



High School Schedule Redesign Update

Newton School Committee

April 8th, 2019

Agenda

- I. Schedule selection process and next steps
- II. Next steps in schedule implementation
- III. Transportation/Start Time consultant report to follow

Background Review

- **Compelling science on adolescent sleep needs**
 - CDC, AMA, and AAP have issued studies and statements in support of later high school start times
- **February 2017 - School Committee High School Start Time (HSST) working group recommends:**
 - Revise high school schedules
 - Consider shift to HS start times without impacting K-8 times
 - Summary of HSST working group reports and surveys here:
<https://www.newton.k12.ma.us/laterstarttime>

Background Review - Process

- Ongoing schedule redesign work incorporated into system-wide goals for SY17-18 and 18-19
- Goal: Updated schedule that supports social/emotional health & academics and facilitates move to later start time.
- Schedule redesign committee formed in Spring 2017 and ongoing work through January 2019
- 3 proposed schedules identified and shared at December 2018 school committee meeting

Proposed schedule reflects values statement

- Ensure that all students can thrive **academically, socially and emotionally**.
- Maintain the academic **excellence** and **breadth** at both high schools, while acknowledging social and emotional needs
- Facilitate **faculty collaboration** and **student support** during the school day.
- Consider optimal block lengths and frequency of classes
- Target consistent end times no later than 3:00 p.m and coordinated timing for cross registration

Additional Steps Taken

Winter 2018-19

- Faculty discussions, meetings, surveys, and straw polls
- Student focus groups with proposed schedule types
- Review of student and parent survey data related to proposed schedules

Additional Steps Taken

- Comparison of time on learning calculations for each schedule
- Creation of sample student and teacher schedules
- Meeting with Special Education PAC leaders
- Meetings with teachers in CTE and Special Education departments

Final Selection

- 5-day rotation
- 4-5 academic classes daily
- Classes meet 3 out of 5 days
- 6 hour, 45 minute day
 - In line with elementary and middle length

Monday	Tuesday	Wednesday	Thursday	Friday
A1 (65)	A2 (75)	F2 (75)	A3 (75)	F3 (75)
Flex (20)	B2 (75)	G2 (75)	B3 (75)	G3 (75)
B1 (65)				
C1 (65)	F1 (65)	Flex (50)	Flex (50)	Flex (50)
D1 (65+30+5)	G1 (65+30+5)	C2 (75+30+5)	D2 (75+30+5)	E3 (75+30+5)
E1 (65)	Flex (50)	E2 (75)	C3 (75)	D3 (75)
	Ends 6 hrs 25 mins			

Final Selection

- Daily flexible learning time (flex blocks) for social & emotional learning and academic support
- Increased frequency of longer instructional blocks
- Fewer optional periods and filing times; improved lunch periods

Monday	Tuesday	Wednesday	Thursday	Friday
A1 (65)	A2 (75)	F2 (75)	A3 (75)	F3 (75)
Flex (20)	B2 (75)	G2 (75)	B3 (75)	G3 (75)
B1 (65)				
C1 (65)	F1 (65)	Flex (50)	Flex (50)	Flex (50)
D1 (65+30+5)	G1 (65+30+5)	C2 (75+30+5)	D2 (75+30+5)	E3 (75+30+5)
E1 (65)	Flex (50)	E2 (75)	C3 (75)	D3 (75)
	Ends @ 1:25 mins			

Flex Block Options

- Structured time for supporting academic and social and emotional needs.
- Can include enrichment, extra-support, make-up time, and guided study
- Exploring models from neighboring school districts
- Models include “home-base” assignments as well as weekly or daily choice options
- Any option would include clear expectations for all students
- End-of-day flex could resemble current X/J Block

Additional Considerations

- MA time on learning requirements (990 hrs/year)
- Special education frequency of services
 - Daily support and program structures
- Career and Tech Ed. time requirements
 - 900 hours in program major course
- Structure of courses for small departments, arts, ELL students

New Schedule by the Numbers

Summary of proposed schedules & comparisons

	Current Avg ¹	New Schedule	Comp District Avg ²
Length of Average Day	7 hrs 5 mins	6 hrs 41 mins	7 hrs 5 mins
Daily Traditional Class Time	5 hrs 34 mins	5 hrs 1 min	5 hrs 18 mins
Daily Flexible Learning Time	7 mins	34 mins	21 mins
Daily Learning Time	5 hrs 46 mins	5 hrs 35 mins	5 hrs 39 mins
Daily Optional Time (Average)	20 mins	10 mins	19 mins

1. Average of North and South schedules

2. Average of Brookline, Lexington, Weston, BLS schedules



New Schedule by the Numbers

Time on learning per academic course

	Class time per week*	Frequency of Meetings	Class Lengths	Additional Flexible Learning Time
New Newton Schedule	3 hrs 35 mins	3 times in 5 days	65 mins x 1 75 mins x 2	Daily
Boston Latin	3 hrs 40 mins	6 times in 6 days	45 mins	No
Brookline	3 hrs 40 mins	4 times in 5 days	50 mins x 2 60 mins x 2	2 times per week
Lexington	3 hrs 11 mins	4 times in 5 days	44 mins x 1 49 mins x 3	4 times per week
Weston	3 hrs 28 mins	5 times in 8 days	68 mins	1 time per 2 weeks

* Traditional time in class for any typical academic course, eg English, Math, History, Science, world Lang etc

Next Steps - Schedule Implementation

- Collective bargaining between NTA and NPS
- Final adjustments to schedule
- School-based committees working on design of flex blocks
- Professional development, curricular planning, and course adjustments to support implementation in Fall 2020
- 6 hour 45 minute day facilitates possible later start time based on transportation work

Questions and Discussion