

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



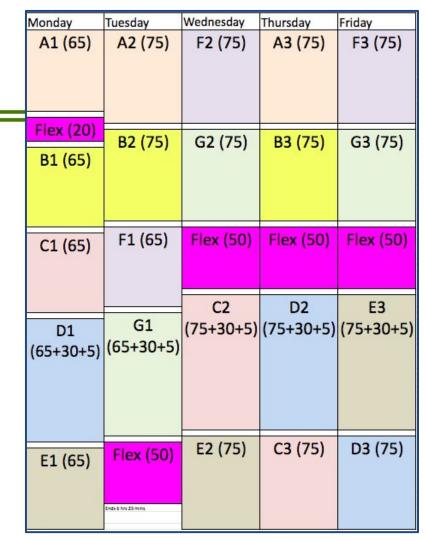
Additional Steps Taken

- 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



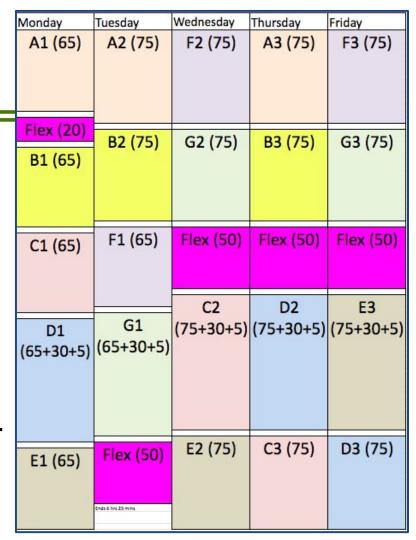
Final Selection

- 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



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



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



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

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

