

CONTOOCOOK VALLEY SCHOOL DISTRICT
Office of the Superintendent of Schools
106 Hancock Road, Peterborough, NH 03458-1197

EDUCATION COMMITTEE

October 21, 2015

SAU Offices

5:00 PM

Minutes

Committee Members:

Crista Salamy – Chair, Linda Quintanilha, Fiona Tibbetts, Rich Cahoon, Gary Backstrom

Present: Crista Salamy, Fiona Tibbetts, Rich Cahoon

Others Present: Dr. Brendan Minnihan, Kimberly Saunders, Brian Pickering, Kim Chandler, Emily Daniels, Judi Bernardi, Donna Sorbello, Nancy Gagnon, Dr. Kriebel, JoAnn Fletcher, John Reitnauer, Rosie Deloge, Richard Dunning, River Marmorstein, Ben Loi, Myron Steere (5:25 p.m.), CVHS Students

Crista Salamy called the meeting to order at 5:01 p.m.

1. Approval of September 14, 2015 Minutes

Fiona Tibbetts moved to accept the minutes of September 14, 2015. Rich Cahoon second. Unanimous.

2. High School Substance Abuse Task Force

Emily Daniels distributed a copy of their Strategic Plan. Ms. Daniels noted the goal related to education which focused on identifying the scope of the problem, current curricula, and options for the 2016/2017 school year. A pilot program is hoped for but has not yet been identified.

JoAnn Fletcher spoke about monthly programming. On November 4th a presentation titled “High and Seek” from 6:00 to 8:00 p.m. at ConVal High School. It is for parents and adults over 21. Staff are encouraged to attend. Youth Risk Behavior Survey data provides a barometer. Discussion about how mental health issues may factor into substance abuse issues will take place.

Dick Dunning asked what type of School Board support is being asked. A School Board Liaison might be asked in the future.

Rich Cahoon asked if Narcan was being considered to stock in the nurse’s office. Judi Bernardi reported that it is on the agenda.

3. High School Scheduling & Results

Kim Chandler spoke about the four-by-four schedule that developed in the late 90's. Kim was charged to form a committee to review this current schedule. The committee met and researched. Goals and challenges were discussed. A survey was conducted. Most teachers are pleased with the current schedule. Students and parents also feel comfortable with the current schedule. Gaps in scheduling allow for subjects, such as math, to be taken as a freshmen and not again until junior year. The lapse between is far. Scheduling conflicts are a problem.

Students present shared their scheduling experiences. Pros and challenges with a four block schedule over what a seven period schedule might look like were shared. A four block schedule allows focus and time to learn more content and dig deeper into the subject matter. A seven period schedule would be difficult for science classes and labs. Block scheduling was seen as a positive for differentiated learning styles.

What is the timeline for mitigating some of the challenges? Some of the work to address challenges are currently underway; VLACS, online learning, and other ways of meeting needs were shared.

School Start Times – students did research projects on sleep time and school start times. A committee was formed to conduct further research made up of a doctor, school nurse, staff, and parents. A presentation was shared on “the why” and support was asked to continue the conversation.

Nancy Gagnon spoke about the student psychology and sleep. Adolescent sleep patterns were researched. One student spoke about what an average day looks like for her taking multiple AP courses, a three sport athlete, and other time commitments and how it affects sleep.

Facts shared:

- Adolescents require 8.5 to 9 hours of sleep per day. High school students receive approximately 7 hours of sleep.
- Adolescent circadian rhythm has them staying awake at night and sleeping later in the morning compared to younger children and adults.

Consequences include:

- Increased incidence of fatigue and drowsiness
- Increased mental health issues
- Increased incidence of obesity, elevated cholesterol, and diabetes
- Decreased functioning, decreased academic achievement
- Increased drowsy driving

Benefits:

- Increased total sleep time
- Decreased school tardiness and absenteeism
- Decreased risk taking behavior

- Improved academic performance
- Improved athletic performance

Several schools who have made this change have been reached out to for feedback. A decrease in tardiness of 47% was reported. After school activities were a factor with other schools reporting committee formation to research this topic.

Rich Cahoon cited labor laws that allow students to work in a certain time frame as a consideration.

Dick Dunning spoke about his recollection when start times were later. He recalls making the change to an earlier start for athletics and work commitments.

Brian Pickering spoke about the potential to flip elementary and high school start times and what that might present. Starting school at the same time for everyone would pose transportation issues. Only shifting the high school start was a consideration.

Ben Loi spoke about childcare issues with start times.

Crista Salamy asked board members their sense of allowing this research to go forward.

Rich Cahoon asked why students who have difficulty with an early start didn't schedule from blocks 2 through 5.

Crista Salamy spoke about the difficulty in requesting a paradigm shift; why would we incur additional transportation costs etc.

Flipping start times would have a minimal impact on the budget reported Dick Dunning.

Rich Cahoon encouraged the committee to return with other information other than putting elementary to high school students on the same buses.

Crista Salamy asked the committee to bring back research in March to allow for surveying and budgetary considerations for the following year.

4. ATC/CTE

Rosie Deloge and John Reitnauer were present to speak about the ATC/CTE. The ATC mission and new vision for Career Technical Education was shared. Projections of Jobs and Education Requirements report by Georgetown University was reviewed. A pathway to career readiness is the goal. Enrollment in CTE programs was shared.

The process for considering new programs is based on an application process.

College credit/certificate acquisition opportunities are embedded in some of the track offerings.

Dual college credit opportunities would require staff to hold a specific number of graduate credits to be eligible to teach.

Discussion took place about the weight given to ATC courses differently than that of other courses. Students are driven by the "Top 10" and weighted courses for GPA outcomes.

Rosie Deloge explained the concept of completers as it exists for the state requirements related to CTE programs.

A third engineering level is being sought. An EMT program is in limbo currently. What new programs do we want to add? Programs in place that are started that could expand are being looked at.

Are additional clusters being asked? What is in process? What is the timeline for specific programs i.e. mechatronics?

Culinary is a program for consideration and is being explored. There would be huge considerations for this program.

Rich Cahoon asked if Culinary should be removed from the Strategic Plan. Discussion took place about both sides of it. The general sense was to leave culinary off.

5. Other

None.

Next meeting: Wednesday, October 28th @ 5:00 p.m. @ SAU.

Meeting adjourned at 7:38 p.m. Second. Unanimous.

Respectfully submitted,

Brenda Marschok