



# Town of Littleton School Committee

33 Shattuck St. \* P.O. Box 1486 \* Littleton, MA 01460-4486 \*  
Phone: (978) 540-2500 \* Fax: (978) 486-9581 \* Website: [www.littletonps.org](http://www.littletonps.org)



JEN GOLD, Vice Chair  
STACY DESMARAIS, Member

JUSTIN MCCARTHY, Chair

BRAD AUSTIN, Clerk  
BINAL PATEL, Member

## School Committee Meeting Littleton Police Station Community Room 500 Great Road In-person and Hybrid December 1, 2022 7:00 PM

You are invited to a Zoom webinar.

When: Dec 1, 2022 07:00 PM Eastern Time (US and Canada)

Topic: School Cmte meeting Dec 1, 7pm, 2022

Please click the link below to join the webinar:

<https://littletonma.zoom.us/j/83150939776?pwd=SS9rSWpPKzdtdG9ZY2RMeUhkY3dxdz09>

Webinar ID: 831 5093 9776

Passcode: 827522

Or One tap mobile :

US: +13092053325,,83150939776# or +13126266799,,83150939776#

Or Telephone:

Dial(for higher quality, dial a number based on your current location):

US: +1 309 205 3325 or +1 312 626 6799 or +1 646 931 3860 or +1 929 205 6099 or +1 301 715 8592 or +1 305 224 1968 or +1 669 900 6833 or +1 689 278 1000 or +1 719 359 4580 or +1 253 205 0468 or +1 253 215 8782 or +1 346 248 7799 or +1 360 209 5623 or +1 386 347 5053 or +1 507 473 4847 or +1 564 217 2000 or +1 669 444 9171

Webinar ID: 831 5093 9776

International numbers available: <https://littletonma.zoom.us/j/83150939776?pwd=SS9rSWpPKzdtdG9ZY2RMeUhkY3dxdz09>

VIDEO OR CALL WILL BE MUTED UPON JOINING MEETING.

Please use the "RAISE YOUR HAND" feature in the zoom meeting to ask to speak.

PARTICIPANTS/ATTENDEES ARE REMINDED THAT BY JOINING THIS MEETING THAT YOU CONSENT TO YOUR LIKENESS AND AUDIO BEING USED AND REBROADCAST BY LCTV

This Rebroadcast meeting can be viewed online at LCTV On-Demand at <https://littleton.vod.castus.tv/vod>

### \*\*\*AGENDA\*\*\*

*Our mission is to foster a community of learners who strive for excellence and prepare each student to be a successful, contributing citizen in a global society.*

#### 7:00 I. ORGANIZATION

1. Call to Order
2. Pledge of Allegiance
3. Consent Agenda
  - Minutes – November 17, 2022
  - Oath to Bills and Payroll

#### 7:05 II. INTERESTED CITIZENS

*It is the policy of the Littleton Public Schools not to discriminate on the basis of race, gender, religion, national origin, color, homelessness, sexual orientation, gender identity, age or disability in its educational programs, services, activities or employment practices. Further information may be obtained by contacting Lyn Snow, District Equity Coordinator at 978-540-2500, [lsnow@littletonps.org](mailto:lsnow@littletonps.org) or 33 Shattuck Street, P.O. Box 1486, Littleton, MA 01460.*

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**7:10 III. RECOGNITION**

- 1. Student Representative(s) Report:** *Student Representative(s), will give a report of events for each school.*
- 2. Other**

**7:15 IV. PRESENTATIONS**

- 1. Special Education Program Review:** *Consultants for the Special Education Program Review will discuss the findings. (30 Min)*
- 2. Survey results, School Start Time Survey #2:** *The School Start Time Subcommittee will discuss the results of the recent survey that was distributed to families, staff and MS/HS students (40 Min)  
(Potential Motion)*
- 3. Financial Update (District):** *Business Manager Steve Mark will give a District Financial Update (5 Min)*

**8:30 V. INTERESTED CITIZENS**

**8:45 VI. SUBCOMMITTEE REPORTS**

- 1. PMBC**
- 2. Budget Subcommittee**
- 3. SL Building Committee**
- 4. Policy Subcommittee: (see LPS website to view all policies)**  
<http://www.littletonps.org/school-committee/school-committee-policies>

**8:50 VII. ADJOURNMENT**

**NEXT MEETING DATE**

**December 15, 2022**

**Littleton Police Department Community Room**

**7:00 PM**

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BRAD AUSTIN, Clerk  
BINAL PATEL, Member

## SCHOOL COMMITTEE MINUTES November 17, 2022 7:00PM

**PRESENT:** Justin McCarthy  
Jen Gold  
Brad Austin  
Stacy Desmarais (7:02PM)  
Binal Patel

**ALSO PRESENT:** Kelly Clenchy  
Steve Mark  
Bettina Corrow  
Dorothy Mulone

### NOT PRESENT:

### CALL TO ORDER

Justin McCarthy called the meeting to order at 7:01p.m.

On a motion by Brad Austin and seconded by Stacy Desmarais it was voted to approve the Oct. 27, 2022, and Nov. 10<sup>th</sup>, 2022, agendas with a minor change to the Oct. 27<sup>th</sup> minutes as presented. (AYE: Unanimous).

### INTERESTED CITIZENS

None

### RECOGNITION

1. Student Representative(s) Report: Student Representative, John Feltus, gave an update of the events happening at each school.
2. Superintendent Clenchy congratulated the Girls Varsity Soccer High School team on their accomplishments this season.
3. Superintendent Clenchy also mentioned that the District held a very productive Full PD day in collaboration with Ayer/Shirley and Harvard School Districts on Nov. 8<sup>th</sup>.

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- 35 4. Another vaccine clinic was held on Nov. 15<sup>th</sup>, which was well attended.
- 36
- 37 5. The district is offering free Covid tests to our community. They will be passed out at the individual
- 38 schools, but families are also welcomed to come by the Central office on Tuesday to pick up their test.
- 39
- 40 6. Dedication to Millie McGovern: Discussion to make a motion to vote on a dedication to Millie McGovern
- 41 to be memorialized with a plaque or similar recognition on the ticket booth at Alumni field.
- 42

43 On a motion by Brad Austin and seconded by Stacy Desmarais it was voted to approve a plaque or similar

44 recognition on the ticket booth at Alumni field. (AYE: Unanimous).

45

## 46 **PRESENTATIONS**

- 47 1. **School Start Times:** Information updates from School Start Time Committee. The survey results were
- 48 included in the packet. 1,354 people responded, 786 parents, 150 staff and 418 students. The survey
- 49 included 5 options, which were surveyed. One of the options was to keep the current schedule. Survey
- 50 results were shared to the public, by participants, by school, by staff and by students.
- 51 The survey also included the responses to the most important factors influencing the decision-making
- 52 process. How challenging it would be to change the current schedule, or whether you preferred to change.
- 53 Lastly, included questions about transportation. Parents, staff, and students' comments were also included
- 54 in the survey packet.
- 55 Neighboring towns' start and end times were also included. Athletic competitors' start times were also
- 56 discussed.
- 57

58 Justin McCarthy – It looks as if we make a change, we could potentially upset about 60% as they would

59 not get their first choice, but if we don't make any change we would upset about 80%.

60 Binal Patel – Option 4 does seem to meet the most people's choice but yes, there is not any perfect

61 solution.

62

63 Brad Austin – With the slides and information presented I am trying to figure out which choice does have

64 the most votes.

65

66 Jen Gold – As a school committee board we have to look at the future and what is best for our student's

67 well-being. Change is always hard but sometimes necessary.

68

69 John Feltus – A lot of the comments do show some of the concerns my peers are feeling. It is dark in the

70 morning when I am driving to school.

71

72 Brad Austin – I would like to see if we can get some data from other districts who have changed their start

73 times and see how they are doing. What data they have collected.

74

74 John Harrington – I believe we can get this data from other surrounding districts.

75

76 Binal Patel – I do not think we can measure our success strictly through student performance. There are

77 too many variables.

78

79 Kelly Clenchy – I agree, we need to look at soft data.

80

81 **Next steps:**

82 **A NEW OPTION**

One option was suggested by the community to potentially solve several challenges. While this was originally on the list explored, it was initially deemed not viable. After further conversations with our bus company, it was discussed this option could be viable with some shifts in logistics.

**Option 6**

HS/MS – 7:50/8:00 – 2:20/2:30

SL/RSS – 8:50/8:55 – 3:15/3:15

Jen Gold – Our bus company assured us that this option would be viable.

Justin McCarthy – Our 3-tier system has been working up until now, but it might not work in the future.

Brad Austin – We do have to take into account our students' mental health. Not that budget and money isn't a factor, but we should look at student well-being and sleep patterns.

Binal Patel – We did discuss with our bus company the options for adding more buses or keeping the number of buses as is. It could require additional buses or an increase in bus fees to offset the cost. It all depends on which option we choose.

Steve Mark – About 70% of all our students are registered to ride the bus to school.

Justin McCarthy – I feel there is as little more parental oversight and ability to control a sleep schedule of a middle school child than you as a parent has when you have a high school student.

Kelly Clenchy – Our schedule is working for the middle school students but that does not mean we shouldn't explore all options.

**RECOMMENDATION FROM SCHOOL START TIME SUBCOMMITTEE:**

1. Focus on top 3 options: (one 3 tier, one 2 tier, current)
  - Option 3: shift 25
  - Option 4: two tier
  - Option 5: current schedule
2. Replace option 4 with option 6 as a better two-tier option
3. Conduct a follow up community survey with top 3 options only
  - Compare each option to each other
  - List the challenges each option addresses as shared by the community

Brad Austin – This recommendation makes a lot of sense.

Justin McCarthy – Do you think we will get some better data if we sent out another survey.

Binal Patel – Yes, I believe we will be addressing some more concrete data and I believe it would be helpful and useful.

Jen Gold – I do believe that we need to give the community a chance to voice their option on Option 6, which was not included in the first survey.

Kelly Clenchy – We do need to ensure that we have the funds to move forward.

Stacy Desmarais – It seems we have a lot of parents who are very concerned about the before and after school care.

Kelly Clenchy – It is a challenge and last we checked we do have 25 children on a waiting list.

Binal Patel – Any options will cause a change in people’s lives. Families have created their daily schedule around our school schedule at this time. If we make a change they will have to adjust. There isn’t another option.

Justin McCarthy – Thank you for all the work. Please send out the second survey.

### **INTERESTED CITIZENS**

None

### **SUBCOMMITTEE REPORTS**

**1. PMBC:** None

**2. Budget Subcommittee:** Presented the FY2024 Preliminary Budget increase. The overview was included in the packet.

**3. SEPAC:** We continue our regular monthly meetings. We keep the conversation open. A meet and greet meeting is scheduled in December and a workshop is scheduled for January 10<sup>th</sup>, 2023.

**4. Policy:** None

**5. Shaker Lane building:** We are meeting our timelines and submitting paperwork as required.

### **ADJOURNMENT**

On a motion by Brad Austin and seconded by Binal Patel it was voted to adjourn at 9:05PM. Roll Call Vote: Brad Austin, AYE; Justin McCarthy, AYE; Jen Gold, AYE; Binal Patel, AYE; and Stacy Desmarais, AYE.

### **DOCUMENTS AS PART OF MEETING**

School Start Time

FY2024 Preliminary Budget

### **NEXT MEETING DATE**

**December 1, 2022**

**7:00PM**



# **Related Services and Team Chairpersons Program Evaluation**

**Littleton, MA Public Schools**

Conducted May/June 2022

Sally Smith

Patric Barbieri

Independent Special Education Consultants



## Evaluation Request

To examine the current operational practices for related services providers including Occupational Therapists, Physical Therapists, Speech Pathologists, Clinical Staff (Psychologists Counselors, BCBA's).

We were also asked to look at the structure of the Littleton Team Chairs and Out of District Coordinator for Special Education.





# Methodology

- Bringing Perspective
- Interviewed Staff
- How do related services align with specialized programs?



# Recommendations

## 1. Redefine the Position of Student Services Liaison.

- Reports to Director of Student Services
- Director of Students Services needs to be visible (School/Community)
- Out of District
- Supervises Support Related Service Providers (Speech and Language, Occupational Therapist, Physical Therapists, BCBA, Clinical Staff)



# Recommendations

**2. The Team Chairpersons should have individual contracts that are separate from the professional bargaining unit.**

- Team Chairpersons need to be seen as part of administration
- Make decisions at team meetings
- Administrative support (Paperwork processing)



# Recommendations

## 3. Reallocate Related Service Providers' time to increase time in the classroom setting (push-in model) to provide more inclusive therapies

- Define district practice (push-in vs pull-out)
- Promote inclusive therapies within general education and district specialized programs.
- Benefits of in classroom therapies



# Recommendations

## 4. Develop consistent IEP training at all levels

- IEP development needs to be consistent
- Make this a priority for Professional Development, not optional.



## Recommendations

### 5. Define what constitutes a reasonable caseload based on student needs.

- Consider Caseload vs Workload
- Student Services Liaison



## Recommendations

### 6. Provide additional professional development opportunities tailored to the related services providers.

- Topics not relevant to improving their practices
- Identify professional development topics



## Recommendations

**7. Coordinate communication and support between the Assistive Technology specialist, Director of Technology, classroom staff and families.**





## Recommendations

**8. Review prior evaluations/conduct a new evaluation for the specialized programs in the district including pre-school**

# LITTLETON SCHOOLS START TIME SCHOOL COMMITTEE PRESENTATION

December 1, 2022

# THE RESEARCH

# Sleep & Adolescents: The Research Findings are Clear

- The American Academy of Pediatrics has recommended middle and high schools start at 8:30 a.m. or later
- So have the American Academy of Sleep Medicine, American Medical Association, American Psychological Association, National Association of School Nurses, and National Parent Teacher Association
- Studies show clear links between insufficient sleep in adolescents and obesity, diabetes, depression, suicidal thoughts, athletic injury, car accidents and more.
- Studies also show that later schools starts are associated with better grades, higher test scores, and improved focus and self-regulation among middle and high school students
- As of 2017, the average start time for public high schools nationwide was 8:00am.
- Only 10% of schools nationwide started before 7:30. Littleton Middle School and High School start at 7:15 and 7:20, respectively.

# Massachusetts Start Times are Changing

In MA schools, shifting to later start times is having a positive impact

Nauset High School shifted their start time from 7:20 to 8:35am.

- Tardiness declined by nearly 30%
  - 53% drop in the number of failing grades
  - The number of days students were suspended for disciplinary reasons plummeted from 166 in the first two months last year to 19 days in September and October of this year.
  - "I think the tone of the day has changed dramatically, reflected in the overall (mood) of the student body," said Nauset High School Principal Tom Conrad. "It's very clear to me it's a more relaxed opening of school than with the 7:25 a.m. start time. Students seem to be more alert and they don't seem to be rushing to get to class within seconds of getting to school."
- 
- Acton Boxboro HS shifted from 7:23 to 8:00
  - Sharon HS moved from 7:25 to 8:05
  - Wayland HS moved from 7:30 to 8:30
  - Hingham, Marblehead, Needham and others all shifted start times later for middle and high school, and many other MA districts are working on doing the same

# Seattle Public High Schools Study

Seattle Public Schools shifted their start times from 7:50 to 8:40am and monitored the impact on student sleep.

- Students at these Seattle high schools got more sleep on school nights after start times were pushed later — a median increase of 34 minutes of sleep each night.
- The change boosted the total amount of sleep on school nights for students from a median of six hours and 50 minutes under the earlier start time, to seven hours and 24 minutes under the later start time.
- The study also found that after the change in school start time, students did not stay up significantly later: they simply slept in longer, a behavior that scientists say is consistent with the natural biological rhythms of adolescents.

Source: <https://www.washington.edu/news/2018/12/12/high-school-start-times-study/>

# Two-Year Longitudinal Study of 28,000+ Students

In 2021, the first large-scale, longitudinal study to concurrently examine the impact of changing school start times was conducted across students in primary/secondary school.

- 28,000 students from grades K-12 were surveyed annually, before and for 2 years after school start time changes (Elementary School: 60 min earlier, Middle School: 40–60 min later; HS: 70 min later).
- The percentage of Elementary School students reporting sufficient sleep duration, poor sleep quality, or daytime sleepiness did not change.
- The percentage of MS and HS students reporting sufficient sleep duration significantly increased and clinically significant daytime sleepiness decreased.
- Benefits of later start times were similar across racial and free/reduced lunch groups.

*Source: <https://academic.oup.com/sleep/article/44/7/zsab048/6218366>*

A grayscale photograph of a hand using a pen to fill out a survey form. The form consists of a grid of numbered circles, some of which are already filled with dark ink. The hand is positioned on the right side of the frame, with the pen tip touching one of the circles. The text 'COMMUNITY SURVEY #2' is overlaid in the center of the image.

# COMMUNITY SURVEY #2



# SCHOOL START TIMES SURVEY OPTIONS

## **Option 1: 3 tier Shift 25+Switch SL/RS (HS/MS - SL - RS)**

Middle School/High School: 7:45/7:50 -  
2:10/2:25

Shaker Lane: 8:30 - 2:55

Russell Street: 9:10 - 3:35

## **Option 2: 2 tier (HS/MS - SL/RS)**

Middle School/High School: 7:55/8:00 -  
2:20/2:30

Shaker Lane/Russell Street: 8:45/8:50 -  
3:10/3:15

## **Option 3: Current Schedule (HS/MS - RS - SL)**

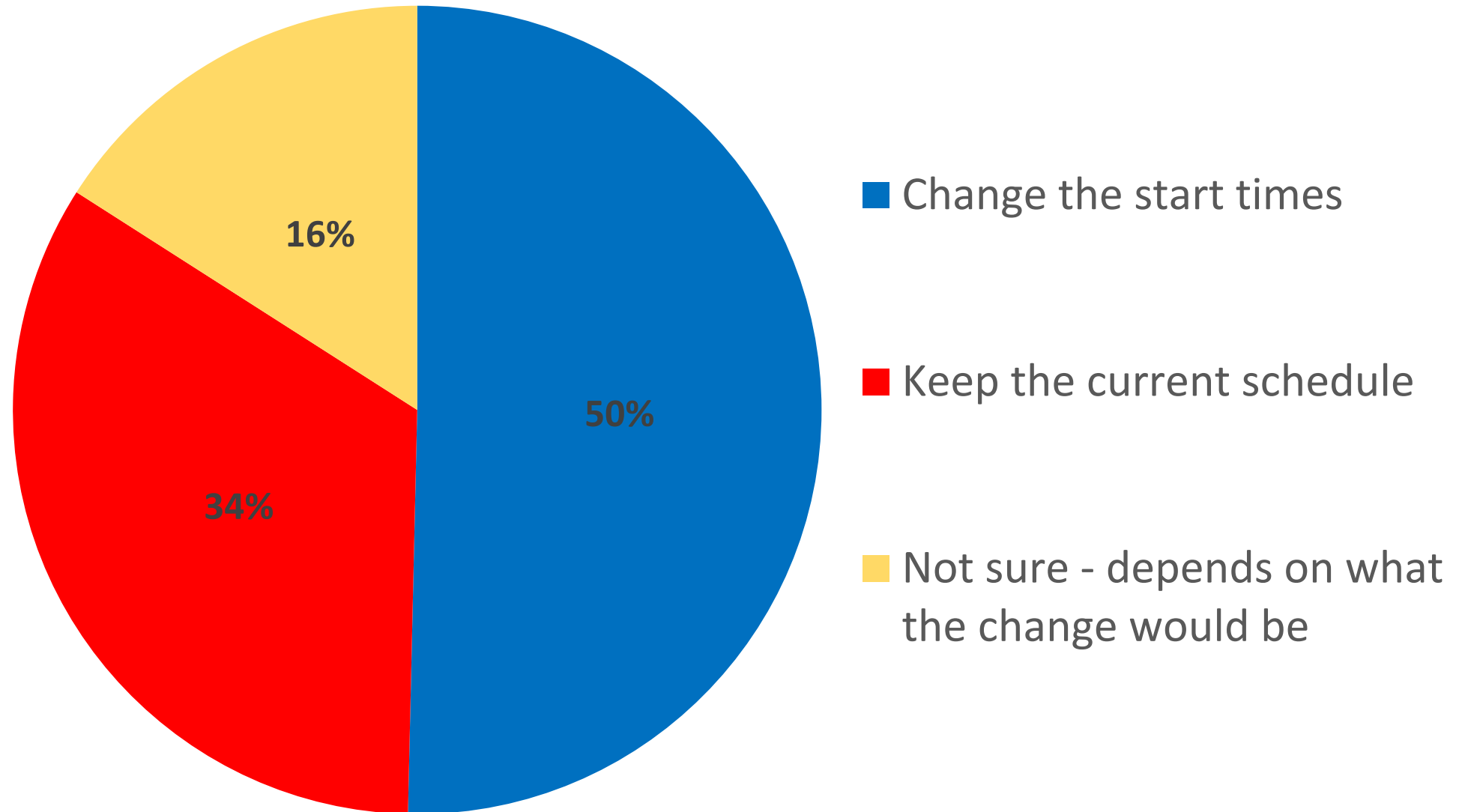
Middle School/High School: 7:20/7:25 -  
1:45/1:56

Russell Street: 8:05-2:30

Shaker Lane - 8:50-3:15

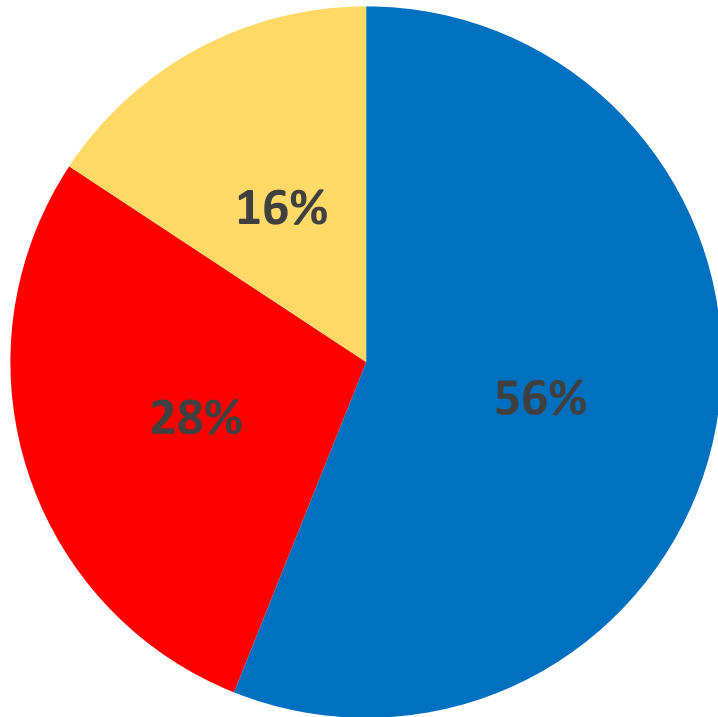
# WHOLE COMMUNITY VOTE – 1229

## WOULD YOU PREFER TO....

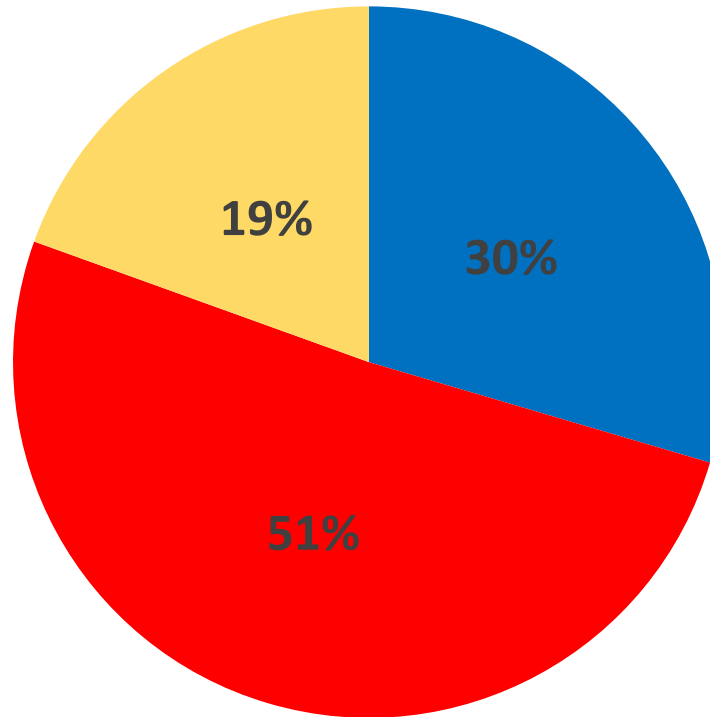


# VOTE BY PARTICIPANT

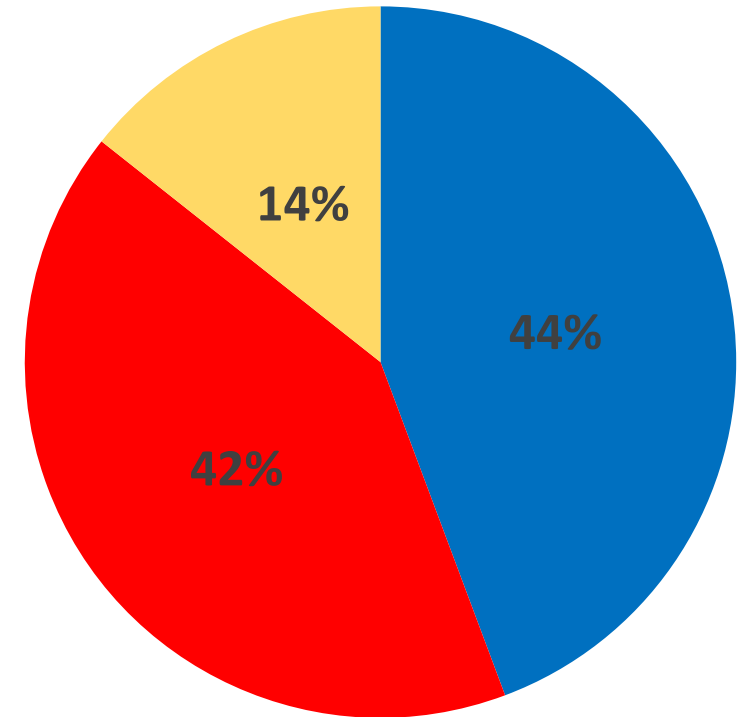
Parents - 833



Staff - 159



Students - 237

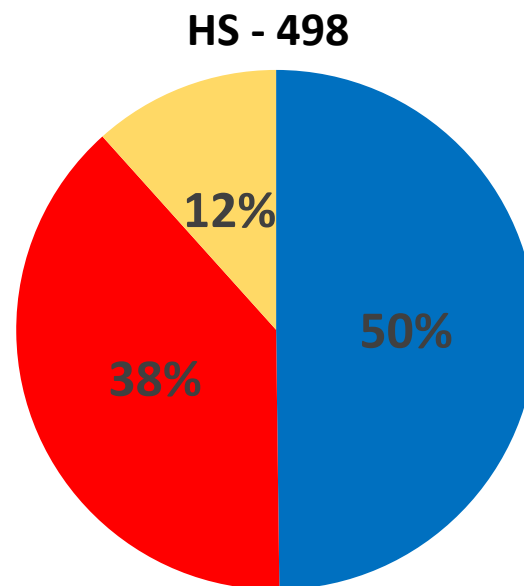
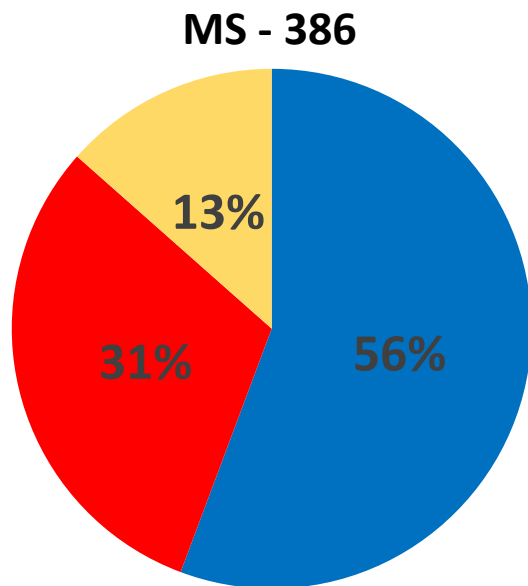
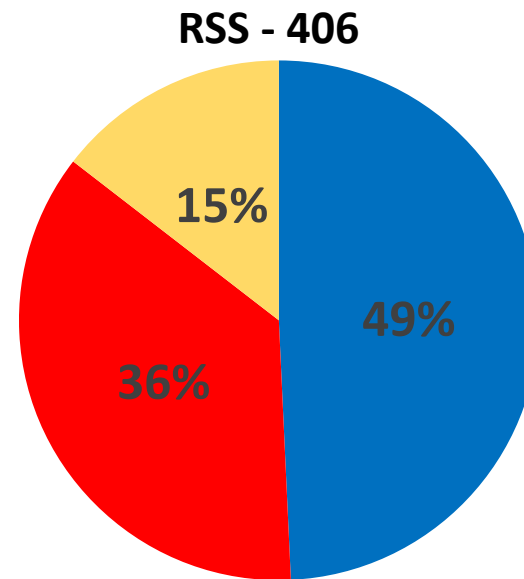
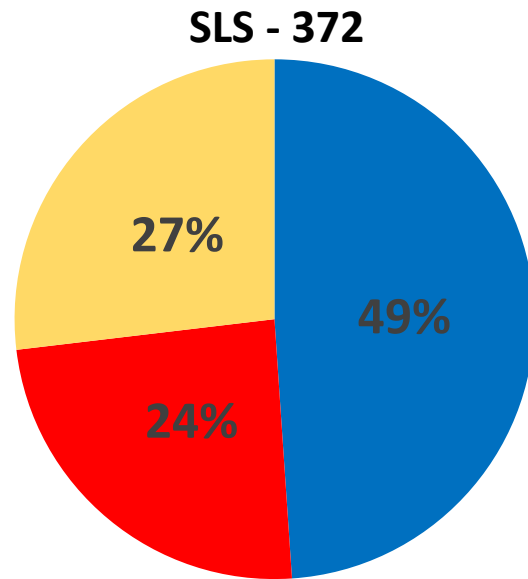


■ Change the start times

■ Keep the current schedule

■ Not sure - depends on what  
the change would be

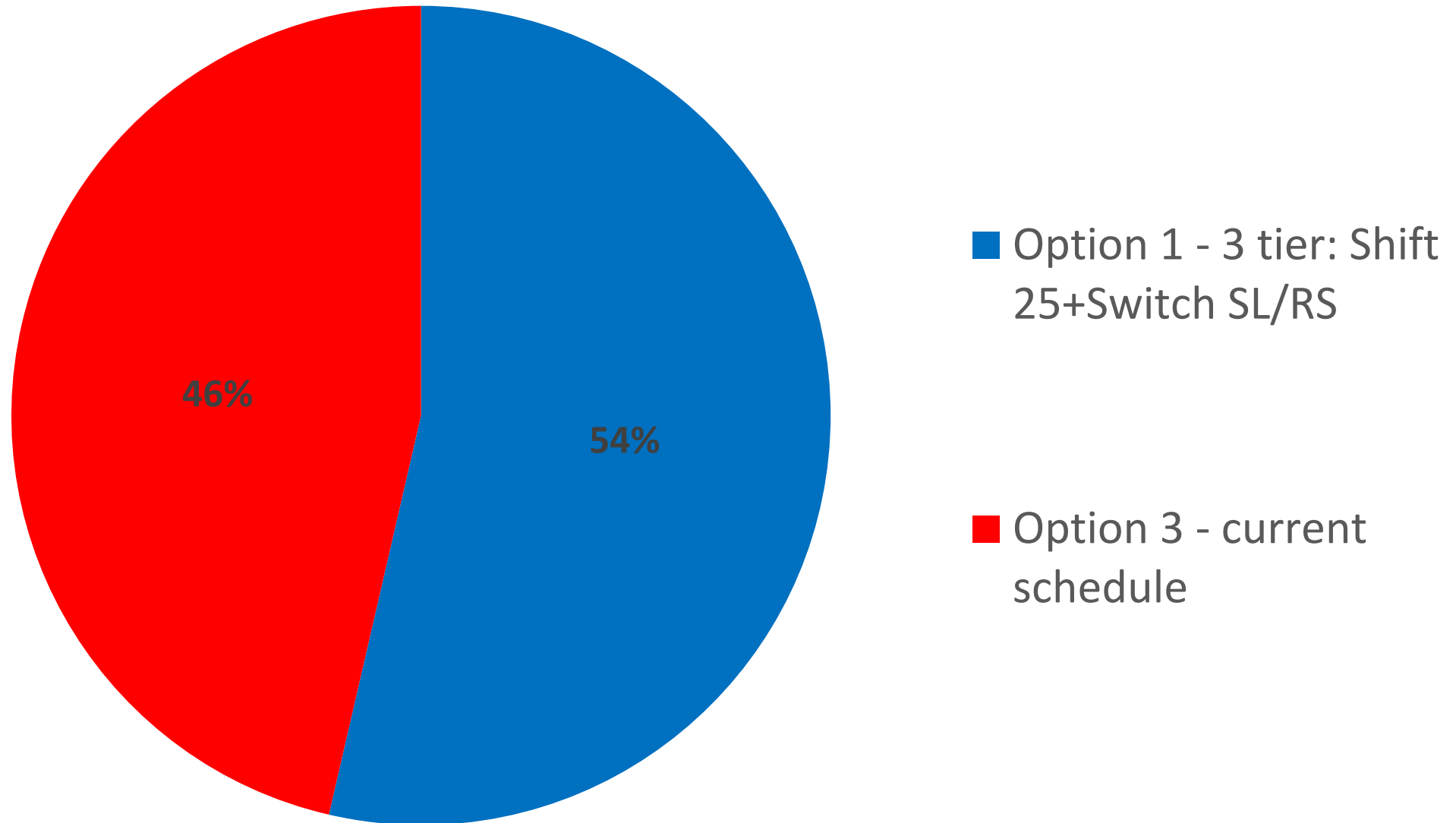
# VOTE BY SCHOOL



- Change the start times
- Keep the current schedule
- Not sure - depends on what the change would be

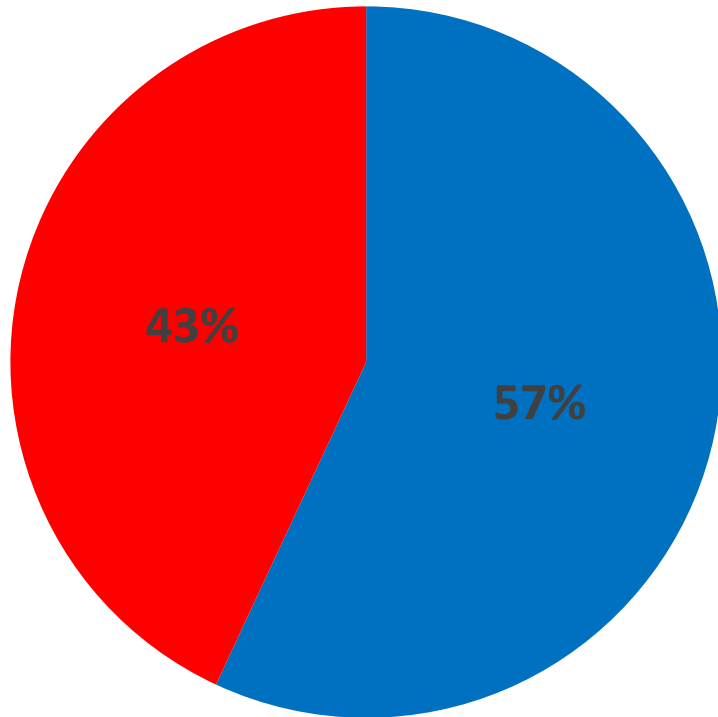
WHOLE COMMUNITY VOTE – 1149

CHOOSE BETWEEN THE FOLLOWING TWO OPTIONS:

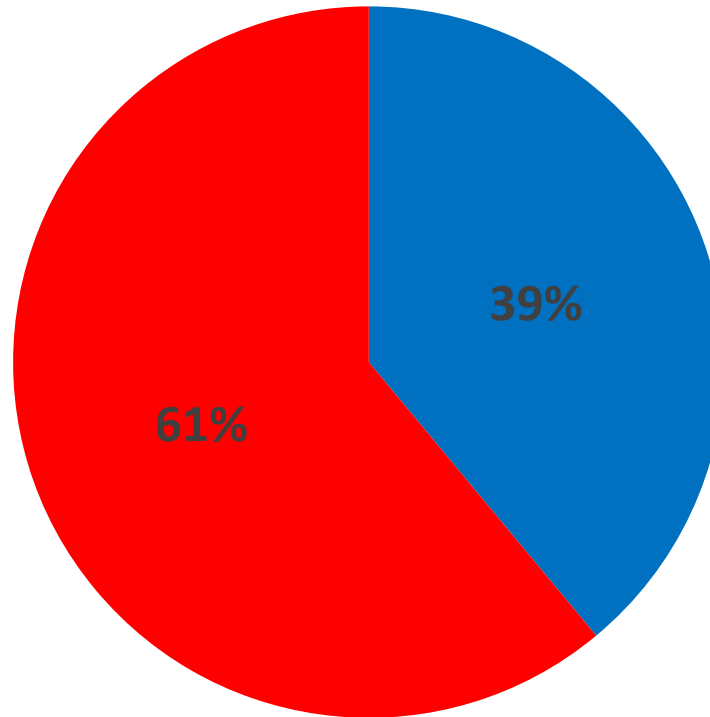


# VOTE BY PARTICIPANT

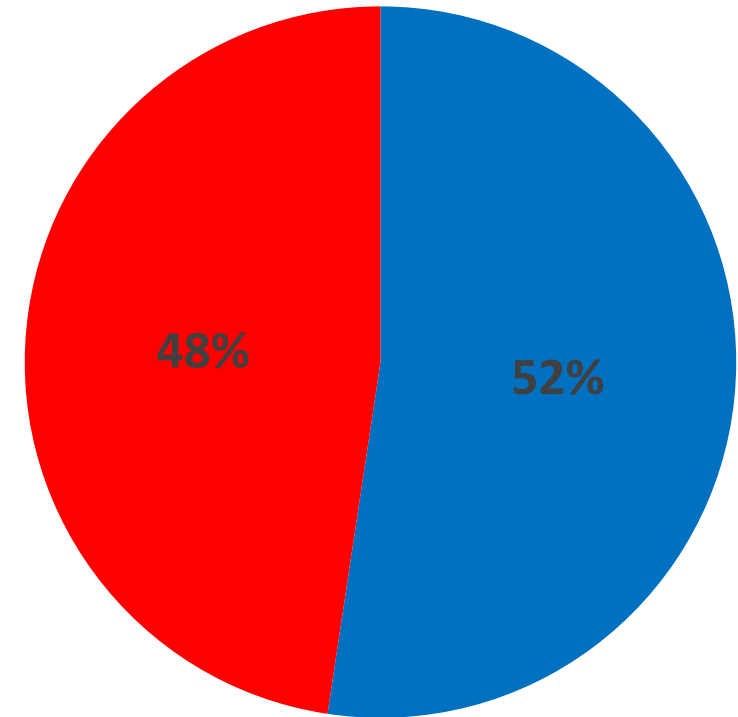
**Parents - 764**



**Staff - 154**



**Students - 231**

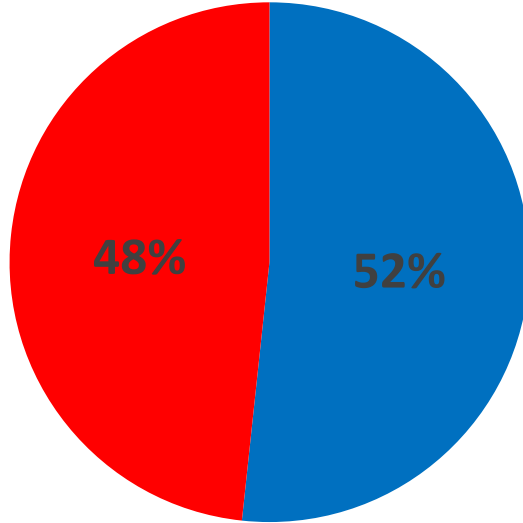


■ Option 1 - 3 tier: Shift  
25+Switch SL/RS

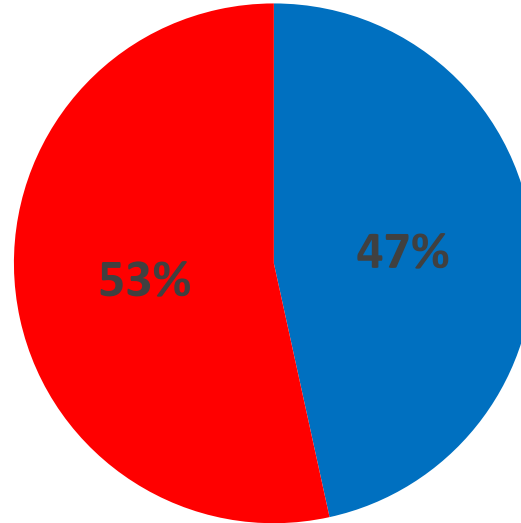
■ Option 3 - current  
schedule

# VOTE BY SCHOOL

**SLS - 325**

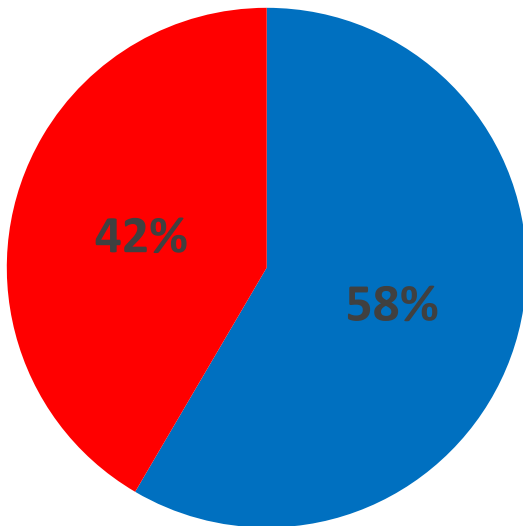


**RSS - 378**

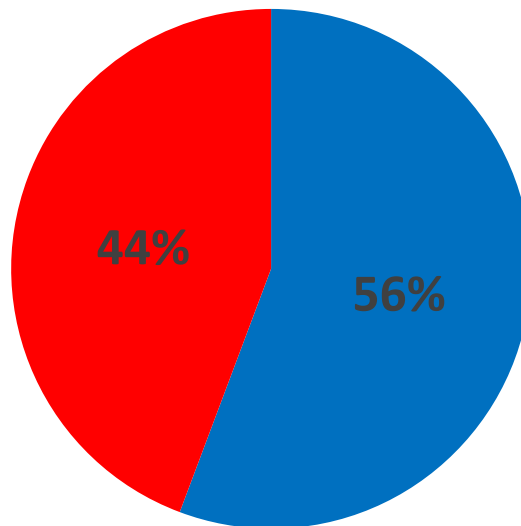


■ Option 1 - 3 tier: Shift 25+Switch SL/RS

**MS - 361**

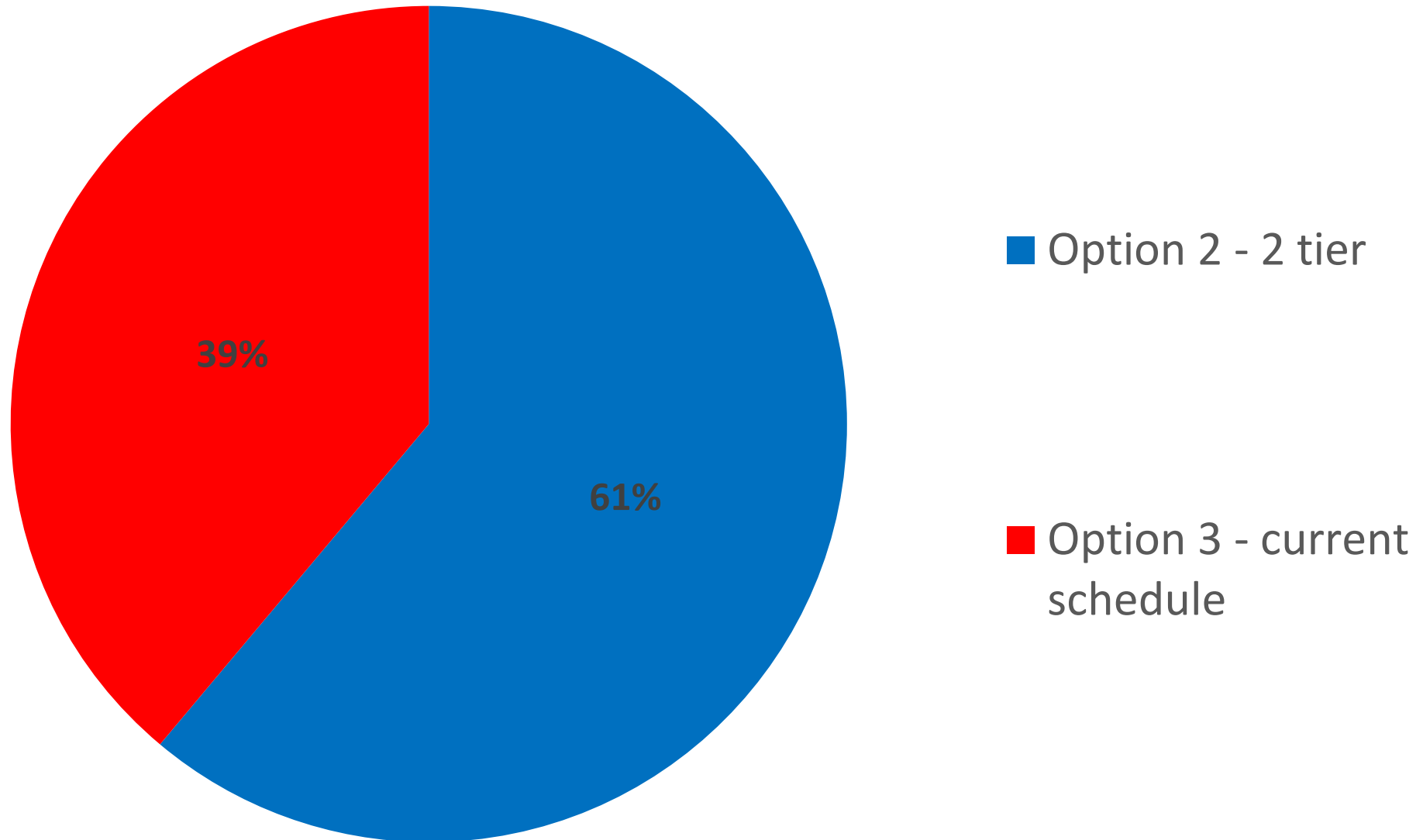


**HS - 481**



■ Option 3 - current schedule

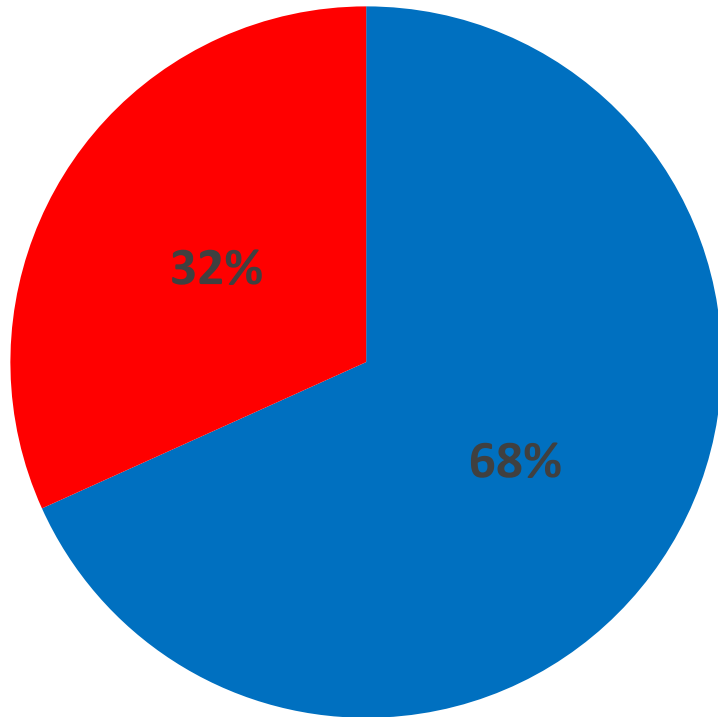
WHOLE COMMUNITY VOTE – 1206  
CHOOSE BETWEEN THE FOLLOWING TWO OPTIONS:



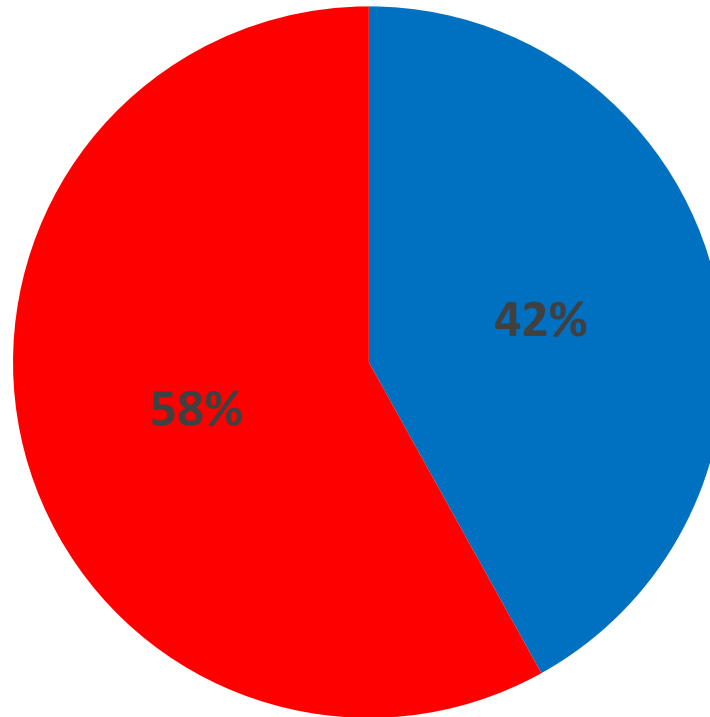


# VOTE BY PARTICIPANT

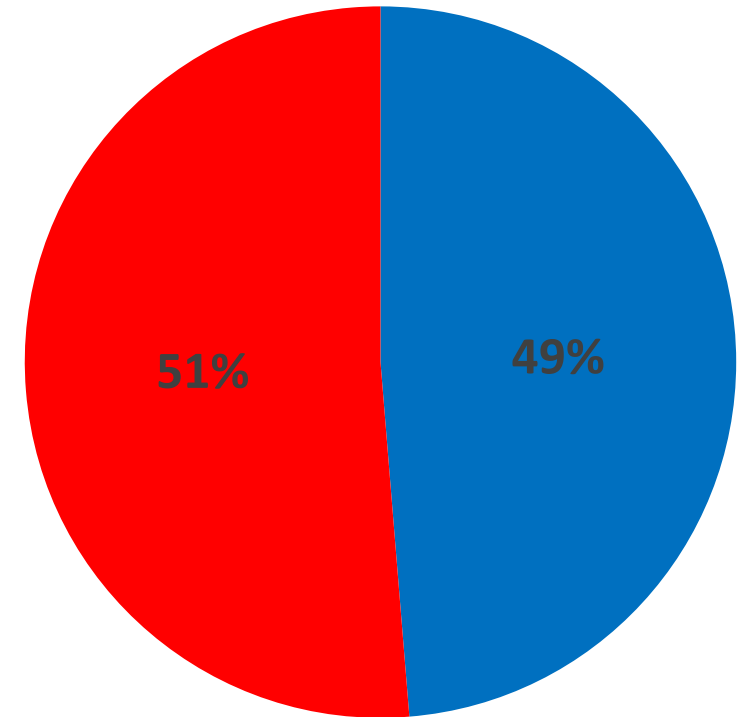
Parents - 819



Staff - 155



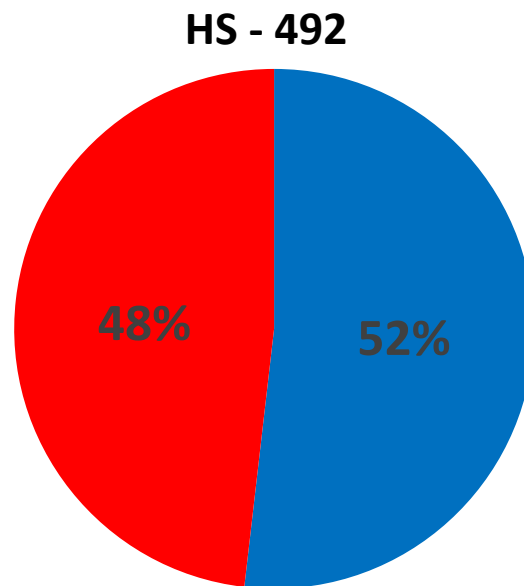
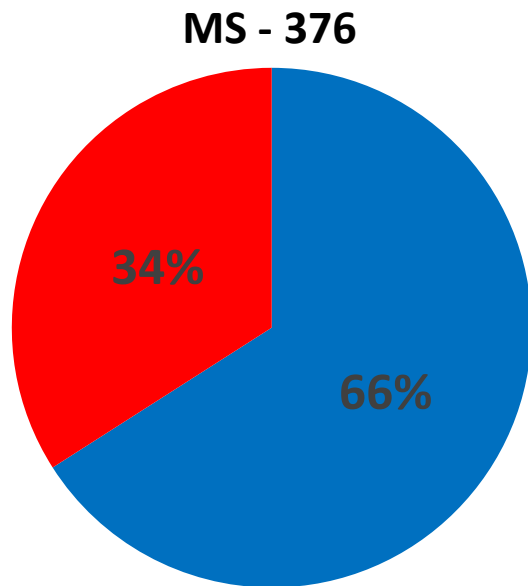
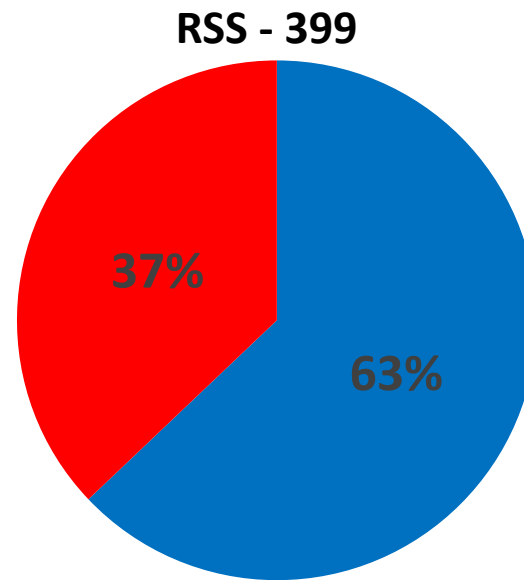
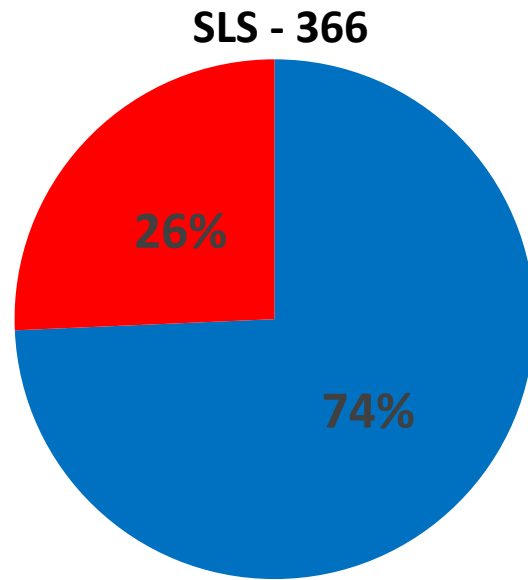
Students - 232



■ Option 2 - 2 tier

■ Option 3 - current  
schedule

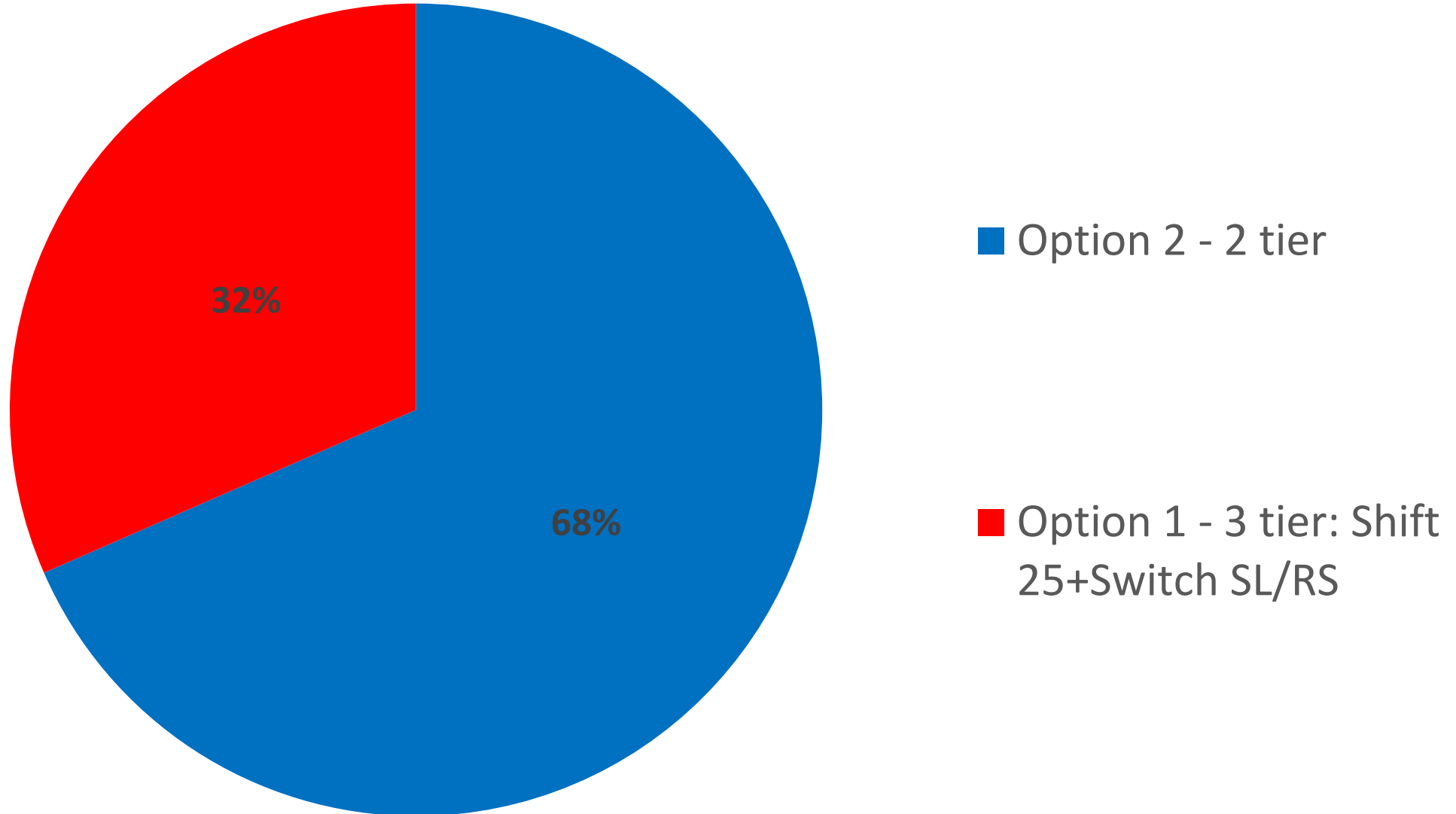
# VOTE BY SCHOOL



■ Option 2 - 2 tier

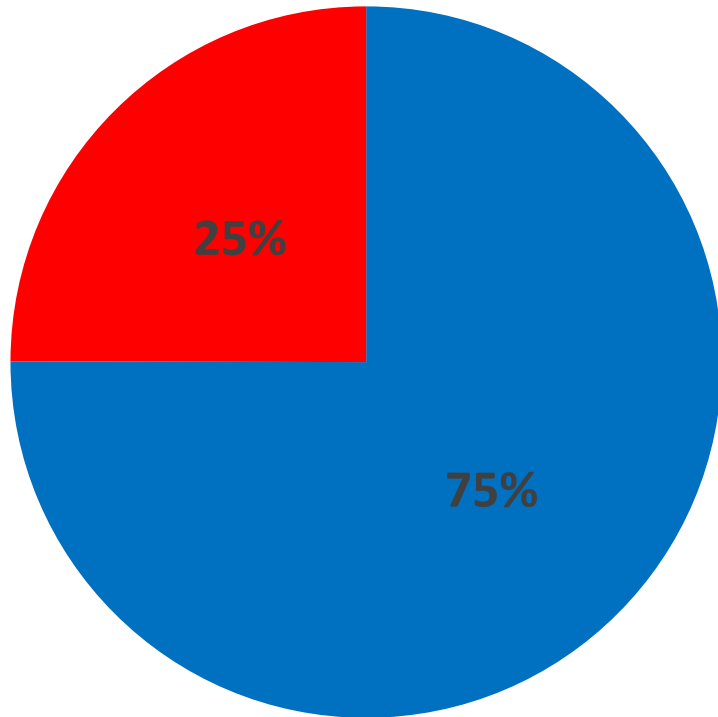
■ Option 3 - current schedule

WHOLE COMMUNITY VOTE – 1115  
CHOOSE BETWEEN THE FOLLOWING TWO OPTIONS:

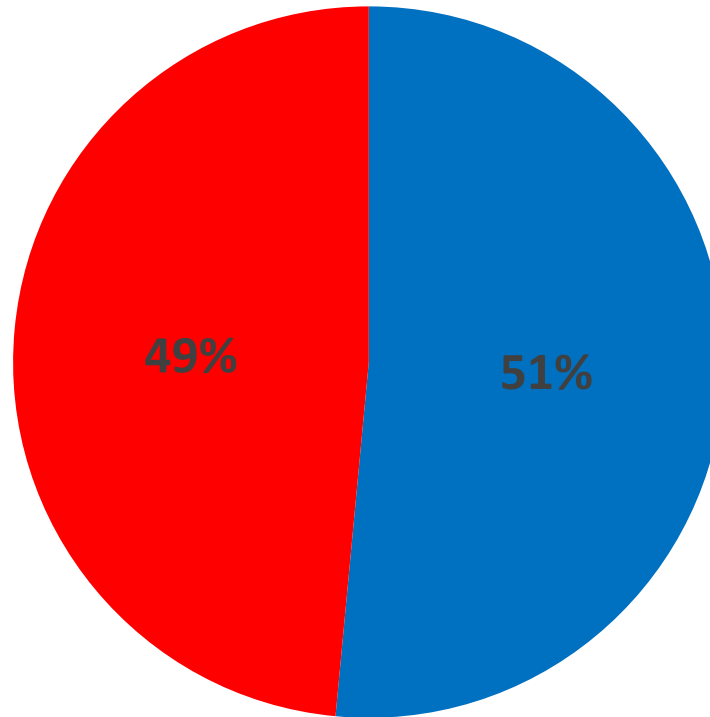


# VOTE BY PARTICIPANT

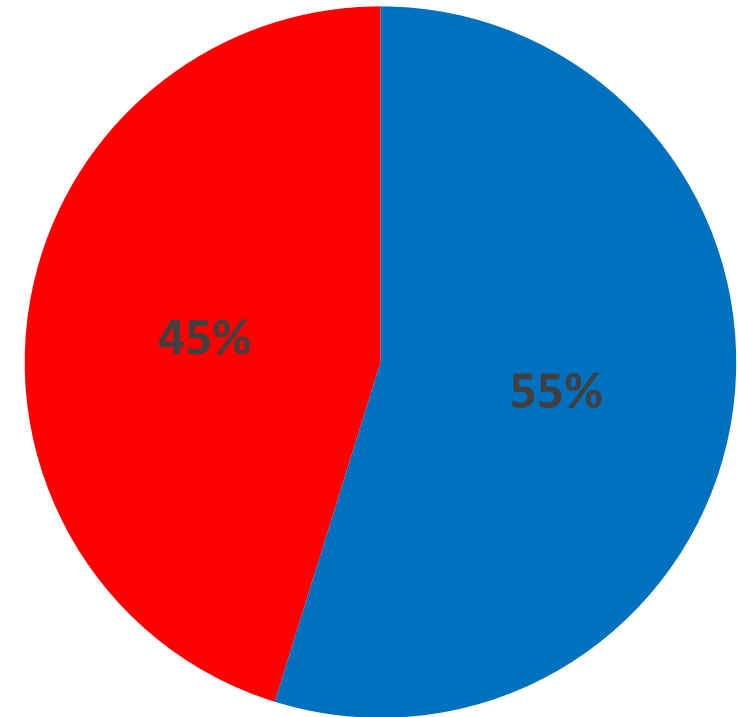
**Parents - 773**



**Staff - 134**



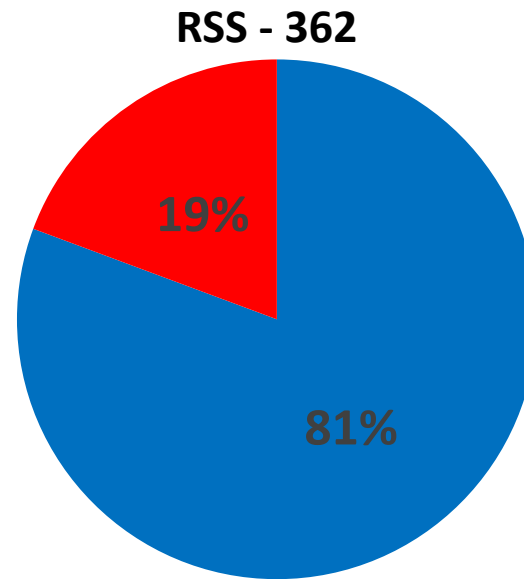
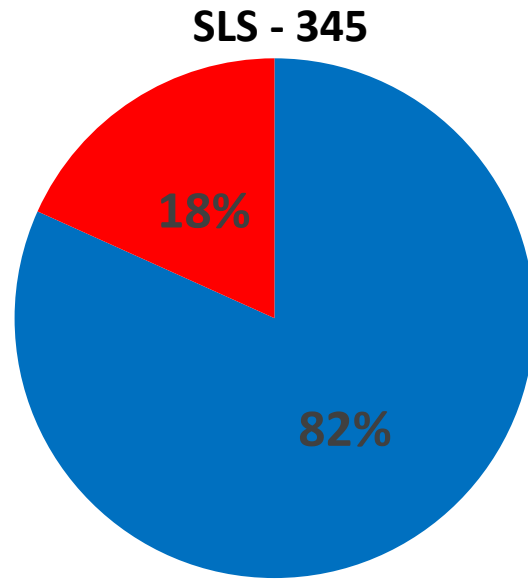
**Students - 232**



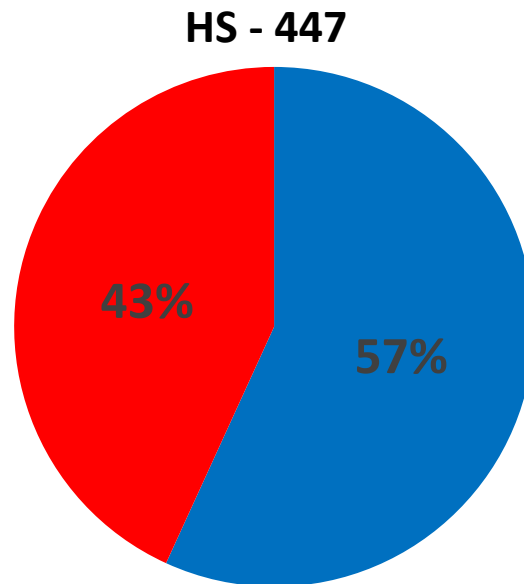
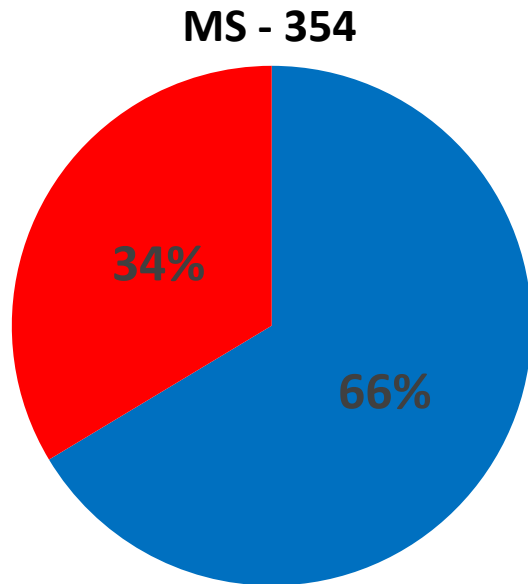
■ Option 2 - 2 tier

■ Option 1 - 3 tier: Shift  
25+Switch SL/RS

# VOTE BY SCHOOL



■ Option 2 - 2 tier



■ Option 1 - 3 tier: Shift 25+Switch SL/RS



# START TIME COMPARISONS

## Neighboring Towns but not Athletic Competitors

District	School District Enrollment*	Lower Elementary Start	Lower Elementary Finish	Upper Elementary Start	Upper Elementary Finish	Middle School Start	Middle School Finish	High School Start	High School Finish
Chelmsford	4943	8:59	3:18	8:59	3:18	8:19	2:40	7:19	1:51
Littleton	1642	8:50	3:15	8:05	2:30	7:20	1:45	7:25	1:56
Westford	4668	9:05	3:10	8:25	2:30	7:35	1:55	7:35	1:55
Maynard	1185	8:30	2:30	7:55	2:55	7:55	2:55	7:45	
Acton-Boxborough	5186	8:50	3:20	8:50	3:20	8:00	2:36	8:00	2:47
Concord-Carlisle	1323	9:00	3:30			8:15	2:40	8:00	2:41
Sudbury	2517	7:55	2:25	7:55	2:25	8:30	3:10	8:35	3:14

# Athletic Competitors

District	School District Enrollment*	Lower Elementary Start	Lower Elementary Finish	Upper Elementary Start	Upper Elementary Finish	Middle School Start	Middle School Finish	High School Start	High School Finish
N. Middlesex Regional	2989	8:45	3:05	8:45	3:05	8:00	2:30	7:15	1:54
Littleton	1642	8:50	3:15	8:05	2:30	7:20	1:45	7:25	1:56
Tyngsborough	1624	8:50	3:06	8:50	3:06	7:25	1:55	7:25	1:55
Clinton	1905	8:35	3:15	-	-	8:00	2:30	7:25	2:09
Quabbin Regional	2223	8:35	3:10	8:35	3:10	7:25	2:00	7:25	2:00
Ashburnham-Westminster	2272	8:30	2:55	8:30	2:55	7:35	1:50	7:30	1:55
Hudson	2336	8:35	2:55	8:35	2:55	7:42	2:25	7:30	2:03
Leominster		9:00	3:30	9:00	3:30	8:15	2:45	7:30	2:15
Fitchburg	5187	9:05	3:25	9:05	3:25	7:30/8:20	1:50/2:40	7:30	2:05
Southern Worcester	1173							7:35	2:30
Millbury	1601	8:38	3:24	7:57	2:28	7:40	1:57	7:40	1:57
Nashoba Regional	3088	8:35	3:05	8:35	3:05	7:45	2:15	7:40	2:20
Assabet Valley Reg.+	1139							7:40	2:32
Gardner (2022-2023)	2251	8:45	3:00			7:15	2:00	7:45	2:30
Ayer-Shirley	1622	8:45	3:15	8:45	3:15	7:50	2:20	7:50	2:20
Lunenburg	1597	9:00	3:20	8:50	3:10	8:00	2:30	8:00	2:30
Westborough	3856	8:50	3:05	8:50	3:05	8:10	2:37	8:10	2:37
Harvard/Bromfield	1025	9:00	3:30	9:00	3:30	8:15	2:40	8:15	2:40
Francis W. Parker Charter+	386	-	-	-	-	8:30	3:30	8:30	3:30
Weston	1948	8:00	2:20	8:00	2:20	8:45	3:15	8:45	3:15
Leominster (2)	5915	8:15-8:30	2:45-3:00	8:15-8:30	2:45-3:00	7:45	2:15	9:00	3:30
Groton-Dunstable	2315	8:55	3:20	8:55	3:20	8:08	2:25	7:27	1:50





QUESTIONS?  
DISCUSSION / VOTE

# LITTLETON SCHOOLS START TIME SCHOOL COMMITTEE PRESENTATION

November 17, 2022

June 2022	<p>School Start Times Working Group formed, kickoff meeting held</p> <ul style="list-style-type: none"> <li>• Identified potential scenarios</li> <li>• Determined key blockers and issues</li> </ul>	<p><b>School start times project TIMELINE</b></p>
July-Aug 2022	<p>Discussions with relevant parties to get missing info</p> <p>Working group met again to determine criteria for GPI study</p>	
August 2022	<p>School Committee special meeting to approve GPI study</p>	
Sept-Oct 2022	<p>GPI study conducted and reviewed</p>	
November 2022	<p>Community survey sent</p> <p>Community open forum held</p> <p>School Committee to meet and discuss work to date and options</p>	
December 2022	<p>SC plan to vote</p>	

# SCHOOL START TIMES SURVEY OPTIONS

## Option 1: Flip + Shaker Start

- Shaker Lane: 7:45 - 2:05
- MS/HS: 8:20/8:25 - 2:40/2:50
- Russell Street: 9:10 - 3:35

## Option 2: Flip + Russell Start

- Russell Street: 7:45 - 2:05
- MS/HS: 8:20/8:25 - 2:40/2:50
- Shaker Lane: 9:10 - 3:35

## Option 3: Shift 35

- MS/HS: 7:45/7:55 - 2:10/2:20
- Shaker Lane: 8:30 - 2:55
- Russell Street: 9:10 - 3:35

## Option 4: Combine and Switch (2-tier system)

- Shaker Lane: 8:00-2:30 (on their own buses)
- HS: 8:00-2:30 (on separate set of buses)
- MS/Russell Street: 8:55/9:00 - 3:15/3:20

## Option 5: Current Schedule

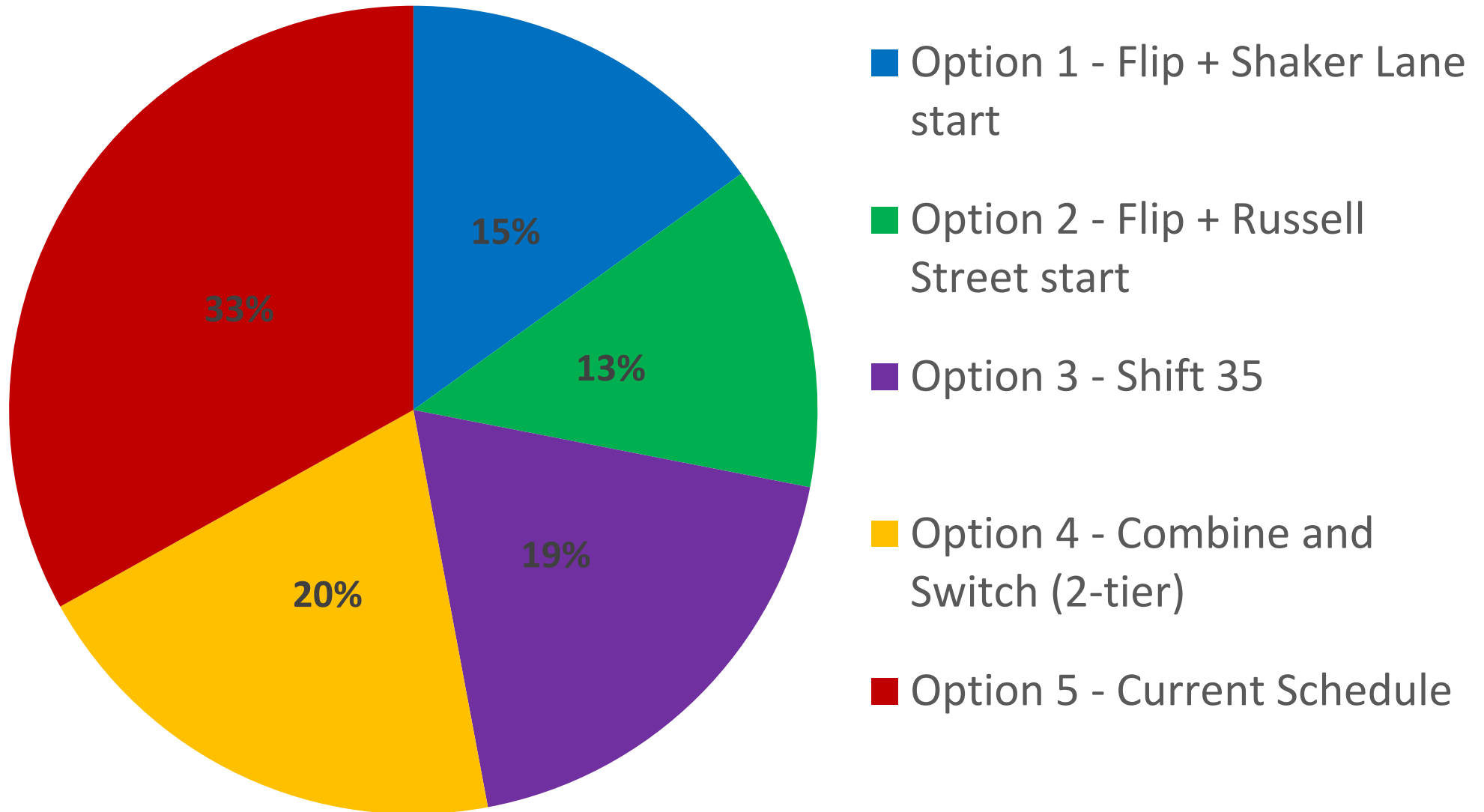
- MS/HS: 7:20/7:25 - 1:45/1:56
- Russell Street: 8:05-2:30
- Shaker Lane - 8:50-3:15

The background is a grayscale, halftone-textured image of a survey form. It features a grid with numbers 1 through 16 in the left column and 1 through 16 in the top row. Each cell in the grid contains a circled number. A pen is shown pointing to the cell at row 16, column 12. The text 'COMMUNITY SURVEY' is centered over the grid.

# COMMUNITY SURVEY

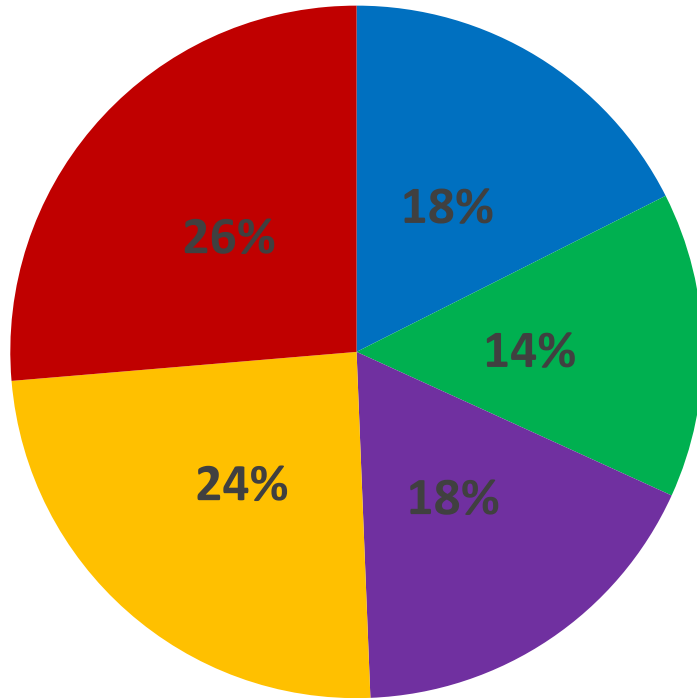
# WHOLE COMMUNITY VOTE BY OPTION – 1354

## FIRST CHOICE

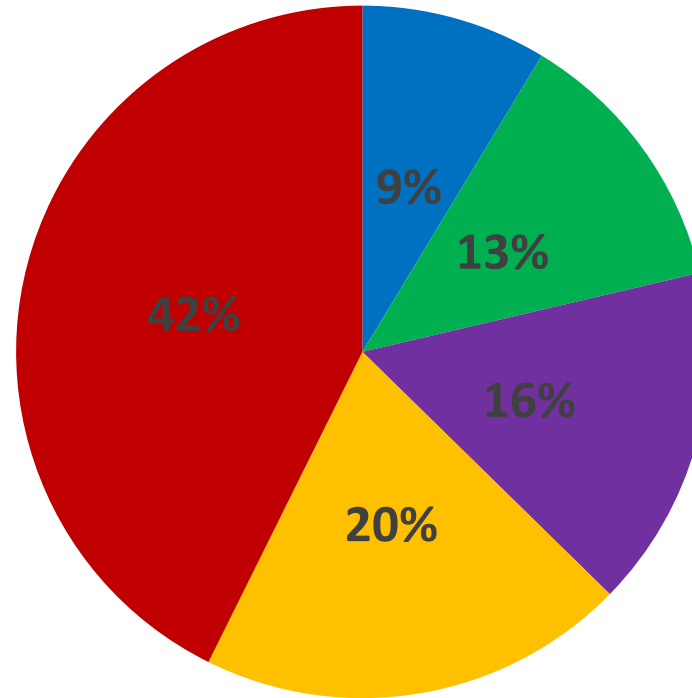


# VOTE BY PARTICIPANT

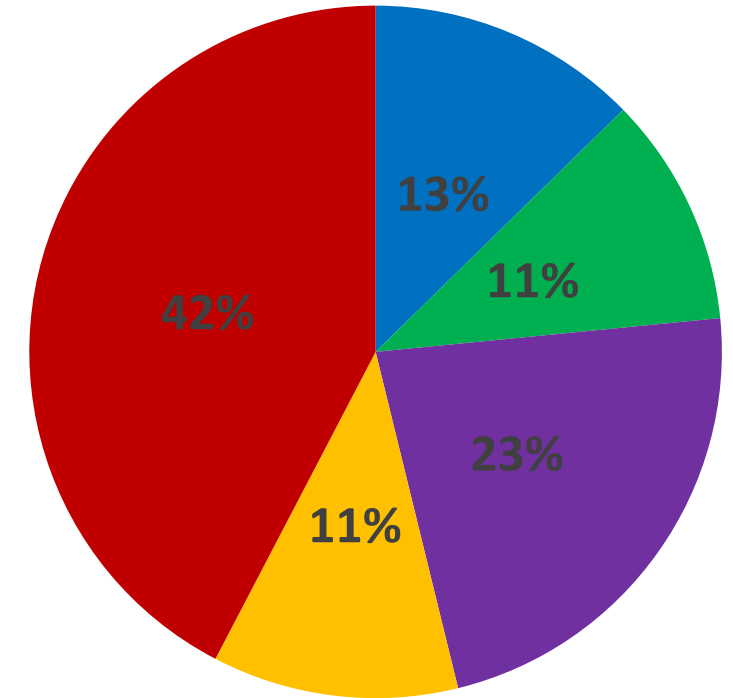
Parents - 786



Staff - 150



Students - 418

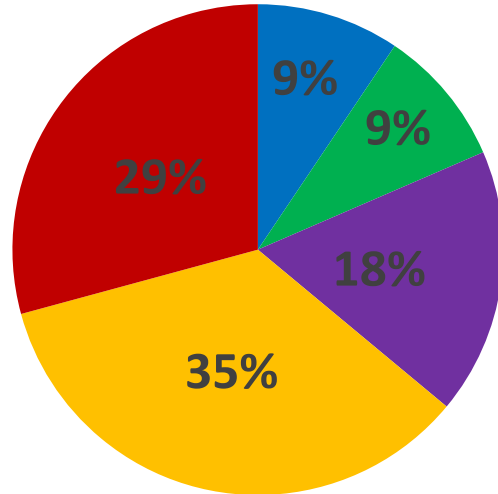


- Option 1 - Flip + Shaker Lane start
- Option 3 - Shift 35
- Option 5 - Current Schedule

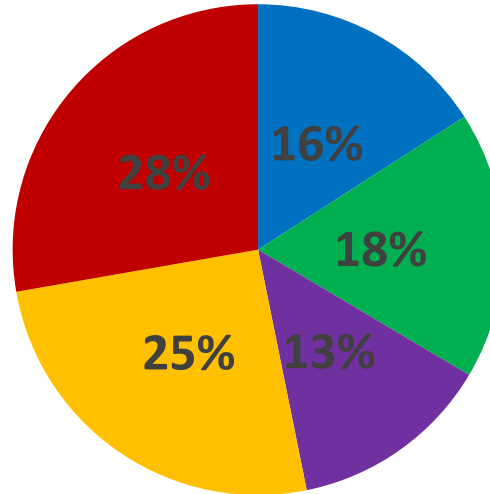
- Option 2 - Flip + Russell Street start
- Option 4 - Combine and Switch (2-tier)

# VOTE BY SCHOOL

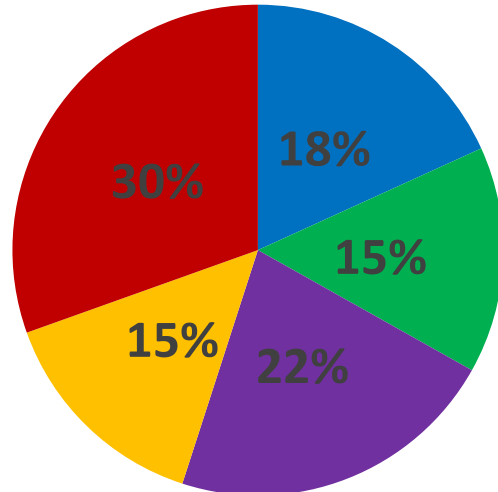
**SL - 308**



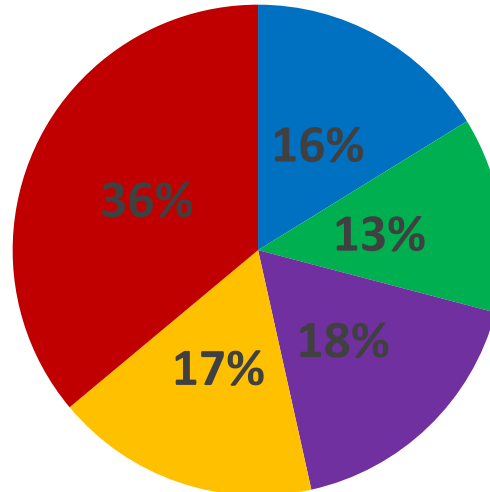
**RSS - 346**



**MS - 522**



**HS - 574**

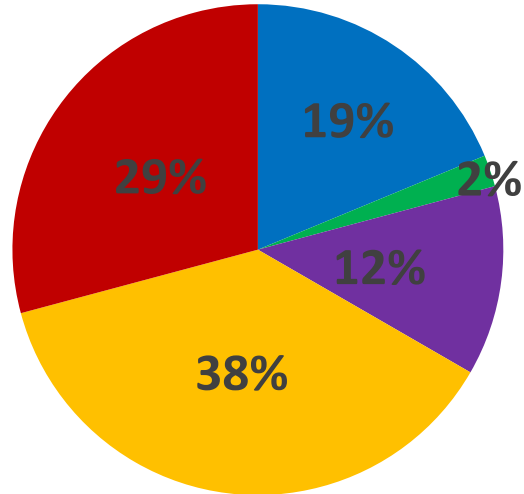


- Option 1 - Flip + Shaker Lane start
- Option 2 - Flip + Russell Street start
- Option 3 - Shift 35
- Option 4 - Combine and Switch (2-tier)
- Option 5 - Current Schedule

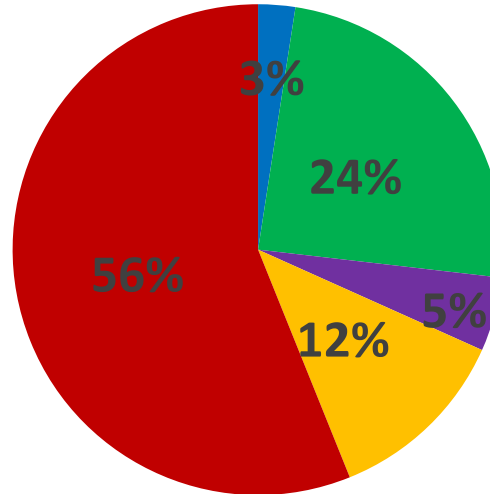


# VOTE BY STAFF – BY SCHOOL

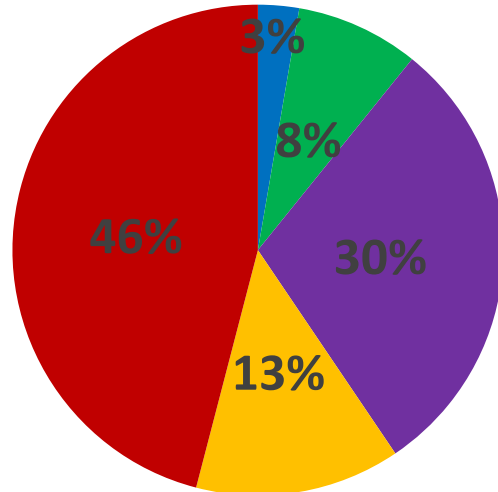
**SL - 48**



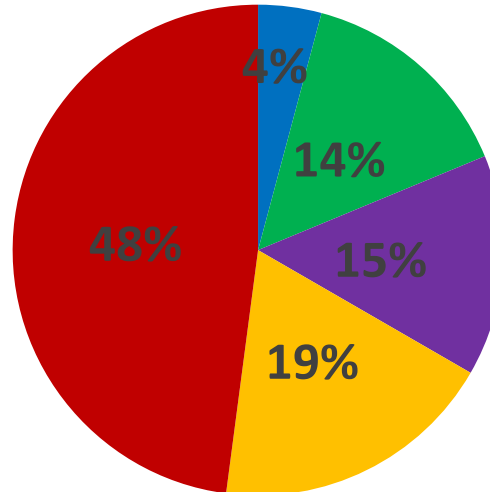
**RSS - 41**



**MS - 37**



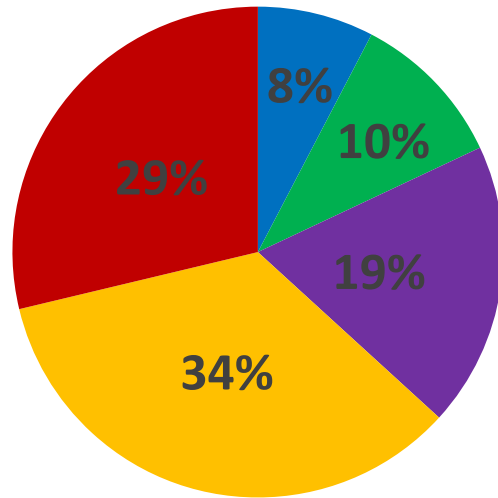
**HS - 48**



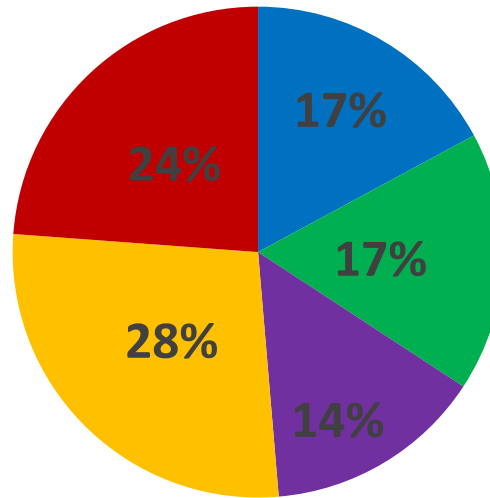
- Option 1 - Flip + Shaker Lane start
- Option 2 - Flip + Russell Street start
- Option 3 - Shift 35
- Option 4 - Combine and Switch (2-tier)
- Option 5 - Current Schedule

# VOTE BY PARENTS – BY SCHOOL

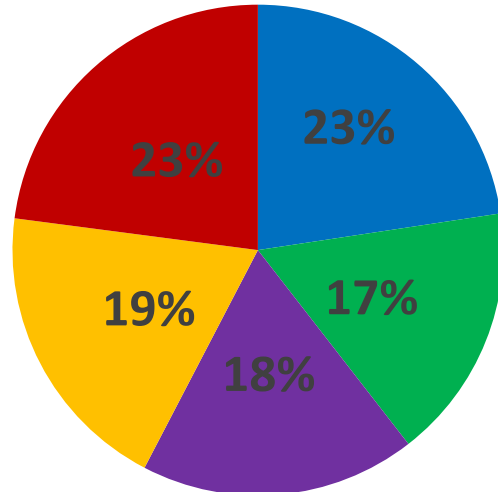
**SL - 261**



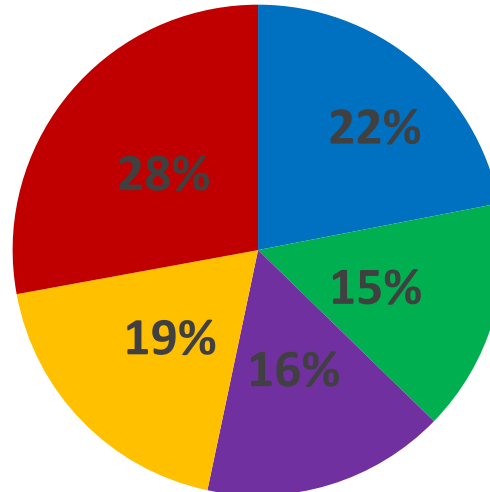
**RSS - 298**



**MS - 314**



**HS - 287**



■ Option 1 - Flip + Shaker Lane start

■ Option 2 - Flip + Russell Street start

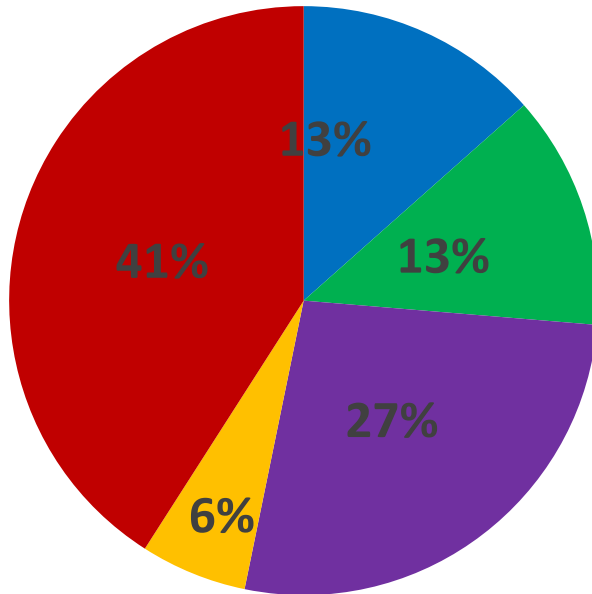
■ Option 3 - Shift 35

■ Option 4 - Combine and Switch (2-tier)

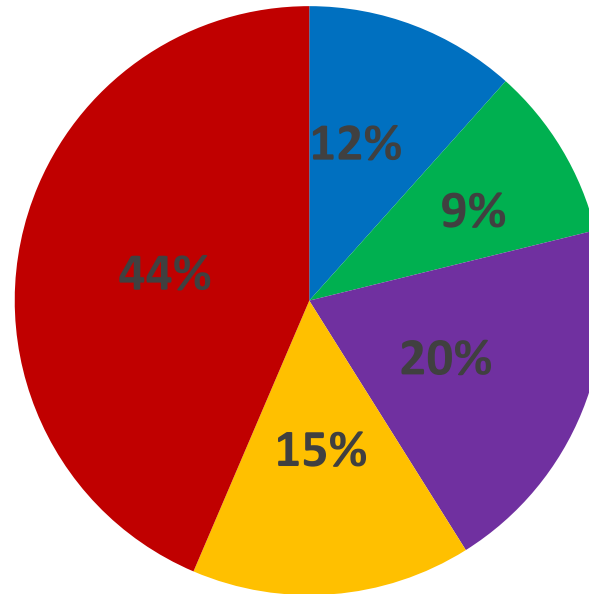
■ Option 5 - Current Schedule

# VOTE BY STUDENTS – BY SCHOOL

**MS - 171**



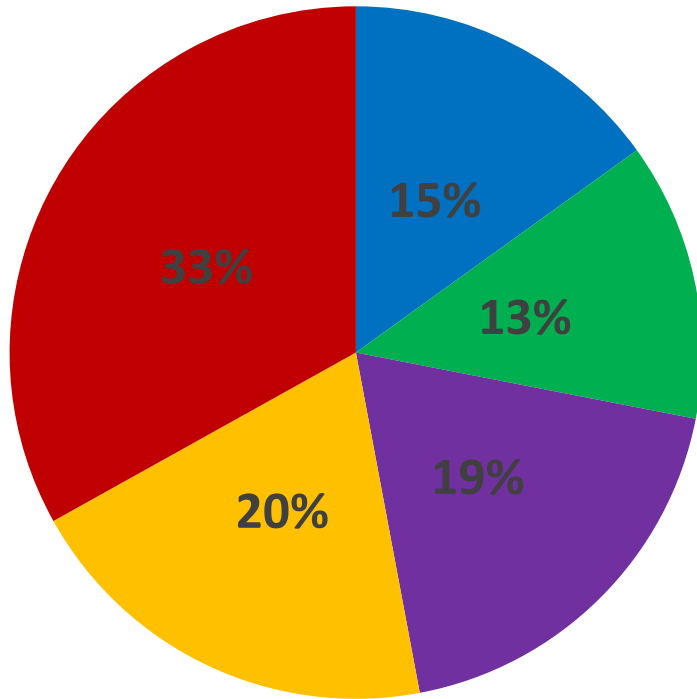
**HS - 241**



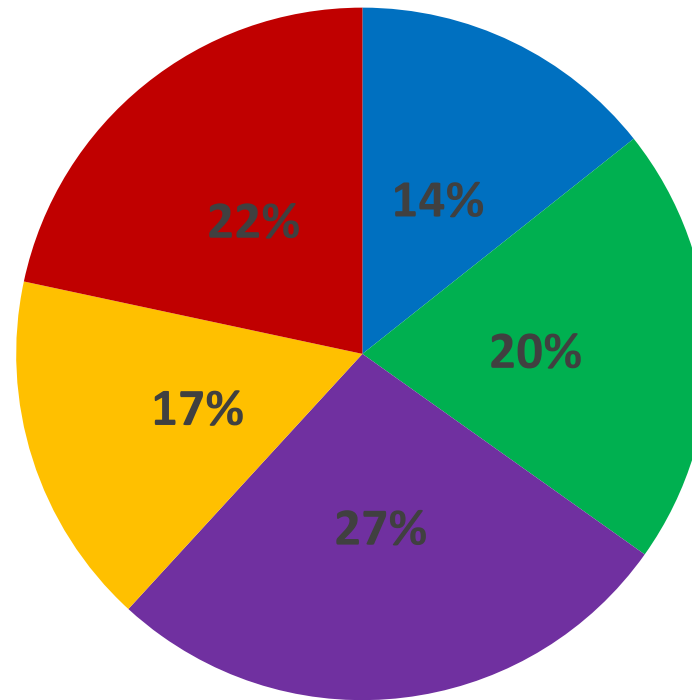
- Option 1 - Flip + Shaker Lane start
- Option 2 - Flip + Russell Street start
- Option 3 - Shift 35
- Option 4 - Combine and Switch (2-tier)
- Option 5 - Current Schedule

# VOTE BY CHOICES

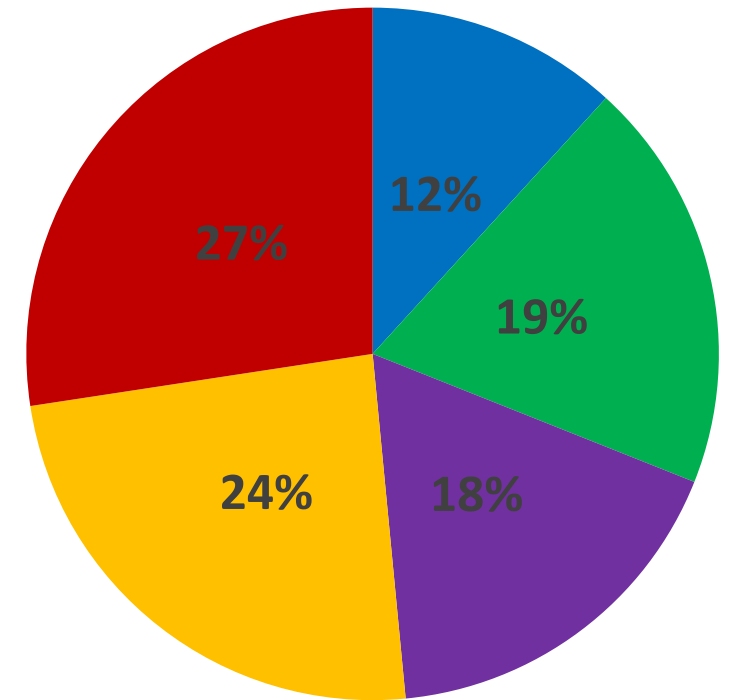
First choice - 1354



Second Choice - 1312



Third Choice - 1215

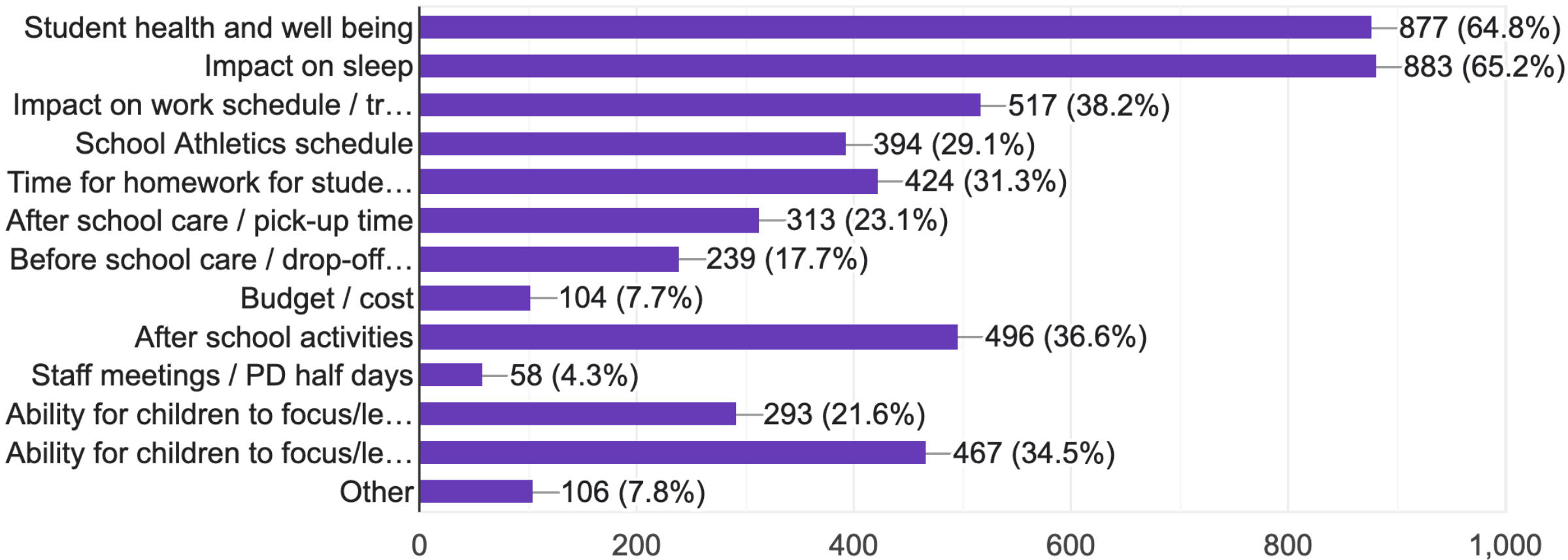


- Option 1 - Flip + Shaker Lane start
- Option 2 - Flip + Russell Street start
- Option 3 - Shift 35
- Option 4 - Combine and Switch (2-tier)
- Option 5 - Current Schedule

*\*Note: 139 individuals picked option 5 as first and second choice  
127 individuals picked option 5 as first, second and third choice*

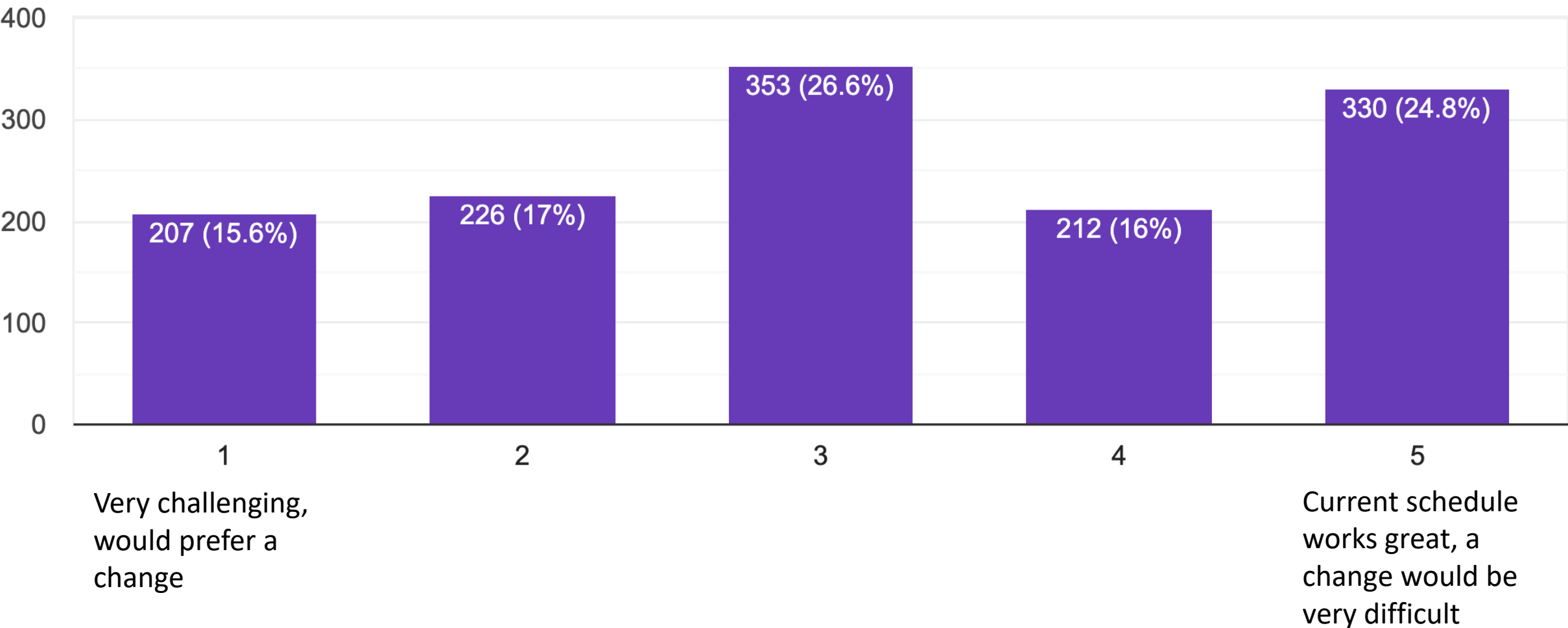
# What are the most important factors influencing your decision? (select up to 5)

1,354 responses



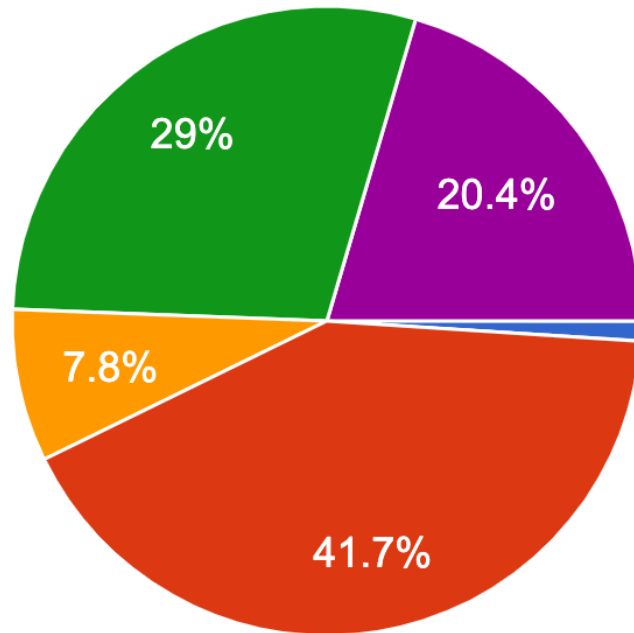
On a scale of 1 to 5 please share your feedback on the current schedule.

1,328 responses



Please only fill out this question if you are a student or parent: If an option requiring additional buses is chosen, it is possible that bus fees might increase (e.g., \$100). If that is the case, would you be more likely to:

1,174 responses



- Start riding bus (don't use it now)
- Continue riding the bus (already do now as well)
- Stop riding the bus and drop child(ren) off
- Don't currently use bus (and don't plan to)
- Not sure

# CATEGORIES OF COMMENTS

<b><u>COMMENT CATEGORIES</u></b>
<b><u>PRO-CHANGE</u></b>
Older kids need more sleep / thank you for doing this
Add more buses - option 4 is the best and fairest
Younger kids should start and end earliest
Waking up so early is painful & hard to focus
<b><u>ANTI-CHANGE</u></b>
I don't want to change, it's fine as-is
Need better after-school for younger kids if they start earlier
Later start times will result in older kids going to be later; no benefit
Older kids need longer afternoons for job/sports/homework
Older kids need to watch younger sibs after school
Changes will interfere with parent work schedule
Unsafe for young kids to get on bus so early
Proposed shifts won't help that much - a lot of work for little reward
Younger kids need more sleep
Later start times run into rush hour traffic causing delays
<b><u>OTHER</u></b>
We shouldn't add buses and add costs, raising bus fees or taxes
Group the tiers based on age: SLS/RSS and HS/MS
Big gap between RSS and SLS start/end is too hard for teachers/parents
MS and RS kids shouldn't share a bus
No school should start after 9



# PARENT COMMENTS

If you are going to change the school times then wouldn't it make the most sense for shaker lane and Russell street to start at the same time with an extra bus and the same for middle and high school. I think the younger kids SL and RS should start at 8:15 and MS and HS should start at 8:55

I think switching to a 2 tier system to consolidate the process would really be ideal, despite the extra cost. Again, it's difficult when you have kids across multiple schools to time everything with the 3 tier system (eg., I will eventually have a kid in high school, one in Russell street and one in shaker lane all at once, so under the current schedule, kids have to be available for the bus for almost a 2 hour window which is tough).

Option 4 - combine and switch presents a big challenge for families such as mine who will have children attending schools with the same start times. Even with the 15 minute drop off window before school starts that would be a very tight window to get both children to school on time. Especially on days with significant traffic issues in town.

I know there is strong research about the older kids needing more sleep and I get that and feel for that. And I can get on board with a SMALL change. However, I also know that as kids get into the working world (if they choose not to go to college) or college... they will also most likely need to get up early.

We just did this in the district I worked in. A 7:45/8:00 start time for high school and middle school made a big difference in a good way!

My middle school son struggles every morning to get out of bed...The early start time affects his attitude towards school and overall well being. I hope changes can be made!!

Also it's dangerous to have students waiting for buses in the dark during the fall and winter months.

I am open to schedule changes but I would not want my RSS kids on the bus with middle schoolers. There is way to big of an age swing from 3rd grade to 8th and minimal supervision on the busses.

I'm pleased to see that the district is looking to adjust start times. My daughter has struggled with the earlier start times in Middle and High School. I really like the options that do allow for a later start time for these schools that also take into consideration a not too late end/dismissal time considering after school commitments that students at this age have.

Parents need to get their kids to bed sooner and stop allowing them to be in so many activities. This schedule has worked for years.

My middle school child left the house this morning in the dark. I was concerned about his safety given the finished visibility with fog. This is likely to get worse with snow/ice storms. I appreciate the work and effort invested in creating this very welcomed and needed change!

My child's after school activities are all based off of the current school schedule. These are activities she enjoys. If school gets out later it'll hinder her participation. And if these after school activities adjust due to a new school schedule then she's home later and up later completing homework, defeating the entire purpose of changing schedules to provide more rest. Plus as a working parent who has to commute, this will result in me being late to work every day. Teenagers stay up late and get little sleep no matter what time school starts. Changing the start time won't stop teenagers from being teenagers

I work in a high school that recently shifted start times. Students in my school have reported that they love the later time, even though it is less convenient in the afternoon. Community members may be worried about high school students getting extra help after school. In my school, the extra help is still given after school and now we also offer assistance before school. The later start time has created MORE flexibility and opportunity for students to receive extra help. Earlier times prevent students from coming in before school.

My middle schooler is struggling so much with the early start time that she has turned from a kid who loves school to a kid who fights me every morning to stay home. I've been looking at other schools to see what our options are because this just isn't working for her.

I believe a change in schedule is a poor idea, which will impact high school students ability to engage in multiple after school activities. My children have busy after school schedules; some are not part of the Littleton School system. If high school hours were to end later, it would negatively impact my children's ability to participate in all of the after school activities they are currently involved in.

Studies have shown that later start times result in better academic results...We say that health and academics matter, and these items should have a greater weight in prioritization and decision-making than the nice-to-have after school programs and athletics.

I would not be happy about paying more for the bus because of a school schedule change.

I think Shaker Lane should start earliest, then Russell, the combined MS/HS.

Eliminating a third bus circuit would be a great help to working parents. I hope the School Cmte notes none of the proposed scenarios meet the AAP recommendation of a start time no earlier than 8:30. I applaud that LPS is not letting best be the enemy of better and is looking for ways to implement incremental change. I strongly urge the Cmte to resolve to a long term goal of meeting the AAP recommendation in the future, and to act in furtherance of that goal by planning for increased field facilities and encouraging administration to pursue cooperation with schools in our athletic leagues to cooperate and find solutions so we can provide our teen athletes with the mental, emotional, and physical support they need through better sleep.

Would like to understand more about where the town tax dollars are going to help alleviate financial burden to make this happen? asking families to pay for more bussing, in a town with VERY high tax rates does not seem right.

# STAFF COMMENTS

I like the 2 tier system for buses and I'm wondering why combining SL and RS was not an option? Why combine SL and HS? Just curious, we often have PD days with both of the elementary schools and having the same schedule would help.

Unless we change the start times for LMS and LHS to much later, like post 9 am, there isn't a ton of benefit. This is a lot of upheaval for not much of a gain. Also, anything that has nearly an hour between LMS and LHS dismissal (option 4) shouldn't even be an option - that makes it very difficult for the staff in those two buildings to collaborate, and for students from LMS playing sports with the LHS teams, not to mention the adjustment that would have to take place for students moving from RS to LMS, and then from LMS to LHS.

As both a parent and a teacher in town, start times would affect me greatly in this dual role. Considering childcare across the districts for other teachers who are parents, I see option 4 is the only option that is fair to everyone. I also know that young children need 12-14 hours of sleep, with a minimum of 10 hours to function. Without having a rest time in kindergarten anymore, these students are typically tired by 1:00. An 8:00 start time is the perfect time for students to be able to get adequate sleep, but also have the stamina to complete academics during the day. I understand that more busses mean more money. With the current model, more busses are still needed with our growing population. I strongly believe that more busses will be needed regardless of any model chosen.

The current bus routes greatly impact Shaker Lane every day, the buses are 15-20 minutes late, affecting students and staff. A 2-tiered system would mean less time on the bus for students, less delay of shaker lane dismissal, and more time for staff to focus on teaching, not standing in lines waiting for buses.

As a staff member this change if it went to a later start would be extremely challenging for my family. This would put a hardship on my family as it would require additional childcare for my family members. If adjustments had to be made I feel like the town should actually spend the money it needs to on the BUSES to make the start times the best for ALL students, families and staff. If SL/RSS started at 7:45 and MS/HS started at 8:30 these I feel would be the best start times. Many SL students come to RSS before school and after school. This would have families have to pay even more money towards after school care for their children. I feel that an earlier start time could be done for RSS/SL to help, but having RSS go later would do more harm.

A change in start times would impact a teacher's ability to get their own children to or from school. If MANY other towns are not making a similar change, a late start time is logistically not worth it.

Being a staff member working at 2 schools (RSS & SLS) and following 2 different schedules from day to day, potentially having such a large gap in start and end times between schools very much concerns me. The way they are now is not particularly ideal, but at least the times are somewhat close together and a lot of blocks tend to line up

As a teacher at Shaker Lane, I see a significant drop in attention and energy at the end of the day since most younger children rise early and tire in the afternoon. This is often when WIN blocks occur and students who have the most needs receive intervention services. Moving to a later start/release time at SLS would definitely impact their readiness to learn.

# STUDENT COMMENTS

It should stay the same. If one of the main reasons to start later is for students to get more sleep it wouldn't do anything because they would just stay up later doing home work and the rest of the things they usually do after school.

Would be incredibly hard to find time for homework in the afternoon with soccer, dance, and other activities if school ended later, a lot of my friends(class of 2025) feel similarly.

Having a later start time would be beneficially for me, as a student that has battled depression and lacking motivation it would be nice to get up later and be able to start school with energy and a better ability to focus

I want to sleep a little bit later. It's hard to focus that early in the morning.

a little later(high school) doesnt have to be much. like 20-30 mins preferably

I take the bus in the morning, but it is way too early and it is dark when I walk to the bus stop. I still want to make sure there is time for after school sports practice though. I also would like more time to do my homework at night without having to get up so early.

We should not switch the schedule. As a student in highschool, this method works the best. We would not get any more sleep, we would just have to stay up later to get things done. There will be less time after school to do activities, so many activities would be forced to be at the same time and we would have to chose between them, which would not be good.

I do not want to get out much later than we already do because I value having extra time after school more than I would sleeping in a couple hours more.



# STUDENT COMMENTS

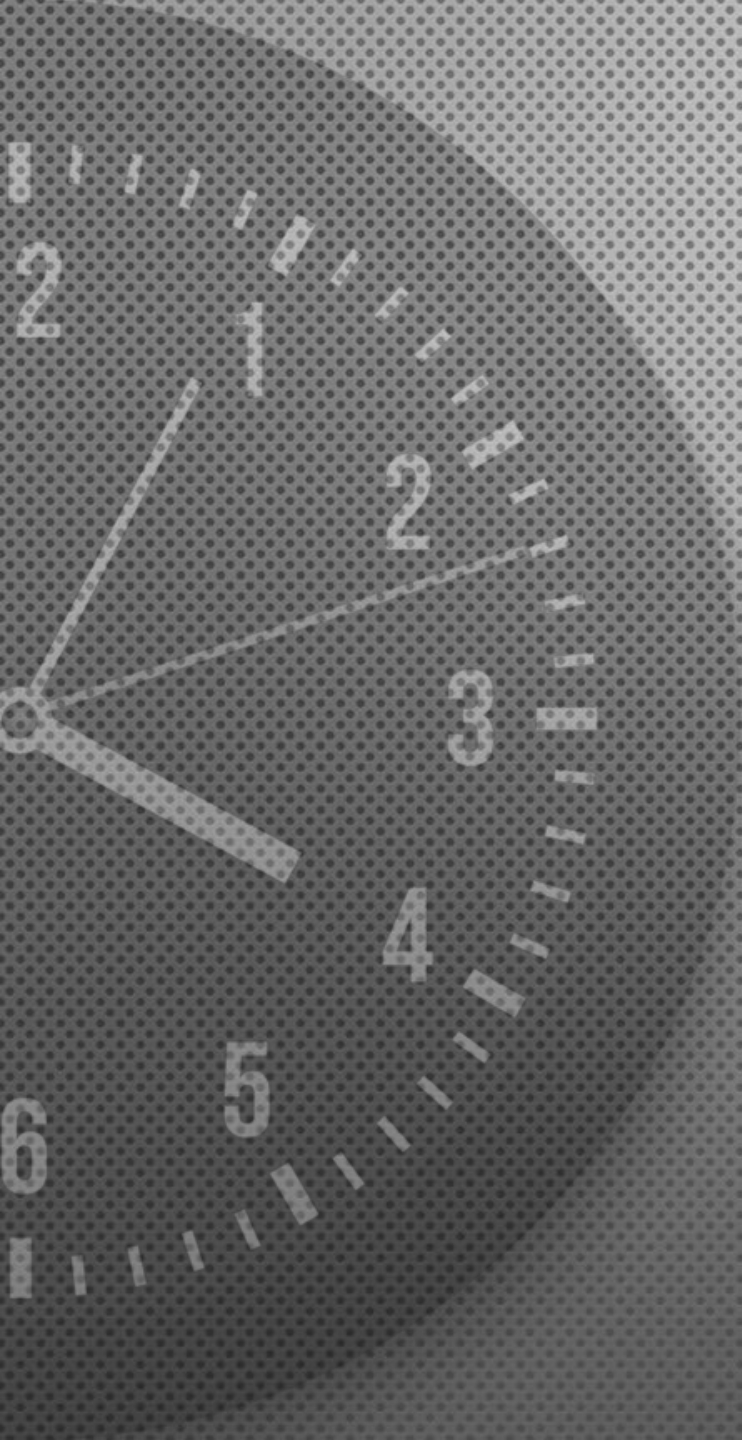
As a student at LHS, I know that many of my classmates are opposed to later start times because they are used to having lots of time in the afternoon and are worried about having time for sports and homework after school. However, I also know that, scientifically, teenagers especially should be getting at least 8-9 hours of sleep every night, and that currently, most of us are lucky to get 7. If other issues like sports and homework are influencing students decisions, those are issues we should be solving, with less homework or shorter practices. Students' health needs to be put first.

PLEASE start high school later. I struggle to get up every morning and so do many of my peers.

I like the time we get out of school, but what I would like is if we start school later like maybe at 8:00 am?

Don't change it, it's not a good idea, many athletes who have jobs and want to do well in out of school and in school will suffer academically and may risk losing their athletic future

Although it's hard to get to school early, I enjoy having a long afternoon. Especially going into the winter when there is less daylight, earlier on better.



# START TIME COMPARISONS



## Neighboring Towns but not Athletic Competitors

District	School District Enrollment*	Lower Elementary Start	Lower Elementary Finish	Upper Elementary Start	Upper Elementary Finish	Middle School Start	Middle School Finish	High School Start	High School Finish
Chelmsford	4943	8:59	3:18	8:59	3:18	8:19	2:40	7:19	1:51
Littleton	1642	8:50	3:15	8:05	2:30	7:20	1:45	7:25	1:56
Westford	4668	9:05	3:10	8:25	2:30	7:35	1:55	7:35	1:55
Maynard	1185	8:30	2:30	7:55	2:55	7:55	2:55	7:45	
Acton-Boxborough	5186	8:50	3:20	8:50	3:20	8:00	2:36	8:00	2:47
Concord-Carlisle	1323	9:00	3:30			8:15	2:40	8:00	2:41
Sudbury	2517	7:55	2:25	7:55	2:25	8:30	3:10	8:35	3:14

# Athletic Competitors

District	School District Enrollment*	Lower Elementary Start	Lower Elementary Finish	Upper Elementary Start	Upper Elementary Finish	Middle School Start	Middle School Finish	High School Start	High School Finish
N. Middlesex Regional	2989	8:45	3:05	8:45	3:05	8:00	2:30	7:15	1:54
Littleton	1642	8:50	3:15	8:05	2:30	7:20	1:45	7:25	1:56
Tyngsborough	1624	8:50	3:06	8:50	3:06	7:25	1:55	7:25	1:55
Clinton	1905	8:35	3:15	-	-	8:00	2:30	7:25	2:09
Quabbin Regional	2223	8:35	3:10	8:35	3:10	7:25	2:00	7:25	2:00
Ashburnham-Westminster	2272	8:30	2:55	8:30	2:55	7:35	1:50	7:30	1:55
Hudson	2336	8:35	2:55	8:35	2:55	7:42	2:25	7:30	2:03
Leominster		9:00	3:30	9:00	3:30	8:15	2:45	7:30	2:15
Fitchburg	5187	9:05	3:25	9:05	3:25	7:30/8:20	1:50/2:40	7:30	2:05
Southern Worcester	1173							7:35	2:30
Millbury	1601	8:38	3:24	7:57	2:28	7:40	1:57	7:40	1:57
Nashoba Regional	3088	8:35	3:05	8:35	3:05	7:45	2:15	7:40	2:20
Assabet Valley Reg.+	1139							7:40	2:32
Gardner (2022-2023)	2251	8:45	3:00			7:15	2:00	7:45	2:30
Ayer-Shirley	1622	8:45	3:15	8:45	3:15	7:50	2:20	7:50	2:20
Lunenburg	1597	9:00	3:20	8:50	3:10	8:00	2:30	8:00	2:30
Westborough	3856	8:50	3:05	8:50	3:05	8:10	2:37	8:10	2:37
Harvard/Bromfield	1025	9:00	3:30	9:00	3:30	8:15	2:40	8:15	2:40
Francis W. Parker Charter+	386	-	-	-	-	8:30	3:30	8:30	3:30
Weston	1948	8:00	2:20	8:00	2:20	8:45	3:15	8:45	3:15
Leominster (2)	5915	8:15-8:30	2:45-3:00	8:15-8:30	2:45-3:00	7:45	2:15	9:00	3:30
Groton-Dunstable	2315	8:55	3:20	8:55	3:20	8:08	2:25	7:27	1:50

A grayscale photograph of a wooden boardwalk winding through a grassy field towards a line of trees in the distance. The boardwalk is made of wooden planks and curves gently to the right. The field is covered in tall grass, and there are some patches of sand or bare ground in the background. The sky is bright and clear.

**NEXT STEPS**

## A NEW OPTION

One option was suggested by the community to potentially solve several challenges. While this option was originally on the list explored, it was initially deemed not viable. After further conversations with our bus company, it was discussed this option could be viable with some shifts in logistics.

Options 6 would be:

HS/MS – 7:50/8:00 – 2:20/2:30

SL/RS – 8:50/8:55 – 3:15/3:15

# RECOMMENDATION FROM SCHOOL START TIME SUBCOMMITTEE

1. Focus on top 3 options: (one 3 tier, one 2 tier, current)

Option 3: shift 35

Option 4: two tier

Option 5: current schedule

2. Replace option 4 with option 6 as a better two tier option

3. Conduct a follow up community survey with top 3 options only

Compare each option to each other

List the challenges each option addresses as shared by the community

# TIMELINE OF NEXT STEPS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				17 - present initial community survey and relevant data to SC	18 – release follow up survey to the community focused on 3 options only	
				Thanksgiving holiday	Thanksgiving holiday	
		29 - community survey 2 closed		1 - SC plan to vote on one of 3 options		



# LITTLETON Massachusetts

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4083smark

Town of Littleton  
YEAR-TO-DATE BUDGET REPORT FY 2023  
YEAR TO DATE THROUGH - FY 2023 YTD

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glytdbud

FOR 2023 13

ORIGINAL APPROP	TRANS/ADJSMTS	REVISED BUDGET	YTD EXPENDED	ENCUMBRANCES	AVAILABLE BUDGET	% USED
310 Regular Education						
9,290,764.00	0.00	9,290,764.00	2,240,658.82	47,436.30	7,002,668.88	24.6%
311 Special Education						
6,212,852.00	0.00	6,212,852.00	1,122,005.25	561.89	5,090,284.86	18.1%
312 Student & Support Staff						
1,406,715.00	0.00	1,406,715.00	415,516.58	57,081.30	934,117.12	33.6%
313 Other Instruction						
295,425.00	0.00	295,425.00	69,821.41	1,275.46	224,328.13	24.1%
314 System Administration						
1,564,162.00	0.00	1,564,162.00	563,424.63	155.28	1,000,582.09	36.0%
315 School Administration						
1,267,777.00	0.00	1,267,777.00	483,605.21	0.00	784,171.79	38.1%
316 Transportation and Busing						
1,250,260.00	0.00	1,250,260.00	425,041.18	0.00	825,218.82	34.0%
317 Facility & Maintenance						
1,762,292.00	0.00	1,762,292.00	839,678.13	22,313.27	900,300.60	48.9%
GRAND TOTAL						
23,050,247.00	0.00	23,050,247.00	6,159,751.21	128,823.50	16,761,672.29	27.3%

\*\* END OF REPORT - Generated by Steven Mark \*\*