

Meeting FCAHS Student Scheduling Needs



Next Steps – As reported in April 2019

- Continue to examine the current schedule to infuse more opportunities for students.
- Continue the philosophical approach of individualized student attention and scheduling.
- Increase 5th period course offerings in the high school.
- Establish transportation plan for students on *Flex* option.
- Continued communication of scheduling options through school counseling, publications, presentations, and online platforms.



Information in this Presentation

- Scheduling Processes, Options, and Current Data Trends
- Student Focus Group Data
- Potential High School Implementation of Option “4” in the Transfinder Report Including The Daily Schedule



Review of Academic Planning and Scheduling

Academic Planning

Graduation = 27 Credits

- 4 Credits – English, Social Studies
- 3 Credits – Science, Math
- 1 Credit – Health
- 1.5 Credits - Physical Education
- .5 Credit – Career and College Essentials
- 9 Credits – Electives (including 2 in Arts and Humanities)
- 1 Credit – Keystone Proficiency
- Graduation Project Completion
- Service Learning – 12 Hours by the end Junior Year

Scheduling

- Ongoing process – Students/families have the flexibility of meeting with counselors throughout the school year.
 - Two years within the same calendar year on the semester block.
- Counselors meet with every student in March to guide the scheduling process based on student readiness and interest.
- Over 60% of our students are hand-scheduled. This individual attention is an expectation of our counselors and is necessary with the complexity of what we offer students.
- Complex scheduling involves administration and/or staffings.



Current Flexible Options for Students

- Full Time Cyber (FCAO)
- Flex Schedule – Typically combined with an online course
 - Late Arrival – 9:30 or 11:00
 - Early Departure – 9:30, 11:00, or 1:00
 - Zero Period Option
 - QRT Option
 - 5th Period Option
- College/University Concurrent Enrollment
 - Early arrival or early departure to attend school at a local college or technical school.
- Independent Study
- Professional Experience (includes Internships)
- Work Experience
- Course Audits – Learning extensions but not for official credit
- Semester Abroad – Through various organizations
- Early Graduation – End of junior year or mid-point of senior year
- Early Admission – Leave high school prior to senior year. Diploma awarded upon successful completion of freshman year of college.

By the Numbers - Updated

Flex Options	18-19	19-20
Full Time Cyber	14	25
Flex Schedule (0/Qrt/5th Period)	*	109
Flex Schedule (1 st /4 th Period)	79 (1 st Semester Only)	245
College/University Concurrent Enrollment	3	2
Independent Study	0	0
Professional Experience	4	6
Work Experience	52	66
Course Audit	2	1
Semester Abroad	2	0
Early Graduation	18	21
A.W. Beattie Students	47	49



Focus Groups at FCAHS

Start Time

Student Focus Group– Steps Taken

- The high school principals and school counselors held focus group discussions with each grade level regarding school start time/end time intermittently during December-February.
- Students were randomly selected within each grade level to participate in the focus group meetings during QRT.
- The meetings were optional for students based on their availability.
- An administrator and counselor were present for all meetings (except two).
- The focus group size varied between 6-10 students per group.
- A total of 76 students participated in the conversation.
- All focus groups were given an introduction to the topic and an explanation of the rationale behind asking the students to give some input.

Focus Groups – Questions Guiding Conversation

- How many hours of sleep do you get per night during the school week? Weekend?
- On average, what time do you go to bed? (school vs. weekend)
- What are some issues you have personally with the current time school begins?
- What are some positives about our current schedule?
- If we moved to a later start time, what possible concerns would you have with this?
- What are the positives you could identify about moving to a later start time?
- *If you had to choose, what schedule would work best for you currently?*

Focus Group Data -

- How many hours of sleep do you get per night during the school week? Weekend?
 - Hours of sleep (weekdays) – 6-7 hours
 - Hours of sleep (weekends) – 8-9 hours
- On average, what time do you go to bed? (weekdays vs. weekend)
 - We had several outliers within the discussion
 - Approximate bed time 10:30-11:30 on weekdays.
 - Approximate bed time 12:00-1:00 on weekends.

Focus Group Data (cont.)

- What are some issues you have personally with the current time school begins?
 - Having to get up too early
 - Hard to focus at times
 - It's dark out!
 - Tired
- What are some positives about our current schedule?
 - Dismissal at 2:25 allows for many different personal activities
 - Time for sports and after school activities
 - Time for homework, after school employment, etc.

Focus Group Data (cont.)

- If we moved to a later start time, what possible concerns would you have with this?
 - Time for after school activities and homework reduced
 - Concern about getting to work
 - May go to bed later because of knowing not having to get up as early
- What are the positives you could identify about moving to a later start time?
 - More sleep
 - Homework in the morning
 - Time to eat
 - Better mood, more awake
- If you had to choose, what schedule would work best for you currently?
 - 21 students supported the later start/end time.
 - 40 students supported keeping it the same – After school activities was the single leading concern that kept students wanting the same schedule.
 - 15 wanted later start and finish early! (These students wanted it all, but if had to choose, wanted to keep the current schedule options)

Our Focus Group Takeaways

- While many students in the focus groups do not like getting up as early as they are currently, many did not want to stay later in the day either.
- Most of the students in focus groups wanted to keep current schedule based on other factors beyond a certain time being the “best” time for school.
- Students place a very high value on their after school activities.
- Students are very conscientious and reflective.
- Homework/academic work was mentioned in every focus group as an issue of concern.

Implementing Option 4

Scheduling, Impacts, and Thoughts

Daily Schedule 2019-20 and 2020-21

Current Schedule (19-20)

REGULAR	
PERIOD ZERO <i>(OPTIONAL)</i>	6:30-7:15
INSTRUCTIONAL QRT <i>(OPTIONAL)</i>	7:15-7:55
WARNING BELL	7:25
QRT	7:30-7:55
PERIOD 1	8:01-9:25
PERIOD 2	9:31-10:54
PERIOD 3 A LUNCH B LUNCH C LUNCH D LUNCH	11:00-12:54 10:54-11:24 11:24-11:54 11:54-12:24 12:24-12:54
PERIOD 4	1:00-2:25
PERIOD 5 <i>(OPTIONAL)</i>	2:30-3:15

- Start time does not change for QRT
- QRT length varies (Super, Pep, Career)
- Zero Period (6:30) – Back to Balance is only course taught at this time
- QRT Period (7:15 or 7:30) – Depending on course taught
- 5th Period
 - Offering Brick/Mortar (2:30) – PE and piloting some electives in 2020-21
 - Flex Period (Asynchronous through FCAO)

Planned Schedule (20-21)

REGULAR	
Period Zero <i>(Optional)</i>	6:30 – 7:15
Instructional QRT <i>(Optional)</i>	7:15 – 7:55
Warning Bell	7:25
QRT	7:30 – 7:55
Period 1	8:01 – 9:25
Period 2	9:31 – 10:54
Period 3 A Lunch B Lunch C Lunch D Lunch	11:00 – 12:54 10:54 – 11:24 11:24 – 11:54 11:54 – 12:24 12:24 – 12:54
Period 4	1:00 – 2:25
Period 5 <i>(Optional)</i>	2:30 – 3:15 (Full Year) 2:30 – 3:51 (Semester)

Schedule Changes With Implementing Option “4”

Possible Schedule	
REGULAR	
Period Zero <i>(Optional)</i>	7:30 – 8:15
Instructional QRT <i>(Optional)</i>	8:15 – 9:00
Warning Bell	8:30
QRT	8:35 – 9:00
Period 1	9:06 – 10:30
Period 2	10:36 – 11:59
Period 3 A Lunch B Lunch C Lunch D Lunch	12:05 – 1:59 11:59 – 12:29 12:29 – 12:59 12:59 – 1:29 1:29 – 1:59
Period 4	2:05 – 3:30
Period 5 <i>(Optional)</i>	3:35 – 4:20 (Full Year) 3:35 – 4:55 (Semester)

Thoughts to Consider With Option 4

- Most likely we will not continue with our current schedule.
- QRT could be moved or be modified.
- Current Beattie schedule is 12:00-2:30. Beattie students would most likely have to move to morning program (provided Beattie can accommodate) an early arrival schedule (7:45 – 10:30).
- Most likely eliminate the Period 5 option (extra-curricular activities and/or employment)
- If we maintained QRT, we would most likely have to move to the end of the day (or at least moved to different times).
- QRT at end has positive and negative effects. Have to consider all (athletics, attendance, assessments, remediation, help centers, BOT, etc.).
- Culture Shift
- 1st Period used for daily attendance.

Possible Schedule	
REGULAR	
Period Zero <i>(Optional)</i>	7:35 – 8:20
Warning Bell	8:30
Period 1	8:35 – 10:02
Period 2	10:07 – 11:30
Period 3 A Lunch B Lunch C Lunch D Lunch	11:36 – 1:36 11:30 – 12:00 12:00 – 12:30 12:30 – 1:00 1:00 – 1:30
Period 4	1:36 – 2:59
QRT	3:05 – 3:30

Current Next Steps...

- Continue to offer flexible scheduling options for our students at the high school.
- Continue to have conversations with students about scheduling and school start times
- *Continued communication of scheduling options through school counseling, publications, presentations, and online platforms.*
- Counselors will (in small groups and individually) work with students to ensure they all are aware of the scheduling options available to our students.
- If Option 4 is adopted (or another variation of it), we will be working within the high school to develop schedules, programs, and supports to meet students' needs.

Questions



Question Clustering

- Impact at HS Level
- Benefits
- Drawbacks
- Other