

RECOMMENDATIONS OF THE COMMUNITY TASKFORCE ON STUDENT WELLNESS

May 22, 2017

Recommendations regarding Sleep Deprivation

- delayed start time by 25 minutes for MVHS, LHS, CHS and FHS, and 10 minutes for HHS, so all sites will start at 8:00 am
- a viable No 1st period option at each site
- consistent use of the time management worksheet at all schools, including a reminder to parents to check-in with their student(s) after the semester has started
- follow-up survey in future to assess the impact of above actions on amount of sleep for students
- ongoing education for students and parents on sleep hygiene

Other areas of impact

- increased collaborations from 1 per week to 2 per week
- increased tutorials so that all high schools have 3 per week
- two types of bell schedules: 2 block days per week (for MVHS, LHS, CHS) and 4 block days per week (for FHS and HHS and one or more from the other group if they would prefer 4 block days per week)
- common schedule to allow for teacher sharing across sites and student opportunities for course access across sites such as in Career Technical Education
- consider alternating the block schedule so that athletes do not miss the same class each time they leave early: A week = A B A B 7 period day; B week = B A B A 7 period day
- do not shorten or eliminate break/meal times
- review homework practices and the use of conflict calendars to optimize learning and wellness
- review practice/meeting structure for athletics and other activities to optimize performance and wellness
- recommend that the Santa Clara Valley Athletic League support later school start and end times by scheduling athletic games and meets no earlier than 4 p.m.
- establish an ad hoc committee that continues to periodically review the schedules and implementation
- Review extending passing period to give students more transition time between periods, particularly in a 4-day block schedule
- Where possible, recommend holding final exams later in the morning