



Waterloo Catholic
District School Board

Bell Time Consultation

January 2012



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Protocol

- Please save questions until the end
- We are looking for respectful and constructive input on changes in bell times
- All opinions are welcome.

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Presenters

Jamie McKinnon – Principal of St. Don Bosco
Secondary School

Shesh Maharaj – Superintendent of Corporate
Services

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Overview

- What is it?
- Proposal
- Background
- FAQ
- Dates and Next Steps
- Questions

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What is it?

- By staggering bell times for both boards, we can utilize the assets we already pay for (buses) more often that we do now.
- 10 Schools starting at 8:30 require 10 buses to provide service at 8:20 every morning. By staggering the times, we can use fewer buses to service the same 10 schools.

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Proposed Times – Elementary

Current:

Start between 8:25 a.m. and 9:00 a.m.

End between 2:50 p.m. and 3:30 p.m.

Proposed:

Start between 8:00 a.m. and 8:45 a.m.

End between 2:20 p.m. and 3:20 p.m.

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Proposed Times - Secondary

Current:

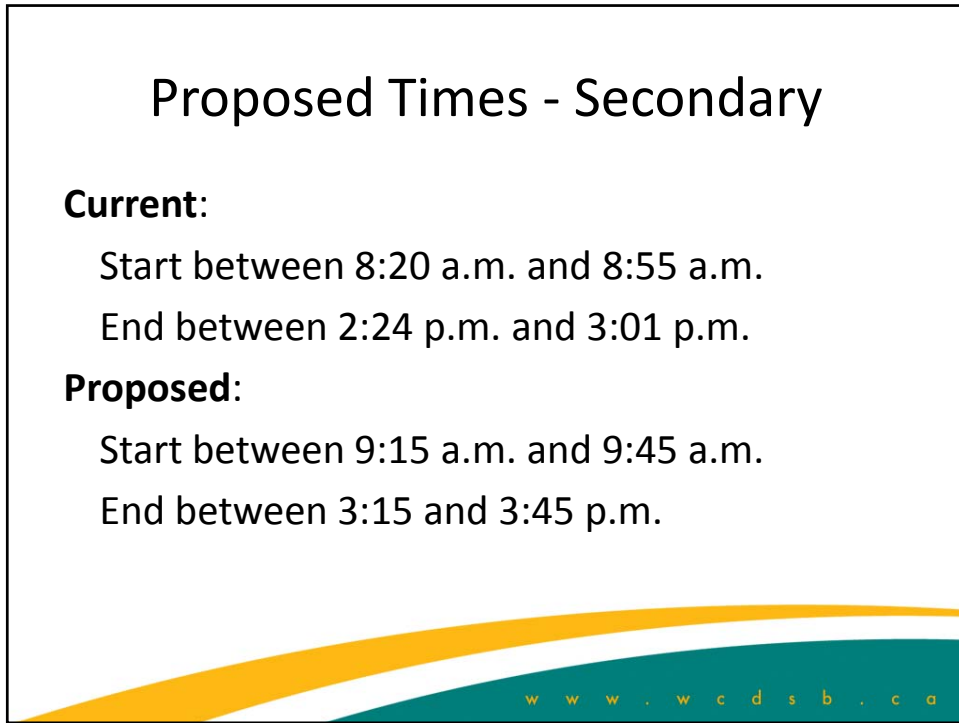
Start between 8:20 a.m. and 8:55 a.m.

End between 2:24 p.m. and 3:01 p.m.

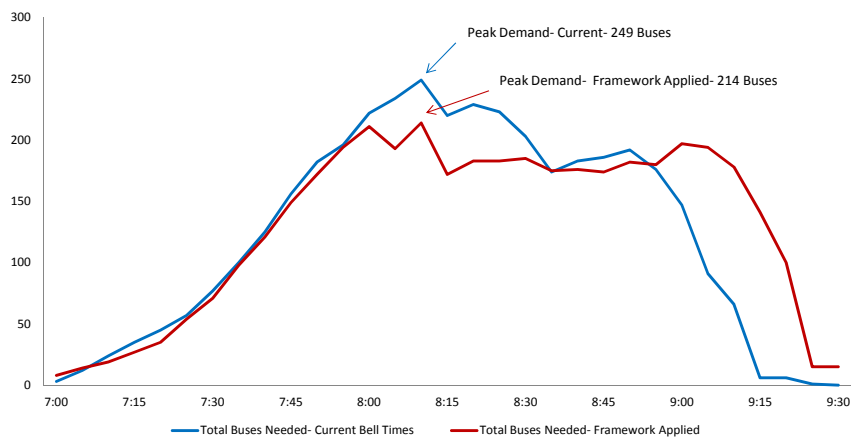
Proposed:

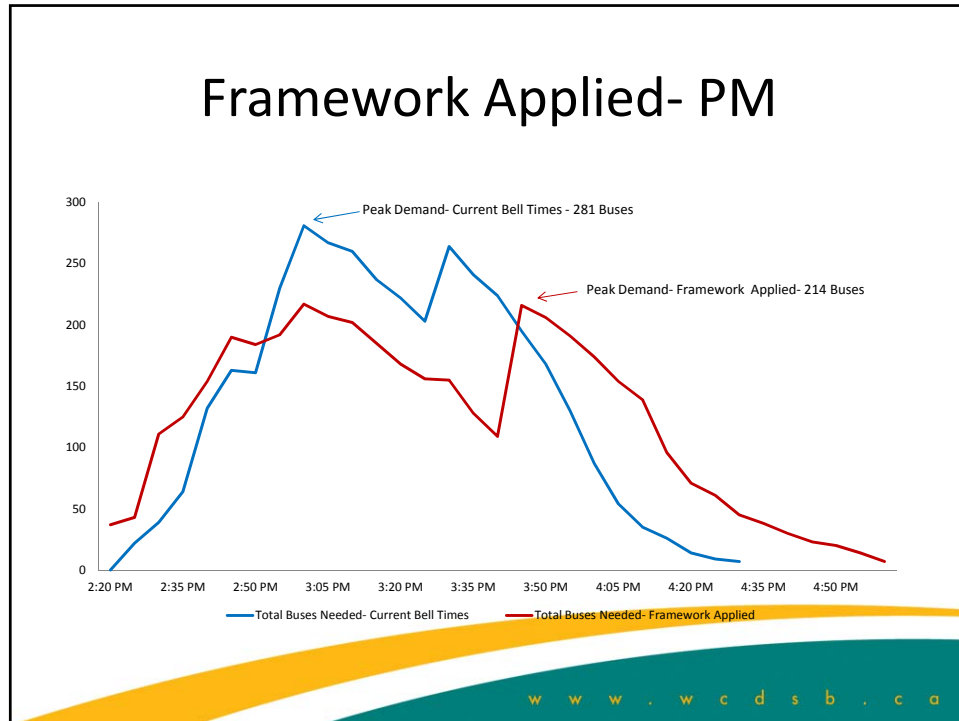
Start between 9:15 a.m. and 9:45 a.m.

End between 3:15 and 3:45 p.m.



Framework Applied- AM





Background

Proposal to amend our bell times due to:

- Ministry requirements
- Wish to improve service
- Budgetary pressures
- Academic research

Ministry Requirements

- Ministry mandated boards work together in consortia and to be more efficient in the delivery of transportation
- Ministry audited our consortium and rated it unfavourably. Among their recommendations was a requirement to improve routing efficiency which was tied to a funding reduction. We are hopeful this will help.

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Service

Fewer buses on the road:

- Fewer routes to manage = better service
- Better for drivers – longer hours worked = less turnover = better service
- Other benefits
 - Less congestion on the roads
 - Kinder environmental impact

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Budgetary Pressures

- WCDSB enrolment decline
- Increasing costs
- \$3.5M in staff, program and department reductions
- Current estimated savings from bell time alignment = \$1M

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Academic Research

- Adolescents (ages 12 – 21) go to bed later and wake later than children and adults – called Delayed Phase Preference (DPP) (Carskadon, 2007)
- Two things occur:
 - Classes begin when they are not in awakened stage
 - Sleep debt builds up which impacts attention, memory, executive function processes, and behaviour.

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Academic Research

- Review of literature indicates there is sufficient evidence that environmental factors (school start times) and biological factors (sleep/wake cycles) contribute to sleep debt
- Schools that have delayed start times for adolescences found:
 - Improved attendance
 - Fewer late students
 - Improved moods (mental health)
 - Fewer behaviour problems (Wahlstrom, 2002)

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We know

The proposal is not perfect for every family and for all staff. But the benefits need to be examined along with the issues to make a decision.

Is money best spent on busing, or in the classroom?

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FAQ

- Can I receive a listing of the proposed bell times for my school?
- Will these changes affect after-school sports for secondary schools?
- If one Board does not agree with the proposal, can it still go forward for the other one?
- Will this have an effect on after-school jobs?

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Follow Up

- Consultation deadline has been extended to February 15, 2012
- A section will be created on the website for belltimes
- Notes from two presentation evenings will be posted as well as other supporting information

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Dates

- On-line survey released: January 4, 2012
- On-line survey closed: February 15, 2012
- Presentations: January 16, 17, 2012
- Small focus group: February 22, 2012
- Interim report to Board January 30, 2012
- Decision by February 27, 2012
- If accepted, implementation September 2012

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Questions

Contact:

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