

Present: Laura Schulkind, Diane Lyons, Deirdre d'Albertis; Joe Phelan, Tom Burnell.

Members of the committee discussed some timing challenges with 2 or 3 of the buses arriving at CLS after the BMS/RHS afternoon run in enough time to load and depart CLS by 3:35 pm, which is not as early as they departed CLS last year, about 3:25 pm, prior to the five minute adjustment of the CLS start and end times. Tom is planning to adjust routes for a small number of students in order to ensure that the buses all arrive about five minutes earlier in the afternoon at the elementary school. He expects to make these changes - and to communicate with impacted students/families - by December 5th at the latest. The group also considered what adaptations have been called for with slight changes to the dismissal time table at CLS. Principal King will continue to work with faculty and staff to minimize difficulties with end-of-the-day routines.

The SST group established a clear time line for assessing the pilot program for a later school start time in time for the board to make a decision moving into next year.

- 1) A survey to parents, students, teachers/staff will be electronically distributed by late January
- 2) SST team will meet with Pupil Personnel Services also in January (talk with school psychologist, social worker, guidance, nurse)
- 3) Group will meet with Principals to gather anecdotal and quantitative data (in December, and later if needed)
SST committee will also meet with Athletic Director (in Dec or Jan)
- 4) Principals will be asked about timing for second administration of Sleep Questionnaire to students
- 5) Following survey, SST group will set aside time for focus group discussion with interested faculty and staff from all three buildings (if so desired)
- 6) Our goal is to work toward a full board discussion and vote on adoption of new start time by late March or even April (pending feedback from all stakeholders)

The Committee plans to reconvene on December 14th (tentative date), inviting the building principals to join us at that time. In the meanwhile, our group will be gathering information for the next SST newsletter with continuing focus on student wellness. Members of the committee recognize that students may experience considerable stress leading up to and following a contentious election season; our goal is to share resources with families struggling to cope with polarizing discourse and high emotions in the public sphere/social media. Tom also pointed out that the Wellness Committee is planning to show the film "Screenagers," with the support of RSF, early next semester (<http://www.screenagersmovie.com/>). Our group will want to promote that event and continue to encourage dialogue around health and wellness through our outreach efforts.

Respectfully submitted,

Deirdre d'Albertis