

**NEVADA DEPARTMENT OF EDUCATION  
NEVADA STATE BOARD OF EDUCATION  
SCHOOL START TIME WORKSHOP SUBCOMMITTEE  
APRIL 15, 2023  
9:00 AM**

<b>Location</b>	<b>Address</b>	<b>City</b>	<b>Meeting Room</b>
Desert Pines High School	3800 E. Harris Ave.	Las Vegas	Multi-purpose room

**SUMMARY MINUTES OF THE SCHOOL START TIME SUB-COMMITTEE MEETING**

**BOARD MEMBERS PRESENT**

Felicia Ortiz, President  
Tamara Hudson, Member  
Maggie Carlton, Member  
Tim Hughes, Member  
Rene Cantu, Member  
Mike Walker, Member

**DEPARTMENT STAFF PRESENT**

Jhone Ebert, Superintendent of Public Instruction  
Kristofer Huffman, Chief Strategy Office  
Elizabeth Callahan, Public Information Officer

**LEGAL STAFF PRESENT**

None

**AUDIENCE IN ATTENDANCE**

**1. CALL TO ORDER, ROLL CALL, PLEDGE OF ALLEGIANCE**

Meeting called to order at 9:00 A.M. by President Felicia Ortiz. Quorum was established. President Ortiz led the Pledge of Allegiance.

**2. PUBLIC COMMENT #1**

Sherri Roos, Community member, provided public comment on School Start Times. *(A complete copy of the statement is available in Appendix A)*

Sarita Tunstall, Community member, provided public comment on School Start Times. *(A complete copy of the statement is available in Appendix A)*

Kim Smari, Parent, provided public comment on School Start Times. *(A complete copy of the statement is available in Appendix A)*

Alex Ashton, Community member, provided public comment on School Start Times. *(A complete copy of the statement is available in Appendix A)*

Yohara Beltran, Parent, provided public comment in both Spanish and English on School Start Times. *(A complete copy of the statements are available in Appendix A)*

Ana Santos, Parent, provided public comment on School Start Times. *(A complete copy of the statement is available in Appendix A)*

Mandy Walton, Parent, provided public comment on School Start Times. *(A complete copy of the statement is available in Appendix A)*

**3. OVERVIEW OF SCHOOL START TIME ARTICLES (Information/Discussion)**

Kristofer Huffman, Chief Strategy Officer provided a summary of four informational articles about the costs and the benefits of a later school start time. These articles draw information from organizations such as the Center for Disease Control, and Prevention, American Academy of Pediatrics, the Center of Applied Research and Educational Improvement Study, National Sleep Foundation, and other subject matter experts.

**4. INFORMATION AND DISCUSSION ON SCHOOL START TIMES (Information/Discussion)**

Nevada State Board of Education, President Felicia Ortiz gave a short introduction on what the State Board of Education hopes to accomplish at the School Start Workshop meetings. She went on to outline what the State Board member led break out groups would look like for this workshop. This included each of the groups making lists of the pros and cons of later school start times and potential solutions to some of the hurdles that a shift in start times might create. President Ortiz asked that the meeting recording be stopped at 9:35 AM as the attendees broke out into smaller groups.

**5. ADJOURNMENT**

School Start Time Workshop Meeting adjourned at 11:00 AM

## APPENDIX A: STATEMENTS GIVEN DURING PUBLIC COMMENT

1. Sherri Roos, Community member, provided public comment on School Start Times.
2. Sarita Tunstall, Community member, provided public comment on School Start Times.
3. Kim Smari, Parent, provided public comment on School Start Times.
4. Alex Ashton, Community member, provided public comment on School Start Times.
5. Yohara Beltran, Parent, provided public comment in both Spanish and English on School Start Times.
6. Ana Santos, Parent, provided public comment on School Start Times.
7. Mandy Walton, Parent, provided public comment on School Start Times.

### APPENDIX A, ITEM 1: SHERRI ROOS

Schools should not be able to harm children. And yet, that is exactly what CCSD has done.

Early start times have been proven to harm children, Yet CCSD has ignored the science, ignored the data and the guidelines issued by every major medical association, and have made the decision to have unhealthy school hours anyway.

Our school officials have CHOSEN to make decisions which they KNOW are causing harm to the children entrusted to them. Why would they do this? It's simple: Because they can. **Because hurting our kids is the easiest solution to their problems.**

I do not believe that our school officials purposely want to harm children. However, they have a mountain of problems on their plate, and early start times are an option which is available to them.

It's time to take that option away. We need laws and regulations in place in Nevada to protect our children.

I respectfully ask you to put our children's health first, and to do the difficult work of finding other solutions to our problems. School districts across the country are finding solutions, and so can we.

Let's adhere to the guidance of the major medical and scientific communities and **make Healthy School Hours mandatory in Nevada.**

*Because harming a child should never be an acceptable solution to an adult problem.*

Thank you for your time,

**Sherri Roos**

### APPENDIX A, ITEM 2: SARITA TUNSTALL

Hi i just wanted to give my two cents for the workshop: If school " has to" start too early "because....sports", make the sports practice early. School is for SCHOOL. Everyone attends and this is the priority. If some people want to do sports THEY should sacrifice and do it early. Like a morning work out. It might actually be better for learning that way. Why should EVERYONE sacrifice for athletes? That makes as much sense as every one changing time every six months and messing up their body clocks for some farmers....who have electricity by the way. AKA it makes no sense. Sports 7am. School 9am. Everyone done by 3pm. Problem solved. Sports is not school and this is the Department of EDUCATION not Athletics. You need to act like it. Thank you.

### APPENDIX A, ITEM 3: KIM SAMARI

I can't make the meeting this weekend due to kids' sports schedules but would LOVE to see later start times for our high schoolers.

I currently have a child in elementary, middle and high school. My elementary child is up before 7 every day while my high schooler struggles every morning to get up. There is plenty of research data showing that later start times for our teens is so much better for them since they are able focus and learn better. Let's help them be successful by letting them get more sleep! I realize buses are an issue but there must be something that can be

done. The priority should be helping our struggling teens. **Lack of sleep also contributes to mental illness** which we all know is one of the biggest issues right now in our society. Please consider swapping their start time with the elementary kids.

The Samari Family

#### **APPENDIX A, ITEM 4: ALEX ASHTON**

Good morning,

I have taught high school in Clark County school district for 8 years now. I grew up in Oregon and attended university in Idaho. I have a masters degree in education.

Please hear me from the bottom of my heart. 7am start time is detrimental to our students. Absolutely detrimental. I have taught regular on level, honors, ap, and now dual credit. In every level of classes students are absolutely miserable during first hour. They are tired, they are foggy, they struggle with critical thinking and participation in in discussions.

Year after year I compare the data between my first period and my later classes. The numbers are staggering. Very little changes with my instruction. What changes? Student participation. The high-level thinking skills, the discussions they get into, the questions they ask in class.

What about sports/extracurriculars? Games still start at 5-7pm. Concerts and plays start at 6. You are now asking these students to stay up late with activities and go to bed later and have less “wind down” time. After school jobs? My students report their shifts are typically from 4-8 or 4-9 in the evenings.

What baffles me is that almost every school district in the country does not have a start time earlier than 8. Somehow all those millions of high school students are able to play sports and hold down jobs. People in this district act like there is no way to do both.

Also, I should remind these parents that a high school students focus shouldn't be on jobs or sports (unless they can manage it). Why are we sacrificing academic achievement and success for athletics and part time jobs.

When really, those part time jobs and athletics would actually be easier and more successful BECAUSE THE STUDENTS WOULD BE WELL RESTED.

Developmental science is on my side. Students 14-18 years old should be getting 10-12 hours of sleep at night. Do they go to bed at 8? No, they do not. Their biological and development clocks are not set to go to bed at 8pm.

As an adult teacher, do I like being able to make appointments for 2pm or later? Sure. But this is not about me. This is about the thousands of students every year, every day that suffer with a 7am start time.

I encourage you to visit high school campuses. Spend all day in a classroom. 6:45-1:15. See for yourself the difference in behavior, learning, participation, and achievement. Look at the teacher's grade books.

Try to attend classes at 7am yourself. Ask parents to show up to a 7am meeting every day that they'll be assessed on. (Obviously with development adults can make a 7am meeting easier than a 14-18 year old but you get the point).

My heart goes out to those who rely on high school students to take care of younger siblings. But there are other solutions (like after school programs I worked at when I was in college). Again, we are sacrificing the academic achievement of our high school students when there are solutions available that could benefit all.

Thank you, Alex Ashton

#### **APPENDIX A, ITEM 5: YOHARA BELTRAN**

Hello good morning, my name is Yohara Beltran. I have a daughter in high school, I believe that the first thing that we must investigate is how our children are sleeping. What is the use of starting later if they sleep late, playing video games or are on their cell phones, my daughter starts at 6:45, we have her accustomed to sleeping 8 hours a day, if it is early, then they should cut the hours. Because they come in late and will leave later and there will be no time for after-school activities, such as sports, art or music. In particular we parents are to

blame for our children not performing, the change of schedule is one of the solutions, I agree for those parents who work, for the students who really need more hours of sleep, but if they still stay up late playing video games, on the internet or on their cell phones then it's not worth adjusting the hours. Parents must take action and be productive with our schedules. I am in favor, if necessary, not letting go out later, because they could not have extra-school activities.

Yohara Delgado

PLT Community Coordinator

702-582-1787

God bless you , I send you a big hug

Hola buenos días, mi nombre es Yohara Delgado, tengo una hija en secundaria, juzgo que lo primero que debemos indagar es como estan durmiendo nuestros hijos. De que sirve que entren más tardes, si se duermen tarde, jugando videos juego o en el celular, mi hija entra 6:45, la tenemos acostumbrada que duerma 8 horas días, si se es temprano, entonces deben recortar las horas. Porque si entran tarde saldrán más tarde y no habrá tiempo de actividades después de escuela, como deporte, arte o música.

En particular nosotros los padres somos los culpables de que nuestros hijos no rindan, el cambio de horario es una de las soluciones, estoy de acuerdo por aquellos padres que trabajan, por los alumnos que en verdad necesitan de mas horas de dormir y cunplen, pero si entran mad tarde y si los estudiantes se sigyen quedando asta largas horas jugando videos juegos por Internet, o en el celular, no valdría la pena ajustar hirarios.

Los padres debemos tomar acción y ser productivos con nuestrhorarios. Estoy a favor, si fuera necesario no dejando salir más tarde, porque no podrían tener actividades extra escuela.

Yohara Delgado

Coordinadora Comunitaria PLT

702-582-1787

Dios te Bendiga

Te envío un fuerte abrazo

Yohara Delgado

## **APPENDIX A, ITEM 6: Ana Campos**

04/12/23

Dear The Nevada State Board of Education

My name is Ana Laura Campos. I am a mother of 2 students and I am also a member of the PLT- Parent Leadership Team group. I am in favor of leaving the schedule that is already established in high school . We as parents have the obligation that our children are responsible with the school schedule, in addition that they are preparing our youth to face society, I have a son who graduated from Cheyenne High school. The schedule was always perfect since after school he stayed to train football. It is very important to know how to balance our children's schedule.

I appreciate that you take parents and the entire community into account for these important issues.

Sincerely ,

Ana Laura Campos

PLT- Parents Leadership Team

**APPENDIX A, ITEM 7: MANDY WALTON**

Please accept this email as my public comment as I am unable to attend the meeting of Saturday, April 15. My son currently attends Foothill High School and the start time is 7am with release at 1:10pm. While I understand that high schoolers typically have more afternoon commitments of which an early start time benefits, I would like to state that 7am is just too early. Even adjusting the start time by 20 minutes later could make a big difference for a lot of the teens. A start time of 7:20 or 7:30 would be a big benefit to the teenagers who have a very hard time getting up in the morning. I find that when I am dropping my son off at 6:50 and 6:55, there is still loads of traffic waiting to turn into the school to drop off students. I don't know how anyone is making it to a 7am class start or if half the school starts out with tardy detention in first period.

To summarize- I am in support of a later start time.

Mandy Walton  
89002