

Minutes

School Start Time Sub-Committee

March 6, 2017

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

Members of the group slightly shifted the timeline for the run up to its recommendation to the board (presentation scheduled for April 4th) and for board action/vote on the SST pilot program (April 18).

The student sleep survey will most likely be administered during the week of March 13.

Members of the subcommittee will conduct focus group discussions with faculty at CLS and BMS/RHS during the week of March 20. So too, the group plans to meet with PPS to review visits to the nurse, incidence of stress, concerns of counselors and social work professionals for health and wellness of our students. During this time we will also review tardy/absent/referral data along with rates of participation in before/after school clubs.

It is fair to say that based on the parent and teacher surveys collected (278 responses for the former and 83 for the latter cohort), response has been overwhelmingly positive. **93% of parents favor continuing with the school start time; 72% of teachers support continuing with the new schedule.** A comprehensive overview of the data will be made available to the public on the district website in early April (prior to the board's decision) and will also come out in newsletter format.

One extremely valuable aspect of heightened communication around sleep hygiene has been the opportunity to learn more about how teachers and parents are thinking about a range of health-related concerns for young people in general. This feedback can and should continue to inform the board's conversations both this year and beyond in relation to our own goal of promoting health and wellness for our students.

The next meeting of SST subcommittee will be on March 29th.

Respectfully submitted,

Deirdre d'Albertis