

To: Dr. Mike Riggle

From: Dr. John Finan

Re: GBN Start Time for 2018-19

Date: January 17, 2018

During the fall 2017 semester, GBN engaged in thorough discussions about a potential change to the start time of the school day. The discussions also included the topics of the school day end time and the utilization, placement and expansion of late arrival days.

The discussions began with the Administrative Leadership Team (ALT) proposing an adjustment of the start time to 8:00 a.m. The Instructional Leadership Team (ILT) reviewed this proposal and all departments dedicated time during their respective department meetings to discuss start time, end time and late arrivals. On the topic of an 8:00 a.m. start time, the summary feedback from all departments indicated broad support for this proposed change. The primary rationale for the change is to support student wellness, taking into consideration the research indicating that students will increase their nightly sleep time. It is important to note that GBN supports corresponding adjustments to the earliest allowable morning start times for team practices and club meetings.

The next step was a faculty meeting presentation on 12/18/17 that looked at two different models of bell schedules with a school day start time of 8:00 a.m. and 3:05 p.m. and 3:15 p.m. ending times, respectively. There continues to be broad support for the proposed change in start time to 8:00 a.m. while the question of ending time is ongoing and involves factors such as Maple School's dismissal time, the coordination of bus schedules and an optimal departure time for GBN teams and clubs traveling for after school events and competitions. The discussion of late arrival days will continue to be a collaborative effort involving the leadership teams of GBN and GBS.

GBN is committed to working toward a school day schedule that is focused on wellness and best serves all students, is collaborative and respectful of Maple School and District 30 students and families, and understanding of the need for coordination and agreement with Glenbrook South.

In summary, GBN recommends adjusting the school day start time to 8:00 a.m.

To: District 225 Board of Education
From: Mike Riggle
Re: Later Start Time for GBN
Date: January 18, 2018

Glenbrook North High School is seeking to change to a later start time to match the starting and ending time of Glenbrook South. The purpose of this memo is to provide important information for the Board of Education to review in consideration of this request.

Background

For many years, the Glenbrook High Schools have had the same length of school day, but have been on different daily time schedules. Currently, the GBN school day begins at 7:40 AM and ends at 2:55 PM, while at GBS, the school day begins at 8:00 AM. and ends at 3:15 PM. The daily schedules followed by GBN and GBS were established in the spring of 1999 based on two factors; (1) the daily schedules followed by each school; and (2) bus transportation services.

For many years, both high schools operated on a flexible modular schedule. However, during the late 1990's both schools began exploring a change to their daily schedules and in January 1999, the Board of Education approved a transition from the flexible modular schedule to an alternating block schedule at GBN and an eight period day at GBS. These new daily schedules were implemented at the beginning of the 1999-2000 school year. The implementation of the eight period schedule at GBS required the school day to be lengthened by approximately 10 minutes and the GBN school day was subsequently lengthened by 10 minutes as well to bring equity among teachers and students across the district.

Second, later that spring, the district received notification from the bus transportation service provider that they could no longer afford to provide fully administered services to the high schools and took action to separate the shared services they provided to the feeder elementary districts and the high school district by terminating their agreement with the high school district and continuing their contract with the elementary districts. As a result, a variety of transportation service options were quickly explored by the District 225 Board and administration and a new bus transportation service was contracted. In order to to keep the increased cost to a minimum, it was determined that the high schools needed to share buses to the extent possible and the practice of having different start times for the two high schools continued. At that time, GBN was operating a school day for students that started at 7:40 a.m. and an ending time of 2:55 p.m. was established. The school day for students at GBS began at 8:00 a.m. and the ending time was set at 3:15 p.m..

In the early 2000s, First Student became the common provider for Districts 27, 28, 30, 31 and 225 through separate contracts. Although there were separate transportation contracts, First Student was able to take advantage of the later start and end times for the elementary schools and utilize many of the same buses to provide shared services or paired routes to both the high schools and schools in the elementary districts. This shared bus situation was efficient and cost

effective for the districts involved, but has limited the ability of the high schools to realize any flexibility in start and end times.

Collective Bargaining Agreements

There are no designated start or end times to the school day in any of the existing collective bargaining agreements for the District 225 unions. The most important contract language pertaining to the length of the school day is in Article IV, Section B of the GEA collective bargaining agreement, which reads as follows:

“Teachers of the Northfield Township High School district shall be assigned to teach or supervise educational activities 275 minutes of each 465-minute teaching day. The 465-minute teaching day shall include the fifteen (15) minutes prior to the start of the school day and fifteen (15) minutes at the end of the school day.”

Since the total length of the current school day is 435 minutes, there is no concern with the change of school start time as long as the length of the school day for students does not exceed 435 minutes. Although changes in the start or end times are acceptable as long as they stay within the parameters of the collective bargaining agreement, it is our practice to discuss changes of this type with the GEA to address any concerns or perceptions of inequities.

Area School Start and End Times

1. Feeder Elementary Districts - in general, the feeder elementary districts that share bus services with District 225 start later, with the most common start time being 8:30 a.m. with ending times close to or at 3:30 p.m.. Appendix A contains a list of start and end times for all schools in the elementary feeder districts. These times were verified by the feeder district superintendents in the early fall of this school year.
2. Area High Schools - the start and end times of the high schools in the area vary, but in general, they start earlier than elementary districts in the area. Appendix B is a list of start and end times for high schools that belong to the Central Suburban League (CSL). This is important because interscholastic competition in athletics and activities is dominated by travel among these schools. It should be noted that there will be some changes initiated in the near future by some of the schools listed, but the ending times are likely to be very consistent with the present condition.

Activities and Athletics Implications

Travel to and from athletic and academic competitions is the primary concern. Later ending times result in longer travel times to area high schools as traffic patterns become more congested as rush hour evolves. This is a constant concern expressed by athletic and activity directors as it has a negative impact on participants and their families.

Glenbrook Academy

At the present time, the Glenbrook Academy is the only shared academic program that would be affected by a later start and end time for GBN. Since its inception, the Academy has

navigated the difference in start time and adjusted their schedule to provide the best possible learning situation for their students. At the present time, academy classes are scheduled to start at 8:00 a.m. in each school. Academy classes end at 10:53 a.m. at GBN, which coincides with the end of Block 4-5 classes at the school. GBS students attending GBN for academy classes then travel to GBS for an 11:21 a.m. start for their Block 3 classes. By comparison, academy classes held at GBS end at 10:35 a.m. in order for GBN students attending classes at GBS to make their way back to GBN for an 11:00 a.m. start for their Block 6-7 classes. Academy classes held at GBS are 18 minutes shorter than those of GBN due to the earlier start time at GBN. Matching the start and end times at GBN and GBS will allow the Glenbrook Academy learning experience to become more consistent for the students and teachers participating in the program.

Maple School

The proximity of Maple School presents a unique challenge for moving the start and end times for GBN due to the proximity of the two campuses. There is no concern for the proposed 8:00 a.m. start time for GBN since Maple School does not start until 8:30 a.m.. The primary concern is the proposed end time of 3:15 p.m. for GBN and the traffic congestion that will result from Maple School parents arriving to pick up their students who will be released from the school at 3:30 p.m.. As part of a traffic study for the new Maple School, it was cited that parents of Maple School students begin arriving on campus at approximately 3:20 p.m. to line up for the pick up process that begins at 3:30 p.m.. If GBN were to end the school day at 3:15 p.m., based on past practice, the GBN buses would leave the campus at 3:25 p.m. and the pick-up process would be completed by 3:30 p.m.. Difficulties would occur if the parent line-up for Maple School was not contained on the campus and spilled over onto Sherman Drive.

In discussing the potential traffic difficulties, District 30 Superintendent Brian Wegley has expressed that District 30 would be willing to move the end time for Maple School from 3:30 to 3:35 p.m.. Moving to a time later than that would be problematic for Maple students as they try to engage in after school activities conducted by the school and in the larger community. Ending later could possibly place their students at a disadvantage as compared to students from other districts when attempting to access programs and activities within the community.

At this time, should GBN move to a later start time, we feel that a more thorough study of the traffic that exists between GBN and Maple School is warranted. Following more data collection, a more definitive end time for GBN and Maple School can be established. It should be noted that the capacity to handle parent traffic within the boundaries of the campus of Maple School during after school pick-up is predicted to improve with the completion of the new Maple School in the fall of 2019.

Bus Transportation Services

Bus transportation services remains the primary obstacle to a later start time at GBN. As previously stated, First Student is the current transportation service provider for Districts 27, 28, 30, 31 and 225. This allows a shared or paired bus route situation for a significant number of

routes, which has resulted in cost savings for the districts whenever buses can be used to complete more than one route in either the morning or afternoon. According to data provided recently by First Student, there are a total of 61 buses used by the company each day to provide the necessary services for the operation of school. During the morning pick up and delivery of students to school, approximately 80% are paired routes. In the afternoon, approximately 59% of the routes are paired.

In discussing the pairing situation that exists with First Student officials, changing to a later start time for GBN will negatively impact the ability of the company to pair bus routes for both the elementary and high school districts. In the worst case scenario that we discussed, First Student would have to add 20 additional buses to their fleet, hire additional drivers, and potentially expand their bus storage capacity to properly accommodate a fleet of that size. There are no provisions in the current contract with First Student that properly addresses the adjustments necessary to implement a change of this magnitude.

Overall, implementing a later start time for GBN will have a negative financial impact on every district participating in the current service contract with First Student. The expansion of the bus transportation services necessary to allow the high school district to act independently of the elementary district start and end times would result in an increased cost to every bus route and to every school district. Every bus route will become more expensive to operate regardless whether the route is paired or unpaired.

Conclusion

There is an extensive body of research based on years of data that clearly indicates that a later start to the school day is potentially beneficial to the overall wellness of adolescents. This position has been strongly advocated by numerous agencies that focus on health and wellness including the Center for Disease Control and Prevention (CDC), and the National Heart, Lung and Blood Institute. According to recent studies, a later start time will result in an overall increase in sleep. Even moving to a start time that is only 20 minutes later, according to the research, will result in increased sleep for students. GBN has been on an earlier start time for many years. It is my prediction that if there was a proposal to start GBS at a time earlier than 8:00 a.m., there would be significant outcry from students, staff and parents in opposition to the proposed change. The arguments that would be used to oppose an earlier start at GBS are the same arguments as to why GBN should start at a later time.

Placing the two high schools on the same start time may not achieve an optimal start time, but it is an important first step. This change will be beneficial to shared programs, such as the Glenbrook Academy and will bring greater equity to the learning condition for students and staff. Professional development and opportunities for collaboration between the two schools will be enhanced. In future years, having greater independence from the current shared bus transportation services will give the high school district greater freedom to pursue student and staff wellness initiatives.

However, moving too quickly to a later start time for GBN and greater independence for the high schools, could be potentially disastrous. Significant collaboration efforts took place last year among the school districts to issue an RFP for bus transportation services that would better meet the needs of each and potentially a greater cost savings. Two rounds of bidding were conducted and in each case, only one provider submitted a bid. Moving to a later start time for next year cannot be accomplished under the current contract with First Student. It is my recommendation that we continue to work with First Student and the elementary districts to position properly for a later start time at GBN for the 2019-2020 school year. Each school district will be able to properly prepare for that condition and the structure that is created may result in additional potential service providers to make the transportation services bidding process more competitive.

District	Schools	Start Time	End Time
District 27 Northbrook District Office 1250 Sanders Road Northbrook, IL 60062	Schools:		
	Grove (K-3)	Closed	
	Hickory Point (K-3)	8:30	3:00
	Shabonee (4-6)	8:45	3:15
	Wood Oaks (6-8)	8:15	3:30
District 28 Northbrook District Office 1475 Maple Avenue Northbrook, IL 60062	Schools:		
	Greenbriar (K-5)	8:30	3:30
	Meadowbrook (K-5)	8:30	3:30
	Westmoor (K-5)	8:30	3:30
	Northbrook Jr. High (6-8)	8:35	3:35
	Kindergarten Half-day	8:30	11:15
District 30 Northbrook/Glenview District Office 2374 Shermer Road Northbrook, IL 60062	Schools:		
	Wescott (K-5)	8:40	3:10
	Willowbrook (K-5)		
	Maple (6-8)	8:30	3:30
District 31 West Northfield District Office 3131 Techny Road Northbrook, IL 60062	Schools:		
	Winkelman (K-5)	8:10	2:40
	Field Middle (6-8)	8:30	3:30
District 34 Glenview Community Consolidated District Office	Schools:		
	Henking (PreK-2)	8:55	3:30

1401 Greenwood Road Glenview, IL 60026	Lyon (PreK-2)	8:55	3:30
	A.M Kindergarten	8:55	11:25
	P.M. Kindergarten	1:00	3:30
	Westbrook (PreK-2)	8:55	3:30
	Glen Grove (3-5)	7:55	2:30
	Hoffman (3-5)	7:55	2:30
	Pleasant Ridge (3-5)	7:55	2:30
	Attea (6-8)	8:25	3:00
	Springman (6-8)	8:25	3:00
* Article on possible change in schedule - posted in folder			
Glenbrook Off-Campus 1835 Landwehr Rd. Glenview, IL 60026 847-486-5700	Late bus	8:45	2:30 3:15
Note: no more than 5 minutes to board buses			
Glenbrook North High School	Early Bird	6:55	
	Blocks 2-9	7:40	2:55
	Extended Day		3:40
GLENBROOK SOUTH BLOCK SCHEDULE		8:00	3:15

Local School Bell Schedules

District	High School	Feeder Districts	Middle School Hours	Elementary School Hours	
220	Barrington 7:20-2:35 (Wednesday 2:03 early release)	Barrington District 220	7:55-2:50 (Wednesday early release 2:20)	9:00-3:40 (Wednesday early release 3:10)	
125	Stevenson 8:05-3:25 (Late start Tuesday 8:35)	Aptakisic District 102 Kildeer District 96 Lincolnshire-Prairie View District 103 Diamond Lake District 76 Fremont District 79 Hawthorn District 73	8:00-2:30 (5th-6th grade) 2:50 (7th-8th grade) 7:45-2:30 7:50-2:55 7:30-2:30 7:55-2:43 7:40-2:10	7:40- 9:00-3:30 8:25-3:00 9:00-3:30 8:45-3:15 (K-1st) 8-2:45 (2-4th) 8:50-3:38 7:55-2:10 8:40-2:55 8:50-3:05	
203	New Trier 8:15-3:25 Northfield 8:25-3:05 Winnetka 8:45-3:25	Avoca District 37 Glencoe District 35 Kenilworth District 38 Sunset District 29 Wilmette District 39 Winnetka District 36	7:55-3:20 8:20-3:25 8:20-3:15 8:18-3:30 8:49-3:40 (5-6th) 8:00-2:46 (7-8th) 8:36-3:30 (Monday early release at 2:30) 8:40-3:10 (Monday early release at 2:30)	8:50-2:00 (K) 8:20-3:00 8:50-3:00 (K-2nd) 8:35-3:15 (3-4th) 8:20-3:15 8:30-3:00 (1-2nd) 8:30-3:10 (3rd) 8:35-3:20 (4th) 8:55-3:15 8:37-3:15 (Monday early release at 2:45)	
211	Conant 8:15-3:30 Palatine 8:15-3:30 Fremd 7:30-2:45 Hoffman Estates 7:30-2:45 Schaumburg 7:30-2:45	Schaumburg District 54 Palatine District 15	7:40-2:15 (Wednesday early release at 1:45) 2:15 (Wednesday early release at 1:45) 8:00-2:30 (Friday early release at 1:40) 8-2:22 (Friday early release at 1:32)	7:38 8:40-3:00 (Wednesday early release at 2:30) 3:35 (Wednesday early release at 3:05) 7:50-2:30 (Friday early release at 1:40) 3:15 (Friday early release at 2:25) (Friday early release at 2:35)	9:15- 8:35- 8:45-3:25
214	Wheeling 7:25-2:50 Elk Grove 7:10-3:30 Rolling Meadows 7:25-2:45 Buffalo Grove 7:30-2:50 John Hersey 7:30-2:50 Prospect 7:30-2:50	Arlington Heights District 25 Buffalo Grove-Wheeling District 21 Mount Prospect District 57 Prospect District 23 River Trails District 26 Community Consolidated District 59 Palatine District 15	7:45-2:45 8:30-3:30 7:45-2:45 8:05-2:55 7:40-2:58 (Thursday late start at 8:30) 7:45-2:50 8:00-2:30 (Friday early release at 1:40) 8-2:22 (Friday early release at 1:32)	9:05-3:35 9:00-3:30 8:50-3:20 8:25-2:25 8:40-3:30 (Thursday late start at 9:30) 7:50-2:40 and 8:45-3:35 7:50-2:30 (Friday early release at 1:40) 3:15 (Friday early release at 2:25) 3:25 (Friday early release at 2:35)	8:35 8:45-

CSL SCHOOLS

START AND END TIME – REGULAR SCHEDULE

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	7:45 - 3:15 (2017-18)	
		8:00 – 3:20 (2018-19)	
Maine South	Regular Day	7:45 - 3:15 (2017-18)	
		8:00 – 3:20 (2018-19)	
Maine West	Regular Day	7:45 - 3:15 (2017-18)	
		8:00 – 3:20 (2018-19)	
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	7:55 – 3:15	
	Wednesday	8:55 – 3:15 (late start)	
Glenbrook North	Regular Day	7:40 – 2:55	
Glenbrook South	Regular Day	8:00 - 3:15	