ADOLESCENT SLEEP AND SCHOOL START TIMES

The issue of adolescent sleep patterns and school start times is a hot topic around the country. The Academy of Pediatrics recommends that middle and high school students start school no earlier than 8:30 or 9:00 a.m. Districts around Massachusetts are exploring the issue and some have begun to implement changes to the school day.

The King Philip Regional School Committee invites you to a public forum on adolescent sleep and school start times. What are the benefits? What are the challenges? Hear from a leading sleep researcher as well as two local school officials whose districts have adopted later start times.

SPEAKERS:
AMY WOLFSON, PhD, VP of Academic Affairs at Loyola University and a leading researcher in adolescent sleep
JAMES ADAMS, Superintendent of Ashland Public Schools
JOSE LIBANO, Principal, Sharon High School

THURSDAY, MARCH 22, 7:00 P.M.
KPRHS MEDIA CENTER
201 Franklin Street, Wrentham, MA 02093