


Teens & Sleep

LINKING DISCOVERY, PRACTICE, AND POLICY

Implementing Later Start Times— Getting It Done

- Dr. Ken Dragseth, Edina School District Superintendent (retired)
- Dr. Randy Zipf, South Washington County School District Assistant Superintendent (retired)


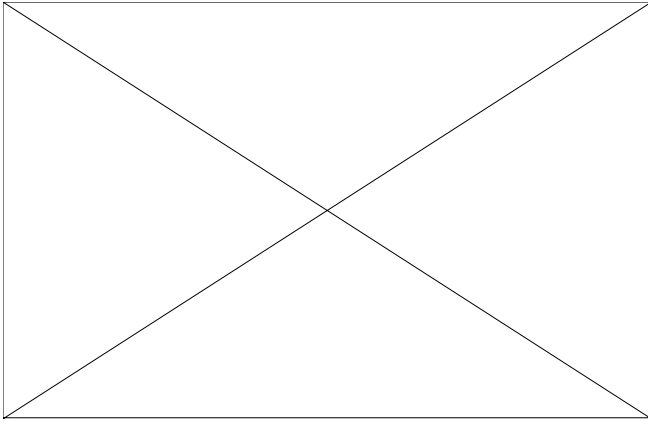
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Kenneth Dragseth, Ph.D.

Superintendent (retired) of Edina School District, the first district
in the U.S. to move to later start time in 1996

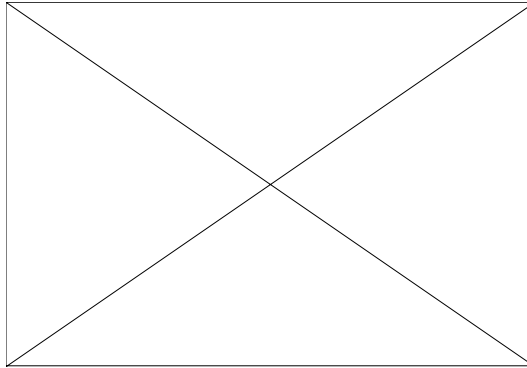


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Key Concepts in Making This Decision

It must be:

- Based on data
- What is right for students



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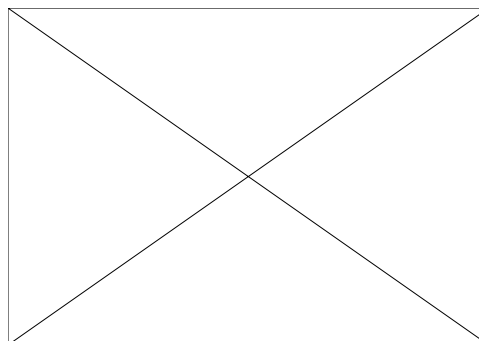


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Essential Steps

- Plan for discussions to last over the course of a year
- Gather a team of administrators, staff, and parents
- Base discussions on data
- Get community input



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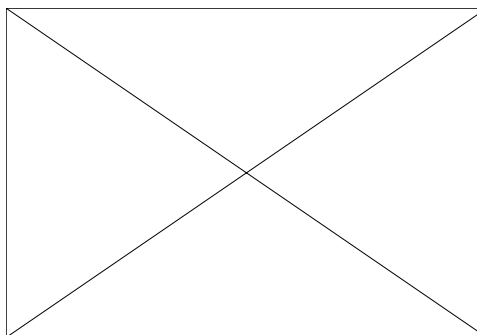


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Additional Considerations

- Partner with the local medical community
- Know you are in it for the “long haul”—do not think of it as a pilot
- Plan for “obstructionists”
- Confront transportation claims (verifiable data is needed)
- Involve athletics/coaches



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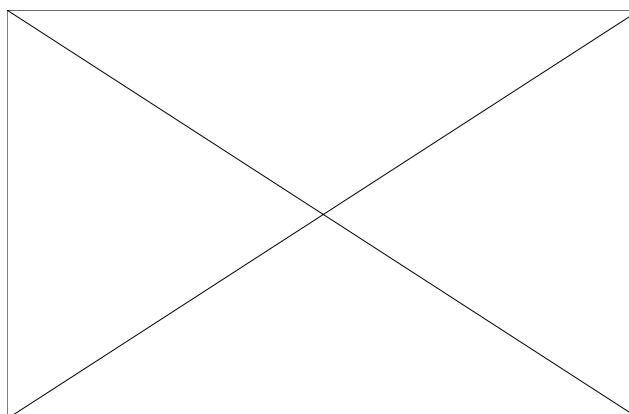
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And finally,
know that this decision requires courage.



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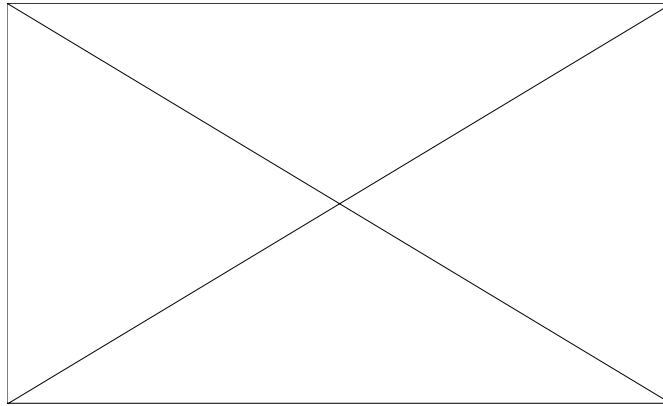


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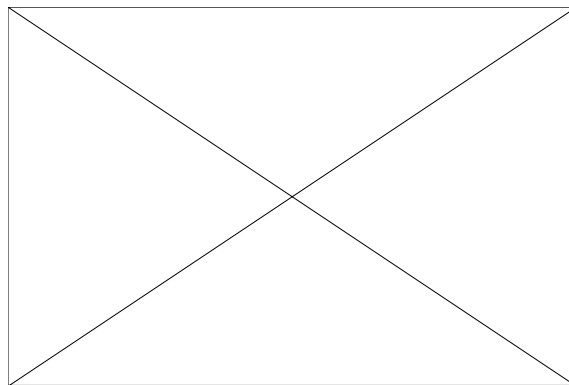
Randall Zipf, Ph.D.

Assistant Superintendent (retired) of South Washington County School District, which shifted to a later start time in 2010



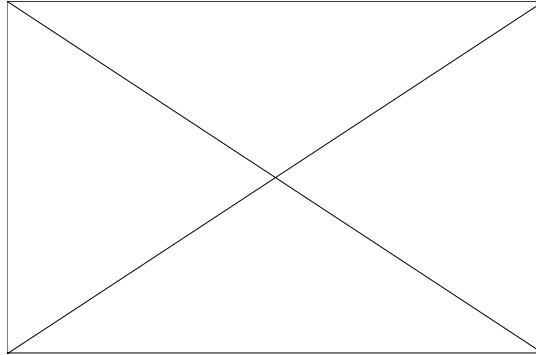
Key Points to Consider

- Context
- Process
- Outcomes
- Take-Aways



Related Goals in District Strategic Plan

- Student Success
- School Culture



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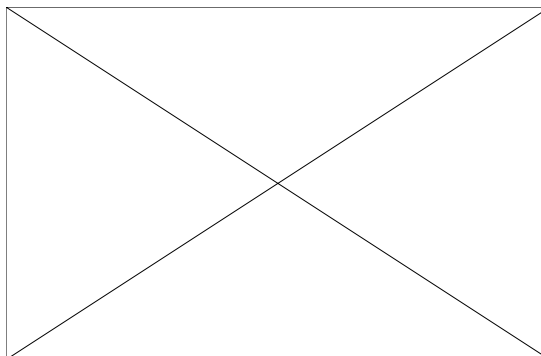


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Focus key points on:

- Best practices for student success
- Data-driven decisions



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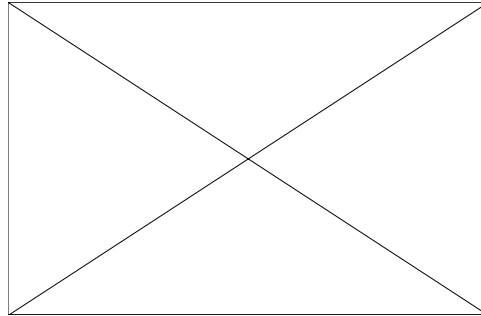


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Recommendations for Decision Process

- Gather research information
- Talk to other district leaders who have tried the change
- Involve staff at all levels
- Include range of constituents and stakeholders
- Consult with transportation



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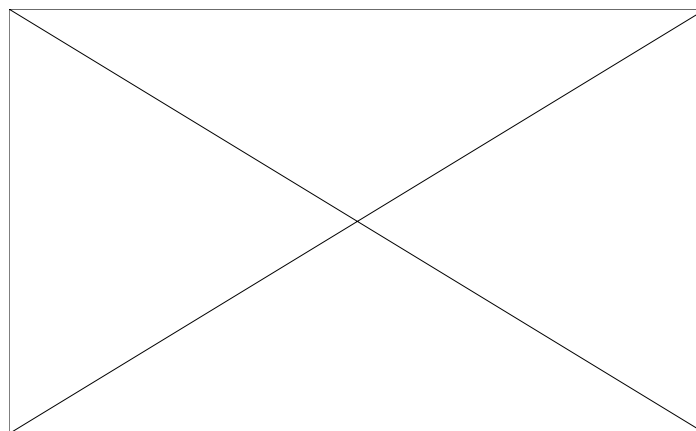
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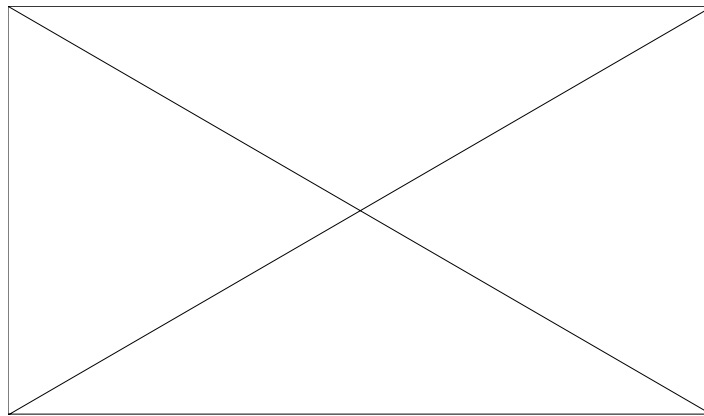
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Key: Keep the school board in the loop



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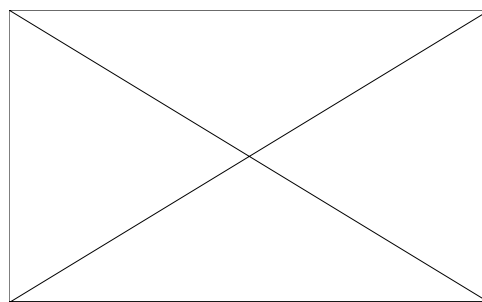


Helpful to make changes all at the same time, such as changes in school boundaries and grade configurations.



Outcomes—Positive

- Better start to the school day
- Fewer tardies
- Better attendance
- Fewer kids sleeping at their desks
- Teachers have slowly come to adapt
- Better building usage



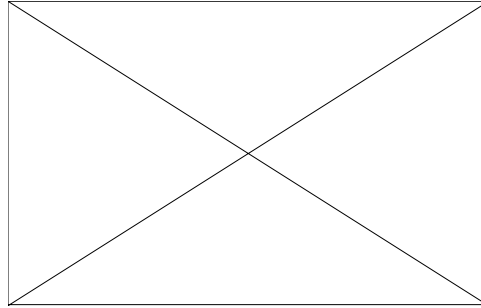
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Outcomes—Challenges

- Teachers who work in several buildings have less flexible time if all schools start at the same time
- Maybe longer days for administrators—they still arrive early and may stay later
- Athletic issues—practice times, students who are on travel teams, and conference game times



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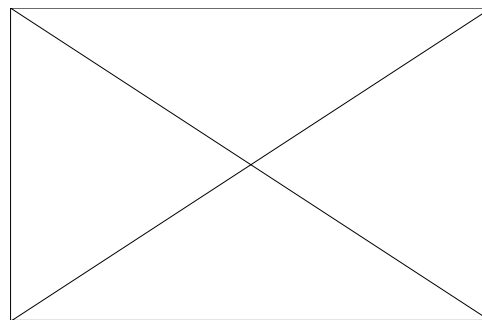


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Take-Aways

- Planning Meetings Must Address:
 - Tone
 - Tactics
 - Timing
- Collection of pre-post data
- Have a single point person for Q's and responses
- Anticipate problems!



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