



WEST SHORE S.D.

# High School Schedule Pilot

Presented by  
**Dr. Tammi Jones**  
Director of Secondary Education

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## HIGH SCHOOL SCHEDULE PILOT PROPOSAL

# Pilot Recommendation

## 7 Period Instructional Day

- Both semester-long courses and year-long courses will be offered.
- A Power Hour will occur at mid-day for lunch and other activities.
- Flex/Study Hall will be available each period.

Share information about the process and why seeking to modify the schedule

- Committee started in 2019 to look at schedule options.
- Committee members
- Arrived at options that kept classes near 50 minutes
- Both semester and yearlong courses
- Ability for the continued expansion of hybrid courses:  
Ex. Courses that run Mon/Wed/Thur in-person and Tues/Fri office hours
- Ability for CTC students to take part in activities



## HIGH SCHOOL SCHEDULE PILOT PROPOSAL

# Pilot Recommendation

## 7 Period Instructional Day

- Traditional model with 7 classes per day for approximately 50 minutes each.
- Instructional minutes for year-long courses will equal 150 hours.
- Semester-long courses will have 75 instructional hours.

Yearlong goes from 165 to 150 hours \*which is greater than the standard 120 hours  
Semester courses go from 82.5 to 75 hours



HIGH SCHOOL SCHEDULE PILOT PROPOSAL

# Current High School Schedule

## 6 Period Bell Schedule with Flex

<b>Period 1</b>	7:37 a.m. - 8:32 a.m.					
<b>Period 2</b>	8:36 a.m. - 9:31 a.m.					
<b>Period 3</b>	9:35 a.m. - 10:30 a.m.					
	<b>1ST LUNCH</b>		<b>2ND LUNCH</b>		<b>3RD LUNCH</b>	
<b>Lunch</b>	10:34 a.m. - 11:04 a.m.	<b>Flex</b>	10:34 a.m. - 11:14 a.m.	<b>Period 4</b>	10:34 a.m. - 11:29 a.m.	
<b>Period 4</b>	11:08 a.m. - 12:03 p.m.	<b>Lunch</b>	11:18 a.m. - 11:48 a.m.	<b>Flex</b>	11:33 a.m. - 12:13 p.m.	
<b>Flex</b>	12:07 p.m. - 12:47 p.m.	<b>Period 4</b>	11:52 a.m. - 12:47 p.m.	<b>Lunch</b>	12:17 p.m. - 12:47 p.m.	
<b>Period 5</b>	12:51 p.m. - 1:46 p.m.					
<b>Period 6</b>	1:50 p.m. - 2:45 p.m.					

Classes are 55 minutes each with 40 minute flex. Music students have ensembles in place of flex.



## HIGH SCHOOL SCHEDULE PILOT PROPOSAL

# Proposed High School Schedule

## Sample 7 Period Bell Schedule with Power Hour

<b>Period 1</b>	7:30 a.m. - 8:20 a.m.		
<b>Period 2</b>	8:24 a.m. - 9:14 a.m.		
<b>Period 3</b>	9:18 a.m. - 10:08 a.m.		
<b>Period 4</b>	10:12 a.m. - 11:02 a.m.		
<b>POWER HOUR</b>			
<b>Lunch A</b>	11:06 a.m. - 11:36 a.m.	<b>Activity A</b>	11:06 a.m. - 11:36 a.m.
<b>Activity B</b>	11:38 a.m. - 12:08 p.m.	<b>Lunch B</b>	11:38 a.m. - 12:08 p.m.
<b>Period 5</b>	12:11 p.m. - 1:01 p.m.		
<b>Period 6</b>	1:05 p.m. - 1:55 p.m.		
<b>Period 7</b>	1:59 p.m. - 2:49 p.m.		

Classes are 50 minutes each with a 30 minute lunch and 30 minute activity. Music students can take part in power hour offerings as the ensembles will be scheduled as a period (this adds 10 minutes for ensembles). CTC students will also return in time to participate in power hour B offerings.



## HIGH SCHOOL SCHEDULE PILOT PROPOSAL

# Graduation Requirements

**Requirements will not change during the pilot year**

Unit of Credits	Subject/Course
4	English
3	Mathematics
3	Science
3	Social Studies
1.5	Health & Physical Education
7.5	Elective Courses
<b>22</b>	<b>Total</b>



## HIGH SCHOOL SCHEDULE PILOT PROPOSAL

# Sample Student Schedules with Current 6 Period Day

Grade 9	Credit	Grade 10	Credit	Grade 11	Credit	Grade 12	Credit
English	1	English	1	English	1	English	1
Math	1	Math	1	Math	1	Elective	1
Science	1	Science	1	Science	1	Elective	1
Social Studies	1	Social Studies	1	Social Studies	1	Elective	1
World Lang L1	.5	World Lang L3	1	PE	0.5	Elective	0.5
World Lang L2	.5	PE or Driver's Ed	0.5	Personal Finance	0.5	Elective	0.5
Wellness/Fit I	0.5	Elective	0.5	Elective	0.5	Elective	0.5
Elective	0.5			Elective	0.5	Elective	0.5
<b>Total</b>	<b>6</b>	<b>Total</b>	<b>6</b>	<b>Total</b>	<b>6</b>	<b>Total</b>	<b>6</b>

As many of you are aware, all students are encouraged to create a personalized academic and career education roadmap to provide the necessary direction for their coursework to be rigorous and relevant, and we expect students to engage in work-related experiences that will prepare and guide them whether they plan to attend college, enter the military or begin their career.

English is the only course required for 4 years which is by design. Over the last several years, we have broadened the selection of courses to reflect students needs and interests.

You can see, currently, students in grades nine and ten have very limited choice in the course selection process due to the required core courses as well as the prerequisites needed in order to get to the desired courses that meet their interests and pathway. As such, adding an additional period to the current six period schedule will allow for greater voice and choice for students, and this added period will allow students the flexibility to schedule their required courses along with more elective courses that are currently not fitting due to the limitations of the current six period schedule.



## HIGH SCHOOL SCHEDULE PILOT PROPOSAL

# Sample Schedule Engineering Major

Grade 9	Credit	Grade 10	Credit	Grade 11	Credit	Grade 12	Credit
English I	1	English II	1	Eng. Lang/AP Comp.	1	English IV	1
Geometry	1	Algebra II A	1	Pre-Calculus	1	AP Calculus	1.5
Biology I	1	Chemistry I Quan.	1	Physics I Mech.	1	Physics AP	1.5
US History II	1	World History	1	World Geo/Glob.	1	Sports Leadership	0.5
Wellness/Fitness I	0.5	Life Fitness or Driver's Ed	0.5	Physical Education	0.5	JROTC II	0.5
Flex/Concert Band	0.5	Intro Drafting	0.5	Spanish III	1	Pathway Intern	0.5
Spanish I	0.5	Spanish III	1	JROTC I	0.5	Pathway Intern	0.5
Spanish II	0.5	<b>Total</b>	<b>6</b>	<b>Total</b>	<b>6</b>	<b>Total</b>	<b>6</b>
Elec. Engineering	0.5	<b>Art-Drawing</b>	<b>0.5</b>	<b>CADD</b>	<b>0.5</b>	<b>JROTC III</b>	<b>0.5</b>
<b>Total</b>	<b>6.5</b>	<b>JROTC I</b>	<b>0.5</b>	<b>JROTC II</b>	<b>0.5</b>	<b>AP Psych</b>	<b>1</b>
				<b>Personal Finance</b>	<b>0.5</b>	<b>Architectural Dr.</b>	<b>0.5</b>
						<b>Economics</b>	<b>0.5</b>





## HIGH SCHOOL SCHEDULE PILOT PROPOSAL

# Sample Schedule Special Ed. Student

Grade 9	Credit	Grade 10	Credit	Grade 11	Credit	Grade 12	Credit
English I	1	English II	1	Amer Lit Part 1&2	1	Modern Lit 1 & 2	1
Algebra I Part 1	1	Algebra I Part 2	1	Geometry	1	Algebra II	1
Physical Science	1	Biology L 2	1	Space Science	.5	Co-Op	3
US History II	1	World History	1	Geology	.5	Fitness/Weight Training II	0.5
Wellness/Fitness I	0.5	Life Fitness	0.5	World Geo/Glob.	1	Graphic Tech	0.5
Intro to Business	0.5	Skill Development for Careers	0.5	Fitness/Weight Training I	0.5	<b>Total</b>	<b>6</b>
IT Essentials	0.5	Construction Tech.	0.5	Algebra Keystone	0.5	<b>Advanced Woodworking</b>	<b>0.5</b>
Art I	0.5	Materials Proc.	0.5	Personal Finance	0.5	<b>Photo/Digital Imaging II</b>	<b>0.5</b>
<b>Total</b>	<b>6</b>	<b>Total</b>	<b>6</b>	Photo/Digital Imaging I	0.5	<b>Sports Leadership</b>	<b>0.5</b>
<b>Reading</b>	<b>.5</b>	<b>Reading</b>	<b>.5</b>	<b>Total</b>	<b>6</b>		
		<b>Driver Ed</b>	<b>.5</b>	<b>Metal Tech.</b>	<b>0.5</b>		

Additionally, there are certain student populations that would benefit even further with the modification to a seven-period day. Examples include our special education students who require reading intervention above and beyond the mandatory English courses, our ESL population, as well as those students in need of credit recovery courses.



## HIGH SCHOOL SCHEDULE PILOT PROPOSAL

# Sample Schedule Pre-Med Major

Grade 9	Credit	Grade 10	Credit	Grade 11	Credit	Grade 12	Credit
English I	1	English II Honors	1	English Lang./Comp. AP	1	Modern Lit 1 & 2	1
Geometry A	1	Algebra II A	1	Pre-Calculus	1	Biology AP	1.5
Biology I	1	Chemistry I Quan.	1	Chemistry II O/N	1	Calculus AP	1.5
US History II	1	World History	1	World Geo/Glob.	1	Spanish III or V	1
Wellness/Fitness I	0.5	Spanish II	0.5	Physical Education	0.5	Dual Enrollment HACC-Math	1
Creative Writing	0.5	Bio II A&P	0.5	Chemistry AP	1.5	<b>Total</b>	<b>6</b>
Spanish I	0.5	Team Sports	0.5	<b>Total</b>	<b>6</b>	<b>Physics AP</b>	<b>1.5</b>
Sp Med I	0.5	Psychology	0.5	<b>Spanish III</b>	<b>1</b>	<b>Physical Education (via contract)</b>	<b>0.5</b>
<b>Total</b>	<b>6</b>	<b>Total</b>	<b>6</b>	<b>DaVinci</b>	<b>.5</b>		
<b>Spanish II</b>	<b>0.5</b>	<b>Sp Med II</b>	<b>0.5</b>				
		<b>Driver's Ed</b>	<b>0.5</b>				



## HIGH SCHOOL SCHEDULE PILOT PROPOSAL

# What is the Power Hour?

### A one-hour block of time in the middle of the day.

- **Students have time to eat and attend an activity of their choice.**
  - Activity Options to Include: extra-help or tutoring, acceleration, social skills, study hall, Keystone remediation, SAT test prep, graduation pathway offerings, attending clubs, club meetings, intramurals, and a variety of other activities.
- **Allows students to make the most out of their lunch hour with a focus on academic success and student choice.**

**The Power Hour:** With the recognized need for enhanced relationships and school connectedness in mind, the high school scheduling committee is recommending a power hour to be included along with the recommended schedule modification.

A power hour is a one-hour block of time in the middle of the school day in which students will eat lunch and also attend their choice from a multitude of options such as extra-help or tutoring, acceleration, working independently, attending clubs or club meetings, intramurals, and many other activities. Power hour is designed to allow students to make the most out of their lunch hour with a focus on academic success and student choice. Teachers would always have 30 minutes for their duty-free lunch but would also maintain 30 minutes for office hours, tutoring, taking care of make-up work, sponsoring clubs and activities, creating a time and space for extended learning activities and building and enhancing relationships with students. Student engagement and connection with the adults in the school would become a priority. The dedicated block of time for the power hour allows students to engage with staff or other students on a consistent basis without the conflict that exists in the current high school schedule with three flex periods at mid-day.

Some potential benefits of a power hour for students include:

- **Extra support:** During power hour, students can get extra help with assignments or subjects that they are struggling with. This can be particularly helpful for students who need additional support to keep up with their studies.
- **Time management:** Power hour can help students develop better time management skills by providing a dedicated block of time to work on their assignments.
- **Increased focus and choice:** By removing distractions and providing a learning space to work, power hour can help students focus more effectively on their academic tasks. Also, student choice is incorporated to meet the interests of the students.
- **Improved grades:** By providing students with extra support and a dedicated time to focus on their studies, power hour can help improve their grades and ensure that students can meet with staff when make-up quizzes and tests need to be scheduled.
- **Sense of belonging and connection:** Offering student led clubs, club meetings, mentoring, intramurals, service learning, and organizations related to students' areas of interests can feed into a student's sense of belonging at school. Belonging, in turn, correlates with greater student well-being and higher academic engagement.

Graduation pathway offerings such as: Service Learning, CPR/First Aid certification, ServSafe certification etc.

The power hour can also be seen as a benefit for staff. Common time for staff to meet is often a challenge with the high school schedule. Options within the power hour would allow for occasional lunch and learn opportunities for staff. With the existing three flex period model, staff and student schedules often do not line up. Further, getting students to come in early or to stay after school for make-up work, extra help, clubs and intramurals is often hindered due to the lack of transportation for students. With the power hour, having the one hour of dedicated time will provide a consistent availability and streamline the scheduling to better meet student needs.



## HIGH SCHOOL SCHEDULE PILOT PROPOSAL

# Power Hour Staff Impact

**Staff would receive 30 minutes for a duty-free lunch and 30 minutes to offer an activity session for interested students.**

- Activity options staff could choose to offer students : office hours, tutoring, assistance with make-up work, sponsoring clubs and activities, creating a time and space for extended learning activities and building and enhancing relationships with students.

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## HIGH SCHOOL SCHEDULE PILOT PROPOSAL

# Sample Power Hour Offerings



Club Name	Sponsor	Mtg Day	Meeting Time	Location
Anime	Peffer	Friday	Power Hour B	100
Art Club	Miller	Tuesdays	Power Hour B	Art Room
Basketball	Weaver	Thursdays	Power Hour B	Gym 2
Billiards	Slayton	Thursdays	Power Hour B	150
College Club	Martin	Tuesdays	Power Hour A	250
Cutting Edge & Thespians	Lyle-Lepley	Mondays	Power Hour B	203
DECA	Kerstetter	Thursdays	Power Hour A	107
FBLA (Future Business Leaders of America)	Champion	Fridays	Power Hour A	115
FCCLA (Family, Career and Community Leaders)	Dalby	Fridays	Power Hour A	216
FFA (Future for Agriculture)	Brown	Tuesdays	Power Hour B	116
Golf for Beginners	Ford	Mondays	Power Hour B	Gym 1
HOSA (Health Occupation Students for America)	Potter	Tuesdays	Power Hour A	119
Student Government	Julian	Tuesdays	Power Hour A	231
Journalism	Martin	Fridays	Power Hour A	147
Kiwanis Key Club	Kerstetter	Fridays	Power Hour B	236
NHS (National Honor Society)	McArdle	Thursdays	Power Hour B	111
Speech & Debate	Jackson	Tuesday	Power Hour A	222
Yearbook	Sterner	Monday	Power Hour A	145



HIGH SCHOOL SCHEDULE PILOT PROPOSAL

# Sample Power Hour Schedules

Student #1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A	Media	Lunch	Lunch	Student Council	Lunch
B	Lunch	Cardio Room	Math Tutoring	Lunch	Chess

Student #2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A	DaVinci	Open Campus	FBLA	Lunch	Open Campus
B	Lunch	Open Campus	Library	Tech. Ed.	Open Campus



## HIGH SCHOOL SCHEDULE PILOT PROPOSAL

# Lunch Options

- Full lunch will be offered from 11:00 a.m. – 12:08 p.m. daily.
- Students may get in line for lunch at any time within the A or B lunch period.
- Students may eat in designated spaces (Cafeteria, Commons Area, Outside/Picnic Tables).\*
- Students will be responsible for cleaning up and placing trash/recycling in one of the receptacles placed throughout the school.

*\*Students must stay within the designated areas while eating lunch.*



## HIGH SCHOOL SCHEDULE PILOT PROPOSAL

# Pilot Monitoring

- Evaluation of the 7 period schedule and Power Hour will be ongoing.
- Data will be gathered from:
  - Grade Distribution, Test Scores & Honor Roll
  - Discipline Referrals
  - Administrative and Staff Observations of student engagement
- Ongoing feedback and evaluation will provide administration with direction to refine the plan to ensure student success.





## HIGH SCHOOL SCHEDULE PILOT PROPOSAL

# Next Steps



On February 9, 2023, the Board will be presented with a recommendation from administration to approve the 7 Period High School Schedule Pilot for implementation to begin in August 2023.



# Our Why

**We are committed to providing students with inspiring and relevant experiences so they may live meaningful, purposeful, and impactful lives.**

#WestShoreProud