

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.