

Mary A. Carskadon, Ph.D

Mary A. Carskadon, Ph.D., received a doctorate with distinction in Neuro- and Biobehavioral Sciences with a specialty in sleep research from Stanford University (1979) where she trained under the mentorship of William C. Dement, M.D., Ph.D.

She is Director of Chronobiology/Sleep Research at the E.P. Bradley Hospital and Professor of Psychiatry and Human Behavior at the Warren Alpert Medical School of Brown University.

Carskadon's scientific activities include research examining associations between the circadian timing system and sleep/wake patterns of children and adolescents. Another research theme examines whether family history of alcohol abuse/dependence affects sleep and circadian rhythms in young humans. New research initiatives include assessing sleep restriction and mood in college students and exploring the role of sleep in overnight learning enhancement for children with ADHD.

Carskadon's research findings have raised public health issues regarding the consequences of insufficient sleep in adolescents and concerns about early starting times of schools.

http://research.brown.edu/myresearch/Mary_Carskadon

**SHARON PUBLIC SCHOOLS
SHARON, MA 02067
SCHOOL COMMITTEE MEETING
AGENDA**

**School Committee Forum –
Presentation by the Administrative
Task Force
On**

SCHOOL START TIME

**WEDNESDAY, APRIL 7, 2010, 7:00PM
SHARON HIGH SCHOOL
Auditorium
181 POND STREET**



Sharon Start Time Task Force

<ul style="list-style-type: none"> ● Dr. Barbara Dunham - Superintendent of Schools 	<ul style="list-style-type: none"> ● Alison Rutley - School Committee
<ul style="list-style-type: none"> ● Jose Libano - Principal, Sharon High School 	<ul style="list-style-type: none"> ● Patricia Bluestein - Sharon Community Parent
<ul style="list-style-type: none"> ● Robert E. Sondheim - Director of Athletics 	<ul style="list-style-type: none"> ● Liz Dichiara - Sharon Community Parent
<ul style="list-style-type: none"> ● Fran Derry - Supervisor of Transportation 	<ul style="list-style-type: none"> ● Dr. Elizabeth Englander - Sharon Community Parent
<ul style="list-style-type: none"> ● Christopher Brilliant - Foreign Language teacher, High School 	<ul style="list-style-type: none"> ● Stacey Simons - Sharon Community Parent
<ul style="list-style-type: none"> ● Cheryl Harris - School Psychologist, High School 	<ul style="list-style-type: none"> ● Netti Sternklar - Sharon Community Parent
<ul style="list-style-type: none"> ● Alexandra Mellman - Art teacher, Heights Elementary 	<ul style="list-style-type: none"> ● Hadley Chase - student, grade 11
<ul style="list-style-type: none"> ● Amy Strasnick - English teacher, High School 	<ul style="list-style-type: none"> ● Laura Green - student, grade 11
<ul style="list-style-type: none"> ● Jane Sullivan - grade 5 teacher, East Elementary 	<ul style="list-style-type: none"> ● Josh Levitan - student, grade 10
<ul style="list-style-type: none"> ● Kathleen Turner - Foreign Language teacher, High School 	

Information

The Start Time Task Force has been formed to study the available research regarding adolescent sleep and high school start time and to consider whether a change in school start time at Sharon High School should be recommended.

Introduction: Dr. Barbara Dunham, Superintendent Sharon Schools

Presentation: [Dr. Mary Carskadon](#), Brown University, will present sleep research

Discussion:

Representatives from Hingham Public Schools will speak of their high school time change that has been in place since 2003.

Jennifer Henrickson, Assistant Principal
Heather Lewallen, Director of Guidance
Margaret Conaty, Athletic Director

Representatives from Duxbury Public Schools will speak of their high school time change this school year.

Susan Skeiber, Superintendent
Mary Lynn Carson, co-chair of the Alden School Council
Karen Wong, former School Committee member

Representatives from Sharon Schools' Task Force

Dr. Barbara Dunham, Mr. Jose Libano, Mr. Bob Sondheim, Ms. Kathy Turner, Ms. Liz Dichiara, Hadley Chase, Laura Green, Josh Levitan

Q & A: Audience questions

8:30 or at the Conclusion of the Forum Adjourn; **Other Business**
Enter Executive Session - Collective Bargaining