

High School Start Time Survey

In early 2024, the Nevada Department of Education was tasked with creating a survey to gather input on a potential change in high school start times. To assist in this effort, the Department partnered with Thought Exchange, a company specializing in dynamic survey platforms, to develop and launch a survey to gather and measure stakeholder input. Below is the survey that was developed.

Introduction

The State Board of Education is committed to enhancing student performance across the state, but it faces significant challenges, such as chronic absenteeism, behavioral issues, and low academic achievement. One of the ways we are considering addressing these challenges is by adjusting high school start times. In January 2024, the Board resolved to collect community feedback regarding the potential adjustment of high school start times to determine the appropriate course of action.

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 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)*

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

7:00am - 1:30pm

7:30am - 2:00pm

8:00am - 2:30pm

8:30am - 3:00pm

9:00am - 3:30pm

9:30am – 4:00pm

10:00am - 4:30pm

Flexible – options for students to choose from which includes a 6.5- hour day