

Mashpee Public Schools: School Start Time Committee (SSTC) January 14, 2016 (3:30 – 4:45 PM) Quashnet Library (MINUTES)

PRESENT: Don Myers, Chris Santos, Patty DeBoer, Mark Balestracci, MaryKate O'Brien, Marcy Dugas, Matt Triveri, Kristine Jones, Robin Geggatt, Kristen Boyd, Sarah Provencher, Matt Auger, Tannah O'Brien

ABSENT: Brian Brodie

3:30 PM: Meeting started

3:32 PM: 11/20/15 SSTC Meeting Minutes—review/approve (Motion to approve: Kristen Boyd;
Second: Matt Triveri—All YES)

3:34 PM – 4:40 PM:

- Committee members reported out on their assigned task (#1 – 8)
- Draft of School Start Time survey was presented (currently in Survey Monkey)—hold for later in the process—tweak questions as we move forward; Tannah O'Brien is collecting input from her MMHS peers; release survey closer to the ending point/decision time; more communication to families is needed prior to the survey; conduct separate surveys—parent/family and student
- Documentation was shared on the health aspects (physical/mental) of adolescents; sleep deprivation; melatonin; brain functioning
- Articles/research read by committee members were shared/discussed—all contain similar research
- Biggest message after watching video/reading research—How can we not change? “Are we going to do what is best for our students or do what is convenient?”
- HW—totally separate issue or something that should be considered with any change in start time decision (How amount/type of homework and change to school start/end time are related?)
- Many districts are looking at the issue of high school start time—not that many districts are taking action.
- Chart of local and South Shore League school start times was provided to the committee and discussed. Principal Balestracci supports shifting to a later start time at MMHS.
- Principal O'Brien worries about the impact of any change in start/end times on fifth and sixth graders.
- Dr. Alexander Heard from Cape Cod Pediatrics agreed to be part of this committee (per Kristine Jones).
- We need to include the Recreation Department and Boys & Girls Club in this discussion.
- Chart of Mashpee start/end time options was provided. If Mashpee decides to adjust the start time at MMHS, most members of the committee agree that the change should be a minimum of 30 minutes. General consensus: KCC/QS—Earlier start time; MMHS—Later start time
- Any recommended change of school start/end times would be for SY17-18.
- Target for recommendation to School Committee: July—2016
- Need to get information to the public (newspaper, email, blog, website)—share after each SSTC meeting

4:40 PM: Next meeting date selected: **Wednesday, February 24, 2016** at 3:30 PM (Quashnet Library)

4:45 PM: Meeting adjourned (Motion: Patricia DeBoer; Second: Mark Balestracci—All YES)