

PROPOSED
MASHPEE PUBLIC
SCHOOL SCHEDULES
BEGINNING
School Year 2017-2018

Mashpee
Middle-High School
8:30 AM – 3:00 PM
(AM Busses: 8:00 AM – 8:20 AM)

Quashnet School
9:00 AM – 3:30 PM
(AM Busses: 8:25 AM – 8:50 AM)
(Combined with the Coombs School)

K. C. Coombs School
9:05 AM – 3:35 PM
(AM Busses: 8:25 AM – 8:55 AM)
(Combined with the Quashnet School)

*The American Academy of Pediatrics
recommends that middle and high
schools start at 8:30 AM or later.*

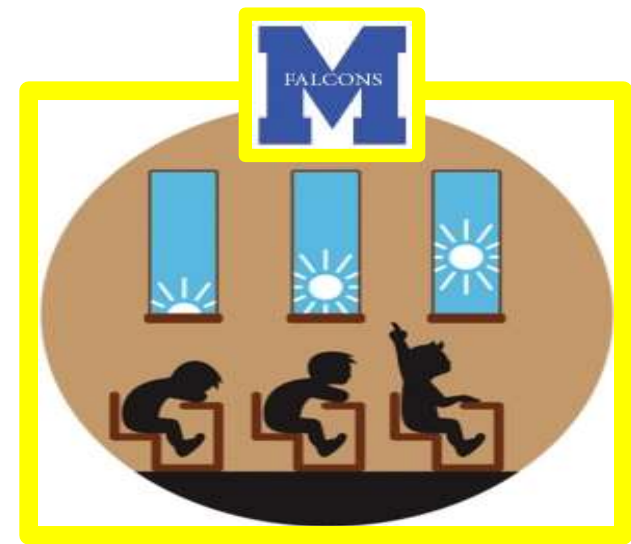


**Members of our Mashpee
School Start Time Committee**
Don Myers, School Committee Chairperson
Chris Santos, School Committee Secretary
Patricia DeBoer, Interim Superintendent
Mark Balestracci, MMHS Principal
MaryKate O'Brien, Quashnet School Principal
Paul LaBelle, Coombs School Principal
Matthew Triveri, Athletic Director
Brian Brodie, Teacher
Robin Geggatt, Teacher
Kristine Jones, Teacher
Kristen Boyd, Parent
Sarah Provencher, Parent
Matthew Auger, Parent
Tannah O'Brien, MMHS Student
Mary Bradbury, Recreation Dept. Director
Ruth Provost, Boys & Girls Club Director
Dr. Peter Edwards, Medical Advisor

Please visit our **BLOG** for
more information on this topic.

<http://mashpeesstc.blogspot.com/>

*"Sleep is the most effective cognitive
enhancer we have."—Russell Foster, Ph.D.*
*"Chronically sleep-deprived teens
often become so used to the feeling of
sleepiness that they don't recognize
that they are settling for less than they
are capable of in creativity, academic
performance, and communication both
in and out of the classroom."—Paula K.
Rauch, M.D*
*Among adolescents, "daily feelings of
anxiety, depression, and fatigue are the
most consistent psychological
outcomes of obtaining less sleep at
night."—Andrew Fuligini, Ph.D*



MASHPEE
PUBLIC
SCHOOLS



MASHPEE—A CONNECTED COMMUNITY

WHY?

- Typical teenagers need 8 – 10 hours of sleep per night.
- Lack of sleep can affect the immune system.
- The hormones that regulate sleep make it difficult for a typical teenager to fall asleep until after 11 pm and to wake up and be alert before around 8 am.
- Lack of sleep has serious repercussions on teenagers' physical, mental and emotional health. Sleep deprivation among teens is linked to depression, anxiety, susceptibility to illness and injury, irritability, car accidents, stunted growth, and even obesity and diabetes.
- Researchers found that sleep deprivation in adolescents leads to increases in so-called risky behaviors, including substance abuse, suicide ideation, suicide attempts, and suicide.
- Sleep deprivation lowers impulse control and reaction times (important for drivers).
- Student athletes who do not get at least 8 hours of sleep per night are at greater risk of sports-related injuries – 2.3 times higher risk for each additional grade in school.
- Lack of consistent sleep negatively affects students' ability to think and learn.

(Reference: <http://www.startschoollater.net/>)

“Chronic sleep loss in children and adolescents is one of the most common—and easily fixable—public health issues in the U.S. today.” Dr. Judith Owens

Send your questions/ suggestions to Interim Supt.
Patty DeBoer at pdeboer@mpspk12.org

STUDENTS REMAIN OUR #1 PRIORITY.

The Mashpee School Start Time Committee (SSTC) has been meeting regularly since November of 2015. We have read and discussed current research on this topic, have created an informational blog as a one-stop learning center on this topic, have gathered input from surveys, and have explored various scenarios for Mashpee to arrive at our current proposal.

NEXT STEPS

- ✓ **INFORMATION SHARING AT:**
 - Open Houses: Quashnet—9/14; MMHS—9/22; Coombs—9/29
 - Elementary PTO Meetings KCC—9/22; Quashnet—9/28
 - Staff and School Council Meetings (Sept-Oct.)
 - **DISTRICT-WIDE parent meetings:**
Tues., 10/4: Coombs School (6 PM)
Mon., 10/17: Quashnet School (6 PM)
Thurs., 10/27: Middle-High School (6 PM)
- ✓ Frequent communication updates with families (9/16 – 1/17 and beyond)
- ✓ Next SSTC meeting: 11/2 at 3:30 PM (QS)
- ✓ Creation of informational video in October and shared on Mashpee TV beginning in November
- ✓ SSTC presentation to School Committee on 11/16/16
- ✓ Potential School Committee vote in Jan. 2017



Planned Actions in Support of the Proposed Changes in Mashpee School Day Times

- Add two additional busses (already part of our fleet) to the MMHS bus runs. Re-do current routes to ensure shorter bus rides. Our goal is for MMHS students to be picked up around 8:00 AM or later and to arrive at MMHS no later than 8:20 AM.

Planned Actions in Support of the Proposed Changes in Mashpee School Day Times (continued)

- Schedule MPS Staff Meetings/PLC (Professional Learning Community) Meetings that usually take place after school on Mondays to before school on Tuesdays.
- Schedule student activities after school on Mondays in addition to the current schedule of Tuesday – Thursday.
- Revamp school-day schedule at MMHS to provide a daily period for clubs/activities/tutoring (Non-athletic activities that previously took place after school)—Create Block Schedule.
- Begin bus runs for Quashnet/KCC students as soon as MMHS students have been dropped off at MMHS in the AM (anticipated to be 8:20 AM).
- Provide Before-School activities at the Quashnet/KCC Schools (School/Rec. Dept.?)
- Maintain after-school programs at the elementary schools (3:30 – 4:15 PM at Quashnet) and (3:35 – 4:20 PM at KCC)
- Explore adding add'l late bus (1 or 2) so routes are shortened
- Adjust teacher work days as follows: MMHS: 8:20 AM – 3:30 PM; Quashnet: 8:50 AM – 4:00 PM; Coombs: 8:55 AM- 4:05 PM
- Explore moving Monday half-day PD for staff to the AM (Provide Free/Reduced Students with meal)
 - MMHS: Teacher PD: 7:00 AM – 10:30 AM; Students: 11:30 AM – 3:00 PM (Teachers remain until 3:10 PM);
 - Quashnet School: Teacher PD: 7:30 AM – 11:00 AM; Students: 12:00 Noon – 3:30 PM (Teachers remain until 3:40 PM)
 - Coombs School: Teacher PD: 7:35 AM – 11:05 AM; Students: 12:05 PM – 3:35 PM (Teachers remain until 3:45 PM)