

High School Start Time Survey

Presentation to the State Board of Education

May 1, 2024



Survey introduction:

The State Board of Education's goal is to improve student outcomes through the state. There are several major challenges across all school districts; chronic absenteeism, behavior/discipline issues and outcomes. By addressing adolescent wellbeing and attendance through flexible and appropriate high school start times, research demonstrates there will be a positive impact on all three challenges. At the January 2024 State Board of Education meeting, the Board recommended moving forward with gaining community feedback regarding the adjustment of high school start times.

Survey Questions

What best describes your role? (Check box for multiple answers)

- District administrator
- School administrator
- Teacher
- Other licensed staff
- Support staff professional
- Parent/Caregiver
- Student
- Community Member
- Not Applicable

What school district are you associated with? (Check box for multiple answers)

- Carson City School District
- Churchill County School District
- Clark County School District
- Douglas County School District
- Elko County School District
- Esmeralda County School District
- Eureka County School District
- Humboldt County School District
- Lander County School District
- Lincoln County School District
- Lyon County School District
- Mineral County School District
- Nye County School District
- Pershing County School District
- Storey County School District
- Washoe County School District
- White Pine County School District
- State Public Charter School Authority
- District Office
- Not Applicable

What school level(s) are you associated with? (Check box for multiple answers)

- Pre-Kindergarten
- Elementary school
- Middle school
- High school
- District office site
- Not applicable

The following applies to me as a student or to my child(ren): (Check box for multiple answers. Answered by Parents and Students)

- Play on a sports team
- Participate in non-athletic extracurricular activities
- Have a job after school
- Provide childcare for siblings before school
- Provide childcare for siblings after school
- Participate in afternoon or evening community activities (not school related)
- Coach a sports team
- Supervise an extracurricular activity
- Supervise afternoon or evening community activities (not school related)
- Not applicable
- Other

Please rate what you believe to be the potential benefits of later high school start time for each of the following: (Likert Scale 1 to 5: No benefit to extremely beneficial)

- Additional Sleep
- Improved mental health
- Better physical health
- Improved academic performance
- Improved school attendance
- Improved alertness in class
- Improved athletic performance
- Improved sleep schedule that accommodates adolescent natural circadian rhythms of a later bedtime

Please rate what you believe to be the potential challenges of a later high school start time for each of the following: (Likert scale numbers 1 to 5: No challenge at all to extremely challenging)

- Conflicts with parent's work schedule
- Additional expenses related to before/after school childcare
- Less family time in the late afternoon/evening
- Less time for after-school activities
- Additional cost to the school district
- Students get out of school too late
- Less time for homework after school
- Disruption of afternoon class time due to high school athletics
- Student will not get additional sleep but rather just stay up later

If there were a change in high school start times, how likely is it that you or your facility will be impacted by each of the following: (Likert scale numbers 1 to 5: No challenges at all to extremely challenging. Answered by Staff)

- Impact to my ability to sponsor a club
- Potential impact to my childcare needs
- Potential professional impact
- Potential impact to my family life
- Potential impact to my commute

Which of the following statements best describes your view on high school start times? (Multiple Choice)

- I support implementation and do not see the need for further study
- I support implementation but would like to see further study of school start times
- I don not want any change to the current start times and I do not see the need for any further study of school start times
- I do not support the implementation of later school start times and I would like to see different school start times considered.

Please rate what you believe to be the potential benefits of later high school start times for each of the following: (Likert Scale 1 to 5: No benefit to extremely beneficial)

- Additional Sleep
- Improved mental health
- Better physical health
- Improved academic performance
- Improved school attendance
- Improved alertness in class
- Improved athletic performance
- Improved sleep schedule that accommodates adolescent natural circadian rhythms of a later bedtime

Open Ended Questions

Please share your perspective on why you support a change to high school start times. (Comment box, answered by survey participants who select either of the two “do support change” answers in previous question)

Please share your perspective on why you do not support a change to high school start times. (Comment box, answered by survey participants who select either of the two “do not support change” answers in previous question)

What are the most critical things we should consider as the State Board of Education implements a change in our high school start times? (Comment box)

If you could choose the start time for your high school, what start time would you choose? (Students only)

- 7:00 am
- 8:00 am
- 9:00 am
- 10:00 am
- Flexible: Please describe
- Other: Please describe

Next Steps

- Survey dissemination plan:
 - All 17 Districts and the State Sponsored Public Charter School Authority
 - NDE Website
 - NDE Newsletter
- Timeline
 - Two to Three weeks distribution time

Thank you!

Lisa Ford, Chief Strategy Officer
Nevada Department of Education
Lisa.ford@doe.nv.gov