

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.