




# 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)


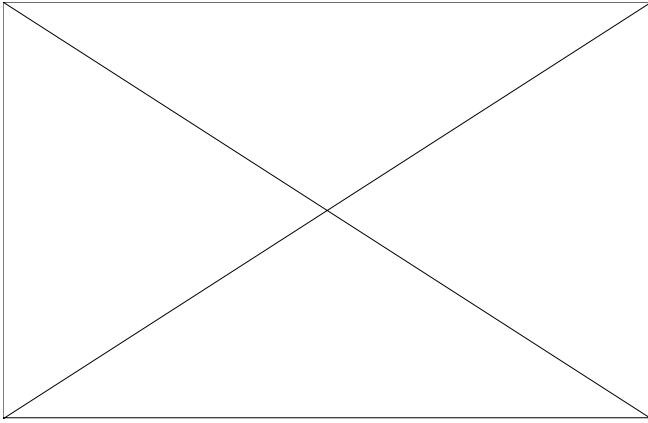
SPONSORED BY THE  
Center for Applied Research and Educational Improvement  
in the College of Education and Human Development



UNIVERSITY OF MINNESOTA  
Driven to Discover™

## 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

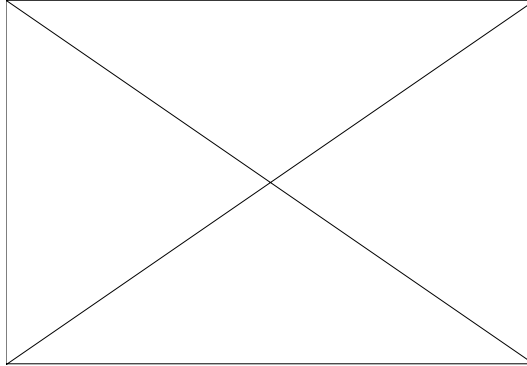


UNIVERSITY OF MINNESOTA  
Driven to Discover™

## Key Concepts in Making This Decision

It must be:

- Based on data
- What is right for students



Teens & Sleep

National Conference | October 3-4, 2013

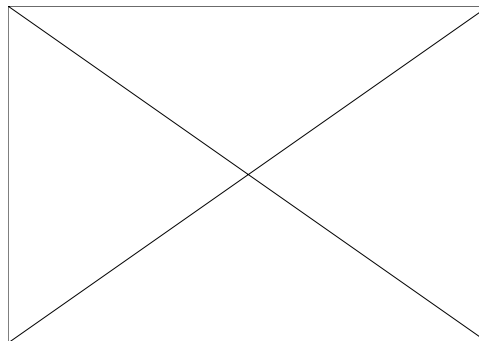


UNIVERSITY OF MINNESOTA

Driven to Discover™

## 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



Teens & Sleep

National Conference | October 3-4, 2013

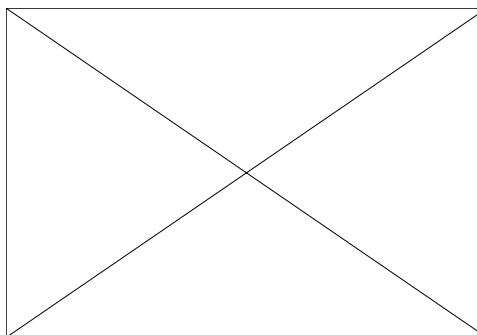


UNIVERSITY OF MINNESOTA

Driven to Discover™

## 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



Teens & Sleep

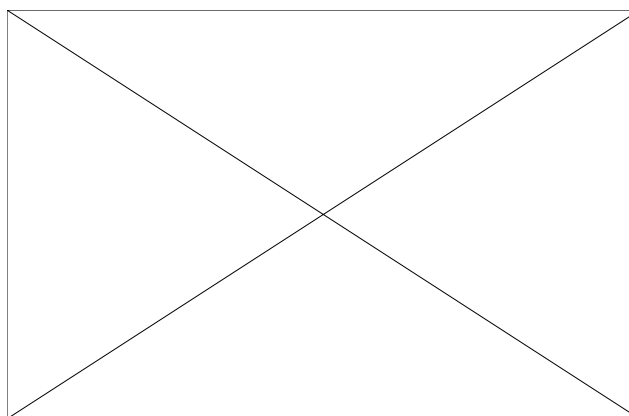
National Conference | October 3-4, 2013



UNIVERSITY OF MINNESOTA

Driven to Discover™

And finally,  
know that this decision requires courage.



Teens & Sleep

National Conference | October 3-4, 2013

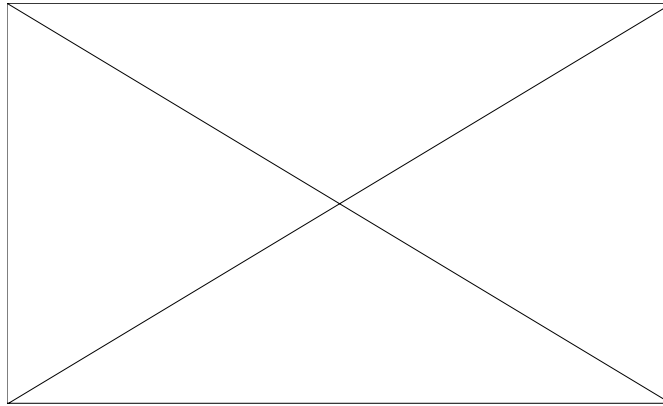


UNIVERSITY OF MINNESOTA

Driven to Discover™

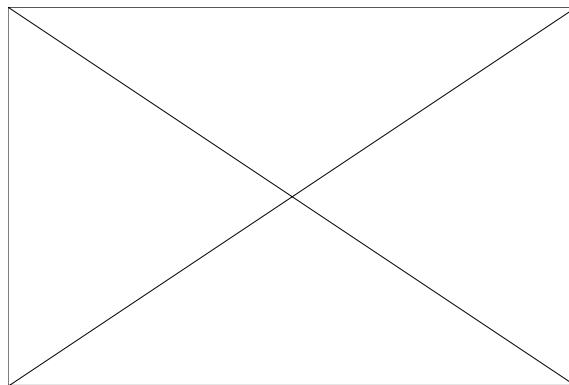
## Randall Zipf, Ph.D.

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



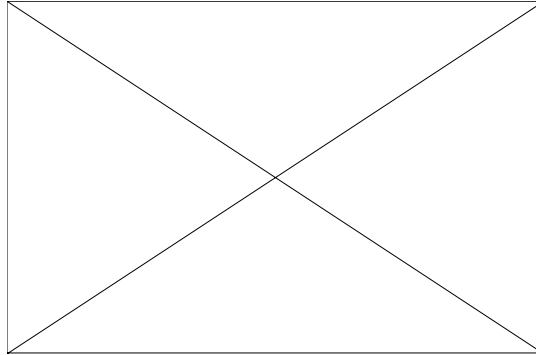
## Key Points to Consider

- Context
- Process
- Outcomes
- Take-Aways



## Related Goals in District Strategic Plan

- Student Success
- School Culture



**Teens & Sleep**

National Conference | October 3-4, 2013

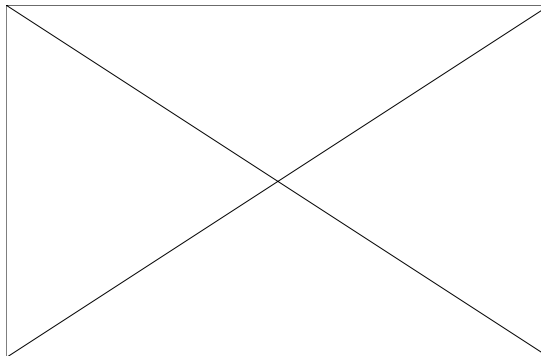


UNIVERSITY OF MINNESOTA

**Driven to Discover™**

## Focus key points on:

- Best practices for student success
- Data-driven decisions



**Teens & Sleep**

National Conference | October 3-4, 2013

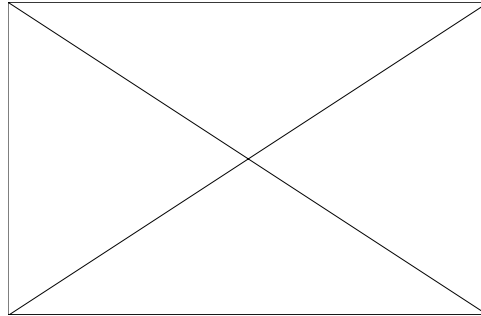


UNIVERSITY OF MINNESOTA

**Driven to Discover™**

## 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



**Teens & Sleep**

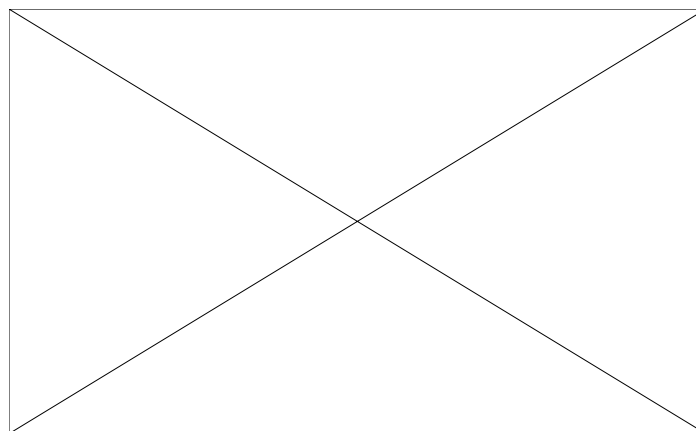
National Conference | October 3-4, 2013



UNIVERSITY OF MINNESOTA

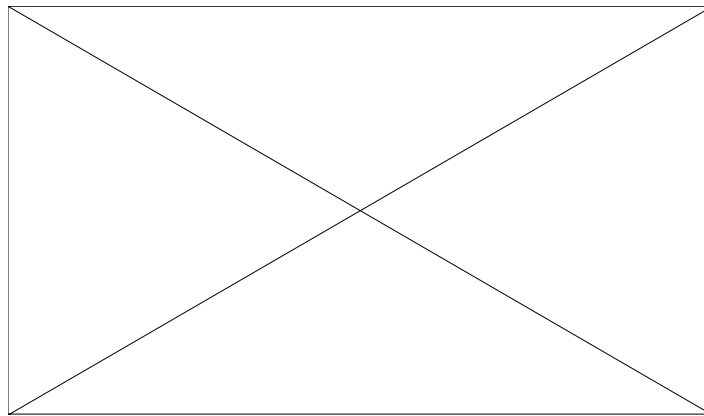
Driven to Discover™

## Key: Keep the school board in the loop



UNIVERSITY OF MINNESOTA

Driven to Discover™

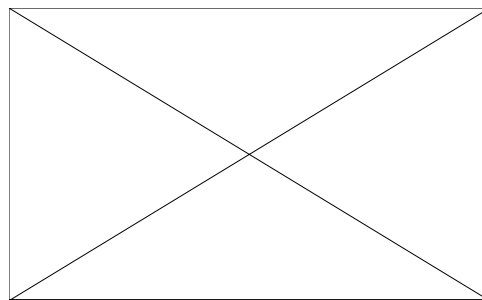


Helpful to make changes all at the same time, such as changes in school boundaries and grade configurations.



## 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



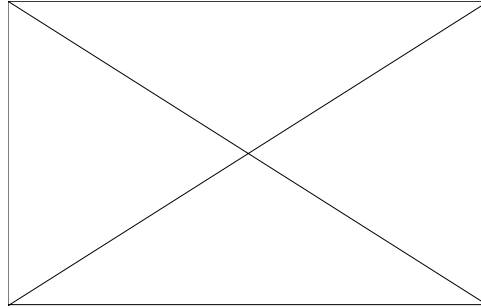
Teens & Sleep

National Conference | October 3-4, 2013



## 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



**Teens & Sleep**

National Conference | October 3-4, 2013

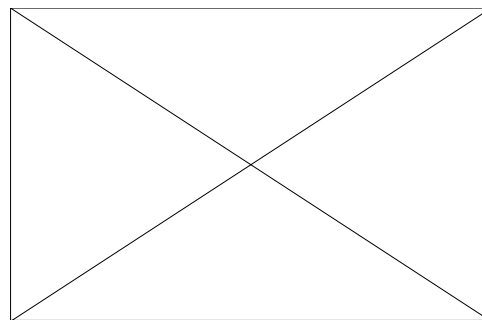


UNIVERSITY OF MINNESOTA

Driven to Discover™

## 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!



**Teens & Sleep**

National Conference | October 3-4, 2013



UNIVERSITY OF MINNESOTA

Driven to Discover™