

**2018 Lawrence USD 497 School District
High School Students Online Survey**

Final Report

January 2, 2019



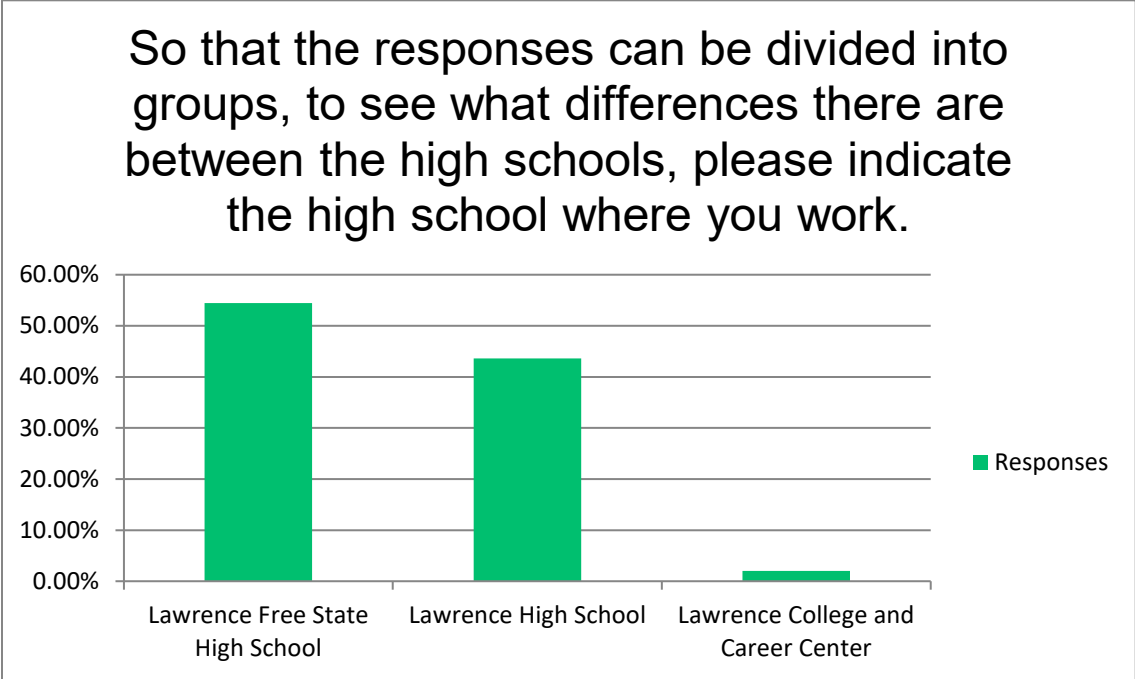
Prepared by: Patron Insight, Inc.

At the same time a statistically reliable random dial telephone survey was taking place within the Lawrence USD 497 School District with 200 parents of middle and high school students, an online version of the survey was made available to high school students.

The survey was similar to the telephone survey, with minor modifications to trim the length slightly (to encourage completion of the survey) and to fit the online format. The survey had a decent number of responses at 834. However, not all participants chose to answer all the questions – a situation which is common with online surveys.

As is the case on the telephone survey, responses to the open-ended comments were coded, based on common words, phrases and ideas, to allow for a better understanding of the most commonly held views. Comments that were more “one-off” in nature are displayed in verbatim form.

We began this survey by asking students which high school they attend.



We followed with two open-ended questions about the perceived advantages and disadvantages, if the high school had a later start and end time.

Let’s start with a basic question: What would be the advantages for you, if the high school had a later start time and end time? *Responses were coded, based on common words, phrases and ideas. Numbers, rather than percentages, are displayed below.*

Response	Number
Sleeping later/getting extra sleep	394
No advantages/None/Nothing	141
Better rested/energized/focused/productive	140
More time at home/to get ready	77
Time to finish homework/study in the morning	42
Time for breakfast	39
Better academic performance/grades	36
More time for homework at night	36
Stay up later at night	33
Fewer tardies/get to school on time	30
Other (see below)	21
Less traffic/safer commute	15
Would make sports/activities later/day longer	14
Prefer current start and end time	13
Would start homework later	13
Take a Zero Hour class	11
Time for other activities/chores	10
Don’t want to get home later/less daylight	8
Less stress	8
Extra help/make up assignments/tests – before school	7
Fewer transportation/bus issues	6
Good for later clubs/sports	6
Help with younger siblings	4
More daylight/warmer – walking/catching the bus	4
More time with friends	4
Later to after-school job	4
Still dropped off early at school	3
Don’t know	2
Less free time	2
Pickup/drop-off easier	2

Verbatim “other” comments

I’m graduating this year, so this is pointless to me. But, honestly, ya’ll should’ve tried fixing this stuff YEARS ago. Like, Jesus Christ, do you even know how tired and depressed almost every student is?

I would be more tired because I would just wake up at 6 still and I would have to wait an extra hour before school starts, so I hate it.

I would be able to get more stuff done in the morning, like take care of my animals. For a lot of people, they would be able to sleep more and that would help a lot of people because a lot of high-schoolers don't get the recommended amount of sleep.

Students will have more time to ready themselves to learn. Students in Oxford are starting school at 10 a.m. because it is believed that the teenage brain goes to bed two hours later and wakes up two hours later.

I currently am taking hours zero through seven, and with a later start time, it would make it a lot easier to wake up in the mornings and to be present in class. I love learning, which is why I chose to take zero through seven, but sometimes it is hard to wake up that early in the morning.

I would get to sleep in later; maybe have more time to make my own lunch.

I think that it would be nice to have three start times. A Zero Hour, regular start, and a late start, and people could choose what start works best for their family. It's ridiculous to have students try and struggle because of the ever-changing school system.

I could practice in the morning for soccer.

I would be able to keep a more consistent sleep schedule because my wake-up times would be more similar on the weekends. Also, it would be more convenient to hold study hours or rehearsals before school.

I have a slight sleep disorder and it would help me if I could go to school later, so I could have more time to sleep and get ready.

Nothing, besides a little more sleep. I would rather wake up early and get out early, rather than going home later and missing time to do my homework in which we get way too much for all of our classes together.

I enjoy having the mornings to relax and prepare for the day, but I have to get up super early to do so. Wednesdays are my favorite days because I can wake up and still have enough time to get everything done.

I would have more time to spend with my family before school. On some days, I might be able to get more sleep.

I could hunt in the morning.

Honestly, I am a senior, so I would be upset if the next year got to have a later arrival time (as they also got free ACT). However, I think it would greatly benefit students. For

me, I tend to stay in my bed for about 20 minutes to try and wake myself up. This often results in me having to rush around in the morning. But am I going to change my routine? No. I need that time to wake up and prepare myself for the day. If the start time was later, I would not have to feel rushed. Also, people who have hard classes in the morning, like Math 101, have the struggle of being half asleep during tests, resulting in lower test grades.

Later wake up time, decent breakfast, eat lunch at a decent time.

It physically hurts to get up in the morning every day, except for Wednesdays (when we currently have late arrival). I usually do my homework at night, after I finish dance. I don't go to sleep, until it's done.

For me, I tend to work better during the day, rather than early in the morning. It would help my ADHD. I would have a chance to get my meds to kick in and I wouldn't be so tired.

I do not want to deal with the teenagers running around at Sonic's happy hour, like they own the place. Not every joint kicks them out, like Chuck E Cheese's, but they didn't get the memo.

It would be much easier for my family, since me and my sibling, who is in elementary school, would have less trouble getting up on time. Usually, we will have trouble getting everyone ready in time to all get in the car and leave.

Going to school at 7 a.m. would let me get a better understanding of school and getting out of school at 2 p.m. would be even better because it would benefit me to get more homework time in.

Here's another basic question: What would be the disadvantages for you, if the high school had a later start time and end time? Responses were coded, based on common words, phrases and ideas. Numbers, rather than percentages, are displayed below.

Response	Number
Activities/sports start later/get home later	228
Less time for/late homework	185
Longer/late day/less daylight	117
Stay up late/no extra sleep	115
Have to adjust/maybe quit after-school job/less money	114
Less free/extra time	88
No disadvantages/None/Nothing	75
Harder to get/won't have a ride to and from school	55
Messes up family time/activities/dinner	38
Have to skip/quit activities/events/sports	36
Disrupts/shifts entire schedule	31
Miss more class time for sports/activities	22

Will still have to be at school early	22
Other (see below)	19
Transportation/bus issues	16
Harder to get to after-school appointments/errands	15
No advantages/only disadvantages	15
Harder to pick up/take care of younger siblings	13
Oversleep/more tardies/skip school	13
Less time with friends	12
More traffic/unsafe commute	8
Don't know	7
Later lunch times	6
Might need Zero Hour class	6
More stress	5
More tired/less focused	5
Have to do homework/meet with teachers in morning	4

Verbatim “other” comments

I play golf, so that would be affected a lot because towards the end of the season in the spring we cannot even finish practice because it gets dark so early. I'm sure that other sports are similarly affected.

Shorter summer.

Harder to plan events or meetups, having only a one-hour job.

I would not get out of school at 3:10.

I would rather get out earlier than later.

I would be getting home later, and Wednesdays wouldn't be as special. I would be getting home at 5, which is ridiculous.

Nothing because I'm in a boy's home.

It would make getting a job more difficult and interacting with society on an earlier schedule harder. (The rest of the world will still be on the same schedule and that will put us at a disadvantage.)

Less time at the public library.

It would lead to me being well-rested and focused for the next day of school.

My mom who is a teacher would not get home until 5 and plus sports would get out crazy late.

This schedule shift may interfere with my volunteering duty at LMH.

I probably would eat breakfast less often, but that's not as important as the sleep I'm losing coming here at 8 a.m.

There would be no disadvantages. Some students may not be able to get to school, but a carpool can easily be set up. Sports would be rescheduled and evening activities, like rehearsals, would get pushed later.

Probably longer periods and the removal of 7th period.

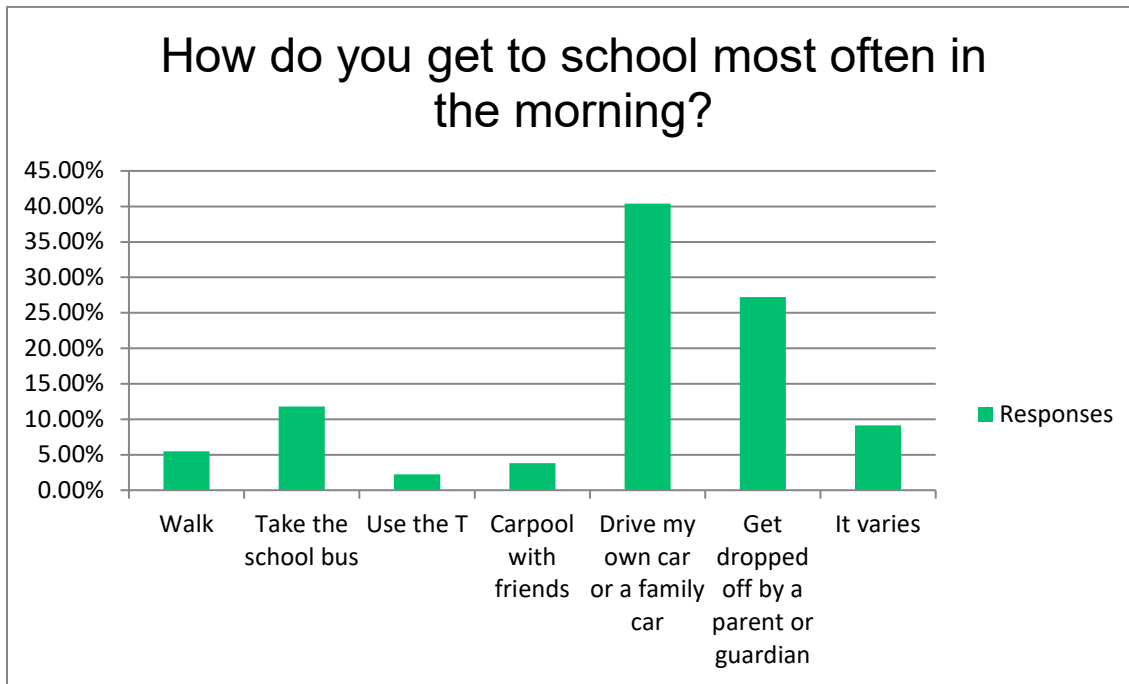
People have more time to do things, like drugs.

I like the early start because then you still have the rest of your day, and if you have a job, you can work earlier and not late at night.

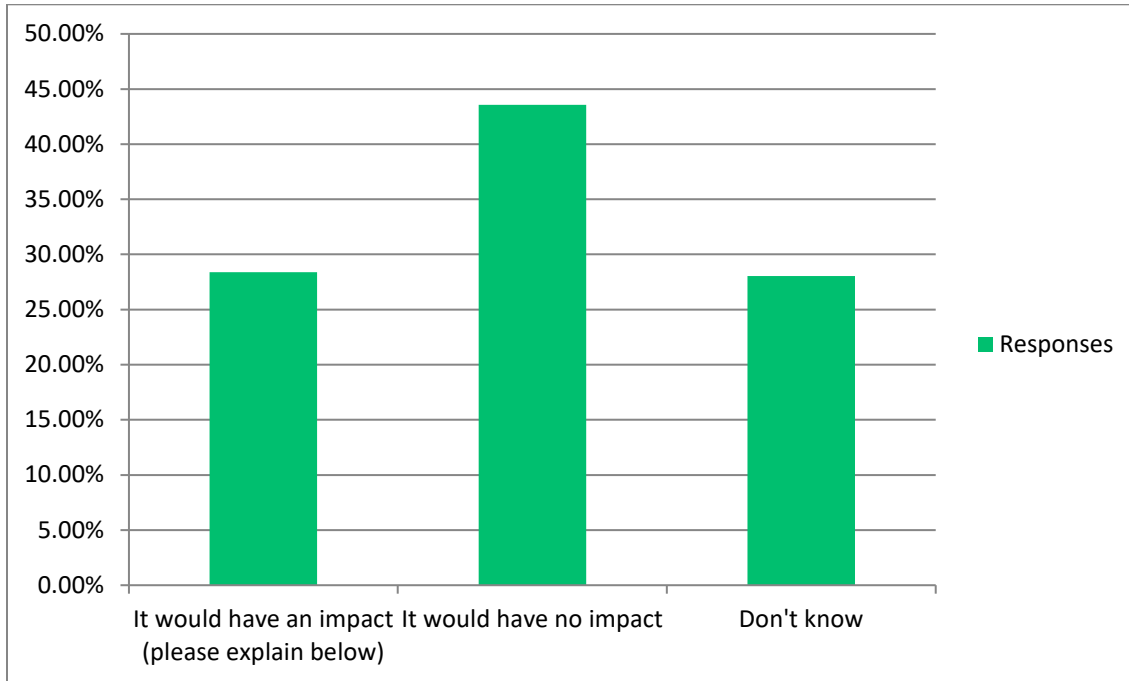
Less learning time.

A lot: self-discipline, laziness, and what happens when we get out of high school? Work starts at 7:30 a.m. or sometimes 8, NOT 9.

Our next question asked students about transportation to school.



We then asked them how an earlier start and end time would impact how they got to school.



Additionally, respondents to this question were given the option of providing an “Other” response, if they answered that “It would have an impact” on them. Responses were coded, based on common words, phrases and ideas. Numbers, rather than percentages, are displayed.

Response	Number
Parent/guardian can't drive me to school	58
No impact/N/A/None/Nothing	22
Find another way/might not get to school	14
Still dropped off/be at school early	14
Activities/sports start later/get home later	12
Have to adjust/maybe quit after-school job/less money	12
Have to adjust school bus schedules	12
Mess up family/sibling's schedule	12
Have to walk to school	11
Other (see below)	10
All schedules would have to change	9
Harder to get to school on time/tardy	9
Less time for/later homework	9
Longer/later day/less daylight	8
Have to take school bus	7
Leave on time/not late	7
Carpool with friends/others	6
Drive myself/get a car	6

Less traffic/safer commute	6
Negative impact	6
No free/extra time	6
More traffic/unsafe commute	5
Dark when I walk home	4
Have to take city bus	4
Stay up late/no extra sleep	4
Have to take Zero Hour	3
More sleep/more focused	3
Not have a ride, if missed the bus	3
Time for breakfast	3
Easier to get a ride to school	2
Might want a Zero Hour class	2

Verbatim “other” comments

It would have a poor impact because I would have less time to meet with teachers after school and I would have to miss more school for sports. I would also be kept later at sports practices, which gives me less time to do homework and potentially less time to sleep.

I believe that this change would positively impact this school. I have family members in other states that already practice this method of schooling, and he shows up more awake and happier during school.

I feel as though, giving an extra 30 minutes of sleep wouldn't benefit us much.

I would rather be at school early and not be there until 5.

It would impact my work schedule and my sleeping schedule, when I already have a sleeping disorder.

I have to go to things after school like my piano and voice lessons and tennis practices, so that would conflict with scheduling and I wouldn't be able to attend because I'd still be at school.

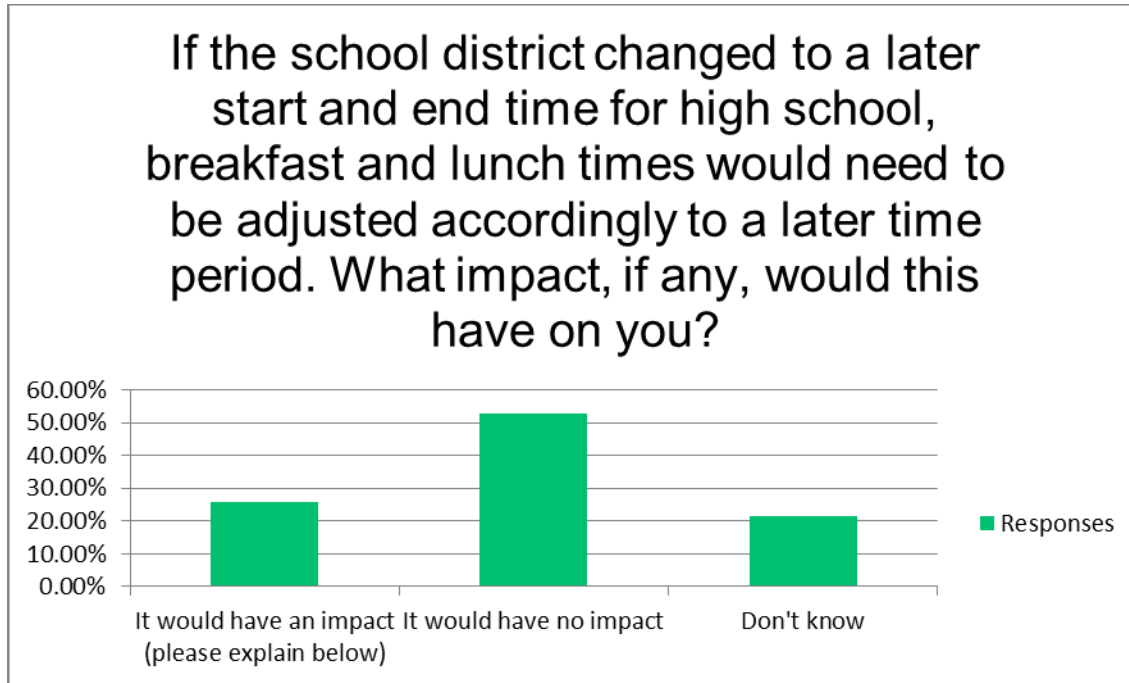
My parents would have to stay later on snow days, rainy days, and extra cold days.

In winter, if we ended at 4, and then we have an hour outside, soccer is 2/1.5 long.

There would be no one to watch my sister for 30 minutes.

School busses would have to be paid more.

We then asked if adjusting breakfast and lunch times would impact students.



Additionally, respondents to this question were given the option of providing an “Other” response, if they answered that “It would have an impact” on them. Responses were coded, based on common words, phrases and ideas. Numbers, rather than percentages, are displayed.

Response	Number
Would be hungry/not focused/engaged	81
Too late/some lunches already late in the day	48
Keep lunch times the same	20
Eat a better breakfast at home	18
Other (see below)	18
No impact/N/A/None	10
Impact dinner/family time	9
Usually skip breakfast	8
Rely on current meal times for medication/health issues	7
Take a while to adjust to new schedule	7
Need to bring snacks/extra food	6
No time for breakfast/at school early	5
Lunch should be during 4th, not 5th period	4
Might eat breakfast at school	4
Need more time to eat lunch	3
Already bring own lunch	2
Don't/rarely eat lunch	2
Late start would improve academic performance	2

Less time for/later homework	2
Strict diet dictates eating schedule	2

Verbatim “other” comments

Only if lunch changed.

We need later lunches on Wednesdays, especially, and this would help with that because right now you eat breakfast up till 9:05 and first lunch starts at 10:45; that is not a normal lunch time.

My dad drops us off when he goes to work so...inconvenient. Only ride to school pretty much.

We already changed the lunches enough; we don't need to change them anymore.

If the lunch times were pushed back any farther, I would eat my whole lunch in class periods before.

With both my parents working, I would have no time to make my lunch and breakfast, without having to get up earlier, ultimately defeating the point of a later start.

I would rather have an earlier lunch than a later lunch.

My 4th hour is band, so I would be blowing food into my instrument.

I would probably not notice, but what does need to happen is the school needs better food.

Lunch is a halfway point during the school day that everyone looks forward to. If times are shifted, that means lunch will be sooner upon arriving to school. This means that more school hours occur after lunch and fewer students will be hungry by the time lunch comes around.

It's scientifically and biologically better to eat breakfast at 7, lunch at 12 and dinner at 6. Your body needs time to digest food, and that shouldn't mean staying up until 11 p.m.

I won't have to do things in a hurried or messy way.

Doesn't matter everyone is sleeping and eating and awake later, so they would proportionately change everything; changing the date just worsens everyone's daily schedule.

It could have dramatic effect on people who have schedule problems and could mess with people.

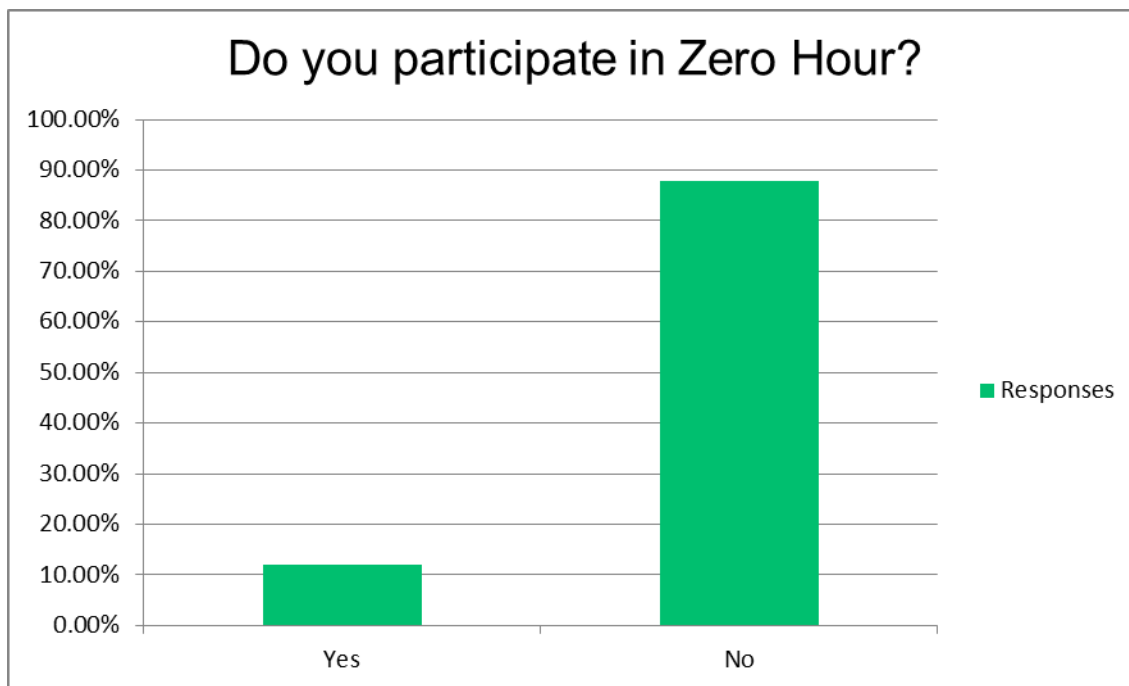
I don't think breakfast would be needed to be offered, but some kids might not get to eat breakfast, if the school doesn't offer it. Lunch would be in 4th hour. Would the start be changed on Wednesday, too, or would every day start at 9:05?

That's stupid if kids can't wake up by 8. There's something called self-discipline.

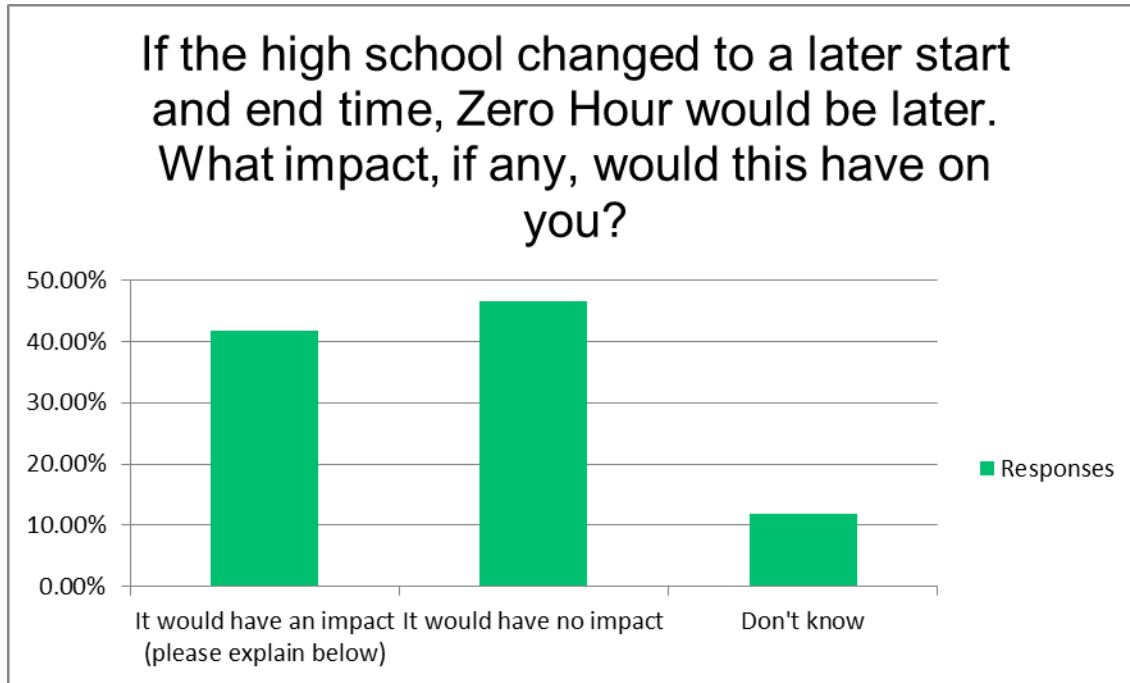
It would get in the way of things that were planned.

I would have to eat breakfast at my house, which means I'd have to rush to get ready to eat and then go to the bus stop.

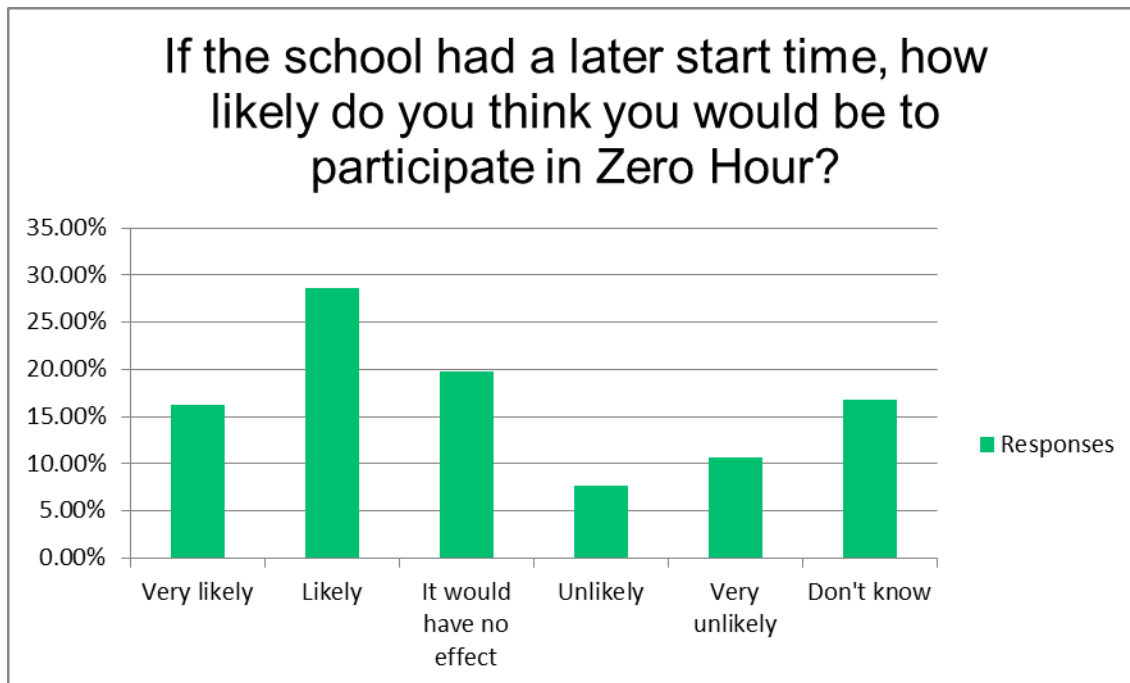
We learned most students who completed the survey do not participate in Zero Hour.



And we asked those students who did participate in Zero Hour if a later start and end time would impact them.



A follow-up question was designed to determine if a later start time would impact Zero Hour participation.



Additionally, respondents to this question were given the option of providing an “Other” response, if they answered that “It would have an impact” on them. Responses were coded, based on common words, phrases and ideas. Numbers, rather than percentages, are displayed below.

Response	Number
Point of Zero Hour is an earlier start/release/don't want later start	18
More sleep/less tired	7
Other (see below)	6
Not have a ride to and/or from school	5
More time to get ready/get to school	4
More likely to take Zero Hour	3
Less time for/later homework	2
Negatively impact work schedule	2
None	2

Verbatim “other” comments

I would get out later than I usually do and I have a zero hour, so I can get out earlier and have time for homework after school.

It would be lighter outside, as I drive to school.

I join Zero Hour through 7th hour, so I use my Zero to get work done. It would be an outlet for kids that don't try as hard just to get out of school early.

Right now, going to Zero Hour at a later time seems nice, but once I got into a daily routine, I don't think it would impact the amount of sleep I get each night.

I would waste more time in the morning.

I have a church Zero Hour that isn't at Free State. It starts at 6:30, and its schedule might not change if the school does. So, I might still have a 6:30 Zero Hour.

We then asked what other factors would make Zero Hour participation more appealing. Responses were coded, based on common words, phrases and ideas. Numbers, rather than percentages, are displayed below.

Response	Number
More class choices	103
Leave school earlier/no 7th hour	70
N/A/None/Not interested	40
If it was part of a later start	35
Prefer current Zero Hour schedule	24
Don't want weights class	20
Don't know/Not sure	15

Don't want to get up that early	15
Other (see below)	15
More time for/less homework after school	13
Get more class credits	12
More like study hall/time for homework/talk to teachers	10
Not have a ride to and/or from school	8
Better sleep/more rested	7
Would take the weights class	7
College credit	6
Free State has more class choices than LHS	6
More emphasis on core classes	6
Could ride with parents/siblings	5
If the bus came earlier	5
More time for activities/sports	5
Less traffic	4
Not interested in Student Council	4
Depends on schedule	3
Do activities earlier in the day	3
Like getting to school earlier	3
Make more fun	3
Offered food	3
Want one but haven't gotten in	3
Art class	2
Closer/more parking	2
More time for after-school job	2

Verbatim “other” comments

I would have to take all the time taken away from me at the end of the day and put it at the beginning before school to get stuff done. There would be no other factors. I would not have time for Zero Hour.; it would all just be an inconvenience.

Maybe if there was just an 8th hour that you could take; instead of having an hour early in the day, having an hour later.

If I end up not enjoying the later start time, I would do Zero Hour to have the usual 8-3 schedule back.

If you have band, then there would be no point in taking a Zero Hour class. Band is 7th hour and it doesn't change.

Participating in Zero Hours could help me get help from teachers or get homework done before school starts. I could also do more things that I would like to do before school and not after school, so I could have more time after school for homework and other things I want to do.

I could fit more into my schedule.

I already participate in an early morning class through my church, and I don't believe many factors could make me get up for the even earlier version of that just to go to school earlier.

No, I already spend the hour before school working on debate, so Zero Hour is not appealing.

I think nothing could make me want to do a Zero Hour because that's too much school in a day; it's bad enough we have to go home and study. I find it funny how teachers tell us school isn't for sleeping, yet when we go home we can't sleep either, because we have to do more and more work. You would wonder why we're so tired and it's because we're overworked every weekday. I don't like having homework to do after I just got off of school because that's not how I want to spend my day. I would much rather talk to my family and become an actual human being.

I really want to take one, but my parents just won't let me. So, I don't think it would really change.

I'm going to be taking a U.S. government soon.

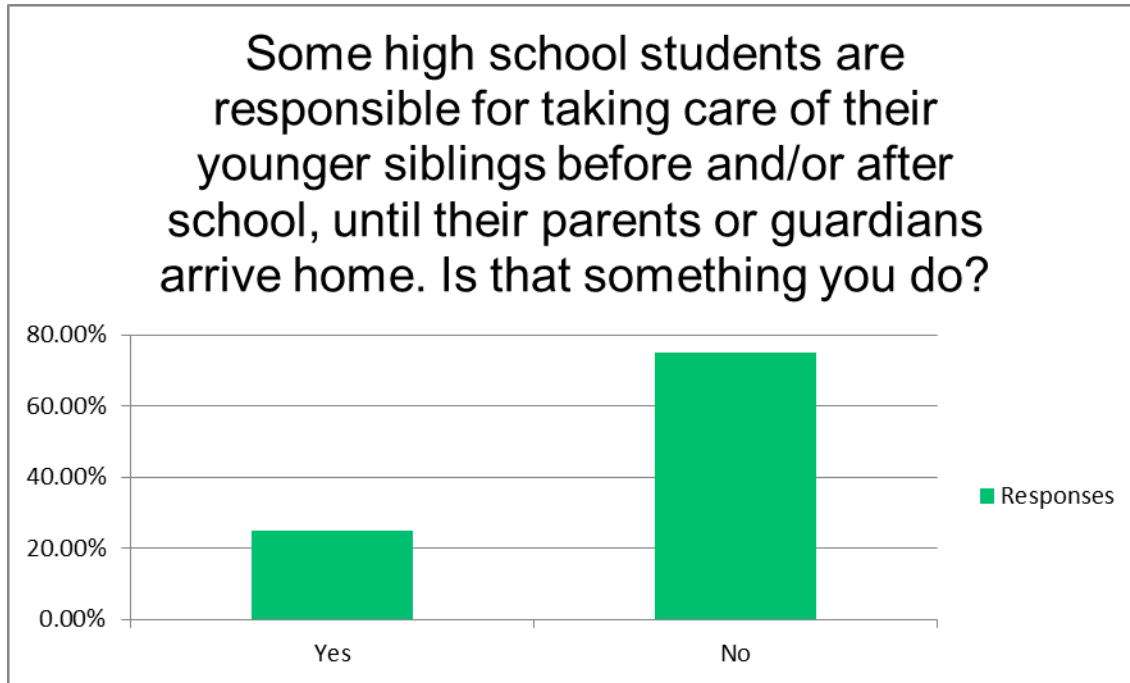
No, the only Zero Hour I would consider taking is Student Council.

More diversity in classes and more acceptance.

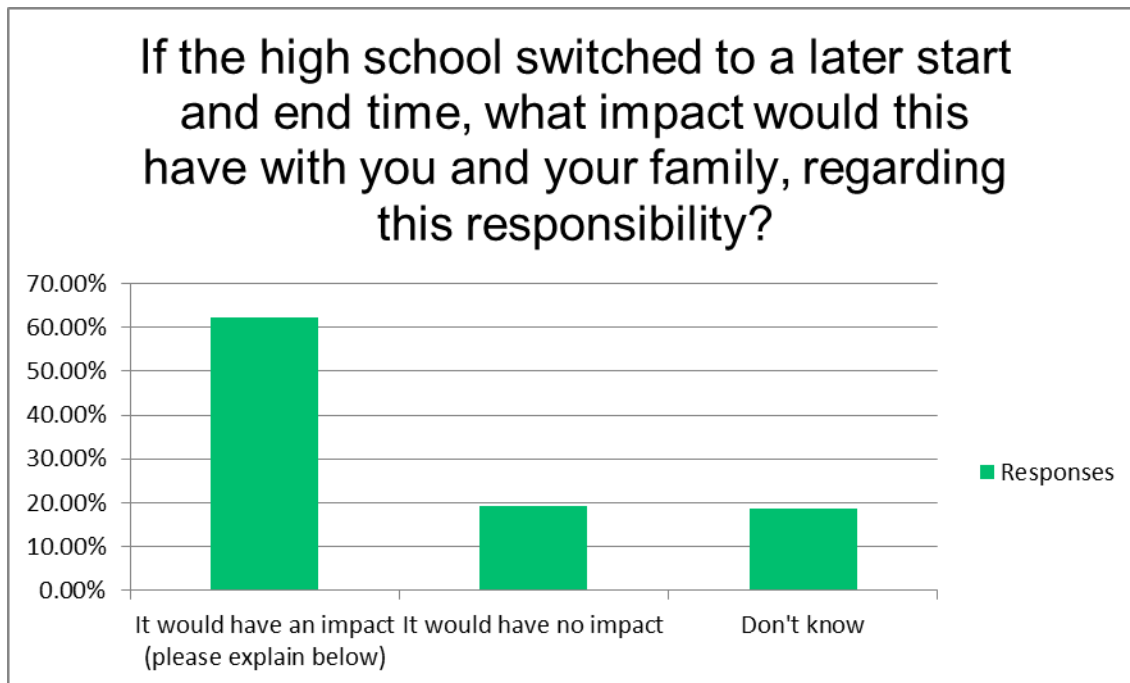
Double Zero Hour, Zero and -1 hour.

No, not really. I like having the hour before school on Wednesdays to socialize.

We asked the high school students if they were responsible for taking care of younger siblings.



We then asked what impact an earlier start time would have on that responsibility.



Additionally, respondents to this question were given the option of providing an “Other” response, if they answered that “It would have an impact” on them. Responses were coded, based on common words, phrases and ideas. Numbers, rather than percentages, are displayed.

Response	Number
Not home in time/nobody home to watch younger siblings	44
Not able to pick up and/or drop off younger siblings	29
Impact family time/later dinner	17
Other (see below)	14
Impact after-school job/less money	9
Not have a ride to and/or from school	8
Activities/sports start later/get home later	9
Parents change work schedules	5
Less time for/later homework	3
Siblings have to go after-school care program	3
Take care of pets after school	3
Another relative care for siblings/not always available	2
Can't afford day care	2
Have to walk to school	2
Less sleep/more tired	2

Verbatim “other” comments

My chores and baby-sitting and having school would leave me with no time for myself.

I have other siblings that can watch my little sister.

Gas and homework and other private things I can't share.

Depending on how much a difference the start time is would be the factor of how big an impact it would make.

I would have to take care of them more.

I have visits every week and my dad works.

My parents would have more time for themselves during the morning hours.
It would make it where I wouldn't be able to do any extracurricular activities.

It would make it so that my brother would have to play with friends for about an hour (assuming I don't do Zero Hour).

My older sister often can't go to school because of panic attacks but waiting for maybe an hour can resolve her stress and anxiety. I would also have to find a way to get to school by walking perhaps a mile and a half to school because my dad works at 8 and drops me off at school early, if not I have to wait for my brother to drive across town to get us.

My brother would probably be fine without me.

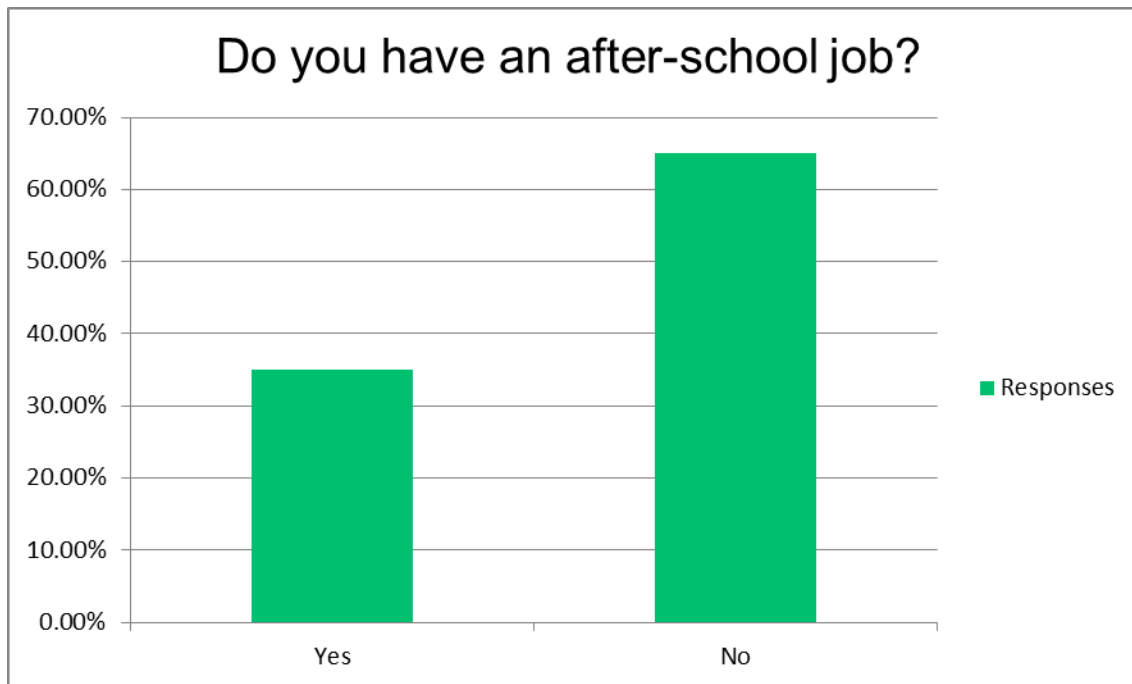
Just don't change it.

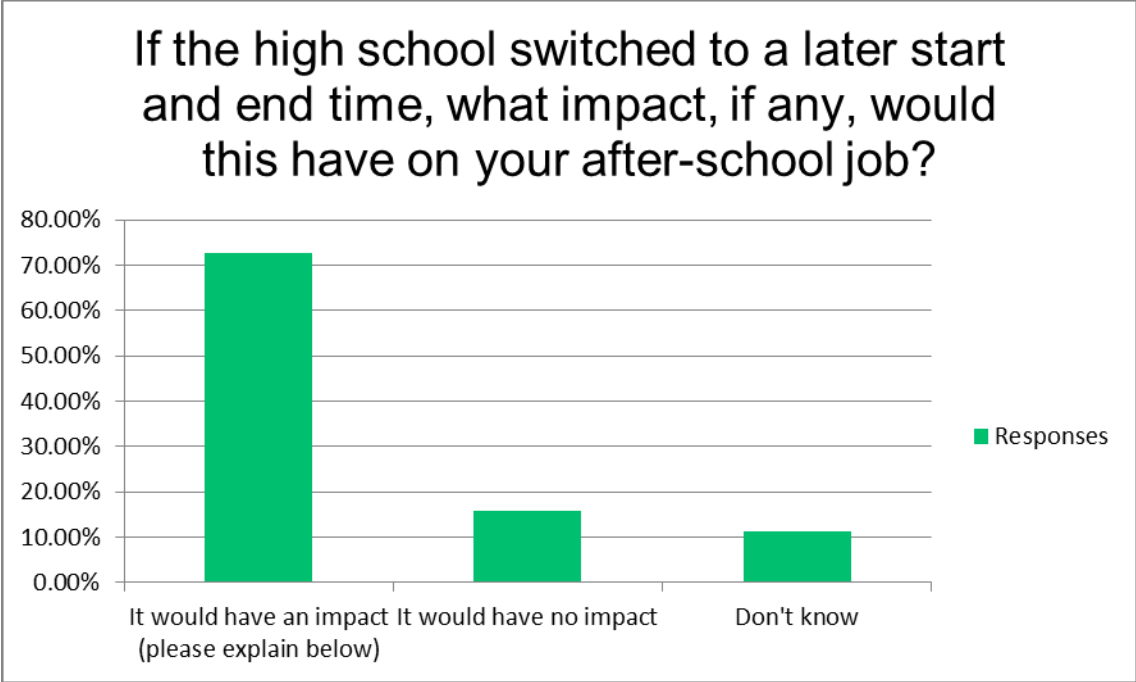
My younger sibling would just have to be on the same time schedule as me.

Like I said, I would just be at school further from the start of classes, but I would prefer that, since I would have more time to prepare for classes.

I would get home later. By taking the public transit, I would get home at 6 p.m.

Next, we asked about after-school jobs and what impact a later start and end time would have.





Additionally, respondents to this question were given the option of providing an “Other” response, if they answered that “It would have an impact” on them. Responses were coded, based on common words, phrases and ideas. Numbers, rather than percentages, are displayed.

Response	Number
Fewer hours/less time	65
Would have to change schedule/work later	63
Would be late/not on time	33
Less time for/later homework	19
Other (see below)	17
Make day longer/bedtime later	15
Less money/extra income	14
Work starts right at 4	13
Would have to quit/may get fired	13
Extra hours on the weekend/not able to work during the week	10
Would not have time to get ready/eat/relax	9
Activities/sports start later/get home later	6
Less time with family	6
Work hours are flexible/can be adjusted	5
Added stress	4
None	2

Verbatim “other” comments

Less work time and I already have to quit my job in the winter because of wrestling and school work. If I have less time for that, then that may be an only summer job.

I would be expected to wait for an hour to clock in and I do not have a safe area to wait.

I get off at 10, so I would get more sleep the next day.

I take Zero Hour, so I would still be at work on time.

Right after school, I pick up my neighbors from their preschool. I wouldn't be able to do this, if school had a later end time.

I wouldn't have time to do anything.

I don't have a seventh hour, so I would probably manage, but more time to rest after school is ideal.

I count babysitting as an after-school job because that's how I get my money. I wouldn't be able to babysit my little sister anymore.

The impact of later start and end times would vary for I don't have a concrete schedule.

I umpire. If games are played at 6 and 8, that means I would have a very small window of time to do any school work before I get ready and go to the fields.

Depends on shift time.

It would affect it a lot because I wouldn't be able to work, due to school ending later, because work starts at 4 and ends at 6 during the school year. So, I wouldn't be able to work at all or I would stop showing up for school.

I don't want to work later.

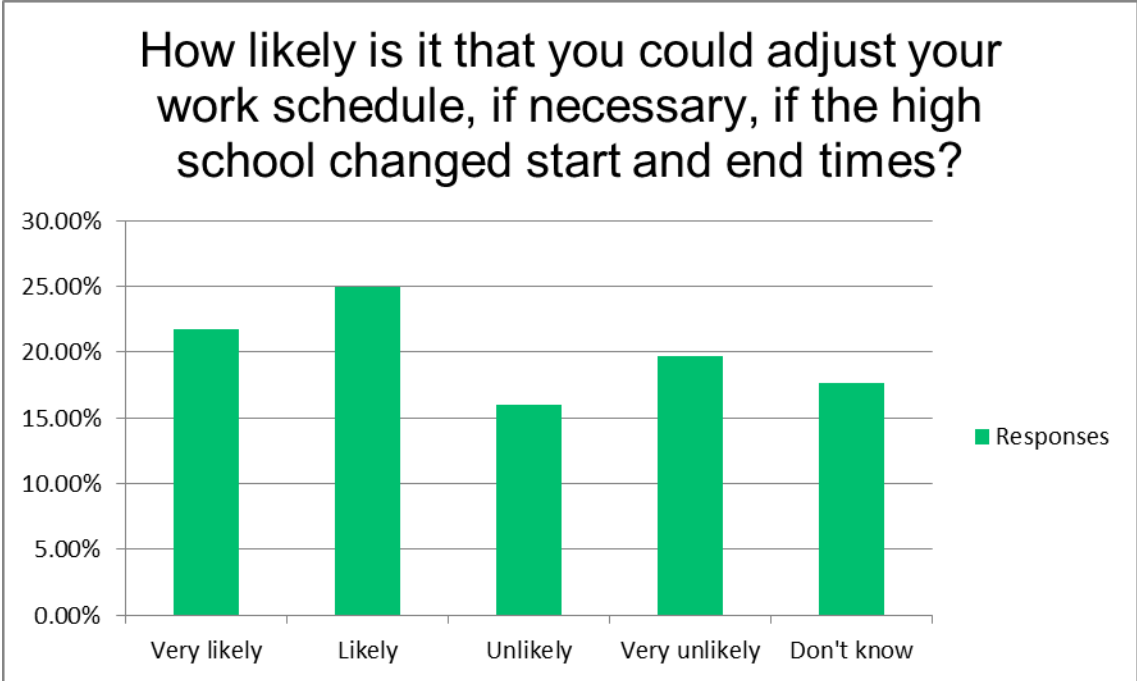
Currently, I help teach a kindergarten ballet class at 3:45. I would not be able to teach it if school ran longer than 3:05.

I work at Corpus Christi after school care and must be there by 3!

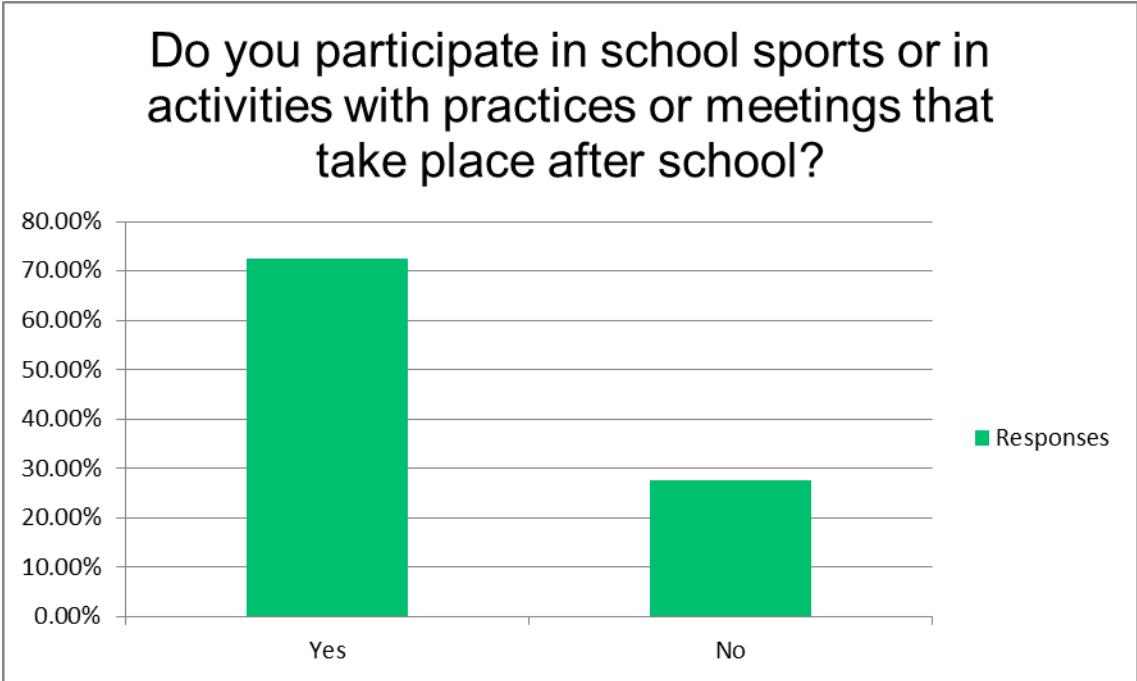
Don't change it.

I'm not sure how receptive my boss would be to push all of the high schoolers' schedules back.

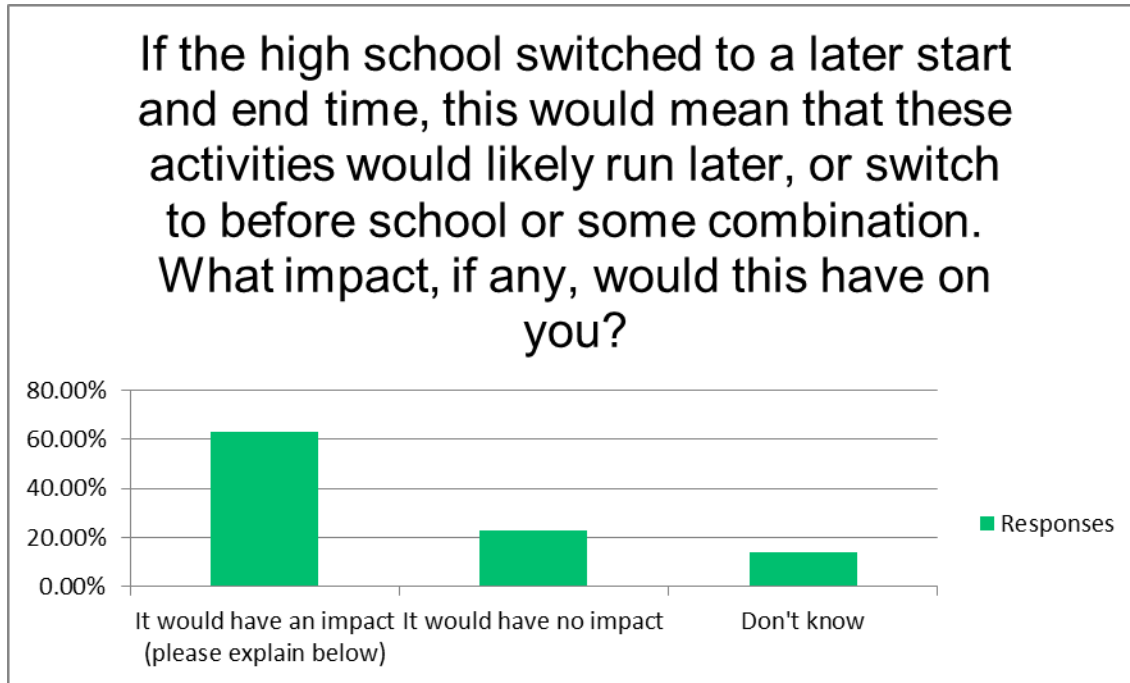
And we asked the students if they would be able to adjust their work times to accommodate a later start and end time.



We asked about participation in after-school sports.



And we asked what the potential impact would be to them, if the later start and end times meant the sports or activity times would change.



Additionally, respondents to this question were given the option of providing an “Other” response, if they answered that “It would have an impact” on them. Responses were coded, based on common words, phrases and ideas. Numbers, rather than percentages, are displayed below.

Response	Number
Less time for/later homework	100
Activities/sports start later	78
Stay up late/no extra sleep	44
Hard to get to school for morning practices/eliminates late start	38
Get home later/less daylight	38
Need to drop some activities/not participate at all	27
Less family time/other obligations	25
Make evening really full/no downtime	24
Impact academic performance	17
Would impact entire schedule	16
Eat later/miss meals	15
Other (see below)	15
Miss/be late to non-school activities/sports	14
No impact/None	14
Less time for after-school job	13
Please keep the same schedule	11

Dark outside/less playing time – fall/winter	10
Don't want to get to school earlier/shower at school	7
Less time with friends	6
Activity/club would be eliminated	5
Bad idea to split practices	5
Extra stress	5
Miss more class time for sports/activities	5
No transportation	4
Couldn't help with sibling care/transportation	3
Adjust volunteering schedule	2
Cheer team practice be much later/after other teams	2
Golf team requires daylight	2
Good change/would adjust	2
Negatively affect Zero Hour	2

Verbatim “other” comments

Finding time for these activities.

This year, I did cross country running and club soccer, and if I did that next year, it would be hard to make it to both practices.

Would likely start later and run later or switch to before and after school combination.

If they switch before school, I would not be able to go to Zero Hour and possibly I would not be able to go to my religion class before school. If the practice is still after school, it would push my whole day back by an hour, and I would possibly go to bed an hour later and nothing would be changed overall.

I don't want to get home from practice at almost 7, and I certainly don't want to come in for it in the mornings. Since a lot of players have to take Zero Hour weights classes that means that if practice was moved to the morning, it would happen before Zero Hour, starting sometime around 5 a.m.

For choir, a few times a year, we have after-school practices that are required and with the amount of time they take up they couldn't be moved to before school. For Encore, again it couldn't be moved to before school, so an already long rehearsal would be moved even later. And if I were to make it in to Chamber Singers next year, they have weekly practices after school, which again results in less time for everything else.

Depending on how late we adjusted, it might be kind of awkward for after-school activities. However, if the adjustment is 30 min. or an hour, this wouldn't be much of a problem.

I'd have clubs later, but my parents could pick me up more easily. However, my club sponsors have said that if school was shifted later, they would not host the clubs.

I would have to drive home in the dark more days per year than I do now, which is significant because I live outside of Lawrence. I would be able spend less time with my family after school. I could not be at the house with my brother, while my parents are at work. I would feel much more stressed out about having fewer hours to do my homework, once I got home.

I am part of many after school activities, including Scholar's Bowl, Lawrence Ballet Theatre, Girl Scouts, piano, and Young Democrats Club.

I would probably not be able to stay the whole meeting.

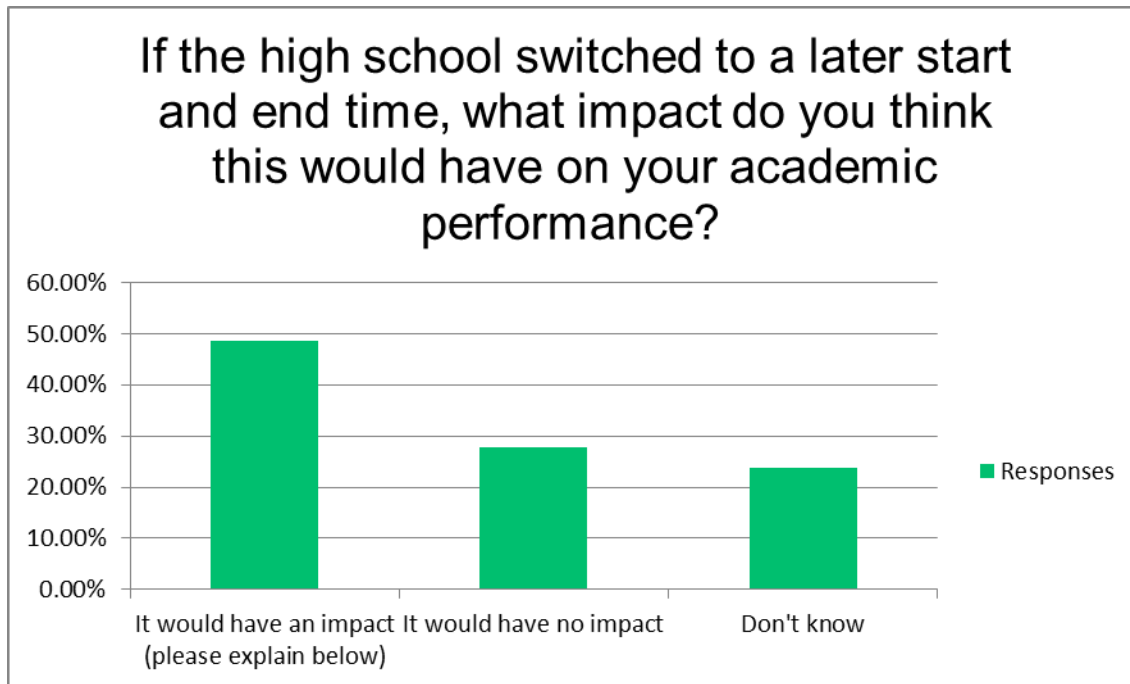
People are used to having to adjust their schedules. It is a skill we need to learn for later jobs or college.

I have to drive an hour and a half through Kansas City to reach my practices. The traffic would slow things down tremendously.

I wouldn't make them on time.

I would like before and after school combo.

Our next question focused on the students' academic performance.



Additionally, respondents to this question were given the option of providing an “Other” response, if they answered that “It would have an impact” on them. Responses were coded, based on common words, phrases and ideas. Numbers, rather than percentages, are displayed.

Response	Number
More attentive/energized/focused	117
Get more sleep/more rested	102
Less time for/later homework	78
Better grades/academic performance	77
Stay up later/get less sleep	50
Poor academic performance/grades	48
Just make day longer/less daylight	19
Activities/sports start later/get home later	17
Morning person/less focused at the end of the day	12
Homework done on time/better prepared for the day	12
No impact/N/A/None/Nothing	11
Make evening really full/no downtime	6
At after-school job later	5
Don't change the schedule	5
Less motivated	5
More time for breakfast	5
Time for homework/meet with teachers in the morning	5
Decrease tardiness/skipped classes	4
More stress	4
Other (see below)	4
Would be hungry/not focused	3
Don't know	2
Miss more class time for sports/activities	2
Later dinner	2
No time meet with teachers/extra help	2
Take/make it to Zero Hour	2

Verbatim “other” comments

On Wednesday, when we have the late start already, I notice I am able to perform better in school. I am in a much better mood because 1. I got more sleep and 2. I was able to wake up at a more natural time for my body.

It would hurt it because most people I know would get out a couple hours earlier, so when they finish, they will be texting me and posing a distraction.

There are pros and cons to both sides.

I'd be MORE likely to miss 1st hour because I cannot ride with my parents.

We then asked the high school students for any additional comments about the idea of switching to a later start and time. Responses were coded, based on common words, phrases and ideas. Numbers, rather than percentages, are displayed below.

Response	Number
Current schedule is fine/keep it the same	118
Would prefer later start time	41
Students will still stay up later/get less sleep	37
Better academic performance	25
Less time for/later homework	25
Activities/sports start later/get home later	23
Other (see below)	23
N/A/None	20
Not improve academic performance/little impact	19
Switch to shorter schedule/week	19
More sleep/more rested	16
Creates student drop-off/pickup issues	14
Impact after-school job	12
Too much homework is the problem	11
Prefer getting to school earlier than later	9
Start later, end at the same time	9
Get home later/longer day	8
Less family/friends time	8
Offer more Zero Hour options/classes	8
Students still dropped off early	8
Transportation/bus issues	6
Nobody wants the schedule to change	5
Older siblings couldn't pick up/care for younger ones	5
Not cost-effective/waste of money	4
Increase tardiness/skipped classes	3
Need more time to eat lunch	3
Reduce number of required classes to graduate/less stress	3
Activities/sports before school would be OK	2
Block scheduling would be more beneficial	2
Offer study hall/free period	2

Verbatim "other" comments

You're going to have to get more Zero Hour teachers because people are afraid of change.

School should definitely be starting earlier: 7 a.m.-2p.m. or 6 a.m.-1 p.m.

The studies that show that a later start time has positive academic effect had schools that did not start until 10 or 11 and shifting the schedule a half hour will have no positive difference. I think that switching the start time by an hour or half an hour won't allow

anyone to get more sleep. Most people will just have to shift their schedule to stay up later and probably still end up waking up around the same time, encouraging less sleep overall.

I think the better solution would be to just make the school day shorter and make up those hours elsewhere in the year through things such as tweaking seasonal breaks and weekends.

I feel like it would be an advantage to move the start time back for some people so that people may choose whether to come to school earlier or later. Maybe make it like a 0 hour but after school (maybe something like an 8 hour) that would offer a choice of classes but maybe not all classes, so most still have a regular start time and some may come in earlier or later.

The whole school system is what is causing the main problem with students, but I'm aware there's not much a school in Lawrence, Kansas, can do about a countrywide problem. Considering a later start time is a good beginning.

I would suggest having staggering start or end times for each class. There is a very large amount of accidents and close calls in the parking lot due to overcrowding and reckless driving. I feel staggering dismissal times could help with the problem.

It really wouldn't do much other than encourage taking a zero hour. Focus on bigger and actual issues, like not paying your staff and teachers dirt and create equity between the pay grades. An attendance secretary should not make more per hour than a paraprofessional in the emotional disturbed unit. Quit diverting our attention from the real issues by fixing things that aren't broken.

I think we should have earlier start times and earlier dismissal, the complete opposite.

If the times changed, what would this do to the bus schedule?

I'm stuck in a boy's home 24/7, and I like my alone and away time.

If the start times changed to be later in the morning, I think the school should be more lenient about letting people stay after school. They kick students out of the building way too early. With the current end time being 3:10, most students can't even get a ride home until 4 or later. If the times were to change, I think the school should allow students to remain on school grounds longer, especially in the cold season.

I live too close for a bus but too far to walk. There needs to be better transportation for kids who struggle with this, so we do not end up at school three hours early.

I actually did an independent on this in my junior year. I attended the College and Career Center when start times were at 8:30 instead of 8. Just being able to wake up 30 minutes to one hour later than I did sophomore year helped me immensely to get work done at

school. I stopped falling asleep in class, due to homework exhaustion, and I engaged more in class conversation, which all in all contributed to my strong grades and high AP scores that year. I would highly recommend extending the start and end times because all students deserve to have a few extra hours in the morning of rest.

I feel it would be a major improvement, if we had that later start time and maybe even moved it to middle/elementary schools too, so that younger/older siblings can have the same times at home.

Don't do it. I had a survey in my 6th hour class about whether we should do it or not and zero people wanted to change it.

Would we still have the same number of school days in the year?

I think maybe starting school at 8:30 a.m. and getting out at 3:40 and making varsity practices get out at 5:30 would really help me get to doing my homework on time.

I think everyone should agree to a time that would work for everyone.

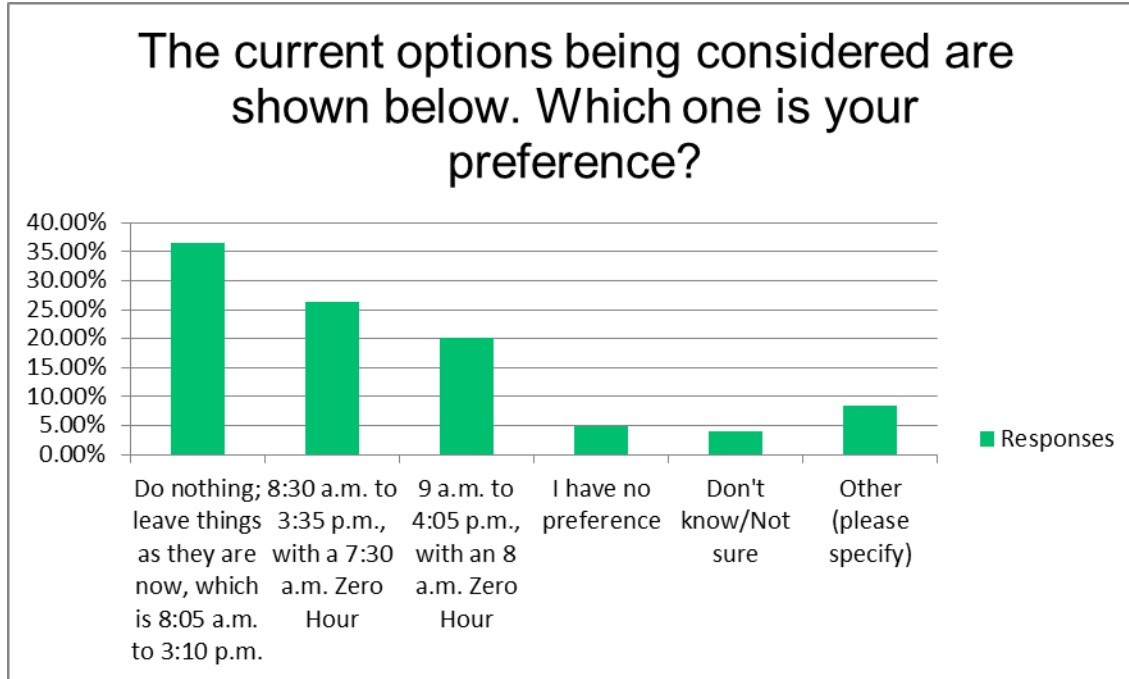
What does race have to do with this?

Please keep student mental health in mind when making decisions that will affect the entire school. A big change like that is hard on people with mental health problems, but it's more important to make these changes for the benefit of the student body. So, if it's not too much trouble, keep that in mind.

When will the final decision be made?

My hour before school would be like recess, which would be cool. I've missed some time to socialize with my friends.

We asked students to choose their preference in terms of start times.



Additionally, respondents to this question were given the option of providing an “Other” response. Responses were coded, based on common words, phrases and ideas. Numbers, rather than percentages, are displayed below.

Response	Number
Other (see below)	31
9-3:30	5
9/9:05-3:10	5
8:15/8:20-3:15/3:20	3
8:30 start	3
Leave the times the same	3
9-2:30	2
7:30-2:30/2:40	2
10-5:05	2

Verbatim “other” comments

This is strange, but I think that you should keep 1st hour at its regular time but have it optional for people to start at 2nd hour. This would make it the norm to go to school at the regular time. And for the people that it would actually benefit to start later, they could choose to do that. It sounds stupid because it’s just the numbers, but psychologically it would seem like less of a change for people and more like a choice.

9:05 a.m. start 3:10 pm end, block schedule, longer school year set up in trimesters.

I think we should do nothing. I think this because switching would be a hassle on everyone. Having a later start time would make school even worse. Having an earlier start time would be better, but the hassle isn't worth it. Keep it the same.
Start at 8:15 a.m. to noon and have a free hour until 1 p.m. and end the day at 4:30 p.m.

9 a.m. to 3:10 p.m.

The option for a class like a Zero Hour but after school (like an 8th hour) that offers people more of a choice.

8:05 a.m. to 2:10 p.m., with a 2:30 Zero Hour, if we want to come in later and stay later.

8:45 a.m. to 3:50 p.m., with a 7:45 a.m. Zero Hour.

Changing the schedule itself.

9 to 4:05, every day, including Wednesdays, to allow for an extra day off once a month (similar to that of Eudora High).

I think a reordering of the whole system is called for, perhaps in way that changes the start time to 8:30 or 9, while leaving the end time at 3.

9 a.m. to 3:10 and just reduce the amount of elective credits students need to graduate.

I think the best thing to do would be to start school later but keep dismissal time and then add on more days toward the end of the year.

What about like 9:30 to 4:30, with sports starting at 7:30.

At 3 p.m. to 3:10 p.m.

I would like school to run from the original 8:05 to a much later 5 or 5:30, under the stipulation that teachers give no required outside homework. Instead, classes would all be longer and there would be class time for major essays, assignments and work. All activities and sports would take place in the evening. Then, students would simply go home, and not take school with them. As a national merit semifinalist and someone involved in sports and multiple music ensembles and someone who has lettered eight times in various activities, I can attest that this schedule plan would be beneficial to all students. Homework is a psychological and mental stress on almost every student. Having contained learning in school would give students the opportunity to leave school behind for the rest of the day and live their lives as children, while they can. It would also give students the opportunity to learn and adjust to a full, professional workday length.

9 a.m. to 3:30 and 8 a.m. Zero Hour, six-hour days and shorter passing periods and same lunches.

Move the classes up to Zero Hour time, so we have more time after school for activities and time to study after school.

I support the 8:30 start time with a 7:30 Zero Hour, however, with a reduced schedule of six classes, instead of seven, to allow school to end around 3, roughly the same time it is now.

9 a.m. to 4:05 with extra Zero Hour courses available.

PLEASE shorten the day to 8:30 to 3:10. It would enhance academic performance by giving kids extra sleep, yet making them still have time after school. Learning curriculum would not change because three and a half minutes off of each class will make virtually no difference. The most important thing though is to not make school end any past 3:10.

9:05 a.m. to 4:15 p.m.

10 a.m. to 4:45 – perfect time.

Leave it the same but change Wednesday to a normal day.

Having seminar/study periods and a start time as late as 25 minutes.

9 a.m. to 2:30 p.m., with an 8 a.m. Zero Hour and block schedule.

Block day every day but Wednesday; Monday and Thursday 1-4, Tuesday and Friday 0, 5-7.

Regular time but Zero Hour changes to 8th hour.

Normal schedule w/Zero Hour and 9-4:05 classes with hours 2-8 (an 8th hour would be added to school schedule, but not required unless you start during 2nd hour).

9 a.m. to 4:05, no Zero Hour.

Night school, real vampire hours

7 a.m. to 2:10 p.m., with a 6 a.m. Zero Hour.

And we asked all students why they chose a specific option.

Why do you prefer this option (Do nothing; leave things as they are now, which is 8:05 a.m. to 3:10 p.m.)? Responses were coded, based on common words, phrases and ideas. Numbers, rather than percentages, are displayed below.

Response	Number
Current schedule is the best option/fewest disruptions	137
Activity/sports schedules won't change	31
More time for homework	25
Don't want later/longer day	21
Best meets families' needs	16
Little evidence to support extra sleep improves academics/benefits	16
Already stated reasons	13
Doesn't impact after-school job	13
Doesn't impact student drop-off/pickup	13
More downtime/free time	12
Students will still stay up late, regardless of start time	12
Still need to be to school early	9
Other (see below)	7
30 mins later not have impact	6
More absences/tardiest if change	5
Already have late start Wednesdays	2
No extra transportation issues	2
Positive benefits won't last long	2
Similar to real-world job hours	2
Won't miss more class time for sports/activities	2

Verbatim “other” comments

As I have stated before every other option would just be an inconvenience. If you want a why, just read what I have said before. Whoever's reading this tell the School Board to focus on more important things, like why school counselors ignore students and suck at dealing with cries for help in terms of their mental health. Also, maybe why teachers decide to turn the other direction when they witness bullying.

Because I have swim practice at 5 a.m. Then I get out at 6:45 and walk to my 0-hour class.

Saves more time in the day.

Because it works, so why change it? If the times are changed to get out at 4:05, so many students will just take a Zero Hour and get out at the same time as they do now.

I like how things are now. My second choice would 9-4 with Zero Hour, only if I could get out at 3 with a Zero Hour

Reference my previous statements: point 1: Siblings, point 2: Cost of the program, \$20 trillion debt; you are the reason it is so high; point 3: Worse health of students; you will cause students to get sick and not come to school; point 4: Changing for the sake of change is illogical; point 5: It is dumb to assume additional sleep, accomplish the same thing by reducing the homework load that doesn't cost anything and by the same logic increases intellect.

Because it is fine the way it is. Most schools start earlier and get out earlier than us anyway, so they have more time after school for activities and sports.

Because I get up for a church class that starts at 6:30 every day, and it most likely wouldn't change times, and so it would just make for less sleep and create an hour of nothing in the mornings.

Why do you prefer this option (8:30 a.m. to 3:35 p.m., with a 7:30 a.m. Zero Hour)?

Responses were coded, based on common words, phrases and ideas. Numbers, rather than percentages, are displayed below.

Response	Number
More sleep time/better rested/focused	55
Starting a little later/30 extra mins have an impact	47
Later release, but not as late as other option	37
Happy medium/middle ground	31
A little more time in the morning/get ready	23
Less impact on sports/activities	15
Could take Zero Hour/not as early	11
Extra hour/9-4:05 is too late	8
Less impact on after-school job	8
More time for homework	7
Works better with schedule	7
More time to get to school/fewer tardies	6
Other (see below)	6
More downtime/free time	5
Get homework done in the morning	4
Don't know/N/A	3
Get out earlier with Zero Hour/no 7th hour	3
Eat breakfast	2
Less traffic	2
Still get a ride with parent	2
Still help with siblings	2
Time to eat after school	2

Verbatim "other" comments

It's very similar to the elementary school times, and it is not too much or little time.

Because I often wake up by myself on the weekends with my internal clock and waking up by yourself is much better.

It would push things back to much, but I don't know if it would really make an impact at all. How would Wednesday be affected?

See previous answer regarding additional comments.

It would be a nice step in the right direction – incremental change.

Because I would get extra sleep, not lose much time after school, nothing would be too interfered with, and my medication schedule could effectively stay the same.

Why do you prefer this option (9 a.m. to 4:05 p.m., with an 8 a.m. Zero Hour)? Responses were coded, based on common words, phrases and ideas. Numbers, rather than percentages, are displayed below.

Response	Number
More sleep time/better rested/focused	69
Latest start time	22
Improve academic performance/benefits	16
More time to get ready/prepare to learn	15
Allow take Zero Hour/possibly leave earlier	14
Best option/fits schedule	13
One-hour change has biggest impact	9
Be able to do sports/activities	7
More time for homework/help before school	6
Eat breakfast	4
More time to get to school/fewer tardies	4
Similar to late start Wednesdays	4
Can ride with parent	2
Don't know	2
Might have to adjust work schedule	2
Other (see below)	2

Verbatim “other” comments

Science shows that the teenage brain fully wakes up between 9 a.m. and 10 a.m., so I think everyone's performance would be better, despite possible disadvantages.

I think that a 9 a.m. start time would give much more time to sleep, but 4:05 is still not very late. It would definitely change the way after-school activities run, but it would also allow more time in the morning if that is convenient for those particular activities. People can choose to use that time to sleep or use it for academic purposes. After school, people are generally tired, but I think that morning time is critical for finishing up projects and working on activities.

Our last two questions focused on high school students' race.

