

## 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](http://www.tesd.net/starttimes) or call the T/E School District Administration Offices at (610) 240-1900.**