



health, safety and equity in education

Adolescent Health and School Start Times: Science and Strategies

The science is clear. High school days in Connecticut and across the nation tend to start too early. The American Medical Association, Centers for Disease Control, and American Academy of Pediatrics all agree and have released recommendations for high schools to start after 8:30 am to allow for sleep, health, and learning. But often implementation can seem daunting.

We invite you to attend a free half-day workshop on teen sleep on October 16 covering the science of sleep and school start times and strategies for handling bus routes, athletics, and other potential implementation challenges. The workshop runs from 10:00 am to 3:00 pm at Trinity College in Hartford, CT.

This workshop is intended for Superintendents of Schools, Transportation Directors, Board of Education members, school administrators, teachers and other school staff, athletic directors, parents, and other concerned community members.

The agenda includes plenary presentations for all participants, followed by specialized break-out sessions and opportunities to share ideas and hear about successful strategies. Key presenters include:

- **Judith Owens, MD, MPH**, Director Center for Pediatric Sleep Disorders and Professor of Neurology, Harvard Medical School
- **Jose Libano**, Principal, Sharon (MA) High School
- **Robert O'Donnell, PhD**, Principal, Wilton High School
- **Kevin Smith, PhD**, Superintendent, Wilton High School
- **Craig Canapari, MD**, Assistant Professor of Pediatrics and Medical Director, Pediatric Sleep Program, Yale University School of Medicine
- **Tom Platt, Tim Ammon, and Brooks Brenkus**, School Bus Consultants, transportation experts with experience in bell time change management
- **Phyllis Payne, MPH**, Implementation Director, Start School Later
- **Terra Ziporyn Snider, Ph.D.**, Executive Director, Start School Later

Breakout sessions focus on:

1. **Overcoming Challenges to Bell Time Change: Effective Change Management and Creative Solutions** (For Superintendents and Central Administrators)
2. **Lobbying, Leadership, and Communication Strategies** (For Parents, Community Advocates, School Staff, School Board Members, and Legislators)



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Register for the workshop [HERE](#). The conference is free. Lunch is available for purchase for \$12.

Directions to Trinity and a map are [here](#).

Ample parking at either the lot at Broad Street and Allen Place or the lot at the Ferris Athletic Center on Broad Street. ADA spots available on Summit Street.