

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

**Regular Meeting - Board of Education**

**Date:** December 14, 2017

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**Agenda Item #10. C.**

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**TOPIC:** Student Wellness, Sleep and School Start Times

**BACKGROUND:** The School Board has set student wellness as a goal. Part of the work on health and wellness examines student sleep. Therefore, examining school start and end times is part of that discussion.

The board started work on this in August 2016. It has been the subject of discussion at several school board meetings and discussion in the community.

The board has devoted considerable attention to this issue. In addition to school board meetings there have been listening sessions at each of the school sites, two community listening sessions, a parent teacher organization session, Student Leadership Council at the high school and more. Students and staff have shared their opinions on the issue as have families.

In an ideal world, there would be unlimited funds for transportation, but the reality is that anything other than “flipping” the secondary and elementary schools start and end time would have a significant additional cost.

The research is showing that lack of sleep can have very negative impacts on student wellness. Specifically for teenagers, Kyla Wahlstrom of the University of Minnesota, in a publication entitled “The Conversation, KSDK” cites research that states, “In the secretions of the sleep hormone melatonin begins at about 10:45 pm and continues until about 8:00 am. What this means is that teenagers are unable to fall asleep until melatonin secretion begins and they are also not able to awaken until the melatonin secretion stops.”

However, there is less research on sleep and elementary students. This is an area of research that needs to be explored before an action that affects about half of the students can be taken.

Sleep is only one of many factors in student wellness. The school district will continue to evaluate areas of student wellness where the school district has authority to make positive impacts.

**ACTION RECOMMENDED:**

The School Board table the issue until the 2019-20 school year when the consideration of school start times will be re-examined. In the interim period:

1. Severely limit middle and high school student activities before 8:00 am. Any before school activity would require the approval of the building principal.
2. Whenever possible avoid AP/CIS classes first hour.
3. All electronic homework submissions due at 10:00 pm at the latest. In the event of late games/practice, accommodations with the student and teacher can be arranged.
4. Official school practice activities (athletic or artistic) end by 9:00 pm.
5. Sleep education is already covered in health classes at both the middle school and high school. It is part of a stress and wellness unit.
6. Assess students for sleep deprivation when dealing with behavioral issues. Provide training for those (counselors, PBIS Specialists, etc.) where necessary.
7. No final exams at 8:00 am at the high school.

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**Submitted By:**



**Name**

Superintendent of Schools

**Title**

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**Concurrence By:**



**Dr. Mark Larson**

**Superintendent of Schools**