



Lake Washington School District
Study Session of the Board of Directors

Date: December 4, 2017

Topic: School Start Time & Graduation policy

For the past two years, the College and Career Readiness Task Force has been studying the impacts of the new state 24 credit graduation requirement and the potential for a 7th period day for grades 9-12 or other creative ways to expand options for students in grades 9-12. The Task Force recently recommended adding time to the high school day to create a 7th period in each of our high schools. We are planning to fund the 7th period through the passage of the upcoming Educational Programs & Operations (EP&O) levy. Currently, planning is underway with high school administrators and staff to implement a 7th period schedule in the 2018-19 school year.

Planning for 7 period High Schools

Moving to a 7 period high school schedule provides a number of exciting opportunities in support of our district Ideals Values, and Goals. These include:

- More opportunity to explore through elective courses
- More opportunity to focus through elective courses
- More opportunity for credit retrieval
- More options/fewer conflicts
 - 4 years of band/orchestra AND world language
- More opportunity for intervention and support
- More opportunity **for access to rigorous coursework** (AP, College in the High School, Tech Prep, CTE)
- More opportunity to prepare for college, career, future

Central Office Administrators and High School Principals are meeting regularly throughout 2017-18 to plan for a seamless transition to 7 period high schools and are addressing several topic areas, including:

- School Schedule
- Course Offerings/Curriculum
- Hiring & Staffing
- Facility Issues/Planning Time
- Student Registration

School Start Time Advisory

The College and Career Readiness Task Force also studied the impact of high school start times. The research literature describes the benefits of a later start time for high school students, including improvements in memory and learning, mental health and well-being, and overall academic achievement.

While the recommendation to implement a 7-period high school is complete, the school start time work is continuing. In June 2017, the original College and Career Readiness Task Force re-formed to create a

School Start Time Advisory. The committee was reformed to include more parents, teachers, and administrators to represent elementary, middle, and high school levels, given that a change in high school start times would impact school start/end times at all levels. The School Start Time Advisory includes some members of the original College and Career Readiness Task Force and some new members.

The table below shows the current 2017-18 school start and dismissal times and the new start and dismissal times for 2018-19 with 7 period high schools and no change to a later high school start time.

Level	Current (2017-18)	7 period HS (2018-19)
Elementary start	8:30 a.m. – 9:00 a.m.	8:50 a.m. – 9:20 a.m.
Elementary dismiss	3:00 p.m. – 3:30 p.m.	3:20 p.m. – 3:50 p.m.
Middle School start	7:40 a.m. – 8:15 a.m.	8:00 a.m. – 8:35 a.m.
Middle School dismiss	2:10 p.m. – 2:45 p.m.	2:30 p.m. – 3:05 p.m.
High School start	7:30 a.m. – 7:50 a.m.	7:30 a.m. – 7:50 a.m.
High School dismiss	2:00 p.m. – 2:20 p.m.	2:20 p.m. – 2:40 p.m.

The School Start Time Advisory will continue to review potential school start time options, continue to engage stakeholders in input and feedback processes, and will ultimately make a recommendation for school start and dismissal times.

Action	Timeline
• Advisory identifies school start/dismiss options for further consideration	December-January
• Transportation Department develops school specific start/dismiss times	January-February
• Advisory holds community information meetings	February 19-March 9
• Administer School Start Time Survey for K-12 Staff, Parents, and High school students	February 19-March 9
• Advisory makes recommendation	April