

ISC General Meeting Minutes
Tuesday, April 14, 2015, 9:30 am
District Administration Offices, Room 264

ISC Business

Lucy Klain, ISC Co-President, began the meeting with several general announcements.

The proposed officers slate for the ISC Executive Committee is as follows:

Co-President - Lucy Klain

Co-President - Claudia Baker*

Vice President, Communications – Melanie Schafmeister*

Treasurer – Julie Peterson*

Mini-Grants Chair – Shirlee Howe*

(* incoming positions – two year terms)

The ISC will also be hosting a special evening program on April 20th. *Miniding Your Mind* will facilitate a forum for parents about stress, anxiety and depression.

Sleep and School Start Times

Amy Norr introduced the topic of sleep and school start times as a follow up discussion to the Dr. Judith Owens' ISC presentation held in March, 2014. The ISC has formed a "Sleep and Later School Start Times" committee to gather information about the opportunities and challenges in the district if later start times for adolescents were to be considered. The impetus behind the committee's work is the growing body of research about the importance of adequate sleep in adolescence and specifically, the American Academy of Pediatrics August, 2014 recommendation that middle and high schools delay the start of class until 8:30 or later, stating that "chronic sleep loss in children and adolescents is one of the most common – and easily fixable – public health issues in the U.S. today".

Approximately twenty-five people participated in the roundtable discussion. Parents of elementary, middle and high school students were present. Anecdotal information as well as current research was shared amongst those present. The general consensus – by a show

of hands - was that LMSD should further explore the issue and options.

Additional research and articles on the topic of sleep are included here:

Select Current Literature and Research on Teenage Sleep and the Starting School Later Initiative

General Overview of the Issue

Hard Lesson in Sleep for Teenagers (NYT, Jane Brody column, Oct. 20, 2014)

http://well.blogs.nytimes.com/2014/10/20/sleep-for-teenagers/?smid=fb-nytimes&smtyp=cur&bicmp=AD&bicmlukp=WT.mc_id&bicmst=1409232722000&bicmet=1419773522000

The Impact of School Start Times on Adolescent Health and Academic Performance <http://www.socsd.org/pdfs/schoolstarttimes.pdf>

Letter to editor by a physician;

<http://www.eastgreenwichnews.com/letter-to-the-editor-thoughts-on-school-start-times/>

Huffington Post: Can Delaying School Start Times Improve Sleep?

<http://live.huffingtonpost.com/r/segment/whats-working-with-pushing-school-start-times-back-for-better-nights-sleep/54f60daa02a7600e1f0013cb>

Get involved: Newsletter/Website on Starting School Later and Legislative efforts

The newsletter and website of StartSchoolLater.net is very informative on these issues. The web page, <http://www.startschoollater.net/legislation.html>, references states that have introduced or drafted legislation dealing with high school start times, e.g., New Jersey legislation: New Jersey [S2484](#) Requires DOE to conduct study on options and benefits of instituting later school start time in middle school and high school. PASSED SENATE The references and additional resources at <http://schoolstarttime.org/endnotes/> are also terrific.

“School Start Time Change: An In-Depth Examination of School Districts in the United States”, The Children’s National Medical Center’s Blueprint for Change Team, April 2014

<http://www.fcps.edu/supt/update/1415/Blueprint-Change-School-Start-Time-Change-ReportFinal4-14-14.pdf>

Rep. Zoe Lofgren (D-Calif.) has introduced legislation (the "Zzz's to A's Act", H.R. 1306) directing the Secretary of Education to conduct a study to determine the relationship between school start times and adolescent health, well-being, and performance. Referred to House Committee on Education and the Workforce, March 4, 2015.

<https://www.congress.gov/bill/114th-congress/house-bill/1306>

<http://thehill.com/blogs/floor-action/house/234711-dem-bill-calls-for-study-of-school-start-times>