



**ADVISORY COMMITTEE
REGARDING HIGH SCHOOL INSTRUCTIONAL SCHEDULING
AGENDA ITEM
AMPHITHEATER UNIFIED SCHOOL DISTRICT NO. 10**

DATE OF MEETING: **September 13, 2016**

TITLE: **Presentation of Sleep Study Information**

BACKGROUND:

Mr. Mike Bejarano, Chief Academic Officer of Secondary Education, will present information on the American Academy of Pediatrics' recommendation regarding sleep for high school age students.

This information is provided for the Advisory Committee's orientation to and understanding of how changing the start time of high school to a later time would affect high school students' health and academic performance. And, also the effect a later start time would have on master schedules and instructional hour considerations.

RECOMMENDATION:

The presentation is for the Advisory Committee's information and consideration.

INITIATED BY:

Karen S. Gardiner

Karen S. Gardiner, Administrative Assistant to the Governing Board

Date: September 9, 2016

Tassi Call

Tassi Call, Facilitator

Wendy BiallasOdell

Wendy Biallas-Odell, Facilitator