that she would consider pushing back MS start times at a later date.
- Currently, all FCPS MS begin at 0730. The 3 Secondary Schools begin at 0800.

RFP Goal and Objectives

Develop an Action Plan to help the FCPS School Board attain its goal of starting middle schools at or after 0800

- Review background information
- Develop optional approaches and prepare an Alternatives Analysis
- Develop a Draft Bell Schedule
- Develop and implement a Community Engagement Plan

Project Questions

- Can MS bell schedules be adjusted without negatively impacting start times for elementary and high schools?
- Can MS bell schedules be adjusted so that both middle and high schools have start times on or after 8:00am?
- Can these changes happen without impacting FCPS' budget?

Tasks



Timeline

January 2024

- Project Initiation

February 2024

- School Board Presentation
- Background Information

Spring 2024

- 4 Public Information Sessions
- Alternative Analysis

Fall 2024

- Draft Bell Schedule Options
- 4 Public Input Sessions

January 2025

- School Board Presentation

2025-26

- Possible New Start Times

Prismatic Team



Engagement Plans

- Outreach to Key Stakeholders
- Spring '24
 - 4 public information sessions to provide background information and identify challenges and opportunities
 - Community survey to identify perceived challenges and opportunities
 - Online forum for questions
- Fall '24
 - 4 public information sessions to gather feedback on potential, specific alternatives
 - Community survey to identify perceived challenges and opportunities
 - Online forum for questions

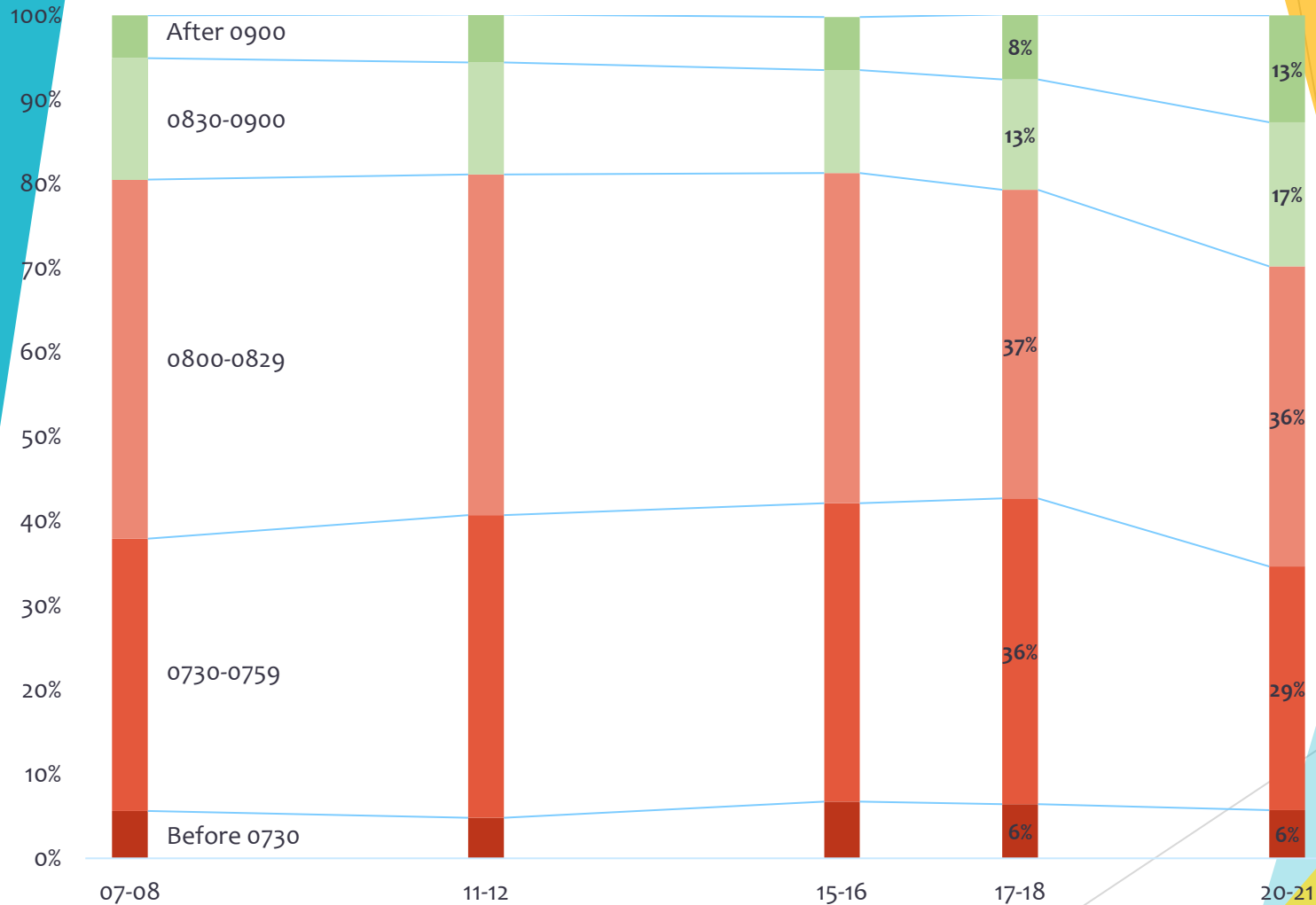
Brief History of SSTs in FCPS

Year	Start Times	Activity
1991	ES: 845 and 920 MS: 745 HS: 0730	Committee on Reversing the Bell Schedules. Explored moving ES STs. Staff recommended MS at 0730-0745. No action taken related to MS start times.
1998	ES: 0835 or 0910 MS: 0720 HS: 0720	Task Force on HS Bell. Explored all MS/HS at 0900, all ES at 0800. No action taken related to MS start times.
2000		External study examined routing structure, cost and quality of service to students. No action taken related to MS start times.
2006	ES: 0750-0920 MS: 0730-0830 HS: 0720-0730	2 External studies on HS STs, HS at 0800-0900, then HS at 0800-0815. Recommends MS start at or after HS STs. No action taken related to MS start times.
2007 - 2009	ES: 0810-0925 MS: 0730-0800 HS: 0720-0730	Transportation Task Force. Task Force proposes MS at 0920-0940. No action taken related to MS start times.

Brief History of SSTs in FCPS

Year	Current Start Times	Activity
2012	ES: 0750-0920 MS: 0720-0805	School Board resolution, goal of HS after 0800. No action taken on MS start times.
2013	HS: 0720	External study, sleep research on teens. Beginning of Blueprint for Change.
2015-16	ES: 0800-0925 MS: 0730 SS: 0800 HS: 0810	Blueprint for Change is implemented. HS at 0800 or later; MS at 0730, and Secondary School(SS) 7 th & 8 th grade students at 0800.
2020		School Board work session on MS Bell Times.

FCPS MS Start Times in Context



Source: NCES SASS/NTPS Surveys

FCPS MS Start Times in Context

Year	FCPS MS Start Times	Activity
1997-98	0720	Minneapolis Schools (MN, 51k) moved MS moved from 0740 to 0940.
2000		Brevard Schools (FL, 96k) moved MS from 0850 to 0915.
2014	0720-0805	Long Beach Schools (CA, 81k) moved MS from 0800 to 0900.
2014		American Academy of Pediatrics releases a position paper, stating that MS and HS should not start before 0830. CDC endorses this position in 2018.
2019	MS 0730 SS 0800	California passed requiring law that MS start no earlier than 0800, starting in 2022-23.
2020 - 2022		2022 meta-analysis published in JCSM found improvements total sleep time, behavioral health, and academic performance when MS starts >0830. Several other studies also published on school start times.
2023		Florida passed law requiring that MS start no earlier than 0800 starting in 2026-27.
2023-24		Anne Arundel County Public Schools (MD, 85k) implemented new STs. MS shifted from 0810-0925 to 0915. NYC Schools (986k) decides that MS can start no earlier than 0800.

Current Constraints

- **National & local driver shortage**
- **Large transportation system with many special programs supported**
- **Middle Schools and Secondary Schools on different bell schedules**

Board Input



Questions?

