

2014-2016

2017

2018

August 2014
The American Academy of Pediatrics publishes research finding sufficient sleep integral to adolescent health

Oct. 2015-Present
Representatives from local school districts such as RTSD and Lower Merion and the League of Women Voters form a steering committee to plan Feb. 2016 event with Dr. Judith Owens. The committee would eventually become the **Regional Adolescent Sleep Needs Committee (RASNC)**. RASNC has met every month during the school year since March 2016. Current members represent 36 school districts across six counties in S/E PA

Feb. 21 & 22, 2016
Nationally renowned pediatric sleep expert **Dr. Judith Owens** visits RTSD to speak to staff, students, parents and community members

June 2016
The initial district-supported Adolescent Sleep Needs Task Force holds its first meeting

June 27, 2017
Superintendent Kenneth E. Batchelor, who joined RTSD in February 2017, names exploration of student sleep needs and school start time an RTSD 2017-18 Priority Project

Sept. 19, 2017
School Board Curriculum Committee meeting: Announcement made that RTSD Adolescent Sleep and School Start Time Committee will be created

Oct. 26- Nov. 8, 2017
Survey open for Radnor community on adolescent sleep and school start time; survey includes application to apply to be member of the to-be-formed Adolescent Sleep and School Start Time Committee

Dec. 14, 2017
Meeting of the Adolescent Sleep and School Start Time Committee: Members separate into subcommittees focused on areas of study such as Academics and Transportation

Jan. 11, 2018
Meeting of Adolescent Sleep and School Start Time Committee: Review of RTSD mission statement and purpose of committee; discussion about research and possible impacts on community; identification of questions for FAQ and pros and cons of a later school start time; discussion of other strategies that address student sleep

Feb. 22, 2018
Meeting of Adolescent Sleep and School Start Time Committee: Final review of Teen Sleep Habits Survey; review of FAQs; break-out groups discuss scenarios: no later start time/plan to address student sleep needs and later school start time/associated logistics

March 14-28, 2018
Teen Sleep Habits Survey given to RHS students in English classes

August 2015
Former RTSD Superintendent Dr. Michael Kelly announces at the School Board Business Meeting that the district will be taking a look at the issue of adolescent sleep needs and school start time

Dec. 2015
With support from local school districts such as RTSD and T/E, RASNC finalizes planning for a public event featuring **Dr. Judith Owens**, a nationally renowned pediatric sleep expert

May 24, 2016
At School Board meeting, RTSD affirms commitment to support efforts to ensure students get sufficient sleep

Aug. 15, 2017
RTSD Curriculum Committee names "Adolescent Sleep" a planned agenda item for certain 2017-18 Curriculum Committee Meetings

Sept. 26, 2017
At a planning meeting, district staff reiterate the district's ongoing commitment to the topic of student sleep and school start time and share a timeline and action plan for the study. Previous members involved in the initial Adolescent Sleep Needs Task Force are encouraged to apply to become a member of the new committee

Nov. 29, 2017
First meeting of the Adolescent Sleep and School Start Time Committee: Introduction of members; review of the RTSD mission statement; discussion about committee's purpose; and initial work to establish study areas

Jan. 25, 2018
Meeting of the Adolescent Sleep and School Start Time Committee: Members of RASNC discuss the organization's background and guiding principles and conduct Q&A. Committee members review questions for a Teen Sleep Habits survey for RHS students, develop FAQs, and receive an update on the creation of dedicated website and email address

March 12 & 14, 2018
Pediatric sleep expert **Dr. Wendy Troxel** visits RTSD to present to area parents and community members (March 12) and RHS students in grades 9-12 (March 14)



2018

April 26, 2018
Meeting of Sleep and School Start Time Committee: Overview of progress to date; review of Teen Health Habits Survey data; determination to evaluate at least four options ranging from no change in school start time to a 90-minute adjustment

May 7, 2018
Meeting of Adolescent Sleep and School Start Time Committee: Evaluation of different start time scenarios; discussion of items impacted by a change in start time, including transportation, schedules, sports, community youth sports, and clubs/activities

May 21, 2018
Meeting of Adolescent Sleep and School Start Time Committee: Decision made to ask RHS and RTSD administrators to follow up to evaluate the scenarios to determine impact on RTSD as well as community as a whole

August 28, 2018
School Board Business Meeting: Presentation on progress and next steps for the Adolescent Sleep and School Start Time Committee as part of larger presentation on the 2017-18 RTSD Goals and Priority Projects

Week of Sept. 10, 2018
Discussions with RTSD school administrators regarding impact of possible time change on all District schools

Oct. 8, 2018
Draft of Adolescent Sleep and School Start Time Committee Report and Initial Recommendation made available to members of Adolescent Sleep and School Start Time Committee for review prior to Oct. 10 meeting.

Nov. 1, 2018
Meetings with RTSD staff members to review and discuss Adolescent Sleep and School Start Time Committee Report and Initial Recommendation

Nov. 8, 2018
Meetings with RHS students to discuss Adolescent Sleep and School Start Time Committee Report and Initial Recommendation

Nov. 13, 2018
Curriculum Committee Meeting of the Whole School Board: Adolescent Sleep and School Start Time Committee Report and Initial Recommendation presented

Nov. 28, 2018
• Meeting of the Sleep and School Start Time Committee
• Feedback session with Radnor High School students

Dec. 4, 2018
Feedback session with Radnor High School staff

Dec. 7, 2018
• Feedback session with Ithan Elementary School staff
• Feedback session with Radnor Middle School staff

April 12, 2018
Meeting of the Adolescent Sleep and School Start Time Committee: Update from RASNC regarding a webinar with Dr. Ali Haghani, an expert in the field of transportation, in which committee members participated; overview of Teen Sleep Habits Survey, which was completed by 848 RHS students; further discussion on start time scenarios

May 8, 2018
Curriculum Committee Meeting of the Whole School Board: Presentation on the progress of the Adolescent Sleep and School Start Time Committee, including purpose of committee; committee members; objectives of the study; summary of meetings and events; summary of results of the Teen Sleep Habits Survey; and next steps

Week of August 27, 2018
Meetings held with RTSD Transportation Department to evaluate all start time scenarios

Sept. 7, 2018
Timeline developed for release of final Adolescent Sleep and School Start Time Committee proposal on whether a later school start time in RTSD is feasible and recommended. **Initial Recommendation is subject to a vote by the School Board prior to any action (scheduled for Spring 2019)**

Sept. 11, 2018
Curriculum Committee Meeting of the Whole School Board: Adolescent Sleep and School Start Time listed as a "Priority Project" on proposed district Goals and Priority Projects for 2018-19

Oct. 10, 2018
Meeting of Adolescent Sleep and School Start Time Committee: Review of draft Adolescent Sleep and School Start Time Committee Report and Initial Recommendation

Nov. and Dec. 2018
Feedback sessions on Adolescent Sleep and School Start Time Report with staff at each school building and Radnor High School students

Nov. 9, 2018
Adolescent Sleep and School Start Time Report and Initial Recommendation made available to School Board and public

Nov. 27, 2018
Feedback session with Radnor Elementary School staff

Dec. 3, 2018
Evening meeting open to public to discuss Adolescent Sleep and School Start Time Report and Initial Recommendation and receive feedback

Dec. 5, 2018
Feedback session with Wayne Elementary School staff

Dec. 12, 2018
Meeting of the Sleep and School Start Time Committee



2019

Jan. 7, 2019
Evening meeting open to public to discuss Adolescent Sleep and School Start Time Report and Initial Recommendation and receive feedback

Feb. 7, 2019
"The Science Behind Sleep" with nationally renowned sleep expert Dr. Judith Owens

March 11, 2019
Meeting of the Sleep and School Start Time Committee: The committee further narrowed the Final Recommendations

March 21, 2019
Meetings with RMS staff members to review and discuss Sleep and School Start Time Committee Final Recommendation

April 2, 2019
Community Feedback Meeting at WES

April 4, 2019
Community Feedback Meeting at RMS

April 9, 2019
Community Feedback Meeting at RMS

Summer 2019
Various logistical activities undertaken to prepare for launch of new schedules

Jan. 23, 2019
Meeting of the Sleep and School Start Time Committee:

Feb. 28, 2019
Meeting of the Sleep and School Start Time Committee: The committee debriefed on the Dr. Owens' event and discussed updated study information to begin narrowing down final school start time recommendations

March 20, 2019
Meetings with RHS and ES staff members to review and discuss Sleep and School Start Time Committee Final Recommendation

March 26, 2019
Presentation of Final Recommendation to School Board and discussion

April 3, 2019
Community Feedback Meetings at IES and RES

April 8, 2019
Community Feedback Meeting at RMS

April 23, 2019
School Board votes to approve Sleep and School Start Time Committee's recommendation of revised schedules for all five RTSD schools, including an 8:30 a.m. start time for Radnor High School, beginning the 2019-20 school year

Sept. 3, 2019
2019-20 school year begins with new schedules at all five RTSD schools: RHS (8:30 a.m.-3:10 p.m.); RMS (7:50 a.m.-2:40 p.m.); and ES (9:07 a.m.-3:40 p.m.)

