

Brookfield Public Schools
Healthy School Start Time Committee

MINUTES

Monday, July 1st, 2019

4:00 PM

Town School Offices – Curriculum Development Room

The meeting was called to order at 4:01 pm

Present: Rosa Fernandes, Colette Sturm, John Pitt, Lisa Whalen, and Lou Quinn

Absent: Jen Laden, Dr. John Barile, Laurie Moses, and Joy Squintieri

- The committee approved minutes from meeting on June 3rd, 2019

New Business

1. The committee engaged in a protocol and discussed scientifically based benefits from several newly shared empirical research pieces and position statements as well as potential downsides to altered start school start times for students.

Old Business

1. The committee continued its discussion of committee objectives and formulated the following goals:
 - a. To study the available empirical research regarding adolescent sleep health and its relation to school start times.
 - b. To communicate such research to the public via subject matter experts and public forums and deploy surveys.
 - c. To consider whether a change in the start times of Whisconier Middle School and Brookfield High School should be recommended to the BOE.
 - d. To advise the BOE on the use of consultants to help alter start times.

2. The committee continued its discussion on the development of targeted surveys and agreed the best use of time would be to hold a public forum *after* the survey results are in, sometime in October.

The committee agreed that 3 surveys, targeted at students, parents, and staff, was best. The committee delegated the work of the development of these surveys to members. Although templates and examples from other districts will be considered, the committee's priority is to keep survey questions objective and fact-finding.

Rosa Fernandes, Jen Laden, and Joy Squintieri will develop the Student Survey for committee review. John Pitt, Lou Quinn, and Lisa Whalen will develop the Parent Survey for committee review. Colette Sturm, Dr. John Barile, and Laurie Moses will develop the Staff Survey for committee review.

3. The committee continued its discussion of a communication strategy and agreed that meeting agendas and minutes, although already posted to the district website, will also be posted to the district's Facebook page each month and shared to other local pages as much and as possible.

The next agenda will include a 1st review of surveys.

The next meeting is scheduled for August 5th at 4:00 pm

Adjournment was at 5:18 pm