

## Calendar Committee Meeting Notes 2.5.17

### Research Article Review

| Article   | Notes  |
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| <p>Pediatric Article-<br/>Start Times</p>                       | <ul style="list-style-type: none"> <li>● Insufficient sleep is a public health issue</li> <li>● Biological factors impact sleep during puberty/adolescence</li> </ul> <p>Effects on loss of sleep:</p> <ul style="list-style-type: none"> <li>● Concentration, behavior, absenteeism</li> <li>● Fatigue= prone to mental health</li> <li>● Issues= mood disorders, depression</li> <li>● Parent unaware of sleep loss- they think kids are getting enough</li> </ul> <p>Delayed start times</p> <ul style="list-style-type: none"> <li>● 43% of public schools start below 8:00 am</li> <li>● AAP advocates for start time after 8:30 AM</li> <li>● Many health related benefits (mental and Physical)</li> <li>● 3% fail in math and science on a study reported 1 hour delay</li> <li>● Double gains at the lower end for closing the achievement gap</li> <li>● Added sleep came in the AM not PM</li> </ul> <p>Conversation Notes:</p> <ul style="list-style-type: none"> <li>● Move ISH to end of day</li> </ul> <p>Additional Information Needed:</p> <ul style="list-style-type: none"> <li>● Find out how many student activities a change would affect (starting at 8:30)</li> <li>● Make a system decision about the amount of time a practice can be</li> </ul> |
| <p>Pediatric Article-<br/>Insufficient<br/>Adolescent Sleep</p> | <p>Causes</p> <ul style="list-style-type: none"> <li>● Biorhythms</li> <li>● Electronics (later you do it closer to sleep, negative sleep effect)</li> <li>● Use of caffeine to get through the day because of insufficient sleep</li> <li>● School starts (and schools could impact)</li> <li>● After school and co-curricular activities, employment</li> <li>● Lack of parental monitoring</li> </ul> <p>Consequences</p> <ul style="list-style-type: none"> <li>● Depression/Suicide</li> <li>● Academic achievement</li> <li>● Risk-taking behavior</li> <li>● Obesity</li> <li>● Driving accidents</li> </ul> <p>Conversation Notes:</p> <ul style="list-style-type: none"> <li>● What we control is the start of school, but the other causes are out of our control</li> <li>● Shorter practice time, well rested students may perform better</li> </ul>   |
| <p>Hanover Research<br/>PCL Time</p>                            | <p>Provide consistent, sufficient time for PLCs to meeting:</p> <ul style="list-style-type: none"> <li>● Structure with clear guidance</li> </ul>  |

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|  | <ul style="list-style-type: none"> <li>● Autonomy in decision making</li> <li>● Collaborative coaching is key</li> </ul> <p>Sense at elementary and MS are moving toward consistent time:</p> <ul style="list-style-type: none"> <li>● EL has the availability of daily but work weekly</li> <li>● MS has the availability of daily but work weekly</li> </ul> <p>Concerns if we are working as a truly PLC</p> <p>Consider options for % and 8/9 for collaboration or transition planning</p> <p>HS Thoughts:</p> <ul style="list-style-type: none"> <li>● HS has limited time (1 time a month in department meeting)</li> <li>● Models use block scheduling</li> <li>● Models use truncated schedule</li> <li>● Consider 2x monthly by early release at 2:00 to provide 70 minutes of PLCs</li> </ul> |
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## Parent-Teacher Conferences Articles

Common Themes within all Articles:

- Relationships are key
- Students should be included somehow
- Teacher self-evaluation: What am I doing if students are struggling? Reflect on their own practice
- Different models or way to communicate

Discussion Points:

- Different levels with different types of conferences
- Conferences by advisory not course
- Advisor for freshmen only unless they are struggling
- Conferences should have babysitting or child care issues
- Kids reflecting before the parent-teacher conference
- Would student led conferences count for instructional minutes