



Bits 'n Pieces

Spring 2020

For use by School Leaders

All About Time

- Schools with later start times enabled 60% more students to get at least 8 hours of sleep per night.
 - When start times were delayed to 8:35 am or later, student's academic performance improved significantly. Students' grades were higher in core subjects, they got higher scores on state and national tests and their attendance rates improved while tardies decreased.
 - Students who slept fewer than 8 hours nightly reported significantly higher levels of depression symptoms, caffeine consumption, and substance abuse.
 - When a school changed start times from 7:34 to 8:55 am, teenage car crashes decreased by 70%.
 - Kids who are sleep deprived tend to be snackers and sedentary. Sleep is tied to healthy eating and exercise.
- lead researcher Kyla L. Wahlstrom, PhD

About Time with Parents

- Parents now spend twice as much time with their children than parents did 50 years ago. (The economist.com, 27 November, 2017)
- One analysis of 11 rich countries estimates that the average mother spent 54 minutes a day caring for children in 1965 but 104 minutes in 2012. (The Economist)
- Men spend far more time caring for their children than in the past. Their time has jumped from 16 minutes a day in 1965 to 59 minutes in 2012. (The Economist)
- Mothers with a college education spend half-an-hour more with their children each day than they did in the past.(The Economist)
- Modern Parents spend more time with their children than parents at any other time since the 1960s. (Guila M. Dotti Sani, European University Institute and Judith Treas, University of California, 2012)

Compare and Contrast

- American elementary school teachers spend more hours actually teaching students than peers in 6 other modern nations. (How Much Time Do Kids Around the World Spend at School? Huffpost.com)

- American middle school and high school teachers spend more time educating students than peers in every OECD country except Chile. (Huffpost.com, Organization for Economic Cooperation)
- Overall, American teachers are required to spend 1,131 hours per year in the classroom. (The Economist, November 27, 2020, 2012 data)
- Children in Finland – one of the world’s best school systems -- receive no more than three hours of homework a week. Plus there are no exams and no grades. (Carlos Mejia, How Much Time Do Kids Around the World Spend at School? January 6, 2020)
- Children in France have 90 minute lunch breaks. (Carlos Mejia)
- In Costa Rica 98% of people age 15 to 24 can read. Costa Ricans invest 8% of their GDP on education. The United States spends about 6.4% of it’s GDP on education. (Carlos Mejia)
- U.S. Teachers see smaller salary increases than their foreign counterparts. (Huffpost.com/oecd)
- “When you look at [teacher pay] relative to the earnings of other people with college degrees, actually the United States is pretty much at the end of the scale.” (Huffpost.com/oecd, Andreas Schleicher, OECD director of education and skills)
- Considering then that teachers’ salaries are lower than others in the marketplace and administrators earn only marginally more (adapting for longer annual contracts and more advanced degrees), one can only conclude that school administrators are not competitively paid.

Red Flags

- America’s suicide rate has increased for 13 years in a row. (www.economist, November 27, 2017)
- Slow teacher salary growth contributes to high turnover. (13 percent of teachers each change schools or leave the profession. (Huffpost/oecd-teacher-salary-report)

Quotes and Quotables

Timely Quotes

- “Just a reminder that when Shakespeare was quarantined because of the plague he wrote King Lear...and he did it without toilet paper.” – Rosanne Cash
- “An exchange of empathy provides an entry point for a lot of people to see what healing feels like.” – Tarana Burke
- “The greatest healing therapy is friendship and love.” Hubert H. Humphrey
- “In the midst of the sense of tragedy or loss, sometimes laughter is not only healing, it’s a way of experiencing the person that you’ve lost.” – Alan Alda

Timeless Quotes

- “How did it get so late so soon? Its night before it’s afternoon. December is here before its June. My goodness how the time has flown. How did it get so late so soon.” – Dr. Seuss.
- “If you don’t have time to do it right, when will you have time to do it over?” – John Wooden
- “Better three hours too soon than a minute too late.” – William Shakespeare
- “Time stays long enough for any who will use it”. – Leonardo da Vinci
- “We must use time creatively.” Martin Luther King
- “Lost time is never found again.” Benjamin Franklin

Just for Fun Corona Virus Play list (digitalmomblog)

1. Don't Stand Too Close To Me – The Police
2. Virus – Bjork
3. Cold – The Cure
4. Fever – Peggy Lee
5. Night Fever – Bee Gees
6. Doctor, Doctor – The Who
7. The Drugs Don't Work – The Verve
8. Behind the Mask – Michael Jackson
9. Through Contagion – MUSE
10. You Sound Like You're Sick – Ramones
11. It's The End Of The World As We Know It – R.E.M.
12. La cura – Franco Battiato
13. Stay Home – Self
14. Hysteria – MUSE
15. Keep Yourself Alive – Queen
16. Alone Again – Gillbert O'Sullivan
17. Tutta Mia Citta – Equipe 84
18. Supermarket – Lucio Battisti
19. I Will Survive – Gloria Gaynor
20. I Feel Fine – The Beatles

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