

# High School Start Time Survey Results

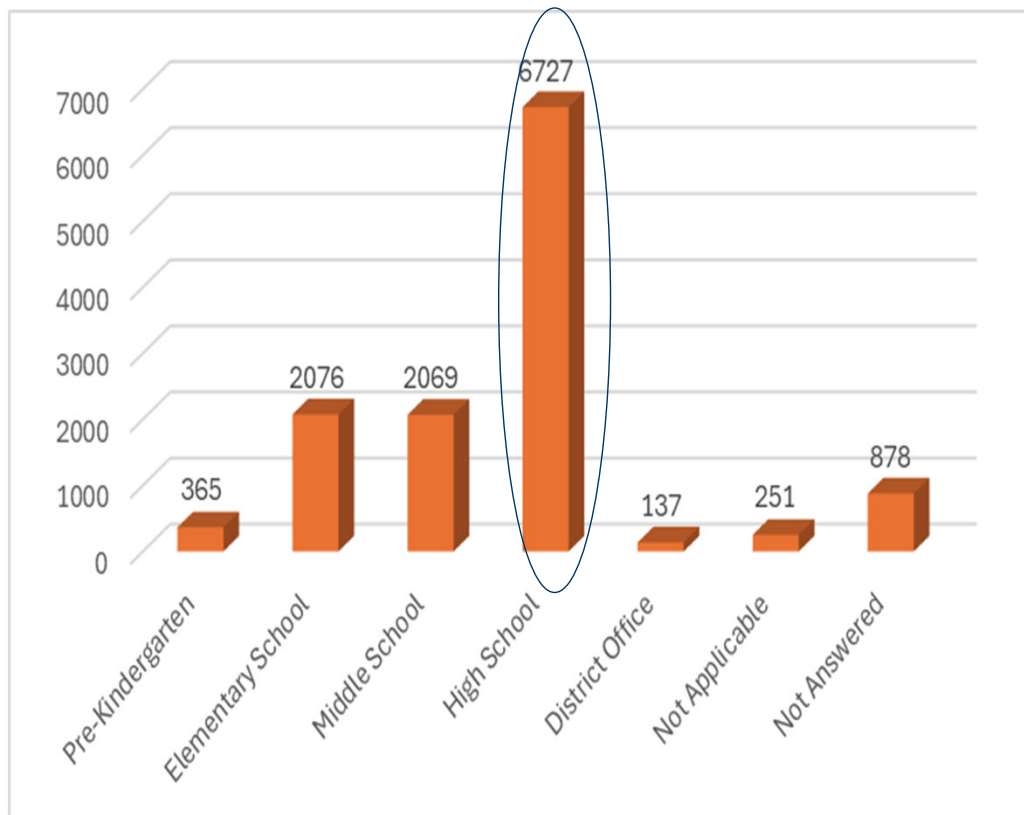
Lisa Ford, Chief Strategy Officer



## Presentation overview

Review of the High School Start Time Survey Results

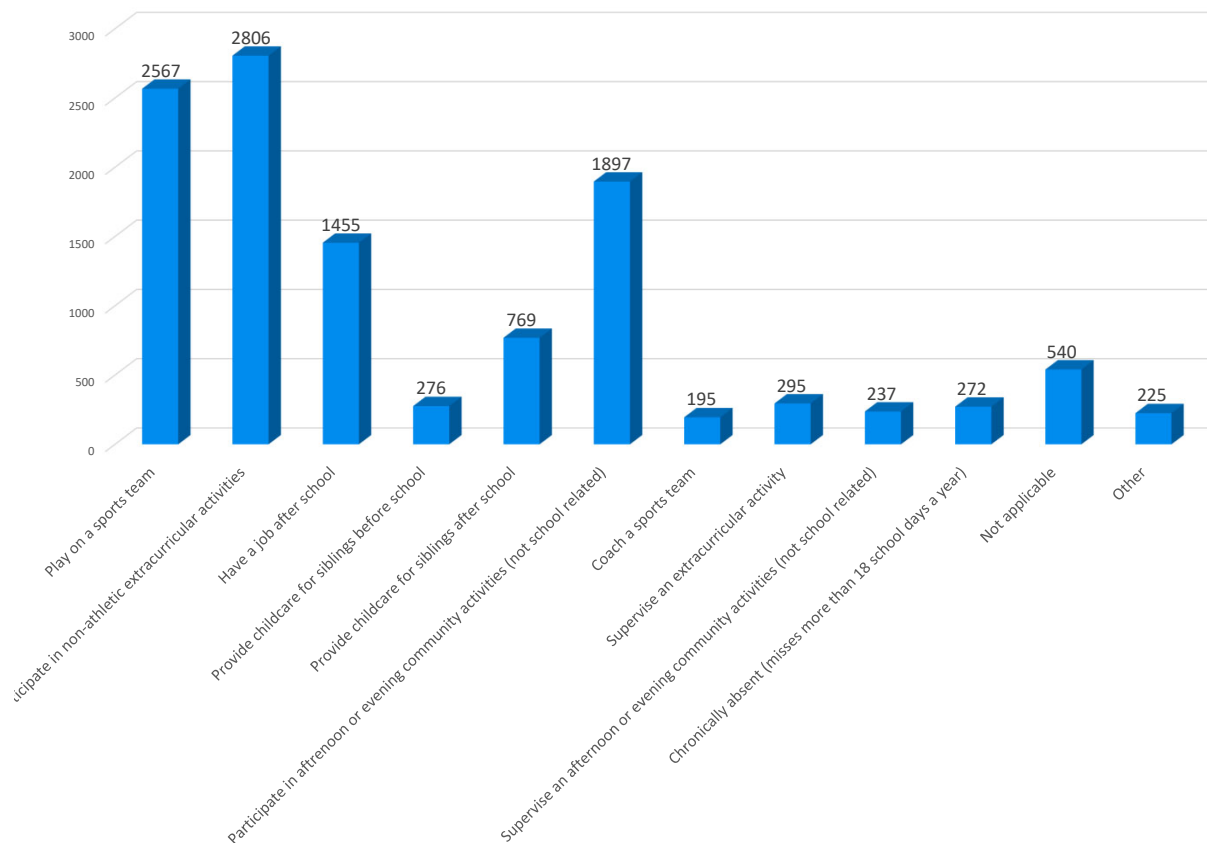
## School Level Affiliation



### Participant Affiliation Data

The table underscores the importance of prioritizing high school feedback while also recognizing the need to involve a wider range of stakeholders for comprehensive decision-making.

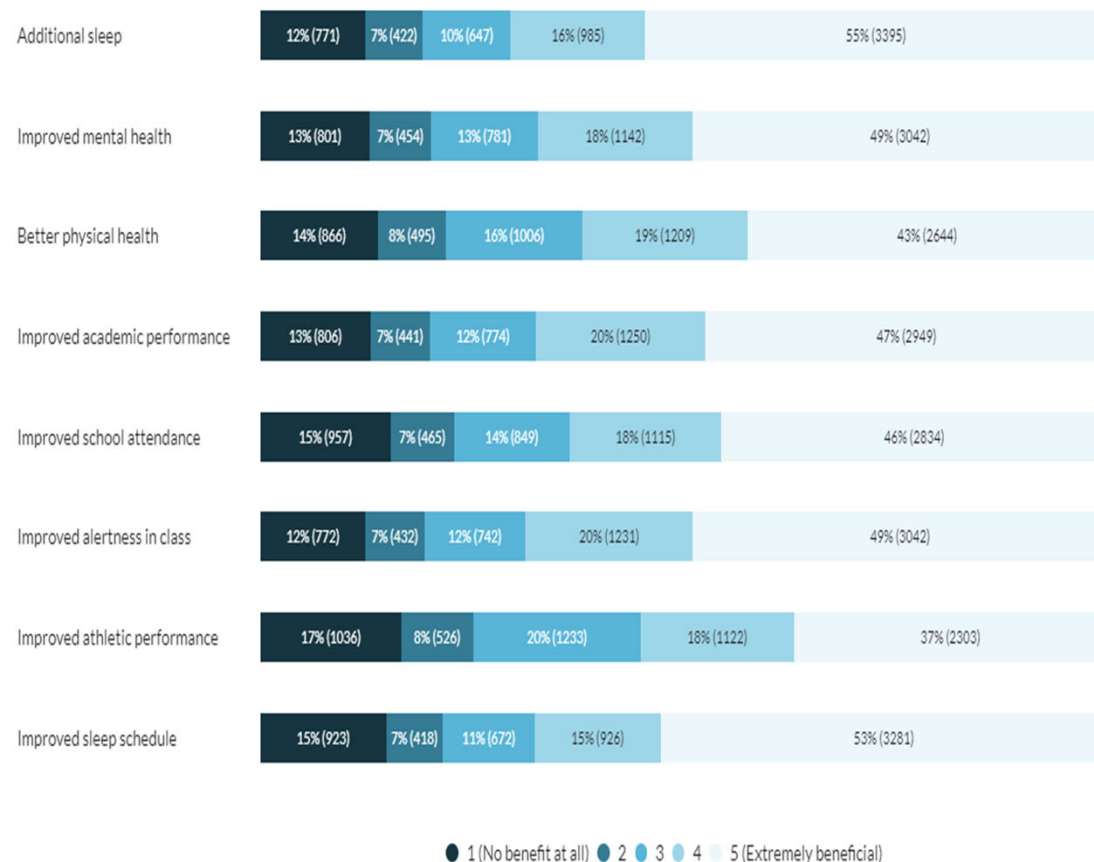
# After School Factors



## After-School Factors

It is of note that a significant number that of students are still engaged in non-athletic extracurriculars, sports, community activities, and childcare, indicating many balance multiple commitments outside of school.

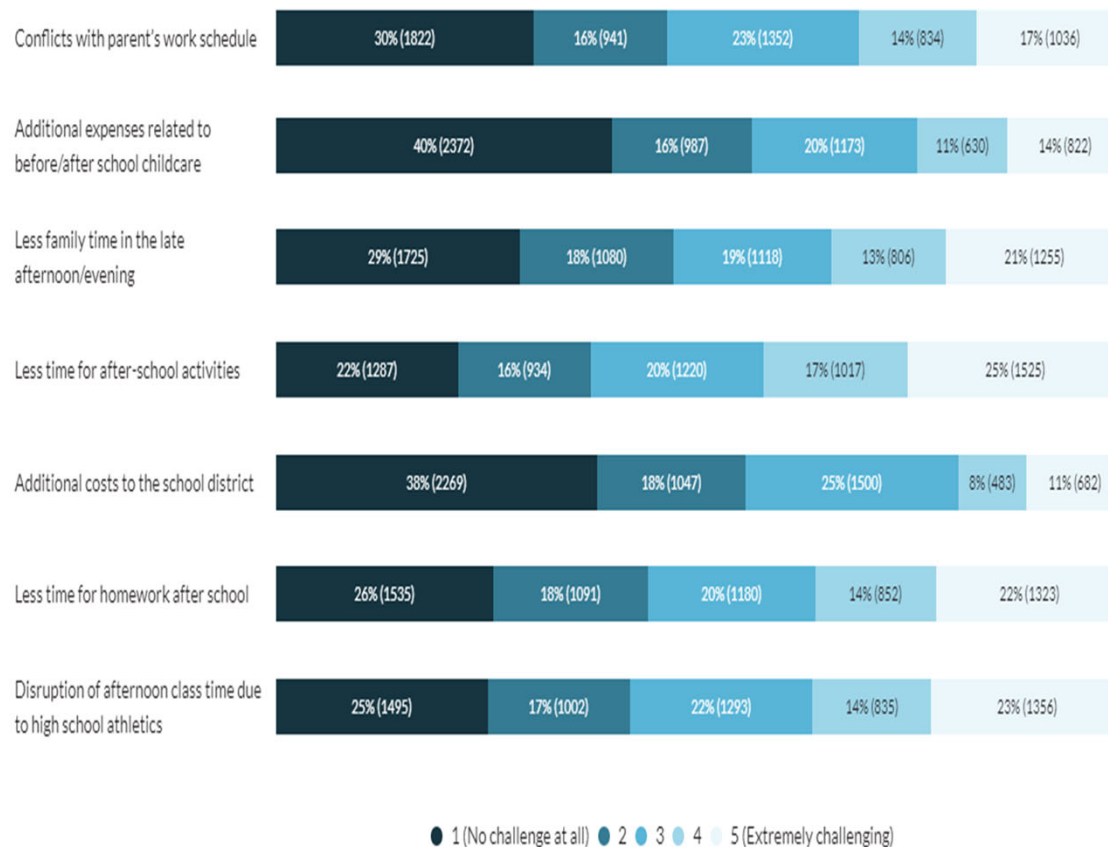
## Perceived Potential Benefits to a Later High School Start Time



### Perceived Potential Benefits

Among those affiliated with high school, the Likert scales show support for the benefits of later start times, with many participants citing improvements in sleep, mental health, and academics as beneficial.

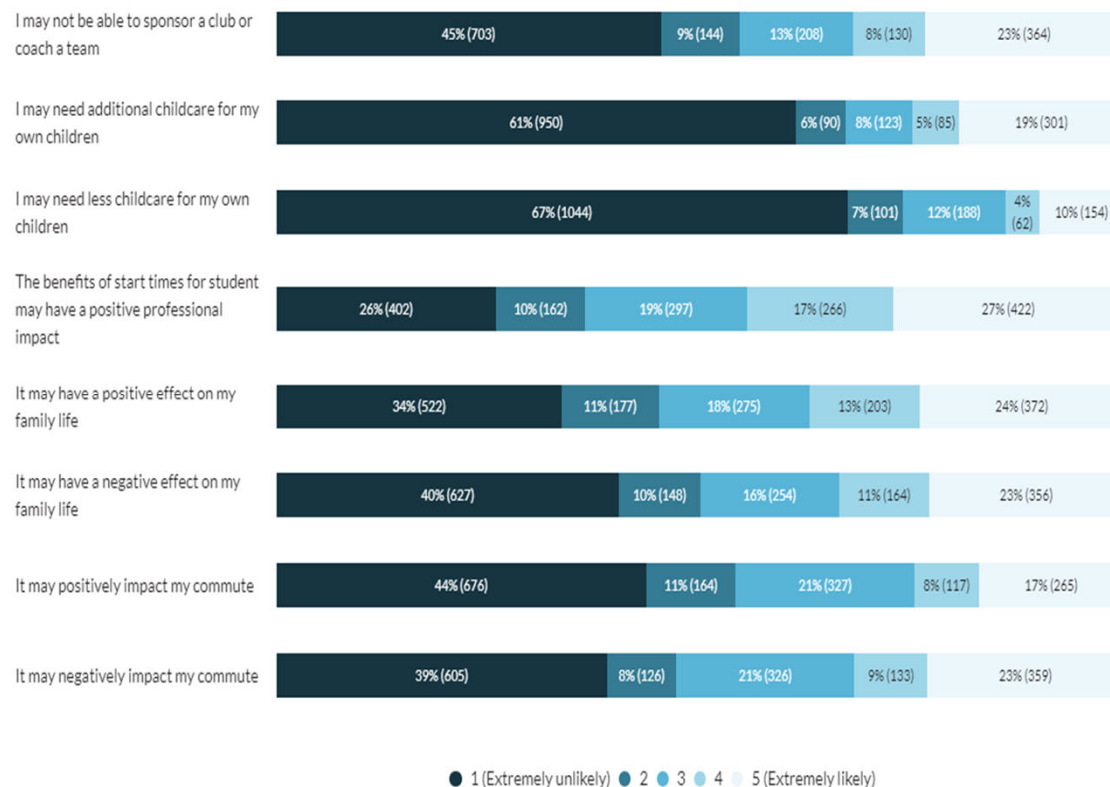
## Perceived Challenges to a later High School Start Time



### Perceived Challenges Data

Among those with an affiliation to high school, the Likert scales show varied levels of concerns about later start times with less time for homework, afterschool activities, disruptions to afternoon classes due to high school sports, and additional costs to the school district indicating areas of heightened concern.

## Perceived Impact of a later High School Start Time on School Staff



### Start Times Impact Data

The survey results suggest that the impact of later start times is mixed. This variation likely reflects the diverse needs and priorities within the community.

## Reasons for Support and Representative Themes

Benefits	Representative Comments
<b>Need for More Sleep</b>	<ul style="list-style-type: none"> <li>- "More sleep, better health for teens"</li> <li>- "My teenagers are constantly tired"</li> <li>- "Students are exhausted."</li> </ul>
<b>Improved Academic Performance</b>	<ul style="list-style-type: none"> <li>- "Higher test scores."</li> <li>- "Improves student performance and wellbeing."</li> <li>- "Increases academic performance."</li> </ul>
<b>Better Mental and Physical Health</b>	<ul style="list-style-type: none"> <li>- "Better mental stability."</li> <li>- "Beneficial for mental health."</li> <li>- "More focused in school."</li> </ul>
<b>Challenges with Current Early Start Times</b>	<ul style="list-style-type: none"> <li>- "Students are zombies at 7am."</li> <li>- "Hard time getting up in the morning."</li> <li>- "Dislike early traffic."</li> </ul>
<b>Alignment with Biological Rhythms</b>	<ul style="list-style-type: none"> <li>- "Teen sleep cycle differs from adults."</li> <li>- "Circadian rhythm makes teens wake up later."</li> <li>- "Teens do not naturally wake up early."</li> </ul>



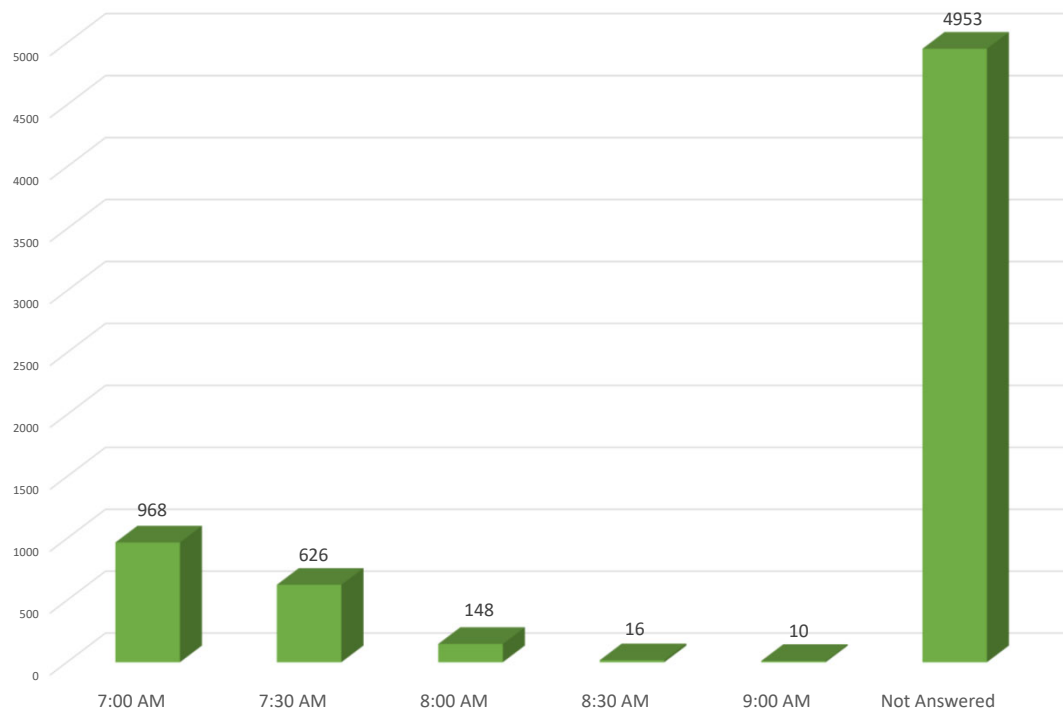
## Concerns Regarding Any Change and Representative Themes

Concern	Representative Comments
<b>Impact on After-School Activities</b>	<ul style="list-style-type: none"> <li>- "It takes time away from extracurricular activities and grades."</li> <li>- "Athletics may run too late."</li> <li>- "Could interfere with sports and jobs."</li> </ul>
<b>Family and Sibling Coordination</b>	<ul style="list-style-type: none"> <li>- "Conflict with different grade levels' start times."</li> <li>- "Difficult to drop all kids at the same time."</li> <li>- "Parents work early and need to drop kids off."</li> </ul>
<b>Logistical Challenges</b>	<ul style="list-style-type: none"> <li>- "Concerns about fitting busy afternoons into a smaller time frame."</li> <li>- "Could make things more complex."</li> <li>- "Adjusting to the new schedule might be hard."</li> </ul>
<b>Potential for Misuse of Extra Time</b>	<ul style="list-style-type: none"> <li>- "Students might misuse extra time to play video games."</li> <li>- "Could lead to less time for homework."</li> <li>- "May not necessarily lead to more sleep."</li> </ul>
<b>Impact on Staff and Teachers</b>	<ul style="list-style-type: none"> <li>- "Staff may have other matters to do after school."</li> <li>- "Teachers might struggle with the new schedule."</li> <li>- "Concerns about teacher burnout."</li> </ul>

## Key Consideration: Perspectives from the Community

Theme	Representative Comments
Impact on Sports and Extracurricular Activities	<ul style="list-style-type: none"> <li>- "If the child does sports with later start times for school, they will be at practices way too late to be able to get homework done."</li> <li>- "After school activities like clubs, sports, and jobs should all be considered."</li> </ul>
Transportation and Bus Schedules	<ul style="list-style-type: none"> <li>- "Transportation is still an important thing to consider."</li> <li>- "Bus schedules, early time out for students that do work release."</li> </ul>
Student Sleep and Health	<ul style="list-style-type: none"> <li>- "Teenagers often go to bed late and need adequate sleep to function."</li> <li>- "Student mental and physical health."</li> </ul>
Impact on Family Schedules	<ul style="list-style-type: none"> <li>- "Parents work schedule and maybe supply more busses if the parents or guardians cannot take their children to school."</li> <li>- "The impact on the parents and community."</li> </ul>
Academic Performance and Attendance	<ul style="list-style-type: none"> <li>- "Student outcomes."</li> <li>- "Consider the impact it would have on attendance as well as parents being unable to get kids there on time."</li> </ul>
Teacher and Staff Considerations	<ul style="list-style-type: none"> <li>- "Consider teachers may not want to start later. They have families as and second jobs as well."</li> <li>- "Teacher work/family balance."</li> </ul>
Logistical and Operational Challenges	<ul style="list-style-type: none"> <li>- "How it will affect the other schools/busing around it."</li> <li>- "Scheduling Adjustments: Coordinate with transportation and after-school activities to create a schedule that accommodates all students and families without conflicts."</li> </ul>
Community and Stakeholder Engagement	<ul style="list-style-type: none"> <li>- "Communication with Stakeholders: Engage parents, teachers, and students in discussions about the changes to gather input and address concerns, fostering community support."</li> <li>- "Please consider the scientific studies when it comes to sleep and children/teenagers."</li> </ul>
Potential Benefits	<ul style="list-style-type: none"> <li>- "The most critical things that the school board should consider about changing school start times, is the fact of better productivity in students during classes, improved sleep schedules, less altercations from lack of sleep, etc."</li> <li>- "Later school start times allow for better sleep habits, and more rested students."</li> </ul>
Concerns about Implementation	<ul style="list-style-type: none"> <li>- "Consider the rules."</li> <li>- "The transition period adapting to the new schedule."</li> </ul>

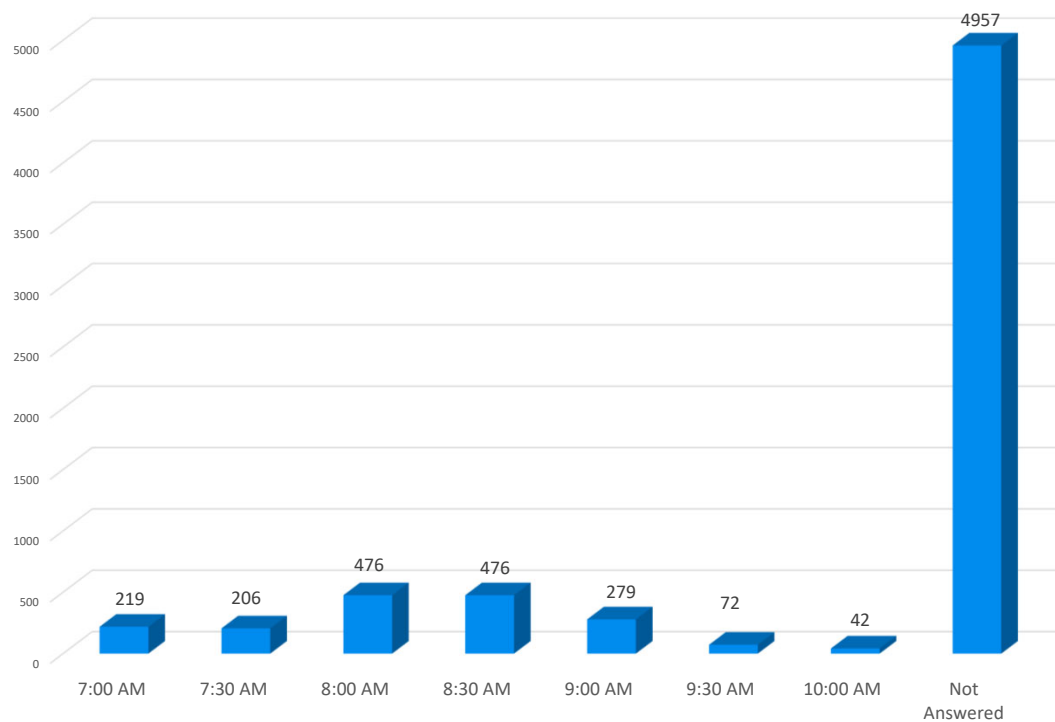
## Current High School Start Times



### Current Start Times Data

This snapshot of current start times across the state show some variation in schedules; however, the vast number of high school affiliated respondents indicate they current start school between 7:00 AM and 7:30 AM.

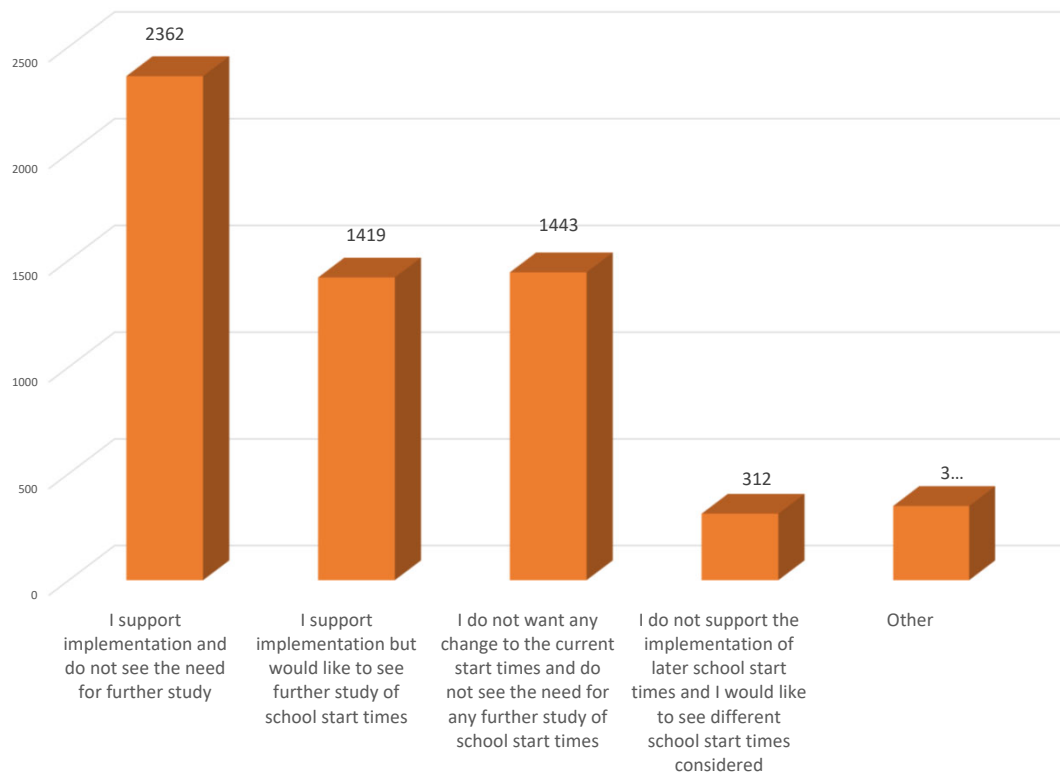
## Preferred High School Start Time



### Preferred Start Times Data

The data, derived from 1,770 responses, reveals a variety of start time preferences, however, of those who responded, the preference is for a start time between 8:00 AM and 8:30 AM.

## Perspectives on Flexible and Later High School Start Times



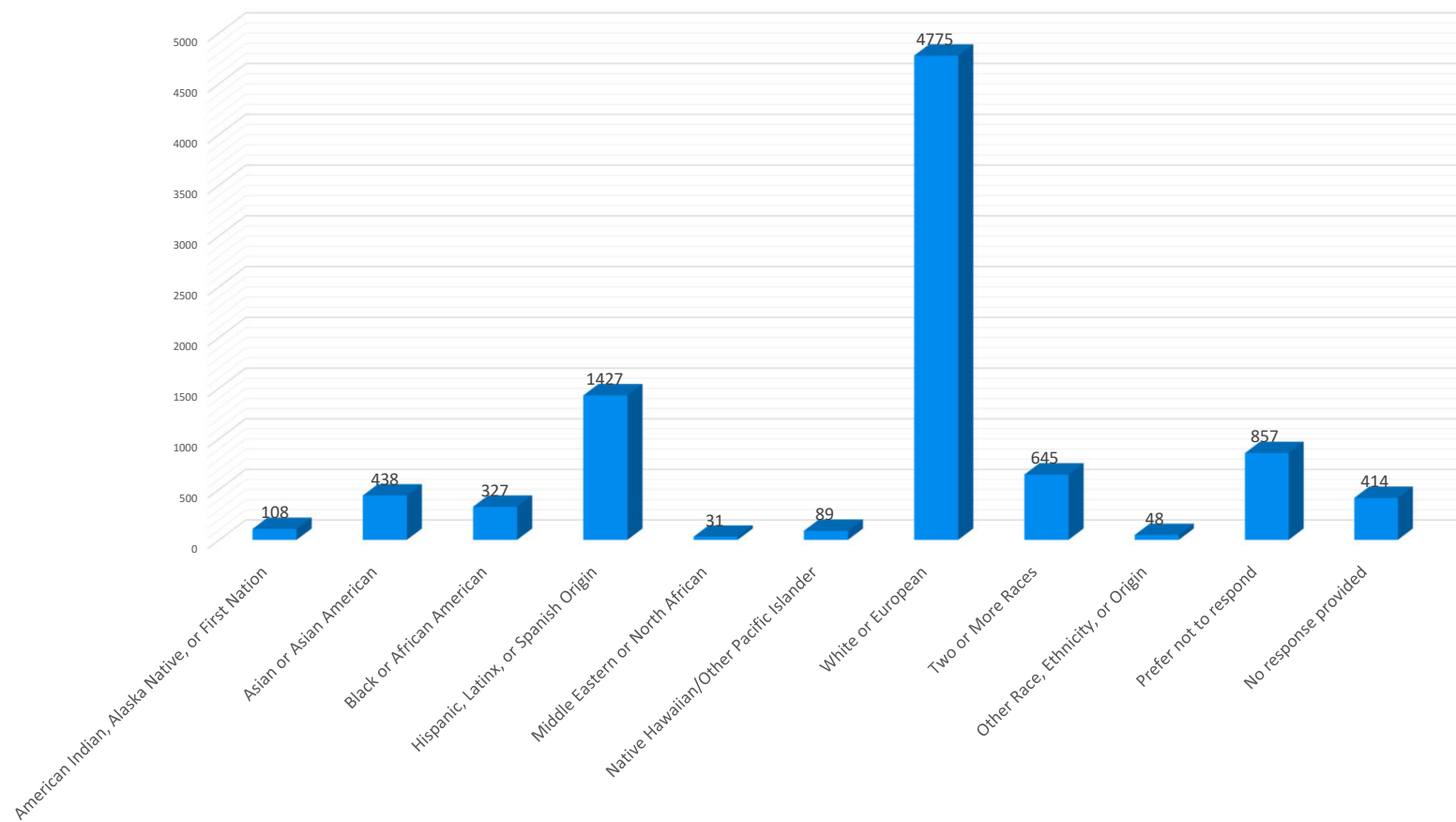
### Later Start Time & Support Data

Among high school affiliated respondents, the majority support the implementation of a later high school start time with 24% of that group indicating that they would also like to see further study of the issue.

Thank you!

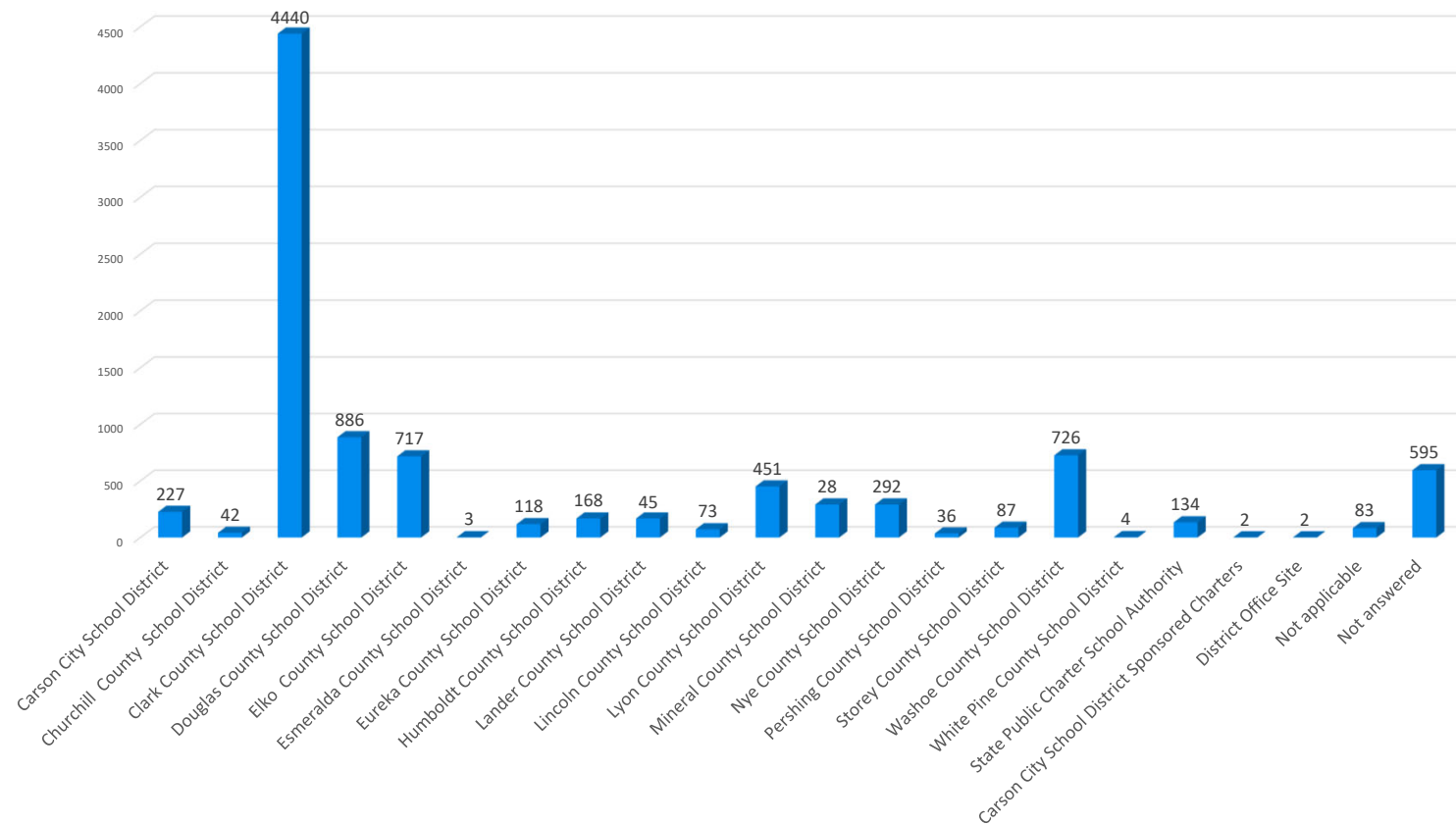
# APPENDIX

# Demographics





# Total Number of Respondents by District



## Who Participated

