

Summary of High School Bell Times Work Group
July 11, 2013, 3:00–5:00 p.m.
Carver Educational Services Center, Room 127

Attachments

Wrobel, G.D. (1999). Impact of school starting time on family life. *Phi Delta Kappan*, 80(5), 360-364.

Opening Remarks

John reminded work group members that this was the last meeting of the group. He thanked participants for their participation in the group and provided updates on next steps for the issue of bell times:

- Work group members are invited to comment on the draft report (distributed at this meeting) by August 2.
- The paper will be reviewed internally then presented to the Executive Leadership Team on August 20.
- The paper is tentatively scheduled for presentation to the Board of Education on September 23, 2013 [*the presentation was subsequently rescheduled for October 8*]. Work group members will be advised of the date of the Board meeting and are welcome to attend.

Draft Report Presentation

Sally provided an orientation to the report.

- Set this work group in the context of previous work groups
 - Appendix B is timeline of bell time efforts from 1998 to present
- Findings
 - Predictors of school start times: 2005 Wolfson and Carskadon national survey, 1997 MCPS 25 biggest districts survey
 - Sleep research: adolescent sleep needs, obesity, cognitive/psychological issues, traffic accidents
 - School start time research: academic outcomes, traffic outcomes, sleep outcomes, impact on family life (Wrobel)
 - MCPS research: OSA survey of HS students and parents of HS students, 1996 MCPS School Calendar Survey, MCR and MCJC surveys
 - Sleep in the News
- Summarize the meetings at which research reviewed
 - 2/11 presentation of sleep research by Dr. Owens
 - 2/28 presentation of school start time research by Dr. Hinrichs/Kecia/Chris
 - 3/14 additional research in FCPS lit review discussed and distributed in minutes
 - 4/25 presentation of MCR findings
 - 5/9 presentation of MCJC findings; Loudoun county presentation (Fred Evans)

- 5/23 conversation about TIMSS findings (WTOP news brief)
- 6/6 presentation of Arlington findings by Susan Robinson

Discussion

The report was generally well-received, and participants were invited to read the report in detail and provide written feedback. Participants summarized their impressions of the group process and the report.

Post-meeting Follow-up

Comments and edits to the report were later received from group participants and edits were discussed and incorporated, as appropriate, into the draft report.