

**2018 Lawrence USD 497 School District
Parents Online Survey
Final Report**

January 2, 2019



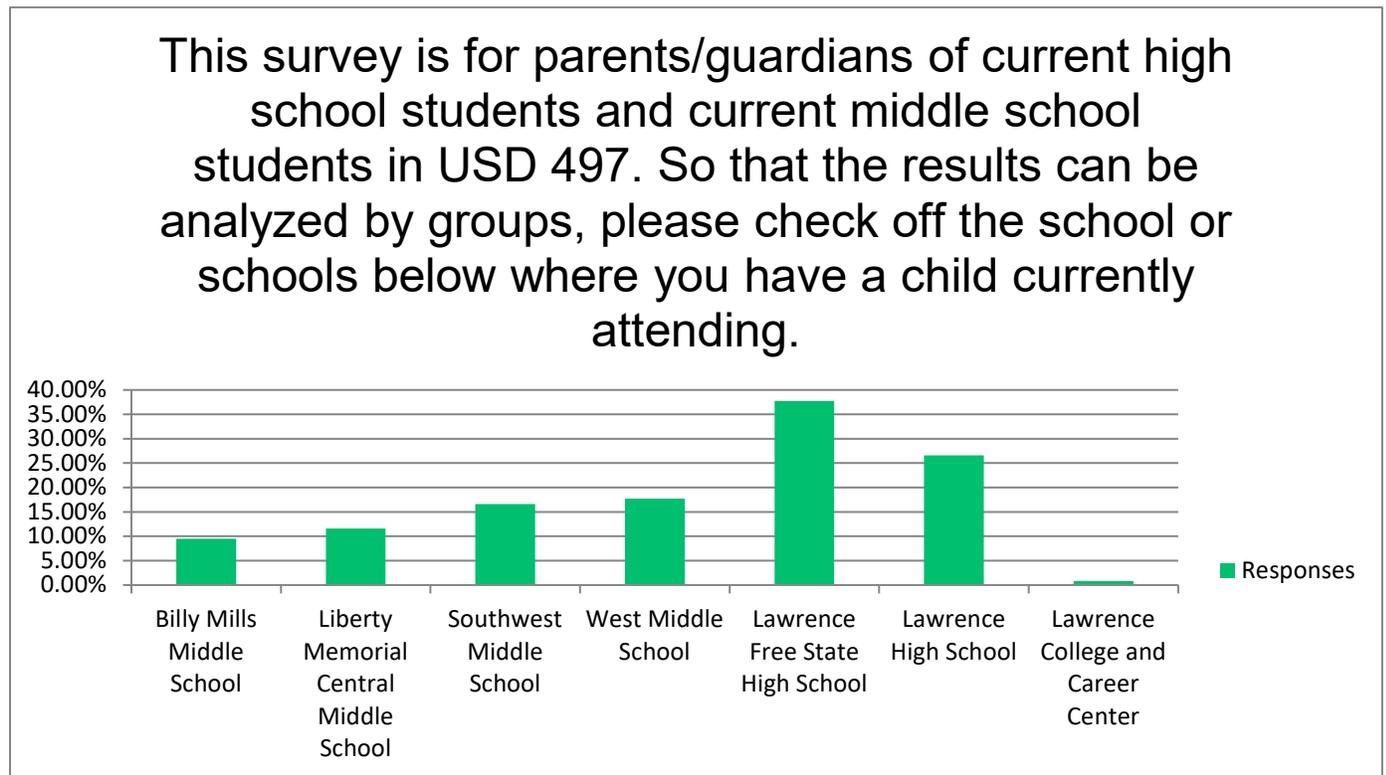
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At the same time a statistically reliable random dial telephone survey was taking place within the Lawrence USD 497 School District with 200 parents of middle and high school students, an online version of the survey was made available to all parents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

The survey was similar to the telephone survey, with minor modifications to trim the length slightly (to encourage completion of the survey) and to fit the online format. The parents' survey had the highest turnout of all the Lawrence online surveys, with 1,737 participants. However, not all participants chose to answer all the questions – a situation which is common with online surveys.

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

We began this survey by asking parents which high school and/or middle school they had students in.



We followed with two open-ended questions about the perceived advantages and disadvantages of an earlier high school start time for their students.

Let’s start with a basic question: What would be the advantages for your family, if the high school had a later start time and end time -- either now for a current student or when your middle school student reaches high school? *Responses were coded, based on common words, phrases and ideas. Numbers, rather than percentages, are displayed below.*

Response	Number
No advantages/N/A/None/Nothing	518
Getting extra sleep/better match natural sleeping patterns	494
Better rested/energized/focused/productive	118
Drop-off/pickup easier for all kids	118
More time at home/to get ready	86
Aligns better with parents’/siblings’ schedules	76
Better academic performance/grades	60
Improved mental/physical health	60
Stay up later at night	50
Prefer current schedule	44
Fewer tardies/get to school on time	40
Less stress/morning chaos	40
Make drop-off/pickup harder	34
Time for healthy breakfast	30
Only disadvantages	26
Time to finish homework/study in the morning	26
Would start homework later	24
Would make sports/activities later/day longer	22
Other (see below)	21
Take a Zero Hour	20
More family time	19
Could create bus issues	14
Less unsupervised time	18
More time for activities/sports	18
Take care of/drive younger siblings	12
Safer to walk/ride bike	8
Don’t know/Not sure	6

Verbatim “other” comments

I think my child would be less stressed, if she got more sleep, and I think she would have fewer problems concentrating. She thinks she has ADD, but I think she is just sleep deprived.

I’m not sure there would be. If kids didn't have to get up earlier, they'd stay up later, and they'd lose the benefit. Plus, 30 minutes either direction doesn't move the sleep needle enough. The real answer would be to limit school to six-hour days, start at 10 a.m., and

go to 3 or 4. But until the state backs off the hour requirements, this won't really do anything.

Both my middle school and high school student take Zero Hour classes and both have after-school activities. Both parents also work. Getting both kids delivered in time for 7 starts is tough, especially considering many nights we aren't able to wind down until 10:00 or so. Pushing HS start times out even 30 minutes would be a relief value. In addition, the issues with staggered starts on Wednesdays are frustrating between MS and HS, if that becomes part of the discussion.

More sleep, less time with the nanny.

Would be helpful if both the middle school and the high school started later. If only the high school starts later, it won't really make much of a difference in our lives because we will still have to come to town at the same time early.

My current high school student is a sophomore; she takes four advanced classes and is involved in theater and forensics. She is up doing homework until at least 11pm. She's so exhausted sometimes she's sick. She is trying to excel in all she can to secure a good college career. She needs a break somewhere – her mental health is suffering GREATLY. Extra rest, time in the morning to do homework is possibly ONE way the school needs to better address student stress/mental health.

Convenience and more practical.

More sleep but in the real world they don't get to sleep in.

A schedule that would serve teenagers' natural disposition to go to sleep later and sleep longer – at time in their lives when sleep and subsequent brain development are most crucial.

This answer is only for up to 8:30 a.m. start time: Not such a rush in the morning, and a bit more sleep for our child.

No, year-round school is a best option for students and families.

N/A – we would not be able to attend this district.

My children would enjoy the mental and physical health benefits consistent with the current scientific research concerning later start times. Besides, during winter weather, a later start time would give snow crews/maintenance crews time to treat and clear roads/school campuses/sidewalks for safer driving/walking/biking conditions for students, which would also cut down on tardies/absences, due to unsafe travel conditions.

We live on a rural bus route, so my kids get up considerably earlier than most to catch the bus. A later start time would be very beneficial to my son and I would think the majority of children, especially to those that live further away.

As far as we understand, many students take Zero Hour (currently at 7 a.m.). We think this is too early for high school students. It is highly recommended that students get enough sleep. We prefer one of the following two: 1. starting 1st hour at 9 a.m. (Zero Hour at 8 a.m.) or 2. starting 1st hour at 8 a.m., if the district bans the Zero Hour. The point is that they should not take any class before 8 a.m.

None. This question assumes that all families have children only in high school and middle school. It should also consider families with elementary school kids.

No advantage at all; start time should stay the same. What would we be teaching our kids? A later start helps with sleep? A job or a day starts at a certain time; you adjust a day according to that time. Sleep happens when a bed time is established. If we move it back, then it will just get established later. I am completely speechless that this is even a question that you or our Board would bring up.

We believe the well-documented and peer reviewed studies clearly prove the benefits. Please see *Journal of Pediatrics* and *Journal of Neurology*.

My son used to go to Schwegler, which is on a later start time, and so from experience, we know it helps make the day less rushed and he has more time to prepare for the day.

None, all three of my children went thru four years at Free State going to zero hour and 7 a.m. is a good start time, which aligns to my work.

None. My boys like Zero Hour, so that they can study prior to sports and other activities after school. They also like Zero Hour, so they do not miss any classes, due to sports or other activities. Having a later start time will cause a lack of study time prior to activities, missed classes and potential grades will decline.

Here’s another basic question: What would be the disadvantages for your family, if the high school had a later start time and end time -- either now for a current student or when your middle school student reaches high school? Responses were coded, based on common words, phrases and ideas. Numbers, rather than percentages, are displayed below.

Response	Number
Doesn't align with parents'/siblings' schedules	330
Can't drop off/pick up from school	322
Activities/sports start later/get home later	294
No disadvantages/None/Nothing	294
Less time for/late homework	156
Stay up late/no extra sleep	120

Messes up family time/activities/dinner	94
Longer/later day/less daylight	86
Late to/can't do some activities	84
Impacts after-school job	78
No supervision/nobody to wake up	62
Will still have to be at school early	58
Not on bus route/can't walk	48
Miss more school for away activities/sports	46
Other (see below)	37
Less free/extra time	34
Oversleep/more tardies/skip school	32
Harder to pick up/take care of younger siblings	28
Not like the real world	26
City/school bus issues	18
Don't know/not sure	10
More traffic/unsafe commute	10
Harder to get to after-school appointments/errands	8
No advantages/only disadvantages	8
Wednesday late start already hard	8
Later breakfast/lunch	4
Need align all school schedules	4

Verbatim “other” comments

I don't have a middle school student.

Transportation logistics: Student arriving home later in the day. Sports & extracurricular activities will run even later for my student and make their day longer and take away from family time. Lost family time. During the winter, students may leave in the dark and arrive home in the dark. Lost time with our family pets & livestock. It sure doesn't help agricultural families & students, but nobody factors us in anymore. (Is that equitable, LPS??) I work two jobs (I'm a USD 497 teacher and a single parent and can't make ends meet on the pitiful salary that USD 497 is known for). I have to be at job number two as soon as my duty day ends at my school. Are you all going to raise our pay, so we don't have to work second jobs? If not, please don't take away from the time we are to be on the clock somewhere else. My high school student has an after-school job. Late start means they'll go to work later and get off later. It also means that they may have less available time for that job and it will take money out of their pocket.

If we change the schedule, my son will have to walk to school no matter the weather, change his work hours and have almost zero time for homework, if he wants to get a decent amount of sleep. Oh and free time? This completely eliminates any of that for him – ever. He's always busy weekends, too. This would be detrimental to his not only his already unstable mental health but his physical health as well because he won't have time to do the only thing he's in love with and helps him get away from stress, weightlifting. He won't be able to see his girlfriend either, and their family has the exact same viewpoint as me following every single word. Do not do this.

Our student would have to figure out a way to train later in the evening in Kansas City and would get home later at night.

I am a single parent and the current times are good; I can go to work and be able to pick up my child after school.

If students needed to get stuff done, they would have more time to do it.

Sleep in more.

No negatives for our family. My sons would have to take ownership and responsibility for getting up, eating and getting to school on time. I think the added sleep will pay off in performance, as well as attitude. I applaud the district for this consideration.

It would perpetuate the decades-long abdication of parenting. Children who are not getting enough sleep should be sent to bed earlier.

They would get out later, making it a RUSH to get the kids from school/day care.

There are no disadvantages. If young people want to participate in extracurricular activities, this should take place after school, and it should not depend on how late they get out. School is the primary activity for the students. It should reflect their developmental age and ability to concentrate first thing in the morning, based on having enough sleep.

So many disadvantages, if the teachers give out so much homework that the kids end up staying up real late or having wake up early to complete it. Any benefit of late start will be undone without taking a look at reworking the whole system – better use of class time, better coordination of after-school events, and opportunity to be assigned a doable amount of homework. Then they could benefit from the better optimal late start. I'm in favor of late start, if it was part of a coordinated solution.

A hardship to get my kids to school because I work in Topeka and live too close to allow for a bus and too far and busy streets to allow them to walk. I believe if they start school later, they will just stay up later the night before. No sleep benefit.

Greater rest for my daughter, allowing her to enjoy school more and have energy for extracurricular hobbies. We literally plan our social calendar with her depleted energy levels in mind, which limits what we do outside the home on weekdays and weekends. Her chronic low energy is much less of an issue during the summer, when she's able to sleep late. During the school year, she stays up until 10 or 11 p.m. completing her advanced level homework. We allow her to sleep till noon on weekends to try to catch up on sleep. This has a huge impact on our lives and our social calendars.

Golfers would be at huge disadvantage with competitors.

I'm fortunate to be self-employed, so I have the flexibility in my scheduling to take them to school at the alternative time.

Right now, Zero Hour doesn't interfere with getting the other children to school at the elementary and middle school level. A later Zero Hour would make that task more difficult.

None, as long as the busses adjust their schedule as well. Currently, on late start days, the bus comes at the same time, so those kids still have to catch the bus at 7, which is ridiculous.

This disrupts a working parent's day significantly, as most jobs have start time of 8 a.m. Now, you would cause logistic issues in getting kids dropped off at school. Are you going to provide busing for all households? After-school practice and events now will start later. You want kids to get more rest, but now I see my son/daughter staying up even later doing homework than before. Events like music, debate and sports will start at the same time. For out-of-town events, the kids will miss even more school than before, when leaving to travel to these events. My son/daughter will probably take a Zero Hour, if this goes through. Have you considered a possible increase in numbers of youth doing that? Are you prepared to hire more teachers to meet demand?

Having different start and end times for my middle school student and high school student would be inconvenient but worth it.

I work overnights, so having to stay up that late to take my child to school would be a big change.

We think if you push back the start time to 9 a.m., it will effect after-school activities, which may at some point affect a child after school who works (to save for college) or sports or other activities that may help with obtaining scholarships, besides good grades and test scores.

Benefits for kids. Sleeping in. Evidence-based benefit for learning.

There would not be a disadvantage for our family, personally. However, I would presume this could be quite impactful for others.

My student swims after school, so it would give her less time to get ready.

Restructuring the routine would probably come with growing pains. After a transitional period, I think it would be fine.

A bit more sleep.

The only disadvantage I can think of is if they continue to keep after-school tutoring open until 5. So, my teenagers would only get a hour or 30 minutes of tutoring, instead of

getting the 1 1/2 - 2 hours of time to get tutored after school. Other than that, there are no disadvantages, since my other four children in elementary don't get out until 3:50 p.m. I would hope that after-school programs, like Theatre Lawrence and the library, could adjust, accordingly.

Brain science shows that later start times are better for adolescents. Previous districts and states have accomplished this successfully. Lawrence should be at the forefront of education, not lagging behind.

There will be challenges with scheduling, but I think that employers will need to be on board and the community educated about the why behind this. Once I educated myself, I am supportive of the change, despite the challenges.

When I go to work, she goes to school. IF it is changed, IT would not work for our family. We would have to move and change schools. I am a single mom. Kids need to get off their cell phones and games and GO TO SLEEP at a decent hour. IF you are going to make that change, then build another school for those that want to go to school LATE and get off LATE! It also takes away from FAMILY TIME ! TO me that's important to us as a family!

Increase the need for child care expenses for working families. Costs for transportation with new bus needs. Later after-school sports activities.

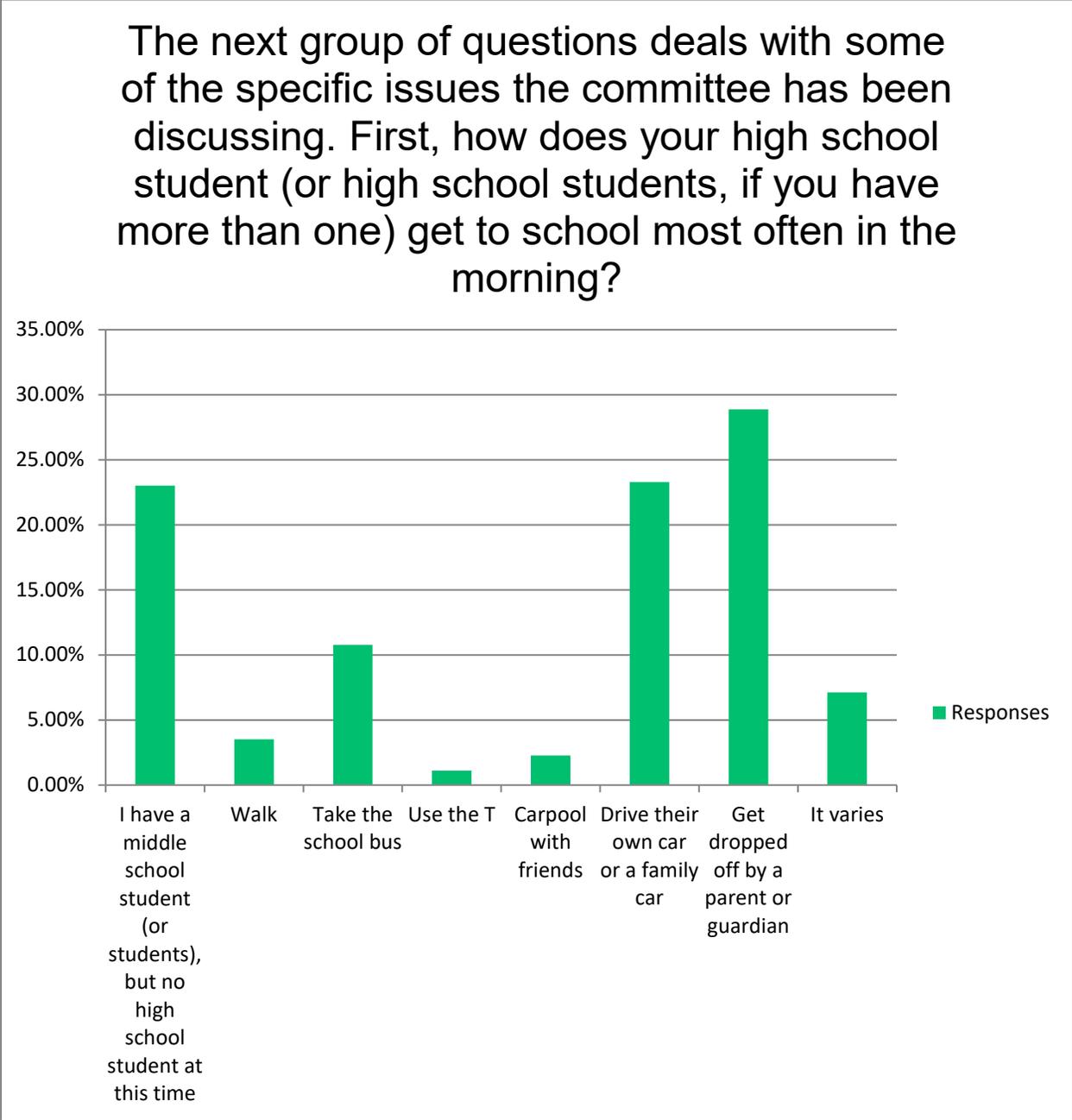
Student leaving home later than parent and possibly not having a ride to school if the bus is missed.

Most people would say transportation, but since there are so many public transportation options in Lawrence, I don't believe it's too much of an issue.

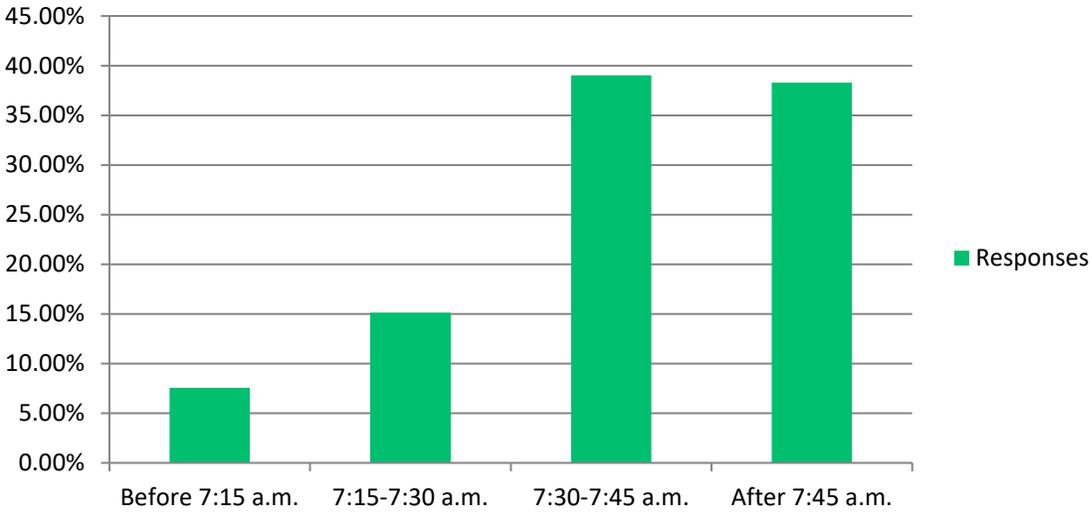
I work in Topeka, so if they participated in Zero Hour activities and couldn't ride the bus, they either wouldn't be able to participate or I'd get to work late and have to come home late.

I don't believe 30 minutes of late start is going to be any better. Kids will stay up longer because they know school starts a little bit later. I also believe that it will be such an inconvenience for working parents.

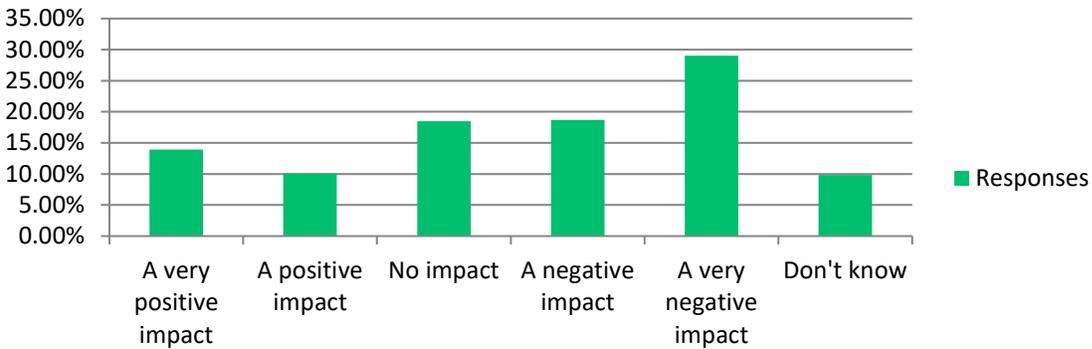
We then asked the parents about specific issues related to changing the start/end times at the high schools.



What time is your high school student(s) typically dropped off at school?



If the school district changed to a later start and end time for high school, what impact would this have on you dropping off your student or students? Would you say...?



What would the positive impact of this change be, in terms of dropping off your high school student or students? *Responses were coded, based on common words, phrases and ideas. Numbers, rather than percentages, are displayed below.*

Response	Number
More compatible with parents'/siblings' schedules	27
More sleep/more focused	20
Easier for drop-off/pickup	16
Other (see below)	13
Less rushing/more time	12
Less traffic/safer commute	7
Fewer tardies/missed class	5
Less stress	5
Better rested/productive	3
Time for breakfast	3
Better overall health	2
Could drive self to school	2
Harder to drop off/pick up	2
Might want a Zero Hour class	2
More time for homework	2
Take the bus	2

Verbatim “other” comments

I could drop him off and go on to work. Now I have to go home, finish getting ready, and then go to work. My son is autistic and I have to bath him myself.

You probably would have to worry about being late to school.

No positive impact. Time should be the same.

I work nights, so I take my son when I am off of work.

Wednesday mornings are so much easier for me to get everyone to school, when the high school starts at 9:05. Also, I do agree with the fact that my high school daughter is a much nicer person on those mornings she gets a little more sleep and time to get ready.

Different start times than the middle school.

The school is on our way to work and we live close. On days we can't drop them off, they can walk in, like on Wednesdays.

I don't know.

More sleep for student, more time to prepare for school, more family time, less rushed, healthier food intake because of prep time.

We seem to do better on late start day, especially if there was an evening activity the night before.

Most desk jobs begin at 8a.m., so dropping students off for an 8:05 a.m. start means you're already late. Another 30 minutes would actually allow me to drop both students off without either of them having to be there exceedingly early. I'm late for an 8 a.m. report time anyway.

Would improve student performance at school and beneficial to child care budget.

It would provide extra time in the morning to accommodate the extra time he needs to get ready, due to his medicine not having kicked in yet for his ADHD.

What would the negative impact of this change be, in terms of dropping off your high school student or students? Responses were coded, based on common words, phrases and ideas. Numbers, rather than percentages, are displayed below.

Response	Number
Conflicts w/parents' work schedule/challenge to be on time	110
Couldn't drop off/pick up from school	33
Still dropped off/be at school early	20
Have to walk/not on bus route	18
Doesn't align with other schools'/siblings' schedules	17
No transportation/wouldn't get there	16
Other (see below)	15
Have to find alternate transportation	10
Activities/sports start later/get home later	9
Inclement weather/safety/not ideal for walking	8
No supervision at home/ensure get to school on time/at all	8
Have to adjust school bus schedules	5
More traffic/unsafe commute	5
Stay up later/no extra sleep	4
Have to take city bus/should be free	3
Have to take school bus	3
Impact after-school job	3
Longer/late day/less daylight	3
Parents – lost revenue/fewer hours	3
Everything	2
Less free time/time for anything else	2
Less time for/late homework	2

Verbatim “other” comments

Work schedule for parents. Teaching the kids to sleep in every day. Changing their eating schedule. Changing their homework schedule at a reasonable time. Changing their sleep cycle. This would seem to defeat the purpose of the student getting more sleep. Pushing

the entire day back. We teach our children to get to bed early and get up early to engage in the day. If this is to be implemented, we would like to know where the students are to congregate at the school, when dropped off at the normal time.

My husband and I work out of town and have to be there by 8, our kids would have to go somewhere before school or we would be late for work.

They would probably be dropped at nearby restaurant and hang out then walk to school later.

Big change! It would be bad.

I feel starting the day at 8:05 is ok for my children; they are early risers and after high school, they may be expected to be at work by 8 or classes by 8.

I addressed this in an earlier answer. I love my kids, but I work, and this makes it difficult to be to my job on time, and even an understanding supervisor will only put up with me being late up to a certain point. They already have a bit of an issue being late to work one day per week.

Getting to work on time and with a Zero Hour, waiting for the building to open after morning swim practice.

Would get in the way of other priorities.

Work starts at 8 a.m. I cannot afford to purchase a car for my child. I do not benefit from busing, and it is way too far to walk, especially in inclement weather. The T doesn't provide service in my area. How will my child get to school?

Not negative overall perhaps, but...

Our entire routine would be in shambles because of the time change.

He would be at school at least an hour and a half before start time. I would not be able to drop him off later even though school starts later. Same goes now with Wednesdays. It would be a very negative impact on our family. This would not work for us! NO!

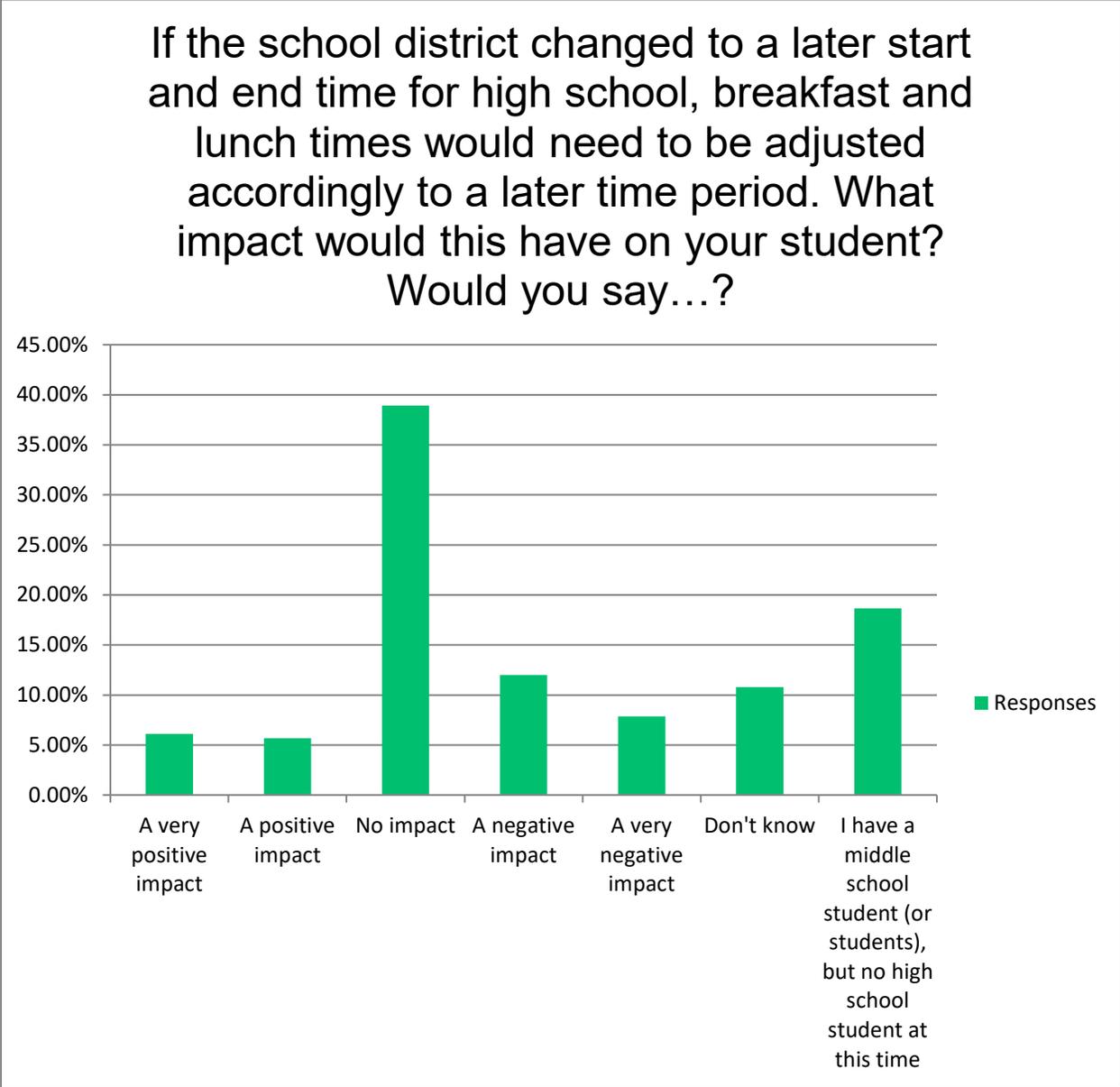
I have to be at work at 8 am and my wife is commuting to KC. We would have to work with our employers to alter our drive time or our children would need to take the bus, meaning they would be left waking up earlier than they currently do. Oh, the bus doesn't accommodate Zero Hour, so that would still have us driving one of the three children. **THIS DOES NOT MAKE SENSE.** It appears we are trying to alter something that works for traffic, that works for sports, that works for dinner and family accommodations, and the list goes on. We are doing this based on research. Well, OK, then let's go with the research. Research shows we should have a longer school year. Research finds districts where teachers are further supported – students have better outcomes. Research shows teachers with more planning time are able to meet the needs of ALL students. Research

shows that when all students are engaged in physical activity, they are better adjusted and have better outcomes. I could go on. We appear to ignore the research on so many of these other variables that would be better for our children. Yet, a Board member, and it appears a small contingent of folks, is focused on this data set and, thus, convened a committee and is now seeking to push through an initiative. PLEASE STOP!!!!

I couldn't drop her off as I work in KC and have to take her to her Zero Hour at 6:40.

Would have to change work schedule, it causes me to make multiple trips, i.e. take my daughter to day care and then come back home and take him to school an hour later. Also, would make me have to make two separate, hot breakfasts. We are not a cereal family; we believe in adequate nutrition, so he can focus in school.

We then asked what impact changing breakfast and lunch times would have on their students.



What would the positive impact of this change be, in terms of school meal times for your high school student or students? Responses were coded, based on common words, phrases and ideas. Numbers, rather than percentages, are displayed below.

Response	Number
More time for/eat a healthy breakfast	62
Other (see below)	27
Children prefer later lunchtime/eat too early now	18

Matches children's natural eating cycle/schedule	13
More sleep/better rested/more focused	11
Less time between meals for snacking	10
No impact/N/A/None	8
Helps with later dinnertime	6
Not have to rush to school	5
Eat more lunch	4
Don't know/Not sure	3
OK, if can bring snacks	2

Verbatim “other” comments

More sleep, more focus in school, less time in the evenings just playing on phone.

Feel like it would be great.

Could possibly make lunches longer.

They'd have more time to eat breakfast and can still have a dinner at home.

No do not push anything back. I am going to press random buttons to get this survey over, so it doesn't matter. If you push school back, athletics are going to go till like 7:30, and you all are saying, “Oh, they will get more sleep,” but reality is they will just end up going to bed later. People's parents might not be able to take them to school either. Do not change anything.

She never eats later on the day because of an eating disorder. So if lunch was later, she would eat later in the day, unlike how she only eats at the morning at school and never at home.

My daughter eats lunch too early and can get migraines toward the end of the day.

A higher attendance.

Students should be allowed to nourish their bodies throughout the day as lunch times are much shorter these days and usually can't finish their complete meals. If allowed, students should be responsible and held accountable for cleanliness of their meals as well. This is a practical trend in the real-world workforce

More efficient.

My children have learned to eat when they're hungry. When they wake up in the morning, they pack snacks and lunches that they rarely touch, until later in the morning or at lunchtime. Many people do not need food early in the morning, and my children are among these people. They rarely eat before 10 a.m., and they have their main meal of the day sometime around noon or 1 p.m. on weekends. They know that they are thirsty first

thing in the morning, so they usually make sure to have a full water bottle when heading to school.

More relaxed experience equals better digestion and no need for any stimulants, like caffeine or gum chewing to feel more “awake” for classes.

Lunch time would be closer to noon, which would give them more energy for learning in the afternoon.

Same schedule as weekends.

Driving during less congested time of the day.

Everything.

No impact on school mealtimes, but they might actually have time to eat breakfast at home. Now they sleep as late as they can and run out the door with a granola bar. Not the best breakfast option.

I don't really understand the question. They would eat when they are scheduled to eat.

Son's medication blocks hunger at current lunchtime. Later time would ensure bigger appetite.

The teenager will have more sleep and less free time by themselves. Most parents are off work between the hours of 5-7 p.m. Therefore, they have more time together. If they are not in any after-school activities, they are more likely to be alone most of the time.

More prep time, adjusting for practices and games. It would be a positive impact.

Better use of time.

I think my child would be more likely to eat breakfast, if school didn't start as early. LPS should consider second breakfast for this reason, if later start times aren't adopted.

She is nauseated early morning, so she might eat properly then.

A more realistic time.

I don't think many teenagers are morning people.

Ride situations.

What would the negative impact of this change be, in terms of school meal times for your high school student or students? *Responses were coded, based on common words, phrases and ideas. Numbers, rather than percentages, are displayed below.*

Response	Number
Would be hungry/not focused/engaged	68
Other (see below)	45
Too late/some lunches already late in the day	37
Disrupts dinner schedule/family time	32
Still eat breakfast early/too much time between meals	27
Messes up child's routine/eating schedule	23
Can't ensure/child doesn't eat breakfast	21
Activities/sports start later/get home later	12
Keep lunch times the same	9
Stay up late/no extra sleep	8
Mental/physical health needs dictate eating schedule	7
Need to bring snacks/extra food	7
Negatively impacts child's health/body	7
Don't know/No impact/None/Nothing	6
Impacts after-school job	4
Less time for/later homework	4
Medication dictates meal times	4
Later day/home later	3
Not like the real world	3
Poor academic performance	3

Verbatim “other” comments

Money.

Instead of changing the time, why not make lunch longer? I know a lot of people who don't eat regularly at school. Without nutrition, students have a harder time learning.

For my kids, they already have a hard time adjusting to different lunch times throughout the week. I think they should just keep everything the same and it would not create any new problems.

It's just not ideal.

Higher chance of child consuming two breakfasts and the likelihood of having lunch at 2 p.m. makes the gap between breakfast and lunch longer (unless like Hobbits they have second breakfast).

Could end up overeating at home.

Pushing back a later time, they will be starving waiting longer and during the weekends they will have a different routine and changing back and forth is not ideal. Also, if

appointments need to be done over our work lunch hours, then that will cause them to miss more school work, due to lunch times being off of regular work hour lunch times. It will also affect family dinner times at home as well.

She will miss school, due to lack of transportation.

Maybe lunch needs to be at a certain time to be successful.

Students would have more time to eat, and the more they eat, the more their brain functions better.

Not getting enough food.

It would teach students to claim to be somehow harmed because they had to endure the “hardship” of getting up each morning and working to make themselves better and rewarded, when adults cater to the tantrum.

It depends on what time they would actually eat.

The lunch hour is lined up perfectly right now, so that my students can use the open debate classroom during lunch to practice. If the lunch changes, she won't be able to do this.

Less convenient.

Thankfully, my son graduates this year and he's an only child, so it really doesn't affect my family other than in taxes. Until he could drive, he rode the bus. We live in the country.

They eat breakfast at home.

They may or may not be hungry at dinner time, if they eat lunch later, causing my children to look for something to eat in the middle of the night.

These are my last few years with my child before he leaves the house; I would love to be able to see him in the morning, before I leave for work. He would be the only person in the house in the morning and I DON'T LIKE THAT. I want to eat breakfast with my son. I want to teach him good morning habits before he leaves for college. I want him home at a decent hour after his after-school activities.

She'll have to eat at home, instead of receiving reduced breakfast.

My child gets up early and eats early. He charts low on his weight (4%), compared to boys his age and is instructed to eat frequently. He would have a long stretch until lunch, and an after-school snack would not be in the middle of the afternoon. I'd imagine he

would be hungry and have trouble concentrating either before a later lunch or at the end of the day.

My kids both CHOOSE to have Zero Hours. Due to this, they eat breakfast between 6:15 and 6:45 a.m., when my husband and I do. By pushing back the school day, we won't have an opportunity to eat together to start our day. We have done this for years. Good way for us to start the day.

Keep moving the time and the school will be serving brunch and dinner.

She isn't going to be able to get up that much later because she will now have to walk, instead of being dropped off, and now she will have to wait an extra hour to eat. Not good.

It would throw off our entire schedule. Having four kids, we have to have a schedule and stick to it or the entire day is thrown off.

Student would not be eating as much anymore.

My teens have a history of food insecurity and this would negatively impact their education.

It could interfere with the workforce taking their lunches, making it easier for accidents to take place, if students take lunches away from school. If students choose to sleep in and not get up in time for breakfast, later lunches can be hard for students to make it through classes without being hungry. When kids are hungry, they cannot concentrate and learn.

Our boys eat early, and then expect a sooner lunch, due to the fact that they inevitably have to eat an early dinner, due to after-school activities.

Everything.

He participates in sports. The sooner practice ends, the sooner he can get started on homework. He also is a backup pickup for our elementary student who has no access to a bus but lives too far to safely walk home. Knowing he has to arise early (he has a Zero Hour), keeps him on track getting his work done, so he can get to bed at a reasonable time. On late start Wednesdays I can tell he isn't as motivated knowing he can sleep in.

Kids' after-school activities would need to be adjusted as well. If it's not broken, why fix it? Stop enabling undisciplined behavior.

9 a.m. is late for breakfast.

See previous comment.

You are out of your mind.

Our child depends on the meals offered by the school.

This entire change would have a negative impact. If kids need more sleep, their parents should take responsibility for that.

He would just be sitting at school for an hour hungry, waiting for breakfast to start.

They are already starving by lunch time and do not currently receive an adequate amount of time to purchase and eat their lunch.

He attends only in the morning and would have a later start to his online classes on the one day he stays for lunch.

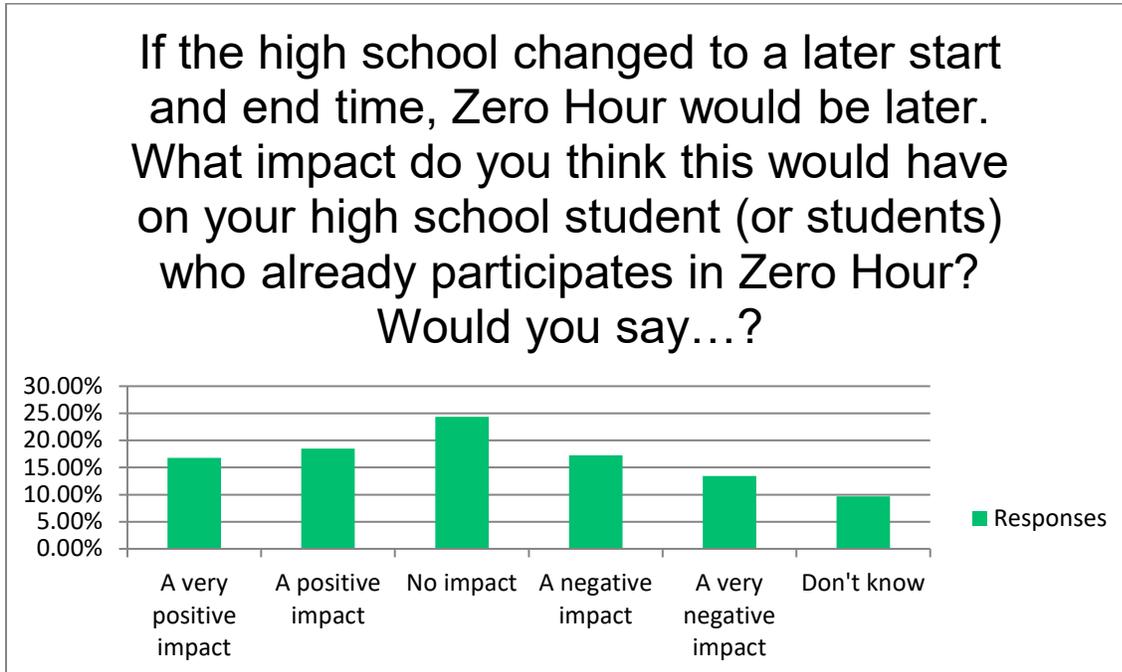
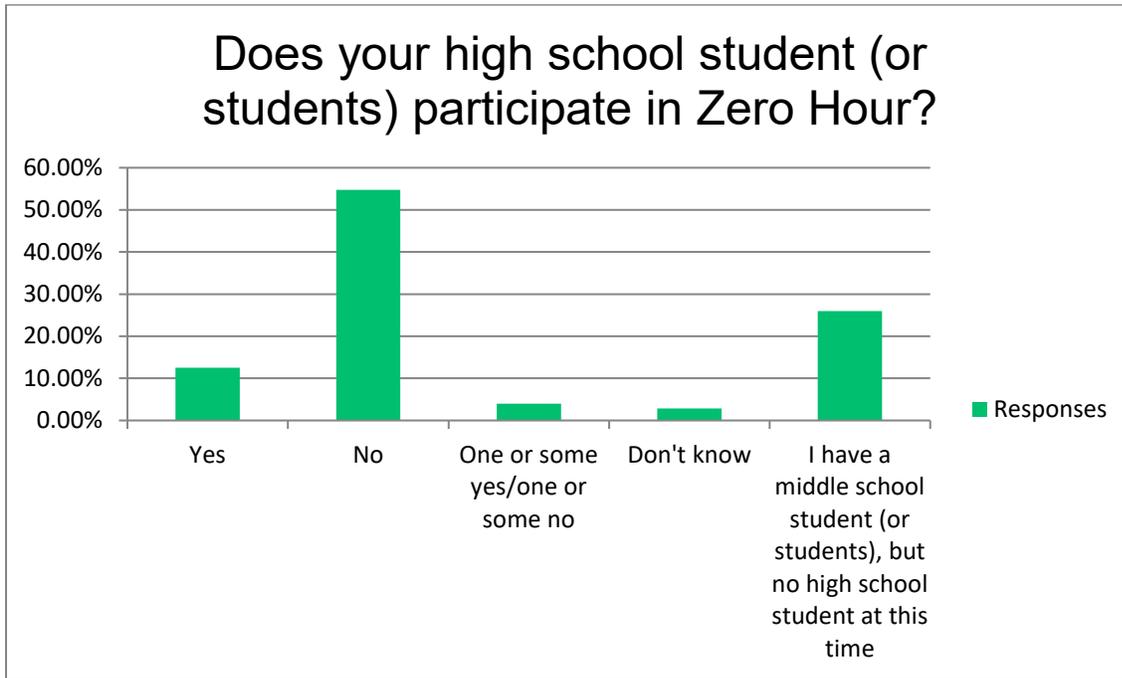
My child is already very hungry by lunch at its current time. I'm not sure why a later start would necessitate a later lunch. Have it before a different hour?

As it is, school lunch times are structured around the limited space in the cafeteria. So, some students eat too early, some eat just right, and others eat too late. So, now we will have some students eating just right and have more groups eating too late. This has had a negative impact on my children. I pack two lunches for my boys as it is. They snack during the day in order to make it to lunch. They are growing and need the calories. If anything, change the split lunch times since this is having a negative impact on student outcomes with the class that is split (i.e., class, lunch, back to the same class). The research here indicates you should allow for a larger lunch space, have students eating during these times, and then get them back to class. Also, let's go with research on healthier food. Oh, and longer lunch times to allow the students to relax during the day and allow them to be ready for the remainder of the day.

I am his ride to school, if his van does not start. He wouldn't have the option of riding to school with me on the bus, like he does now.

Same reasons that starting later would negatively impact them.

We then asked a series of questions related to Zero Hour.



What would the positive impact of this change be, in terms of having a later start time for Zero Hour, for your high school student (or students) who participate? *Responses were coded, based on common words, phrases and ideas. Numbers, rather than percentages, are displayed below.*

Response	Number
More sleep/less tired	38
Other (see below)	15
Current Zero Hour is too early	12
More attentive/energized/focused	9
More likely to take Zero Hour	8
More time to get ready/get to school	4
Time for breakfast	4
Less stress	3

Verbatim “other” comments

See prior response; second time duplicate question.

I don't know.

More sleep for my student, while at the same time giving them the same opportunity to get out of school early.

A little extra time to sleep. Improved safety of morning commute.

Starting 30 minutes later.

Please see my response to the first question.

Earlier arrival and dismissal would make it easier to get into and out of the parking lot at Free State.

Sleep time changes bus schedule; easier parent work schedule works better with the time changes.

More sleep and ability to stay up a bit later for work/homework/studying.

More time to finish school work in the morning.

Of course, more sleep and not as dark in the morning when driving to school.

She might get to class on time.

It would allow the student to sleep in whenever travel or study caused a late night in the previous night.

She would be able to get to Zero Hour on time.

Able to get dropped off.

What would the negative impact of this change be, in terms of having a later start time for Zero Hour, for your high school student (or students) who participate? *Responses were coded, based on common words, phrases and ideas. Numbers, rather than percentages, are displayed below.*

Response	Number
Point of Zero Hour is an earlier start/release/don't want later start	25
Activities/sports start later/get home later	15
Other (see below)	15
Less time for/late homework	12
Not have a ride to and/or from school	11
Longer/late day	8
Negatively impact after-school job	8
Not aligned with parents'/siblings' schedules	7
Still have to get to school early	6
Stay up late/no extra sleep	5
Miss class time for sports/activities	4
Disrupts dinner schedule/ family time	3

Verbatim “other” comments

Same reasons. Zero Hour at 7 a.m. allows my kids that play high school sports to start early and not miss any class time, when they have to get out early for away games. In addition, it allows my oldest who works to get more hours in.

It would extend the day into the times other things are going on: Jobs, sports, music lessons, etc. We battle having time to eat dinner as a family as it is. Everything being later would just make it more difficult.

The later start time would make it more difficult for us to drop off our student. This means that they would have to walk 1.5 miles to school, which means that they would have a 30-minute walk. And when it is wet or cold, this could be uncomfortable and potentially cause health problems.

Cannot ride the bus.

This is the same negative impact as before. Not gonna have a ride with parents, will have to walk, leaving the house not significantly later because takes much longer to walk, and now lunch is an hour later. Bad all around.

Not sure if I'm going to get a chance to say this elsewhere, so I'll say it now: why not an extra end-of-day period, instead of Zero Hour? If the answer is "athletics practices," then I say screw that.

Again, there sleeping habits would be in shambles.

He has tutoring and then work after school.

Later dismissal times, more lax behavior in the evening, knowing he can sleep in as well as staying up later, knowing he doesn't have to wake earlier.

Students in my home participate in Zero Hour because there is less traffic before and after school, making it easier and less stressful to get to and from school. With late arrival, more students would opt for a Zero Hour to get out of school earlier, causing more chaos in the parking lot. Additionally, the smaller class sizes that Zero Hour offers create better environments for learning and focus. This would also be disrupted with later arrival.

He needs to be done with school at the earliest hour possible, due to his soccer training schedule in Kansas City.

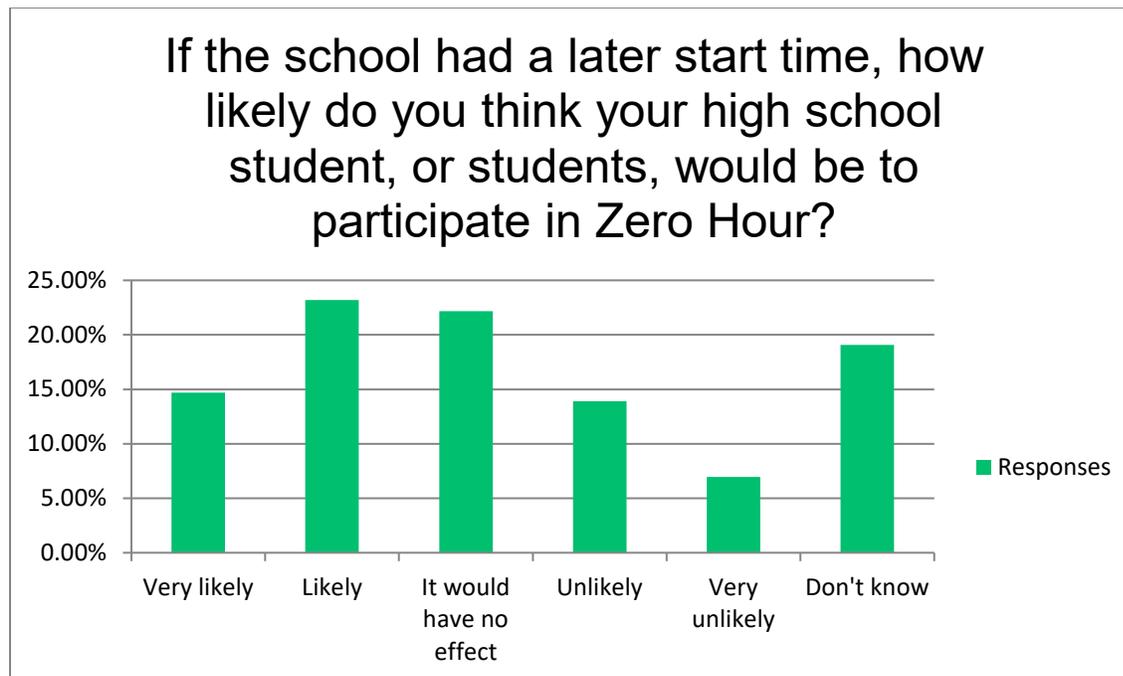
She is a morning person, so she would not be as alert getting to school later. She goes to bed at a normal time and does well with the schedule the way it is now.

Kids will need to learn to get up for a job, when they enter into the adult world. This gives mixed messages. It also robs them of the opportunity to manage their sleep to ensure they get enough rest.

I already mentioned this earlier.

As said before, will miss classes, due to sports and other activities, as well as grades will decline. Also, Zero Hour allows students who participate in other activities time to go talk to professors or get help in courses prior.

We asked if a later start and end time would impact participation in Zero Hour.



We then asked if there were other factors that would make participating in Zero Hour more appealing to their student or students. Responses were coded, based on common words, phrases and ideas. Numbers, rather than percentages, are displayed below.

Response	Number
More class choices	40
Other (see below)	31
If it was part of a later start	21
Leave school earlier/early release	21
Don't know/Not sure	9
Get more class credits/graduate early	8
N/A/None	8
More students would take just for the early release	6
If LHS had more class choices	5
School transportation provided	5
More sleep/less tired	3

Verbatim “other” comments

If a student is on track for graduation, extra coursework shouldn't be necessary. If a student athlete or working, getting out earlier may be beneficial.

Parents need more information about Zero Hour. My son is a junior, and I've gotten almost no information about it. It probably isn't a good option for him, so I never pursued info. But if the school had provided more info, we may have considered it more seriously.

Maybe rather than likely.

Start at 8:05.

While a Zero Hour could help high-achieving students avoid some of the conflicts a later release time would create, it is a greater inconvenience for teachers, staff and parents, and works against the very issue at hand, a later start time.

Longer breaks between classes would help.

Again, the flexibility to decide classes and homework time assignment.

Offering a Zero Hour study hall with tutors.

If actual core classes were taught then, rather than weights and other courses that don't interest them. Most teachers don't want to get up early now to teach a Zero Hour.

Can eat breakfast during.

Weather would be a negative impact, otherwise, either way is fine. My child can walk to the high school, if needed.

Have it at the end of the day.

I think that if they had a few Zero Hours where you could just go in and get homework done in the morning or ask questions that would be very appealing and helpful.

No, really this would force them to participate, so they would have a ride. Then they would get out later and still have the same sports, after-school stuff, etc. This would not allow more sleep and would only increase my students' workload and responsibilities. This would be harder for them.

It's not an option for our family and morning commute dropping kids off at three schools.

The ability to talk to certain teachers that are only available during seventh hour.

Make available to freshmen.

Even if they did participate, that doesn't help practices starting earlier.

The only reason she would participate in Zero Hour is because I'd be able to drive her to school.

It all depends on practice schedules.

Not really. He will be junior next year, and plans to audition for an extracurricular choir next year that meets during Zero Hour. That means he is likely to have Zero Hour next year, regardless of start time. I would prefer if he did not have to walk to school in the dark for his Zero Hour.

We were never offered Zero Hour.

I think Zero Hour should be interesting subjects specific to students' interests, not just the basic requirements. It would be a positive start to the school day and keep them engaged.

To allow them to advance in a subject, for example math.

Not appealing to my student but appealing to me because I would force them to attend a Zero, so I could still drop them off and be to work on time.

We would have to do the Zero Hour to make it work with our family.

They are already up.

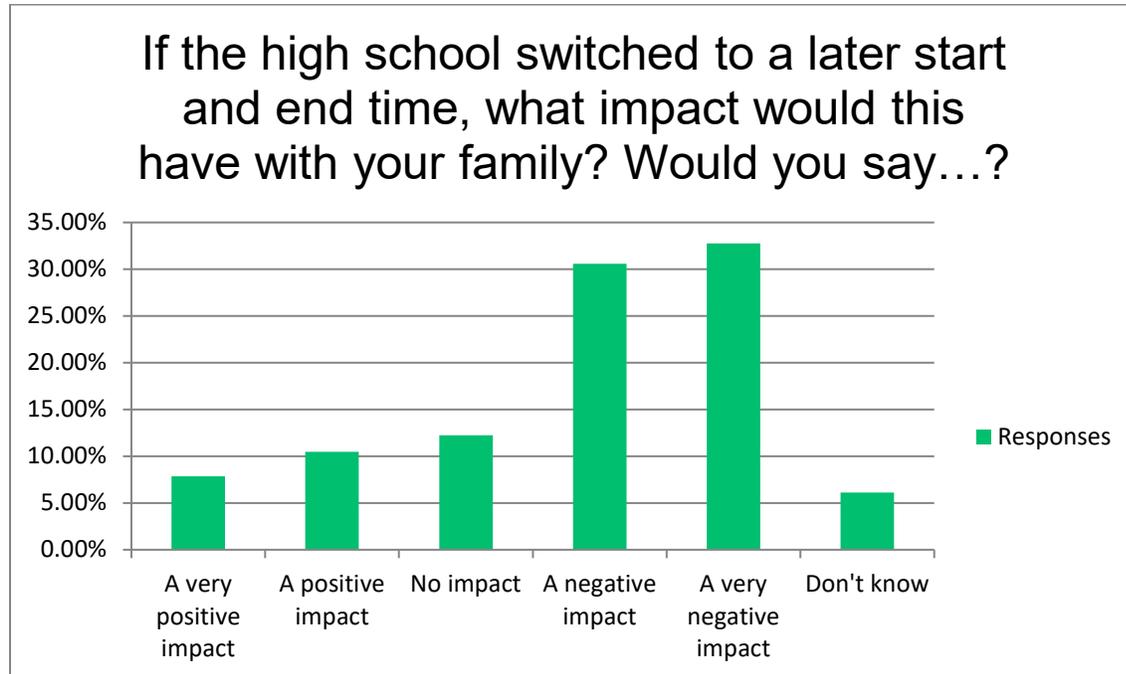
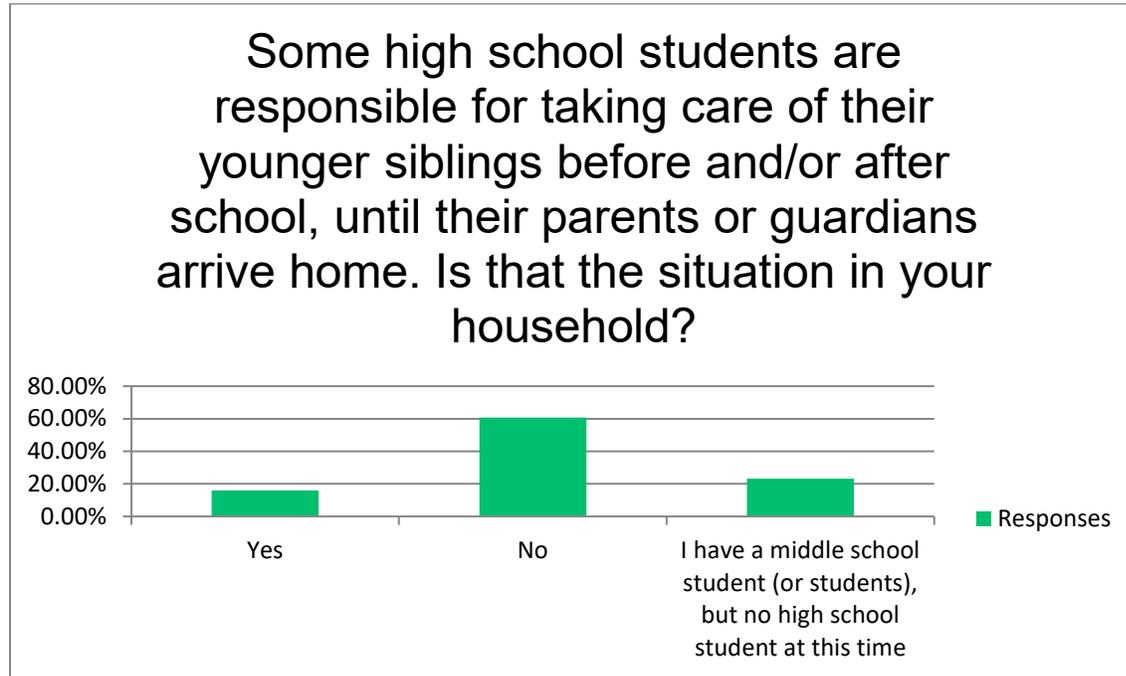
You are a bunch of idiots.

More time for the ridiculous workload.

Free coffee and Zero Hour clubs.

Staggered days.

We then asked if later start and end times would have an impact on sibling care and the students' families.



What would the positive impact of this change be on your family? *Responses were coded, based on common words, phrases and ideas. Numbers, rather than percentages, are displayed.*

Response	Number
Other (see below)	12
More time in the morning/less rushing	9
Easier to help with younger siblings	7
More sleep/energized/focused	7
Drop off/pickup easier	4
More aligned w/parents'/siblings' schedules	4

Verbatim “other” comments

The vibe in the house would be much calmer; no one would have to worry and stress as much, especially with more sleep and a rejuvenating morning shower.

All positive.

I don't know.

Less time to be at home, before parents arrived from work.

Their end time would more closely approximate that of the elementary students. If anything, this should be flipped. The younger children could have an earlier start time if needed for busing. Having them all align in their start and end times would be ideal.

More time for students to rest. Less time for parents to deal with their children.

It would allow them to start their religious training later in the day.

I work the night shift two-three times per week and don't get home until 7:30-7:45. My older child has to be responsible for giving my younger child medication and breakfast. With a later start, I would be able to oversee this and ensure a safe, happier start to the day for them.

Stated already.

As long as my child can get him or herself to school, we can adjust. It pushes dinner and bedtime back. I think it would be better for kids and harder for families.

A better rested teenager is more stable emotionally, handles the challenges of the day with more ease and is simply nicer to be around.

We don't live on a farm. None of our neighbors live on a farm. Lawrence is a suburban community. There is no reason why school should start this early. It's a positive change for all. Period!

What would the negative impact of this change be on your family? Responses were coded, based on common words, phrases and ideas. Numbers, rather than percentages, are displayed.

Response	Number
Not home in time/nobody home to watch younger siblings	48
Doesn't align with parents'/siblings' schedules	35
Not have a ride to and/or from school	24
Other (see below)	21
Need to find alternative/no other child care	19
Activities/sports start later/get home later	17
Impact family time/late dinner	15
Not able to pick up and/or drop off younger siblings	14
Less time for/late homework	10
Stay up late/no extra sleep	10
Everything	5
Extra cost for child care/financial strain	5
Later/longer day	5
No bus service/too far to walk	5
More stress/more rushing	4
Still have to get up/drop off early	4
HS student home alone	3
Impact after-school job/less money	3
No downtime/free time	3

Verbatim “other” comments

We are used to waking up early.

I listed these impacts in the previous question concerning disadvantages.

Just would.

Kids wouldn't actually get more sleep because parents would need to wake them before they leave for work. Morning and afternoon schedules would be a nightmare. And since there wasn't a comment box on the Zero Hour question, I'd like to add that my kid has done Zero Hour at LHS once. He would do a lot more of it if classes were held at LHS similar to those held at FSHS. Right now, it's just weights. Weights – really?

The school district already has made it a nightmare for me as a single-mother of four children. Last year, I had an elementary-schooler, middle-schooler, and high-schooler, and they EACH had different vacation day-schedules, start and release times, Zero Hour commitments/drop-off limitations (don't get to school before 8:20 or 7:45 or you wait outside (despicable), and varying homework demands from night to night, ranging from one-seven hours of homework on any given, random night. It would be negative to add more change and inconvenience to the already confusing mix, and to make the kids lose some of their evening time. In our family, I have to be at work between 8 and 8:30 a.m., so I would have to arrange transportation for my high school daughter, who does not

qualify for catching the bus, sadly. It's already tough enough for our family. I would consider virtual school, if the hours for high school and middle school change.

Complete disarray of normal daily logistics and functioning.

Currently there is only one late start day for high-schoolers and we are able to adjust work schedules for this, but not sure this would be doable every day. We feel it is important to be home, until our children leave for school.

Trying to wait until the earliest drop-off time and then still make it to work on time.

Family schedule, child care time and increasing child care costs, transportation, time for homework, extra activities. Two parent working family! How about year-round, full-day school? Not interested in Rick Ingram's bourgeois opinions!

It just causes the day to end too late. This isn't something that benefits the kids. This is a proposal for the lazy adults.

Just like early release Wednesday, we would all, collectively, have to massively change our schedules to accommodate, essentially, the school district.

We have five kids to get out the door in the a.m. There is no reason high school needs to start later than other schools.

Our morning routine, breakfast time, after-school care, after-school routine.

If I haven't stated enough, it would completely shift the family dynamics and be a huge impact negatively on our family being that we have four school-aged children and both parents are employed.

Most employment starts at 8 a.m. and the ability to be able to drop the children off would be highly impacted. Not all parents work in the Lawrence community and work in neighboring towns/cities and a later start time would make it impossible for parents to make it to work on time.

As explained.

All family schedules in the morning and evening would be disrupted. You need to consider how this impacts everyone.

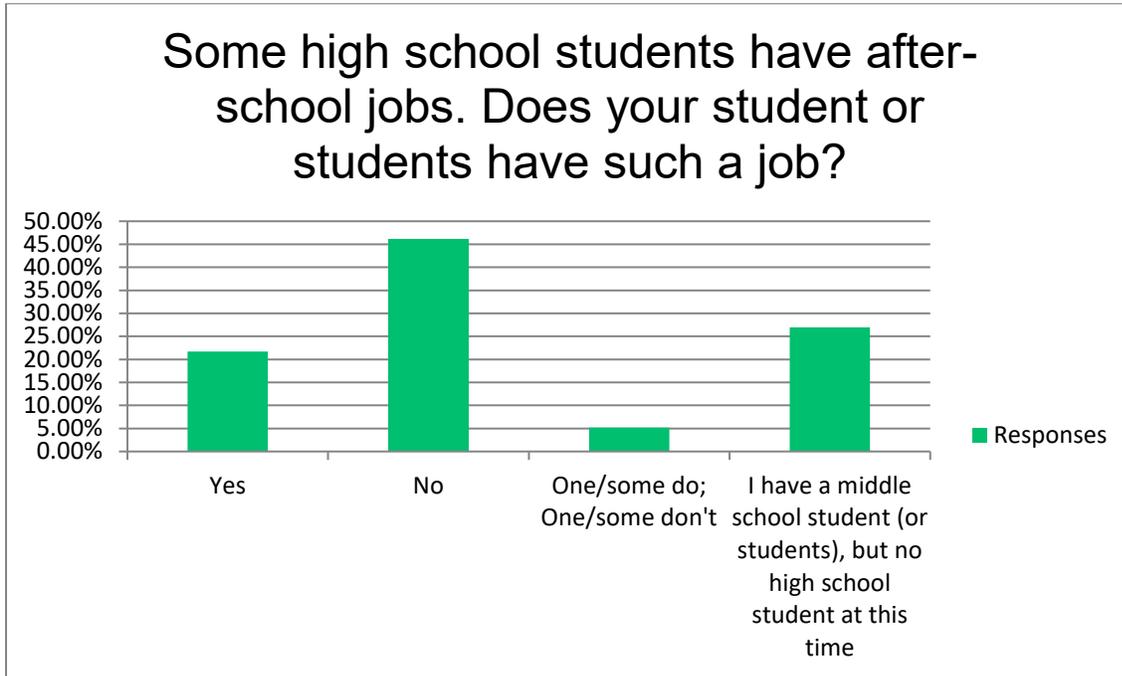
Too difficult.

Same reasons I provided in earlier question: one HS student will put our disabled HS on her bus; that's only if they only have to wait five minutes. I cannot ask him to be responsible for her for longer than that, so I would lose that option. That means I would not be able to be at work at the start of my shift and may lose my job.

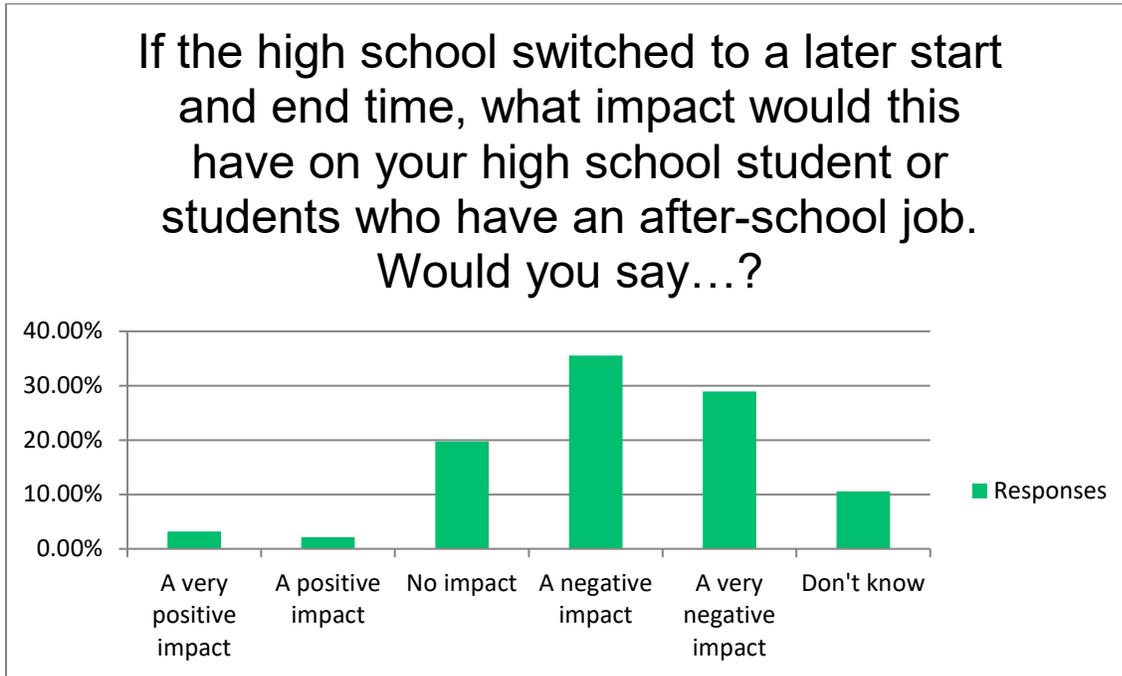
As already mentioned, a later school start time would impact parents' work hours, pushing them back. It's hard to see any benefit.

This would disrupt our routine and create difficult situations for everyone involved.

We next asked about the students' after-school jobs.



We then asked about the potential impact of a later start and end time on the after-school job.



What would the positive impact of this change be, in terms of your student or students' after-school job? *Only 16 respondents answered this question. All their verbatim responses are below.*

I don't know. But I think it's really important for school to start later. Ideally, it would also end earlier.

Jobs are flexible to accommodate the class schedule. Regional jobs would understand that their employee base in his age group would all need to be in school until the end of the day. This is a non-issue.

She could go straight to work, instead of having a weird amount of time to do nothing with.

Time in the morning for homework.

More time to earn more money.

More sleep.

They could work before school.

I think that it would allow them to learn to have open communication with their employer about scheduling conflicts.

He would be able to complete his homework prior to going to his job, which could potentially improve his GPA.

None.

Because she would have time to get ready and drive all the way over there.

The employer would need to adjust his expectations, accordingly.

They would have had enough sleep that night to take on this job.

Meal prep for home transportation.

Less downtime.

If they have a late shift, they can still get a little more sleep. They are already under a lot of pressure and studies do show later start as a good impact on learning.

What would the negative impact of this change be, in terms of your high school student or students' after-school job? Responses were coded, based on common words, phrases and ideas. Numbers, rather than percentages, are displayed below.

Response	Number
Fewer hours/less availability	87
Work later/home later	55
Less time for/no time for homework	45
Would have to quit/may get fired	31
Other (see below)	27
Would be late/conflicts w/job start time	23
Activities/sports start later/get home later	17
No time in between school and work/no time to get ready	15
Less money/loss of income	14
Later dinner/less time w/family	12
Have to change work schedule	11
Bed time later/no extra sleep	8
State laws already limit working hours	8
Need the money for/saving for college	7
Already answered/see previous responses	5
Leave for work later/less daylight	4
Added stress	3

Verbatim “other” comments

Would not be able to work as much or would be forced to leave school early to get to job.

School team practices would start later and, thus, end later, and already some days in the fall my student has to go straight from practice to work. She would have less flexibility on the classes she could teach at her workplace.

Really?

One student has a job that relies entirely on LPS high school students, so I'm sure that the job timing would change in response to school release times, so no impact. However, one student has a job that requires her to drive to Kansas City to do some teaching, and that job would not be possible with a later start time.

In order to get to the shift, they must leave after school.

Facilities in the community cannot be expected to shift their schedule for their younger employees. For my daughter, her job times are based on teaching dance classes with elementary-aged children. The class times most likely will not change from their early afternoon time. She already doesn't have time to eat or go home until 9. This would mean that she and many other people would not be able maintain their jobs because all facilities in the community cannot be expected to shift times because of their employees.

They could not work on weekdays to support our family. They would have to drop out of school.

My student has Zero Hour, so he is able to go to workouts and his job by 3. Somedays, he is able to work out and get to work by 4. If he went to school until 4, neither of these could start till 4:30. Something else to consider is after-school appointments: orthodontist, dentist, doctor, physical therapy. Difficult to get times after 4 and rare for after 4:30-5.

Less time to work. Can only work until 7, according to laws, so that would cut into his hours.

It is already difficult for them to find jobs with hours that start after school and don't go too late. This will make it more difficult – not to mention that this will mean she gets off of work at a later time, if she has the same shift as she does now.

They would not be able to work weekdays, due to extracurricular activities.

There would be no time to work in the evening or after school, since she also has dance every night of the week.

She works on a farm. During most of the school year, it gets dark early. She wouldn't be able to get her work done before dark, and then it would be dangerous bringing the animals in.

Getting home later means fewer hours at work. She'll need to make up those hours to receive the paycheck she is used to seeing, therefore, more hours on the weekend, which would affect club volleyball and homework time.

He needs to be available by 3:30 p.m. some days.

He would still be able to work weekends and could take a Zero Hour and still get out at the same time as he does now, if needed.

He takes care of animals and they are used to being cared for daily at same time. This wouldn't work.

He won't have enough time to study after his job. If the current time is not broken, why change it? Why mess with it???

My student works at a facility that is only open 7 a.m. to 6 p.m. on weekdays. She heavily relies on Zero Hour to get more hours in, and a later arrival time would make it impossible to work at this job, which she is incredibly passionate about, during the school year.

Difficult to manage sports or club activities and job and late start. Cuts into family time as well. If we are preparing our children for their work futures, many professionals are up at 6 and on the job by 8 a.m., not 9 or 10.

Negative – enough said!!!

He would likely only be able to work on the weekends, especially when winter and spring sports begin.

His soccer is a job and he needs to be in KC by 3 every day.

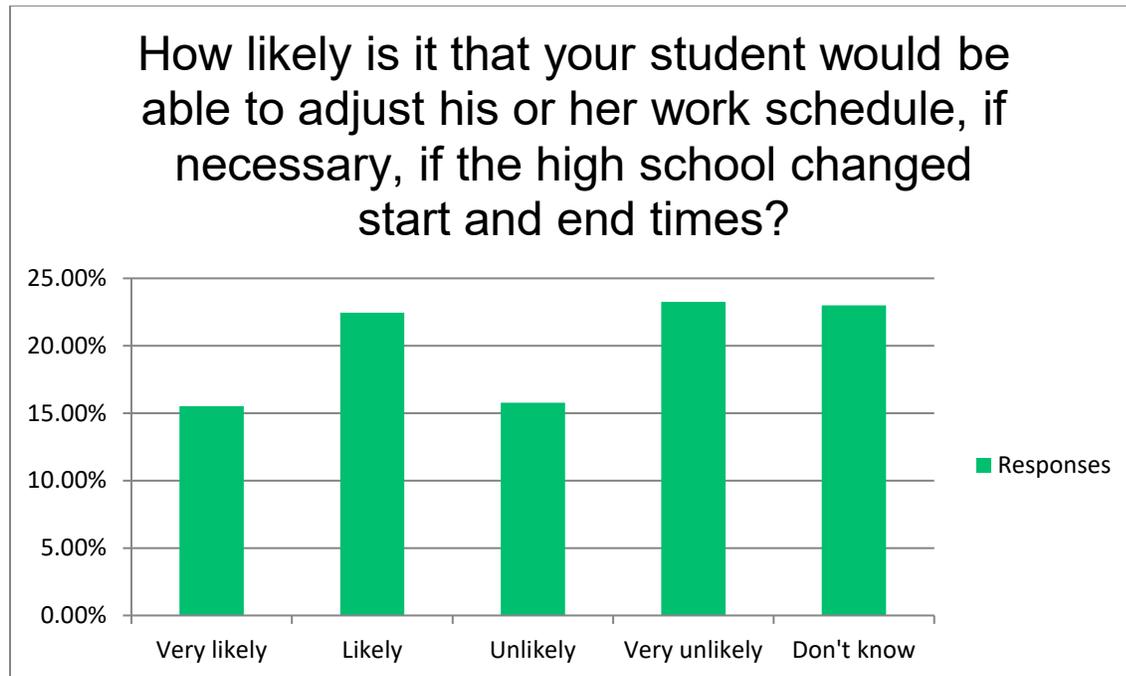
Would eliminate opportunities or hours able to work. Employers want a certain number of hours to make it beneficial.

She starts work right after school at 2:45.

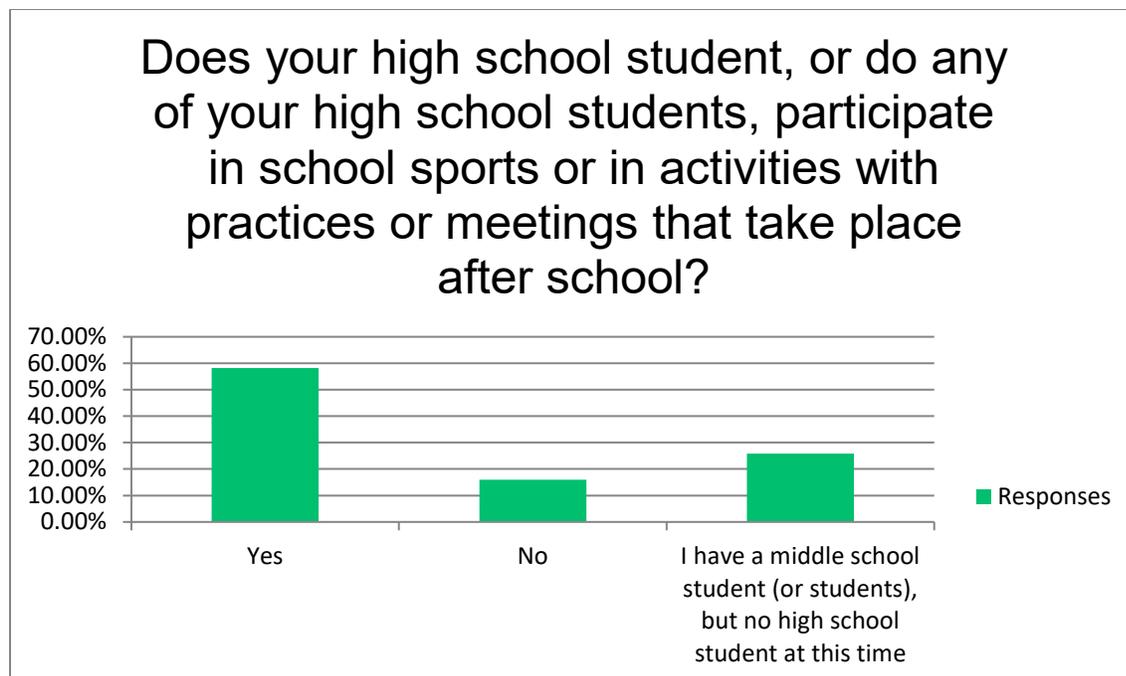
How are employers supposed to staff correctly if their after school employees are late every day?

Not as much time to be responsible.

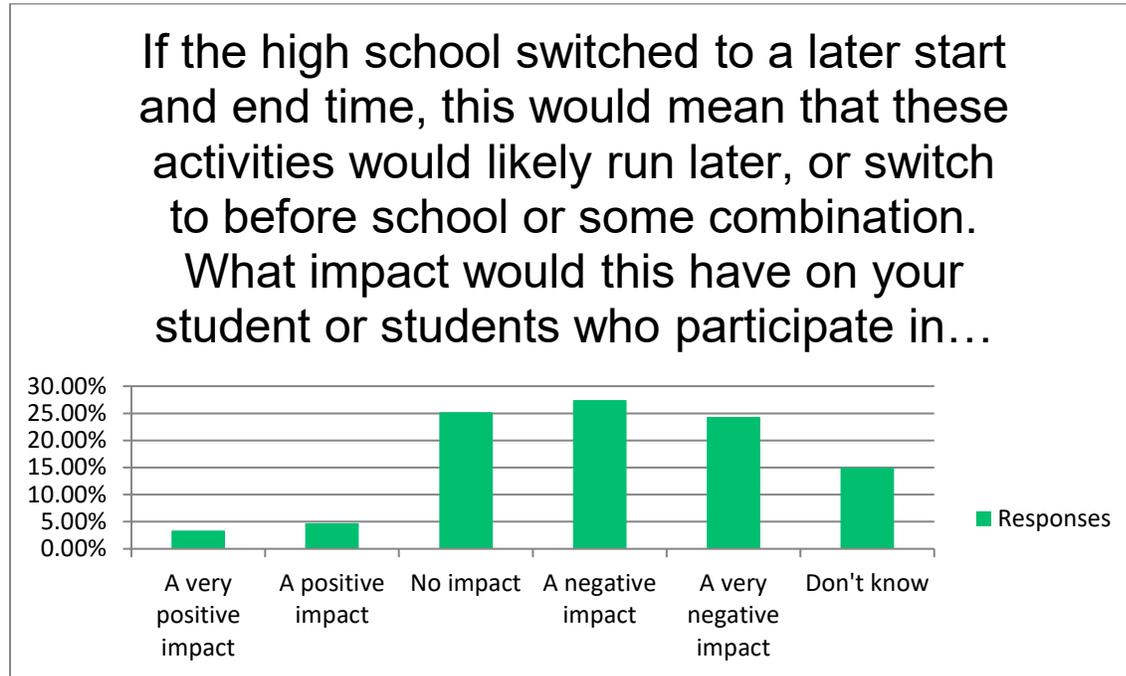
We also asked about the likelihood of the students being able to adjust their work schedule.



We asked whether their students participated in any sports or activities.



And we asked about the potential impact of new start and end times on the sports and activities participants.



What would the positive impact of this change be, in terms of these school activities for your student or students? Responses were coded, based on common words, phrases and ideas. Numbers, rather than percentages, are displayed below.

Response	Number
More sleep/better rested/energized	16
Other (see below)	14
Easier for parents to attend activities/sports	6
Closer to parents' job ending time	5
Easier to drop off/pick up	5
Improve physical/mental performance	5
Only positive if before school	4
Don't know/No change/None	3
Not have to find another ride	2

Verbatim “other” comments

She is more of a night owl already.

Getting home later and getting homework done later, which could mean getting to bed later – and would mean getting less sleep.

Let’s teach our kids to take care of their brains and bodies first, so that they can have the energy to participate in school activities/sports!

Stay busier at school doing activities, instead playing video games at home!

As long as not getting out at 4 – positive effects.

The positive would be finding an easy-medium between late practices but also late arrival.

Home schedule will be adjustable.

My child does not have to hang around the school until practice starts. Practice sometimes starts at 5. They can have more time to study and sleep, if practice starts right after school.

Does not make a difference, if the start is at 3 or 4 and ends at 6 or 7.

Good overall – Don't see any drawbacks for our family.

I think the overall positive effect on academics matters much more to me than activities. I understand the importance of activities, but you have to prioritize academics. I am a little concerned about cutting deeply into family time in the evenings. But I think that there should be some sort of standard for how late soccer practice can run, or that choir practice can only go long in the three days prior to a competition or whatever. These should be clearly delineated to teachers/sponsors IN ADVANCE of the change of start times.

Less time for trouble.

More likely to participate.

If before school, it would be helpful. If later, I would be somewhat concerned about time in the evening for homework.

What would the negative impact of this change be, in terms of these school activities for your student or students? *Responses were coded, based on common words, phrases and ideas. Numbers, rather than percentages, are displayed below.*

Response	Number
Less time for/late homework	184
Activities/sports start later	116
Stay up late/no extra sleep/more tired	111
Later meals/less family time	96
Get home late/everything later/less daylight	80
Hard to get to school for morning practices/eliminates late start	70
Impact other activities/non-school commitments	36
Other (see below)	34

Less time for/have to quit after-school job	32
Miss more class time/other districts' schedules won't change	32
Difficulties with transportation	30
Negatively affect every family member's schedule	30
No downtime/time for anything else	30
Need to drop some activities/not participate at all	20
Keep the times the same	16
Same answers/see previous response	14
Chores later	12
Dark outside/less playing time – fall/winter	10
Couldn't do Zero Hour	8

Verbatim “other” comments

She is already at dance until 8 or 9 on most nights, and then has to come home and finish the homework that she couldn't get done between classes. This would press that later, assuming that her dance classes would also shift later. And, as I've said before, because she rides to school with me and I teach middle school, she won't be able to arrive at the later time anyway. And on the question of whether she would take a Zero Hour, it would be possible, if LHS actually offered academic Zero Hour classes, like Free State does. It is not equitable that students at Free State are able to access academic courses during Zero Hour, but students at LHS are only offered weights. This is not the way that it used to be. I taught at LHS for my first five years of teaching. There used to be several academic courses offered during Zero Hour at that time. This is emblematic of the lack of access to equal academic opportunities at LHS in comparison to Free State.

As I have provided throughout the survey, pushing back the start and end of the school day, will affect their family life, sleep, eating, and any activities they do outside the school day. Athletic practices after school already run to 6-6:30 p.m. four nights a week. This puts the children home by 6:30-7p.m. Dinner from 7-7:30 M-Th. Homework 7:30-9:30 p.m. Bed by 10 p.m.at the latest. If the times are moved back, you can intuitively see how this is going to affect family life daily.

The negative impact would be practices and matches running later in the afternoon or evening. But that is a price we are willing to pay for a more humane start time.

I've already explained it...delaying the inevitable, all of which still needs to happen in a day – but if it begins later, all of it is affected...and happens later (or doesn't happen at all).

The later finish time, but if we are only talking about 30 minutes, that's not a big deal!

Again, our child would be focused on getting home, rather than wanting to practice with the track team. The social impact would be compromised, and not sure if he would be willing to stay with his peers.

My student doesn't want to go to school until 4 p.m.

Driving home later. Starting homework later.

They would be so hungry and tired and cold.

It alters the entire family's schedules with an end result of additional financial burdens that could not be met.

What is the good in having a later start time, if students who are involved in school clubs or extracurricular activities would have to potentially meet BEFORE and after school?? Or stay later into the evening after school?? You are punishing the kids who want to be involved in their school community and eating further into any family time that these students might have between activities.

Cost and time prohibitive.

Chamber Orchestra would have to be adjusted again and there are already issues with scheduling as is.

Starting to run into late-afternoon commitments involving siblings. This would create logistical issues, since there's no bus to bring him home from school, when after school activities are finished.

ADHD medication is done by night time.

Golf practice would end earlier and put players at a huge disadvantage.

Students' rate of athletic ability would be worse in the morning.

Since work lets out at 4:30 and going home for 30 minutes to an hour is not convenient and will waste gas.

These kids have to balance practice and school work. Currently, practice ends at 5:30, which gives my student 30 minutes to grab dinner and get on to the next rehearsal for band. If we have a later end time, it would be very difficult to make this work. A split time would be hard to diligently get work done, and a late practice would mean a tighter study time.

Our student may have to choose between staying after for activities and going to work.

Not just the later time but school bus routes would be effected.

They already get out late enough.

They would be coming home later and eating by themselves.

Negative impact is your knee jerk reaction to consider shift later school times. Later dismissal times will impact the amount of time students have for other school activities.

My daughter would dance until 10 p.m., or she would have to wake up earlier, which would not create a better sleep schedule for her. My son would not be able to enjoy his senior year as much, with going later into the school day.

I like my child home in the evening.

My children split their time between myself and my ex-spouse. I live 20 miles from Lawrence and having to wait later for extracurricular activities to be done before departing for home has a negative impact on me and my family. The practical reality is that holding practices later would mean either greater stress on my family OR make it less likely that my children would be able to participate in these activities.

Athletes are conditioned to early morning routines.

Before school, then what is the point?? After school – less practice time means less competitive teams, meaning less college scholarship opportunities. Game time would not change, meaning more time missed from class, meaning more catch up and missing work.

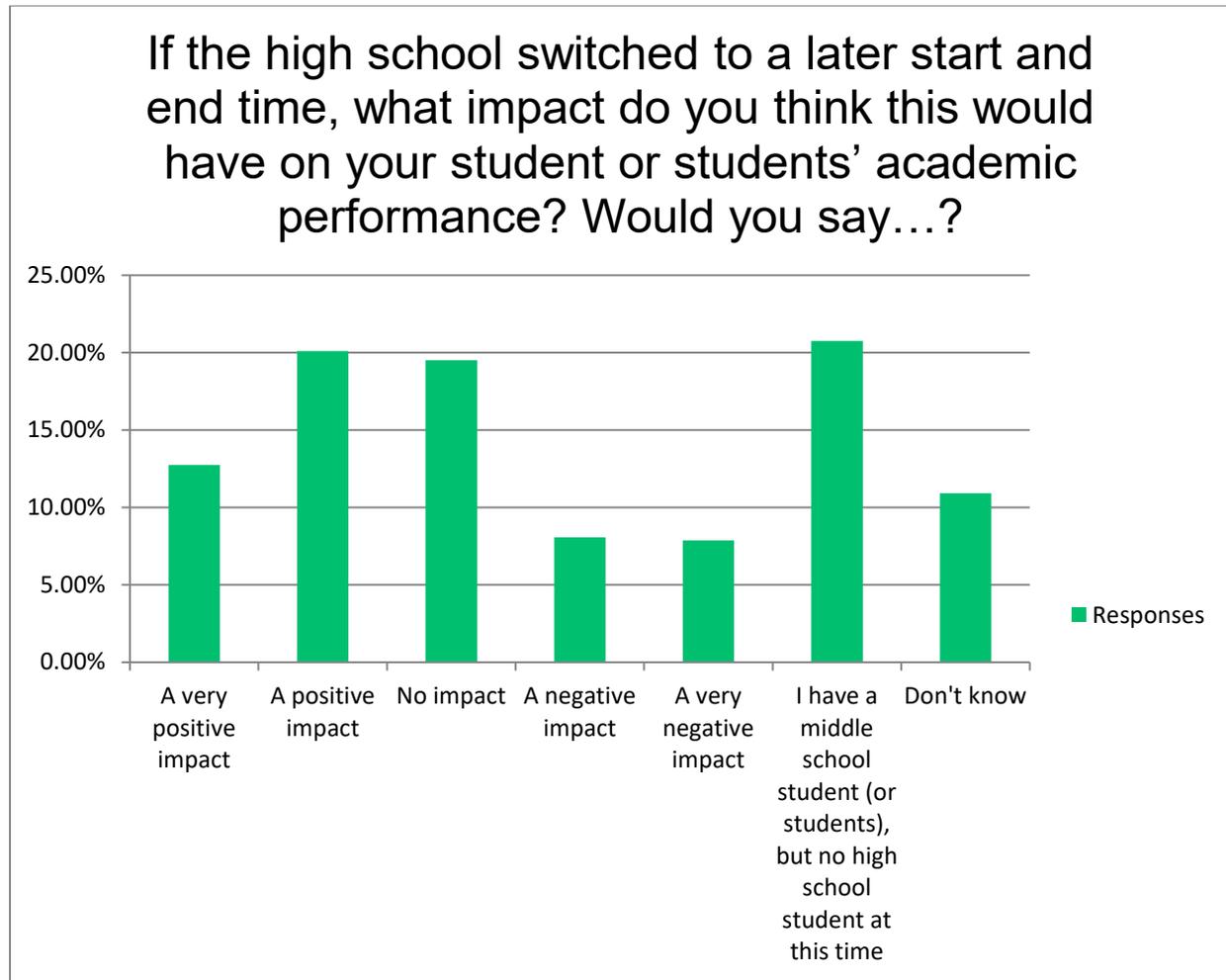
Some students have to drive elsewhere for practice and if school ended too late it would make it extremely difficult to go to practice and return home at a reasonable hour to finish homework and get to bed at a decent hour.

My family adheres to a relatively early bedtime.

Decline in grades, sleep, family meals.

Have other kids and normal life to balance as well.

Our next set of questions focused on academics.



What would the positive impact of this change be, in terms of your student or students' academic performance? *Responses were coded, based on common words, phrases and ideas. Numbers, rather than percentages, are displayed below.*

Response	Number
Get more sleep/more rested	282
More attentive/energized/focused	242
Research shows better grades/academic performance	94
No positive impact/N/A/None/Nothing	68
More time/energy for homework/study for tests	42
Less stress/better mental health	32
Less rushing/more time to get ready	30
Other (see below)	27
Don't know/Unsure	22
Time for homework/meet with teachers in the morning	22

May still stay up late/no extra sleep	18
Positive/better attitude	15
Better overall health	12
Might not fall asleep in class	12
Decrease tardiness	9
Just make everything later – homework, activities/sports, etc.	8
More time for breakfast	8
Have a middle school student	6
Don't change/keep the same schedule	4

Verbatim “other” comments

I'm not sure it would affect my kids' academic performance. They always enjoy and do well at school.

Spent most of daytime at school.

Because the student would have to change the way of doing everything at night and morning.

Time management flexibility.

Good.

She could sleep a little later, eat breakfast, and probably walk or ride her bike to school. That combination would likely help her to be more focused.

More peak cognitive function inside school day.

At conferences this year, the first-hour teacher mentioned having my student be more awake/alert would be helpful. In order to catch the bus, the morning routine starts at 5:45 a.m. My student already stays up late in the evening to complete school work, as the hours are set now. I think the extra sleep time in the morning would be beneficial to academic performance. As a freshman, my student is not currently taking Zero Hour classes. I think Zero Hour would be more appealing to my student with a later start time.

She would be able to get far in life and be happy.

If sports we're played, there wouldn't be any.

I don't think there would be one, as they would be getting home later and, therefore, cutting down the amount of time they have to work on homework.

Well-rested people generally function better in the classroom, in extracurricular activities and in sports.

The sample articles tell a strong story for increasing the start time. I am not convinced that the articles controlled for external drivers in staying up late (particularly the impact

of cell phones and computers being used by students in an unregulated manner near bed time) and demonstrated a true circadian driven need for starting schools later. Learning to get enough sleep to get to college classes and/or work on time still needs to be learned. That said, I do want my children (both younger and older) an opportunity to perform at their best.

As I understand, current research indicates that students of high school age perform better with later start times and that these later times better match their bodies' natural rhythms. If this is true, then all other considerations about activities, sports, etc. become secondary. The primary goal of high school is an education, and I hope that we make our decision for a later start based on that.

I do not foresee any positive impacts to this change; rather, I see this facilitating a false perception of the real world. You don't get to sleep in when you have to go to work. If the students are tired they need to go to bed earlier – period.

More flexibility in time management.

Based on Wednesdays, I'd anticipate they'd be more rested, thus, less anxious, and their academic performance would improve.

My son has ADHD, so a later start time might help him be more awake and have more time for the meds to start working in the morning.

She would be able to work and study more.

I don't think it would affect academic performance, and it would get them more accustomed to getting up in the morning for either a job or college. I see no benefit in a later start time.

More sleep, better attentiveness, attend a better college, become president.

Better use of time.

It is often hard for my teen to get up and moving in the morning. If he has had to stay up late studying or for activities the night before, the next morning he often has a headache and nausea. Getting more sleep and be able to wake up at a more natural hour would be beneficial.

Hopefully more rest and then they would be more alert during classes. I just feel that most people are more alert mid- morning. I also like the idea if they start later and the roads are bad it gives the road crew more time to work on the roads as well as people make it to work, so not as many people on the roads, when our kids go to school.

My son is accelerated in math by two years. Having the high school start later may make it easier to get the transition times worked out. He needs more sleep than the average

child his age. A later start time would accommodate that. My son is in a highly competitive non-school sport. Practices are later in the evening, so while he's working on homework after practices sometimes, this would help him to handle the late hours.

Better listening skills if he was more rested.

My student takes medication for ADHD. There are times where he has a lot of homework and his medication wears off before he has completed it. If school started later in the day, he would take his pill later in the morning and it would last for a little more of the evening. I also believe in the academic benefits described by the study results.

Increase.

33. What would the negative impact of this change be, in terms of your student or students' academic performance? Responses were coded, based on common words, phrases and ideas. Numbers, rather than percentages, are displayed below.

Response	Number
Less time for/later homework	94
Stay up later/get less sleep	54
Poor academic performance/grades	26
Activities/sports start later/get home later	24
Other (see below)	24
More tired/less focused – afternoon/evening	22
Make day longer/home later	16
Same answers/see previous response	16
Morning person/still get to school earlier	14
Don't change the times/disrupts whole schedule	12
More stress/less time for everything	12
Less family time/later dinner	10
Miss more class time for sports/activities	8
No time for non-school/outside activities	8
Impact after-school job	6
Not like the real world	6

Verbatim “other” comments

Our child would end up staying up even later and would get up at the same time that she does now, so she'd be getting less sleep. The homework load from middle school to high school is a lot more intense. Maybe a better solution would be for teachers in each area to meet at the beginning of the year and plan for ex. all math tests will be given the first week of the month, science the second week, English the third week and so on. Maybe two subjects the same week. It gets really intense when there are four tests in different subjects on the same day. Maybe there could be more communication among departments at the beginning of the year to spread tests out a bit more. That would help the kids get more sleep, since it wouldn't be all at once.

My kids have been “trained” to be early risers, get their classes in, study and then rest. Their productivity would decrease, if school were to start later.

The schedule they’ve lived by for their entire lives will have been moved, making them a half hour off from the rest of us. For many students they would still get dropped off at the same time they do now, making them more tired by time school ends from being here an hour earlier every single day.

They are used to getting up at a certain time and coming to school. They also have after-school activities that school would interfere with.

Later sleep-in time will result in later bed times. Student would be home alone in the mornings. Recent home break-ins nearby would be stressful – or cause changes in job schedule(s) that may not be acceptable.

Jobs. Sports.

Public school needs a paradigm shift to year-round school, not adjusting the start hour of the day.

It would simply push the starting and ending of homework to a later hour, hardly making it possible for them to get more sleep. This whole concept is somewhat like daylight saving time; there is more daylight, but the day is just as long/short. Moving start/end times only moves, when things happen; it won’t change sleep patterns. And moving when things happen has enormous consequences to home/work/social life.

My child has ADHD and is on routine. It would throw off appointments that he has after school.

Rushing to try to make it to practice on time will affect anxiety, as well as allowing less time to work on assignments.

One of our children struggles mightily with time management, and a later school day might exacerbate their problems with after-school productivity by shortening this portion of their day.

She would be doing homework later into the night and staying up later. She would still need a ride to school, so she would still be up at the same time in the morning. And someday when she might have a car to take herself, sure she’ll be leaving later for school, but likely will be woken up in the morning by the rest of the family getting ready for their day, and so no additional sleep would be gained.

For ADHD student, day is better than night.

Less time to meet with teachers after school or study. Also, she is used to getting up early. The later start wouldn't make a positive difference because the family is already awake, so there wouldn't be extra sleep – but a LOT of extra hassle with scheduling.

Staying up later to get homework done. He would take Zero Hour, so he wouldn't have to be in school so late and so less sleep in order to do that. But still have to stay up late to get homework done because sports and work would run later.

I believe that the switch to having to walk to school every day may decrease their enthusiasm and overall performance for school activities.

Laziness, sloppy work.

I stated before, students often have other obligations besides homework. Many have jobs, sports, church, family oriented activities that have to be kept too. If you get out of school later, have to work, and don't get home from work until 11, homework will take a backseat. The student will be hungry, so will grab dinner first, food makes you tired. They fall asleep and the homework goes unfinished. As of now, there is a little time in between school and work to get homework done.

Her bedtime is set for 8:30 p.m., and if she was to be home after 4, she wouldn't have much time for her chores and to help with preparation for the following day and to include having to do homework before her bedtime.

Just putting his whole day off.

My son is in AP classes & spends quite a bit of time studying. Making school later just makes for a longer day, since I would have to wake him up early anyway before I go. He is a heavy sleeper and will hit snooze, if I don't get him up. So, changing the time will make him crabby. He will stay up later to study, but I will have to get him up at the same time as I do now anyway.

Unknown.

My son naturally wakes up early (and goes to bed very early). He is opposed to the change.

They are performing fine now. With all the negative aspects this would create on the family, this would have a negative impact on their academics. That is, the stress and added strain on the family will impact their learning. They are all members of the NHS, with the youngest getting grades that makes them eligible. So, time would not make a difference. What would make a difference, based on research, is smaller class sizes, less rotation of teachers, better equipment, better learning environment, support staff to facilitate tutoring and just in time learning, and the list goes on.

We followed this with a general question asking for additional comments.

Now that you have read some of the issues the committee has been discussing regarding how such a change in the start and end times could affect students and their families, do you have any additional comments you'd like to share on this subject? Responses were coded, based on common words, phrases and ideas. Numbers, rather than percentages, are displayed below.

Response	Number
Current schedule is fine/keep it the same	198
Would prefer later start time	80
Students will still stay up later/get less sleep	68
Terrible/bad idea/doesn't make sense to change	58
Other (see below)	55
Activities/sports start later/get home later	46
Doesn't align w/parents' work schedule	46
Not like real world	40
8:30 is a good start/small change is OK	36
Less time for/later homework	32
Not same schedule/all schools should be aligned	32
Create transportation issues	30
Better rested/more sleep	26
Better academic performance	26
N/A/None	26
Extra cost outweighs benefits	20
Less family/dinner time	20
Mess up all family members' schedules	20
Not enough evidence/won't improve academic performance	18
Harder to transport/help w/younger siblings	12
Impact after-school job	12
Later start is better for overall health	12
Like 9 a.m. start	12
Negative impact on Zero Hour	12
Offer more Zero Hour options/not equitable at both high schools	12
Reduce screen time/go to bed earlier	12
Change is long overdue	10
Could create bus issues/extra cost	10
Still drop off early/get up early	10
Don't like late start Wednesdays either	8
Later start/earlier release	8
Shorter school day/week	8
More traffic	6
Offer a variety of start times	6
Same answers/see previous response	4
Thanks for addressing this issue	4

Too much homework is the problem	4
Late start is safer	3

Verbatim “other” comments

Wednesdays are great days; nobody complains about Wednesdays; make every day feel like Wednesdays!

The question about after-school activities should have been two questions. If the result is later practices, the impact would be positive in our case. If it resulted in early morning practices, it would be negative. The question didn’t allow you to differentiate between these two very different outcomes.

Focus on the single parent households and those below the poverty line. The adjustment may or not be something that supports a struggling household.

Start and end times aren’t the issue that the committee should be addressing. The amount of sleep a child gets is the responsibility of the parents, NOT the school district. Making the start and end times later will have absolutely no positive bearing on how much sleep a child gets. Also, the most rejuvenating sleep occurs earlier in the night, so going to bed later and getting up later is not the solution. As I’ve mentioned earlier, cut the amount of homework in half school-wide and see if academic performance increases. Quit wasting resources looking at something that will have no real positive impact on our children. Instead, look at how education is conducted and change from a 100 year-old, outdated model to one that is more conducive to the current generation...and more computers in every classroom is not the answer!

This would be a horrible disaster. There are already students who have to be dropped off early before parents go to work, and having them sit around for another 30 minutes waiting for school to start is a problem. Creating additional Zero Hour class options creates more hardship for teachers and staff, and makes them less available before and after school, since students & teachers could have different starting and ending times. Later practices and performances will have a negative effect on academic performance, and could result in fewer students participating in sports and activities.

Start earlier.

Keep current Zero Hour schedule for students maintaining academics etc. If the majority can’t get themselves in gear by the current start times, consider pushing back the normal start times but don’t alter the current Zero Hour.

If you want future students input you should require us to select I have a middle school student. Survey or questions should be answered by all participants. For example, I can anticipate how my middle school student will get to high school. Are there sports or activities before school? If so will those times change? If activities or practices are held before school and/or there is a disorganized plan of homework (i.e., not looking holistically at homework/practice/extracurricular activities), you may continue to have

the same problem. Don't you find it interesting that the Silicon Valley schools require paper and pencil rather than iPad or tablet learning? As students are more mobile in high school, yet parents are responsible for ensuring their attendance when the school schedule and a parents work schedule do not mesh, additional family problems will develop. Not everyone has the ability to set their own schedule or has a flexible boss. I do hope you will take into account the non-negotiable items of employment. And does a later start time ensure adequate sleep or just the opportunity to stay up later? I don't know what time you are thinking of starting, but as many parents commute, you may make it more difficult for everyone.

I certainly understand the consideration of starting later and appreciate that this comes from a place of care. I wish there were more efforts to "walk back" some of the educational rigor in our public schools. While I don't see how full-day kindergarten can be taken away, what about naps and free play? Kids are forced into the system of education so abruptly it feels like.

Just that the answer options were limited. "Maybe" would have been my answer to several, instead of being forced into positive or negative answers.

This is a very annoying idea. USD 497 is extremely unpopular already in many ways. It's too bad.

We are under-serving the kids in two ways: 1. they need more sleep. 2. they need more fitness. I beg of you to incorporate phys ed. EVERY DAY for all students.

Nah, just don't do it or we go to Perry Lecompton.

I'd like to keep Wednesday block days.

Lawrence has a very good public transportation system with affordable passes for students – transportation to and from school should not be an issue. People dislike change in general. Scientific studies show this is best for our children and their brains - we have a responsibility to make changes, even if some find it unpleasant.

Be adults, stop coddling children. Generations of this nonsense have given us the delicate snowflakes that cannot function in society any longer.

The biology of adolescence has not suddenly changed in the 21st century. I grew up getting on a bus at 6:50 a.m. Kids today can't wake up because they are up late playing on their phones. This will not change with adjusting times. My daughter was an exchange student last year and the school in that country started at 7 a.m. Parents need to enforce bedtimes even in high school and help prepare their kids for adulthood.

Teenagers will have more time to do the devil's dirty work after parents leave for work in the morning.

I think it would be very helpful to all of the students, and they could spend more time with their friends.

Not at this time. Hard to answer these questions, until this is in place. Too many situations involved then these basic questions.

We will all adjust if you change the time. People should give it a try. Research backs up later start times.

My son rides the school bus to SWMS, so we are fine with whatever school start time it may be. When he is in high school, we will be ineligible for school bus service (as we live within one mile) and it will make a difference. If school bus service distance limits were revised to cover families that leave closer but still too far to walk, it would be helpful.

What about on Wednesday that are shorter days.

I'm glad that this is being discussed and that so many things are being considered that I hadn't thought of, such as after-school jobs. My children have expressed they want to get after-school jobs when they are a little older. If all of my kids could have Zero Hour classes, then I believe this would work out well for us. If not, then this would be a hindrance, simply because I still have to work at 8 and they will still have to show up before 8.

No, other than to say I don't think you will ever be able to make all parents/guardians happy with a start time. We all have our own needs/agendas. I'd like to believe the science in that it is better for the kids, but I also can see most kids just staying up later and not really getting in more "hours" of sleep.

I am OK with flexible start and end times and think this should be part of a larger conversation around High School Redesign. A simple solution now would be to add a 9 a.m. start for those who want it. Transportation shouldn't be provided though and practices should still start at 3:15. Basically, athletes wouldn't be allowed to start their day at 9, unless they were taking some virtual classes.

I think this should be optional.

ADHD kids do better in the a.m., when medication is working; going later into the night just means more problems.

Change is hard for most to accept, but I trust the committee will review all the data and come to a decision that is beneficial for all, and what is best for our children. Thank you for all the time and effort you are putting into this proposal. I appreciate you.

One of our middle school students has a Zero Hour class. Our student has to be at school at 6:45 a.m. As if getting up early wasn't already a struggle, this adds even more stress

for students and for parents. And, obviously, the farther away you are from the school, the longer the commute and the earlier the morning. The schools need to not offer Zero Hour classes or implement a later start. It's too much and too hard on families.

A longer lunch period would ultimately help all the students, since they won't have to stuff their faces in 10 or less minutes.

These studies seem to be minimizing the psychosocial aspects of the problem. They seem to assume that students and parents cannot be educated on the timing of the sleep/wake cycle and light exposure of adolescents, or that these efforts would be unsuccessful. An alternative to later start times is earlier bed times and reduced exposure to blue light late in the evening. Another possibility is reducing the amount of assigned homework and late-evening school activities. Through educating parents and students to have earlier bedtimes and more positive sleep routines, it would by far be a healthier choice than putting on the Band-Aid of just starting school later. By doing this, we would only be enabling poor health choices. The later start times could also have the negative impact of disproportionately affecting single parent households or households with two working parents.

Yes, get rid of the three-month summer break. It's ridiculous. It is a strain on our family because we have to leave them unattended, even though they're old enough to be on their own. We have to work, so we cannot carpool them around to various camps and activities all the time. Most importantly, the kids forget way too much during the summer! They start behind at the beginning of the next year. There have been studies done on this of the negative impact having that much time off does to students. Other countries have increased the amount of breaks (several shorter breaks) through the year and lessened summer break.

I understand it will be challenging to make a decision because families have different needs, but for us, whatever the decision, we will be fine.

I believe all of the important subjects have been covered.

I don't see a problem with starting school at a later time. In fact, there are many positives to this. High school students could help younger siblings get to school. They could get additional sleep, which is so important. However, ending the school day at 4 p.m. could be challenging for after-school activities.

If kindergarteners can start at 8, I don't see why high school students should go later.

My high-schooler is in several area bands. He often practices with his bandmates after school. This is an out-of-school event. In addition, my middle-schooler participates in other community events and classes at the Lawrence Art Center and Theatre Lawrence. There would need to be coordination with these agencies as well.

Please survey major employers – KU, city, county, LMH, Hallmark – about impact of later start times on parents' working schedules.

As a middle school parent, I didn't get to respond to many of the questions, as almost all were for parents of current high-schoolers only. You might want to consider asking parents of middle-schoolers another set of questions, as our kids will most likely be among the first to experience the new schedule, if it is adopted.

Too many questions in this survey!

Traffic in the parking lot is a frequent complaint we hear at our house. A later start for Zero Hour classes might make them more appealing and help stagger the arrival and departure times, helping with the traffic congestion.

Not right now. Do you have firm time tables in mind? What start/end time is being considered? Perhaps that should be part of the survey, so parents are actually able to think about what if any affect that would have on their jobs.

I really think the later start time should be at the middle school level: fewer extracurricular activities to interfere with late start time, less homework, brains still developing and growth rate high, need much more sleep, kids this age are vulnerable after school to bad decisions and no more child care. A later start time would keep them in school longer, instead of at home or on streets left to own devices – less time to get in trouble. Or do away with Wednesday early release and everyone's schedule is shorter and more efficient with working parents. Build in plan time for teachers elsewhere.

Students' input on this issue should be given significant consideration.

I would much prefer that the school district add a power hour for lunch than to see the later start time. This has been done successfully at Blue Valley high schools. Kids have time to do homework or visit teachers or do a club activity. This would be so beneficial to kids who have to ride bus and can't stay for such things.

Students will just sleep in later and still get to school tardy. Late arrival days just lead to students being late to school. They'll still be late. 8:30 would be fine for students to start 1st hour.

Having a later start time would make it easier for my student to ask for help from their teachers or make up tests before school.

I think it's an interesting idea, but I'm concerned with how it's going to be pulled off. Free State already has so much happening with all the construction, why add in another problem on our stressed out students?

If the school changes its times to a later time set and pick up set, WE WILL CHANGE SCHOOLS, even if we have to move!

No I think there are pro and cons for both things. You will never make everyone happy. But it does not hurt to try something new and if it does not work you go back to the old ways. But without trying, we never know.

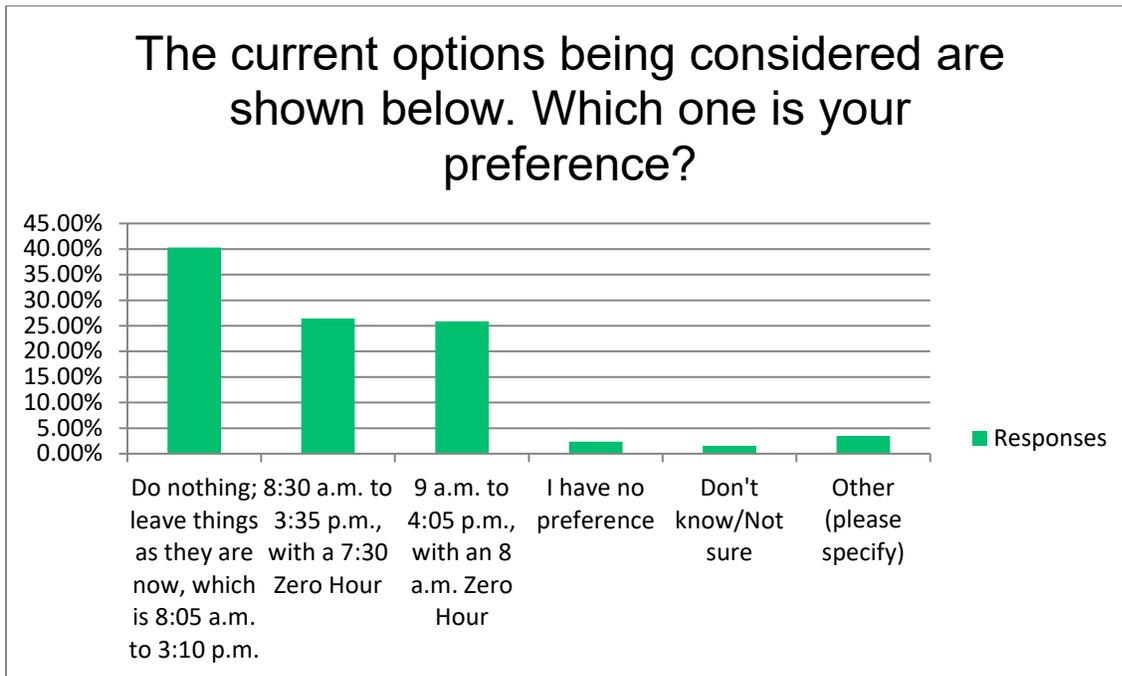
If this change is made, I would like the committee to revisit the requirement that students must live 2.5 miles from school to be able to ride the bus. While I support the change, I am concerned about how my child and his friends would get to school every day, as he and most of his friends would not have a parent still at home who could drive them to school, if it was to start later in the day.

No because my opinion will not change what this ultra-liberal school district will decide. My employer will not shift my hours, so I will be the one more stressed.

I think the later start times are a bad idea. As a bus driver for the schools, I have had parents come to me with their dislike of the idea as well.

The School Board or schools have made it to where are kids are allowed to be more disrespectful, lazy and unwilling to succeed...I have a lot to say.

We then asked which of the potential start and end time options the parents preferred.



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

Response	Number
Other (see below)	20
8:30 start, if have to change	7
Leave the times the same	6
Earlier start, like 6 a.m. or 7 a.m.	3
8:30 or 9	3
8:45-3:40/3:50	3
9-4:05, with or without a Zero Hour	3
Just one late day on Wednesdays is fine	2

Verbatim “other” comments

I think they should have multiple start times and let the families do what works for their family because not every household is the same and it is not fair to make one decision for the whole school district.

7:35 a.m. to 2:40 p.m.

What about three start times: 7 a.m. Zero Hour, 8:05 regular start, 9:05 late start? Power HOUR lunch. Six-period day, instead of 7. These changes would make Lawrence cutting edge, which we are not. We are so behind in educational philosophy.

Same class times, but open school earlier and close later for kids that need it, with more resources.

Shorten the school day or have a study hall. The reason kids stay up late is schoolwork.

10 a.m. to 4 p.m. and I think we should have six classes per day and an extended lunch.

7:30 a.m. to 2:35 p.m., with a 6:30 Zero Hour.

I’d rather spend money and time on a real solution to enriching students’ education in the classroom and not support a professor’s grant proposal.

Start school at 6:45 a.m. and be done at 1:30 p.m.

Offer more Zero Hour classes at LHS.

I would rather you keep it the same and just take the bullet of people complaining about sleep. But you could just create a Zero-Hour-like hour that starts at 9 and make it optional. Remove the current Zero Hour time of 7 and replace it with a later optional hour of 9. This makes the same change seem less drastic and people would feel like they have more of a choice.

Keep the current start time with an end-of-day Zero Hour for classes or in-building enrichment activities.

Eliminate shorter Weds and have every day be 9 to 3:35.

7:15/2:35.

8:30-3:35 and provide optional, fee-based bus transportation for students who live less than 2.5 miles from school.

7:50-3.

Add power hour. Start at 8:05 end at 3:35.

I don't have a preference but I don't want it to mess with getting my younger kids from school. But the time my oldest is in high school I will have to go to three different schools to get my kids.

Wednesday schedule all week: 9-2:30.

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

Response	Number
Current schedule is the best option/fewest disruptions/not change something that works	184
Best meets families'/parents' schedules/needs	152
Activity/sports schedules won't change	64
Students will still stay up late, regardless of start time	48
Already stated reasons/see previous comments	44
More time for homework	44
Doesn't impact student drop-off/pickup/transportation issues	40
Little evidence to support extra sleep improves academics/benefits	40
Doesn't impact after-school job	30
Similar to real-world job hours/prepares them now	26
Doesn't impact family/dinner time	18
Other (see below)	15
More downtime/free time	14
Reduce screen time/go to bed earlier	12
Still need to be to school early/get up early	10
Won't miss more class time for sports/activities	8
Need daylight for golf	2

Verbatim “other” comments

I prefer to ensure that my children make it to school on time each day.

Why did I waste my time on this survey, if you aren't going to read any of my previous answers?

Any change in time will have more bad results than keeping it the same. A mere 30 minutes will not make any academic difference and will only have negative effects. For the reasons I have already stated. 8:30 would be the next choice but not 9. If she had a car that would be a different story, but that's extra money.

Are other districts around us considering this change also? Why change if it's working now? If changes need to be made, let's look at the early Wednesday schedule. Maybe once a month, like other districts, not every week! Maybe try to coordinate all levels to trimester or all to quarters. Different days off means more days parents have to take off to accommodate. Too many differences between the way things are run at the three levels...super frustrating as a parent. Especially as involved as we are...I feel really sorry for the children and parents whose jobs are not as flexible.

Because later would negatively impact our family and my students' academic performance.

Because you didn't offer an earlier start time and a longer day spent learning.

I would like to see hard data encompassing the whole human factor, including family/work/sports that would support this move. Also, in the work world, everyone starts at 8 a.m. Why take them out of what goes on and separate them from the job market(s) mindset? I understand rest is needed, however, earlier bed times should drive this, not later wake times.

Because compared to most schools, we already go to school late now.

I have heard the cost to change would cost the district about \$150,000 to implement. I prefer to not increase costs to the district. I don't think any advantages (real or perceived) merit this cost.

It is the schedule my child has been on. If people want to take Zero Hour, then they can deal with being at school that early. I believe nothing needs to be changed. Again, it would be a negative impact, especially for families who already have a hard time with rides and carpooling. I say, “NO CHANGE.”

I don't want my student to have more time by himself in the mornings after I leave for work. The current schedule has never been a problem, so I don't see why they should change it now.

Because of common sense. Don't assume later start times mean more sleep. It just means kids and parents will go to bed later. Why not consider a 10 a.m. start time?

The other two options have more negative impacts on families than the current option.

The school process was set up around farming and getting the crops to harvest, after-school activities, and any kids that need to assist the family with a part-time job. By changing the time frame to assist those who would like to sleep a little longer or stay up a little later, you still need to get up and make the day happen. We have lost our principles and discipline moving forward with kids and being responsible and taking some control on their own upbringing.

Why do you prefer this option (8:30 a.m. to 3:35 p.m., with a 7:30 Zero Hour)? Responses were coded, based on common words, phrases and ideas. Numbers, rather than percentages, are displayed below.

Response	Number
Later release, but not as late as other option	78
Happy medium/middle ground/compromise	74
More sleep time/better rested/focused	60
Better aligns w/parents'/siblings' schedules	48
Starting a little later/30 extra mins have an impact	42
Less impact on sports/activities	36
A little more time in the morning/get ready	32
Easier to drop off/pick up	30
8:30 is better/9 is too late	24
Could take Zero Hour/not as early	16
More time for homework	10
Other (see below)	9
Better time, but 9 is OK	8
Already stated reasons/see previous comments	6
Eat breakfast	6
Less traffic	6
More time to get to school/fewer tardies	6
Less impact on after-school job	4

Verbatim “other” comments

I am fine with a little later start but no later than 8:30 a.m. would be best for our family's schedule. So, I would prefer it to be left as is or no later than 8:30 a.m. start.

8:30 is enough time to ensure a reduction in tardies. Releasing after 4 would be too late during the winter and would cut into family time.

Has a little bit of give, but not too much. The real world will not be so willing to accommodate our future workers. I feel our youth must also learn adult responsibilities, including ones we are not fond of. Employers are not going to change operations, due to studies.

Different start time than West.

Just too early as it is.

My son would prefer 9 a.m. start time, but 8:30 does not interfere with his job and allows him to be dropped off on the way to drop off my younger kids and allows him to be home to meet the bus the days he watches them.

Works best for our family's schedule, my child's academic performance and after-school commitments.

When my son attended Cordley Elementary their start time was 8:55 a.m. I think it worked out great for my son because we beat the rush hour and we got to take out time in the mornings to prepare for work and school.

None.

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

Response	Number
More sleep time/better rested/focused	148
Latest start time	46
Aligned w/parents'/siblings' schedules	34
More time to get ready/prepare to learn	28
Better academic performance	20
Better overall health	20
Best option/fits overall schedule	18
One hour change has biggest impact	18
Allow take Zero Hour	14
More time for homework/help before school	14
Other (see below)	14
Easier to drop off/pick up	10
Eat breakfast	10
Still released at a decent time	8
Already stated reasons/see previous comments	6
Less traffic/safer	6
Similar to late start Wednesdays	6
Be able to do sports/activities	4

Verbatim “other” comments

More in line with future job requirements when students join the workforce.

I don't know.

I don't have a huge preference and will be fine with any option.

This is healthier for students of this age group. We adults have an obligation to our children to ensure they have all the tools they need to grow into healthy, well-rounded adults. They are our future.

Because we live further than most from our school and my son rides a rural route bus. This will give him the most sleep and time to prepare in the morning. It may also give him an opportunity to participate in a Zero Hour class that he normally would not elect, due to even more lack of sleep.

The costs of shifting to 8:30 seem too much for 30 minutes. It sounds like a 9 start will have less impact on bus times and monetary costs. My only concern with a 9 start time is that many required practices and activities will switch to an 8 start time, which will prevent students who want to take Zero Hour classes from participating.

I already explained. No class should start before 8 a.m. Safety and ability to learn are compromised to teenagers at 7 a.m.

I think 8:45 a.m. would be ideal, but I think a 9 a.m. start time will make more of a positive difference than changing.

I'm also OK with the 8:30 option. We used to go to a grade school that started at 8:45, and it was perfect.

Pros outweigh the cons.

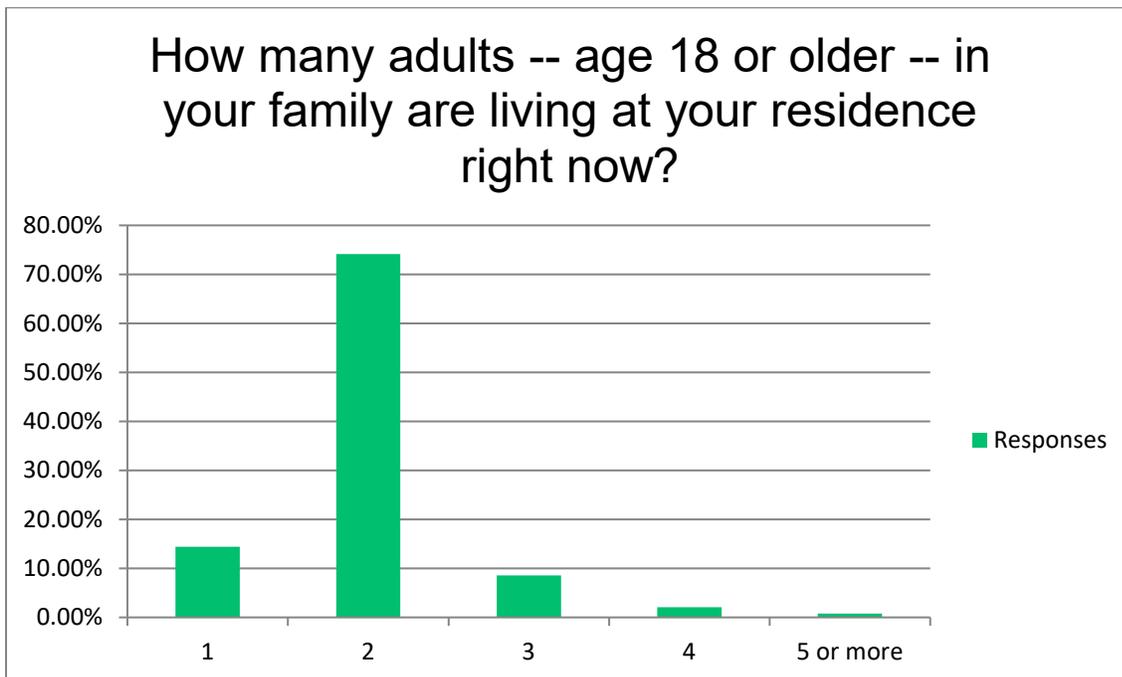
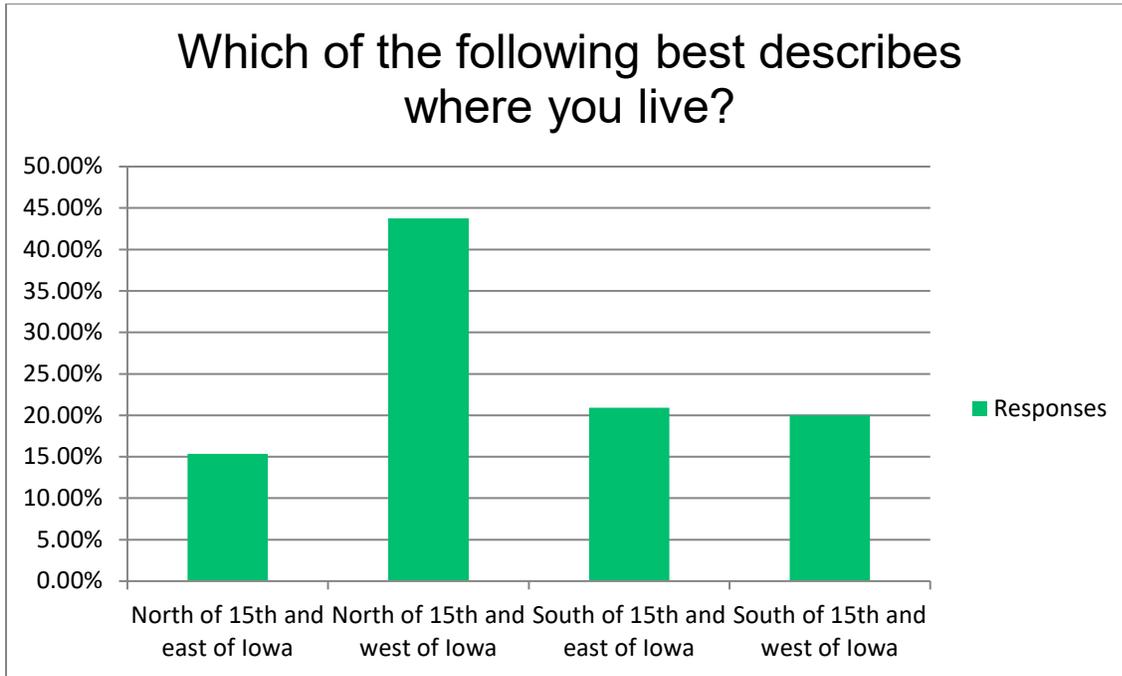
While a 9 a.m. start works well for our night owl student, we would be grateful for an 8:30 start time, if that is the decision that is made.

Because my son sleeps later every day, he is a night owl. In addition, this time is more similar to the university's one, where the majority of classes start after 9 a.m.

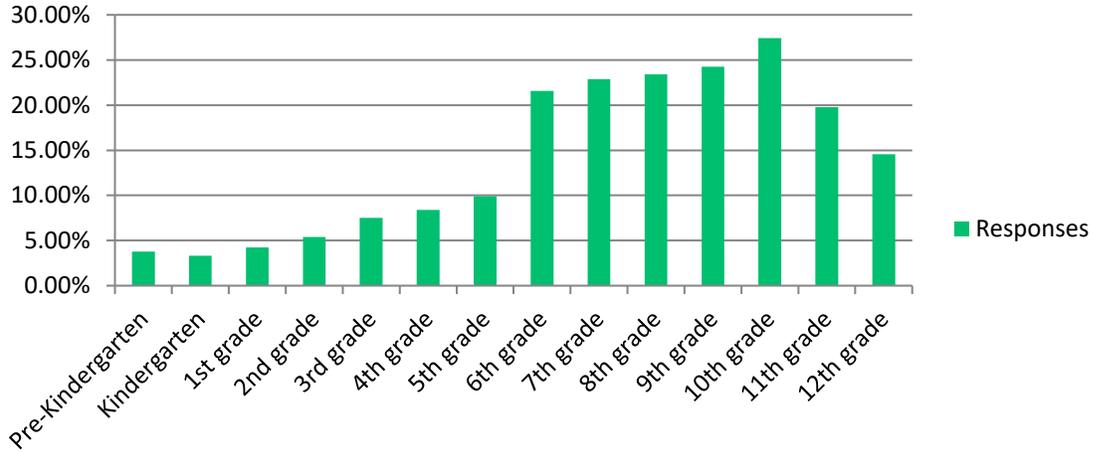
It will leave fewer hours for mischief between school letting out and many parents get home from work. There aren't very many places in our community for young people to hang out together. It's a more natural schedule for teens and they will be more alert during the time they're supposed to be focusing on school. They will have plenty of time to do homework in the evening, without having to sacrifice family time because they won't have to go to bed quite as early.

I would say based upon my own high school years that having this late of a start time would have been much better, allowing for extra sleep and more prep time for school.

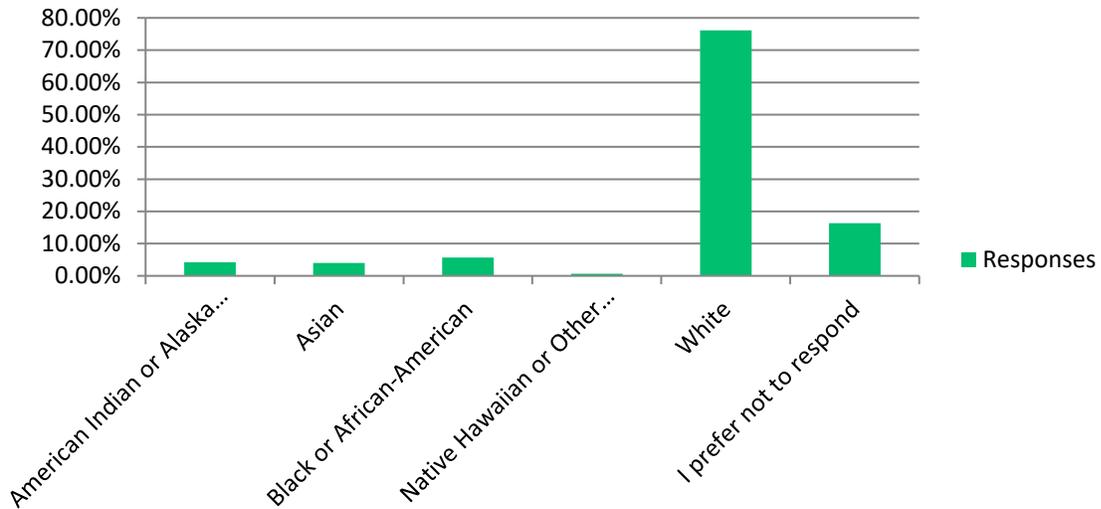
Demographic questions concluded the survey.



All told, in which of the following grades do you currently have students in the district?



What is your race? Please check all that apply.



Are you Hispanic or Latino?

