

Speaker Comments
Special Meeting convening as Finance COW
January 19, 2021

Name	Affiliation	Topic	Comments
Aivlyn Case	Student	Concerns Regarding School Hours	<p>On February 8th this school year you plan on revising the current class model for students and extending both the individual class time as well as the school day itself. This is detrimental not only to students' mental health but physical health as well. During the pandemic your biggest concern should be keeping students healthy and engaged. Extending class times will not help meet either of these goals.</p> <p>As a School of the Arts student I currently attend eight 30 minute long classes that in a normal classroom setting would be 42 minute long class periods including lunch. In the current class model SEL (Social Emotional Learning) along with an hour long screen break have been added into the typical schedule. The benefits of these shorter classes greatly outweigh the negatives. With more break periods and time teachers are able to hold office hours; which I believe are one of the most important educational tools. Office hours allow students to work in a small group setting or alone with a teacher to understand the course material better. This is necessary for some students who may feel overwhelmed or uncomfortable speaking up in class. With online learning there is only a certain amount of interaction and individual learning during zoom. Extending the class period time will take away many teachers' office hours which are an important resource to helping students succeed.</p> <p>Along with taking away office hours, going back to a full time schedule will affect student's mental and physical health. The traditional schedule will take away the screen break and will add more time students are in front of their screen combined for both zoom meetings and out of class work. According to the APA (American Psychological Association) overuse of screen time in teens correlates with depressive symptoms, obesity as well as anxiety, low well being and other mental health issues. Physically this much screen time can also strain eyes and can cause headaches and other ocular problems. Although there has not been a long enough era of common use of screens in adolescents to have any long term data, so far studies have shown that prolonged amounts of screen time have developmental effects on children and teenagers' brains. I believe student's should aim to spend as little time as they can on screen outside of what is necessary for learning as it can have negative effects on both them and their learning.</p> <p>For a majority of classes an extra twelve minutes would not create a large improvement in the quality of learning. Outside of conveying instructions and introducing new material most work is and can be completed outside of class. Since all work is done from home there is no definite line between homework and classwork and most assignments that count toward a grade are completed outside of instructional time. The workloads for different classes are extremely varying seeing as so far there have been no real parameters put in place for how to teach a course online. By creating longer instructional periods it is further dedicating time to classes that may not need it. The screen break given in the middle of the day is also a time many students use to complete work from classes and by removing this time and replacing it with unnecessary instruction it may actually be taking away from student's understanding and productivity. With food distribution sites many students are also required to prepare or get themselves lunch especially students with working parents or guardians. The proposed 42 minute lunch break for students working</p>

Speaker Comments
Special Meeting convening as Finance COW
January 19, 2021

			<p>at home is not enough for many and could lead to more problems with making sure students are healthy and nourished. Both shorter classes and longer breaks will be beneficial for student health.</p> <p>I understand that in order to go back in any capacity during phase three, hopefully in March that students participating in online and hybrid classes must be on the same schedule in order for zoom classes to run smoothly. I also understand that the current online schedule we have is not plausible for in person learning. This is why I suggest a compromise. Right now the up to date plan for Hybrid classes is Monday and Tuesday are in person learning for all students opting to return to school. I agree that the full schedule that is set to go in place on February eighth should be followed on these days. This will give teachers and students both in and out of the physical classroom additional instruction time on these days. Wednesday would remain fully asynchronous as seen throughout the year. The change in your plan would be in Thursday and Friday classes. I propose that we continue the current model of shorter class periods and a screen break on these days. This would cut down screen time as well as continue to allow students to have access to office hours on these days. I suggest we make no schedule changes until the district has concrete plans for going back. Changing student's schedules mid-year with no urgent cause will be disruptive to their learning and study habits they have adapted to. Until March (or phase three) a change in class timing will not be necessary or beneficial. When the time comes, consider using this time structure for learning in the hope that students and teachers will be able to have a better learning experience and remain engaged during covid.</p>
	Parent		
	Community		
	Staff		