

To: Dr. Mike Riggle
From: Dr. John Finan
Re: GBN school day start and end time 2019-2020
Date: 2/6/19

Recommendation

It is recommended that the Board approve later start and end times for Glenbrook North High School to match the current start (8:00 am) and end (3:15 pm) times for the school day at Glenbrook South High School.

Background

On Monday, January 28, 2019, the Board of Education received a transportation system update from the administration, which included a change to the bus route configurations that will allow the high school bus routes to be separated from the elementary bus routes. This condition will allow the start and end times of the high schools to be independent of the elementary districts beginning with the 2019-2020 school year. As a result, the GBN administration has considered transitioning to a daily bell schedule that is aligned with the current daily bell schedule at Glenbrook South.

Survey on Possible Later Start and End Times

On January 14, 2019, a brief survey was administered to three groups; GBN students, parents and staff. The survey posed one question: "Should Glenbrook North's school day begin at 8:00 AM and end at 3:15 PM for the 2019-20 school year?" Survey respondents were allowed to select "YES", "NO" or "I DO NOT HAVE A PREFERENCE." All survey respondents were invited to share additional comments regarding this possible transition. The survey results are summarized below:

Group surveyed	Yes	No	No Preference
Students (770)	52.1%	38.6%	9.3%
Parents (888)	75.3%	15.8%	9%
Staff (254)	43.7%	39.8%	16.5%

A large number of respondents in each group elected to submit additional comments.

The following themes emerged from the narrative comments:

Students in favor

- The opportunity to get more sleep is important.

- GBN should consider starting later than 8:00 a.m. by shortening passing periods and reducing class time.
- GBN should consider increasing the number of late arrivals for additional opportunities to get more sleep.

Students opposed

- The concern that student athletes and students involved in activities will arrive home later, especially for off-site events.
- The concern that a 20 minute change will not make a major difference.
- The concern for the dismissal time of 3:15 in conjunction with the dismissal time at Maple School.

Parents in favor

- The critical importance of additional sleep time supported by research.
- Consideration of starting later than 8:00 a.m.

Parents opposed

- The concern for the dismissal time of 3:15 and the dismissal time at Maple School

Staff in favor

- Support for measures that support student wellness

Staff opposed

- Individual family logistical concerns with transportation and child care
- Adjusted hours for coaches and activities sponsors

Summary

Although there are mixed responses within each of the survey groups, a large majority of parents support this move and a majority of students and staff members also support the transition. In consideration of student wellness as the primary driver of this decision, it is my recommendation that GBN transition to a daily bell schedule that matches the start and end times at Glenbrook South; 8:00 a.m. – 3:15 p.m. A copy of the proposed daily bell schedule for GBN as well as the start and end times of each of the CSL high schools is attached to this memo for your review.

It is my opinion that implementing this change that places the two high schools on the same daily bell schedule is an important step toward exploring additional future changes to better address the wellness needs of students.

GLENBROOK NORTH BLOCK SCHEDULE

A Day

BLOCK 1 7:15-7:55 40 minutes		
BLOCK 2/3 8:00-9:33 93 minutes		
9 minutes		
BLOCK 4/5 9:42-11:12 90 minutes		
9 minutes		
LUNCH 1 11:21-12:06 45 minutes	BLOCK 6/7 11:21-12:06 45 minutes	BLOCK 6/7 11:21-12:51 90 minutes
BLOCK 6/7 12:06-1:36 90 minutes	LUNCH 2 12:06-12:51 45 minutes	
BLOCK 6/7 12:06-1:36 90 minutes	BLOCK 6/7 12:51-1:36 45 minutes	LUNCH 3 12:51-1:36 45 minutes
9 minutes		
BLOCK 8/9 1:45-3:15 90 minutes		
BLOCK 10 3:20-4:00 40 minutes		

B Day

BLOCK 1 7:15 – 7:55 40 minutes		
BLOCK 2/3 8:00 – 9:33 93 minutes		
9 minutes		
BLOCK 4/5 9:42-11:12 90 minutes		
9 minutes		
LUNCH 1 11:21-12:06 45 minutes	BLOCK 6/7 11:21-12:06 45 minutes	BLOCK 6/7 11:21-12:51 90 minutes
BLOCK 6/7 12:06-1:36 90 minutes	LUNCH 2 12:06 –12:51 45 minutes	
BLOCK 6/7 12:06-1:36 90 minutes	BLOCK 6/7 12:51-1:36 45 minutes	LUNCH 3 12:51-1:36 45 minutes
9 minutes		
BLOCK 8/9 1:45-3:15 90 minutes		
BLOCK 10 3:20-4:00 40 minutes		

CSL Schools
Start and End Times

Evanston	Regular Day	8:32 – 3:35	
	Monday	8:32 – 2:09 (early release)	
Deerfield	Regular Day	8:10 - 3:14	
	Mondays	9:14 - 3:14 (late start)	
Highland Park	Regular Day	8:00 - 3:04	
	Wednesday	9:12 - 3:04 (late start)	
Maine East	Regular Day	8:05-3:20	
	Thursday	8:45-3:20	
Maine South	Regular Day	8:05-3:20	
	Thursday	8:45-3:20	
Maine West	Regular Day	8:05-3:20	
	Thursday	8:45-3:20	
New Trier	Regular Day	7:55 – 3:05	Northfield Campus (frosh)
	Regular Day	8:15 – 3:25	Winnetka Campus
Niles North	Regular Day	8:10 - 3:23	
Niles West	Regular Day	8:10 -3:23	
Vernon Hills	Regular Day	8:45-3:25	
	Wednesday	8:55 – 3:15 (late start)	
GBN	Regular Day	7:40 – 2:55	
GBS	Regular Day	8:00 - 3:15	