



SCHOOL START TIME SURVEY RESULTS

APRIL 2019

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I believe the 2019-2020 option for later school start times may have the following potential benefits for students: 12

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INTRODUCTION

BACKGROUND INFORMATION

One of the District's goals for the 2018-2019 school year is to assess the impact of potential strategies for addressing adolescent sleep needs, including the implications for school start times. At the February 14, 2019 Board Education Committee meeting, the Committee recommended moving forward with next steps on an option that would adjust school start times beginning in August 2019. The administration presented information on this option for later school start times at the February 25, 2019 Regular School Board meeting.

During the month of March, the District carried out a survey to obtain feedback on the 2019-2020 school start time option. Current T/E parents, middle/high school students and staff members had the opportunity to take the survey. The District received over 7,000 responses to the survey.

PROPOSED START TIMES

Option for new school start and end times for the 2019-2020 school year

High School: 7:50 AM - 2:50 PM

Middle Schools: 8:27 AM - 3:10 PM

Elementary Schools: 9:10 AM - 3:45 PM

Current start and end times

High School: 7:20 AM - 2:20 PM

Middle Schools: 7:50 AM - 2:33 PM

Elementary Schools: 8:45 AM - 3:20 PM

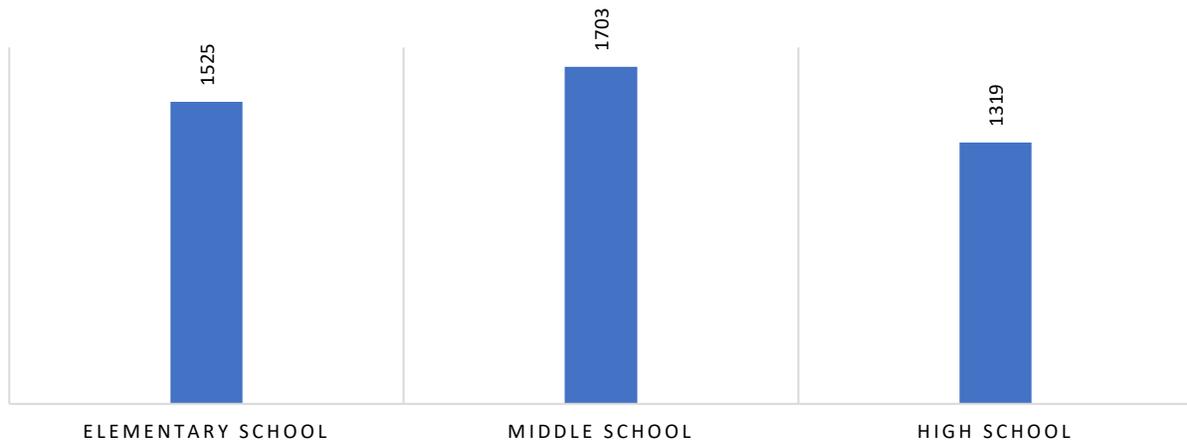
SURVEY RESPONSE INFORMATION

Note – Since some parents have children in multiple buildings and some staff members work in multiple buildings, the sum of the bars in a given chart may exceed the total number of responses received from that group.

PARENTS

3,248 verified District parents completed the survey. Of these parents, 1,525 reported having at least one child in elementary school, 1,703 reported having at least one child in middle school, and 1,319 reported having at least one child in high school.

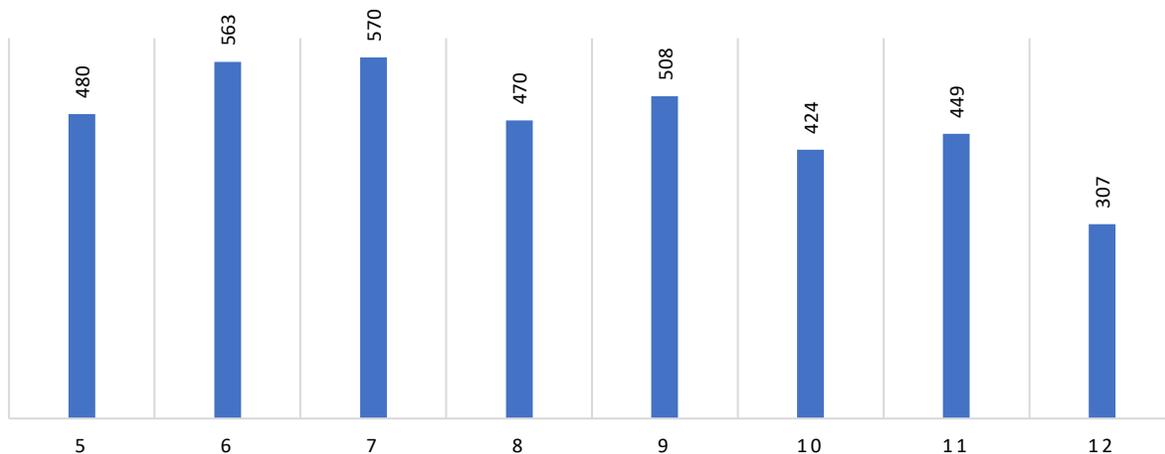
NUMBER OF PARENT RESPONSES, BY LEVEL



STUDENTS

3,771 verified District students in grades 5-12 completed the survey. Of these students, 480 were in grade 5, 563 were in grade 6, 570 were in grade 7, 470 were in grade 8, 508 were in grade 9, 424 were in grade 10, 449 were in grade 11, and 307 were in grade 12.

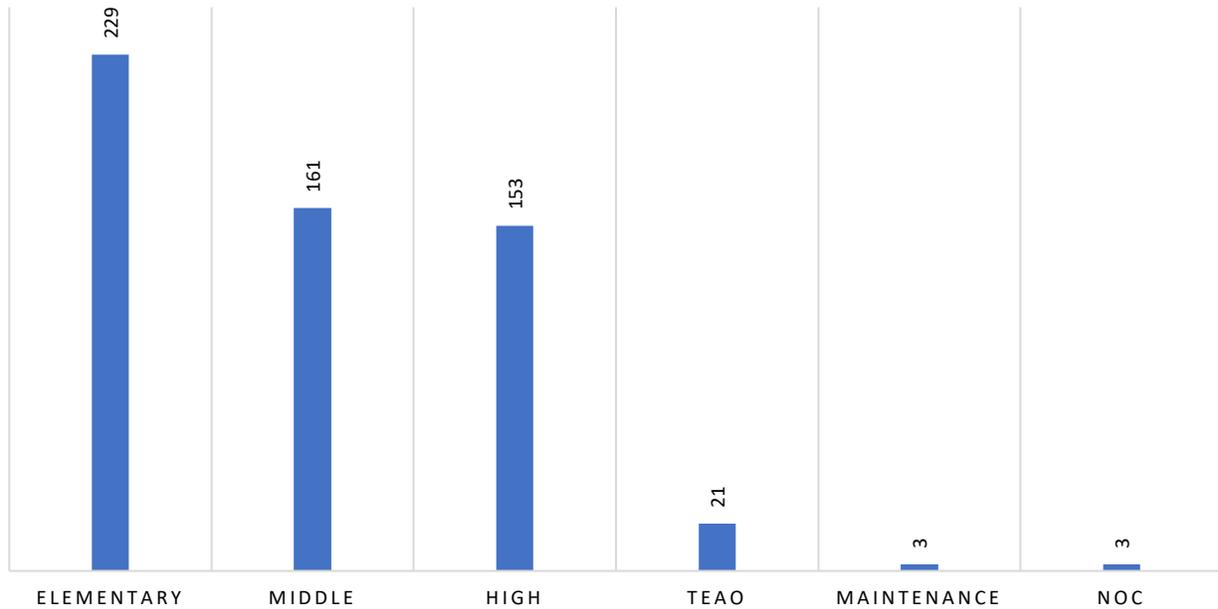
NUMBER OF STUDENT RESPONSES, BY GRADE



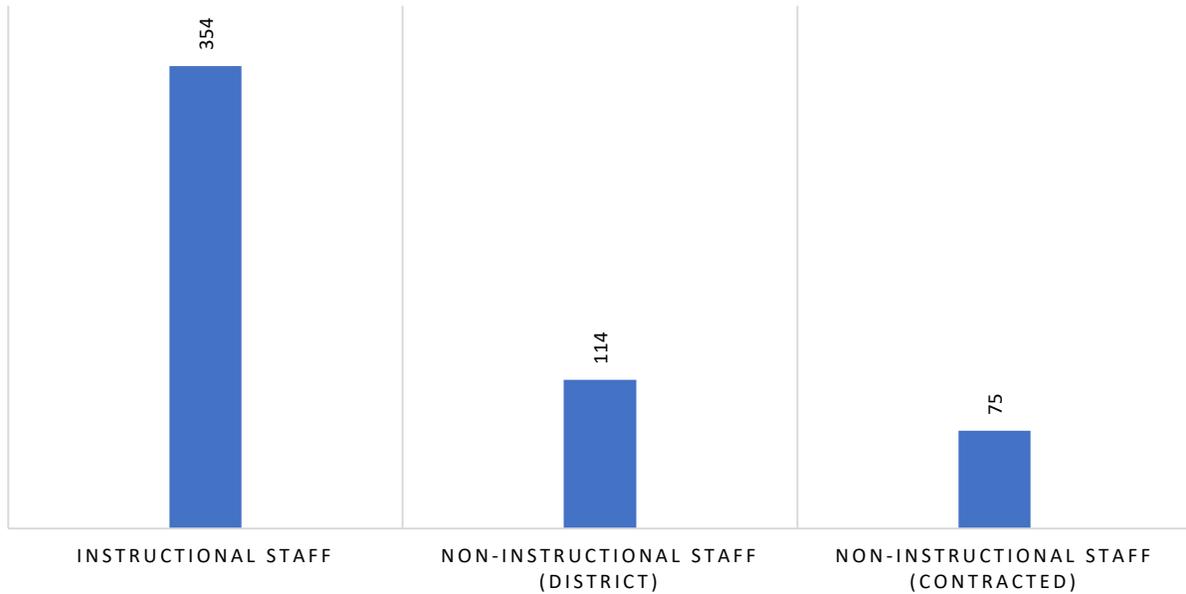
STAFF

549 verified District staff members completed the survey. Of these staff members, 354 were instructional staff, 114 were non-instructional staff (district), and 75 were non-instructional staff (contracted).

NUMBER OF STAFF RESPONSES, BY LEVEL



NUMBER OF STAFF RESPONSES, BY EMPLOYEE CLASSIFICATION

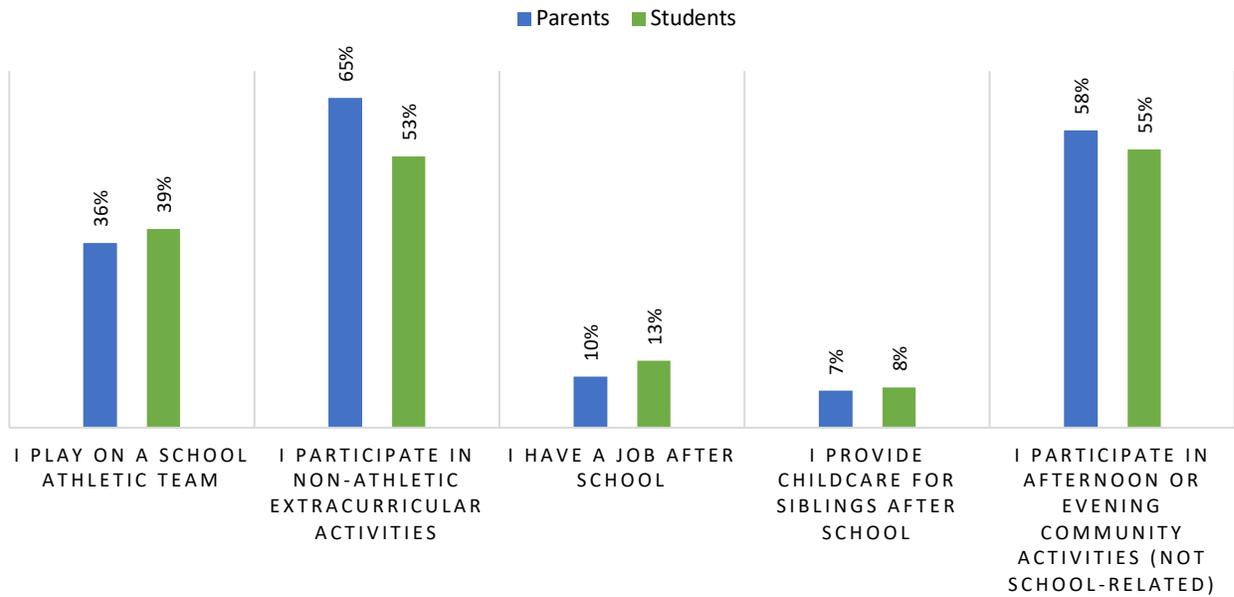


SUMMARY SURVEY RESPONSES

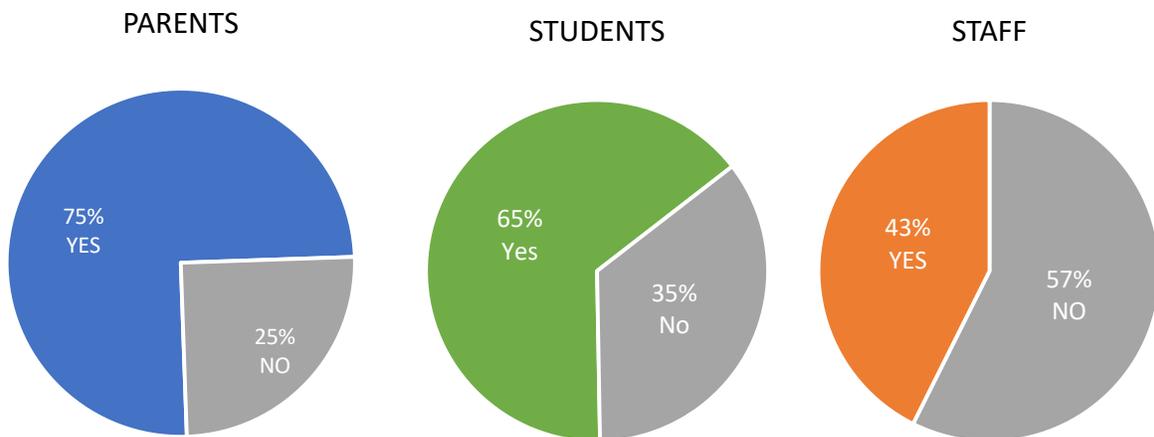
Note – All percentages are based on the total number of survey participants per group unless otherwise noted.

THE FOLLOWING APPLIES TO ME/MY CHILDREN:

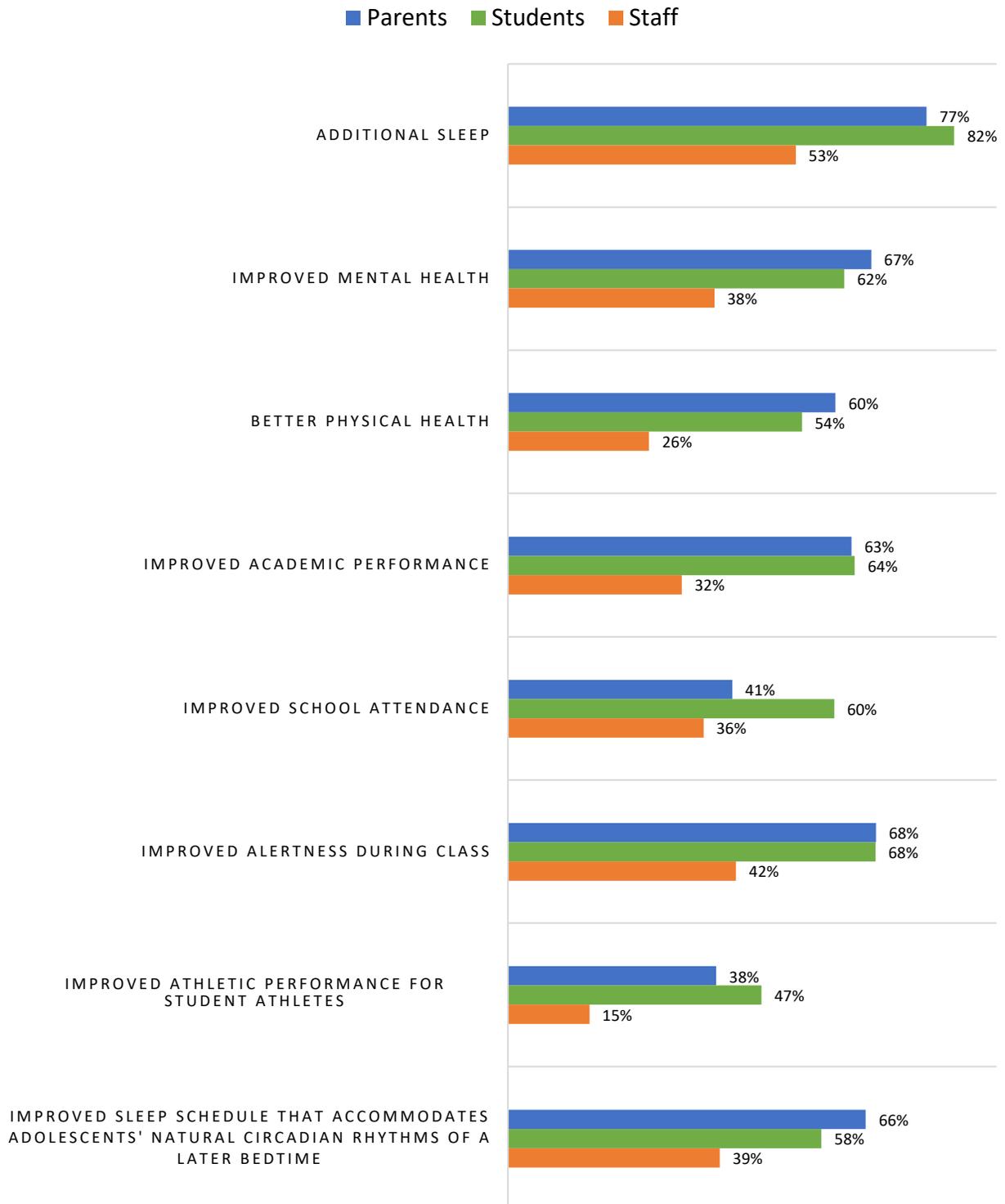
(Student and Parent surveys only)



DO YOU SUPPORT THE NEW SCHOOL START TIME OPTION FOR THE 2019-2020 SCHOOL YEAR?

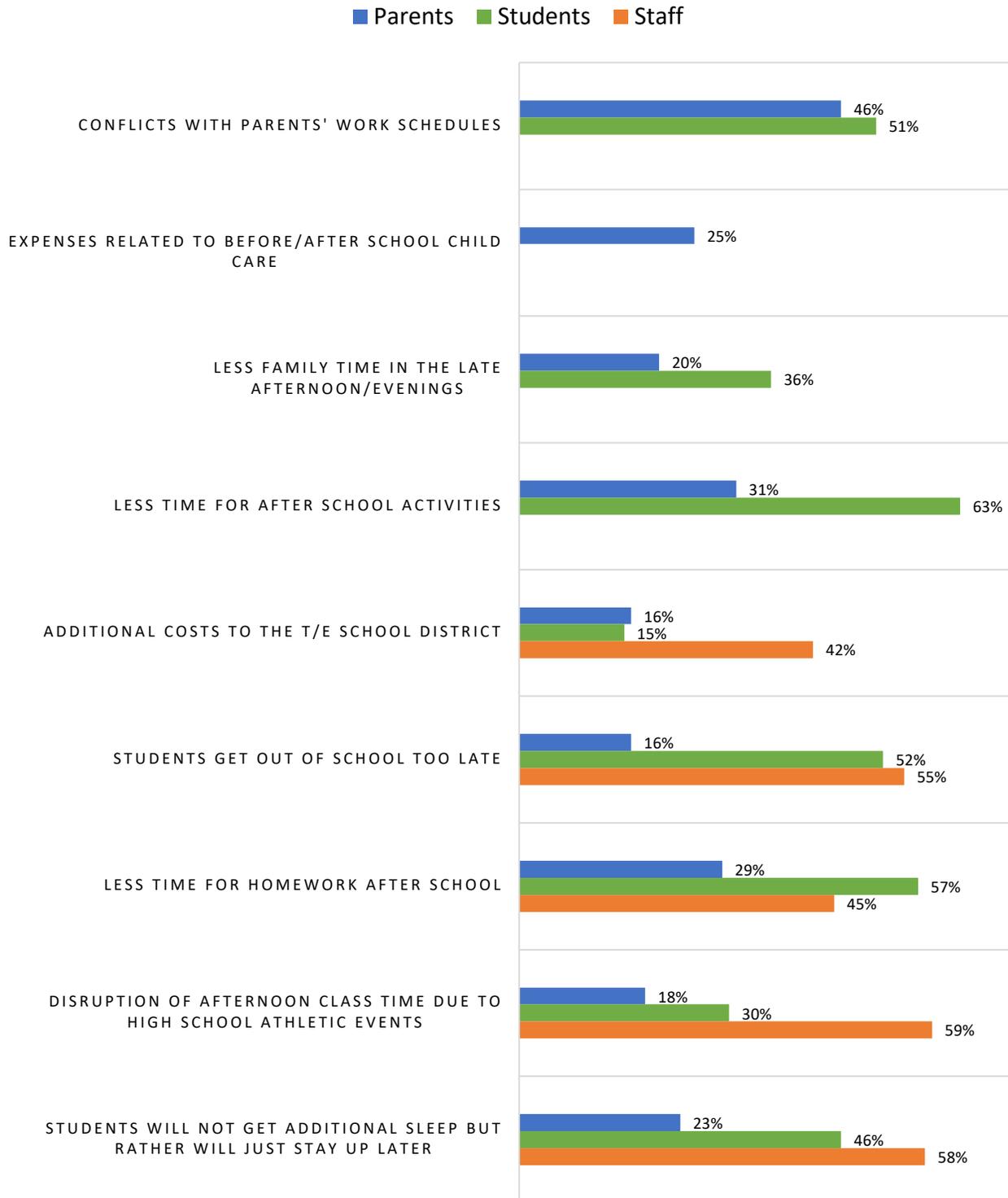


I BELIEVE THE 2019-2020 OPTION FOR LATER SCHOOL START TIMES MAY HAVE THE FOLLOWING POTENTIAL BENEFITS FOR STUDENTS:



I BELIEVE THE 2019-2020 OPTION FOR LATER SCHOOL START TIMES MAY HAVE THE FOLLOWING POTENTIAL CHALLENGES:

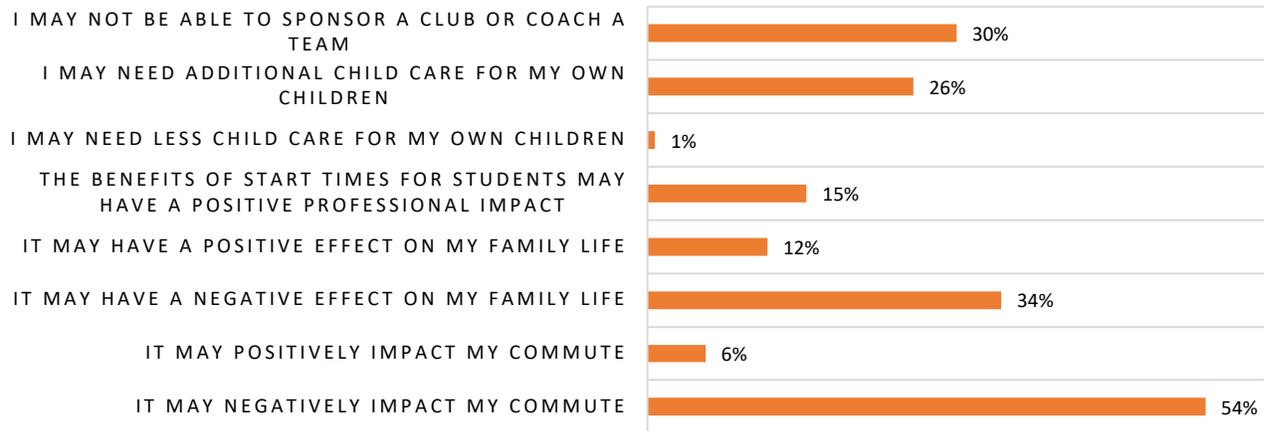
(Not all potential challenges were included on every group's survey)



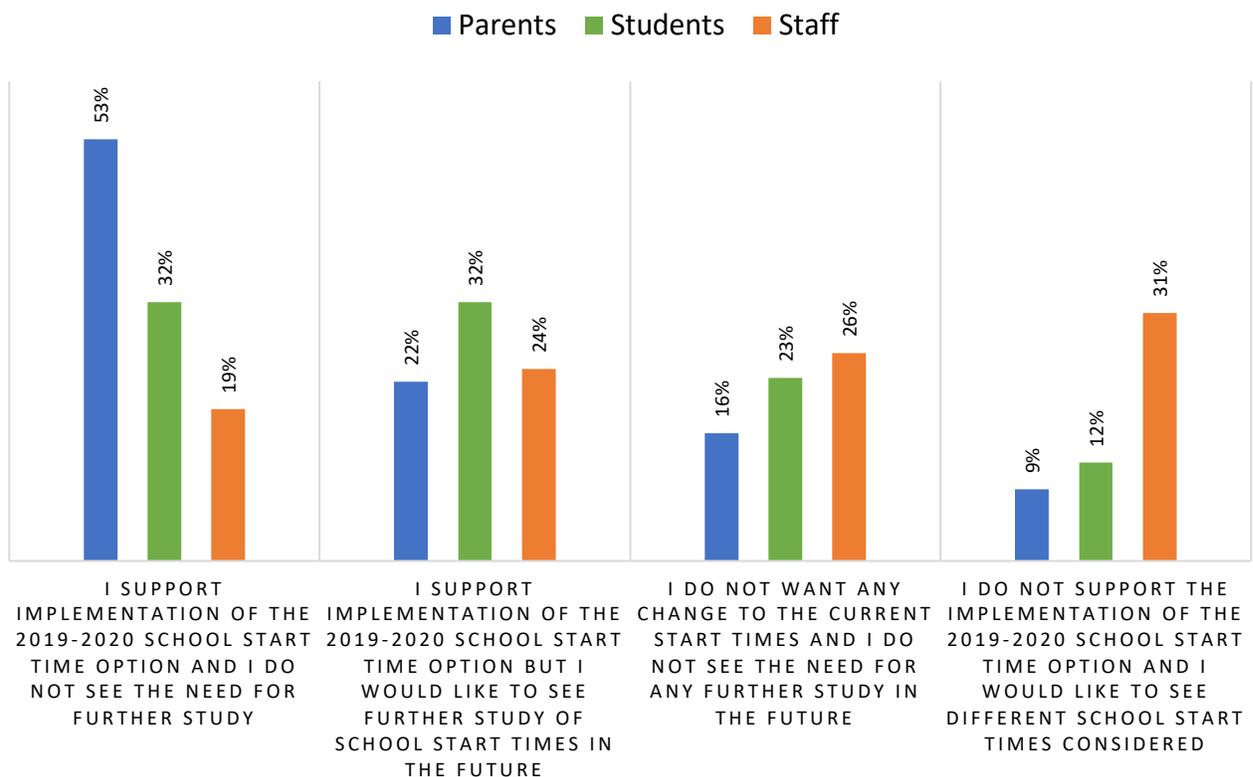
I BELIEVE LATER SCHOOL START TIMES MAY HAVE THE FOLLOWING PERSONAL OR FAMILY

IMPACT ON ME:

(Staff only)

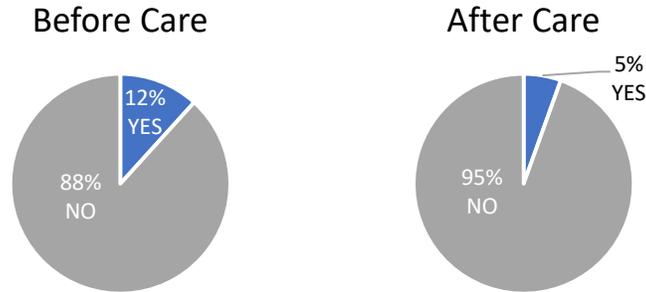


WHICH OF THE FOLLOWING STATEMENTS BEST DESCRIBES YOUR VIEW ON FUTURE START TIME STUDIES BY THE DISTRICT?



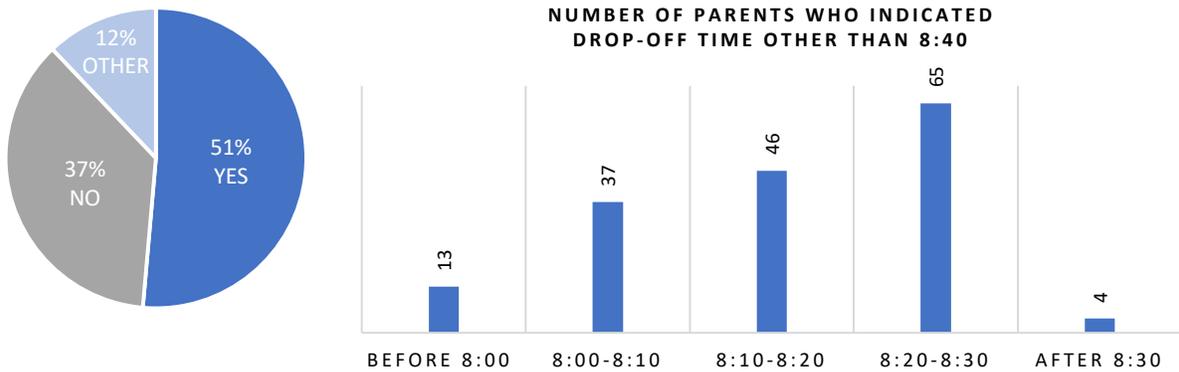
WOULD YOU BE INTERESTED IN ENROLLING YOUR CHILD IN BEFORE OR AFTER SCHOOL CARE AT A CHILD'S PLACE IF SCHOOL STARTED LATER?

Percentages based on how many parents answered this question (Before Care = 2,320; After Care = 2,151)

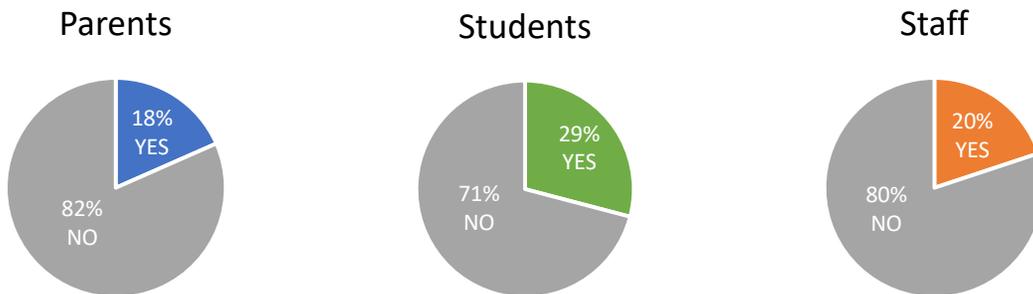


IF SCHOOL STARTED LATER AND THERE WERE AN OPTION TO DROP YOUR CHILD OFF AT SCHOOL AT 8:40AM, WOULD YOU UTILIZE IT?

Percentages based on how many parents answered this question (1,364)



WOULD YOU LIKE MORE INFORMATION ON ADOLESCENT SLEEP NEEDS AND LATER SCHOOL START TIMES?

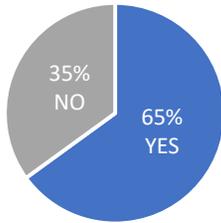


ADDITIONAL ANALYSIS

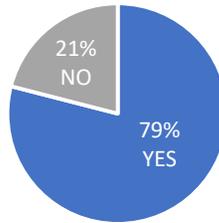
DO YOU SUPPORT THE NEW SCHOOL START TIME OPTION FOR THE 2019-2020 SCHOOL YEAR?

PARENT SUPPORT, BY LEVEL

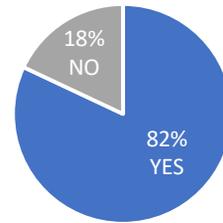
Elementary School



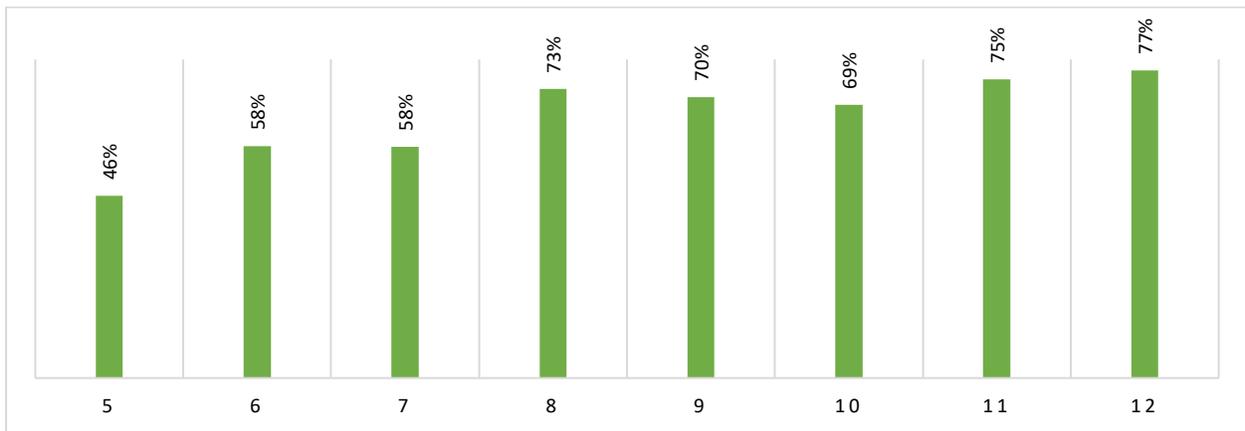
Middle School



High School

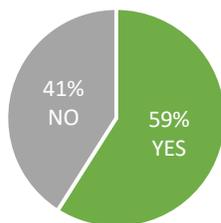


STUDENT SUPPORT, BY GRADE

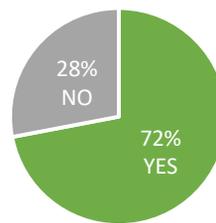


STUDENT SUPPORT, BY LEVEL

Middle School

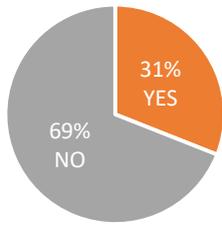


High School

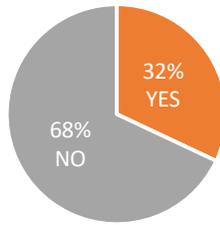


STAFF SUPPORT, BY LEVEL

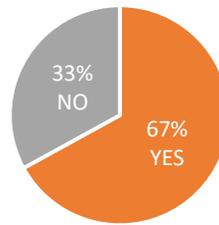
Elementary School



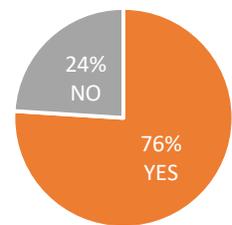
Middle School



High School

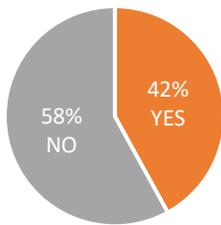


TEAO/NOC

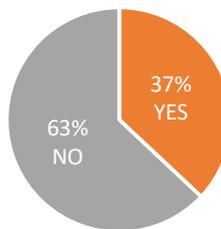


STAFF SUPPORT, BY EMPLOYEE CLASSIFICATION

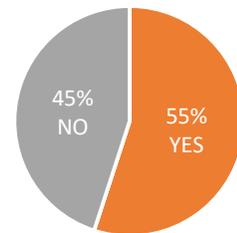
Instructional Staff



Non-Instructional Staff (District)



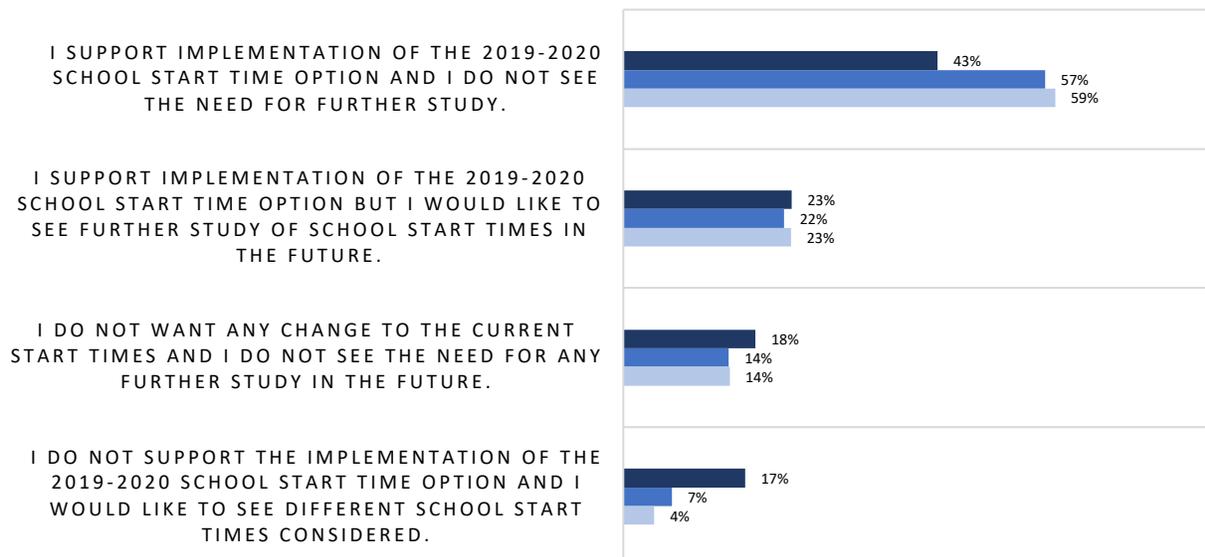
Non-Instructional Staff (Contracted)



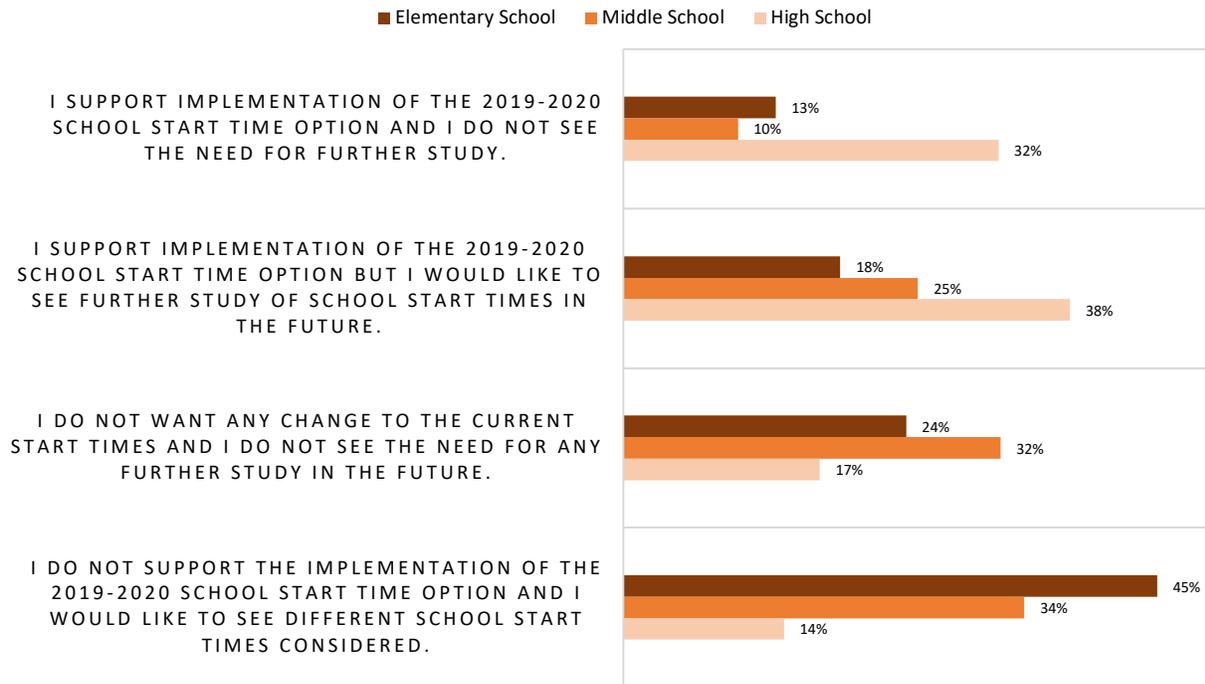
WHICH OF THE FOLLOWING STATEMENTS BEST DESCRIBES YOUR VIEW ON FUTURE START TIME STUDIES BY THE DISTRICT?

PARENT STATEMENTS, BY LEVEL

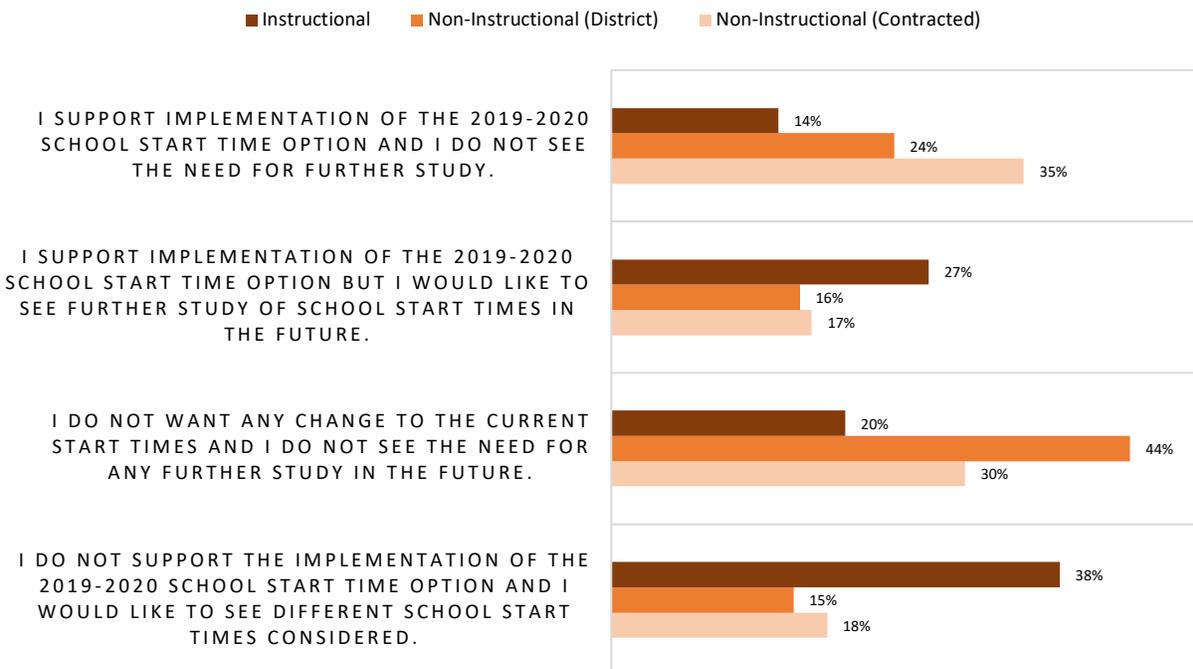
■ Elementary School ■ Middle School ■ High School



STAFF STATEMENTS, BY LEVEL

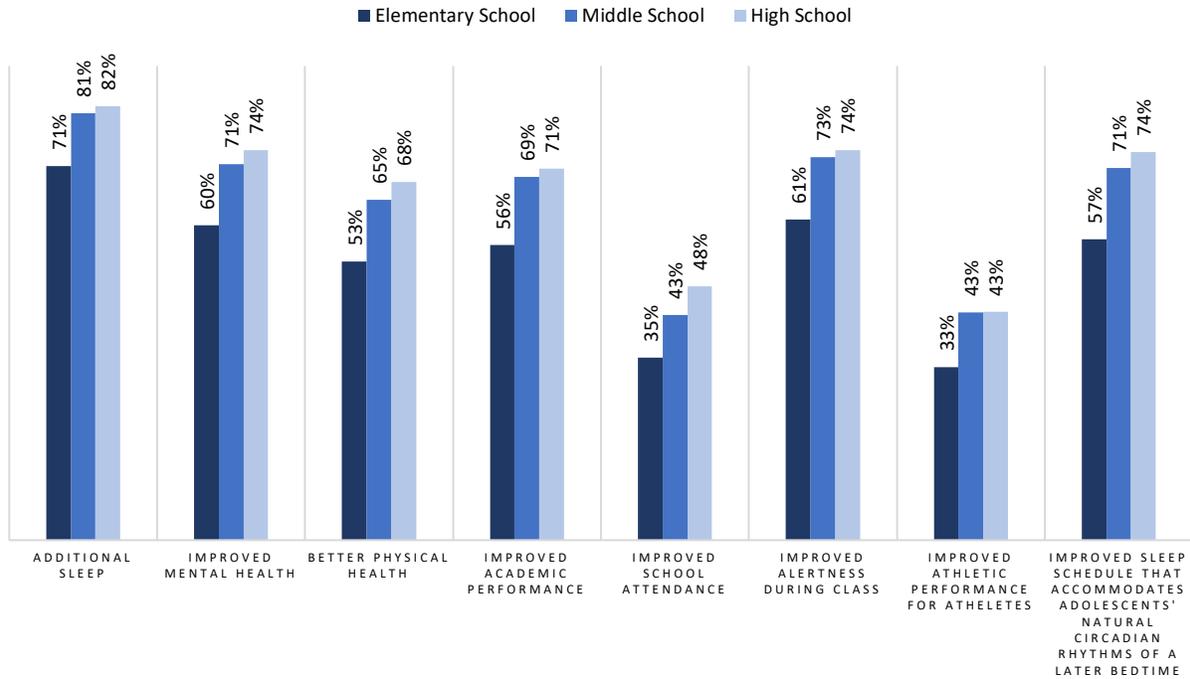


STAFF STATEMENTS, BY JOB CLASSIFICATION

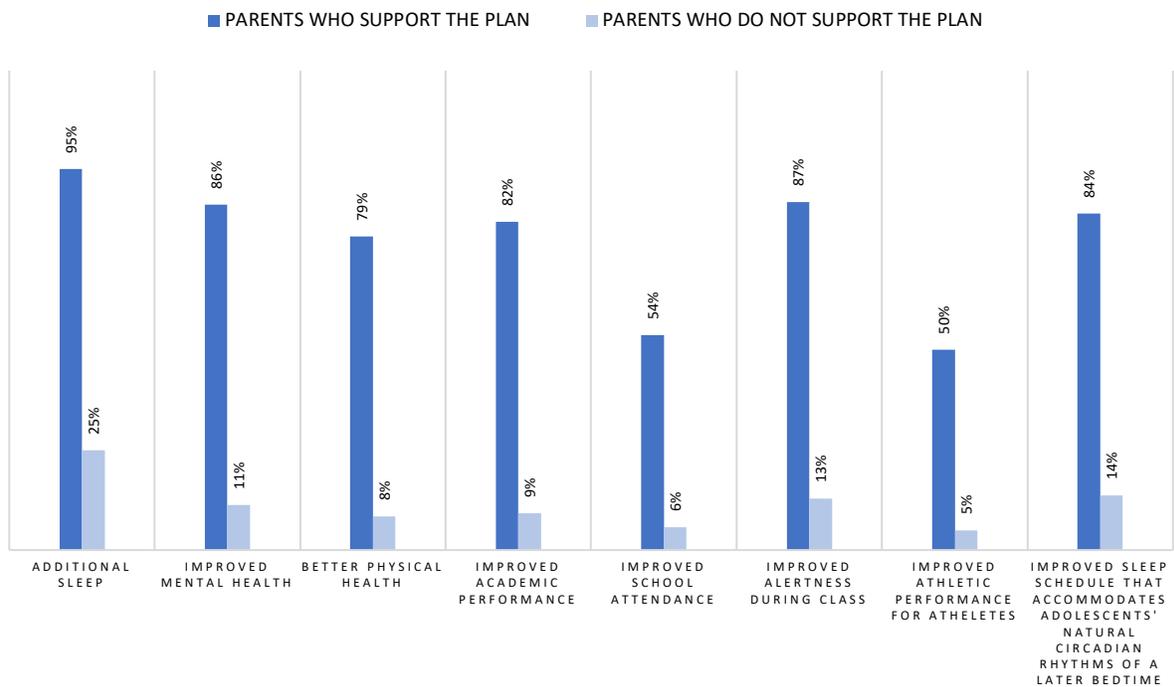


I BELIEVE THE 2019-2020 OPTION FOR LATER SCHOOL START TIMES MAY HAVE THE FOLLOWING POTENTIAL BENEFITS FOR STUDENTS:

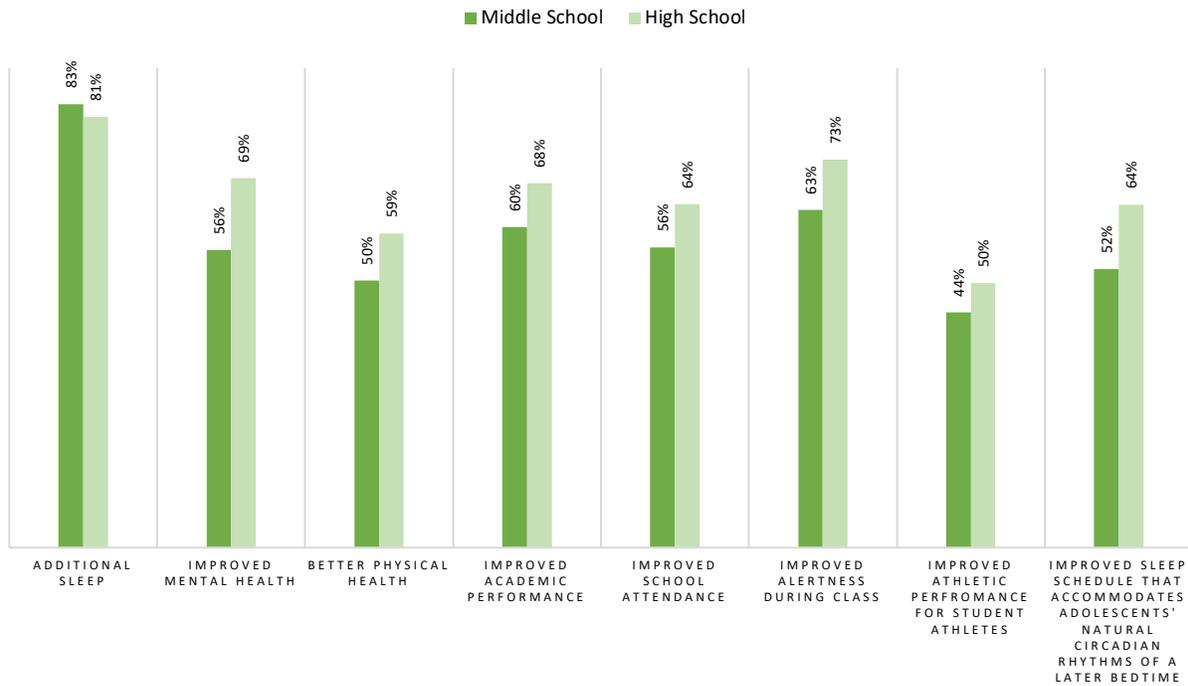
PARENTS, BY LEVEL



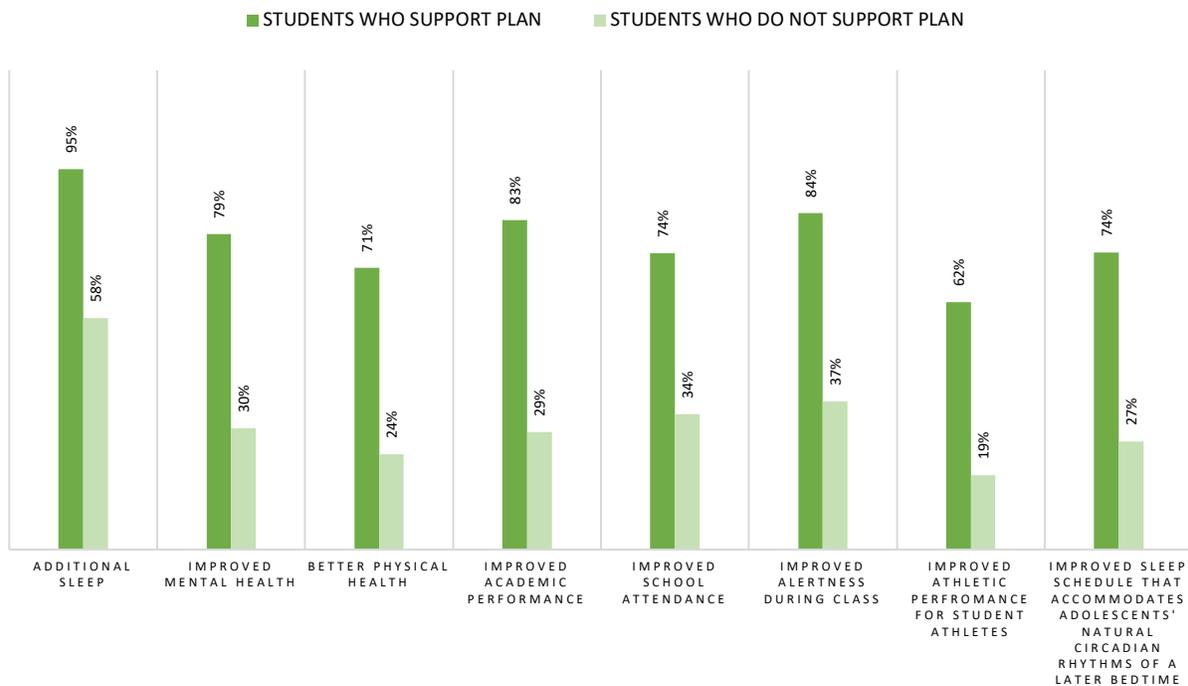
PARENTS, BY WHETHER OR NOT THEY SUPPORT THE 2019-2020 LATER START TIME PLAN



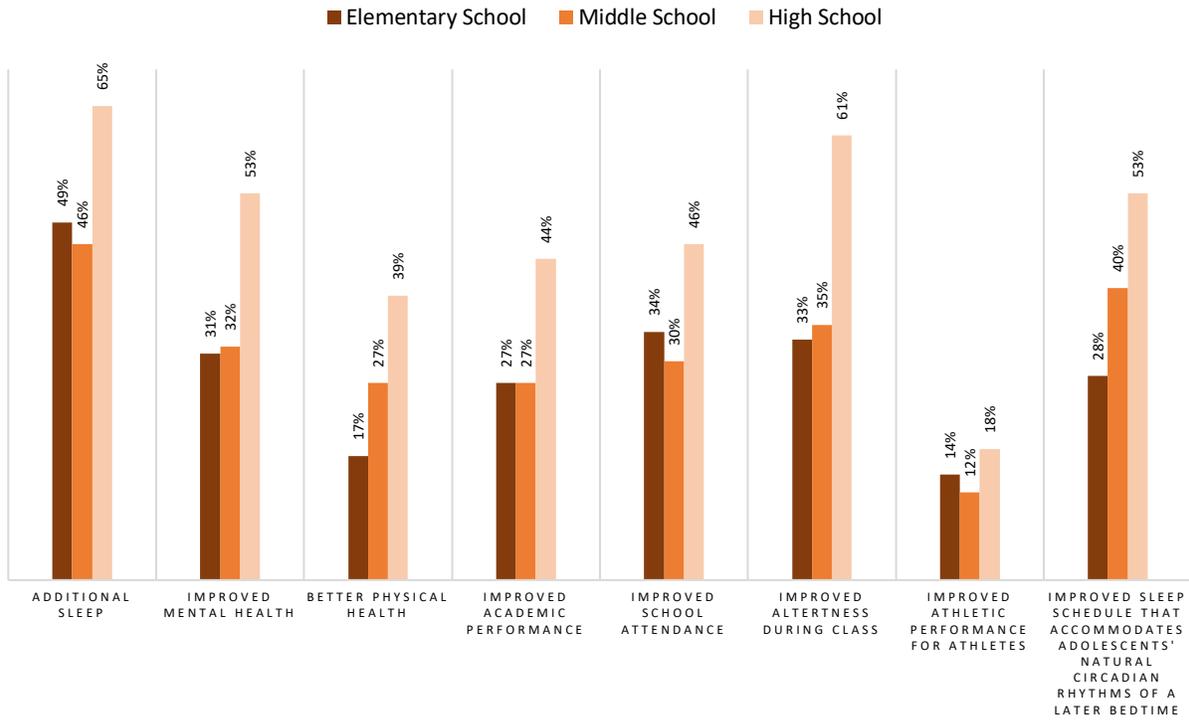
STUDENTS, BY LEVEL



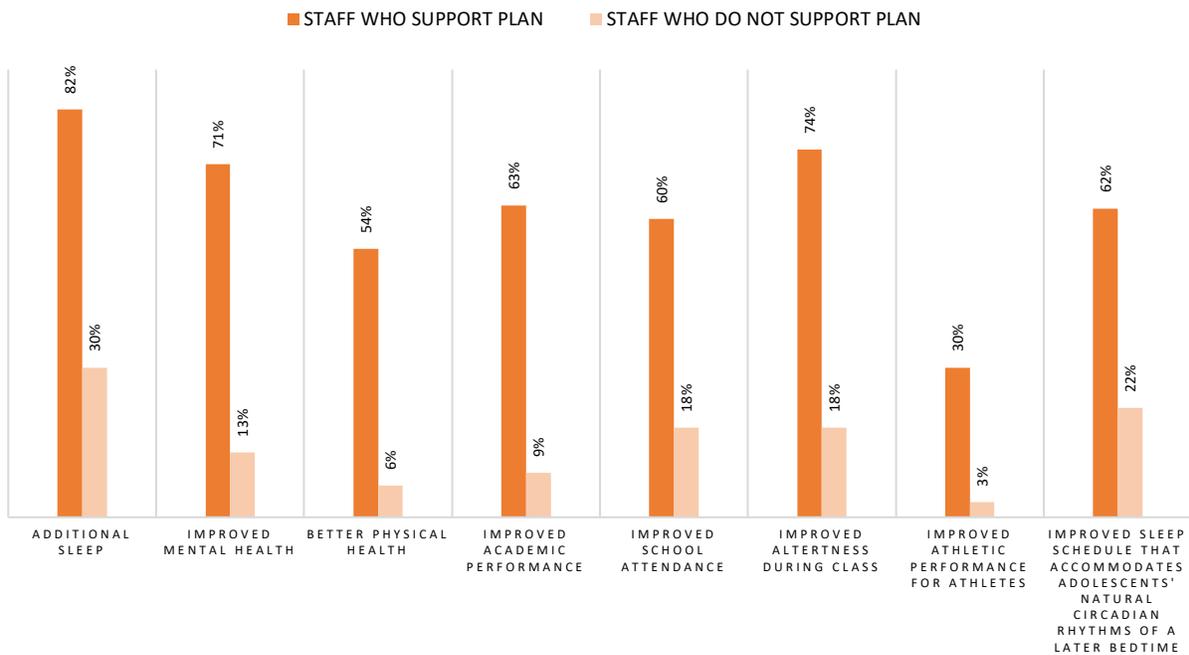
STUDENTS, BY WHETHER OR NOT THEY SUPPORT FOR THE 2019-2020 LATER START TIME PLAN



STAFF, BY LEVEL

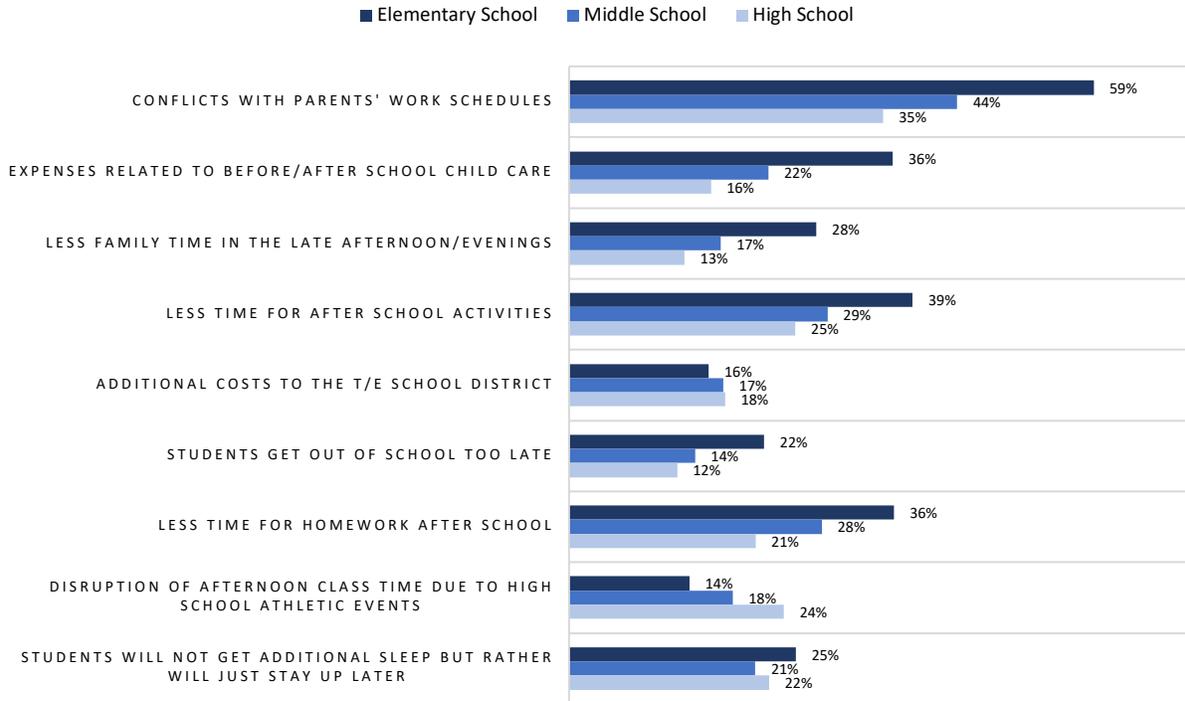


STAFF, BY WHETHER OR NOT THEY SUPPORT THE 2019-2020 LATER START TIME PLAN

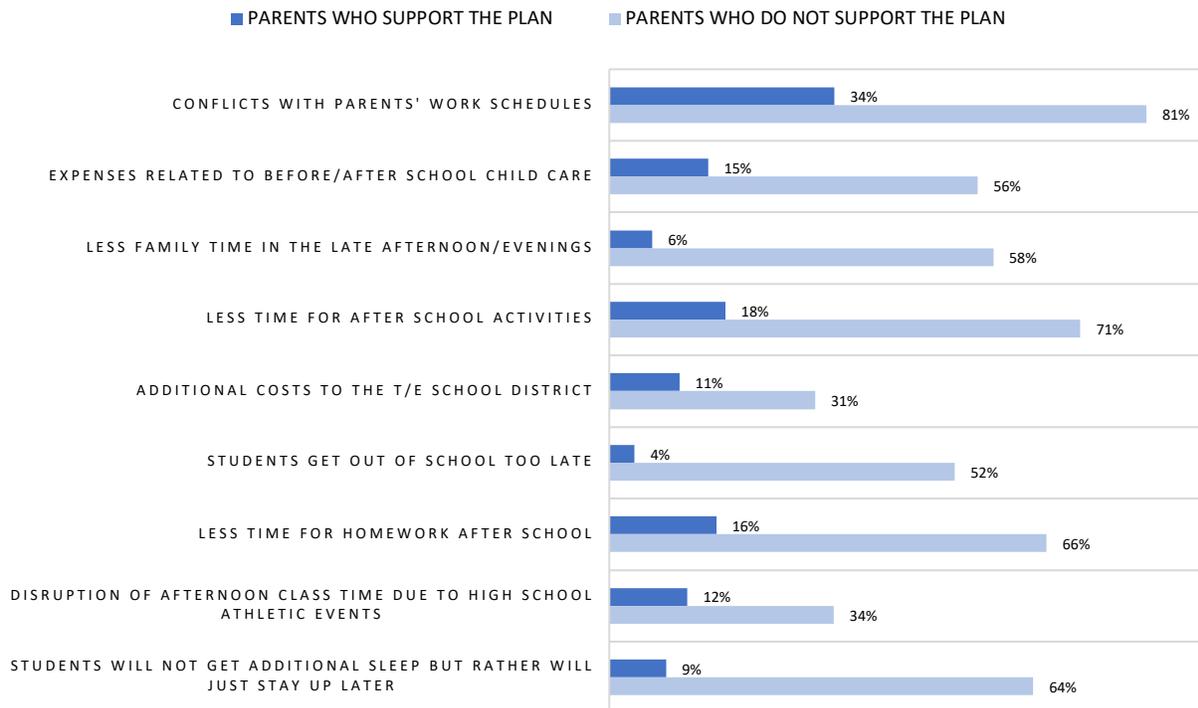


I BELIEVE THE 2019-2020 OPTION FOR LATER SCHOOL START TIMES MAY HAVE THE FOLLOWING POTENTIAL CHALLENGES:

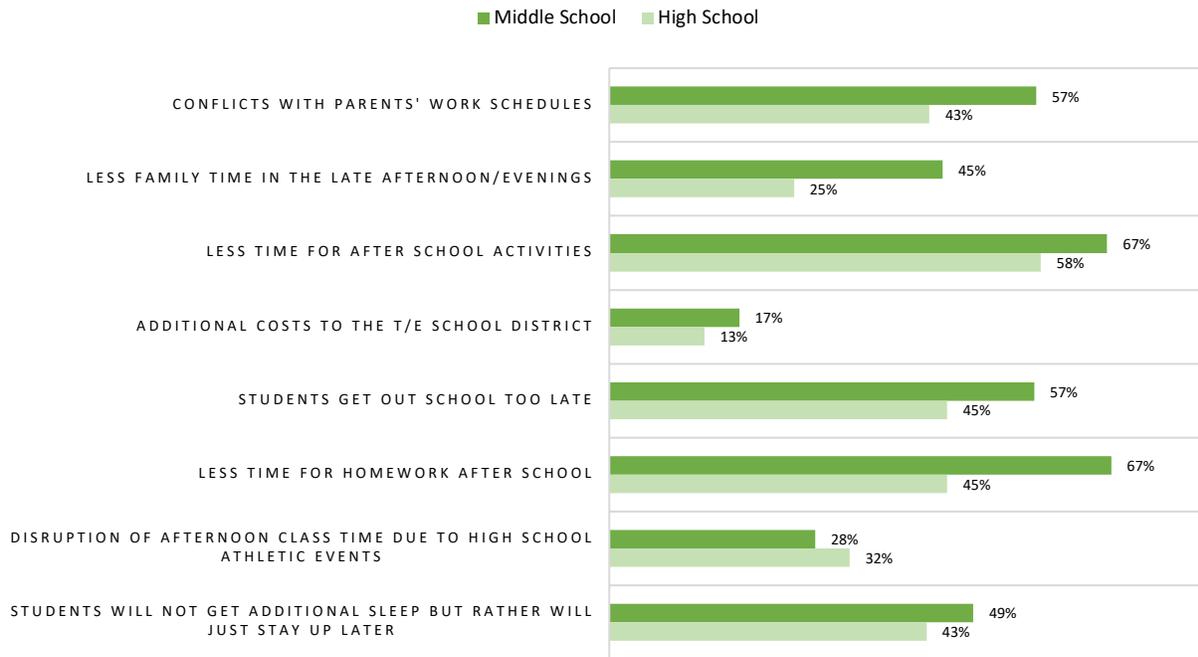
PARENTS, BY LEVEL



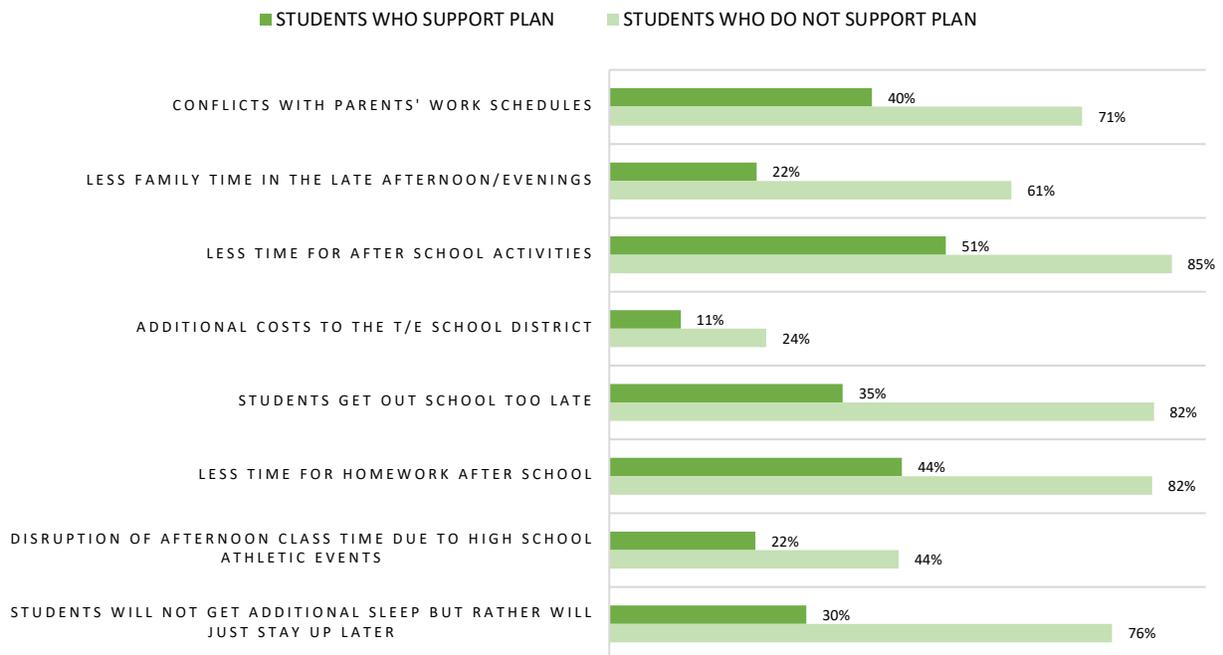
PARENTS, BY WHETHER OR NOT THEY SUPPORT THE 2019-2020 LATER START TIME PLAN



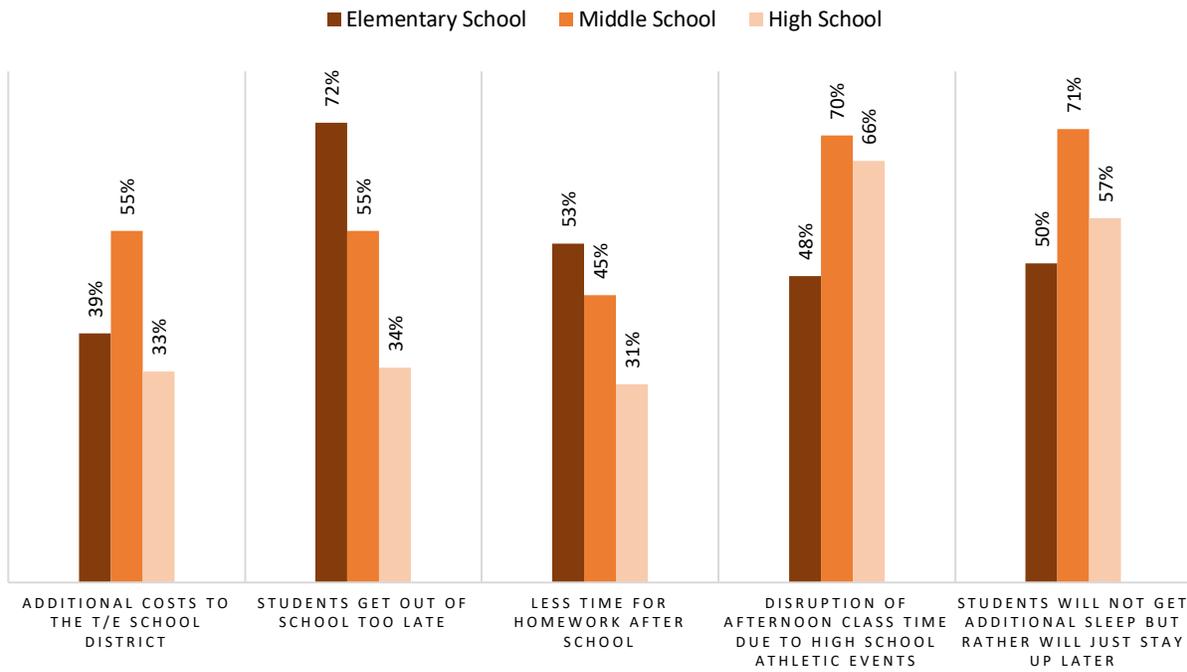
STUDENTS, BY LEVEL



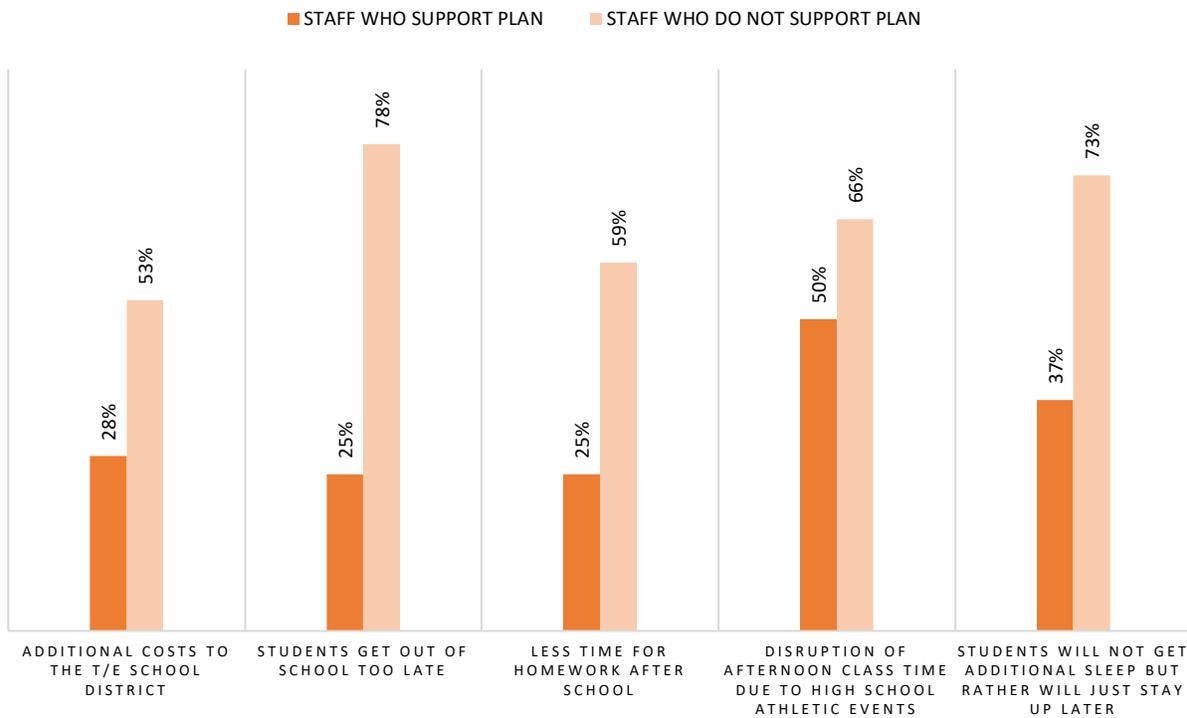
STUDENTS, BY WHETHER OR NOT THEY SUPPORT THE 2019-2020 LATER START TIME PLAN



STAFF, BY LEVEL



STAFF, BY WHETHER OR NOT THEY SUPPORT THE 2019-2020 LATER START TIME PLAN



Survey on TESD School Start Times - Parents

One of the T/E School District's goals for the 2018-2019 school year is to assess the impact of potential strategies for addressing adolescent sleep needs, including the implications for school start times. Scientifically-based research indicates that adolescents may benefit from later school start times and additional sleep. Resources on adolescent sleep needs and school start times are available on the School Start Times web page on the T/E School District website: <https://www.tesd.net/starttimes>.

1. **First Name:** _____

2. **Last Name:** _____

Check to confirm that you are a parent of a child who currently attends T/E schools.

3. **Select the grade level school your children current attend. Choose all that apply.**

- Elementary School
- Middle School
- High School

4. **The following applies to one or more of my children: (check all that apply)**

- Plays on a school athletic team
- Participates in non-athletic extracurricular activities
- Has a job after school
- Provides childcare for siblings after school
- Participates in afternoon or evening community activities (not school-related)

5. **Do you support the new school start time option for the 2019-2020 school year as outlined below?**

- Yes
- No

New school start option for the 2019-2020 school year

High School: 7:50 AM - 2:50 PM

Middle Schools: 8:27 AM - 3:10 PM

Elementary Schools: 9:10 AM - 3:45 PM

Current start and end times

High School: 7:20 AM - 2:20 PM

Middle Schools: 7:50 AM - 2:33 PM

Elementary Schools: 8:45 AM - 3:20 PM

6. I believe the 2019-2020 option for later school start times may have the following potential benefits for students: (check all that apply)

- Additional sleep
- Improved mental health
- Better physical health
- Improved academic performance
- Improved school attendance
- Improved alertness during class
- Improved athletic performance for student athletes
- Improved sleep schedule that accommodates adolescents' natural circadian rhythms of a later bedtime
- Other:

7. I believe the 2019-2020 option for later school start times may have the following potential challenges: (check all that apply)

- Conflicts with parents' work schedules
- Expenses related to before/after school child care
- Less family time in the late afternoon/evenings
- Less time for afterschool activities
- Additional costs to the T/E School District
- Students get out of school too late
- Less time for homework afterschool
- Disruption of afternoon class time due to high school athletic events
- Students will not get additional sleep but rather will just stay up later
- Other:

Future School Start Time Study

8. Which of the following statements best describes your view on future school start time studies by the District?

- I support implementation of the 2019-2020 school start time option and I do not see the need for further study.
- I support implementation of the 2019-2020 school start time option but I would like to see further study of school start times in the future.
- I do not support the implementation of the 2019-2020 school start time option and I would like to see different school start times considered.
- I do not want any change to the current start times and I do not see the need for any further study in the future.

9. Please do not answer if you already have a child enrolled in A Child's Place (ACP) before school care. Would you be interested in enrolling your child in before school care at ACP if school started later? (ACP charges a fee for before and after school care.)

- Yes
- No

10. Please do not answer if you already have a child enrolled in ACP after school care. Would you be interested in enrolling your child in after school care at ACP if school started later? (ACP charges a fee for before and after school care.)

- Yes
- No

11. If you would be interested in enrolling your elementary or middle school child in ACP next year as a result of later school start times, at which school would you need before/after school care?

- Beaumont Elementary School
- Devon Elementary School
- Hillside Elementary School
- New Eagle Elementary School
- Valley Forge Elementary School
- T/E Middle School
- Valley Forge Middle School

12. For elementary school parents only. If school started later and there were an option to drop your child off at school at 8:40 am, would you utilize it?

- Yes
- No
- I may utilize this option if drop off were to begin at a different time. The time that would work best for me is: _____

13. Would you like more information on adolescent sleep needs and later school start times?

- Yes
- No

14. Additional comments:

Thank you for taking the T/E School District's School Start Time survey. If you would like more information on adolescent sleep needs and later school start times, please visit the T/E School District website at www.tesd.net/starttimes or call the T/E School District Administration Offices at (610) 240-1900.

Survey on TESD School Start Times - Students

One of the T/E School District's goals for this school year is to look at strategies the District could use to support students' sleep needs. This goal includes reviewing options for later school start times. There is research that show adolescents may benefit from later school start times and additional sleep. The School Board Education Committee is currently considering one option for later school start times that could be placed into effect for the 2019-2020 school year. Resources on adolescent sleep needs and school start times are available on the School Start Times web page on the T/E School District website: <https://www.tesd.net/starttimes>.

1. **First Name:** _____

2. **Last Name:** _____

Check to confirm that you currently attend T/E schools.

3. **Please select your current grade:**

- 5
- 6
- 7
- 8
- 9
- 10
- 11
- 12

4. **Do you have siblings attending T/E schools?**

- Yes
- No

5. **The following statements apply to me: (check all that apply)**

- I play on a school athletic team
- I participate in non-athletic extracurricular activities
- I have a job after school
- I provide childcare for siblings after school
- I participate in afternoon or evening community activities (not school-related)

6. Do you support the new school start time option for the 2019-2020 school year as outlined below?

- Yes
- No

New school start option for the 2019-2020 school year

High School: 7:50 AM - 2:50 PM

Middle Schools: 8:27 AM - 3:10 PM

Elementary Schools: 9:10 AM - 3:45 PM

Current start and end times

High School: 7:20 AM - 2:20 PM

Middle Schools: 7:50 AM - 2:33 PM

Elementary Schools: 8:45 AM - 3:20 PM

7. I believe the 2019-2020 option for later school start times may have the following potential benefits for students: (check all that apply)

- Additional sleep
- Improved mental health
- Better physical health
- Improved academic performance
- Improved school attendance
- Improved alertness during class
- Improved athletic performance for student athletes
- Improved sleep schedule that accommodates adolescents' natural circadian rhythms of a later bedtime
- Other:

8. I believe the 2019-2020 option for later school start times may have the following potential challenges: (check all that apply)

- Conflicts with parents' work schedules
- Less family time in the late afternoon/evenings
- Less time for afterschool activities
- Additional costs to the T/E School District

- Students get out of school too late
- Less time for homework afterschool
- Disruption of afternoon class time due to high school athletic events
- Students will not get additional sleep but rather will just stay up later
- Other:

Future School Start Time Study

9. Which of the following statements best describes your view on future school start time studies by the District?

- I support implementation of the 2019-2020 school start time option and I do not see the need for further study.
- I support implementation of the 2019-2020 school start time option but I would like to see further study of school start times in the future.
- I do not support the implementation of the 2019-2020 school start time option and I would like to see different school start times considered.
- I do not want any change to the current start times and I do not see the need for any further study in the future.

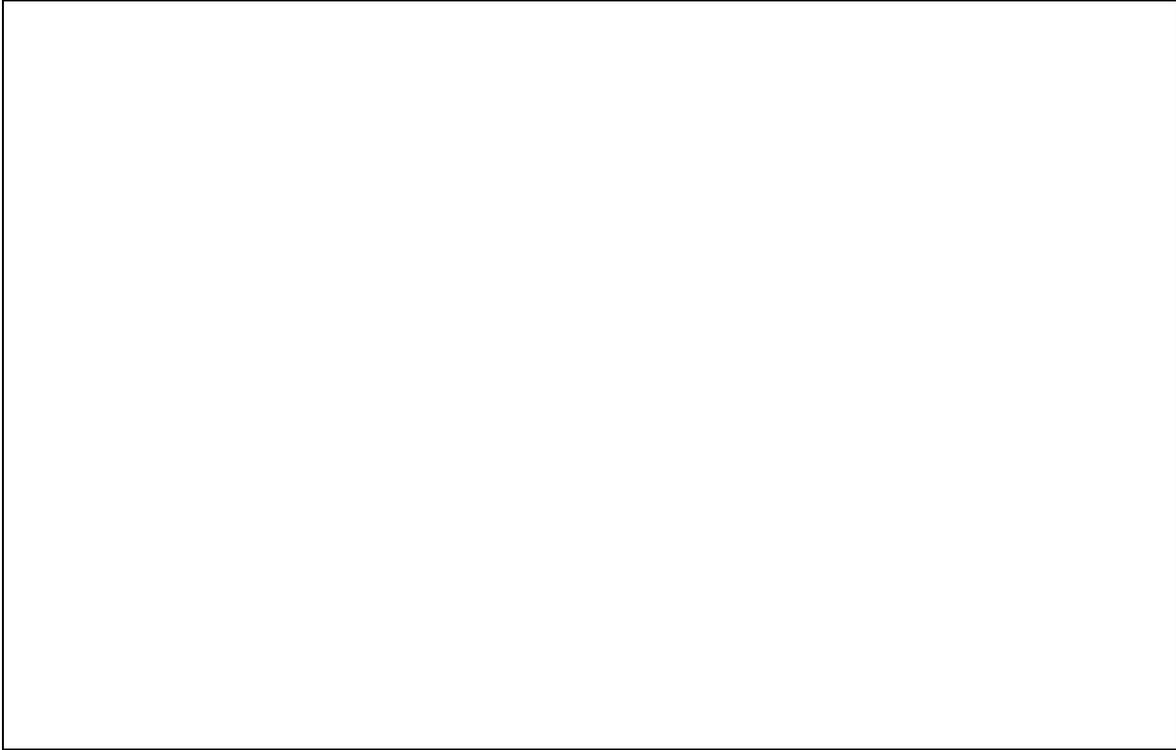
10. For seniors only. Do you feel that later school start times would have benefitted you during your time in high school?

- Yes
- No

11. Would you like more information on adolescent sleep needs and later school start times?

- Yes
- No

12. Additional comments:



Thank you for taking the T/E School District’s School Start Time survey. If you would like more information on adolescent sleep needs and later school start times, please visit the T/E School District website at www.tesd.net/starttimes or call the T/E School District Administration Offices at (610) 240-1900.

Survey on TESD School Start Times – Staff

One of the T/E School District’s goals for the 2018-2019 school year is to assess the impact of potential strategies for addressing adolescent sleep needs, including the implications for school start times. Scientifically-based research indicates that adolescents may benefit from later school start times and additional sleep. Resources on adolescent sleep needs and school start times are available on the School Start Times web page on the T/E School District website: <https://www.tesd.net/starttimes>.

1. **First Name:** _____

2. **Last Name:** _____

Check to confirm that you are a T/E School District staff member.

3. **Select the building where you are currently employed: (check all that apply)**

- Beaumont Elementary School
- Devon Elementary School
- Hillside Elementary School
- New Eagle Elementary School
- Valley Forge Elementary School
- T/E Middle School
- Valley Forge Middle School
- Conestoga High School
- TEAO
- Maintenance Building
- NOC

4. **Please select your employee classification:**

- Professional staff
- Non-instructional staff (District)
- Non-instructional staff (Contracted)

5. **Are you also a parent in the T/E School District?**

- Yes
- No

6. **Do you support the new school start time option for the 2019-2020 school year as outlined on the next page?**

- Yes
- No

New school start option for the 2019-2020 school year

High School: 7:50 AM - 2:50 PM

Middle Schools: 8:27 AM - 3:10 PM

Elementary Schools: 9:10 AM - 3:45 PM

Current start and end times

High School: 7:20 AM - 2:20 PM

Middle Schools: 7:50 AM - 2:33 PM

Elementary Schools: 8:45 AM - 3:20 PM

**7. I believe later school start times may have the following potential benefits for students:
(check all that apply)**

- Additional sleep
- Improved mental health
- Better physical health
- Improved academic performance
- Improved school attendance
- Improved alertness during class
- Improved athletic performance for athletes
- Improved sleep schedule that accommodates adolescents' natural circadian rhythms of a later bedtime
- Other:

**8. I believe later school start times may have the following potential challenges:
(check all that apply)**

- Additional costs to the T/E School District
- Students get out of school too late
- Less time for homework afterschool
- Disruption of afternoon class time due to high school athletic events
- Students will not get additional sleep but rather will just stay up later

Other:

**9. I believe later school start times may have the following personal or family impact on me:
(check all that apply)**

- I may not be able to sponsor a club or coach a team
- I may need additional child care for my own children
- I may need less child care for my own children
- The benefits of start times for students may have a positive professional impact
- It may have a positive effect on my family life
- It may have a negative effect on my family life
- It may positively impact my commute
- It may negatively impact my commute
- Other:

10. For teachers only. If the District moves forward with adjusting school start times, how do you believe it would impact students and your work?

Future School Start Time Study

11. Which of the following statements best describes your view on future school start time studies by the District?

- I support implementation of the 2019-2020 school start time option and I do not see the need for further study.
- I support implementation of the 2019-2020 school start time option but I would like to see further study of school start times in the future.
- I do not support the implementation of the 2019-2020 school start time option and I would like to see different school start times considered.
- I do not want any change to the current start times and I do not see the need for any further study in the future.

12. Would you like more information on adolescent sleep needs and later school start times?

- Yes
- No

13. Additional comments:

Thank you for taking the T/E School District’s School Start Time survey. If you would like more information on adolescent sleep needs and later school start times, please visit the T/E School District website at www.tesd.net/starttimes or call the T/E School District Administration Offices at (610) 240-1900.