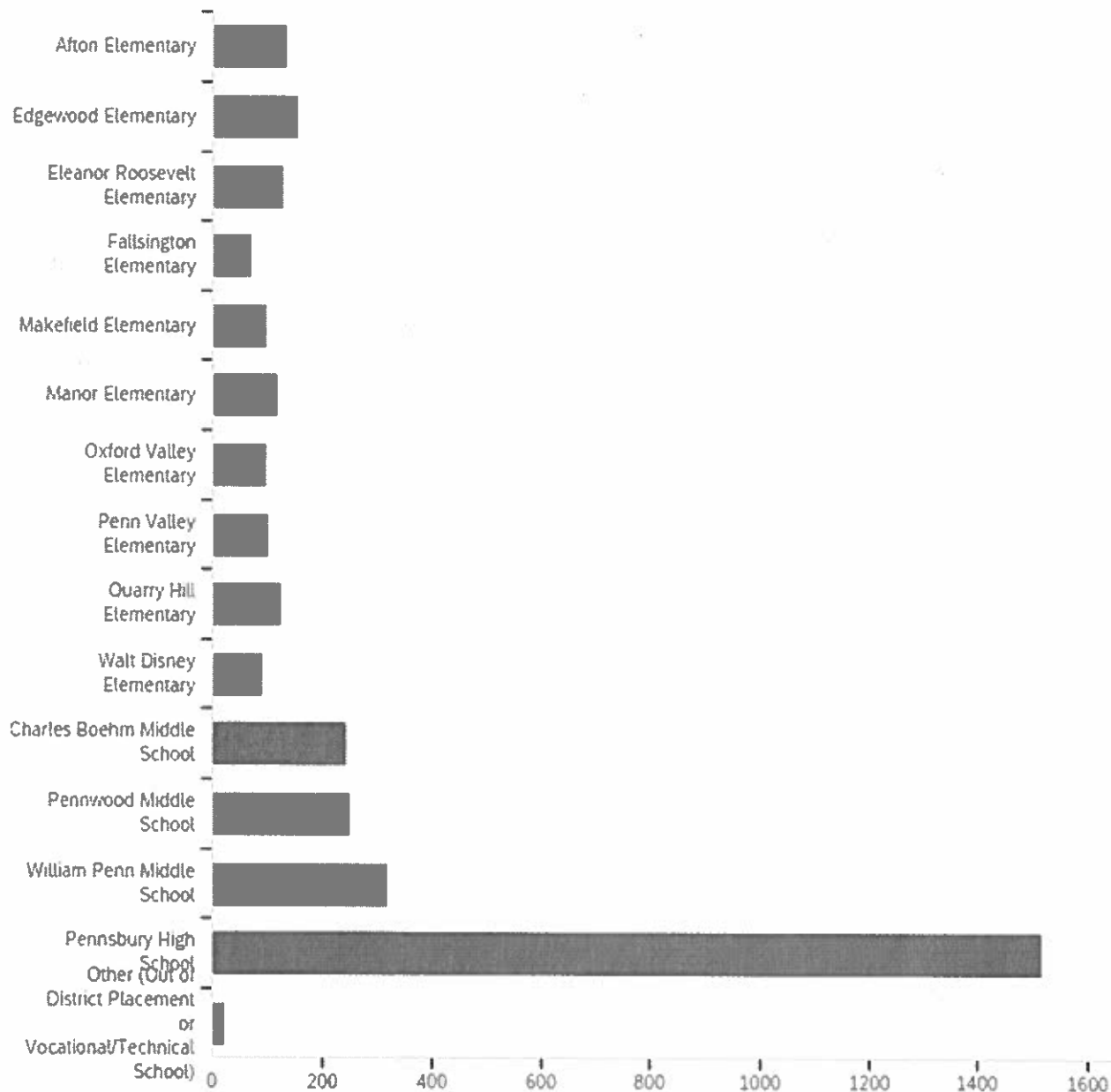


Default Report

School Start Times

October 13th 2021, 6:04 am MDT

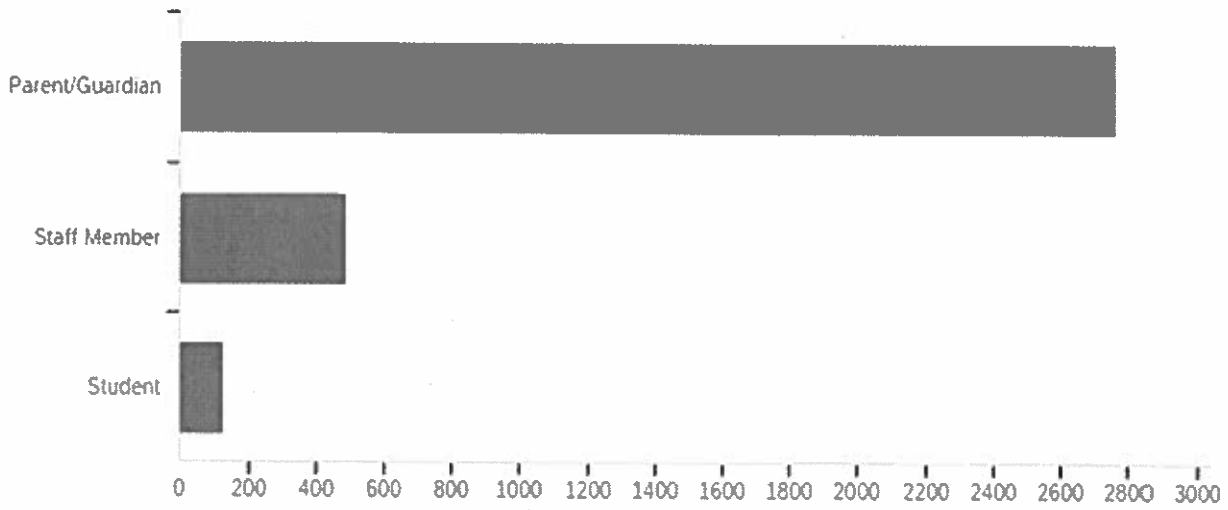
QID1 - Please choose the school where you work or your child attends:



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Please choose the school where you work or your child attends:	1.00	15.00	10.74	4.24	17.97	3463

#	Answer	%	Count
1	Afton Elementary	3.87%	134
2	Edgewood Elementary	4.45%	154
3	Eleanor Roosevelt Elementary	3.70%	128
4	Fallsington Elementary	1.99%	69
5	Makefield Elementary	2.80%	97
6	Manor Elementary	3.44%	119
7	Oxford Valley Elementary	2.80%	97
8	Penn Valley Elementary	2.89%	100
9	Quarry Hill Elementary	3.55%	123
10	Walt Disney Elementary	2.60%	90
11	Charles Boehm Middle School	7.05%	244
12	Pennwood Middle School	7.28%	252
13	William Penn Middle School	9.15%	317
14	Pennsbury High School	43.83%	1518
15	Other (Out of District Placement or Vocational/Technical School)	0.61%	21
	Total	100%	3463

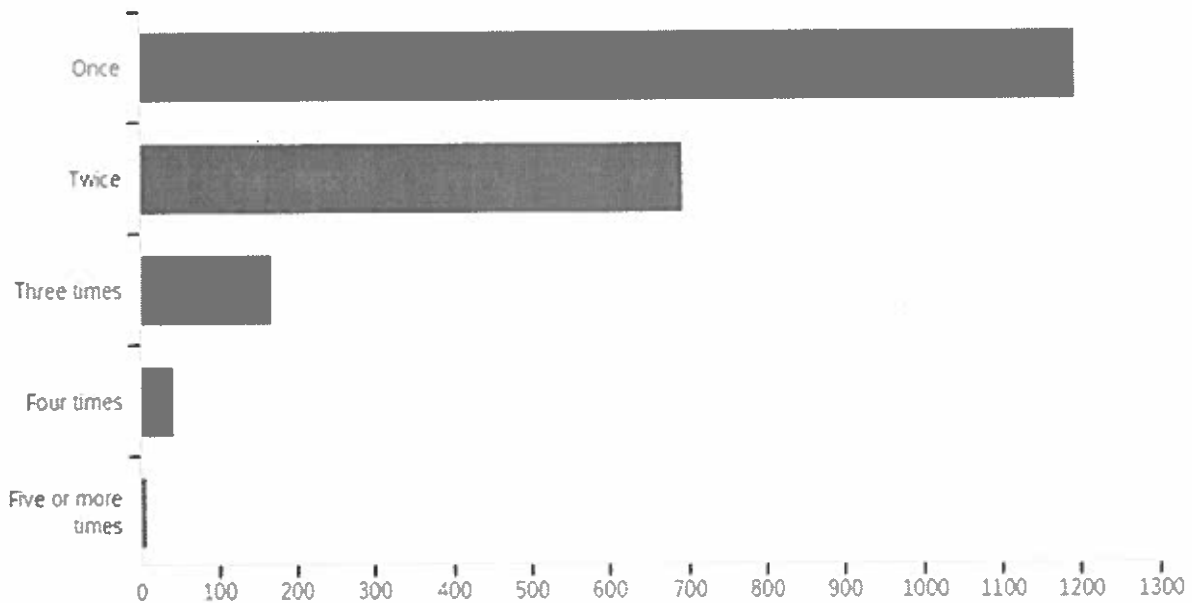
Please choose one of - Please choose one of the following. You are a:



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Please choose one of the following. You are a:	1.00	3.00	1.22	0.50	0.25	3386

#	Answer	%	Count
1	Parent/Guardian	81.72%	2767
2	Staff Member	14.44%	489
3	Student	3.84%	130
	Total	100%	3386

Q3 - Some questions in this survey ask about the habits and routines of your child(ren). Because different children may have different experiences, you are welcome to complete the survey for one child, then log in again to complete and submit the survey for each additional child. Each survey should take about 5 minutes to complete. I will be completing this survey...

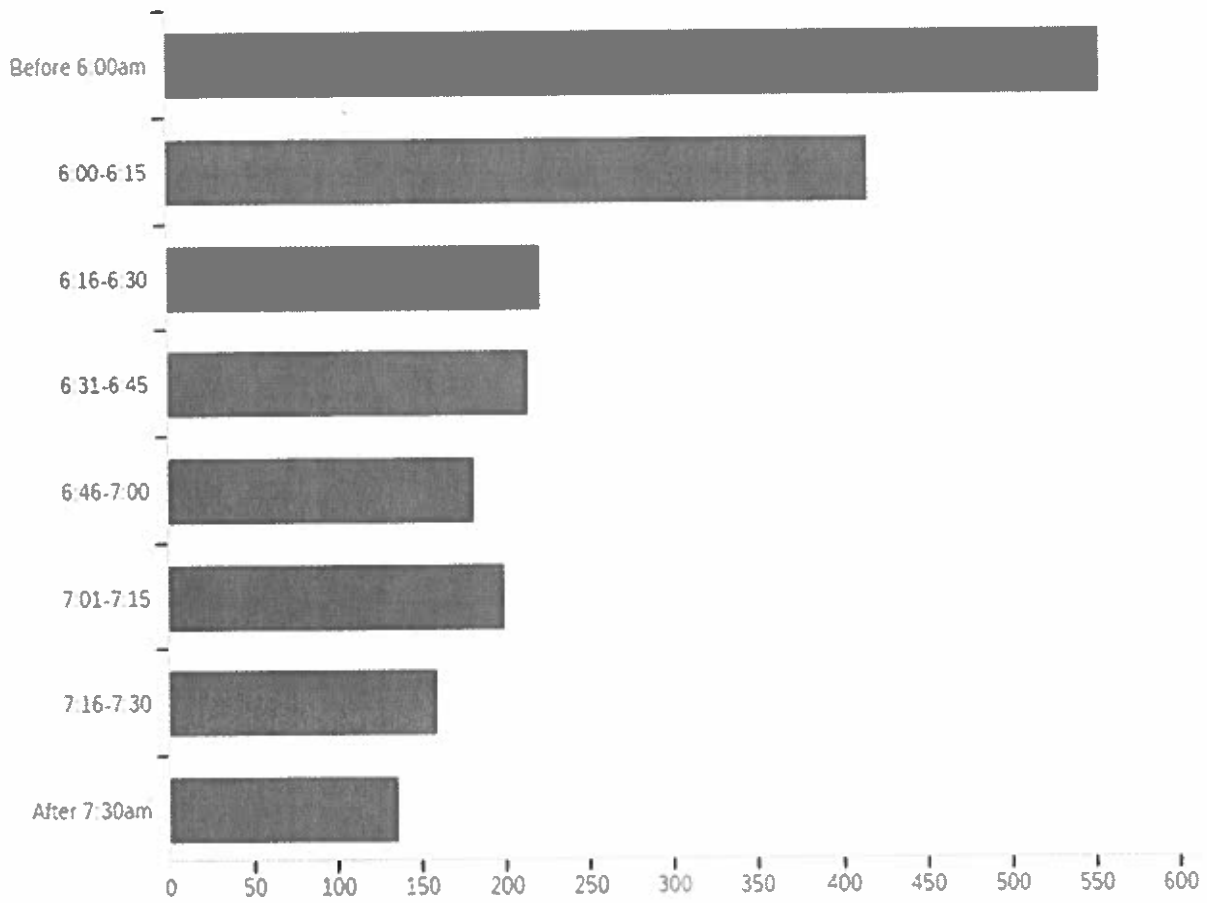


#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Some questions in this survey ask about the habits and routines of your child(ren). Because different children may have different experiences, you are welcome to complete the survey for one child, then log in again to complete and submit the survey for each additional child. Each survey should take about 5 minutes to complete. I will be completing this survey...	1.00	5.00	1.56	0.75	0.56	2103

#	Answer	%	Count
1	Once	56.78%	1194
2	Twice	32.95%	693
3	Three times	7.99%	168

4	Four times	1.95%	41
5	Five or more times	0.33%	7
	Total	100%	2103

Q4 - On school mornings, my child usually wakes up at: (please select the closest time increment or the final wake up time if your child is woken up multiple times)

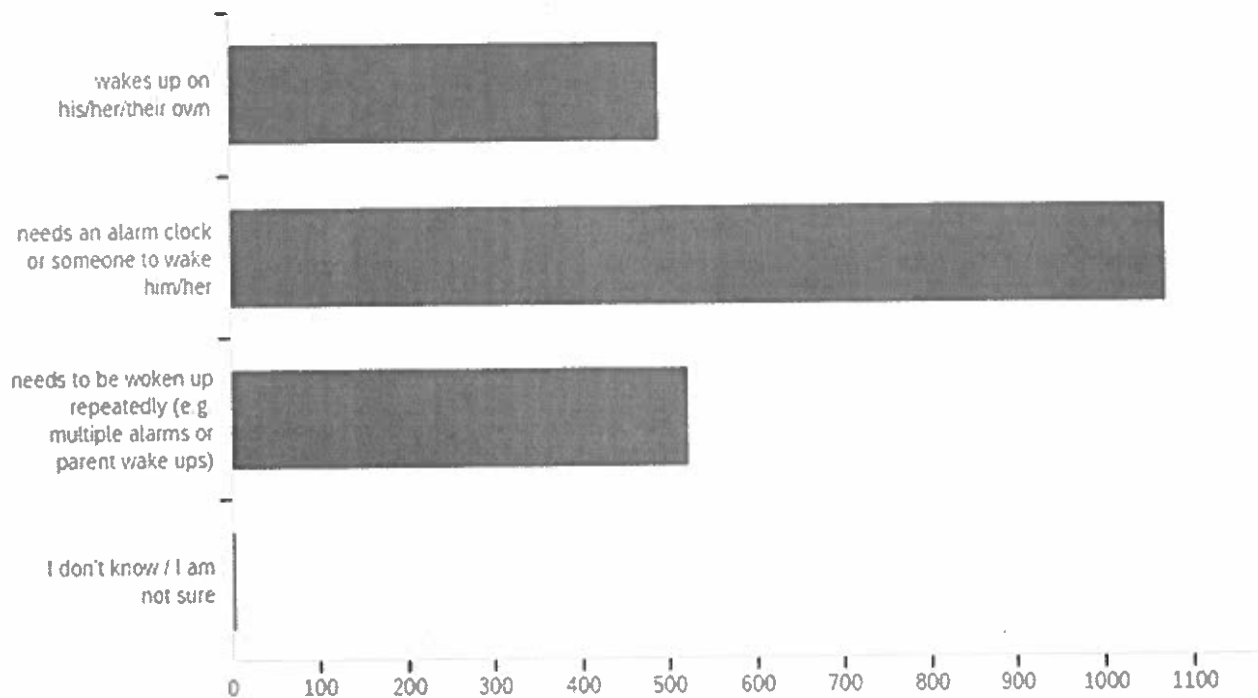


#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	On school mornings, my child usually wakes up at: (please select the closest time increment or the final wake up time if your child is woken up multiple times)	1.00	8.00	3.47	2.29	5.22	2088

#	Answer	%	Count
1	Before 6:00am	26.58%	555
2	6:00-6:15	19.97%	417
3	6:16-6:30	10.63%	222

4	6:31-6:45	10.30%	215
5	6:46-7:00	8.72%	182
6	7:01-7:15	9.58%	200
7	7:16-7:30	7.66%	160
8	After 7:30am	6.56%	137
	Total	100%	2088

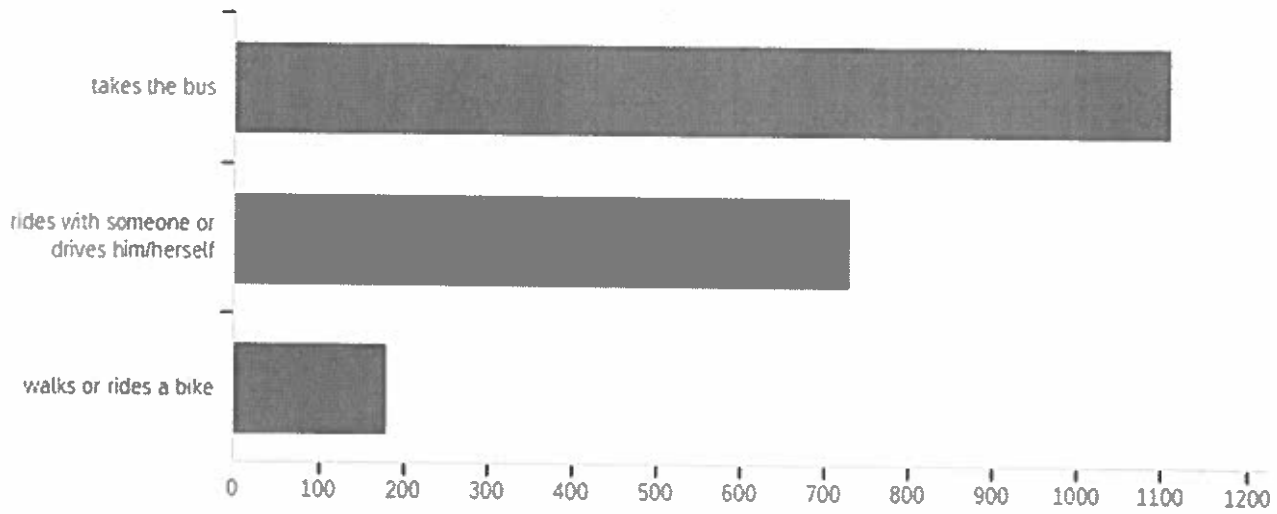
Q5 - On most school mornings, my child



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	On most school mornings, my child	1.00	4.00	2.02	0.70	0.49	2089

#	Answer	%	Count
1	wakes up on his/her/their own	23.50%	491
2	needs an alarm clock or someone to wake him/her	51.32%	1072
3	needs to be woken up repeatedly (e.g. multiple alarms or parent wake ups)	25.04%	523
4	I don't know / I am not sure	0.14%	3
	Total	100%	2089

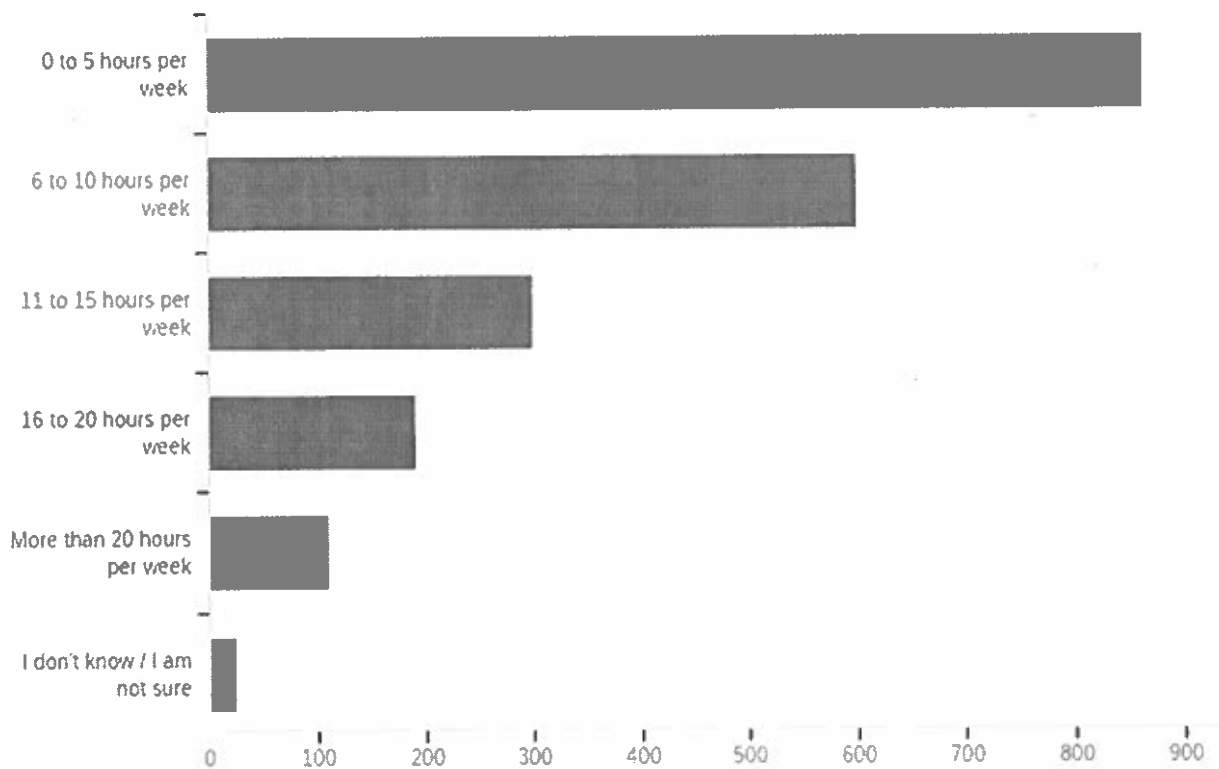
Q6 - To get to school, my child usually



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	To get to school, my child usually	1.00	3.00	1.54	0.65	0.43	2022

#	Answer	%	Count
1	takes the bus	55.00%	1112
2	rides with someone or drives him/herself	36.05%	729
3	walks or rides a bike	8.95%	181
	Total	100%	2022

Q7 - During your child's busiest season or time of year, what is the average number of hours of planned after-school activities (e.g. sports, clubs, job, lessons; at school or away from school) that your child is involved in each week?

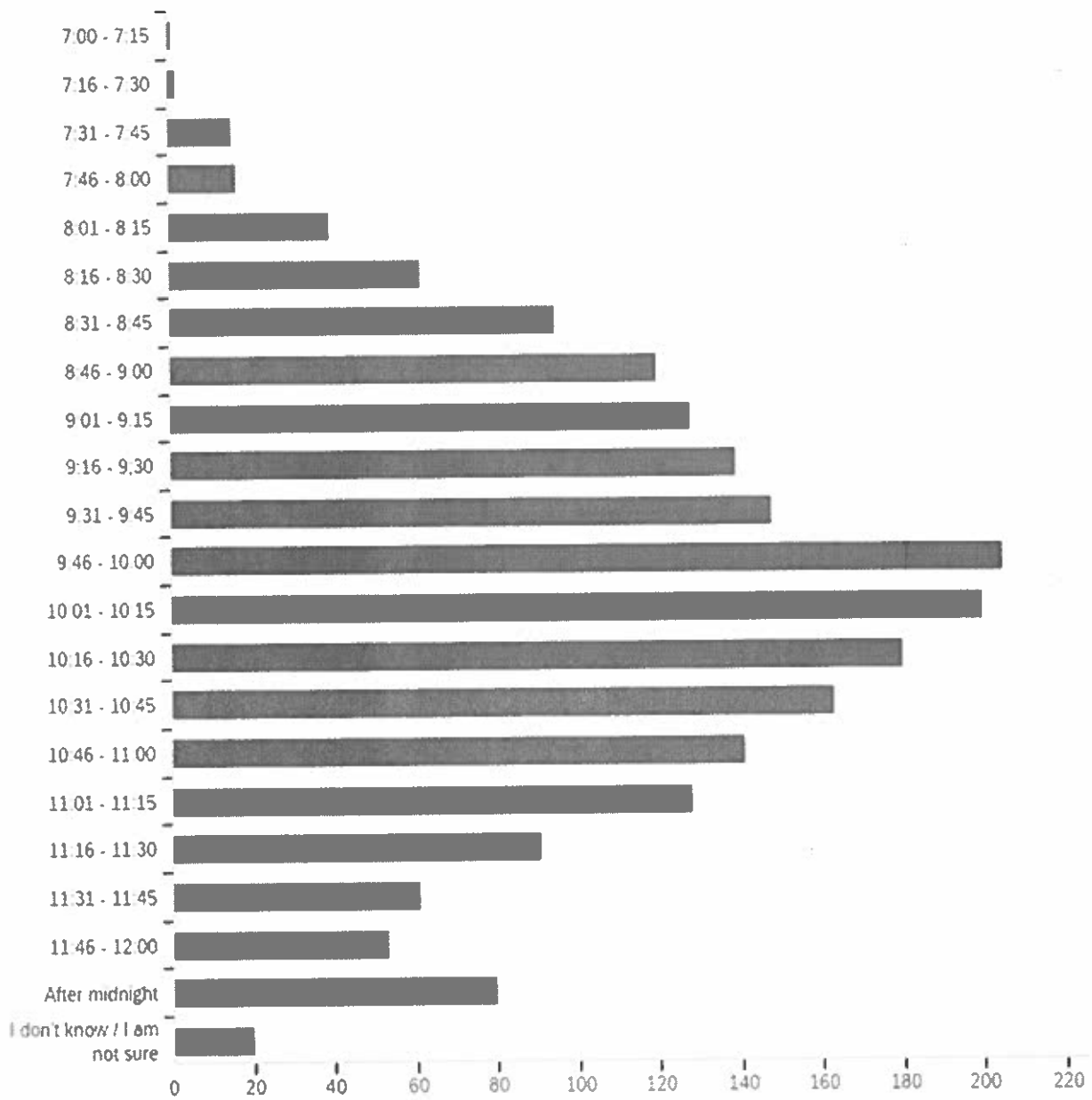


#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	During your child's busiest season or time of year, what is the average number of hours of planned after-school activities (e.g. sports, clubs, job, lessons; at school or away from school) that your child is involved in each week?	1.00	6.00	2.12	1.25	1.57	2091

#	Answer	%	Count
1	0 to 5 hours per week	41.32%	864
2	6 to 10 hours per week	28.69%	600
3	11 to 15 hours per week	14.35%	300
4	16 to 20 hours per week	9.18%	192

5	More than 20 hours per week	5.26%	110
6	I don't know / I am not sure	1.20%	25
	Total	100%	2091

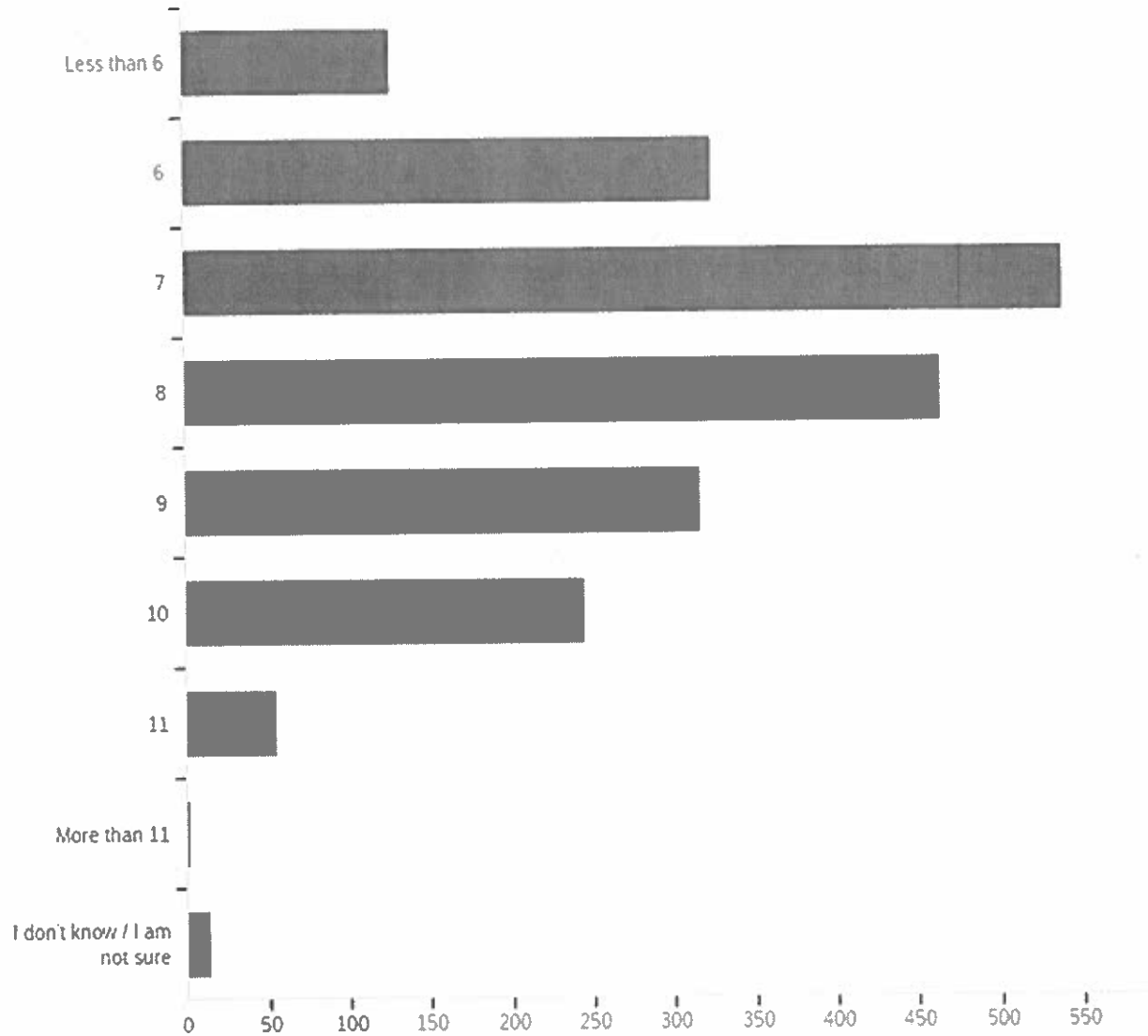
Q8 - On the average school night, what time does your child usually fall asleep?



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	On the average school night, what time does your child usually fall asleep?	1.00	22.00	12.88	4.23	17.90	2090

#	Answer	%	Count
1	7:00 - 7:15	0.05%	1
2	7:16 - 7:30	0.10%	2
3	7:31 - 7:45	0.77%	16
4	7:46 - 8:00	0.81%	17
5	8:01 - 8:15	1.91%	40
6	8:16 - 8:30	2.97%	62
7	8:31 - 8:45	4.55%	95
8	8:46 - 9:00	5.74%	120
9	9:01 - 9:15	6.12%	128
10	9:16 - 9:30	6.65%	139
11	9:31 - 9:45	7.08%	148
12	9:46 - 10:00	9.81%	205
13	10:01 - 10:15	9.57%	200
14	10:16 - 10:30	8.61%	180
15	10:31 - 10:45	7.80%	163
16	10:46 - 11:00	6.75%	141
17	11:01 - 11:15	6.12%	128
18	11:16 - 11:30	4.35%	91
19	11:31 - 11:45	2.92%	61
20	11:46 - 12:00	2.54%	53
21	After midnight	3.83%	80
22	I don't know / I am not sure	0.96%	20
	Total	100%	2090

Q9 - On the average school night, approximately how many hours of sleep does your child usually get?

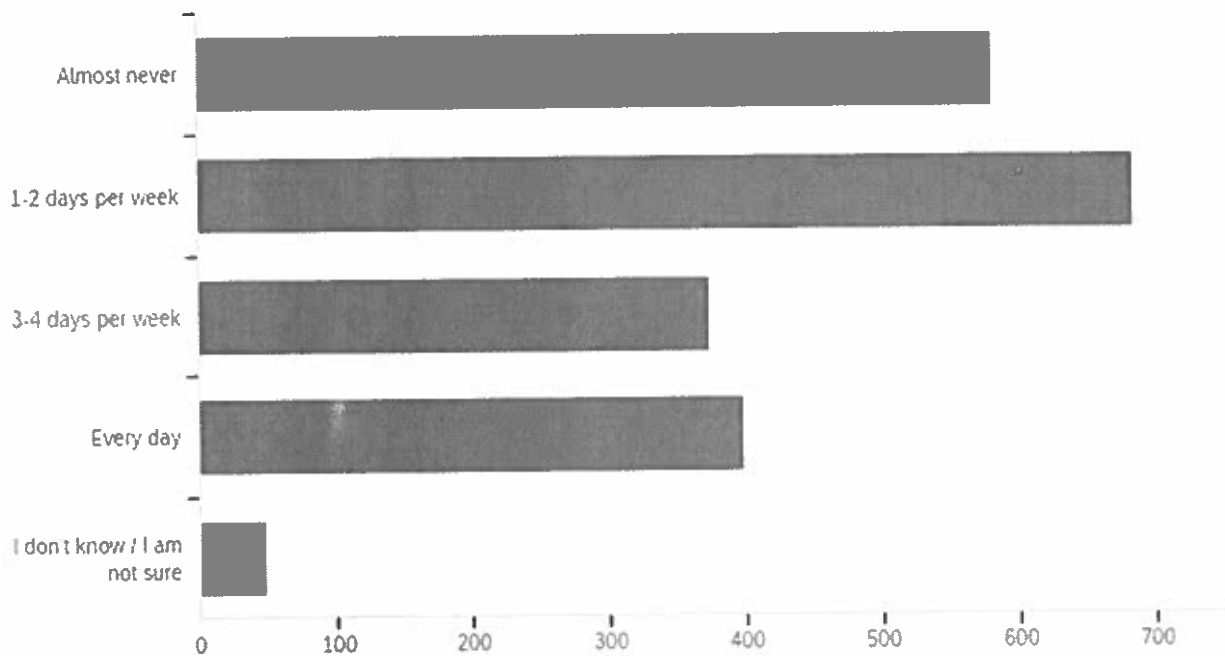


#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	On the average school night, approximately how many hours of sleep does your child usually get?	1.00	9.00	3.75	1.55	2.41	2089

#	Answer	%	Count
1	Less than 6	6.13%	128

2		6	15.56%	325
3		7	25.80%	539
4		8	22.21%	464
5		9	15.17%	317
6		10	11.73%	245
7		11	2.63%	55
8		More than 11	0.10%	2
9		I don't know / I am not sure	0.67%	14
		Total	100%	2089

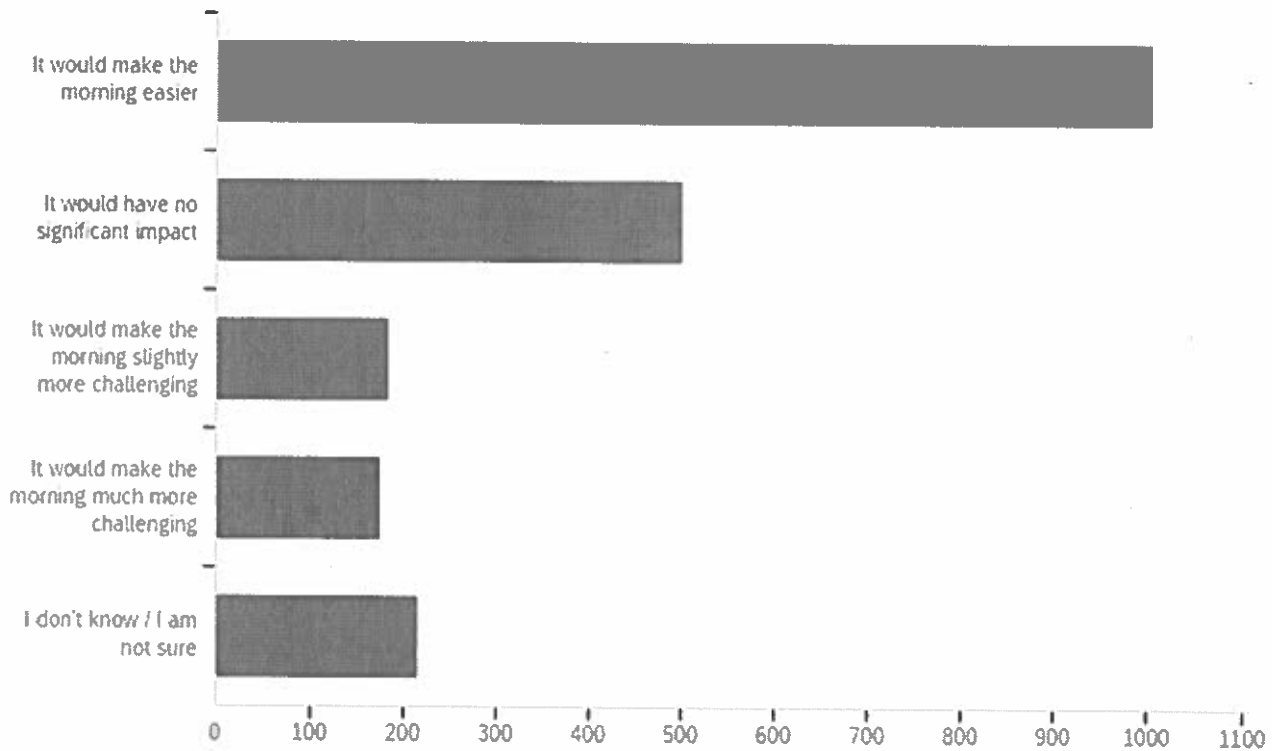
Q10 - How often does your child seem sleepy or sleep-deprived during the school week?



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	How often does your child seem sleepy or sleep-deprived during the school week?	1.00	5.00	2.35	1.14	1.31	2089

#	Answer	%	Count
1	Almost never	27.86%	582
2	1-2 days per week	32.79%	685
3	3-4 days per week	17.95%	375
4	Every day	19.10%	399
5	I don't know / I am not sure	2.30%	48
	Total	100%	2089

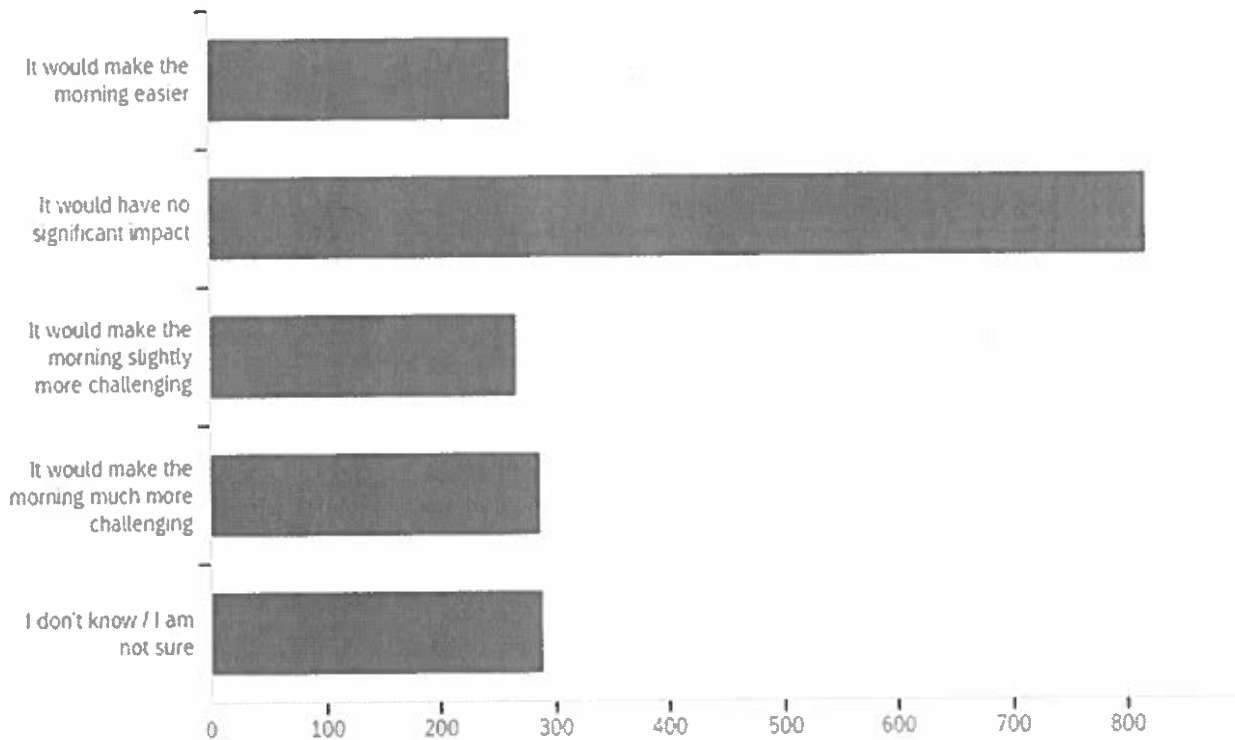
Q11 - Moving the middle and/or high schools later in the morning (30-45 minutes later) would have the following impact on your family:



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Moving the middle and/or high schools later in the morning (30-45 minutes later) would have the following impact on your family:	1.00	5.00	2.08	1.35	1.83	2090

#	Answer	%	Count
1	It would make the morning easier	48.33%	1010
2	It would have no significant impact	24.07%	503
3	It would make the morning slightly more challenging	8.85%	185
4	It would make the morning much more challenging	8.42%	176
5	I don't know / I am not sure	10.33%	216
	Total	100%	2090

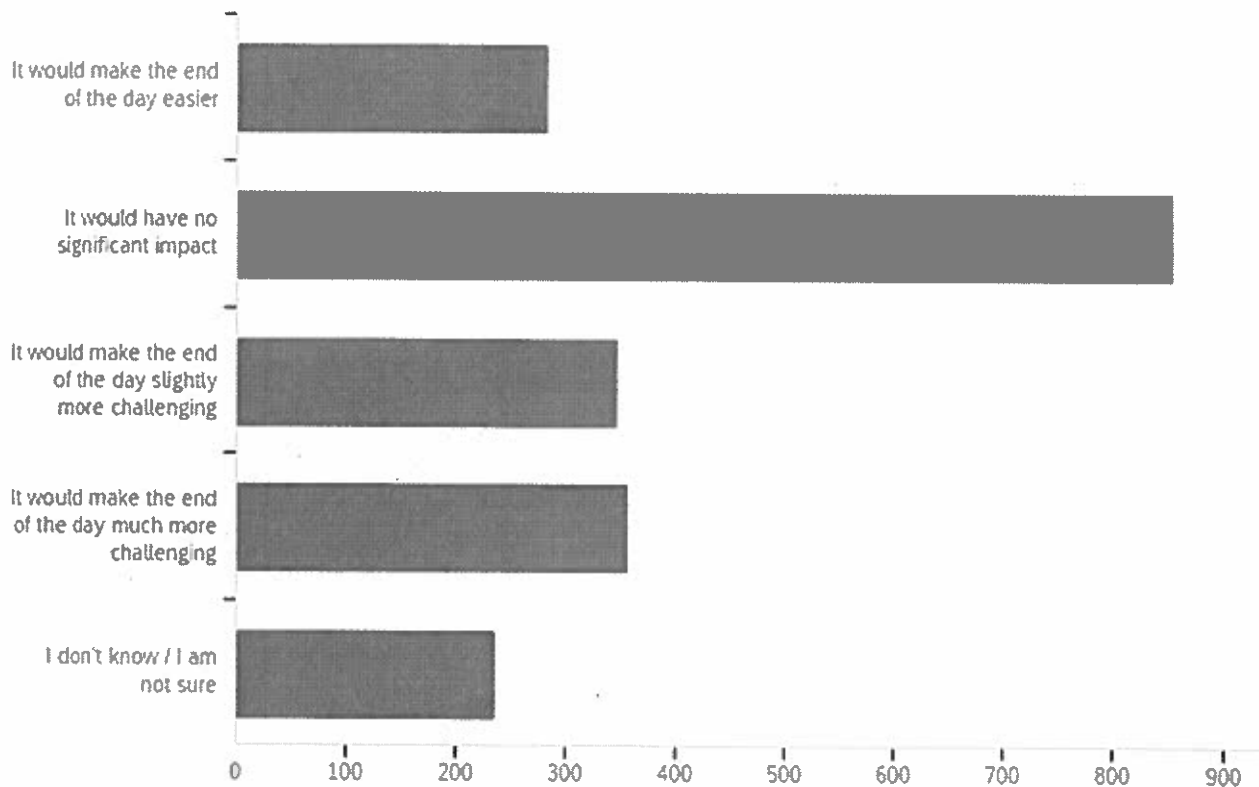
Q12 - Moving the elementary start time earlier would have the following impact on your family in the morning:



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Moving the elementary start time earlier would have the following impact on your family in the morning:	1.00	5.00	2.75	1.29	1.66	1926

#	Answer	%	Count
1	It would make the morning easier	13.71%	264
2	It would have no significant impact	42.47%	818
3	It would make the morning slightly more challenging	13.86%	267
4	It would make the morning much more challenging	14.90%	287
5	I don't know / I am not sure	15.06%	290
	Total	100%	1926

Q13 - Starting the middle and/or high schools later would also mean ending later. This could mean that some after-school activities would end later as well. What impact would this have for your family at the end of the day (afternoon and early evening)?

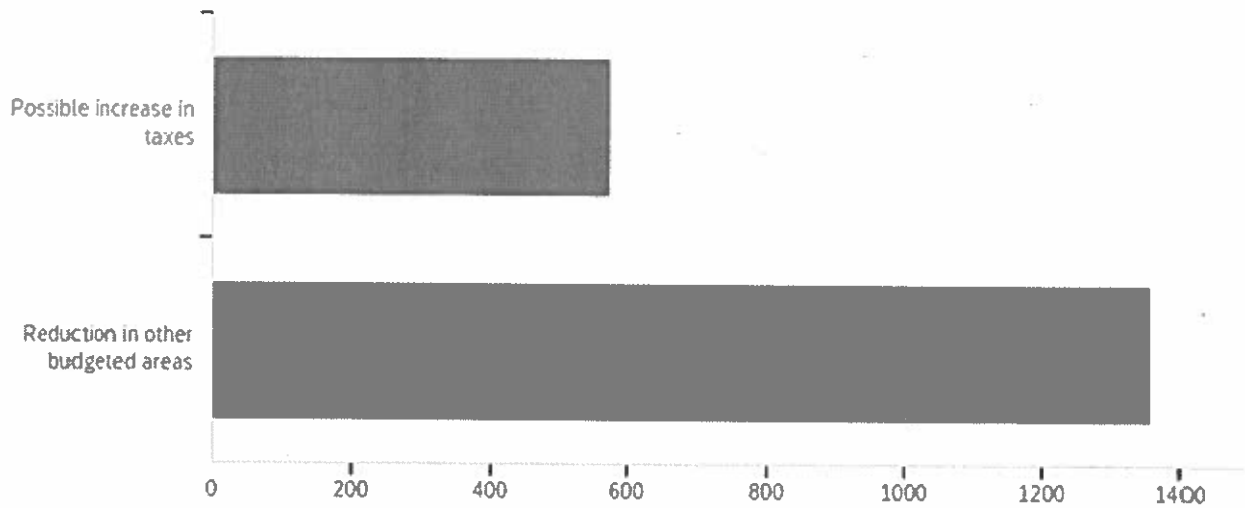


#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Starting the middle and/or high schools later would also mean ending later. This could mean that some after-school activities would end later as well. What impact would this have for your family at the end of the day (afternoon and early evening)?	1.00	5.00	2.71	1.22	1.50	2079

#	Answer	%	Count
1	It would make the end of the day easier	13.66%	284
2	It would have no significant impact	41.22%	857
3	It would make the end of the day slightly more challenging	16.69%	347

4	It would make the end of the day much more challenging	17.12%	356
5	I don't know / I am not sure	11.30%	235
	Total	100%	2079

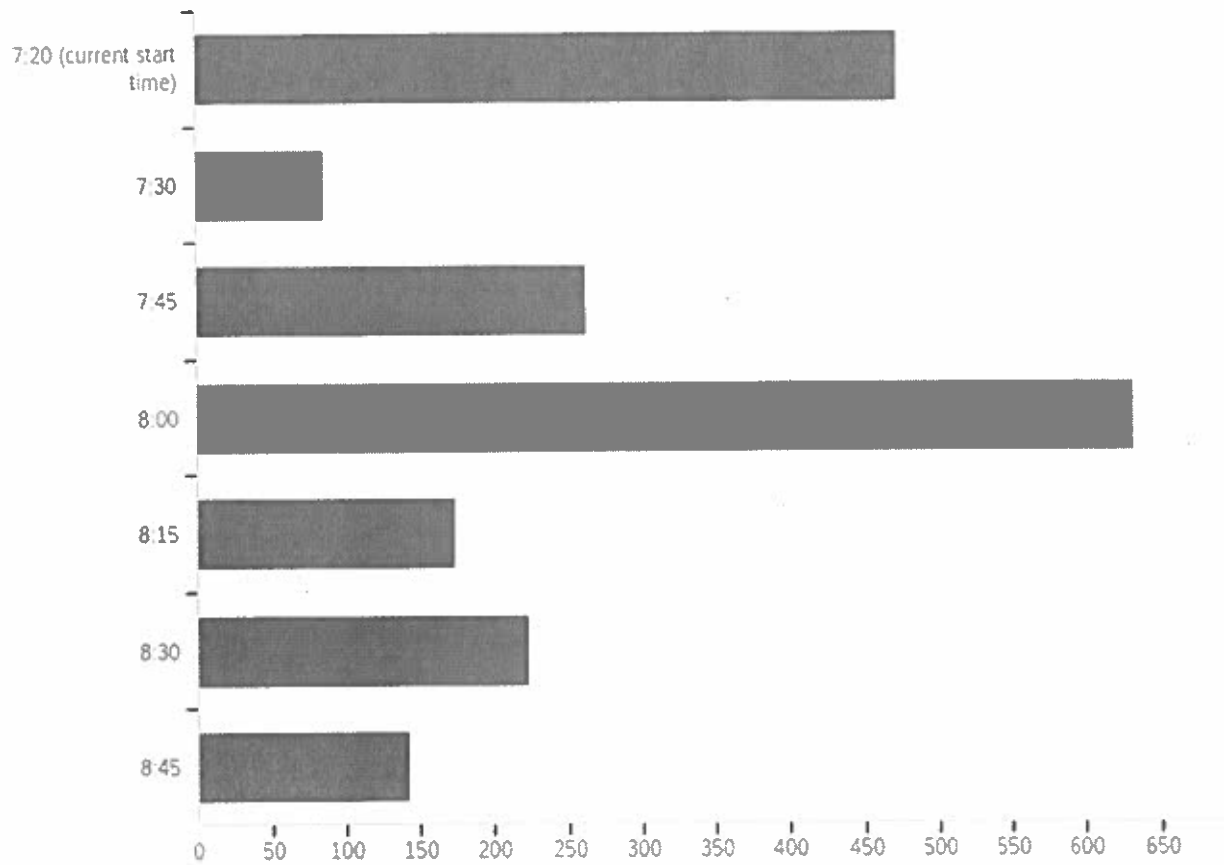
Q14 - Should cost be a factor in adjusting school start times, how should the district achieve this goal?



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Should cost be a factor in adjusting school start times, how should the district achieve this goal?	1.00	2.00	1.70	0.46	0.21	1934

#	Answer	%	Count
1	Possible increase in taxes	29.73%	575
2	Reduction in other budgeted areas	70.27%	1359
	Total	100%	1934

Q15 - What is your preferred start time for Pennsbury High School?



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	What is your preferred start time for Pennsbury High School?	1.00	7.00	3.59	1.86	3.45	1995

#	Answer	%	Count
1	7:20 (current start time)	23.71%	473
2	7:30	4.36%	87
3	7:45	13.18%	263
4	8:00	31.68%	632
5	8:15	8.72%	174
6	8:30	11.23%	224

7

8:45

7.12%

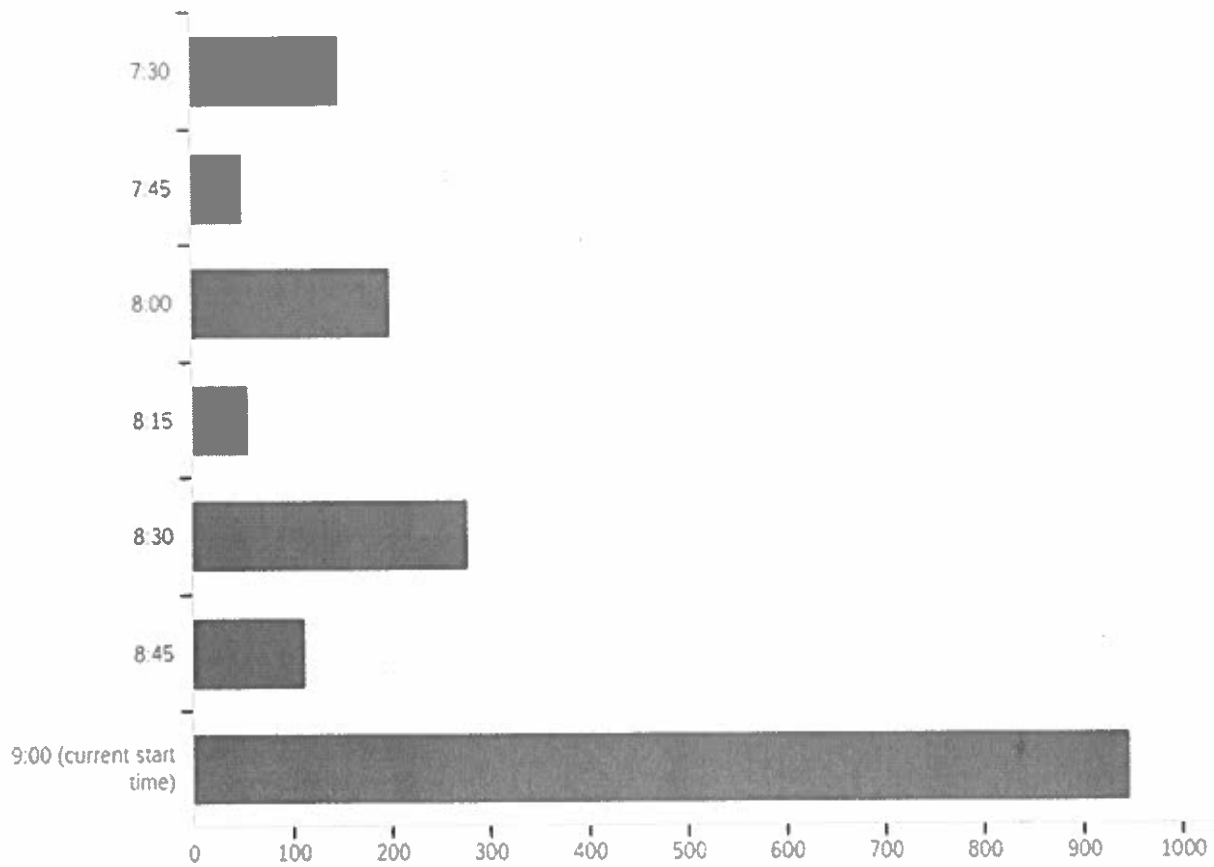
142

Total

100%

1995

Q16 - What is your preferred start time for our elementary schools?



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	What is your preferred start time for our elementary schools?	1.00	7.00	5.44	2.01	4.05	1796

#	Answer	%	Count
1	7:30	8.35%	150
2	7:45	2.90%	52
3	8:00	11.14%	200
4	8:15	3.12%	56
5	8:30	15.53%	279
6	8:45	6.29%	113

7

9:00 (current start time)

52.67%

946

Total

100%

1796

Q17 - Please provide any feedback related to school start times

Please provide any feedback related to school start times

how does changing start times affect taxes? that doesn't make sense. i can be reached at

please let me know how changing school times affects taxes

I dont have a child in elem school so i left those blank

what's important to me is understanding what the overall schedule would like like for all school levels.

too many unknowns for me to be sure how it would affect my family.

since I have kids in 3 schools, if have to know what all the schools were going to do before I could understand how it would impact us.

As I stated earlier, I'm a nurse, and I know the importance of proper sleep on a growing child's mind and body!
They'll do better in school!

The kids need sleep for their growing bodies and minds. Im a nurse and I know the importance of sleep! The kids need more sleep, they would do better in school, especially 1st period!

Afton Elementary has a good start time now. Thank you for that.

This survey didn't ask for preferred start time for the Middle Schools which should be 8am

The early bus pickups for those further away from schools is what causes my child to wake between 5-5:30a, with pickup at 6:38. Clearly more drivers and vehicles would lessen that some. She rides around almost 30 minutes when she could've had more time to sleep, eat or prepare better for her day.

Will the time commitment to after school activities decrease, will the amount of homework decrease if the high school start time is later? Students will stay up later to complete assignments, therefore still getting the same number of hours of sleep per night. Will shifting the times high school students sleep improve the quality of their sleep? What do the sleep studies say?

This is my fourth Pennsbury school child, I wish this survey was done years ago. Need to change start time.

My elementary child will spend too much time in a structured setting in this situation. She would be in school earlier, but still need care until about 5pm. I will have to pay daycare and she will spend an extra hour there in addition to starting her school day earlier!

While I agree that high school start times need to be reconsidered, it should not be done at the expense of the elementary aged children. I know the idea is that elementary aged children naturally wake up earlier, but that is simply not always the case.

It would be great if the high school and middle school started about half hour apart to keep a nice balance for working parents of multiple children. Also to allow older children to get home before younger siblings. It will also allow for a proper night of sleep.

So many high schoolers are extremely sleep deprived. A later start time would make a huge positive impact on their well being.

My child has an IEP and is in PHS. If the start times are more than 30-45 it would cause a significant issue for the household. Both parents work and the child should not be responsible for the locking of the house if the parents have to leave for work. This is not an issue for just SpEd children. The schools are not daycare. But, this is how are system is designed.... Parents work when kids are in school. We are just getting out of a pandemic and I am not sure this is the time for a change like this. PSD and other districts cannot bus all of the kids to school ... why would the district think it is possible in a year? If an increase in costs are needed, I do not want to pay more in taxes. I do not want a reduction in staff or services.

Please change start time of high school after 8:00 as soon as possible.

High school - dont change start time. This would probably highly impacts after school activity and school homework also.

prioritize the health of children. Lets follow the clear science around children's sleep patterns and move aggressively and quickly to adjust school start times accordingly. Several other schools have already adjusted their start times; pennsbury needs to start leading school districts rather than following

student health and wellness should be the most important factor. It has been proven through multiple studies that a later start time to school benefits children. Currently my high school child is sleep deprived due to school work and the early start time. Other schools have already prioritized children's health and adjusted start times accordingly. Pennsbury needs to move on this aggressively and implement the changes quickly.

Just doesn't make sense to me why you want to change it now

With all the scientific studies done on teenagers needing to sleep later this should be a no brainer. Younger children tend to get up earlier. Have the younger elementary students start earlier folowed by middle then high school students.

I am unable to get my high schooler to bed before 11pm. The one blessing of Covid and last year's virtual year was that my child got amazing sleep, grew almost a foot taller, and seemed happier and more energetic. He is napping too much now which is affecting his night sleep as well.

I do think high school starts too early. It always has. The kids are up too late and start too early.

Ha BG ing before and after care in the same school and not bussing kids back and forth would be much easier

It would be extremely helpful if your elementary schools had there before and after care inside of them instead of bussing our kids around many times a day

Elementary should not be touched. High School students get in the most trouble after school hours while there is no supervision because they are out of school before parents are out of work, Making the high school start time later will not only improve mental health but decrease behaviors outside of school hours. So glad this is being considered!

PLEASE reverse the start times. My kids are almost out of the system and I think the early high school start times have physically damaged their growing brains, affected their academic achievement and put them in danger while driving. Making teenagers get up early every day and telling them to go to bed early is not based on good science. It's about as logical as putting books on high shelves and telling short people to just grow taller to reach them.

We've had 4 kids in Pennsbury Schools, and the oldest did HS elsewhere with a later start (8:30 or 9, depending on day). Later HS start was so much better vs younger siblings' experience at super-early PHS. Buses take close to an hour so we drive every AM to buy kids a little more sleep, and even then we have to leave home by 6:45 to get there. I believe moving PHS start time earlier would absolutely have a positive impact on HS students' focus, scores, physical health, and emotional stability.

Not clear to me how flipping the start time between elementary and middle/high-school could have an impact on the budget. More data needed before we can meaningfully answer any question about whether taxes should go up or budget should go down!

Starting High school and Middle school at the same time would be ideal. but bus limitations probably eliminate that option

always wanted this but I only have a senior left in the school, too late getting to this for my family.

Every one, whatever age needs the recommended amount of sleep. These high schoolers have been cheated immensely. I also was on the bus at 6:35 am while in high school and it did reflect negatively on my grades. My son appreciated the extra sleep while home for online learning.

My son MUST have a guardian to get him ready, he is autistic, and my wife and I must leave the residence by 6:45am the exact time his bus arrives. I would vote no on changing times.

I picked the current start times. My child is in elementary school and I currently do not have an issue with him starting at 9 but if it needed to be earlier I can make that work.

I think bussing will be even more of an issue and that will need to be solved first. If high school could just start 30 minutes later I think that would help a lot.

Shifting the school day to later hours will only shift other extracurricular activities to later hours. Teaching students time management habits seems more effective for now and later in life.

Given sleep patterns. Elementary and High School should swap times. This has the happy coincidence of NOT creating a busing issue should PHS adjust its time independently.

Buy more busses - hire more drivers at a competitive salary. Don't be afraid to raise taxes.

There is a difference between when a student goes to bed and when they actually fall asleep.

Our children attend Kidscare in the AM. The only significant impact an earlier start time for elementary would have is if kidscare is no longer available at 7AM it would be a significant hardship for our family.

Our children are at Kidscare beginning at 7:00. The only significant impact for our family would be if the start time shifted and Kidscare would no longer be available for a 7:00 drop off.

As my child will be in middle school next year. Is before care being provided to middle schoolers?

I don't think starting later would help our family. It would only mean that my child would want to go to bed later since she is starting later hence, she would not be getting more sleep. It would make it harder for us to get her to bed actually. And having the day last longer would not work well for our family.

Enough time in between to drop multiple kids off at different grade levels

Enough time in between start times to drop off multiple kids at different grade levels

Just to have enough times in between to take multiple kids to different grade schools

I don't see why start time is a problem now. It pushes back everyone's mornings and evenings. Schedules are hard enough to keep in place. Now it will be so much worse to start everything later.

this is going to make it much more difficult for A LOT of parents. we are already struggling getting our kids to school on time, around a normal 9-5 work day.

I think it's still good to have the upper grades home prior to younger grades for childcare purposes.

We must follow APA guidelines and start PHS no earlier than 8:30 am

Leave it the way it is! Stop babying the kids. If you let the high school kids come in later they are just going to go to bed later. Changing the time is a waste.

Wasting time and money studying this. 1- HS kids get out later, means they start their after-school job or activity later and therefore go to bed later and get up later...same amount of sleep. The answer is why do these kids have so much on their plate in the first place. Also, how many families rely on those HS or MS students to be out of school FIRST to help provide afterschool care for ES children. Your survey never asks or explores the big picture of challenges.

Despite living a mile from Edgewood, our bus ride is about 40 minutes. My children are the first ones on the bus at 8:20am. Moving the start time earlier would mean moving the bus earlier; it's hard to imagine elementary aged children waiting for the bus before 8am. Perhaps address the transportation issues and bus driver shortage first.

This all depends on bussing right? In a school district with no busses, everyone could start school at the same time. I don't know how many older kids watch their younger siblings after school--this could be a problem. And I wonder if the school had more vans instead of busses if you'd mobilize the stay at home moms to become drivers.

A change to the start time for high school students could impact those students who have jobs after school. With my daughter, it would impact her available start time at her current position.

This topic should not be even considered at this time. Shifting school start times in Pennsbury at this moment would create more chaos than solutions. What are we trying to solve anyway? Students will not go to bed earlier or be less tired if they get to go to school later in high school. Kids are tired because they are doing too much, stay up too late, and don't take care of themselves the way they should to manage their schedules. The workload at school for many kids and the activities added outside of school will not change and no start time shift is going to magically heal any of

that. We are in a bus shortage dilemma, still riding out a pandemic, teacher contract negotiations, new school board elections, and a new superintendent. I think we should put this issue to rest and focus on the multitude of more important issues at hand. Appeasing the parents who are yelling about school start times is not a reason to entertain this concept. We need to ask what the "WHY" is in this situation. It cannot just be because of the research that makes certain claims. There has to be a strong answer to the WHY that is aligned with the district's overarching mission and philosophy. As students at the HS level continue to feel the pressure to pile on AP, Honors, volunteering, clubs, activities and more to their resume, they are not going to use the extra time to rest. They will fill it with more things. How will we accommodate the students who need to work for their families and get them to their jobs on time if they are now at school later? What will happen to school sport schedules? There are way to many things spinning in our district right now and to be adding this to be juggled, while balancing on a ball over top of a fire seems excessive. Please focus on the foundation of Pennsbury's mission and vision first and get that back to a solid form.

We prefer a shift to later high school start time to better align with teen sleep cycles

We are willing to make the sacrifice for earlier elementary start as the older kids most definitely need more sleep to function optimally and would benefit from a later start time.

Starting my elementary kid earlier would be challenging but we are willing to make that adjustment because the younger kids wake up early anyway and the older kids absolutely need more sleep to function well in school and extracurricular activities.

It was hard to answer those last two questions. I don't know if you're flipping HS and Elementary. I'm a parent and I'm an Elementary teacher who drives her 11th grader to school. Right now the times work, but I understand and appreciate the research on HS students needing more sleep.

The biggest challenge I have with middle school start times is that I need to be at work by 8:30 and my child relies on me driving him to school. A later start would make us rely on bus or disrupt my work if no beforecare in MS.

I think younger students should start earlier than older students. I also think habits are hard to break and moving the start could still make for difficult mornings but may result in more alert students over all. I think this should be done without increasing taxes or pulling from budgets and am having a hard time understanding why changing start/finish times would have cost requirements. Lastly, why is there no question for middle schooler start time? If the bus timing would allow it I would say high school move to 7:40, middle school stay at 8:10, elementary move to 8:40,

The later the better (within reason) for high school

The later the better (within reason) for high school.

The later the better (within reason) for high school

The High School schedule is proven to be a deterrent to children. Half the kids so not have any idea what is happening in their A periods because they are barely awake. It is is AWFUL.

Unsure why this would affect budgets other than initial start up/advertising(?). Will this affect teacher contracts and is this why the contract has lapsed for so long. Concretizing that contract should be a priority so that teachers feel valued and our district's image does not get tarnished. The science should dictate start times and it overwhelmingly supports later start times. It won't solve every problem but may help our teens to be more present and awake for learning. Expect push back from public because change is change.

You can't get the kids to school on time as it is now you wanna change everything??

This should be driven by the science. Expect resistance because even with good change, it is different and can cause some difficulties. I'm unsure why a change this would cost more aside from the initial start up costs. How will this change be reflected in/affect the teacher contract negotiations? Having an outstanding contract is terrible for morale and for how our district is viewed, in general. Thanks for considering the time changes. The science supports it!

elementary school starting earlier would mean they get home earlier.

I support the science recommending later school start times for teens

I support the science recommending later start times for middle and high schoolers

Starting middle school and high school students later in the day means they're getting out later in the day how will they have after school jobs? And if elementary School students get out before middle school or high school students what about older siblings that pick up younger siblings it would no longer work

Light homework in Middle School is the only thing that makes the start time bearable

Please move back high school start times! Overtired teenage drivers are so dangerous!

Pennsbury cannot state that they care about the health and well-being of students and continue to mandate a schedule that compromises the physical, mental, and cognitive health of it's students by adhering to a schedule that causes harm.

It is imperative to our student's health that we move the start times back for middle and high school students. It is unethical and immoral to argue that issues with bussing or after school activities should compromise student health. As kids get older and busier with after school activities, homework and sports (which start later the older they get) a later start time in MS and HS would afford them more sleep

Coming from a private school for k-8 the start time was 8:30am, end time was 3pm. I believe a later start is ideal but can still manage to end at the same time if classes are adjusted even with a reduction of 5 min.

I do not have a preference regarding middle and elementary start times as my child is a high school student

Elementary 8:45, middle 8:15, high school 7:45

Kids need to be up early, and get used to it, as most of them will have to be up early for jobs eventually.

My preference as a parent is directly related to the transportation issues at this time. Because I am transporting my high schoolers myself, my travel time is an issue. Although we live 8 minutes away, we currently need to leave the house 45 minutes in advance to get in the door by 7:20 due to traffic. I prefer a later start time, but that may affect my work schedule should the transportation issues continue. In other words, even if start times are later, I may need to get my high schoolers there earlier anyway in order for me to make it to work in time. That would negate the benefit for my children.

Stop making the kids into babies, they need structure and rules.

we have always found that our children were always up very early on their own in elementary school and had hours before school started at 9. Having earlier elementary time would be more convenient for parents and kids alike.

In my opinion if you change the start time to a later time my student will just go to bed later and get the same amount of sleep.

It's been this way for many years. The start times are fine the way they are. In the working world, they will need to get up early anyway

Absurd to ask about budget increases when asking about school start time. Looks like the district is trying to discourage the issue.

I'm not understanding how changing the start times affects the budget

One of the missing questions on this survey is "How many coffee and or caffeinated drinks does your child consume per day to offset sleep deprivation"

Academic school time must always take priority and precedence over non-academic school time, such as sports and clubs. Not all students participate in after-school programs, but ALL students participate in academic school time. First, keep in mind parents often grossly overestimate the hours of sleep their children get per night. Secondly, its a bit early in the school year for parent to recognize their child is sleep deprived especially since you have educated them on what the signs are. Additionally, if parents do not see the value in changing the start times, then they don't understand the science behind it..again this is where educating the community comes into play. Thanks.

It's hard to answer these questions with so little context.

High school start time 7:45, Middle School start time 8:15, Elementary start time 8:45. I also strongly feel that the

school should consider taking 10 to 15 minutes each morning to address mental well-being. Introduce mindfulness, and give students these first minutes of the day to mentally prepare for the day ahead. Center their Chi if you will. Even if it extends the school day, I feel it would be worth it!

Walking to a bus stop and waiting on a corner in the pitch black is unsafe

This survey doesn't mention approximate elementary time deltas. Assuming the same change, but in the opposite direction.

Moving elementary later would decrease the childcare costs as working parents now have to pay before and after care. It seems it would be easier to find after care. Furthermore, older students require more sleep. This makes sense for everyone.

Overwhelming, studies suggest high school students should begin the day later due to the way their brains function. They simply cannot just go to bed earlier because they aren't wired that way. I have read results of later start times associated with higher academic achievement. This sounds like the right thing to do!

I think elementary schools should start the earliest, then middle and then high school

It has worked for years WHY CHANGE IT?

I think the children are use to getting up earlier for school they rally start early and get out of school earlier

If were already short bus drivers, would not make sense to start all or more at the same time. Thats the issue with middle school and elementary level and bussing.

Times should remain the same. Will cause many difficult and challenging problems with school activities working students and working parents. It's not a practical change honestly it's destructive.

Kids waiting for buses in the pitch dark at 0-dark-hundred-hour is unsafe and insane.

I feel a later start time would impact after school activities. My daughter is on a varsity school team and beginning her games later would impact her evening more than it ready is.having her start later would be a terrible idea.all kids will do if they start later is go to bed later.

Feel that the High school students need to be home prior to the Elementary aged students

If school times are adjusted to be made later, then that's when all school work should end. No work should be given to be completed at home. It would make after school actions appointments difficult if not impossible. Also, in my opinion, a later start time would only encourage students (high school level) to go to bed even later and not use that extra time for sleep.

Keep things the way they are

If you are shifting times the same duration of a day shouldnt incur any more costs

If the district finally wakes up to the fact that moving the high school start time later should have been done years ago, please, please, please don't hesitate to make that change as soon as possible during the current school year. The physical and mental health benefits will be immediately felt by your students and staff, and their families. (Please also recommend that teachers keep in mind that time available for homework would be reduced, and reducing homework overload would be another dramatic benefit.)

Great idea to start later!

Do not change anything!, both parents are responsible for this insufficient sleep time.

Leave it alone. People need to learn to adapt by utilizing better time management / prioritization skills and not have everything catered to them. That's life

I think the current school schedule works out just fine. If there were better parenting, less electronics and less pressure for activities, all would be just fine

High school should star after elementary. My 7 th grader gets up no problem so making it a little earlier to accommodate a later start time for my high schooler would work best. Our high schooler no matter how tired wont/can't seem to fall asleep before 10. Towards the end of the week he is very sleep deprived and essentially

sleeps most of the weekend to catch up.

Changing timea would be very stressful, i uave kids in all 3 levela and the aeparte timea work well bc i can get each one ready to go on their own time and still get to work. Pleasr dont change

Changing timea would be very stressful, i uave kids in all 3 levela and the aeparte timea work well bc i can get each one ready to go on their own time and still get to work. Pleasr dont change

This works for out family qnd i kids in each level. I work and to rearrange my schedule again would be very stressful.

We support flipping high school and elementary start times. Middle school can stay the same. It makes a LOT of sense to switch high school and elementary timing.

Younger students are typically up early in tve mornings or with tbeir family anyhow. Flip flopping h.s. amd Elementary sounds like a logical switch!

Sports are very important to the wellbeing of my child and ending later would make her preferred sport impossible.

Just leave it alone. It causes a steamroll, kids will be up later doing homework etc. They will not get any extra sleep.

Middle School Activities should include more between class time so kid's could have ample time to get use to changing classes and putting books in locker's so they're not feeling stressed to hurry and carry ALL supplies to and from classes and home. Their also needs to be more activities for 6th grade students to participate in sports and club's it should prepare them for high school classes and sports better. Also offering a daily free period where they can participate in a community activity. Each Team I.e. Galaxy or Infinity could raise awareness about bullying or teen suicide or teen social media etc. And utilize a School Social Worker's to help the more our kid's are aware of social injustices the less they are to repeat them as they get older.

High School classes could shorten to 55 minutes and maybe offer more in school club's and Activities during school time. Which could include a actual Study Period where kid's could use this time to do homework or makeup work or meet with Tutors.

Very very supportive of this health- centered initiative

I feel I get more out of my elementary students in the morning.

I don't have a preferred start time for elementary school because I no longer have children that age. 7:20 is simply too early for high school classes to start. 8am would be much more preferable. I am positive that my children do not get nearly as much out of their first period class as they could because they are still waking up during it.

My son might like the current end time at the high school level if he seeks employment after school in the future.

I don't believe in changing the start time. The whole goal is to get the kids ready to go out into the world. Many jobs start between 7-8:00AM. The kids need to be adjusted to getting up early to start their day.

ending later makes it diificult for kids to learn other skills after school. like working jobs, volunteering, exercising, family time and other passions. maybe we should look at how and what we teach in school instead of starting times. parents have responsibility to get kids to bed and sleeping. if you want to start later keep same ending times but extend school year to all year or 200+ days

The younger children go to bed earlier & get up earlier, while the older ones need to juggle more homework, more activities & jobs if they have them & don't get to bed until late. Allowing them a little longer in the morning, I believe, will help th to get more sleep, which in turn will help them to succeed.

ending later makes it diificult for kids to learn other skills after school. like working jobs, volunteering, exercising, family time and other passions. maybe we should look at how and what we teach in school instead of starting times. parents have responsibility to get kids to bed and sleeping. if you want to start later keep same ending times but extend school year to all year or 200+ days.

Middle school 7:45am

It's not just the start times that could impact families but end times can be challenging.

I strongly feel high school starts too early and would adjust my elementary kids to accommodate as needed

I think HS start time helps the children prepare for the future (college and careers)

Since we have the bus driver shortage, elementary school should start at 9:30am. My kids get home around 4:30 in the afternoon so it should end at 4

The high school start time is way too early. The A period teachers often call it the coffee club class since some allow coffee to wake the students. This is horrible. Plus, the walk to the bus stop is in the dark.

I strongly favor moving the high school start time later. My middle schooler is probably getting the minimum hours of sleep to maintain a reasonable schedule but starting even earlier in high school with more homework which will keep her up even later will be detrimental to her learning. As mentioned, numerous studies have shown that teenagers' circadian rhythms are more aligned with a later bedtime and wake time. Additionally it would be much easier for my younger child (K next year) to start earlier than my teenager as we can drop him off or get him on the bus prior to our own work hours and my daughter can see herself out if we are not home. Additionally later after school activities would make it easier for working parents to pick up after work. Really hoping that Pennsbury garners the support to make this important change!!

Changing school start and stop times would absolutely not work for our family. My wife and I work full-time jobs and rely on our high school child to pick our elementary child up from school.

My son is suffering from the unreasonably early start time at PHS! His bus arrives at 6:30am, which is INHUMANE for a 15-year old. I applaud you for exploring this issue. PLEASE REVISE PHS START TIME TO 8am OR LATER. *MY CHILD IS SUFFERING*

no feedback on elementary or middle as kids not that age

Don't change anything.

My child has been sleep deprived every day that she has had to report to school and be in her homeroom seat by 7:20. The pandemic, as unfortunate as it was/is, allowed us to opt out of in-person instruction. She is now a senior and still struggles with the current schedule.

Elementary school starting at 9 is ridiculous

Can middle school and high school start at the same time if bus runs are combined or buses added? High school buses seem empty

At the elementary level I find, as a teacher at that level and parent of 2 in elementary, it is difficult to keep focus and enthusiasm beyond a certain time of day. Taking academics beyond 2:45 is a challenge for the young learners.

Elementary starting earliest and high school starting latest is an ideal situation. This is a great idea to many families.

It is not necessary to change the times and there should absolutely be no cost to the community. If there is I guess you should take it from your salaries. Why the heck would we pay for that.

Changing times would affect my work schedules and my kids routines

For years, parents I know have shared positive views on flipping the order of school start times to result in elementary start the earliest and high school start the latest. Most young children get up earlier in the morning by nature and have less late night activities.

I do not see the logic of fixing something that is not broken. As a parent of a student in the district and an employee of the district time adjustment does not appear to be an effective plan given that at the high school level activities cut further into the evening which means in essence there is not any benefit to going to school later when the evening is going to run later, i do not see how this better for the quality of mental health and an adequate nights rest. At the middle and elementary level times starting sooner seem ideal, however it is going to put a big strain on bus drivers that are already in a rush, and runs closer to the out time of high schoolers. The only bit of benefit is the out time for middle school and elementary, but times run everything closer together.

I do believe it is in the best interest of our high school students to start the day later. 8 AM would be much better than 7:20. The extra half hour, especially due to travel time, would enable the children to get a little extra rest.

Thank you for the consideration of change. Progress and recognizing the needs of children and being responsive is so important. I applaud you all for reflecting on this need and taking the time to make this happen.

Keep the times as they are

I feel the current schedule for high school is appropriate and should not be changed

Younger children go to bed earlier and wake up earlier. It makes little logical sense that they start hours after they've been awake. High schoolers have a difficult time going to bed at a decent time, even when they try their best. They are not getting the sleep they should as athletes and learners. They should have the later start time.

You also need to keep in mind how you are planning to incorporate homework if children will be getting out later. I can imagine Elementary leaving school any later. For Kindergarten is already hell of a long day. Half day kindergarten was much better option. Elementary start time not be changed. Why do you need more money to move start time later ? Because the buses are going to overlap? How many more buses do you need? High school start time is a priority.

Start schools later it's better for the kids as late as possible

I don't have a major opinion. I have one child that is easy to wake and another who is not. Both my children are in sports so it may affect after school activities if there is a later start.

When you work as an adult, you have a time to report IN. Same as school. Kids need to learn to adapt to what we call everyday life!

Younger children tend to be up earlier then teens and preteens

I believe 9 is too early it should be 915-920

Not willing to pay more in taxes (already high enough) but would be ok and find it beneficial to slightly later start times

Make the HS start time later

A decision like this should have been made prior to the start of the school year, the alterations will not only impact the child but financially impact the parents, now possibly requiring before school care or child care

My youngest is in bed early and ready for the day, she has to wait two hours for the older siblings that we have to pry out of bed to get going. The littles should go first and gradually work up to the bigs who need more sleep and go to bed later (they have more homework and their nature body clocks are set to go to bed later). 8year olds go to bed early, 14 year olds got to bed later and they are expected to get up earlier and have more information to consume. It is backwards.

I have three children in Pennsbury. When they were littles they were up early. The older ones go to sleep later and need a later wake time. It seems intuitive that the littles go to school earlier while the bigs go later. Seems common sense. My kids were in bed by 8:00 in elementary, middle school 10 and with all the homework in high school it's more like 11:30/12:00. The high schoolers need sleep, especially since they are potentially driving.

I thoroughly enjoyed getting my elementary school child out around 3 last year. Gave my child time to decompress, eat and relax before running off to the next activity

A later elementary dismissal time would be problematic and require me to depend on the Cares program 5 days a week. It becomes a financial burden.

When my child gets to HS, I hope that school starts at a later time.

I need my High School student home before my middle school student. This would really impact her after school activities-both school and rec league sports.

Homework time is a massive concern. Some nights my daughter does homework from the moment she gets home at 3pm until bed at 10pm. This would have to be understood by teachers if the time changes.

Why would changing school times impact the budget. Teachers will still work the same amount of time

Please do not punish Elementary age child so high school children can stay up late!!!! It is already so difficult to make sure my Elementary age children get enough sleep with homework and after school activities. They can not do sports earlier bc they need a parent to drive them there when they are finished working. Unlike High students whom are more able to carpool or drive themselves. Elementary age children need more sleep than teenagers

This is not necessary.

Please don't change the times!!! It's cost effective this way..plus i think the studies are ridiculous...i went to high school early and i was fine!! Making the HS later will just start after school activities later and then lead to later homework times and later bedtimes...

Younger children need more sleep than older children. In order for my elementary age child to get the recommended 12 hours of sleep, she needs to go to sleep at 7:30. That is very difficult already! If Elementary start times get moved earlier she will need to go to bed at 6:00 in the evening. Which leaves no time for after school activities or homework. High school students stay up late any way. Why punish small children so high school children can stay up late on their phones?

I don't think any time should change... there are too many insignificant studies out there! I would like the times to stay the same. I went to school early throughout all my school years. It was fine!

I prefer a later start time and later end time. This would work better, for my schedule. Thank you!

My 7th and 9th grader help since I don 't drive they walk after school to pick up their siblings from elemanty, Changing times would not allow them to pick them up.

My high school student is exhausted- especially during band season.

I think the start times are fine the way they are!! When I was in school, I started much earlier and came out just fine ;)

Stop trying to baby the kids, it is up to the parent to make sure the child gets enough sleep. If they don't it is on the parent and child. Children need more discipline, not to be babied. If they are falling asleep in school, send them to the nurses office or send them home then we will know we need to be harder on our child. Give them a point system, so many "sleeping" points will affect them in some negative way.

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Older kids starting later and coming home earlier help out with day care needs by picking up younger siblings at bus stop. Having the earlier HS starts saves money for many households and allows me to maintain my work.

KEEP THEM AS IS!!!!

My child doesn't attend A period due to health issues.

I vote for my kids to start school at the regular time, I want my kids in the house before dark.

Parents need to home school, their kids if they have an issue with the kids getting up at a decent time for school.

Dont change the start times

Adjusting the times that have always been in place is absurd. Questioning parents whether taxes should be increased or reduction in other budgeted areas again is absurd. Punishing parents and students is not acceptable. All administration that agrees to this should have a reduction of pay and that is where the reduction should happen if this is enforced

This is ridiculous! Who ever thought of this idea, is out of their minds. This is the only job, these kids have. We as parents learned how to go to school early, to prepare you for work habits. If a parent has an issue with the time their kid(s) gets up, then they should home school.

There's no option for ideal middle school start time? 7:45 high school 8:15 middle school 8:45 elementary

Consider all angles - pushing back start times will result in later practice and activities, later dinner, later homework, and then - later bedtimes. Would they sleep-in more? Yes. They will not be doing homework in the morning. Think

spherically - the consequences of a change in start time will result in more complaints.

The times are fine. If school start times are pushed back, activities are pushed back, homework goes later into the evening - this has a ripple effect. Consider all angles before making a change whose consequences will be equally complained about.

Sleep is important! 8-9 hrs would be ideal.

If parents would adjust bedtimes there shouldn't be a problem with the start times. This is ridiculous that it's even being considered because if there's a later start time these kids will just go to bed later. It's stupid!

HS STARTS FAR TOO EARLY FOR THE HEALTH OF OUR CHILDREN

Things are not broken so leave them alone

Please start later, thanks.

A significant amount of research shows that earlier start times of schools can lead to an increased risk of depression, weight gain, lack of concentration and an increased rate of risk taking behavior. It is the school districts job to follow the research and listen to what the most updated studies show is best for the children.

Having high school students start at a later time would surely be beneficial for these teenagers, even if it was 30 minutes.

I feel that younger children naturally wake up earlier/can function better at an earlier time. The older the children get, the harder it is to get them to wake up early/function at an earlier start time. Therefore, it seems as though it would be best to have the high school start at 9:00 and the elementary school start at 8:00. I am aware that bus scheduling becomes an issue, and this is probably the reason for the hesitancy in altering the schedule. But, if elementary and high school times were switched with each other, hopefully this would solve the problem. Thank you for asking the parents for their opinion. It is greatly appreciated!!

Later start times for older students greatly benefits them physically, academically and socially ~ hope Pennsbury will make the change

Switch high school and elementary start times

It needs to happen...better for their mental health

Switch high school and elementary start times, minimal impact on bus schedules.

Middle school start time should be between 8:15-8:30.

Why do you have proposed start times for elementary and PHS, but not Middle school? I would recommend no earlier than 8:15 for the middle school start time, but somewhere between 8:15-8:30.

No more tax increases please, way too much \$ going to litigation

Please don't make the elementary schools start earlier - 9 a.m. is the perfect time for our busy children to do afterschool activities and study, etc...and still get enough sleep. It would be a huge hardship on my family to move the elementary school start time earlier. I'm in favor of moving the high school start time later. But I don't think it should impact elementary schools.

Earlier end times for elementary school puts parents who work in a bad spot. This would increase child care costs to help with after school. Even a 20 min difference would be the difference between us figuring it out with meeting the bus and having to hire someone/send to aftercare

Couldnt the length of class periods be shortened as it was during the virtual or hybrid environment?

While starting earlier for the elementary schools would be ok for our family, ending the day earlier would significantly increase child care costs for after school. We are in a 2 person working family

Later start times allow children to have a positive attitude towards the start to their school day instead of yelling/fighting trying to rush kids out on time. Also, the low/reduced or no homework is great for children because they are less stressed going to sports or clubs, and do not have to stay up afyer to complete their homework.

I believe later start times would greatly increase the attitude of children starting their school day. Also, the low/reduced or no homework is a huge plus because the children are able to start their sports practices earlier with less stress, or are not staying up after hours trying to complete homework after practices.

So we now want to decrease class times and the time teachers actually teach our children. Tell me, do their salaries decrease or our taxes go down, no. How about cutting all of the days off they receive or the 3 months off. No. The average worker works >2000 hours per year. My sons teacher last year was <800. It's getting ridiculous I can't even imagine how much of a headache this must be to coordinate - and I totally agree that teens need more sleep - and having school start later would be helpful to me I'm not needing to get up so early to get them put the door - and I have been putting a lot of effort into getting my sons to sleep at a more reasonable time and I've been taking away electronics but I am skeptical that just changing the school start time will have too much impact many teens will just stay up later

If the children started earlier it would pose a problem for child care in the pm

Thank you so much for moving ahead with later school start times! This is one of the best things our district can do for our high school students! These poor kids are forced to adhere to the current schedule because they simply have no choice--and it's horrible for their health in every way. My 10th grader, a very good student, is exhausted every day when he comes home. He's never able to catch up on his sleep. This week he actually told me that he fell asleep briefly during his C period class--I was shocked! And then he added, "But that really helped me to feel rested, so that I could focus for my D period Honors Biology test." He got 100 on the test, and credits it to feeling more awake and rested after falling asleep in class. Again, thank you for putting our kids' needs first. This change is long overdue!

I feel the current times should stay the same.

Trust the science and move start times later

No lunches dismiss earlier lessen homework so they can get to bed earlier

Skip lunch and let them out earlier

Have Kids Care open earlier for parents that need to be at work early.

School times could remain the same, but before school care should be open earlier. It is IMPOSSIBLE to find before school care that opens by 6:30. Kid's Care opens at 7:00 am and says they can't open earlier because the district won't allow them to be open prior to 7. By opening at 6:30, it could alleviate stress from parents that need to be at work early.

Altering the start time is ridiculous. Sports, jobs and other after school activities should not be pushed back which then creates a later evening for the parents. Parents need to enforce getting off the cell phones late at night and go to bed so they can get up in the morning!

Kids will use a later start time as a reason to stay up later

This would be terrible for kids who work a job and play sports

I think it is a terrible idea for kids who work or play sports

This is what is in the best interest of the kids overall.

This should be asked to the kids

Time should remain as is

As a teacher with 36 years of classroom experience, I believe it is imperative we allow the older children to start later in the morning.

Many high schoolers and middle schoolers pick up their younger siblings in the afternoon to avoid after school care. A suggestion would be have a later start time for high-schooler but have pick up lunch at the end of the day as we had it last year.

Middle school start time seems about right.

I answered this survey based on last year. We switched to a different school partly for a later start time.

In my opinion, the elementary and middle school start times are just fine. I am concerned with the high school start time as it is so early; my daughter wakes up around 5:00-5:15 so that she can leave the house by 6:15 in time for her bus pick up. She would have to be asleep by 9:00 to get 8 hours of sleep; and that is just not realistic based on after school activities and homework.

If the high school starts later that will make tremendous improvement in our child's health and overall performance in her high school year. We always recommend a late start for the high school.

I wish this would have been considered years ago, when I was a teenager suffering from insomnia after contracting a virus at my place of work. Hopefully, this will happen before my children finish their high school careers.

Although a later start would be beneficial for sleep, getting out of school later and then sports later means homework even later. The amount of homework for some students is just too much.

I wish this had been considered long ago, when I was a teenager and suffering from insomnia after contracting a virus at my place of work. Hopefully this will happen before my children finish their high school careers.

Leave it the way it is! They need to know this is how the working world really is. If they are tired get off the games and go to bed earlier.

I was against changing the starts time at the HS level until after Covid and saw the difference in my teenager when he could start school later even a few days a week

I don't see the need in changing the start time. It is time to make them realize the real working world hours are what they are. I would not be for the change in start time.

Moving times affect working parents and child care arrangements for younger students and middle and high school students who now can't be home in time to get younger kids off the bus. I would need morning childcare and afternoon.

This is the most obnoxious poll that I've ever seen. Leave well enough alone. Allow parents to take care of their child's emotional health. THIS IS NOT YOUR JOB! School should start on time as usual.

Middle school child who will need to be home first to take care of elementary school child would not be able to happen with moving start and end times. I would need childcare for my younger student which is an added cost I can't afford.

This survey does not ask how moving elementary times earlier would impact the end of the day, I think it's important to gather all the facts and without that you won't know. Personally I'd have a more significant impact in the afternoon opposed to the morning for the elementary school

An earlier elementary time means an earlier dismissal time. This is a childcare nightmare. I don't want my child in Kidscare for 2+ hours every afternoon.

Middle school and elementary school seem to start around the right time. High school is too early.

Starting school later would be challenging to working parents, providing a option of bus service to children of walkers

A later end time for school would fit better for my specific situation.

N/A

Consider doing clubs and activities for elementary to alleviate early ending times.

My daughter said that she is fine with the start time as it is.

There us no reason aftwr school activities couldnt still end at 5pm. There is no need for 2 hrs and 45 minutes neede for band or sports team.practices. my high school was 8-3, practices ended at 5. We had split indoor practices because we only had one gym for boys, girls, jv, and varsity.

Elementary would need additional hours of Kids Care to move forward with this, as parents schedules won't change

Highschool kids have jobs after school and this will leave them no time to work.

Most elementary age children need help getting out the door in the morning, which could complicate things for parents who get ready for work before their kids wake. Additionally, most elementary students cannot take care of themselves after school, which would mean parents/guardians leaving work earlier or paying for extended childcare. A shift of more than 30 minutes could cause some hardship.

The start times are less of a concern to me as the homework. Studies should kids who have more quality family time and time to eat dinner together and relax focus better in school and overall do better and are more successful in school.

Please provide specific evidence of how this was done successfully at other schools and what were the specific, measurable results. Read the actual study parameters. Please do not just go by what a press release says like so many of the parents are. How many kids improved? How did they improve? How did their grades change? How were the results measured? Individual surveys? Who sponsored the study? All of this matters. How will this impact extracurricular activities with other schools?

Due to after-school activities and work starting later would impact my student's life drastically impacting his ability to fully participate and thrive in his passion

The earliest start time is hardest on the busiest and highest academic kids

Parents need to be parents and make sure their kids have sufficient sleep

Parents may be at fault for not putting their kids to bed

This would make it impossible to get to work and home and I have dinner with my family

If kids will be getting out of school 45 minutes later, that needs to be taken into consideration with homework assignments.

the older students are busier in the afternoon and get to practices earlier which means they get home earlier to do homework.

I think middle school and the high school starting at approx the same time would be a great idea, given there are enough bus drivers. I think the middle school start time of 8:10/8:20 at the end of last school year was perfect for middle school and I think it would be great for HS.

My children are both in HS now, so I don't have a strong feeling regarding elementary school. But I think it could start earlier than it currently does because my elementary school children were always already awakened by the bustle of the middle schoolers and high schools leaving for the bus.

High school is ridiculously too early. The bus picks up at 6:20am.

Moving high school later would greatly impact after school activities and sibling activities very hard to get done with homework also and dinner as a family. Making elementary earlier would help working parents as most people have to be in work early.

A later school start time for all schools would benefit everyone

I do not have an elementary school student so that part does not pertain to me.

When I go back to work in person I would prefer elementary to start earlier.

I still have to go to work at the same time regardless of start time. My children will still have to wake up at 5:30. Starting later will give them wasted time in the morning and be busier at night. Also, they are more likely to fall back to sleep and miss the bus in the morning.

I do not understand how this could impact financially on the district, this is already a higher cost of living area and as a single disabled mother would only make it more challenging and an even bigger hardship on me financially

Please leave it the same times and don't raise taxes

I have a job. My job isn't going to just accommodate a change in school times.

Better

I believe kids are not being responsible enough to ensure they get adequate sleep. I don't believe changing start times should be adjusted especially considering these kids need to be prepared for life after graduation. A lot of families including my own, have jobs that are worked around school hours. This change would have an impact on a lot of families. I don't think it's fair to uproot a system that most families work around because some kids would like to stay up late and sleep in.

Stay the same times I think

I have no real concern one way or another.

Later is better. My high school daughter wakes up before the rest of the family. She is on a different schedule than everyone else.

Make PHS start time 7:45

leave them the end time is perfect and most students have plenty of time to take a nap. It's also perfect for school students who have a school team and club team afterwards and finally teach the students about time management because most kids wait till 8 pm or later to do hw

It would significantly increase my child's sleep time, and therefore improve his performances, in school, and in sports.

Quite often, my older sons have to pick up their younger brother because both my husband and I work. If we changed start times, I would have to either change jobs or hire someone for my children.

Making start time later but extending end time the same issues will result. This makes EOD activities start later which means end later

I work for Pennsbury and use KidsCare AM/PM. I would not be able to make it to work in the elementary school for work if they start earlier.

High school starting later would be of great benefit for the health of our teens and their brain development plus stronger achievement in the classroom

This is consistent with local schools and assists in was of after school activities

Elementary students are able to get to bed earlier and have less problems waking up earlier. High school students have more responsibilities and schoolwork, & therefore need an extra hour of sleep in the morning. One hour is not significant enough to disrupt after school activities.

Don't care about elementary school times for our family, but my PHS son swims and is getting up at 4:40 some mornings to get to practice (club team). He is up at 5:30 for school with a 7:20 start time. He has never been a kid that says he is tired and he is exhausted.

My child started his first year in Pennsbury HS and it has been difficult getting him use to being up so early. Usually I wake him up at 5:45 so he has time to eat and I drive him to the bus stop. A later start time in the morning would make such a huge difference in my household.

I graduated Pennsbury with these times and had no issues, I've had 4 children graduate Pennsbury with the current scheduling and no issues, this is crazy to even consider changing times

I am all for a later start time IF the after school activities and sports can keep their same start time. Currently there is big gap between when school ends and sports start. If school starts later this gap could close and kids could still end their after school activities at the same time. If a later start time would mean being at school later than I am not for it. Kids need to get home to do homework.

I have seen (first hand) the positive impact starting high school times later has had on kids (i.e. VA). With this being said, having an elementary school child now, the 9am start is perfect. We do not feel rushed to get out the door in the morning (especially if nightmares made for a long night).

When I went to high school start time was 8:15 am

Being well rested would improve everyone's performance

Would like to see highschool start later

I believe that High School students should start at 7:45 am because most jobs start at 8am and they will be expected to be a couple mins early to work. HS students should be getting ready for life after high school. It would be great if Elementary school children could start school before 8am to eliminate the need for before school care but that also makes it harder for after school has finished. So Elementary should stay at 9am and Middle Schoolers should start at 8:30am. Elementary 9am Middle School 8:30am and High School 7:45am . As you get older your time gets earlier. Research has supported the elementary students being more alert / ready to learn in the mornings, while High school students need more time to sleep in.

Why change them now? It's been this way for many years. Colleges will not change their class times. Employees will not change their schedules. How will changing the school start times help the students with their futures?

Everything is good

Taxes should not even factor into this. If taxes will be raised then LEAVE EVERYTHING AS IS!!!!

Many high school students work and a later end time would impact this as well as homework completion. Many students work to contribute to family bills and expenses. Honestly, if high schoolers start later, many will just stay up later at night time.

Starting middle school later makes it difficult for people to see that their children are getting on the bus in the morning. There are no before care programs for children after 5th grade. I would not be comfortable leaving my home in the morning before my middle school child.

i feel like it should be from 8 45 to 3 30

My kids are having more late nights as they get older. It's their normal body rhythm

My child is 26 years old, and goes to bed at a scheduled time every school night, gets adequate rest(8 hours) and wakes up refreshed and ready to tackle the day. Moving the start time to later is not the answer. Parents creating sleep routines for their children so they get adequate rest is the answer.

Consideration needs to be given to the cost of before and after care. Starting school earlier and ending earlier for elementary would cause the need to pay for aftercare that might not need it now, after care is typically more expensive than morning care bc it covers more hours.

Starting at 8 during virtual learning was a blessing!!

It's a while before my son is really awake on school days.

Why would cost be a factor if just adjusting start times later in the day?

I believe my high school student starts way too early and is always tired. Teenagers can not fall asleep as early as elementary aged children and therefore the early start time affects their health in a negative way. My elementary aged child has no trouble falling asleep earlier and waking up earlier.

Mountains of research show that younger children can do more in the morning than our high school kids. Please have the elementary start early and the HS late. It just makes sense!

Schools need to start later for high schoolers—at any cost. My son became debilitated by migraines as a result of chronic sleep deprivation. Only skipping A period (by doctor's orders) help him improve and recover

As long as aftercare is available still to fill the gap for working parents

I have a Junior and a Senior at PHS. I'm hoping this gets approved quickly to actually benefit from it.

The start then is way too early. Getting up when it is dark out is not good. I see my children's friend suffer from so much depression it should be an epidemic. My children are tired often and although generally healthy. They are always rundown. It also affects myself and my husband's health with fatigue when getting up so early and then working all day.

Easier for little ones to get up and go plus the school is closer to the house

Elementary start time does not matter to me as I do not have children in elementary.

Absolutely not. This is ludicrous to even be discussing!!

My biggest concern is my highschooler will have to be home for my elementary school or next school year but as far as the school year we should be OK. But I do need both kids on the bus my highschooler and middle Schooler by 8:15 AM

N/A, I don't have children in elementary school

Middle School starts and ends at the best time

I have 5 children and I know this has worked for years , why change anything

I feel the school start times are fine where they are. I have another child who is not school aged yet that I need to get to daycare as well and that timing is perfect the way that it is. Pennsbury SD already has high taxes compared to others in the area and I would not want to pay anymore and do not think that taking money from other activity budgets is worth it. School times have been this way for years, there's no reason to change it now. We all got through it. People should have a handle on what helps their child succeed in school. If they are too tired during the week then adjusting bed times and the number of hours they are sleeping would be more beneficial and less intrusive then changing school hours to benefit just a small percentage of students. Leave the times alone, people already struggle to get to and from work and this will just make it more challenging.

I work in a district where high school starts at 7:50, middle school at 8:30 and elementary at 9. I would not want elementary starting earlier because then I wouldn't be able to pick up my daughter. High school should be pushed back but not adjust the others.

Whatever science says is best.

The students, especially the high schoolers should continue at their current start time as it prepares them for college and the real world. Most jobs as adults start even earlier then that. We can't continue to coddle and baby these kids through life! If they are so tired in the morning that it's effecting their ability to learn then maybe they should learn to go to bed earlier! Maybe the parents should enforce it! A employer will not want to hear about a employees poor work performance because they are tired. This is the most absurd thing I have heard yet. Unbelievable.

As a Pennsbury graduate, and now a staff member, I remember that trying to get to the high school at 7:20 am was near impossible. I was constantly exhausted as a student and thus my grades were hindered. Since then I've been an advocate for a later start time for all school age children as the research suggests that earlier start times are not beneficial..

I need to finish at the high school first so I can pick up my child in the elementary school. If times were reversed, I wouldn't be able to get my child from school.

High School times really need to start later. Thanks for looking at this issue.

Younger children go to bed earlier and do not have as much homework at night to keep them up later than they should be.

High school and middle school start times are challenging for kids due to homework and other activities

Younger children usually wake up and fall asleep early and, therefore, should have their school start and end early. Earlier start for elementary schools will also help working parents with child care.

It's unfortunate that my daughter had to choose a lighter course load simply because she did not have enough hours in the day to juggle her sports schedule, 5-6 hours of homework and sleep. This kids are on the go from 6am to midnight or 1am every day. A later start time would definitely help (our son was at a private school with an 8am start and managed much better than our daughter who is falling asleep during her A period). Athletes should also be given the option of a study hall in place of gym

Please move the high school later for the sake of the high schoolers learning and mental health!

The school start of PHS is so early that using the Bus service becomes very difficult.

Don't see how this will help at all. All this does is push everything back and the kids will still be supposedly tired. Who ever thought of this has never worked a real job in life

ANYTIME AFTER 7:30 IMPACT MY COMMUTE WORK RIGHT NOW I PAY FOR BEFORE AND AFTER CARE

Don't see how this will help at all. All this does is push everything back and the kids will still be supposedly tired. Who ever thought of this has never worked a real job in life

I do not have teenagers but I realize that teenagers sleep later and need their sleep. I would be fine with having my younger children start earlier/end earlier so that the older children can start later/end later and get enough rest.

Just have school start at 9. My child is autistic, nights are hard enough, 9 is plenty early.

I have to be in work at 8 and out at 4:30 so either way, I am paying for someone to watch my son before or after.

While I welcome this for my elementary child, within the last almost 2 years these children have endured so much change. I think to make a change in this right now would be another change added. I would rather work towards normalcy for our children then to worry about school start times.

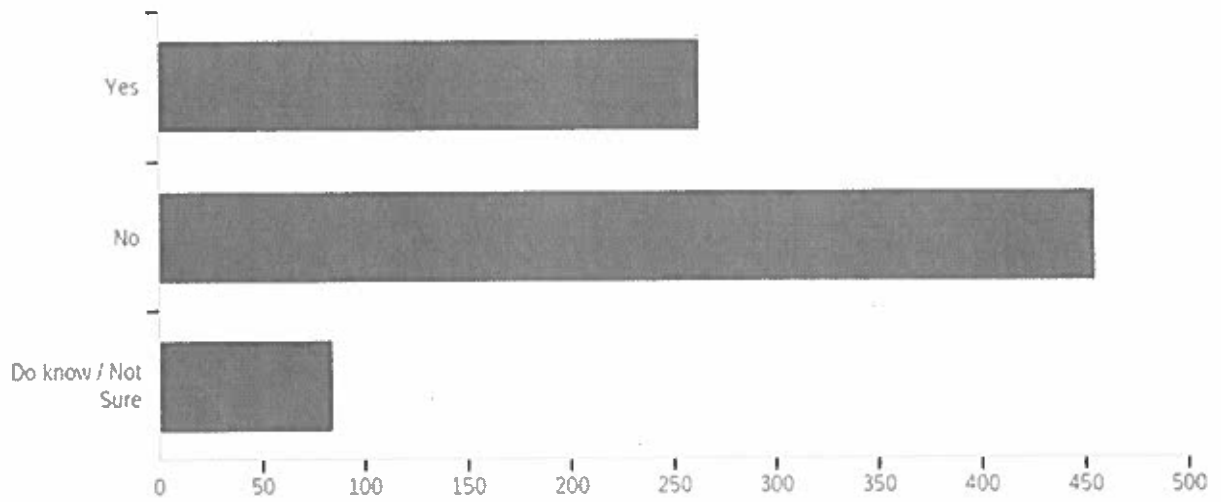
This is great you are looking at this - for elementary school parents or may help with individuals who have before care costs!

it's very difficult for us to get up so early to accommodate my child's morning med schedule

It's worked for many years why change

I greatly appreciate the start and end times of my work day at the middle school level.

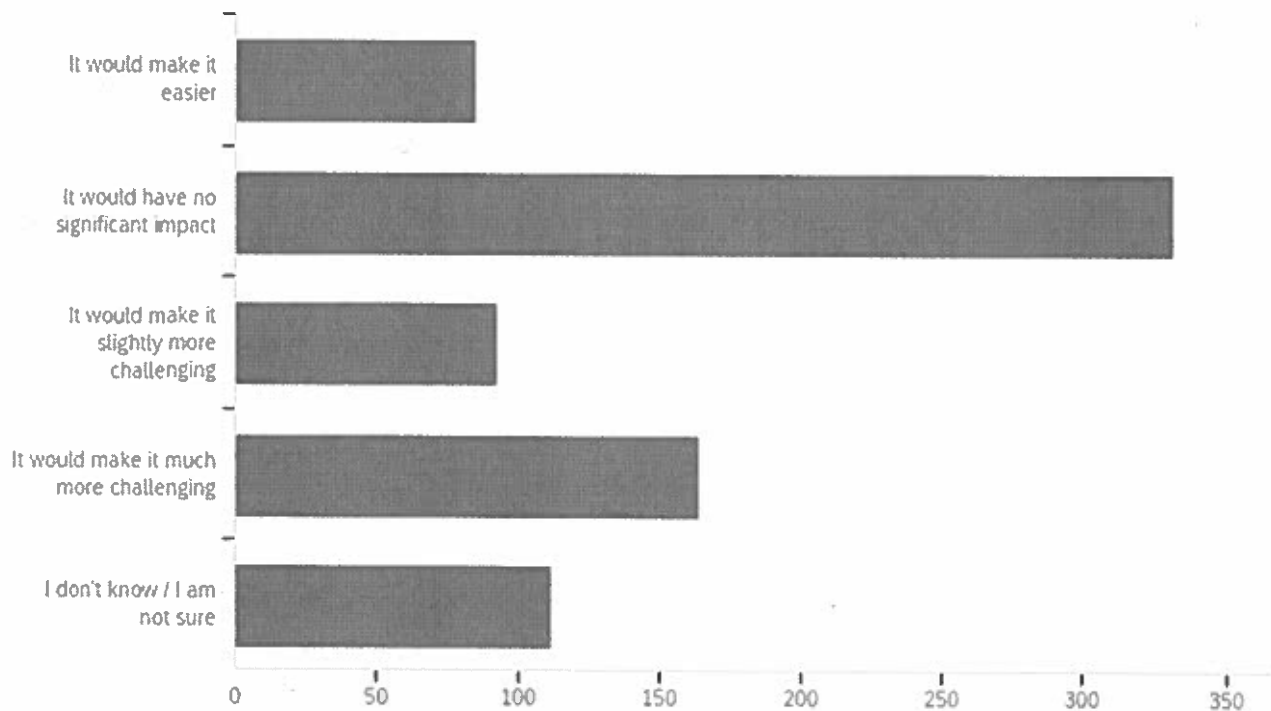
Q18 - Would a change in start time impact your commute to work?



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Would a change in start time impact your commute to work?	1.00	3.00	1.78	0.62	0.38	802

#	Answer	%	Count
1	Yes	32.79%	263
2	No	56.73%	455
3	Do know / Not Sure	10.47%	84
	Total	100%	802

Q19 - Starting the middle and/or high schools later would also mean ending later. This could mean that some after-school activities would end later as well. What impact would this have on your ability to coach, advise, or provide home instruction?



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Starting the middle and/or high schools later would also mean ending later. This could mean that some after-school activities would end later as well. What impact would this have on your ability to coach, advise, or provide home instruction?	1.00	5.00	2.85	1.27	1.61	786

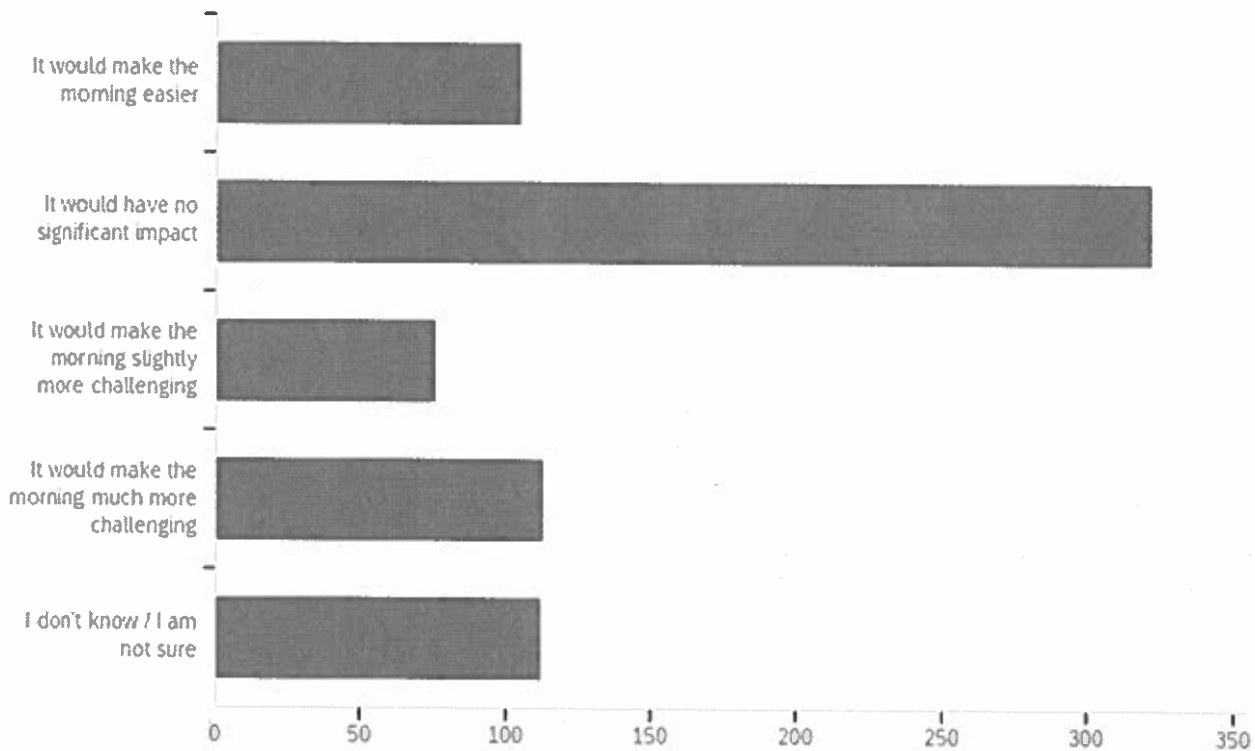
#	Answer	%	Count
1	It would make it easier	10.81%	85
2	It would have no significant impact	42.37%	333
3	It would make it slightly more challenging	11.70%	92
4	It would make it much more challenging	20.87%	164
5	I don't know / I am not sure	14.25%	112

Total

100%

786

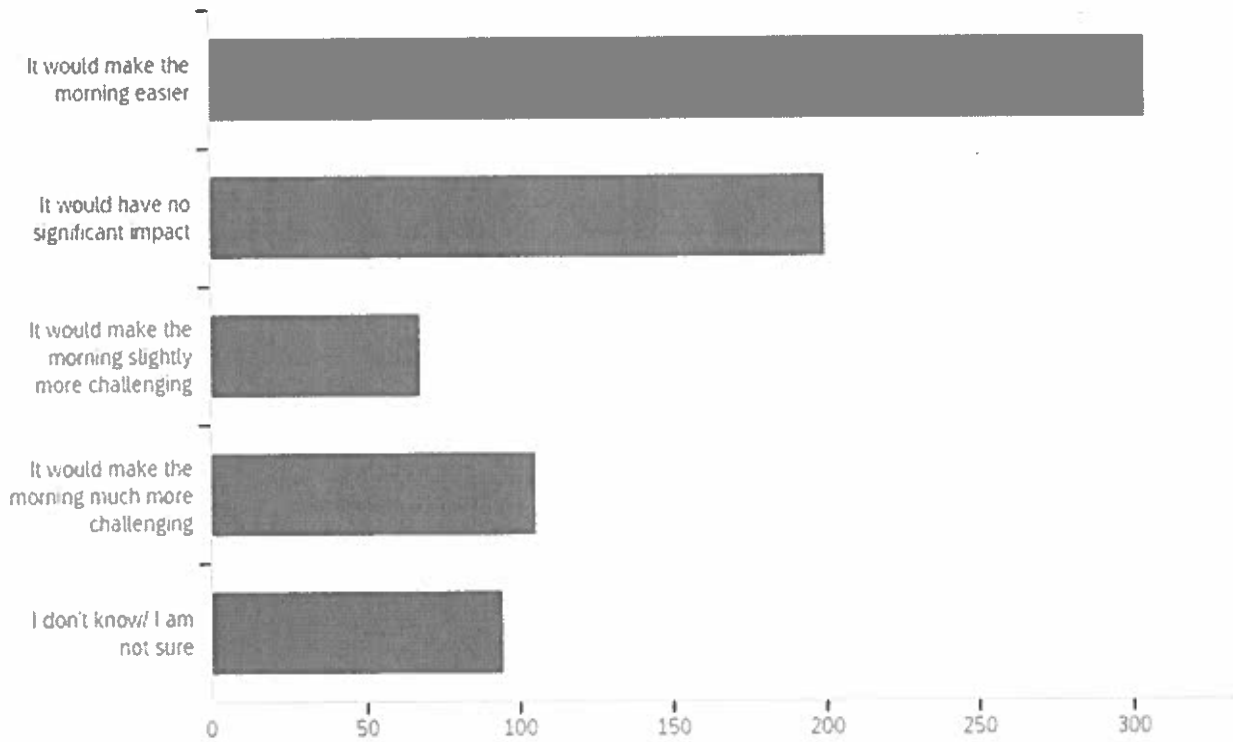
Q20 - Moving the elementary start time earlier would have the following impact on your family life in the morning:



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Moving the elementary start time earlier would have the following impact on your family life in the morning:	1.00	5.00	2.73	1.31	1.72	729

#	Answer	%	Count
1	It would make the morning easier	14.40%	105
2	It would have no significant impact	44.31%	323
3	It would make the morning slightly more challenging	10.43%	76
4	It would make the morning much more challenging	15.50%	113
5	I don't know / I am not sure	15.36%	112
	Total	100%	729

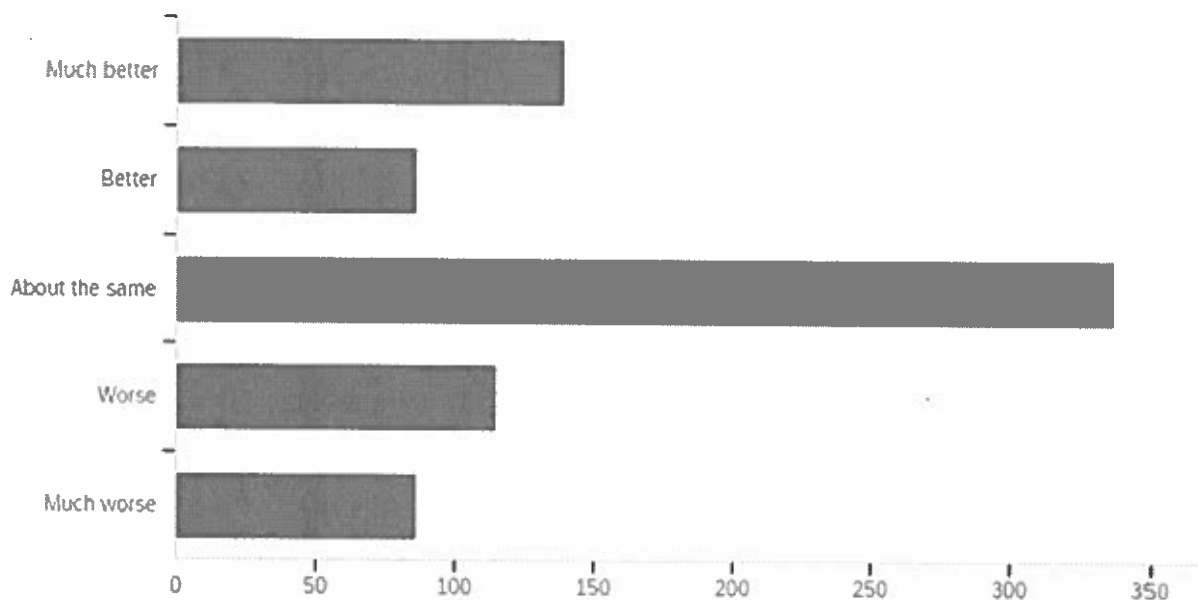
Q21 - Moving the middle and/or high schools later in the morning (30 - 45 minutes later) would have the following impact on your family life:



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Moving the middle and/or high schools later in the morning (30 - 45 minutes later) would have the following impact on your family life:	1.00	5.00	2.34	1.42	2.02	774

#	Answer	%	Count
1	It would make the morning easier	39.41%	305
2	It would have no significant impact	25.84%	200
3	It would make the morning slightly more challenging	8.79%	68
4	It would make the morning much more challenging	13.70%	106
5	I don't know/ I am not sure	12.27%	95
	Total	100%	774

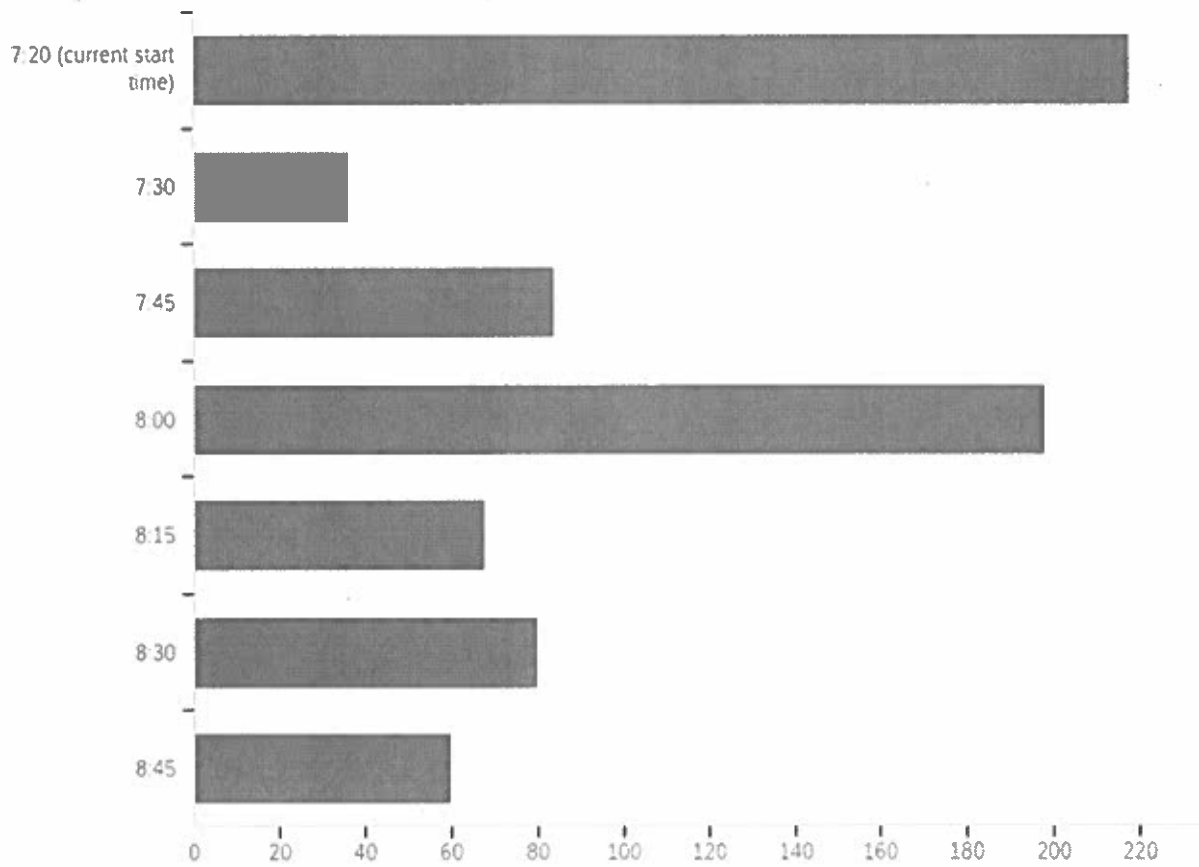
Q22 - Commuting at a different time of day if elementary schools started (and ended) earlier and middle and high schools started (and ended) later would be



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Commuting at a different time of day if elementary schools started (and ended) earlier and middle and high schools started (and ended) later would be	1.00	5.00	2.90	1.20	1.43	764

#	Answer	%	Count
1	Much better	18.19%	139
2	Better	11.26%	86
3	About the same	44.24%	338
4	Worse	15.05%	115
5	Much worse	11.26%	86
	Total	100%	764

Q23 - What is your preferred start time for the High School?

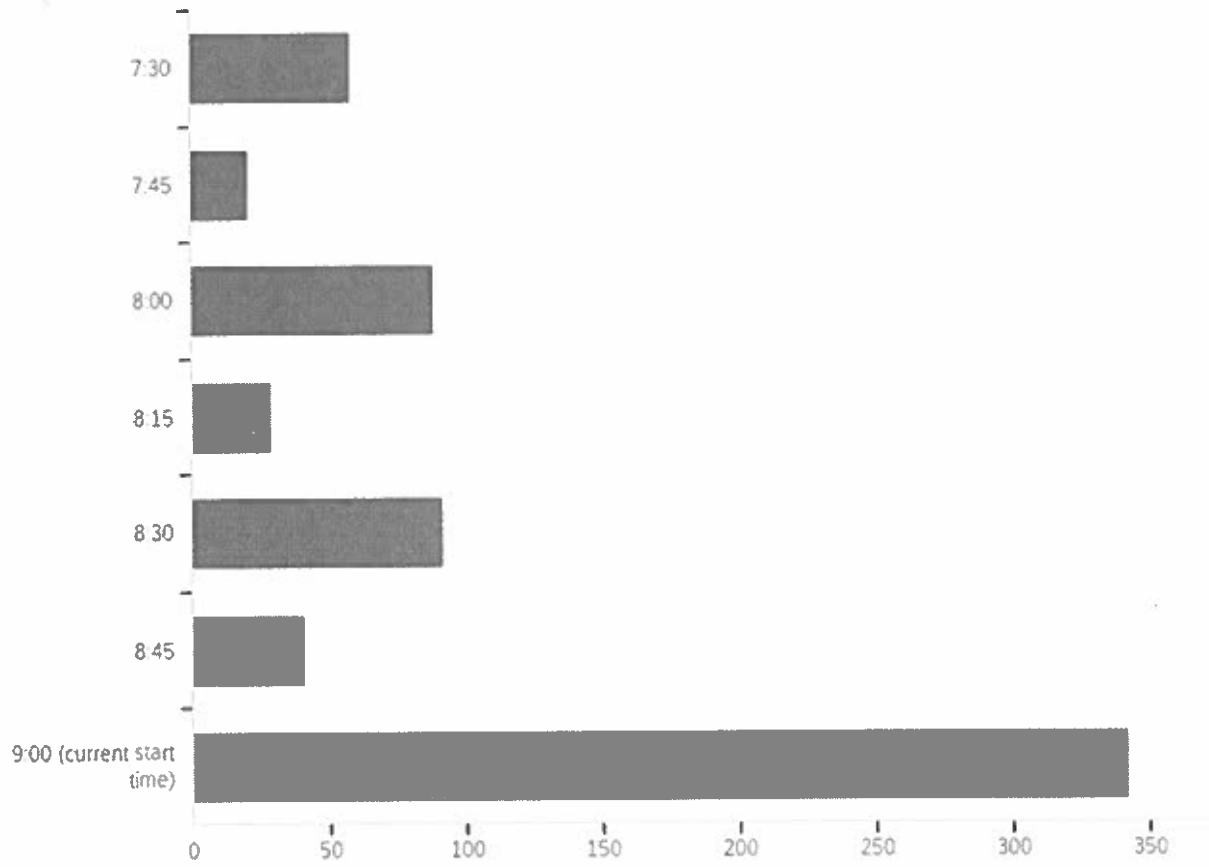


#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	What is your preferred start time for the High School?	1.00	7.00	3.46	1.97	3.90	744

#	Answer	%	Count
1	7:20 (current start time)	29.30%	218
2	7:30	4.84%	36
3	7:45	11.29%	84
4	8:00	26.61%	198
5	8:15	9.14%	68
6	8:30	10.75%	80

7	8:45	8.06%	60
	Total	100%	744

Q24 - What is your preferred start time for our elementary schools?



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	What is your preferred start time for our elementary schools?	1.00	7.00	5.33	2.06	4.24	673

#	Answer	%	Count
1	7:30	8.77%	59
2	7:45	3.12%	21
3	8:00	13.22%	89
4	8:15	4.31%	29
5	8:30	13.67%	92
6	8:45	6.09%	41

7	9:00 (current start time)	50.82%	342
	Total	100%	673

Q25 - Please share your comments about changing start times:

Please share your comments about changing start times:

As an employee, I commute one hour currently for the job and have for 6 years now. The late start would greatly impact my commute (making the traffic worse) and also complicating my own child pick up more challenging. This also can impact my students courses where they go out to work in the Elementary Schools for 2 periods a day.

I dont beleive there is any impact on the students with the times that they are going to school now. What impact will a time change have in their future when they have to go.out and work in the real world .

I am open to what the research states is best for our learners.

Changing elementary start times would negatively impact my life and I would apply to other districts.

As a high school teacher and as a parent of a high schooler, I see the detrimental effects of a 7:20 start time. Students are on the bus well before then and are standing in the dark. They are tired which impacts achievement. I think all stakeholders need to know more about the proposed option(s) in order to make informed decisions. It is difficult to answer the survey questions without know what the proposed options actually look like. I know there is scientific research regarding the benefits of later sleep times for adolescents. However I am not sure that the extra 30-40 minutes in the morning is going to outweigh the disadvantages. Such as the extra curricular activities and schedule for high school students, work schedule for students, child care after school for younger siblings, etc.

if the start time for middle and high school was change to later in the morning then HS students will stay up later and still be tired for school. changing the start time is not the answer. getting students to sleep earlier will help with tardiness and be tired. We should be putting the owness on the student not the school district.

Once high school ends later, the impact on classes of students travelling to get to athletic meets etc will be great. Many events cannot be scheduled later, because of the schedules of other school and because it gets dark. Students would need to miss class to get to these events...and, by the way, I don't care what the studies say: Elementary kids have trouble in the morning too- but they don't have the maturity to push through their fatigue.

If times are changed the students that have jobs would be starting later and probably working later, Sports/after school activities would be difficult if they started later due to students unable to work, etc. , many students have mentioned that they're up late playing video games.

Starting just a little bit later in the morning would ease the morning rush out the door for me. It would also give me enough time to drop my kids off at their school when necessary and still be on time to work at PHS.

If you change the morning start time, it will make my commute longer. It will impact my ability to pick up my children from school when I am needed to do so. Furthermore, a change in start time would mean my kids would probably have to do full time before care and part time after school care.

I think it's long overdue - as you've explained, the research supports it. I think it's a great idea within reason.

We need a 7AM drop off for elementary, so if school starts any later we need kidscare to be available at 7:00 and no later. It would be a hardship if elementary started at 7:30 and there was no childcare option before school.

I am open to time changes across the district.

I work at and have a student at two seperate elementary schools. Changing the times would make my schedule much harder to keep. The buses can't even keep up as it is, this would make their schedules much harder as well. This is a terrible idea

As a High School Teacher, and a Middle School Coach, if times changed then I wouldn't be able to get to my practices in time after school and the Middle Schoolers would have to figure out how to spend that time until practice started. Changing times for high school students will negatively impact a students ability to work after school, compete in sporting events or even care for a younger sibling

Thank you for engaging in this conversation and actually considering what we have known for years about how

children learn. Young kids learn better earlier. Older kids need more sleep to rest rapidly changing bodies. No child should be getting on a bus in the dark. I see tired older students in my neighborhood every day up way, way, way too early for a bus ride. Thanks for taking time to figure this out.

I think it would be great to have elementary start earlier. This would provide more opportunities for after school activities that staff could potentially be in charge of so our students didn't have to rush off to a sports practice immediately at 4:00. I think elementary starting earlier would be great!

Changing the start times would negatively impact my family. I would prefer keeping the start times the same. Thank you for asking our input.

Elementary students are up earlier and high school students are up later. Time switch would be beneficial to all students academic and mental success.

I think that high schoolers would greatly benefit from a later start time.

A later start time would greatly benefit the high schoolers so that they could have some additional time to sleep and thus be more lively/ prepared and participating during the school day.

I am not in favor of changing our start time!

If you move the start time back for the high school, Students will stay up even later.

Bussing should also be taken into account.

One of the biggest impacts on starting later for high school would be what it would do to extra curriculars like clubs and especially sports. A later start time would mean student athletes would be missing more of their classes when dismissed early for away games. It is hard enough for our athletes to stay on top of their studies. In my opinion if you push the start time back high school students will just stay up later.

Many of the High School students have jobs. They are getting home later at night and need time to do homework and rest. Many coaches cannot make the 2:10 end of day time. This would allow for the community to get more involved in coaching at the middle school and high school levels if the start time was later. This would make the students end of day later and easier for those students to stay and get involved in after school events

I think this is a necessary change that has taken too long coming. Starting at 7:20 is not optimal for anyone, but most importantly our students.

After teaching students with the Friday Covid schedule and the choice to remain virtual one thing became clear-- student performed better and were more responsive with the later start time. While teaching seniors, the number one answer I received as to why the STUDENT chose to stay virtual was the ability to sleep later (no commute). Please weight the high school students' responses more heavily in this survey-- they should be given the ability to advocate for themselves. The data has been clear since the early 90's that teenage brains are not ready to learn (the majority) until after 9 AM

I agree that secondary students would benefit from a later start time, but I am hesitant to do that at the expense of elementary students. Moving elementary significantly earlier would make it hard for those students to get sufficient rest, and make mornings much more hectic for families. I think a minor change (like 15 mins. earlier) would be okay.

Would have rather heard the science behind it before I filled out the survey.

Since younger children tend to be up earlier, I think it makes sense to start Elementary school earlier and end it earlier.

Making a change to the HS start time would make it much worse in the AM, PM commute as well as affect my before and after school responsibilities to where I will have no support at all.

I do understand that high school students need to rest, but so do the teachers. The later start time could be beneficial.

Commuting over an hour to work is challenging on its own, but leaving later after school makes the commute home, after school activities, family time, and lesson planning more difficult

Changing start times will significantly impact not only Pennsbury's after school activity calendars and timing but also those of all other school districts which Pennsbury competes against. If students participate in after school activities won't they still be awake the same amount of time during the day but with a different order of events, so what is

the purpose of the change?

Teenagers need more sleep. Their bodies don't naturally go to sleep early enough for the 7:20 start time. This causes them a lot of stress. A later start time at the high school would be an improvement for the mental health of the high school students in general.

Weather issues are much more challenging and dangerous the earlier school starts. Keep elementary at the same time and just adjust high school times to the needed change. All students need their sleep in the morning.

I would prefer times right now to stay the same.

Just a comment, school in elementary starts at 8:45-at least that is what time the kids are coming into the building and to our rooms.

Shorten class time at the highschool

Studies claim that secondary (both high school AND middle school) should not start before 8:30. If we are to follow the data, please do so with fidelity. It is important to ensure that the middle school students are also benefitting from a change in start times.

Students sometimes fall asleep in class for various reasons. Many have told me they are on their cell phones till 2-3 am talking to their peers, or they are on line. I do not think changing school start time is the answer. This change will make it harder for students to participate in sports. When does homework get done ? in sports

By changing the start time later, the amount of road traffic for high school students and teachers with dramatically increase. They would either have to choose to get to school early to beat the heavier traffic or risk driving in the highest traffic hours

Do a private school before my public elementary school (which I am already late to because of the dismissal time of my private school that it done first) so if the time was moved up (especially in the afternoon) I would be even late to arrive at the elementary schools (I also do Edgewood)

I agree the younger students work best earlier in the day. I'd be happier to beat traffic on my commute home as well.

Elementary age students need more sleep than HS students, please consider the development delays that will be occurring when you take sleep away from young children at the prime age of brain development.

<https://www.mayoclinic.org/healthy-lifestyle/adult-health/expert-answers/how-many-hours-of-sleep-are-enough/faq-20057898>

I would keep everything the same going in later makes it a later time getting home for student

An earlier start time at the elementary level would mean that I would need to hire someone to get my own children (who attend elem. school in another district) on the bus each morning.

How long has the district existed? Therefore, how long has the start times been what they are? How many successful people have come from Pennsbury School District? How many thousands of students have graduated from this district since conception and dealt with the current start times and made it through life? Altering start times will have a negative impact on families of your employees and your residence. Start thinking.

I would have to leave pennsbury due to conflicting schedules with both my own children and with my outside obligations due to my doctoral work

This would make things very difficult for people who have two jobs.

I have a job after school.

I wish I knew what was feasible. How far apart do they need to start or could middle and high school start at the same time and just share buses?

N/A

I believe kids are not being responsible enough to ensure they get adequate sleep. I dont believe changing start times should be adjusted especially considering these kids need to be prepared for life after graduation. A lot of families including my own, have jobs that are worked around school hours. This change would have an impact on a lot of families. I dont think its fair to uproot a system that most famies work around because some kids would like to

stay up late and sleep in.

I can only comment on the high school

Better

it would make life much more difficult and make my schedule much more difficult

My concern is more with the buses and getting kids to school later or super early.

Little kids wake up early, and teenagers wake up later. It's different biorhythms. It's been studied, and shown to have a major impact on high school kids. Better performance in sports, education, everything. And less depression and suicide in teens.

It would impact my working schedule, as a parent.

This is consistent with local schools and assists in was of after school activities

The school day is too long.

See above

I think the start times should get later, not earlier.

It would be much better to start later and end later

Everything is good

No need to change a thing.

When my children were young, they were always wide awake and raring to go by 6am. As they got older it has gotten increasing difficulty.

I have a Junior and a Senior at PHS. I'm hoping this gets approved quickly to actually benefit from it. Field hockey practice has already been pushed back to 4pm - my daughter has to wait 1 1/2 hrs after school for practice to begin. it's an extremely long day.

It would reduce the amount of emotional challenges and help students be more already and absorb material presented in school much easier.

These questions are repeated.

Absolutely not. This is ludicrous to even be discussing!!

Middle School start times are perfect

Why ????? Because parents ??

Please see above

Whatever science says

The students, especially the high schoolers should continue at their current start time as it prepares them for college and the real world. Most jobs as adults start ever earlier then that. We can't continue to coddle and baby these kids through life! If they are so tired in the morning that it's effecting their ability to learn then maybe they should learn to go to bed earlier! Maybe the parents should enforce it! A employer will not want to hear about a employees poor work performance because they are tired. This is the most absurd thing I have heard yet. Unbelievable.

Younger children go to bed earlier and do not have as much homework at night to keep them up later than they should be.

Would make it difficult for work.

For those of us teaching in the district but having children in another district, a drastic change in start time could cause major child care problems for us in the morning.

Changing start times isn't going to have any significant impact at the high school level if you are still going to give the kids 2 day worth of homework every night. Rather than going to bed at midnight now they will go to be at 1.

Please make the high school start later!!

Would make our life much easier

Don't see how this will help at all. All this does is push everything back and the kids will still be supposedly tired. Who ever thought of this has never worked a real job in life

WOULD BE CHEAPER SO I DIDN'T HAVE TO PAY BEFORE AND AFER CARE

Don't see how this will help at all. All this does is push everything back and the kids will still be supposedly tired. Who ever thought of this has never worked a real job in life

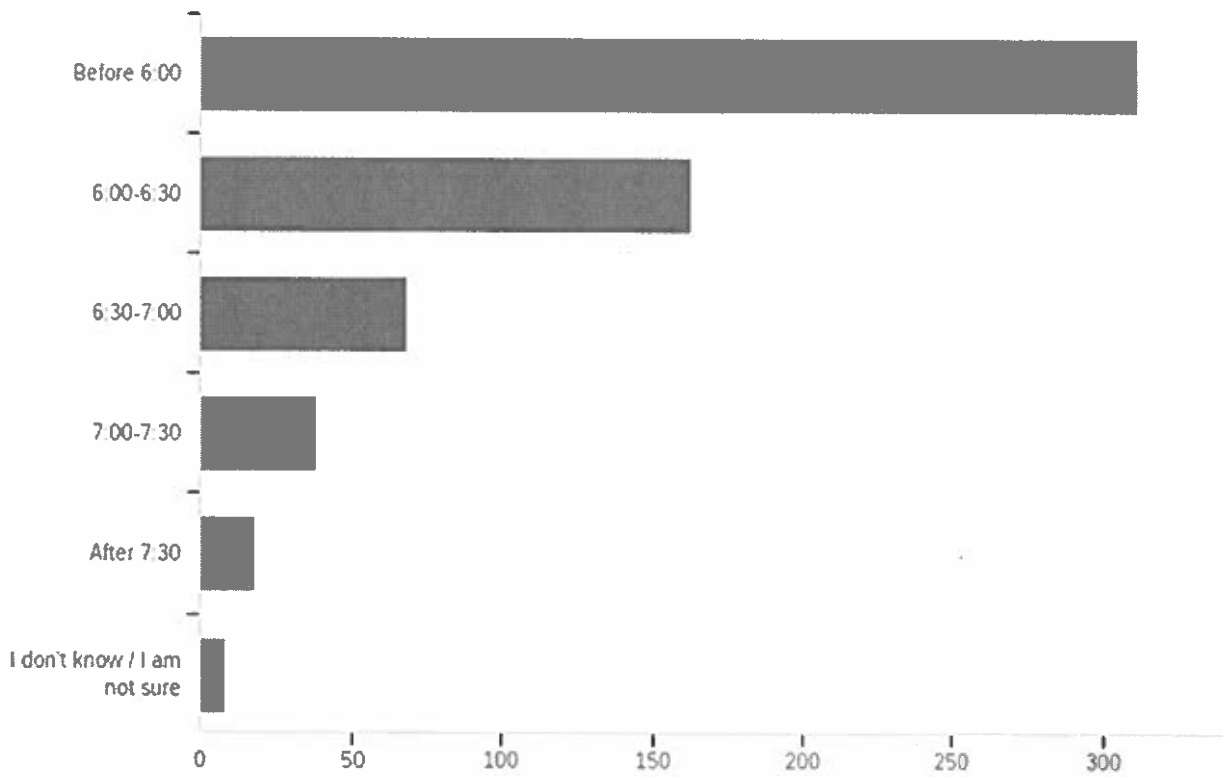
9 for all schools

If the time was earlier I would only have to worry about someone getting my son after school.

Easier to for work

Why change it's worked for years

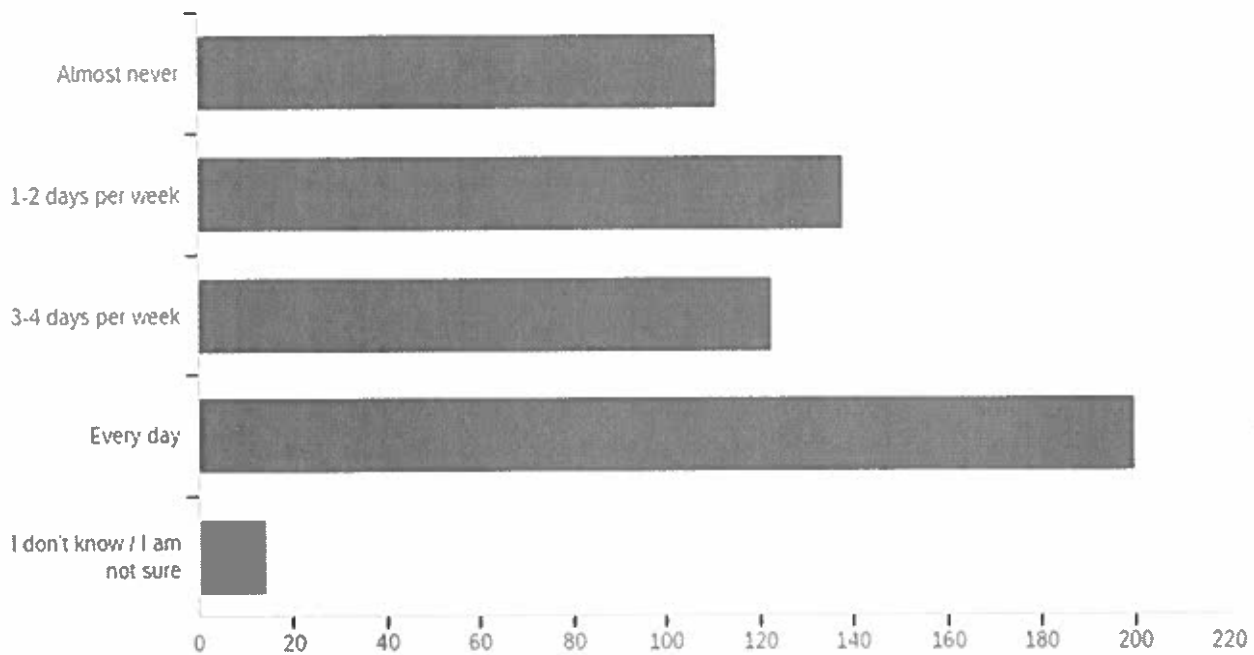
Q26 - On school mornings, I usually wake up...



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	On school mornings, I usually wake up...	1.00	6.00	1.86	1.16	1.34	607

#	Answer	%	Count
1	Before 6:00	51.40%	312
2	6:00-6:30	26.85%	163
3	6:30-7:00	11.20%	68
4	7:00-7:30	6.26%	38
5	After 7:30	2.97%	18
6	I don't know / I am not sure	1.32%	8
	Total	100%	607

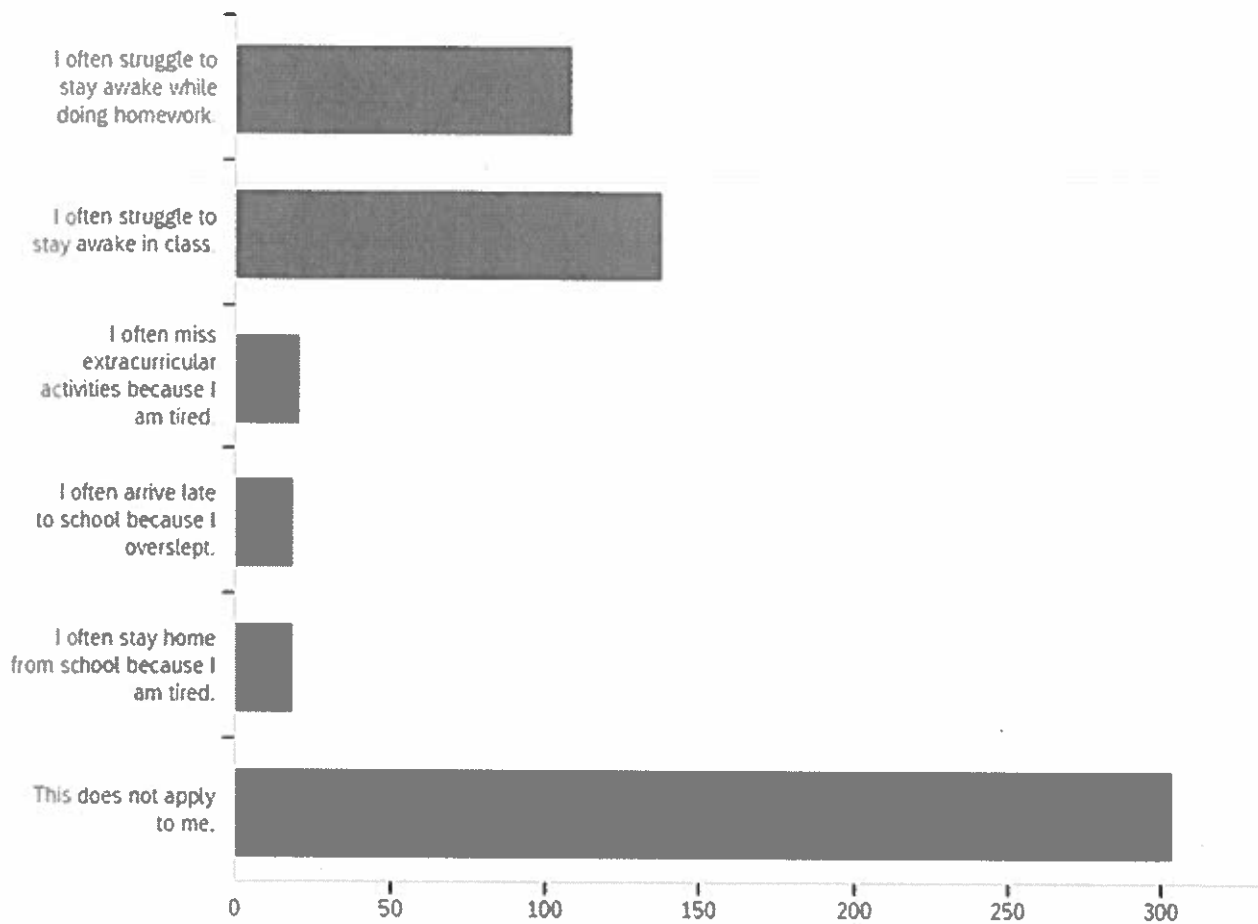
Q27 - How often do you feel sleepy or sleep-deprived during the school week?



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	How often do you feel sleepy or sleep-deprived during the school week?	1.00	5.00	2.77	1.17	1.38	586

#	Answer	%	Count
1	Almost never	18.94%	111
2	1-2 days per week	23.55%	138
3	3-4 days per week	20.99%	123
4	Every day	34.13%	200
5	I don't know / I am not sure	2.39%	14
	Total	100%	586

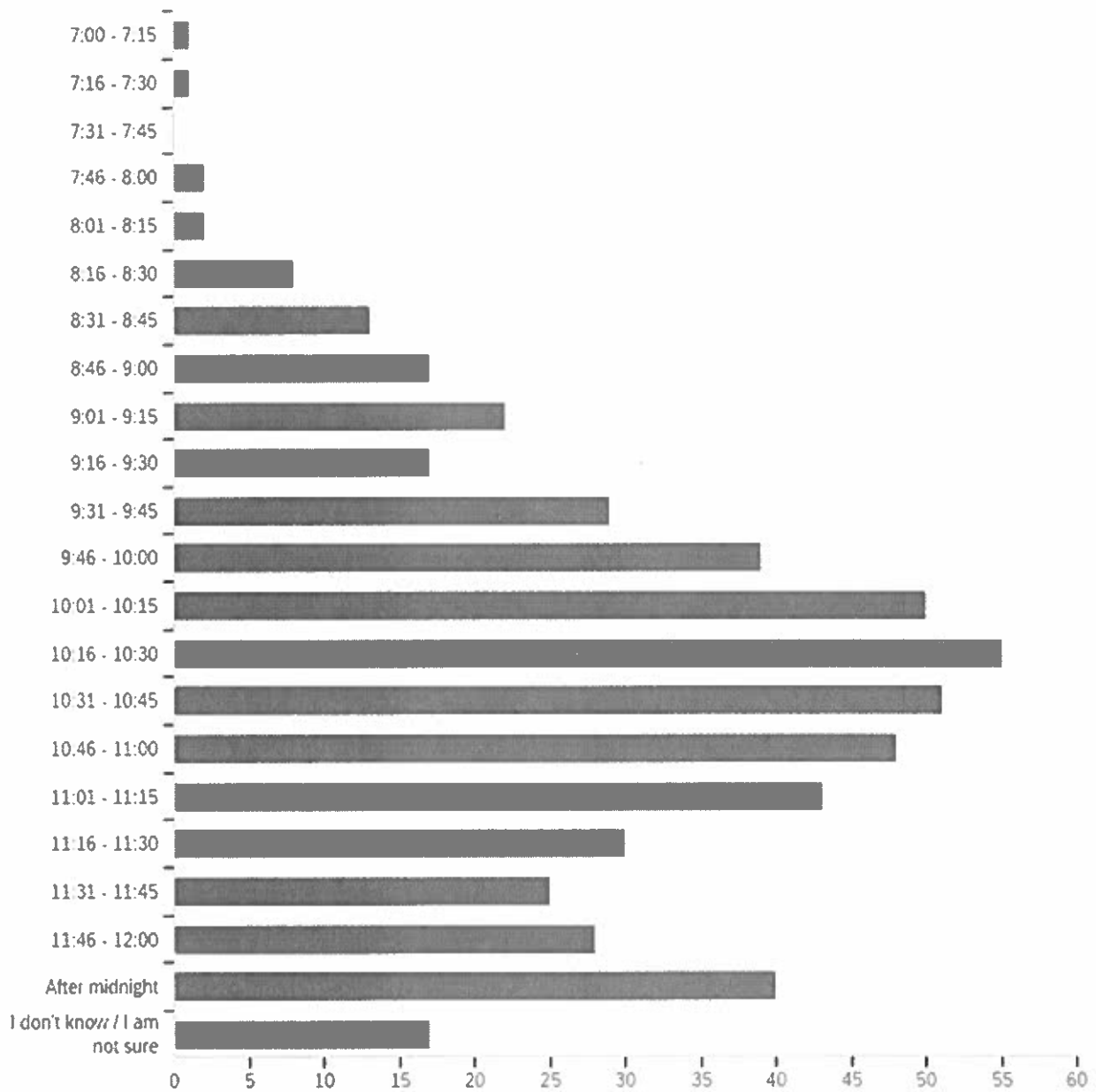
Q28 - Based on your experience...(answer all that apply)



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#	Answer	%	Count
1	I often struggle to stay awake while doing homework.	17.87%	109
2	I often struggle to stay awake in class.	22.62%	138
3	I often miss extracurricular activities because I am tired.	3.44%	21
4	I often arrive late to school because I overslept.	3.11%	19
5	I often stay home from school because I am tired.	3.11%	19
6	This does not apply to me.	49.84%	304
	Total	100%	610

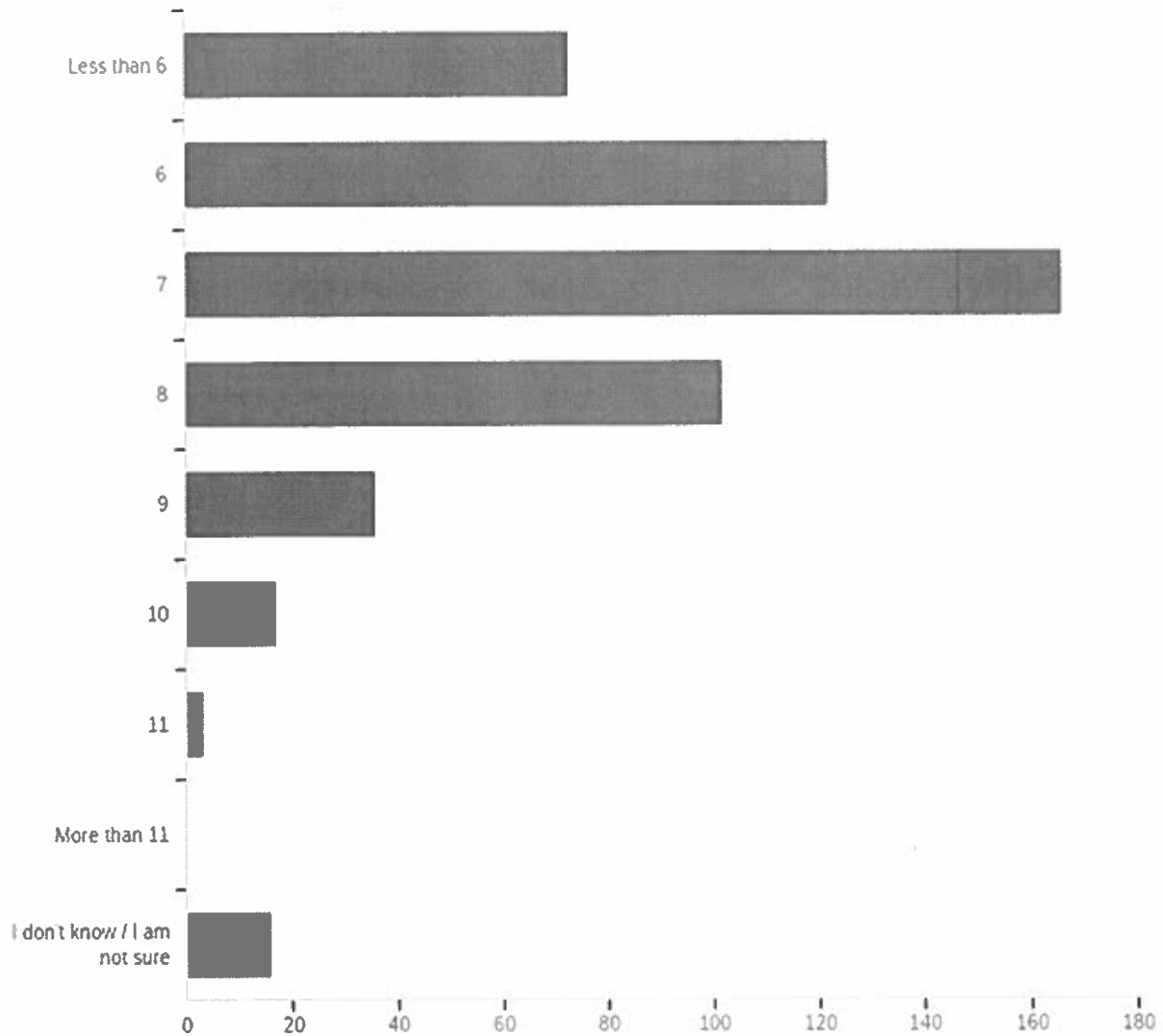
Q29 - On the average school night, what time do you usually fall asleep?



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	On the average school night, what time do you usually fall asleep?	1.00	22.00	14.73	4.14	17.16	538

#	Answer	%	Count
1	7:00 - 7:15	0.19%	1
2	7:16 - 7:30	0.19%	1
3	7:31 - 7:45	0.00%	0
4	7:46 - 8:00	0.37%	2
5	8:01 - 8:15	0.37%	2
6	8:16 - 8:30	1.49%	8
7	8:31 - 8:45	2.42%	13
8	8:46 - 9:00	3.16%	17
9	9:01 - 9:15	4.09%	22
10	9:16 - 9:30	3.16%	17
11	9:31 - 9:45	5.39%	29
12	9:46 - 10:00	7.25%	39
13	10:01 - 10:15	9.29%	50
14	10:16 - 10:30	10.22%	55
15	10:31 - 10:45	9.48%	51
16	10:46 - 11:00	8.92%	48
17	11:01 - 11:15	7.99%	43
18	11:16 - 11:30	5.58%	30
19	11:31 - 11:45	4.65%	25
20	11:46 - 12:00	5.20%	28
21	After midnight	7.43%	40
22	I don't know / I am not sure	3.16%	17
	Total	100%	538

Q30 - On the average school night, approximately how many hours of sleep do you usually get?

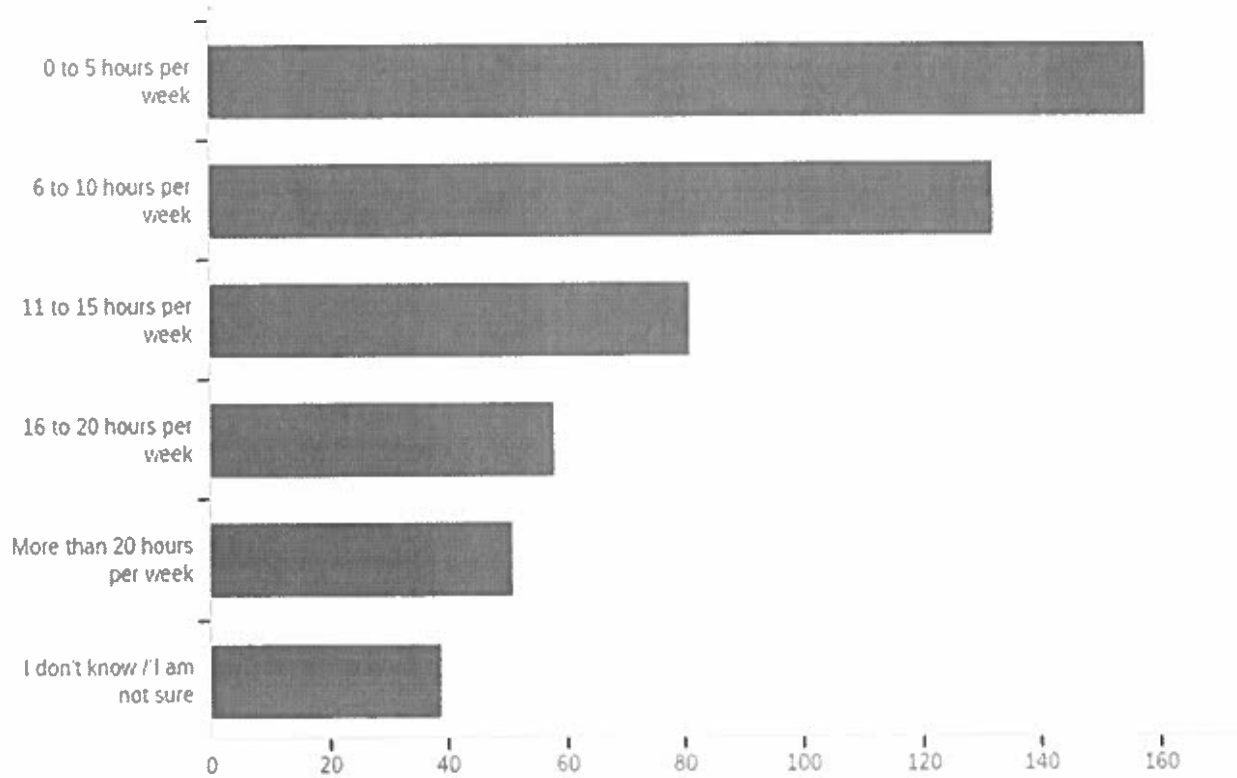


#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	On the average school night, approximately how many hours of sleep do you usually get?	1.00	9.00	3.12	1.63	2.67	535

#	Answer	%	Count
1	Less than 6	13.64%	73

2		6	22.80%	122
3		7	31.03%	166
4		8	19.07%	102
5		9	6.73%	36
6		10	3.18%	17
7		11	0.56%	3
8		More than 11	0.00%	0
9		I don't know / I am not sure	2.99%	16
		Total	100%	535

Q31 - During your busiest season or time of year, what is the average number of hours of planned after-school activities (e.g. sports, clubs, job, lessons; at school or away from school) that you are involved in each week?

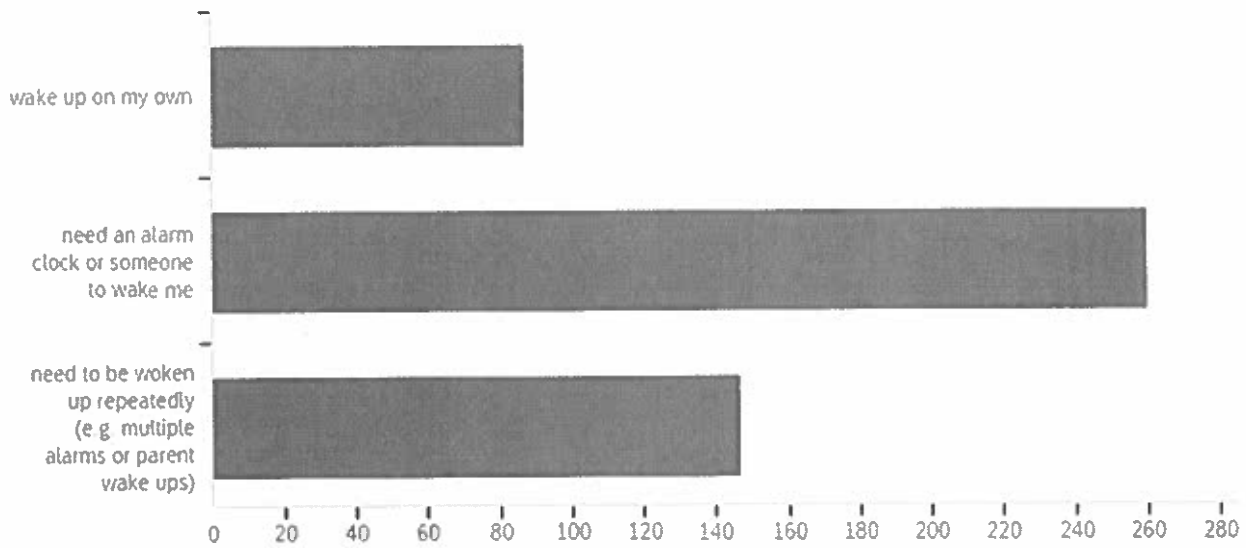


#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	During your busiest season or time of year, what is the average number of hours of planned after-school activities (e.g. sports, clubs, job, lessons; at school or away from school) that you are involved in each week?	1.00	6.00	2.67	1.60	2.54	519

#	Answer	%	Count
1	0 to 5 hours per week	30.44%	158
2	6 to 10 hours per week	25.43%	132
3	11 to 15 hours per week	15.61%	81
4	16 to 20 hours per week	11.18%	58

5	More than 20 hours per week	9.83%	51
6	I don't know / I am not sure	7.51%	39
	Total	100%	519

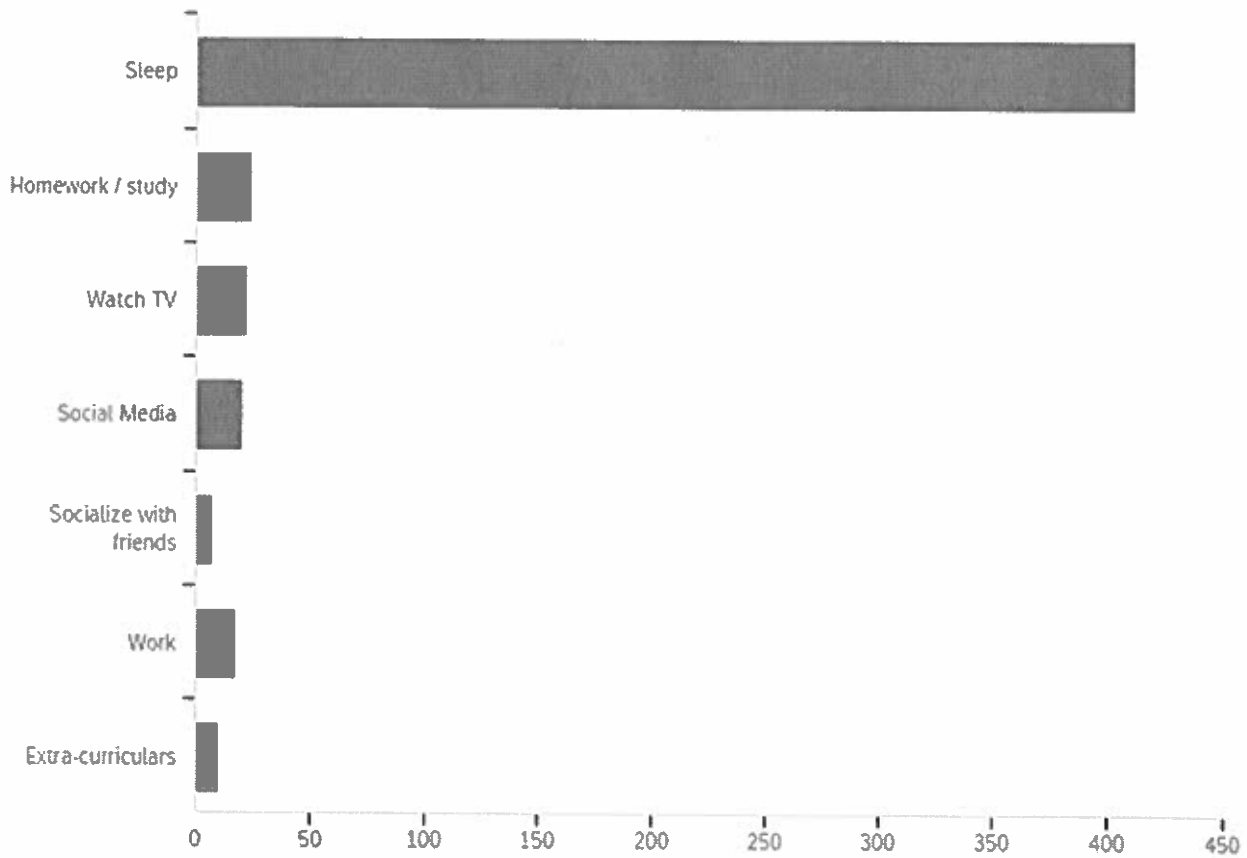
Q32 - On most school mornings, I...



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	On most school mornings, I...	1.00	3.00	2.12	0.68	0.46	494

#	Answer	%	Count
1	wake up on my own	17.61%	87
2	need an alarm clock or someone to wake me	52.63%	260
3	need to be woken up repeatedly (e.g. multiple alarms or parent wake ups)	29.76%	147
	Total	100%	494

Q33 - What would you do with additional time in the morning?

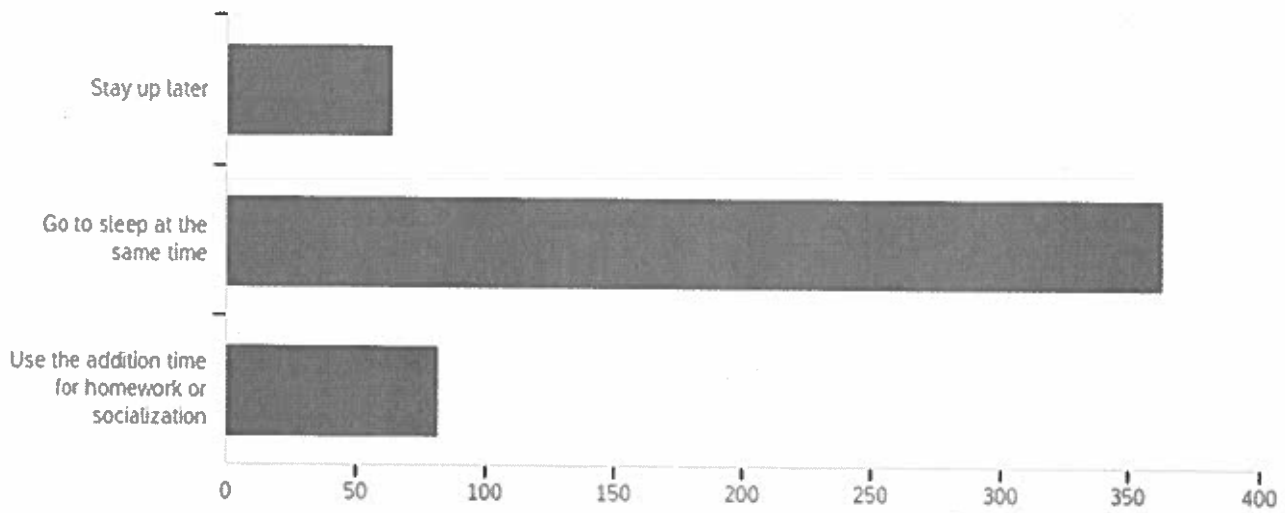


#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	What would you do with additional time in the morning?	1.00	7.00	1.59	1.40	1.97	513

#	Answer	%	Count
1	Sleep	80.51%	413
2	Homework / study	4.68%	24
3	Watch TV	4.29%	22
4	Social Media	3.90%	20
5	Socialize with friends	1.36%	7
6	Work	3.31%	17

7	Extra-curriculars	1.95%	10
	Total	100%	513

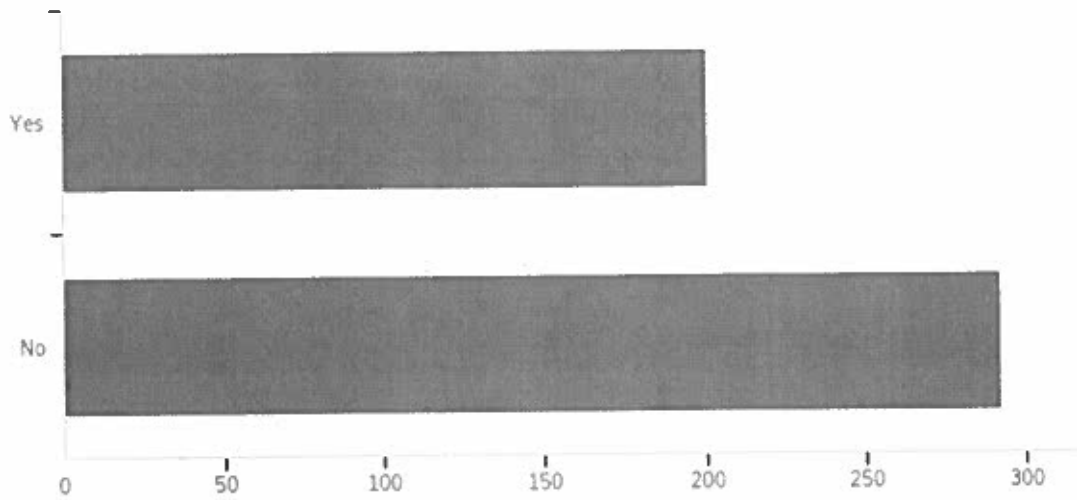
Q34 - If school started later, would you...



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	If school started later, would you...	1.00	3.00	2.04	0.53	0.29	510

#	Answer	%	Count
1	Stay up later	12.55%	64
2	Go to sleep at the same time	71.37%	364
3	Use the addition time for homework or socialization	16.08%	82
	Total	100%	510

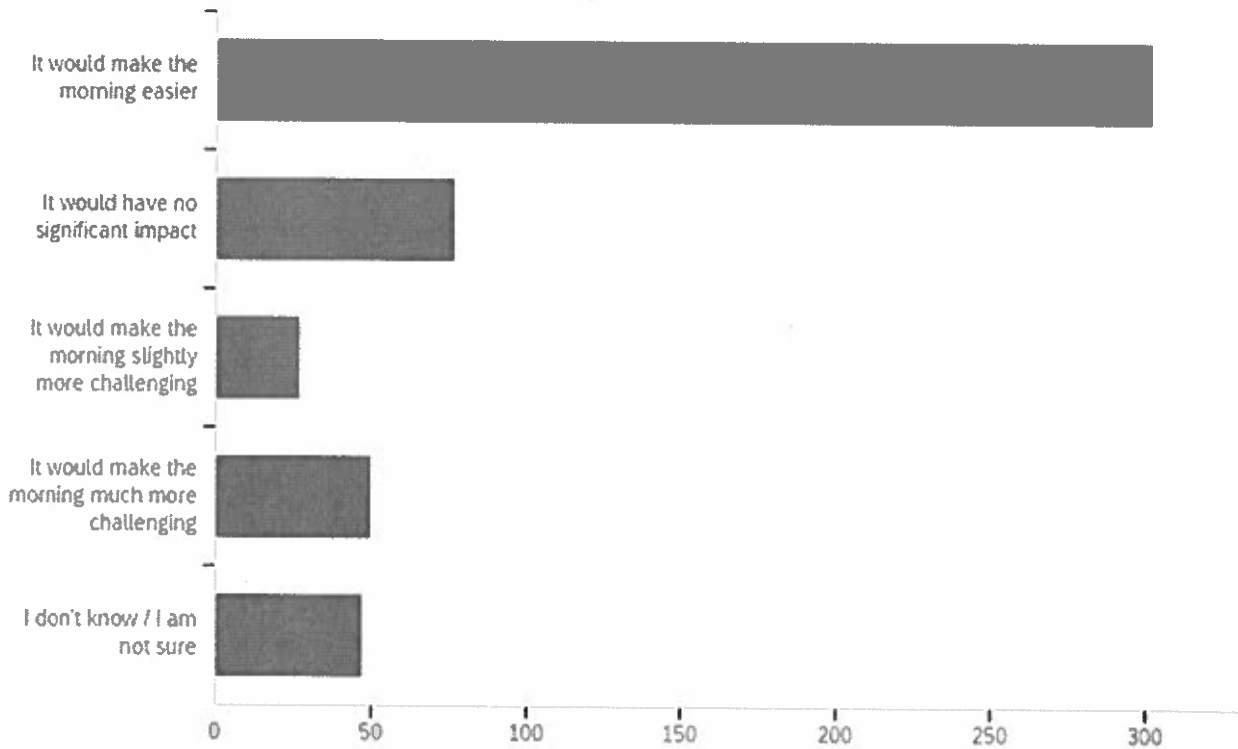
Q35 - Would you take the bus more often if school started later?



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Would you take the bus more often if school started later?	1.00	2.00	1.59	0.49	0.24	493

#	Answer	%	Count
1	Yes	40.77%	201
2	No	59.23%	292
	Total	100%	493

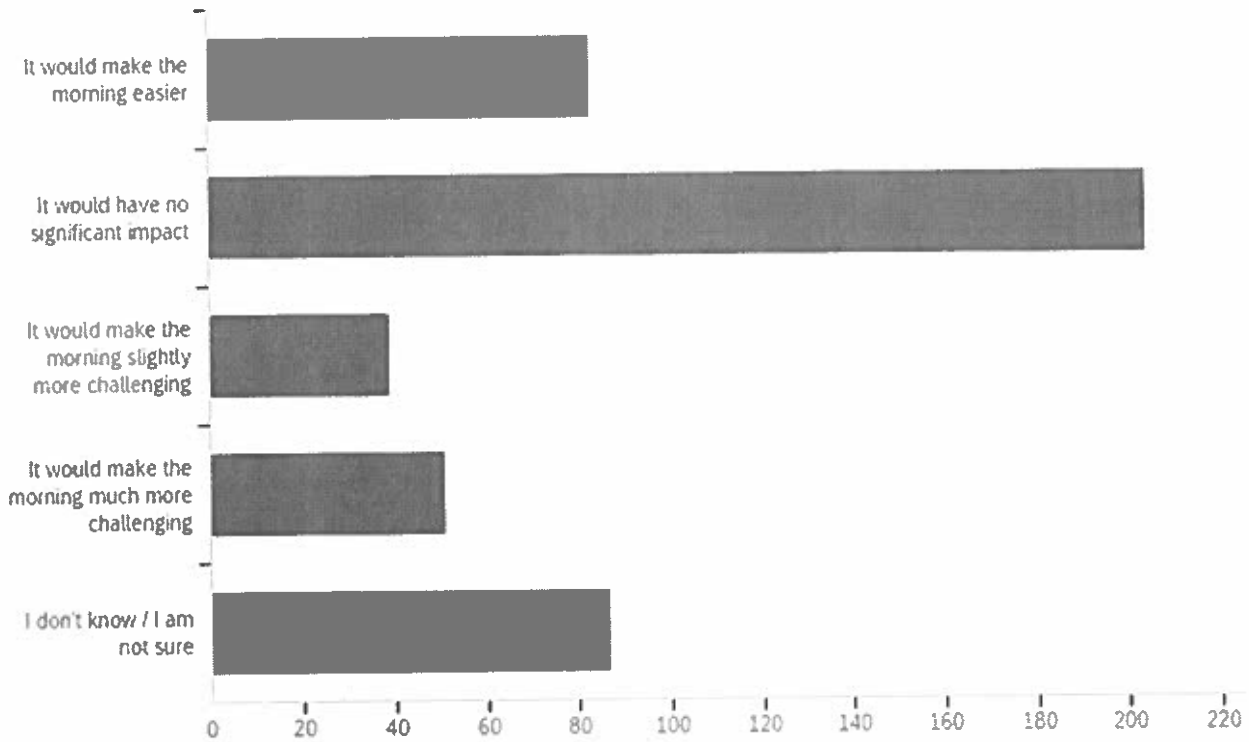
Q36 - Moving the middle and/or high school start time later in the morning (30-45 minutes later) would have the following impact on your life:



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Moving the middle and/or high school start time later in the morning (30-45 minutes later) would have the following impact on your life:	1.00	5.00	1.93	1.37	1.89	504

#	Answer	%	Count
1	It would make the morning easier	60.12%	303
2	It would have no significant impact	15.28%	77
3	It would make the morning slightly more challenging	5.36%	27
4	It would make the morning much more challenging	9.92%	50
5	I don't know / I am not sure	9.33%	47
	Total	100%	504

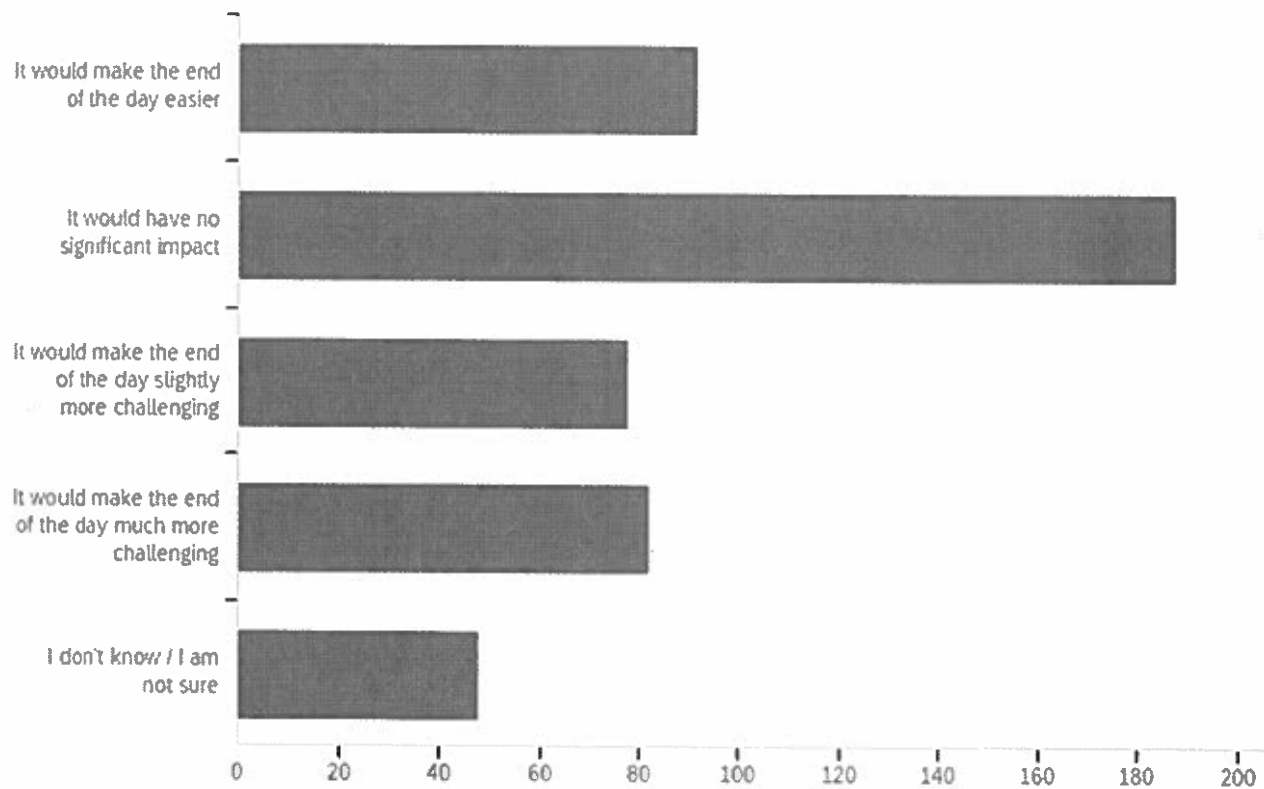
Q37 - Moving the elementary start time earlier would have the following impact on your life:



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Moving the elementary start time earlier would have the following impact on your life:	1.00	5.00	2.69	1.38	1.92	464

#	Answer	%	Count
1	It would make the morning easier	17.89%	83
2	It would have no significant impact	43.97%	204
3	It would make the morning slightly more challenging	8.41%	39
4	It would make the morning much more challenging	10.99%	51
5	I don't know / I am not sure	18.75%	87
	Total	100%	464

Q38 - Starting the middle and high schools later would also mean ending later. This could mean that some after-school activities would end later as well. What impact would this have for your family at the end of the day (afternoon and early evening)?

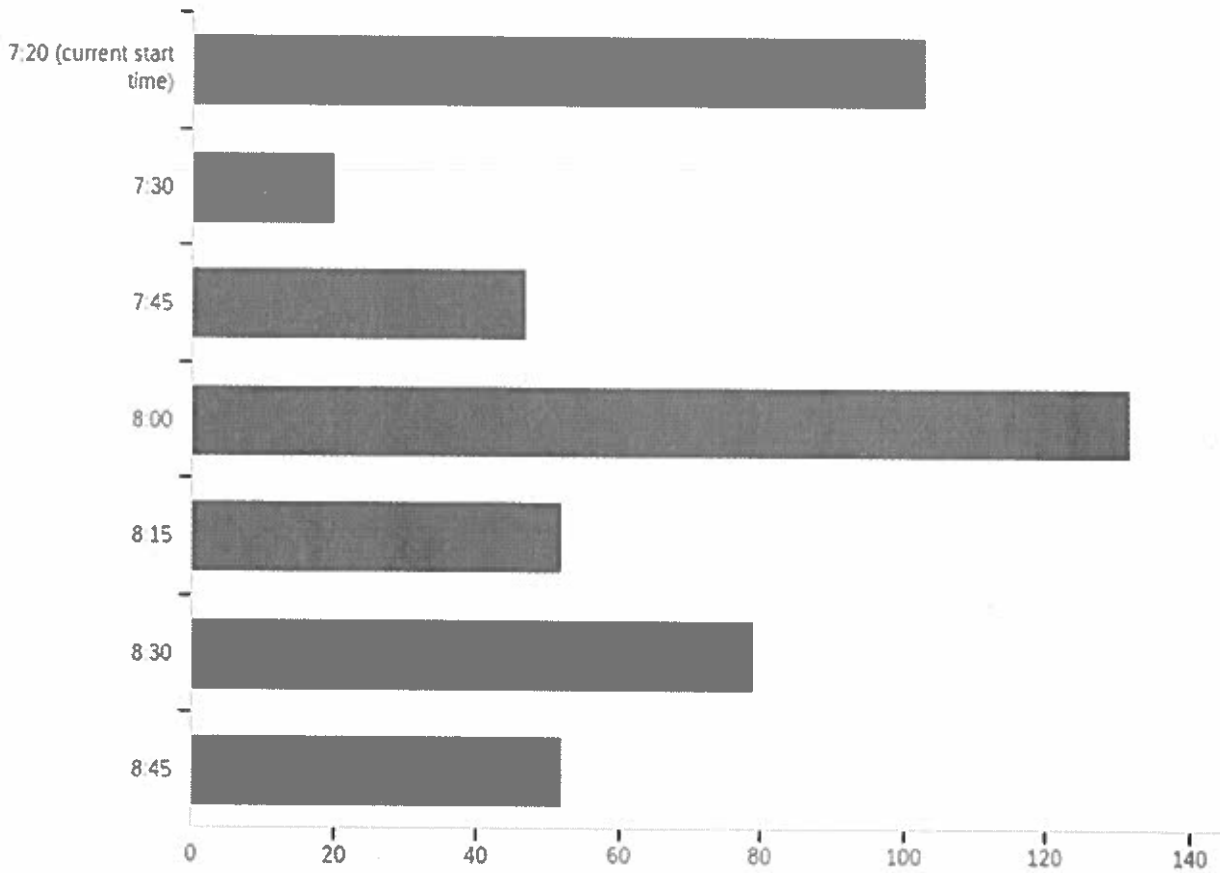


#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Starting the middle and high schools later would also mean ending later. This could mean that some after-school activities would end later as well. What impact would this have for your family at the end of the day (afternoon and early evening)?	1.00	5.00	2.60	1.24	1.54	488

#	Answer	%	Count
1	It would make the end of the day easier	18.85%	92
2	It would have no significant impact	38.52%	188
3	It would make the end of the day slightly more challenging	15.98%	78

4	It would make the end of the day much more challenging	16.80%	82
5	I don't know / I am not sure	9.84%	48
	Total	100%	488

Q39 - What is your preferred start time for the High School?

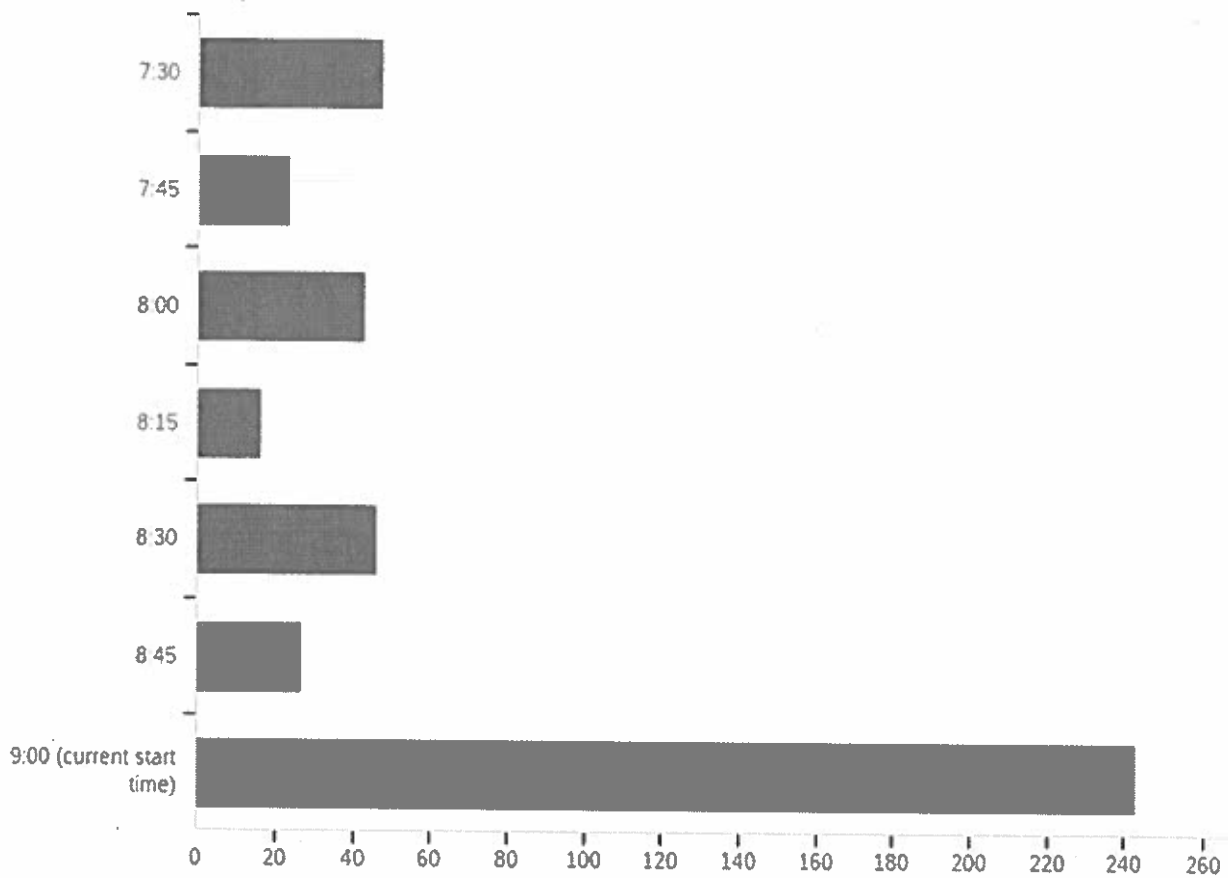


#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	What is your preferred start time for the High School?	1.00	7.00	3.94	1.97	3.89	485

#	Answer	%	Count
1	7:20 (current start time)	21.24%	103
2	7:30	4.12%	20
3	7:45	9.69%	47
4	8:00	27.22%	132
5	8:15	10.72%	52
6	8:30	16.29%	79

7	8:45	10.72%	52
	Total	100%	485

Q40 - What is your preferred start time for our elementary schools?



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	What is your preferred start time for our elementary schools?	1.00	7.00	5.35	2.17	4.70	445

#	Answer	%	Count
1	7:30	10.56%	47
2	7:45	5.17%	23
3	8:00	9.66%	43
4	8:15	3.60%	16
5	8:30	10.34%	46
6	8:45	6.07%	27

7	9:00 (current start time)	54.61%	243
	Total	100%	445