

USD 497 School Start Time Committee



Student Feedback

High school student surveys
(N=683):

- No change 36%
- Move later 46%
- Something else 12%

Middle school student surveys
(N=668):

- No change 30%
- Move later 52%
- Something else 18%

“[A 9am start time would] give us enough time to wake up and get ready, and actually, like, function.”

“People like Wednesdays more. They are happier, more awake. Their enthusiasm in class is different. The way they act in class is they are more happy to be there... I see students work more, because they aren't as tired.”

Students at risk of not graduating

Parent Feedback

1541 total survey responses (1341 online; 200 phone):

- No change 42%
- Move later 51%
- Something else 7%

“My kid [has] practice until 8:30 on Tuesday night, I assume this...would mean later practice, later homework, later bedtime.”

“The science is indisputable.”

“I do think teenagers need way more sleep than we give them.”

“[Starting later would give] the mind more time to wake up. I know for my son, first hour, he has to pick a light class, because he’s still sleeping.”

“Provide options so the early starters can start early, others can come late, and everybody gets what they want.”

High school parents

Staff Feedback

247 total responses:

- No change 51%
- Move later 38%
- Something else 11%

“You need to implode the entire schedule and put student choice in it.”

“In my classroom, I teach at LHS, my first hour class is spent pretty much trying to wake up my students.”

“We’re not talking about less stuff, we’re just talking about shifting it.”

“So much change at the same time. Let’s do one thing at a time.”

High school staff

Considerations

- Look into a later start time but keep the same end time (such as 9:00-3:00 or 9:00-3:30), with a longer school year
- Look into transportation options for students
- Need for more systemic redesign
- Timing with other changes/ demands on staff

“I really believe the data shows a need to study a variety of start times to meet the needs of our diverse population of students and staff. The feedback is across the board. Some families/staff need an earlier day starting at 7 or 7:30 am while others could benefit from the later start times and additional sleep. While I personally believe we should make the change to a later start now, the data seems to point us to continue to look further into offering a staggered option.”

Committee member

Recommendation

“We (the High School Start Time Advisory Committee) affirm the benefits of a later start time. Recognizing the community is calling for an array of options to meet their needs, we recommend a committee continues to meet (starting now) to look at broader issues, including, but not limited to, a staggered start time, redesign, a later start time but not a later ending time and an extended school year, seminar, with implementation in August 2020.”