Narragansett High School
PTO Minutes: January 23, 2020 NHS Media Center

Number in Attendance: 14
Call to Order: 7:09

Agenda Items

Minutes: December 5, 2019 reported by Jill Reardon. Minutes accepted by Lea and Heather, PTO members concurred
Treasurer Report: Submitted by Beth-ann Myers. Accepted by Heather and Diane, PTO members concurred

Guest Speaker- NSS School Committee's Wellness Committee:
Lynn McNamara, Pier Middle School parent, and Becky Durkin who leads the Wellness Committee, came to speak on a group that was formed to look at adjusting school start times to better match the internal clocks of students. The focus is later time for high school students who naturally go to sleep and wake later after puberty. They came to share research and get feedback from PTO members; their research shows the following facts:

- Scientific research shows that after puberty, melatonin I produced later at night, so many teenagers aren’t sleepy until later and then struggle to get up early for school.
- According to experts, teens need 8-10 hours of sleep to function at their best.
- Studies link more sleep from later school start times with: higher grades, higher standardized test scores, fewer car crashes, decreased chance of sports injury, reduction in depressed mood and reduced rate of substance abuse.

Both Barrington and East Greenwich have switched to a later start time but not as late as 8:30, closer to 8 o’clock. Lynn and Becky have already talked to the elementary school PTO about thoughts on an earlier start time for Elementary kids so high school students could go later; they said parents were not in favor of an early start time for elementary kids. The sent out a survey to the high school students a few weeks ago basically was just asking how much sleep they got not whether they wanted a later start time; survey showed most high school students are not getting enough sleep. The High School parents and teacher in attendance all agreed their students were not getting enough sleep. The main concern from high school parents in attendance was conflicts with after school program start time would be pushed back. Lynn and Becky Durkin are going to talk with the NHS athletic director to see what his thoughts are on the matter. Another thing they discussed would be combining the high school and the middle school buses since high school buses don’t tend to be full and having students sign an opt out form if they’re not planning to use the bus so they would know how many buses they would need to secure. They will be presenting their finding at the next School Committee meeting February 26, 2020. If parents have any questions or want to get involved, please contact
Request for Funds:

- **Molly Sylvia**, teacher and the new head sailing coach at Narragansett High School is starting a sailing team Spring 2020 with Rocky Hill, and already have 12 students signed up. Since sailing is an expensive sport and slated to be a club team this year and if student interest and compete at the interscholastic level the following academic year. Narragansett wants to allow any student who wishes to give sailing a try the opportunity they deserve and is requesting a $500 donation to help with the team’s startup costs of approximately $2500. These donations will be used to purchase gear for the school, which could be used by current and future sailors. Additionally, the funding will go towards transportation of athletes to practice, as well as regattas. They will be looking to have this in the school budget in the future. Request Approved for $500 (PTO agreed if they cannot secure the additional funds through the Booster Club and other resources that they would be open to additional funding of up to $500).

- **Annmarie Glanville**, 9-12 grade special education, requested $57.71 to purchase High interest materials to be used with special education students. Request Approved for $57.71.

Meeting Adjourned: 8:11 pm

Respectfully Submitted,

Beth-ann Myers/Denise Corson