

D38 (Cont. from 1)

Survey, concluding that greater sleep duration resulted in better mental

health and fewer substance-use related issues.

Among the obstacles to changing school start times:

- Transportation, including the need to change routes and recruit additional drivers. In District 38 the buses now deliver in two cycles, the middle-high school and elementary school students.
- After-school activities, especially high school sports, could require students to leave class early to participate. Districts that have changed start times have adjusted schedules to compensate. Employers in many areas have reported that delayed release times do not affect a student's ability to have a part-time job.
- Earlier start times for elementary students could mean waiting for the bus in the dark or being at home alone after school. Some districts have responded to this by creating lighted bus stops.
- People tend to be resistant to change, and this would disrupt long-standing routines. The community could adjust to change if given sufficient preparation time. Inform the community of the research results and that sleep is important to everyone.
- Students may also be resistant to change, but if the benefits are

explained in health and psychology class the concept may become more acceptable.

To view the PowerPoint presentation and research results, please see board-docs on the lewispalmer.org website, board of education, meetings, meeting agendas.

Board President Matthew Clawson asked for results of District 20 changing its start time from 7:05 to 7:45.

Board Treasurer Ron Schwarz asked how to ensure that students will actually get additional sleep, assuming that bedtime doesn't change but waking time does.

Director Chris Taylor asked if Daylight Saving vs. Standard Time is also a factor to circadian rhythms. He also wished to hear about District 20's experience and whether academic performance improved.

No action was taken.

Monument Academy annual operations report

Representatives of Monument Academy presented their annual report during the regular meeting of the board. Christianna Herrera, chief operating officer, opened the presentation. She stressed that the academy was founded by parents 24 years ago.

Rocky Mountain Music Alliance
-presents-
Dr. Zahari Metchkov and
Dr. Michael Schneider, pianists

Symphony No.5 **Beethoven**
Rachmaninov Six Morceaux
Petrushka **Stravinsky**

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<http://rmmaconcerts.org>
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