

ISC Meeting Minutes – March 31, 2014

The ISC General Meeting originally scheduled for April 8th was moved to Monday, March 31st.

On March 31st, the Interschool Council (ISC) and Lower Merion School District sponsored “Sleep and the Teenage Brain” featuring a presentation from internationally renowned authority on children and sleep, Dr. Judith Owens, MD, MPH, who is the Director of Sleep Medicine at Children’s National Medical Center and Professor of Pediatrics at the George Washington University School of Medicine and Health Sciences.

The program, which was well-attended by parents, community members and District staff, covered such topics as:

- Why do teenagers have such trouble getting up in the morning?
- How can we use our knowledge of teenagers’ unique sleep patterns to help our teens be healthier?
- How much sleep do teenagers need and how much do they actually get?
- How is sleep related to physical/mental health and academic success?□
- Is starting high school later the way to go? What are other communities doing in this regard?

To view a video of the full program, [click here](#).

A copy of the flyer announcing the program is shown below.

The Interschool Council and Lower Merion
School District invite you to attend:

SLEEP AND THE TEENAGE BRAIN

Monday, March 31, 2014,* 7 PM — 9 PM

Lower Merion High School

- **Why do teenagers have such trouble getting up in the morning?**
- **How can we use our knowledge of teenagers' unique sleep patterns to help our teens be healthier?**
- **How much sleep do teenagers need? How much do they actually get?**
- **How is sleep related to physical/mental health as well as academic success?**
- **Is starting high school later the way to go? What are other communities doing in this regard?**

Sleep expert Dr. Judith Owens will address these and other important questions.

Judith Owens, MD, MPH, is an internationally recognized authority on children and sleep. She is the Director of Sleep Medicine at Children's National Medical Center and Professor of Pediatrics, George Washington University School of Medicine and Health Sciences.

Dr. Owens is co-author of "Take Charge of Your Child's Sleep: The All-in-One Resource for Solving Sleep Problems in Kids and Teens".



Small group discussions led by LMSD administrators to follow presentation.

All parents/guardians are invited to attend.

**Snow Date: April 7, 2014*