



Rowland Unified School District
District English Learner
March 7, 2019
District Board Room
Meeting Minutes

Members in Attendance: Sara Serrano, Elsa Ruiz, Graciela Carrillo, Elvira Cruz, Lorena Pacheco, Roman Pacheco, Maria Perez, Baozhu Lei, Tina Weng, Lily Luo, Perssyda Marquez, Isabel Cedeno Nora Murrieta, Juan Romero, Wilma Fune, Angelita Sicat, Mina Sison, Silvia Pelaez, Maria Luisa Garcia, Rita Yee, Sandra Guzman, Kim Louie and Jeane Carse

Welcome and Introductions –

- **Roll Call-** Mrs. Kim Louie welcomed the committee members, and reviewed the items on the Agenda. Baozhu Lei, Co-Chair, called the meeting to order at 9:07 a.m.
- **Review and Approve Minutes:** Mrs. Kim Louie, asked the parents to review the minutes of the last meeting on February 7, 2019.

Lorena Pacheco, Representative for Hurley Elementary - motioned to pass the minutes and Juan Romero, Representative for Rorimer Elementary, seconded.

Members voted- minutes were passed.

Sleep and the Middle/High School Brain – Mrs. Louie showed a power point presentation and handouts for the committee and reviewed the research regarding sleeping patterns for adolescents: Do your Gifted Kids struggle with sleep?, Technology and its effects on children and adults, parent modeling, the advantages of 8 hours of sleep, and parental research on the true knowledge of children's sleeping habits.

Further discussion, Mrs. Louie advised the committee of acceptable hours of sleep for Elementary to High School students, as well as the changes in children during puberty including Circadian Rhythms, as well as the history and importance of Melatonin, and the consequences of sleep deprivation.

The committee completed the meeting with a question and answer session.

Meeting Adjourned: at 10:38 a.m.