

# YPAR TOPIC: Schedules

Youth Participatory Action and Research

Created by the YPAR group of Franklin Middle School at the SGS Campus



<https://youtu.be/pmPeoedqCNI>

**Skit**

# Passing Times





# School Policy

## 5240 TARDINESS

The Board of Education believes that promptness is an important element of school attendance. Students who are late to school or class miss essential portions of the instructional program and create disruptions in the academic process for themselves and other students.

Tardiness to school or class that is caused by a student's illness, an emergency in the student's family, the observance of a religious holiday, a death in the student's family or by the student's compliance with a request or directive of an administrator will be considered justifies and is excused. All other incidents of tardiness will be considered unexcused.

A student who is late to any class is responsible for the work missed during that time. While completing that work is required, the student may not receive credit for the work. Excessive tardiness will result in disciplinary action. Every five tardies to a full year course will equate to a cut of class and disciplinary consequences equivalent to that for a cut of class will be imposed.

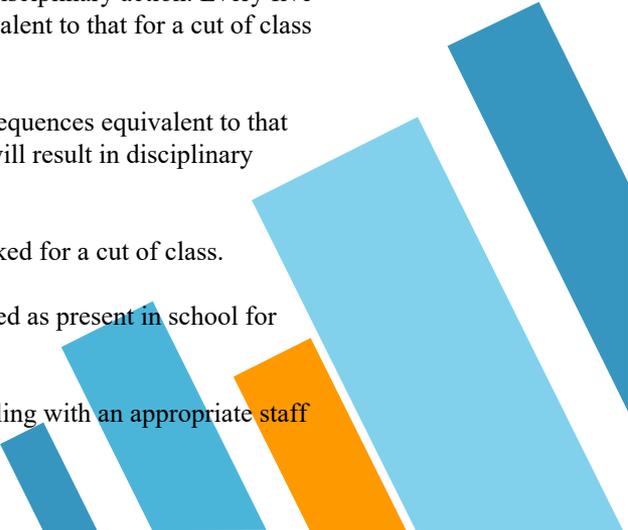
Every three tardies to a half year course will equate to a "cut" of class and disciplinary consequences equivalent to that for a "cut" of class will be imposed. Students are reminded that three cuts of a single class will result in disciplinary action.

Students, who are late and thus missing ten or more minutes of the class period, will be marked for a cut of class.

Students who are tardy to school must sign in at the designated location in order to be counted as present in school for the day. Failure to sign in will result in an unexcused absence.

A student who develops a pattern of tardiness excused or unexcused, will be offered counseling with an appropriate staff member to determine the cause of the tardiness.

N.J.S.A. 18A:36-14; 18A:36-15; 18A:36-25 et seq.



## WHAT IS IT?

For all the people who do not know what a hall sweep is, it is an action where our fellow students that are late to class, are hauled into the cafeteria and reprimanded for not arriving to the class by the bell.

Like most schools, our school has a bell that indicates what time to arrive to class and what time you are late. The time we have to get to one class from another without being marked tardy, is three minutes. Many weeks ago was the first time we had a hall sweep. Our principal announced, "Hall Sweep" on the loudspeaker after the late bell rang and chaos occurred.

# Hall Sweep

### DATA

117 students were caught and sent to the cafeteria during the previous Hall Sweep

Most of them were 8th Graders from the 600 Hallway

### DATA

WE sent two REGULAR FIT students from the 600 hallway down to the gym when nobody else was present in the halls. Their time's were:  
-Without belongings 3:11 seconds  
-With belongings 3:20 seconds

## UNREASONABLE?

It may seem a great way to teach students to hurry up and travel between classes but the distance the students have to travel and the time they have is unreasonable. Here's why:

- In the School year of 2018-2019, students are given a 3 minute passing time while in the School Year 2017-2018, students were given a 4 minute passing time
- Several teachers have recorded the time for a student to travel from the 600 hallway (upstairs) to the 400 hallway gym (downstairs) on a regular school day and they also say it is "just not possible" with the amount of students crowding the halls.
- The Hall Sweep rang during the passing time between period 9-10 where tons of 8th Grade students leave from the 600 hallway to their downstairs classes

**OUR SUGGESTION:** Staggered passing times mean less masses of students in the halls at once. This might decrease the amount of students who are late, and allow the staff to see which students are repeatedly late on purpose from each grade.



# School



# HOURS





## Regular Bell Schedule

7:20 - 7:29	~ Homeroom
7:29 - 8:04	~ Period 1
8:07 - 8:42	~ Period 2
8:45 - 9:20	~ Period 3
9:23 - 9:58	~ Period 4
10:01 - 10:36	~ Period 5
10:39 - 11:14	~ Period 6
11:17 - 11:52	~ Period 7
11:55 - 12:30	~ Period 8
12:33 - 1:08	~ Period 9
1:11 - 1:46	~ Period 10
1:49 - 2:24	~ Period 11
2:25 - 2:26	~ Dismissal



# Our schools

- Our middle school and high school have about the same starting and ending hours
- Most students must wake up at 6 am or before until getting home at 3 and after.
- Students also have lots of homework to do after extracurriculars which is then done late into the night.
- Our older elementary students have hours of around 9 - 3:20
- This allows them to wake up at 8-8:30

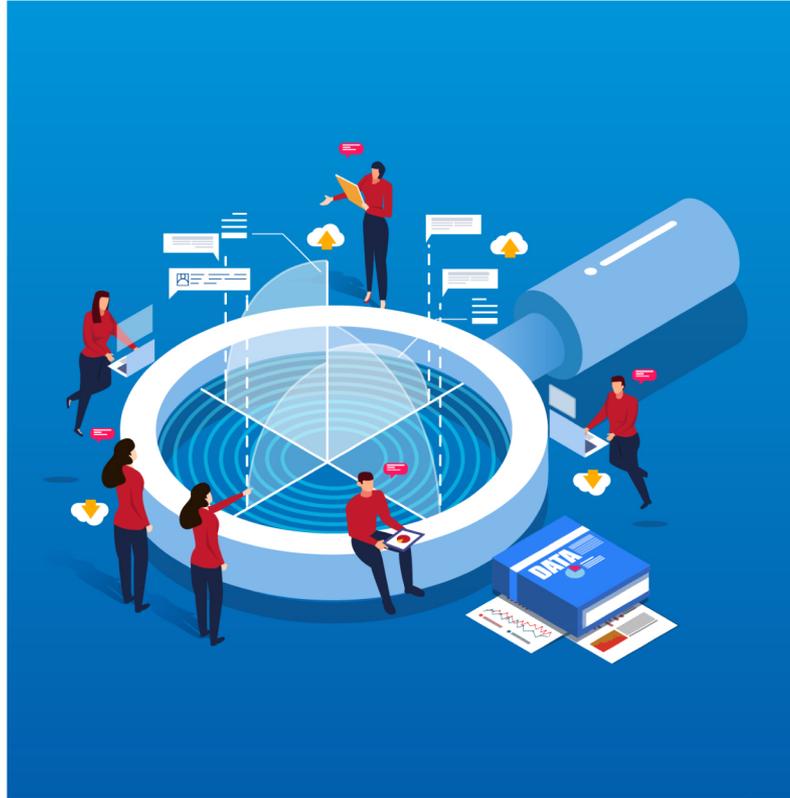


Our campus



Franklin High School

# RESEARCH



## THE FACTS:

- Majority of U.S teenagers are not getting enough sleep for the current school hours
- Over 2/3 of teenagers are getting under 8 hours of sleep per night
- The American Academy of Pediatrics found in a 2014 study that sleep deprivation among teens is real – and early school start times are an aggravating factor. The study says kids should start their school day no earlier than 8:30 a.m.
- School districts in 44 states have learned and start their schools later so WHY DON'T WE?
- After a decade studies show that delaying schools start times would contribute \$83 billion to the U.S. economy, with this increasing to \$140 billion after 15 years. The average annual gain to the U.S. economy would about \$9.3 billion each year.
- The main reason schools do not change their start times is because delaying them will result in significant additional costs due to changes in transportation, such as rescheduling bus routes.
- New Jersey lawmakers are thinking about a later start time for high school kids. A bill pending in the legislature would run a pilot program to test later start times at a few high schools across the state. The bill passed a senate committee and still needs to be considered by the full assembly and senate.

## 2018-2019 BELL SCHEDULE

A	B	C	D	E	F
44 MINUTE PERIODS	44 MINUTE PERIODS	44 MINUTE PERIODS	44 MINUTE PERIODS	77 MINUTE PERIODS	77 MINUTE PERIODS
PERIOD 1 8:20-9:04	PERIOD 2 8:20-9:04	PERIOD 3 8:20-9:04	PERIOD 4 8:20-9:04	PERIOD 3 8:20-9:37	PERIOD 4 8:20-9:37
PERIOD 2 & PLEDGE 9:08-9:53	PERIOD 3 & PLEDGE 9:08-9:53	PERIOD 4 & PLEDGE 9:08-9:53	PERIOD 1 & PLEDGE 9:08-9:53	PERIOD 1 9:47-11:04	PERIOD 2 9:47-11:04
MORNING BREAK & ANNOUNCEMENTS 9:53-9:59	LUNCH BREAK (40 minutes) 11:04-11:44	LUNCH BREAK (40 minutes) 11:04-11:44			
PERIOD 3 10:03-10:47	PERIOD 4 10:03-10:47	PERIOD 1 10:03-10:47	PERIOD 2 10:03-10:47	PERIOD 7 11:48-1:05	PERIOD 8 11:48-1:05
PERIOD 4 10:51-11:35	PERIOD 1 10:51-11:35	PERIOD 2 10:51-11:35	PERIOD 3 10:51-11:35	PERIOD 5 1:15-2:32	PERIOD 6 1:15-2:32
PERIOD 5 11:39-12:23	PERIOD 6 11:39-12:23	PERIOD 7 11:39-12:23	PERIOD 8 11:39-12:23	TIGER TIME (44 minutes) 2:37-3:21	PEER GROUP/ COMM. SVC. (44 minutes) 2:37-3:21
LUNCH BREAK (34 minutes) 12:23-12:57	Princeton High School's schedule				
PERIOD 6 1:01-1:45	PERIOD 7 1:01-1:45	PERIOD 8 1:01-1:45	PERIOD 5 1:01-1:45		
PERIOD 7 1:49-2:33	PERIOD 8 1:49-2:33	PERIOD 5 1:49-2:33	PERIOD 6 1:49-2:33		
PERIOD 8 2:37-3:21	PERIOD 5 2:37-3:21	PERIOD 6 2:37-3:21	PERIOD 7 2:37-3:21		

Burlington and Princeton, have already implemented later start times for high schoolers on their own. Let's make Franklin next!

# Why Teens Should Start Later Than Elementary students

## TEENAGERS:

- Research shows the typical adolescent's natural time to fall asleep may be 11pm or later; because of this change in their internal clocks, teens may feel wide awake at bedtime, even when they are exhausted (Wolfson & Carskadon, 1998). This leads to sleep deprivation in many teens who must wake up early for school, and thus do not get the 8 1/2 - 9 1/4 hours of sleep that they need.
- In the teens, the secretion of the sleep hormone melatonin begins at about 10:45 p.m. and continues until about 8 a.m. What this means is that teenagers are unable to fall asleep until melatonin secretion begins and they are also not able to awaken until the melatonin secretion stops.
- No research has ever shown that teenagers tend to do better in schools that start before 8AM
- As shown in two Minneapolis Schools, the results of a later starting time led to
  - Improved Attendance and enrollment rates
  - Less sleeping in classes
  - Less student-reported depression
  - Fewer students visits to school counselors for behavioral and peer issues
  - More even temperament at home

## YOUNGER CHILDREN:

- Young children (ages 4 - 10) do not have set sleep cycles and are physically and mentally able to sleep early and wake up early unlike teens.
- Most children wake up early anyway in correspondence to their internal clocks. This is the reason why extending their bedtime in the hopes that they will sleep longer doesn't work. They just get cranky.
- Most children around the age of 5 naturally wake up at about 5:30 - 6 a.m.

# BUSES



# Bus Schedule

## New Session

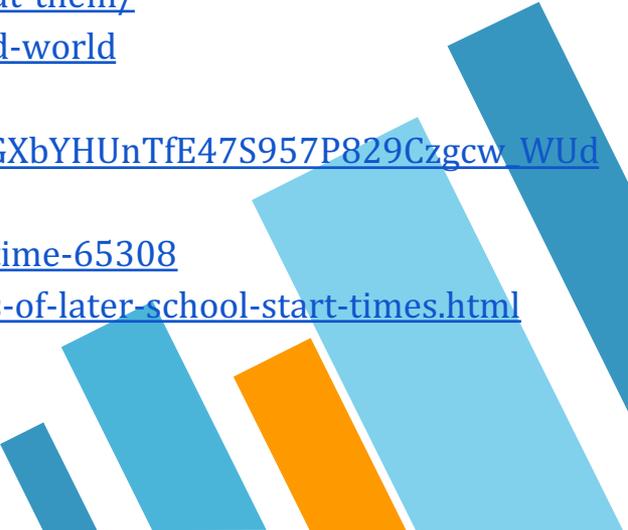
### STANDARD SESSION

SCHOOL	START TIME	END TIME
FHS - (Tier 1)	7:20 a.m.	2:21 p.m.
FMS - Hamilton Street & SGS Campus' (Tier 1)	7:20 a.m.	2:26 p.m.
Elementary - CRS, HIL and FPS (Tier 2)	8:50 a.m.	3:10 p.m.
ECDC 3 Year Old Pre-K Program (Tier 2)	9:45 a.m.	1:50 p.m.
Elementary - CES, EAS, MAC and PGM (Tier 3)	9:30 a.m.	3:50 p.m.

Tier	School	Start Time	End Time
Tier 1	Elementary- CES, EAS, MAC, and PGM	7:20 a.m.	2:21 p.m.
Tier 1	Elementary- CRS, HIL, and FPS	8:00 a.m.	3:26 p.m.
Tier 2	Pre-K Program A.M	8:00 a.m.	12:00 p.m.
Tier 3	FMS- SGS and Hamilton	8:40 a.m.	3:20 p.m.
Tier 4	FHS	9:10 a.m.	3:30 p.m.
Tier 5	Pre-K Program P.M.	1:00 p.m.	5:00 p.m.



# Sources

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  - <https://www.rand.org/randeurope/research/projects/economic-benefits-of-later-school-start-times.html>
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# Credits

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