



Maryland State Chapter health, safety and equity in education

April 25, 2017

Dear Members of the Maryland Board of Education,

I am Lisa VanBuskirk of Start School Later Maryland. I was before you in early December, so I thought that it would be appropriate to come back and share with you some updates from around the state regarding healthy and safe school hours. I also wanted to make you aware that the American Academy of Sleep Medicine this month joined the American Academy of Pediatrics (2014), U.S. Centers for Disease Control (2015), and American Medical Association (2016) in "calling on communities, school boards, and educational institutions to implement start times of 8:30 AM or later for middle schools and high schools to ensure that every student arrives at school healthy, awake, alert, and ready to learn."

So how are Maryland schools doing?

When the Dorchester Star asked Caroline County about later start times and the *Adolescent Sleep, Health, and School Start Time Conference* that takes place this Thursday and Friday, the BOE President stated healthy school hours "doesn't suit us".¹ When I followed up, urging attendance at the conference, Mr. James Newcomb replied a bit crossly,

"As we have discussed the issue at different times over the years and none of us have heard an uproar over later start times from any of our student families or staff... I suggest you focus your attention on your community and stop sending out mass emails to communities that don't have the same issues as yours."

America's doctors disagree with Mr. Newcomb, as they believe school start times *are* a nationwide problem for teens. Only 33% of Caroline County's high school students self-report 8 hours of sleep or more in the 2014 Youth Risk Behavior Survey, a drop from the nearly 2/3 of Caroline middle schoolers who reported 8 hours of sleep. Even if underreported, sleep and school hours are an issue for the remaining 67% of the high students who don't achieve 8 hours of sleep.

I contrast that response with Frederick County whose Citizens Advisory Committee is researching high school start times with a final report due late this summer. When I provided the agenda of the Conference to those Board members, I received the following from Mr. Brad Young, the Board of Education President,

"I know this is a very complex issue and the more information we have the better decision we can make. Hopefully someone from staff will be able to attend the conference."

If I take Mr. Newcomb's suggestion to discuss Anne Arundel County where I live, it isn't a flattering picture and not for lack of effort by the community seeking change. At their February budget meeting, a board member introduced an amendment to include the necessary funding for healthier and safer school hours, for just \$100 per student. Not one of her eight colleagues extended the professional courtesy to "second" the motion and the amendment died without discussion. After making a small 13 minute change in September 2016, the board is not willing to discuss the issue further. Nor have any of AACPS's Board or staff have signed up for the conference, despite knowing about it since December and an offer to pay their registration from a local doctor.

In contrast, a week later in neighboring Howard County, the BOE rejected 4 proposed bell scenarios because elementary school start times were to be reorganized and placed first, but were deemed too early by the community and Board (7:30/7:45 depending on the scenario). Instead the Board asked for new bell scenarios with the criteria that no school start before 8 a.m., with middle/high school ideally after 8:30 a.m., but all schools start by 9:25 a.m. for the 2018-2019 school year. Two members of Howard County's staff will be attending the conference later this week.

As you can see from these vignettes, Maryland struggles with implementing the necessary changes to start times. It should no longer be a question of "should we" but "how do we". Any encouragement and leadership you can provide on the topic will be appreciated. Attendance at this week's conference would be a great way to support MSDE's Orange Ribbon Bill for Healthy School Hours. To my knowledge, nobody from MSDE has registered. It is a unique opportunity so relatively close to us. I hope to see someone there.

Thank you,

Lisa VanBuskirk

Chapter Leader

Start School Later Maryland and Anne Arundel County

Enclosure: Agenda for Adolescent Sleep, Health, and Start Time Conference April 26-27, 2017 in Washington DC <https://www.schoolstarttimeconference.org/>

http://www.myeasternshoremd.com/dorchester_star/schools/article_7c2b1a5d-aa41-55f4-9105-7baead29bf2c.html

Keep the conversation going by using the
official conference hashtag before, during, and after the conference!
#SSTConf2017



**ADOLESCENT SLEEP, HEALTH,
AND SCHOOL START TIMES**
THE NATIONAL CONFERENCE

[HOME](#) [INFORMATION](#) [AGENDA](#) [SPEAKERS](#) [ACCOMMODATIONS](#)
[REGISTRATION](#) [CONTACT](#)

CONFERENCE AGENDA

Please note that times, sessions, and speakers may change.

THURSDAY, APRIL 27, 2017

7:30 a.m.-8:30 a.m.

Registration (*Capitol Foyer*)

8:30 a.m.

Conference Begins (*Salon D & E*)

PART 1 Sleep: At the Crossroads of Biology and Health

8:30 a.m.-9:00 a.m.

Introduction to Conference: Background, Mission and Goals

- Judith Owens, MD, MPH, Director of Sleep Medicine, Boston Children's Hospital and Member of the Faculty in Neurology, Harvard Medical School

9:00 a.m.-9:30 a.m.

Keynote Address

- Perri Klass, MD, Professor of Journalism and Pediatrics and Director, Arthur L. Carter Journalism Institute, New York University

9:30 a.m.-10:00 a.m.

An Overview of the Biology of Sleep and Circadian Rhythms

- Daniel J. Buysse, MD, UPMC Endowed Chair in Sleep Medicine and Professor of Psychiatry and Clinical and Translational Science, University of Pittsburgh

10:00 a.m.-10:30 a.m.

Developmental Changes to Sleep Biology Affect Adolescent Sleep

- Mary Carskadon, PhD, Professor, Department of Psychiatry and Human Behavior and Adjunct Professor of Cognitive, Linguistic and Psychological Sciences, Alpert Medical School, Brown University

10:30 a.m.-10:45 a.m. Morning Break

PART 2 Deficient Sleep in Teens: The Consequences

10:45 a.m.-11:15 a.m.

Impact on Safety

- Brian C. Tefft, Senior Researcher, Traffic Research Group, AAA Foundation for Traffic Safety

11:15 a.m.-11:45 a.m.

Impact on Mood and Risky Behavior

- Wendy Troxel, PhD, Senior Behavioral and Social Scientist, RAND Corporation

11:45 a.m.-12:15 p.m.

Impact on Health

- Charles Czeisler, MD, PhD, Baldino Professor of Sleep Medicine, Harvard Medical School

12:15 p.m.-1:15 p.m. Break for Lunch (provided)

1:15 p.m.-1:45 p.m.

Impact on Cognition and Brain Function

• Dean Beebe, PhD, Director, Neuropsychology Program, Division of Behavioral Medicine and Clinical Psychology, Cincinnati Children's Hospital and Professor, Department of Pediatrics, University of Cincinnati

1:45 p.m.-2:15 p.m.

Impact on School Performance

• Amy Wolfson, PhD, Vice President for Academic Affairs and Professor of Psychology, Loyola University Maryland

PART 3 Turning Science into Policy

2:15 p.m.-2:45 p.m.

Does Changing School Start Times Work?

• Kyla Wahlstrom, PhD, Senior Research Fellow, University of Minnesota

2:45 p.m.-3:15 p.m.

Overview of School Start Times in the US and Survey of the Literature

• Anne Wheaton, PhD, Senior Service Fellow/Epidemiologist, Centers for Disease Control and Prevention

3:15 p.m.-3:30 p.m. Afternoon Break

3:30 p.m.-4:00 p.m.

Cost Benefit Analysis of Changing School Start Times

• Marco Hafner, Research Leader, Cambridge Office, RAND Corporation

4:00 p.m.-4:30 p.m.

Debunking Sleep Myths and Educating Communities

• Rafael Pelayo, MD, Clinical Professor, Psychiatry and Behavioral Sciences, Stanford Center for Sleep Sciences and Medicine

4:30 p.m.-5:00 p.m.

Q&A / Panel Discussion

5:00 p.m.-6:30 p.m.

Networking Reception (*Capitol Foyer*)

FRIDAY, APRIL 28, 2017

Deeper Dives: Case Studies and Focused Topics

8:00 a.m.

Conference Begins (*Salon D & E*)

8:00 a.m.-8:30 a.m.

Opening Remarks: Leadership for Change at the District and State Levels

- Kenneth Dragseth, PhD, Retired Superintendent, Edina, MN and Lecturer, College of Education and Human Development, University of Minnesota
- Anthony J. Portantino, California Senator Representing the 25th Senate District

8:30 a.m.-9:15 a.m.

Perspectives from the Trenches

- Sandy Evans, Chair, Fairfax County VA Board of Education
- Darrel Droblich, President, MidAmr Group
- Terra Ziporyn Snider, PhD, Executive Director and Co-Founder, Start School Later, Inc.

9:15 a.m.-9:30 a.m. **Transition to Breakout Session Rooms** (*Meeting Room Level*)

Breakout Sessions - Blueprints for Success:

Who, Why, When, Where, and How

(Attendees will choose 2 out of the 6 sessions listed below)

9:30 a.m.-10:30 a.m. **Breakout 1**

10:30 a.m.-10:45 a.m. **Morning Break**

10:45 a.m.-11:45 a.m. **Breakout 2**

11:45 a.m.-12:00 p.m. **Transition to General Conference Room (Salon D & E)**

12:00 p.m.-12:30 p.m. **Concluding Remarks and Next Steps**

- Judith Owens, MD, MPH, Director of Sleep Medicine, Boston Children's Hospital and Member of the Faculty in Neurology, Harvard Medical School

List of breakout sessions that attendees will choose from during registration:

District Change Case Study 1: Large Metropolitan District - Seattle area (Room Name: Longworth)

- Catherine Darley, ND, The Institute of Naturopathic Sleep Medicine, Inc.
- Maida Lynn Chen, MD, Associate Professor of Pediatrics, University of Washington School of Medicine and Director, Pediatric Sleep Disorders Center, Seattle Children's Hospital

District Change Case Study 2: Regional Change - Southern Maine (Room Name: Rayburn)

- Jeremy Ray, Superintendent Biddeford School Department, Biddeford, ME

District Change Case Study 3: Urban and Suburban Districts - Minneapolis area (Room Name: Cannon)

- Kenneth Dragseth, PhD, retired Superintendent, Edina, MN and Lecturer, College of Education and Human Development, University of Minnesota

Topic 1: Educating Stakeholders (Room Name: State)

- Jilly Dos Santos, Student Advocate, Columbia, MO and Middlebury College Class of 2019
- Craig Canapari, MD, Assistant Professor of Pediatrics and Medical Director, Pediatric Sleep Program, Yale School of Medicine
- Phyllis Payne, MPH, Co-Founder, SLEEP in Fairfax and Implementation Director, Start School Later, Inc.

Topic 2: Understanding Community Impact (Room Name: Treasury)

- Scott Thielman, EdD, Superintendent, Buffalo-Hanover-Montrose Public Schools, MN

- Pam Miller, Director of Teaching and Learning, Buffalo-Hanover-Montrose Public Schools, MN

Topic 3: Transportation and Other Logistics (Room Name: Commerce)

- Tom Platt, MBA, School Bus Consultants
- Ken Smith, MBA, PhD, School Board Member, Northshore School District, Bothell, Washington and Associate Professor of Accounting, Central Washington University
- Jeff Platenberg, Assistant Superintendent, Department of Facilities and Transportation Services, Fairfax County Public Schools, VA

