

**Westport Public Schools
School Start Time Committee**

Thursday, April 5, 2018
1:00 p.m.

Staples High School, Library Classroom 502

Team Members:

Christopher Breyan, Carolyn Caney, James D'Amico, Jackson Delgado, Sandra Evangelista, Ritu Johorey, Melissa Kane, Suzanne Levasseur, Netta Levy, Marty Lisevick, Elio Longo, Christine Meiers Schatz, Jacquelyn Mellin, Vik Muktavaram, Colleen Palmer, Lauren Pitocco, Mike Rizzo, Candice Savin, Anne Spencer, Eugenie ten Cate, Christine Wanner

Agenda Items

- 1) Approval of meeting minutes
- 2) Video presentation and discussion Sleep and the Adolescent Brain (video from Radnor Township School District, NJ):
Video presenters include: Dr. Judith Owens, the Director of Sleep Medicine at Boston Children's Hospital in Boston, MA and a nationally renowned pediatric sleep expert; Dr. Katherine Dahlsgaard, the Lead Psychologist at the Anxiety Behaviors Clinic at the Children's Hospital of Philadelphia; and Dr. Joseph O'Brien, the Executive Director of the Chester County Intermediate Unit, provided thorough information and compelling data on the subject. West Chester Area Superintendent Dr. James Scanlon shared his perspective via a video shown to the audience.
- 3) Next steps