

# Results of Student Survey on Later Start Times

District Shared Decision Making Committee

## Creation

- This survey was created by the Ontario Student Government for the purpose of gauging student reaction to a proposal of later start times.
- It was provided to all high school students in their English classes.

Students were asked to “agree, disagree or don’t care” in answer to three questions.

- “I would support a later secondary start time, with the understanding that class periods may be shortened, but that the school day would end at the same time it does now.”
- “I would support a later secondary start time, with the understanding that the school day would also end later.”
- “I would support a later secondary start time, with the understanding that we would go from a 9 period day to an 8 period day (maintaining the current end of day/dismissal time).

## Responses to Question 1

“I would support a later secondary start time, with the understanding that class periods may be shortened, but that the school day would end at the same time it does now.”

- Agree- 251 (9-115, 10-65, 11-47, 12-24)
- Disagree- 106 (9-24, 10-10, 11-22, 12-50)
- Don't Care- 39 (9-8, 10-2, 11-5, 12-24)

## Responses to Question 2

“I would support a later secondary start time, with the understanding that the school day would also end later.”

- Agree- 67 (9-26, 10-13, 11-15, 12-13)
- Disagree- 279 (9-105, 10-53, 11-53, 12-68)
- Don't Care- 50 (9-16, 10-11, 11-6, 12-17)

## Responses to Question 3

“I would support a later secondary start time, with the understanding that we would go from a 9 period day to an 8 period day (maintaining the current end of day/dismissal time).

- Agree- 186 (9-75, 10-43, 11-32, 12-36)
- Disagree- 150 (9-50, 10-25, 11-33, 12-42)
- Don't Care- 60 (9-22, 10-9, 11-9, 12-20)

### Grade 9

**CONCERNS**

Sports-52	Family-26 Obligations	Less-23 Courses	Non-35 School	none-17
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**SUPPORTS**

Positive-38 Mental Health	Better-52 rested	Align-35 with sleep patterns	Makes-19 no difference	
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### Most Common "Other" Responses Grade 9

**Concerns (total 16)**

- "Will increase stress after sports and HW." (5)
- Affect life outside of school (3)
- Getting home late will make me miss daylight. (3)

**Supports (total 5)**

- We will do better with more sleep (3)
- Will help grow and develop/will improve atmosphere and attitude (2)

### Grade 10

**CONCERNS**

Sports-42	Family-24 Obligations	Less-37 Courses	Non-40 School	none-14
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**SUPPORTS**

Positive-50 Mental Health	Better-56 rested	Align-46 with sleep patterns	Makes-21 no difference	
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### Most Common "Other" Responses Grade 10

**Concerns (total 19)**

- "If there is a later start time kids will just stay up later and get the same amount of sleep." (4)
- "Getting home later will make it so I have not enough time to do homework." (4)
- "I just really don't like the idea." (3)

**Supports (total 4)**

- "Starting later would be beneficial to all students." (2)
- "Adolescent brains don't function properly until 10:30 AM." (1)
- "I have such a hard time waking up which makes me late to first period." (1)

### Grade 11

**CONCERNS**

Sports-38	Family-29 Obligations	Less-33 Courses	Non-38 School	none-9
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**SUPPORTS**

Positive-35 Mental Health	Better-38 rested	Align-25 with sleep patterns	Makes-17 no difference	
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### Most Common "Other" Responses Grade 11

**Concerns (total 40)**

- "Kids will just go to bed later and wake up later." (6)
- "Don't agree with the idea of later start time." (5)
- "This plan messes up more than it solves." (6)

**Supports (total 7)**

- "Students could sleep in later and be more aware later in the day." (2)
- "Later start times would make me want to die a lot less." (2)

## Grade 12

### CONCERNS

Sports- 36	Family- 35 Obligations	Less- 32 Courses	Non- 36 School	none- 10
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### SUPPORTS

Positive- 29 Mental Health	Better- 30 rested	Align- 26 with sleep patterns	Makes- 18 no difference
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## Most Common "Other" Responses Grade 12

### Concerns (total 53)

- "Not enough information and planning." (9)
- "Many students are working to support their families. Ending school later could affect the amount of money they make for their families." (7)
- "Will affect BOCES and New Visions." (7)

### Supports (total 6)

- Could be very beneficial for students to start later and be more mentally prepared for the day. (4)

## SUMMARY

- There were 396 responses to the survey.
- The two most popular answers to questions across all grade levels were:
  1. **251** students would support a later start time with the understanding that class periods may be shortened, but that the school day would end at the same time that it does now.
  2. **279** students responded negatively to supporting a later start time "...with the understanding that the school day would also end later."

## Summary continued.

- **Sports are the leading concern** of students as presented by the survey. **168 total students** have concerns in this area. Others are as follows:
 

Family Obligations: 114	Less Courses: 125
Non-school obligations: 149	No Concerns: 50
- **Being better rested** is the leading "support" among students, **176 students in total**. Others are as follows:
 

Positive Mental Health: 152	Align with Sleep Patterns: 132
Makes no difference: 75	

**YOUR GRADE:** \_\_\_\_\_

Agree	Disagree	Don't Care	
			I would support a later secondary start time, with the understanding that class periods may be shortened, but that the school day would end at the same time that it does now.
			I would support a later secondary start time, with the understanding that the school day would also end later.
			I would support a later secondary start time, with the understanding that we would go from a 9 period day to an 8 period day (maintaining the current end of day/dismissal time).

I am concerned about changing the secondary start/end times due to: (check all that apply)

- Concerns about sports
- Family obligations
- Reduction of course offerings
- Conflicts with non-school affiliated obligations (e.g., religion, clubs, employment, etc.)
- I do not have any concerns
- Other:

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I support later secondary start times because (check all that apply):

- Later start times will promote positive mental health
- Students will be better rested
- Later start times align more with adolescent sleep patterns
- I do not agree that later start times will make a difference to me
- Other:

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Do you have a job?

- Yes
- No

If so, what hours do you work?

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