



Lunenburg Public Schools

Loxi Jo Calmes
Superintendent of Schools

CALENDAR ADVISORY SUB-COMMITTEE MEETING
Thursday, January 29, 2015
T. C. Passios Building- 7:15 p.m.

Minutes

Calendar Advisory Committee

Colleen Shapiro – School Committee
Ronald Hyatt – SAC LHS
Dr. Gary Asher – Former Lunenburg Family Practice, Health Advisory Committee-absent
Brandon Kibbe – SAC LPS
Amanda Waltz – Parent-absent
Louis Bettencourt – Parent-absent
Heather Sroka – School Committee
Ami Powers – SAC THMS
Katie McGuire- SAC LHS

Superintendent

Loxi Jo Calmes

Guests

Chad Adams, LPS Assistant Principal, Tim Santry, THMS Principal
Brian Spadafino, LHS Principal, Sandy Laserte, Wellness Advisory Coordinator
Carrie Ford, Nursing Coordinator, Tammy Perry, Extended Day Director
Peter McCauliff, Athletic Director, Eric Short, Teacher, Parent and Coach

* Call to Order: Meeting called to order at 7:23pm

* Review and Approve Minutes: Colleen Shapiro motioned to approve, Heather Sroka motioned to approve, Katie McGuire seconded the motion, **Vote: Unanimous**

* Updated Presentation-School Start Time : Dr. Asher presented to Wellness Committee. Wellness Advisory was in support years ago, and recognizes challenges but wanted to be on the record to support this project.

Presentation:

“Adults getting up at 3 – report to work at 5 - can you be at your best?” That is what we are asking our Adolescents to do, however, they aren't able to effectively handle this like some adults can, due to their development.

Sleep patterns – 4 stages

Circadian Rhythms – medical research and background, and affects on our sleep cycle. Mood, Anxiety, Driving safety. Stag II and REM not being interrupted is goal.

Learning – different types of learning Procedural, Declarative and Cognitive

Last half of the night is so important for adolescences. Over 8 hours is recommended – would like to see 9.

Per surveys, very few adolescences are getting this amount. Tied to motor tasks and emotional impacts also.

Sandy Lasert made comment of loss of sleep is cumulative. Most HS students will catch up on weekends.

Monday they can function better, and as week goes on, it gets worse.

Adolescences produce melatonin later in the evening, so its not as simple as just going to bed earlier.

Minneapolis High School first school to start this, back in 2000. Favorable results.

This would have to have no cost impact.

Athletics – would need lights on field – but upcoming project and solar power, would result in no extra cost in this area.

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Peter McCauliff – adding 2 more fields, that are both lighted would help. With electricity running from the school, could light fields for almost nothing.

Engaging community and full impacts of this change (Superintendent magazine)

American Academy of Pediatrics – strongly supports this change – encourages school districts to have middle/high start at 8:30 – 9, goal to get 8.5 – 9 hrs. of sleep. Article also talks about related aspects of obesity, diabetes, increase rates of anxiety, depression and physical health and safety.

More studies are coming out showing percentage decrease in student crash rates with change of start time.

Reason of rotating schedule, teachers can see students at different times of day – not always first period.

Brian Spadafino – teachers like having students through the day – afternoons tend to be more difficult as well - “crashing” not just first periods.

Framing this as a Health issue with community to start having this conversations. Get people involved and have the conversation.

* *Discussion:* Eric Short – parent perspective – late time of younger kids getting home. No time after school. As teacher, the after school help is big factor. If much later end date, no extra time for jobs, extra help. Coaching – logistically possible, however burden on daily basis on travel – some sports you cant have lights (golf). Easier if more schools were on board. Would kids miss school to get to a game.

School year, in all our sports, we have about 55 – 70% involved in at least one sport.

Extra help is big part in Athletic Department. Improve 1) performance of students academically and 2) attendance (students have to be in school at 7:25) to play practice or game. Losing extra help would be a big issue.

League sets start time for games.

Once new fields are in with lights – soccer, field hockey and football would be fine – even at a youth level.

Impact the most in fall is golf and cross country. Winter – indoor track program is impacted the most, because of running outside. Ski program – hardest deadline – have to be off slopes by time night skiing start. (5:30)

Spring – relatively low impact – biggest conflict is with softball. Only one field.

Scheduling would be difficult, not impossible – may impact not playing some schools on occasion.

After school activities and clubs – pushing back time impacts all those as well.

4 pm start time is not impossible -

most of the coaches, a later start would help. (~50% do not work in our school district)

If younger students started earlier, Extended day would have to staff differently due to HS getting out later - probably would have a larger group.

Earlier start time may affect the morning extended day – less children.

Discussion about all schools starting at same time.. all kids on same bus – Bus monitors –

Good role models, help at bus stops.

One run busses would help the Athletic issues with changes of start time.

Good reasons to do this – challenges are the scheduling.

Change next meeting date – cancel meeting date on Feb 12th.

Next meeting on February 26th

Next meeting to formalize our recommendation to the School Committee

Campaign to the community regarding this proposed change.

* *Adjournment:* Heather Sroka made a motion to adjourn the meeting, Katie McGuire seconded the motion. Meeting adjourned at 9:30pm.

Respectfully Submitted,

Ami Powers

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