



Minutes

Secondary School Start Time Committee

January 17, 2019

9:30 am

Administration Building – Leary Conference Room

Attendees: Mr. Chuck Kleinschmidt, Dr. Jennifer Polinchock, Dr. Dennis Best, Mr. John Creighton, Mr. Jim Ford, Ms. Joanne Mancini, Mr. Joe O'Connor, Mr. Nate Ross, Ms. Colleen Ruch, Ms. Kathy Strouse, Mr. Mike VanBuren, Dr. Percell Whittaker II

Topic	Notes	Follow Up
1. Welcome:	– Dr. Polinchock welcomed the committee members and talked about what the committee will be covering at today's meeting.	
2. Review of Minutes:	– The minutes from the December 20, 2018 meeting were reviewed and approved as written.	
3. Research on Later Start Times for Adolescents:	– Dr. Polinchock shared information regarding research that has been done regarding a later start time for teens. – She talked about how a later start time would be a colossal shift for students, parents and the community. – The committee watched the TED Talk by Wendy Troxel, a sleep researcher, who shared her opinion about teens and the amount of sleep that they need. She said that sleep deprivation affects learning, memory consolidation and emotional processing and that middle schools and high schools should start no earlier than 8:30 am. During puberty, there is a delay in the biological clock, which determines when we feel awake or tired due to a shift in the release of melatonin. For teens, the release of melatonin occurs at 11:00 pm, so teens aren't tired until 11:00 pm or later. – Moodiness, laziness and depression, can be attributed to lack of sleep. We have an entire population of tired youth. – A later start time will affect bus routes, sports, before and after care, local businesses, to name a few. We need to determine if the benefits outweigh the challenges.	

<p>4. Committee Discussion:</p>	<ul style="list-style-type: none"> - The committee broke into three groups to discuss two-three critical points made by the researchers advocating for teens to get more sleep. - Group one would like the committee to delve into more qualitative research; to use hard-core data. - Group two would like the committee to ask teachers and students how they feel the scheduled two-hour delay start times affect the students. - Group three suggested we survey students who currently have AM study hall (279 seniors who are on track to graduate to ask them how they feel on the days they get more sleep, assuming they get more sleep on their delay days). Perhaps Character Lab would be able to analyze data about the students regarding their attendance, grades and discipline. - Also, it was suggested we form sub-committees who are tasked with looking at a start time of 7:45am, 8:00am, 8:15am or 8:30am. Have each sub-committee analyze the impact on transportation, MBIT, athletics, the high school schedule, impact on families and student interest. 	
<p>5. Additional Information:</p>	<ul style="list-style-type: none"> - Mr. Kleinschmidt shared information from two school districts. One school district is considering implementation of a later start time for students and the other school district already implemented a later start time beginning in the 2018/2019 school year. - Phoenixville Area School District presented several options to their Board at their January 17, 2019 meeting: <ol style="list-style-type: none"> 1. Concurrent start time 2. Flip-flop high school and middle school start time 3. Push the start time later 4. Status quo - Unionville/Chadds Ford School District implemented a change in start time for the 2018/19 school year, which included a 25 minute later start time for secondary students and a 15 minute later start time for elementary students. They are now considering a full hour later start time for secondary students. - Mr. Kleinschmidt will provide updated information about the decision of the Phoenixville Area School District Board of School Directors at the next committee meeting. - Mr. Kleinschmidt asked the committee about changing the title of the committee to include "secondary". The new title of the committee is Secondary School Start Time Committee. Some parents have been concerned about the elementary school start time being changed. Adding secondary to the title of the committee will help clarify the purpose of the committee. 	
<p>6. Adjournment</p>	<p>The next meeting will be held Thursday, February 21, 2019</p>	