

Survey Results: Summary

Support for Delaying Adolescent School Start Times

64% of overall respondents indicated that it is important to move start times later. (4632 respondents.)

- 73% of community members indicated that it is important to move start times later. (174 respondents.)
- 73% of parents of future students indicated that it is important to move start times later. (123 respondents.)
- 67% of parents of current students indicated that it is important to move start times later. (2605 respondents.)
- 63% of students indicated that it is important to move start times later. (980 respondents.)
- 53% of staff without children indicated that it is important to move start times later. (421 respondents.)
- 51% of staff with children indicated that it is important to move start times later. (329 respondents.)

Logistical Issues

- 30% of elementary school parents thought they couldn't adjust to the logistical challenges of this change.
- An equal number of respondents indicated that they would/wouldn't be negatively impacted by family transportation challenges related to an elementary school start of 7:30am.

Sleep and Focus

- 75% of students believe a later start time will allow them to get more sleep.
- 71% of students believe a later start time will allow them to focus more in early classes.
- 71% of middle school parents believe their student(s) will benefit from additional sleep in the morning.
- 71% of high school parents believe their student will be more awake/alert in school.
- Nearly 70% of staff said students will be able to focus better in early morning classes.
- Notably:
 - Only 64% of staff with children believed that their student(s) would have better focus in early morning classes.
 - Only 62% of staff believed middle and high schoolers would get more sleep.

Student Activities (athletics, music, and extracurricular activities)

Of the parents who these questions applied to

- 58% of students who are involved in activities agree that they will have less time for extracurricular activities.
- 41% of middle school parents whose children are involved in activities are concerned about whether there is enough time for those activities.
- 40% of high school parents whose children are involved in activities are concerned about whether there is time for before/after school activities.
- 50% of high school parents whose children are involved in activities are concerned about their child losing seat time.