

**ISC- Continuing the Conversation about “Sleep and The Teenage
Brain”**

May 13, 2014 - 8:30-9:30

The ISC and LMSD provided an opportunity for parents and guardians to continue the conversation about sleep and teenagers following the March 31st Dr. Judith Owens presentation. (Please view ISC Meeting Minutes for 3/31 on the LMSD website to view the presentation.)

Representing LMSD were Ms. Terry Quinlan-Clampffe, Supervisor School Health Services; Mr. Richard Marta, Supervisor Holistic K-12 and Testing; and Superintendent Dr. Christopher McGinley.

Approximately 15 parents and guardians joined the LMSD administrators for an informal discussion about issues impacting sleep for teenagers in the district. Ms. Quinlan-Clampffe offered to share concerns expressed with school principals at an upcoming staff meeting. A brief synopsis of issues and concerns follows.

- Keystone exam information should be shared in advance with parents via email from teacher in relevant subject (e.g., Algebra 1 teacher emails class list); emphasis should be on making sure student gets adequate rest prior to exam, healthy breakfast, etc. – similar to emphasis given to PSSA testing.
- Questions arose about where and when sleep hygiene is included in current curriculum. Parents would like to see District provide information about need for adequate sleep and consequences of inadequate sleep directly to students during freshmen orientation, advisory and health classes. Consensus was that importance of adequate sleep should be taught multiple times and delivered by multiple sources.
- Staff and parents need to be aware of the District’s homework policy. It is parents’/guardians’ responsibility to discuss homework issues with staff if there appears to be a discrepancy between policy and daily work.
- The goal to incorporate movement in the classroom during instructional time was discussed and the group suggested that more staff professional development be offered on this topic.

- Question arose about test schedules and whether or not there can be a test rotation schedule so that different subject tests do not overlap on the same day.
- Suggestions were made that teachers share with families study tips for each class and that the Naviance learning style profile completed in middle and high school be utilized as a tool by students and in classrooms.
- Attendees raised concerns that students need more assistance to learn how to better manage their time and it is hoped that the district can respond to this need.
- Finally, the suggestion was made that students be allowed to share their perceptions of this issue.