

# **Mashpee Public Schools: School Start Time Committee (SSTC)**

## **Thursday, April 28, 2016 (3:30 – 4:45 PM) Quashnet Library (MINUTES)**

**PRESENT:** Patty DeBoer, Chris Santos, Sarah Provencher, Matt Auger, Tannah O'Brien, Marcy Dugas, Dr. Peter Edwards, Matt Triveri, Kristen Boyd, MaryKate O'Brien, Robin Geggatt, Lloyd Wilson, Jr., Mark Balestracci, and Mary Bradbury  
(Additional Parent Guest: Cathy Gallagher)

**ABSENT:** Don Myers, Brian Brodie, Kristine Jones, Wendy Lithwin

**3:35 PM:** Meeting opened

**3:38 PM:** 3/30/16 SSTC Meeting Minutes—reviewed/approved (Motion to approve: Patty DeBoer; 2nd: Sarah Provencher; All “yes”)

**3:40PM:** Discussed results of MMHS student survey. Participation was lower than expected which could present problems with the data.

- We need to explore the workload of MMHS students—particularly those who push themselves and are involved in high-level academic courses, sports, and other extra-curricular activities. Get these students involved in crafting a daily schedule that best supports their learning. We need to ensure that AP workload is challenging students intellectually not just challenging students to manage their time with more work.
- Dr. Edwards: Reminder that sleep deprivation is an illness.
- Matt Triveri: MMHS Fall Sports will not be affected by later start time; Winter Sports—tougher to get gym time for all the teams within the time available.
- Sarah Provencher: “Getting enough sleep” should be our focus—not “getting to sleep in later.”
- We can create/build a school-day schedule that best meets the needs of our students—build in a directed study block. Many of our high-achieving/highly scheduled students exceed the 24-credits requirement for graduation.
- We need to ensure that AP workload is challenging students intellectually not just challenging students to manage their time with more work.

**4:16 PM:** Discussion of potential elementary start times and impact thereof

- Falmouth is exploring school start times again. Currently Falmouth elementary students go to school from 9:05 – 3:30 PM
- MaryKate O'Brien has concerns about changing Quashnet's after-school programs to before-school if the start time shifts to a much later start. How many students will be able to participate if extra-curricular activities are held before school?

**4:24 PM:** Planning forward—To Do List:

1. Gather feedback from students who experienced later start time in other high schools
2. Look at length (time) of all current bus routes. Determine where it would be best to add additional busses (maybe a cost of \$150K) to keep the elementary day close to its current schedule (Patty). Based on this information, make recommendation for elementary start/end times for SY17-18.
3. Develop a Power Point presentation to use for AM and PM Parent Information workshops—to be edited at our next meeting—(Patty)

**4:45 PM:** Shared input from Don Myers: One big take away from the presentation done by Fairfax County Connecticut Public Schools was that public perception to changing the start time for their high schools became very positive when the focus was on doing this based on the health benefits versus academic impact. Also, they used small workshop-style sessions involving the public versus an open forum public meeting to build consensus and address concerns.

**4:49 PM:** Next meeting date selected—**Tuesday, June 7, 2016** at 3:30 PM (Quashnet Library)

**4:58 PM:** Meeting adjourned

**APPROVED: 6/7/16**