

## High School Start Time Survey

### Introduction

The Nevada State Board of Education (Board) is committed to enhancing student performance across the state, but the Nevada public school system faces significant challenges, such as chronic absenteeism, behavioral issues, and low academic achievement. One of the ways the Board is considering addressing these challenges is by proposing the adjustment of high school start times. In January 2024, the Board requested the assistance of the Nevada Department of Education to gather community feedback on the adjusting of high school start times through a survey. The survey results will potentially inform the development of a bill draft request for consideration during the upcoming 2025 Legislative Session

The State Board of Education kindly invites you to complete this survey to share your insights and guide their future decisions.

### Demographic Information:

#### What racial or ethnic group best describes you? (Single Select)

American Indian, Alaska Native, or First Nations  
Asian or Asian American  
Black or African American  
Hispanic, Latino, Latinx or of Spanish origin  
Middle Eastern or North African  
Native Hawaiian/Other Pacific Islander  
White or European  
Two or more races/ethnicities/origins  
Other race, ethnicity, or origin  
Prefer not to respond

#### What best describes your role? (Checkbox 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?** *(Checkbox 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*  
*Carson City School District Sponsored Charters (Carson Montessori)*  
*District Office Site*  
*Not applicable*

**Please enter your zip code:(Dropdown question)**

**What school level(s) are you associated with?** *(Checkbox 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):** *(Checkbox for multiple answers. Answered by Parents & 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)*  
*Chronically absent (misses more than 18 days missed school days a year)*  
*Not applicable*  
*Other: Please describe*

**Please rate what - if any - you believe to be the potential benefits of later high school start times for each of the following:** *(Likert scale numbers 1 to 5: No benefit at all 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

### **Challenges** *(Survey Topic, 9 questions)*

**Please rate what - if any - you believe to be the potential challenges of later high school start times 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 costs to the school district  
Less time for homework after school  
Disruption of afternoon class time due to high school athletics

## Staff Benefits and Challenges *(Survey Topic, 8 questions)*

If high school start times were adjusted to begin later, how likely is that this change would affect your life in any of the following ways? (Likert scale numbers 1 to 5: Extremely unlikely to Extremely Likely) Answered by: - school administrator, teacher, other licensed staff, support staff professional, district administrator

I may not be able to sponsor a club or coach a team

I may need additional childcare for my own children

I may need less childcare for my own children

The benefits of start times for student may have a positive professional impact

It may have a positive effect on my family life

It may have a negative effect on my family life

It may positively impact my commute

It may negatively impact my commute

## Remaining Survey Questions

**Which of the following statements best describes your view on flexible/later 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 do 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

**Other (please describe)**

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

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

**Students Only:**

**What time do you currently start school? Give start times in 30-minute increments starting at 7:00am (Single select)**

**Add a question for students only;**

**If you could choose the start time for your high school, which would you choose?**  
(Single select)

- 7am
- 7:30am
- 8am
- 8:30 am
- 9am
- 9:30am
- 10am