

School Start Time Committee

January 17, 2019



Review Minutes from December 20, 2018

- Comments and thoughts from our last meeting?

Review of the Research

School start time summary. Retrieved from <https://schoolstarttime.org/summary/>

Centers for Disease and Control and Prevention. School starts too early. (2018, July 18). Retrieved from <https://www.cdc.gov/features/school-start-times/index.html>

American Academy of Pediatrics. Let them sleep: AAP recommends delaying start times of middle and high schools to combat teen sleep deprivation. (2014, August 25). Retrieved from <https://www.aap.org/en-us/about-the-aap/aap-press-room/Pages/Let-Them-Sleep-AAP-Recommends-Delaying-Start-Times-of-Middle-and-High-Schools-to-Combat-Teen-Sleep-Deprivation.aspx>

Task

1. Break into Groups of 4-5.
2. Review the information on the assigned website.
3. Discuss the 2-3 critical points made by the researchers advocating for
 - a. More time for teens/adolescents to sleep
 - b. Importance of adjust school start times for circadian rhythms
 - c. Health risks for teens/adolescents with sleep deprivation
 - d. Other risk factors for teens/adolescents
4. Or, be this [guy](#)

Ted Talk with Wendy Troxel

[Ted Talk](#)

Discussion

- Thoughts about Wendy Troxel's research and position.
- As a Committee that will make a recommendation to local policy makers, do the barriers outweigh the benefits?
- What is a reasonable position to take about a desired school start time for this Committee should the District be tasked with implementing a later school start time?

Sub Committee Formation

- What “buckets” do we need?
- Next steps...