

***NEW FAIRFIELD HIGH SCHOOL
START & TIME Ad Hoc SUBCOMMITTEE
NEW FAIRFIELD BOARD OF EDUCATION
NEW FAIRFIELD, CT***

The New Fairfield High School Start & End Time Ad Hoc Subcommittee of the New Fairfield Board of Education will hold a regular meeting on Thursday, March 2, 2023, at 6:00 p.m. in the New Fairfield Community Room, 33 Route 37, New Fairfield, CT.

MEETING AGENDA

- I. CALL TO ORDER
- II. APPROVAL OF MINUTES
 - A. January 5, 2023 – Regular
- III. ACTION ITEMS
- IV. INFORMATION ITEMS
 - A. New Fairfield High School Start and End Time Update
- V. OTHER
- VI. ADJOURNMENT

BOARD OF EDUCATION, NEW FAIRFIELD, CT
New Fairfield High School Start & End Time Ad Hoc Subcommittee Meeting

Name of Subcommittee: NFHS Start & End Time Ad Hoc Meeting type: Regular
Date of Meeting: 3/2/23 Minutes submitted by: K. LaTourette
Members present: Kathy Baker, Tim Blair, Kim LaTourette, Ed Sbordone
Member absent:
Other attendees: Ken Crow
Place of meeting: New Fairfield Community Room

The meeting was called to order at 6:02 p.m.

II. Approval of Minutes

A. January 5, 2023 – approved by consensus

IV. ACTION ITEMS - none

IV. INFORMATION ITEMS

A. NFHS Start and End Time Update - Dr. Crow spoke about the task force meeting, getting a survey out to all stakeholders and brought up a 2019 Start School Later presentation. Kathy spoke about the laws being passed in California about all schools beginning after 8/8:15 a.m. The following data was discussed: sleep deprivation, increased car accidents, increased depression and suicide, decrease to obesity, decrease in academic performance. Earlier bedtimes may not fix getting enough sleep with students' biological clocks changing. Several members of the public joined in the meeting and shared their thoughts. The survey will go out district wide to families. Surveys will go out to parents, students, and staff. Kathy Baker shared some survey questions that have been drafted. Next steps will be Kathy's presentation during a regular board meeting. The next task force meeting will discuss the survey.

V. OTHER – none

Motion to adjourn: Made by: Kathy Baker
Recording of vote: All in favor

Seconded by: Kim LaTourette
Meeting adjourned at: 6:34 p.m.