

Mahtomedi Public Schools
Independent School District #832
1520 Mahtomedi Avenue
Mahtomedi, MN 55115

Regular Meeting - Board of Education

Date: January 5, 2017

Agenda Item #10. B.

TOPIC: Student Support and Student Sleep Update

BACKGROUND: much work has been done in examining adolescent sleep and the potential impact on school start times:

- School Board members and superintendent attended an AMSD presentation on sleep and school start times in August 2016.
- The Student Support Review Team had a presentation by The Minnesota Sleep Society on adolescent sleep patterns and school start times.
- The Minnesota Sleep Society made a community presentation on school start times and adolescent sleep. There is a video of that presentation available
- The Student Support Review Team had Erin Walsh, national expert on adolescence, presented information on trauma and on sleep. In addition, she did a community presentation.
- Provided research from AMSD to staff and solicited feedback
- Provided research to families and received feedback
- Held listening sessions each site where school start times was discussed to gain input

A change in school start times has an impact on all students and families who attend Mahtomedi Public Schools. More research is required in the following areas:

- Impact on MAC programming—recruiting, hiring and retention, fee structure
- Impact on activities including, but not limited to:
 - scheduling of contests,
 - scheduling of classes to accommodate activities,
 - maintaining student participation,
 - students leaving early for contests,
 - impact on district and non-district facilities and usage
- Transportation impacts including, but not limited to:
 - Student pick up times and times students arrive at home

- Weather considerations and darkness
 - various busing scenarios—adding more routes, having all the schools start at the same time, and others
- Family impacts including, but not limited to:
 - Child care arrangements
 - Children with jobs

While research is being carried out, we should examine current practices to determine if there are things we can do to help students get the sleep they require. Among the ideas from the Minnesota Sleep Society include:

- Eliminate zero hour
- Avoid core curriculum and AP classes first hour
- Make electronic homework submission deadlines earlier in the evening,
- End official school activities (e.g., sports and play practices) no later than 10 hours before bus pick-up the next day
- Include Sleep Education in health class
- Assess for sleep deprivation when counseling students about behavioral issues

ACTION RECOMMENDED: Recommendation is to do further research and have the board also provide direction

Submitted By:



Name

Superintendent of Schools

Title

Concurrence By:



Dr. Mark Larson

Superintendent of Schools