Board of Education Goal II. Enhance programming and supports to meet the varied academic, social, emotional, and behavioral needs of each student.

Sub goal 2. Survey and hold focus group conversations with staff, students, parents, and other community stakeholders to gain feedback on modifications to school start times, school day schedules, and the school calendar.
Survey from Seattle Public Schools

- Contracted with Hanover Research to develop survey and associated research & analytics

- Administered survey to various stakeholder groups
  - Parents
  - Staff
  - Community Members

- Presented three defined scenarios that stakeholders reacted to

- Same set of questions for each scenario
Seattle Public Schools

Scenario 1

- No Change - Start and End of School Times Remain the Same
- Tier 1 7:50 A.M. - 2:20 P.M.
- High Schools / Middle Schools / one K-8 School
- Tier 2 8:40 A.M. - 2:50 P.M.
- Some Elementary Schools
- 8:40 A.M. - 3:10 P.M.
- High Schools / K-8 Schools
- Tier 3 9:30 A.M. - 3:40 P.M.
- Elementary Schools
- 9:30 A.M. - 4:00 P.M.
- K-8 Schools
- With this option, there would be no change to the school schedule. While there would be no impact to families in terms of adjusting schedules (academics, child care, athletics, student employment), this action would not be in alignment with current sleep research.
- This option does not support the American Academy of Pediatrics (AAP) guidelines for Middle and High School students starting class no earlier than 8:30 A.M.
- Current partnerships with educational, government and community organizations would remain the same.
- Overall, this option would be cost neutral.
Scenario 2:

- **Modified Flip - Elementary Starts Earlier and High School and Middle School Starts Later**
  - Tier 1 8:00 A.M. - 2:10 P.M.
  - Most Elementary Schools
  - Tier 2 8:50 A.M. - 3:00 P.M.
  - Some Elementary Schools
  - 8:50 A.M. - 3:20 P.M.
  - High Schools
  - Tier 3 9:40 A.M. - 4:10 P.M.
  - Middle Schools / K-8 Schools

This option would have most of the district’s elementary schools start earlier. Middle school families would have a much later start time.

This option supports the American Academy of Pediatrics (AAP) guidelines for Middle and High School students starting class no earlier than 8:30 A.M.

This modified flip would lengthen the afterschool period for elementary students and may cause an increase in need for parents/families to find afternoon childcare. Afterschool programs and partners would need to adjust schedules to align with this new time.

This option is estimated to increase transportation costs ~9% or $2.97 million.
Extended High School Day - Student Option to Start at 7:50 or 8:40 A.M.

Tier 1 7:50 A.M. - 2:20 P.M.

High Schools / Middle Schools / one K-8 School

Tier 2 8:40 A.M. - 2:50 P.M.

Some Elementary Schools

8:40 A.M. - 3:10 P.M.

High Schools / K-8 Schools

Tier 3 9:30 A.M. - 3:40 P.M.

Elementary Schools

9:30 A.M. - 4:00 P.M.

K-8 Schools

In this option, high schools would run periods 1 - 7 schedule, and support student choice. High school students could choose to either attend periods 1 through 6 starting at 7:50 A.M. and ending at 2:20 P.M., or attend periods 2 through 7, starting class later at 8:40 am and ending the day at 3:10 pm. Impact to student schedules would include academics, athletics, after school activities, and employment.

This option would allow choice for students and families, supporting the AAP guidelines with an optional start time. This option would leave adolescents in Middle School at the same start time of 7:50 A.M.

This option is estimated to increase transportation costs ~19% or $6.5 million

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**Scenario 3:**
<table>
<thead>
<tr>
<th>Language</th>
<th>Sample Size</th>
<th>Race/Ethnicity</th>
</tr>
</thead>
<tbody>
<tr>
<td>English</td>
<td></td>
<td>Valid Cases</td>
</tr>
<tr>
<td>Chinese</td>
<td></td>
<td>White</td>
</tr>
<tr>
<td>Spanish</td>
<td></td>
<td>Asian</td>
</tr>
<tr>
<td>Vietnamese</td>
<td></td>
<td>Multi-Racial</td>
</tr>
<tr>
<td>Somali</td>
<td></td>
<td>Hispanic/Latino(a)</td>
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<tr>
<td>Tagalog</td>
<td></td>
<td>Black or African American</td>
</tr>
<tr>
<td>Amharic</td>
<td></td>
<td>American Indian or Alaska Native</td>
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<tr>
<td>Oromo</td>
<td></td>
<td>Native Hawaiian or other Pacific Islander</td>
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<tr>
<td></td>
<td></td>
<td>Prefer not to answer</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>School Type</th>
<th>Sample Size</th>
<th>What educational region do you live in?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Valid Cases</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Central</td>
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<td></td>
<td></td>
<td>Northeast</td>
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<td>North West</td>
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<td>Prefer not to answer</td>
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<tr>
<td></td>
<td></td>
<td>Southeast</td>
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<td></td>
<td></td>
<td>West Seattle</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>What mode of transportation does/do your child(ren) currently use to</th>
<th>Sample Size</th>
<th>How satisfied are you with the current bell schedules?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Valid Cases</td>
<td></td>
<td>Very Satisfied</td>
</tr>
<tr>
<td>Elementary School (K-5)</td>
<td></td>
<td>Satisfied</td>
</tr>
<tr>
<td>K-8 School</td>
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<td>Neutral</td>
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<tr>
<td>Middle School (6-8)</td>
<td></td>
<td>Dissatisfied</td>
</tr>
<tr>
<td>High School (9-12)</td>
<td></td>
<td>Very Dissatisfied</td>
</tr>
<tr>
<td>Adult drives to school</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Walk</td>
<td></td>
<td></td>
</tr>
<tr>
<td>School bus</td>
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<td></td>
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<tr>
<td>Public transportation</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Child or child’s friend drives to school</td>
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<td></td>
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<tr>
<td>Other</td>
<td></td>
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</tbody>
</table>
How would this proposed schedule change impact:

<table>
<thead>
<tr>
<th>My family’s routines (family time, meal prep, etc.)</th>
<th>Sample Size</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Positive</td>
</tr>
<tr>
<td></td>
<td>Neutral</td>
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<td></td>
<td>Negative</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Child(ren)’s before-school transportation</th>
<th>Sample Size</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Positive</td>
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<tr>
<td></td>
<td>Neutral</td>
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<td></td>
<td>Negative</td>
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</tbody>
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<td></td>
<td>Neutral</td>
</tr>
<tr>
<td></td>
<td>Negative</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>My or my child(ren)’s school-related after-school activities (sports, meetings, etc.)</th>
<th>Sample Size</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Positive</td>
</tr>
<tr>
<td></td>
<td>Neutral</td>
</tr>
<tr>
<td></td>
<td>Negative</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>My or my child(ren)’s non-school-related after-school activities (sports, meetings, etc.)</th>
<th>Sample Size</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Positive</td>
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<td></td>
<td>Neutral</td>
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<tr>
<td></td>
<td>Negative</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Child(ren)’s before-school care</th>
<th>Sample Size</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Positive</td>
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<tr>
<td></td>
<td>Neutral</td>
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<tr>
<td></td>
<td>Negative</td>
</tr>
<tr>
<td>Sample Size</td>
<td>Strongly Agree</td>
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<tr>
<td>Top 2</td>
<td></td>
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</tbody>
</table>

This change in school start and end times will positively impact my child(ren)'s academics

This change in school start and end times will positively impact my child(ren)'s sleep and wellbeing

This change in school start and end times will positively impact my child(ren)'s safety

This change in school start and end times will positively impact general education funds (i.e., save money)

<table>
<thead>
<tr>
<th>Sample Size</th>
<th>Strongly Agree</th>
<th>Agree</th>
<th>Neither Agree Nor Disagree</th>
<th>Disagree</th>
<th>Strongly Disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>Top 2</td>
<td></td>
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</table>
Questions for administrative staff and board discussion to plan next steps with this goal