St. Margaret’s has engaged in a year-long, in-depth analysis to redesign the school schedule for the upcoming 2018-2019 school year motivated by:

- **HEALTH AND WELLNESS**
- **STRATEGIC ACADEMIC PRIORITIES**
- **ONGOING INNOVATION**

Based on a substantial body of research around sleep patterns in children, particularly teenagers in middle and high school years, we are moving back the start of school to allow students to sleep later in the morning. Delaying start times is an effective countermeasure to chronic sleep debt in teens and has wide-ranging benefits to physical and mental health, safety and academic achievement.*

8:15 A.M. TO 3:10 P.M.

**NEW START TIME & SCHEDULE FORMAT**

**8:15 A.M. TO 3:10 P.M.**

**PRESCHOOL END TIME 2:40 P.M.**

**3-WEEK ROTATING SCHEDULE**

WITH CONSISTENT DAILY & WEEKLY FORMAT

**DATA & RESEARCH**

St. Margaret’s schedule redesign process included invaluable data collection from leading peer schools, the engagement of an ISM scheduling expert, and a review of research on student cognition, sleep and wellness. Most importantly, we asked students, faculty, staff and parents for input on the current schedule and feedback on draft redesigns. The response has been tremendously informative and affirming.

**UPPER SCHOOL STUDENT SURVEY DATA:**

<table>
<thead>
<tr>
<th></th>
<th>Strongly Agree</th>
<th>Somewhat Agree</th>
<th>Somewhat Disagree</th>
<th>Strongly Disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>The current weekly</td>
<td>16%</td>
<td>8%</td>
<td>15%</td>
<td>61%</td>
</tr>
<tr>
<td>schedule supports</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>my academic needs</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>The current weekly</td>
<td>45%</td>
<td>34%</td>
<td>18%</td>
<td>3%</td>
</tr>
<tr>
<td>supports my overall</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>health and wellness</td>
<td></td>
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</tbody>
</table>

*includes getting enough sleep, eating regularly, spending time with family and friends and managing stress

**PRIORITIES FOR CHANGE**

1. Meet the physical, social and psychological needs of our students and give students the best opportunity to learn
2. Reflect our mission and Strategic Plan, and allow for greater interdisciplinary, experiential and service learning opportunities
3. Support our faculty by providing increased collaboration and planning time to meet the learning needs of our students
4. Embrace our PK-12 community
5. Increase the sense of predictability in our schedule and calendar

“Very intentionally, we placed our students, their feedback and needs at the center of this important work. The resulting new schedule clearly demonstrates our commitment to student health and wellness and their needs for optimal development and learning, as well as prioritizes our values and strategic vision for St. Margaret’s.”

- WILL MOSELEY, Head of School

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**3-WEEK ROTATING SCHEDULE**

WITH CONSISTENT DAILY & WEEKLY FORMAT

<table>
<thead>
<tr>
<th>Students</th>
<th>Average Bedtime/Wake-Up</th>
<th>Average Sleep Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Freshmen</td>
<td>11:20 P.M. - 6:15 A.M.</td>
<td>6 hrs. 55 mins.</td>
</tr>
<tr>
<td>Sophomores</td>
<td>11:40 P.M. - 6:15 A.M.</td>
<td>6 hrs. 35 mins.</td>
</tr>
<tr>
<td>Juniors</td>
<td>12:30 A.M. - 6:00 A.M.</td>
<td>5 hrs. 30 mins.</td>
</tr>
<tr>
<td>Seniors</td>
<td>12:00 A.M. - 6:15 A.M.</td>
<td>6 hrs. 15 mins</td>
</tr>
</tbody>
</table>

According to the American Academy of Pediatrics, at adolescence sleep patterns shift later, yet teens still require a minimum of 8-10 hours of sleep per night for optimum health.
RECOMMENDATIONS & FEEDBACK

SLEEP AND BALANCE
- Sleep research and feedback from students and parents called for a later start time
- Students reported that preparing for six to seven classes a day is challenging and impacts sleep
- Upper School students requested more advisory time
- Analysis of early athletics dismissals revealed they occur more frequently on Tuesdays and Thursdays

PREDICTABILITY AND PRODUCTIVITY
- Students and faculty asked for schedule consistency and predictability, including limiting special schedules
- Analysis of current schedule showed that class-to-class transitions and varied class block lengths impact productivity of teaching and learning
- Upper School students expressed interest in morning tutorial time to connect with teachers earlier in the day
- Parents requested unified start time across divisions for bus riders and families with children in multiple divisions

SCHOOL PRIORITIES AND INNOVATION
- Provide time during the school day for service learning
- Faculty requested more time to collaborate and plan, especially around strategic priorities
- Align Middle School and Upper School schedules and tutorials to better support student access to multi-division teachers
- Maintain recent innovations in the Lower School schedule that support language arts and STEAM initiatives

NEW SCHEDULE BENEFITS & FEATURES

“The schedule redesign process provides an exciting opportunity for reflection and innovation as we reimagine this vital structure that shapes our daily lives together. We are thrilled about the features of our new schedule that reflect student, faculty and parent input, as well as leading research.”  - RYAN DAHLEM, Assistant Head of School for Strategic Initiatives

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MIDDLE AND UPPER SCHOOL SCHEDULE STRUCTURE (WEEK 1)*

<table>
<thead>
<tr>
<th>DAY/TIME</th>
<th>M</th>
<th>T</th>
<th>W</th>
<th>T</th>
<th>F</th>
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<tbody>
<tr>
<td>7:30 - 8:10</td>
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<tr>
<td>Faculty Collaboration &amp; Preparation</td>
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<td>8:15 - 9:15</td>
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<tr>
<td>Class Time</td>
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<td>9:20 - 10:20</td>
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<tr>
<td>Class Time</td>
<td></td>
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<tr>
<td>10:20 - 10:35</td>
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<tr>
<td>Break</td>
<td></td>
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<tr>
<td>10:35 - 11:15</td>
<td>Convo.</td>
<td>Advisory</td>
<td>Tutorial</td>
<td>Chapel</td>
<td>Class Meeting</td>
</tr>
<tr>
<td>11:20 - 12:20</td>
<td>Class Time/ Innovation Block</td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>12:20 - 1:00</td>
<td>Lunch</td>
<td></td>
<td></td>
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<td></td>
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<tr>
<td>1:05 - 2:05</td>
<td></td>
<td>Class Time</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2:10 - 3:10</td>
<td>Class Time</td>
<td>Tutorial</td>
<td>Class Time</td>
<td>Tutorial</td>
<td>Class Time</td>
</tr>
</tbody>
</table>

**COMMUNITY TIME:** Chapel, Advisory and Convocation remain on consistent days of the week

**TUTORIAL:**
- Addition of mid-morning tutorial once per week
- Afternoon tutorials on Tuesdays and Thursdays
- Alignment of Middle and Upper School tutorials

**EARLY ATHLETICS DISMISSALS** more evenly spread across blocks

**UPPER SCHOOL ADVISORY TIME EACH WEEK** (from 20 to 40 minutes)

**NEW INNOVATION BLOCK** supports divisional and school-wide opportunities in service learning, interdisciplinary studies, experiential learning and entrepreneurship projects, health and wellness programming, mindfulness and personal goal setting curriculum during the school day

*Lower School Schedule shares many similar benefits

Attend the JANUARY 24 STATE OF THE SCHOOL ADDRESS to learn more about the new school schedule. Please contact Assistant Head of School for Strategic Initiatives Ryan Dahlem, ryan.dahlem@smes.org, for questions or more information.