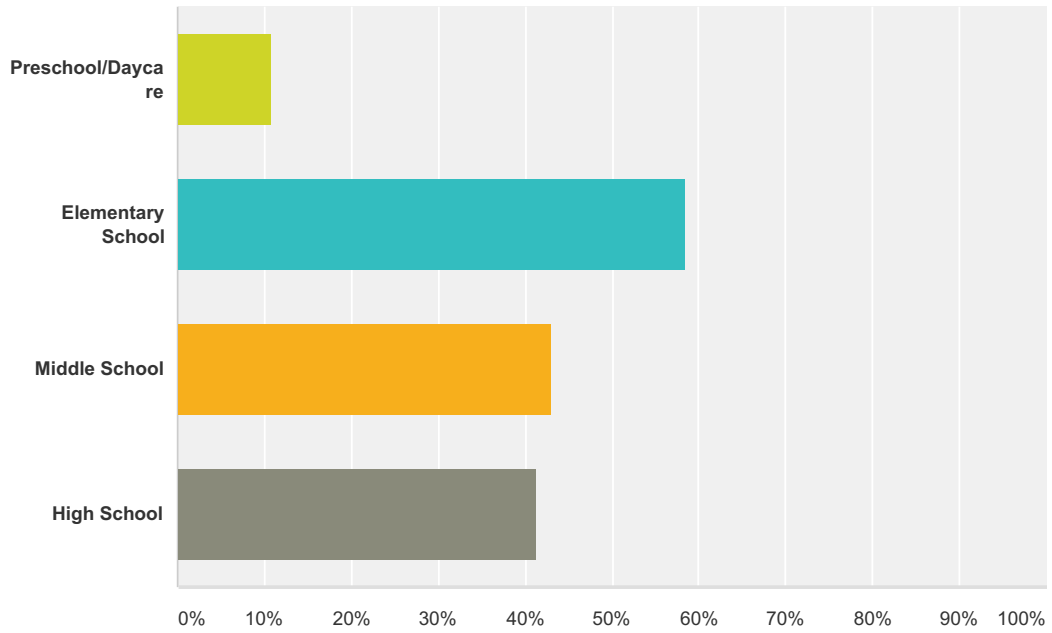


Q1 I have children in (check all that apply):

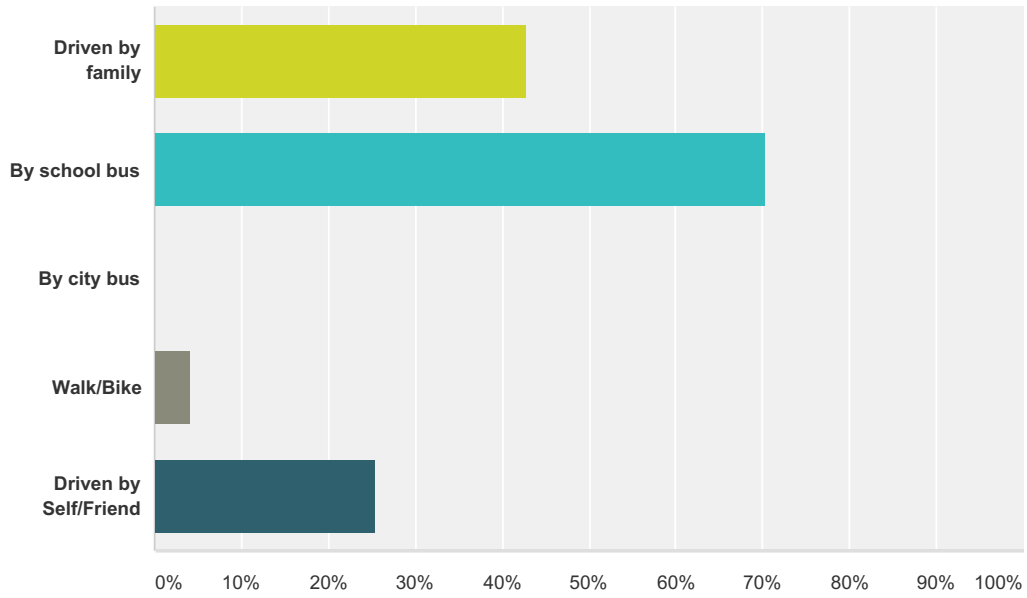
Answered: 1,139 Skipped: -2



Answer Choices	Responses	
Preschool/Daycare	10.80%	123
Elementary School	58.47%	666
Middle School	43.02%	490
High School	41.26%	470
Total Respondents: 1,139		

Q2 My children arrive at school (check all that apply):

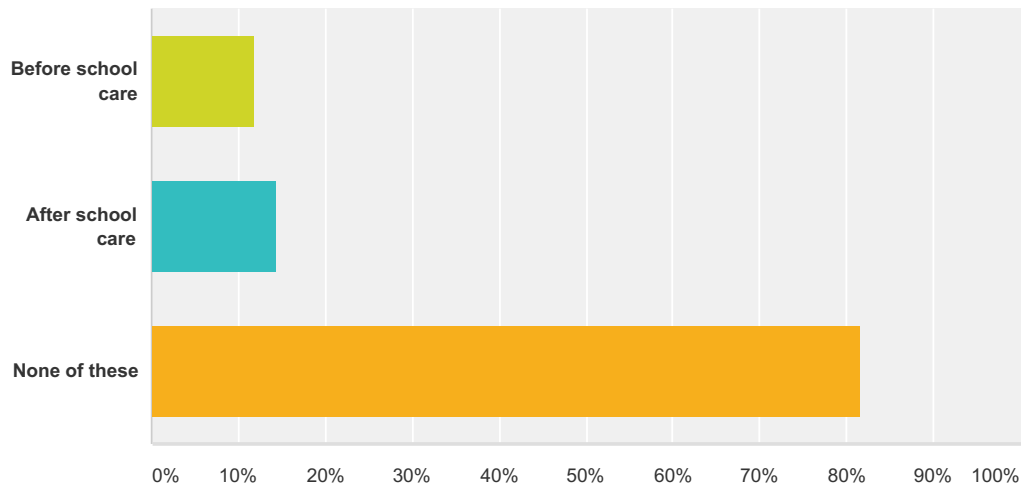
Answered: 1,139 Skipped: -2



Answer Choices	Responses	Count
Driven by family	42.76%	487
By school bus	70.41%	802
By city bus	0.00%	0
Walk/Bike	4.13%	47
Driven by Self/Friend	25.46%	290
Total Respondents: 1,139		

Q3 My children require (check all that apply):

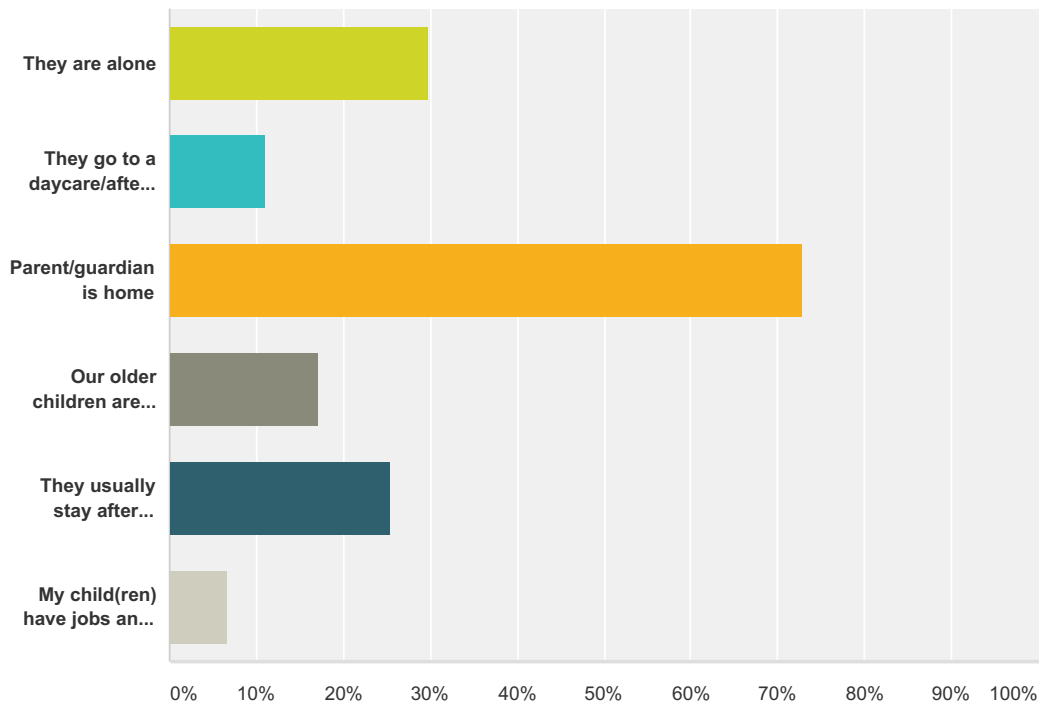
Answered: 1,139 Skipped: -2



Answer Choices	Responses
Before school care	11.85% 135
After school care	14.49% 165
None of these	81.56% 929
Total Respondents: 1,139	

Q4 When my child(ren) get home from school (check all that apply):

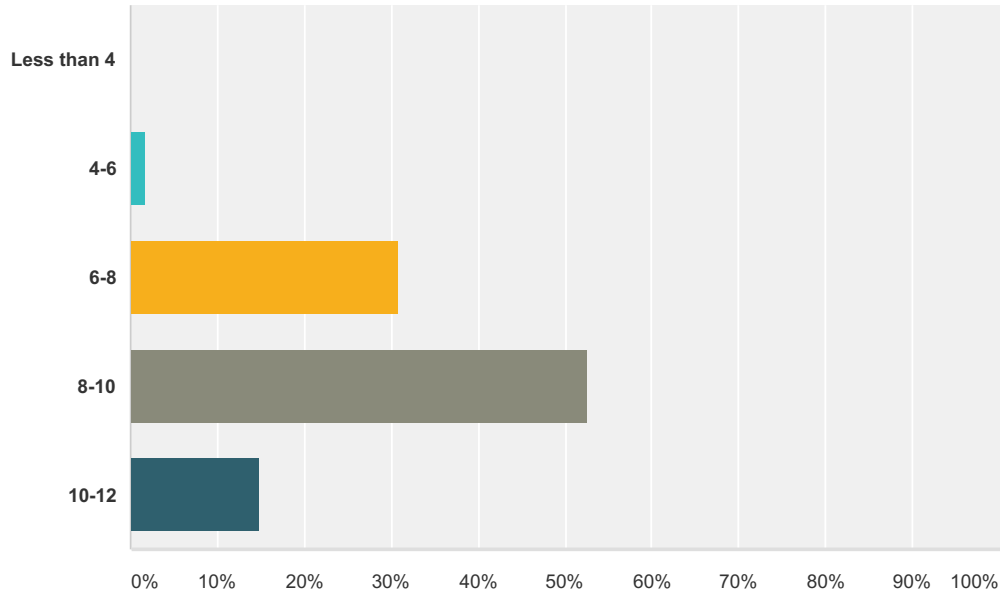
Answered: 1,139 Skipped: -2



Answer Choices	Responses
They are alone	29.76% 339
They go to a daycare/after school care	11.06% 126
Parent/guardian is home	72.96% 831
Our older children are responsible for our younger children	17.12% 195
They usually stay after school for athletics/activities.	25.37% 289
My child(ren) have jobs and go to work.	6.67% 76
Total Respondents: 1,139	

Q5 The American Academy of Sleep Medicine recommends: That students 9-12 years of age sleep 9-12 hours daily on a regular basis. That students 13-18 years of age sleep 8-10 hours daily on a regular basis. How many hours of sleep does your child(ren) get during weekdays:

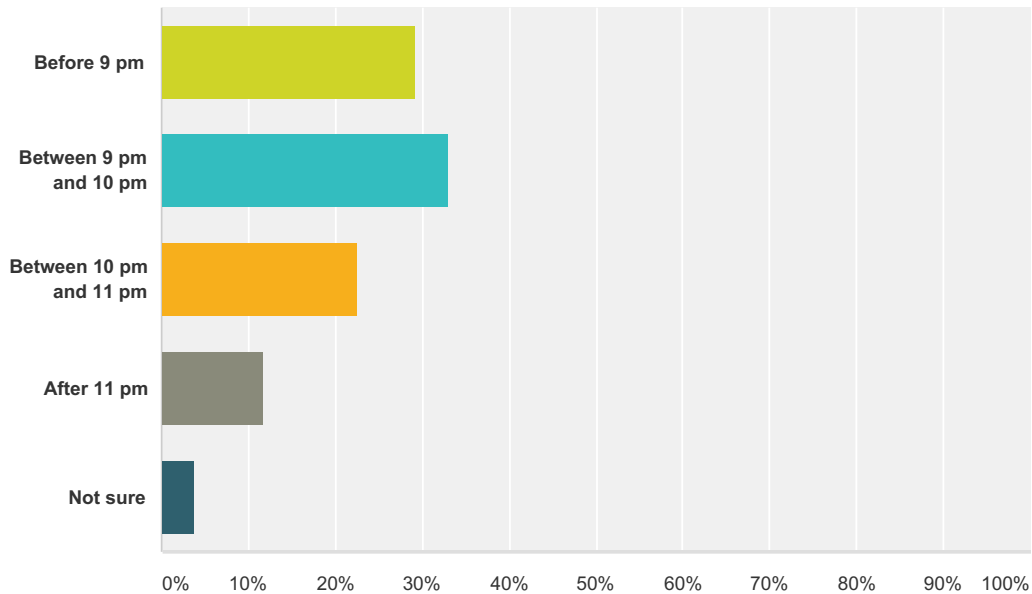
Answered: 1,139 Skipped: -2



Answer Choices	Responses
Less than 4	0.09% 1
4-6	1.76% 20
6-8	30.82% 351
8-10	52.59% 599
10-12	14.75% 168
Total	1,139

Q6 The School District of Elmbrook is considering changing the daily schedule so the day starts later. The school day could also end later or remain the same by modifying the daily schedule. Studies show nearly 90 percent of students are getting less than the recommended hours of sleep, and students who get enough sleep have a reduced risk of depression, do better in school, and have an overall better quality of life. What time does your oldest or only middle or high school-aged child go to bed on a school night?

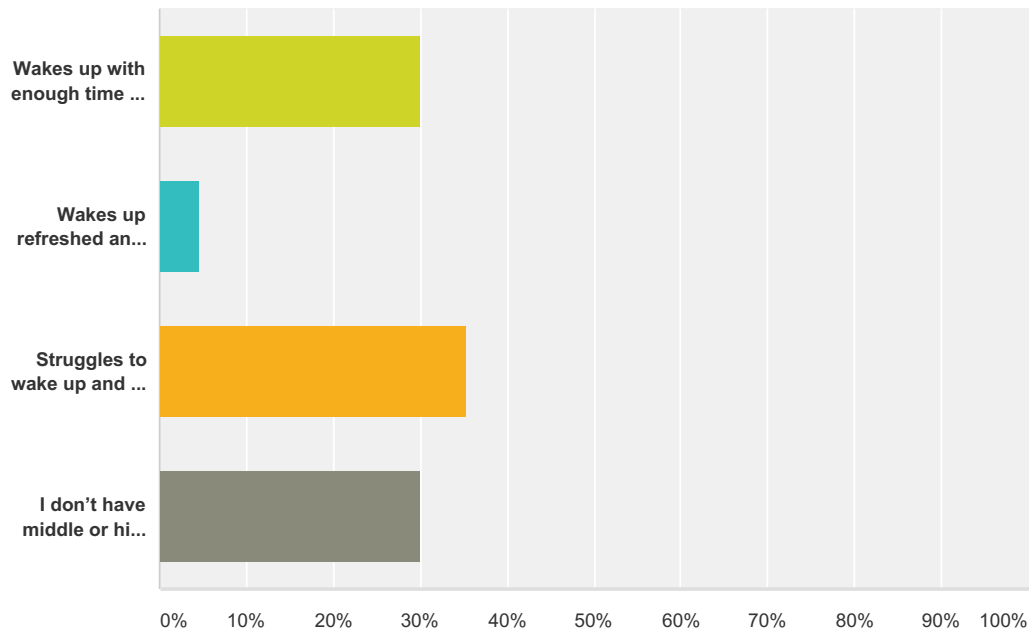
Answered: 1,139 Skipped: -2



Answer Choices	Responses	Count
Before 9 pm	29.15%	332
Between 9 pm and 10 pm	32.92%	375
Between 10 pm and 11 pm	22.56%	257
After 11 pm	11.68%	133
Not sure	3.69%	42
Total		1,139

Q7 On most school days, my middle and/or high school-aged child(ren)...

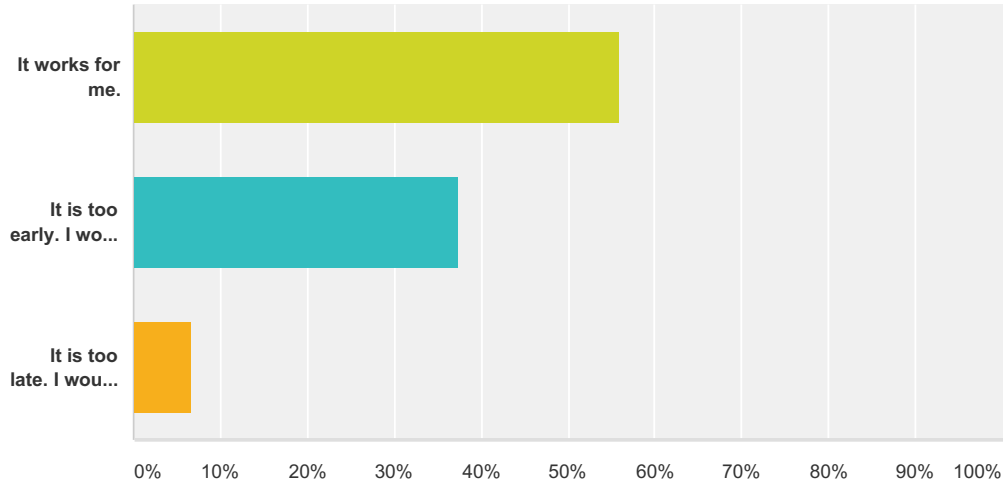
Answered: 1,139 Skipped: -2



Answer Choices	Responses
Wakes up with enough time to get ready for school	30.11% 343
Wakes up refreshed and ready for the day	4.57% 52
Struggles to wake up and get ready for school	35.21% 401
I don't have middle or high school-aged children	30.11% 343
Total	1,139

Q8 Which statement best describes how you feel about the current start/end time at your school?

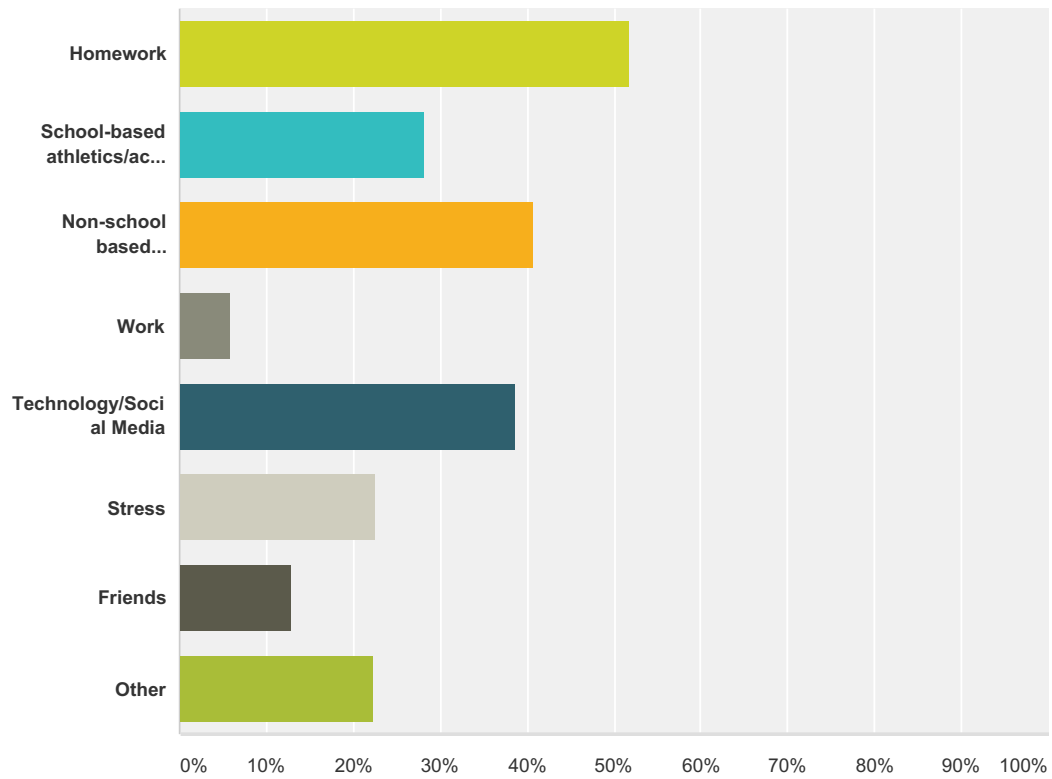
Answered: 1,139 Skipped: -2



Answer Choices	Responses
It works for me.	56.01% 638
It is too early. I would prefer a later start/end time.	37.40% 426
It is too late. I would prefer an earlier start/end time.	6.58% 75
Total	1,139

Q9 What interferes with your child(ren)' sleep? (check all that apply)

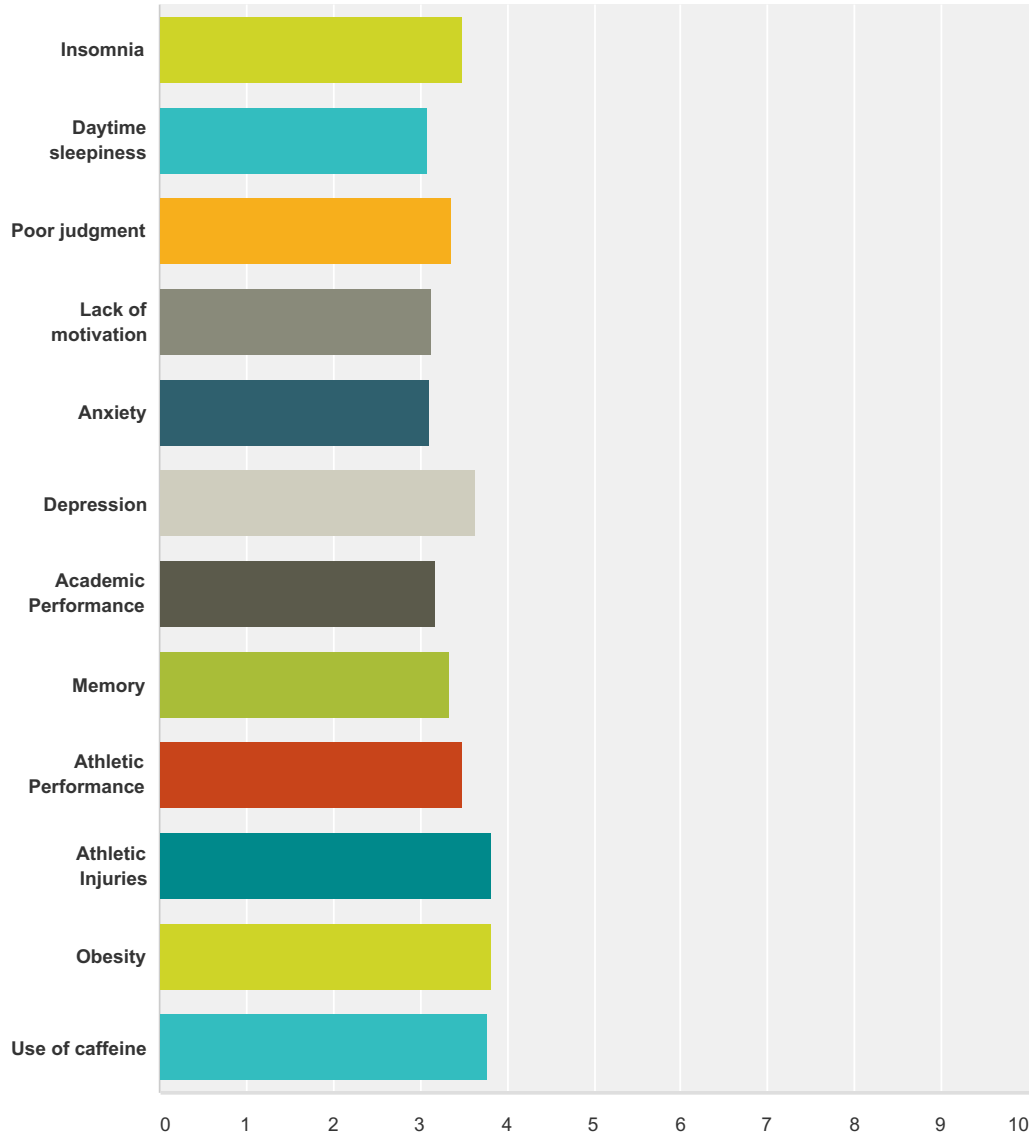
Answered: 1,139 Skipped: -2



Answer Choices	Responses
Homework	51.71% 589
School-based athletics/activities	28.18% 321
Non-school based athletics/activities (private sports clubs, recreational activities not affiliated with our schools)	40.74% 464
Work	5.79% 66
Technology/Social Media	38.72% 441
Stress	22.48% 256
Friends	12.91% 147
Other	22.39% 255
Total Respondents: 1,139	

Q10 Please let us know how much the following documented sleep-related issues affect your child(ren):

Answered: 1,139 Skipped: -2



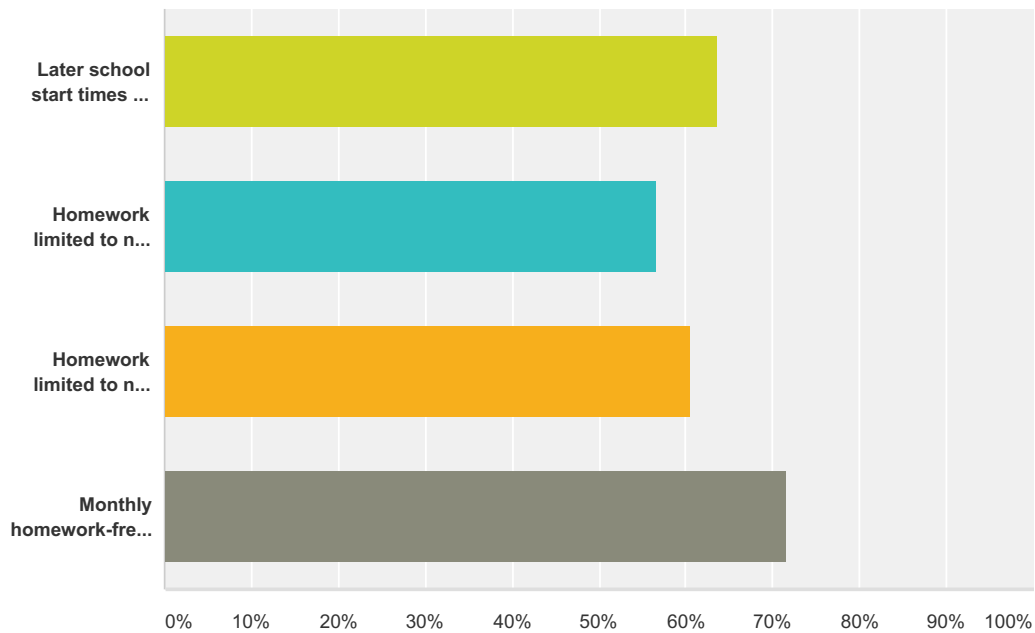
	Highly	Moderately	A little	None	Total	Weighted Average
Insomnia	3.84% 43	8.93% 100	22.77% 255	64.46% 722	1,120	3.48
Daytime sleepiness	5.86% 66	17.57% 198	37.98% 428	38.60% 435	1,127	3.09
Poor judgment	2.95% 33	9.82% 110	35.89% 402	51.34% 575	1,120	3.36
Lack of motivation	6.06% 68	16.83% 189	35.26% 396	41.85% 470	1,123	3.13

Calendar Survey for Parent/Guardian

Anxiety	7.80% 88	18.53% 209	28.81% 325	44.86% 506	1,128	3.11
Depression	2.23% 25	6.79% 76	16.25% 182	74.73% 837	1,120	3.63
Academic Performance	5.41% 61	16.84% 190	33.42% 377	44.33% 500	1,128	3.17
Memory	3.47% 39	12.80% 144	30.76% 346	52.98% 596	1,125	3.33
Athletic Performance	2.05% 23	9.01% 101	27.65% 310	61.28% 687	1,121	3.48
Athletic Injuries	0.72% 8	3.32% 37	9.24% 103	86.73% 967	1,115	3.82
Obesity	0.90% 10	2.97% 33	8.63% 96	87.50% 973	1,112	3.83
Use of caffeine	1.43% 16	4.12% 46	10.57% 118	83.87% 936	1,116	3.77

Q11 The American Academy of Sleep Medicine recommends: That students 9-12 years of age sleep 9-12 hours daily on a regular basis That students 13-18 years of age sleep 8-10 hours daily on a regular basis In order to achieve this, the following interventions should be adopted by the School District of Elmbrook to promote healthier students and improve academics (check all that you agree with):

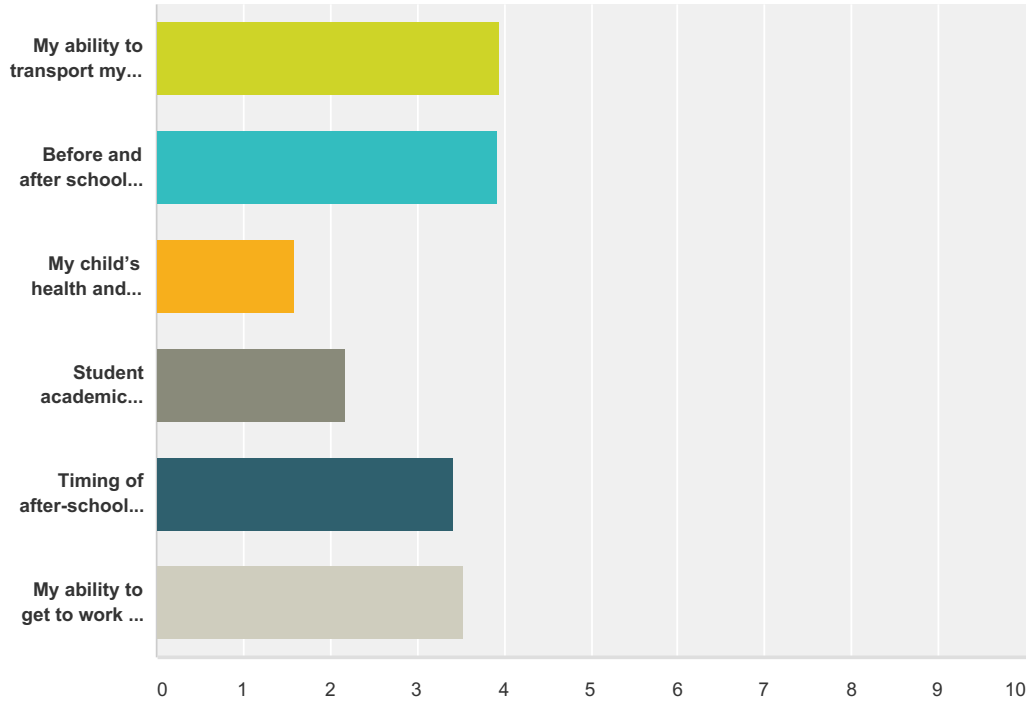
Answered: 1,139 Skipped: -2



Answer Choices	Responses
Later school start times for middle school and high school students.	63.65% 725
Homework limited to no more than 1.0 hours daily for students ages 9-12.	56.63% 645
Homework limited to no more than 2.0 hours daily for students aged 13-18.	60.58% 690
Monthly homework-free weekends and homework free vacations/breaks to promote family and community engagement.	71.64% 816
Total Respondents: 1,139	

Q12 When considering your preferred school-day schedule, please rank your top 5 factors (out of 6 possible options below). Rank 1 is most important and Rank 5 is least important.

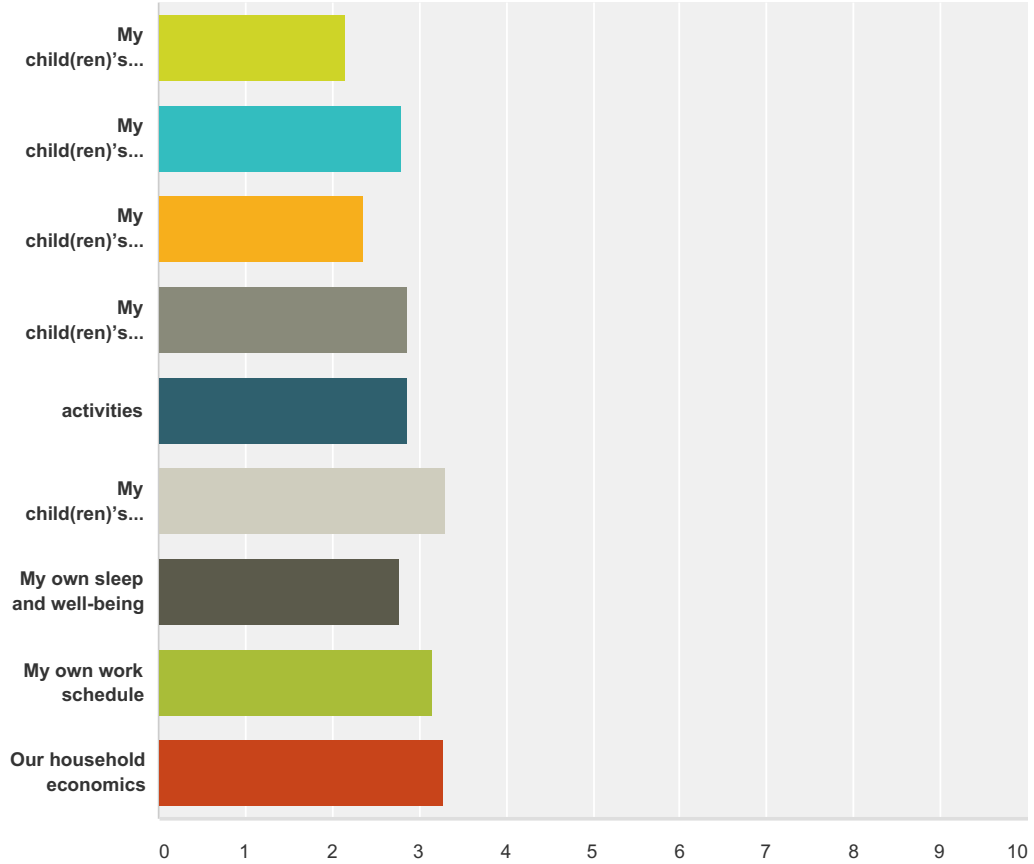
Answered: 1,139 Skipped: -2



	Rank 1	Rank 2	Rank 3	Rank 4	Rank 5	Total	Weighted Average
My ability to transport my child to school.	5.03% 44	7.09% 62	15.56% 136	32.04% 280	40.27% 352	874	3.95
Before and after school care for younger siblings.	7.61% 45	8.29% 49	13.54% 80	26.06% 154	44.50% 263	591	3.92
My child's health and sleep	65.86% 706	18.94% 203	8.68% 93	3.73% 40	2.80% 30	1,072	1.59
Student academic performance	18.99% 204	58.38% 627	12.20% 131	7.54% 81	2.89% 31	1,074	2.17
Timing of after-school athletic, and extracurricular activities	4.29% 42	7.55% 74	47.65% 467	23.27% 228	17.24% 169	980	3.42
My ability to get to work on time.	10.17% 88	10.52% 91	21.16% 183	32.60% 282	25.55% 221	865	3.53

Q13 Please rate your agreement on how a later school start time will benefit your family:

Answered: 1,139 Skipped: -2



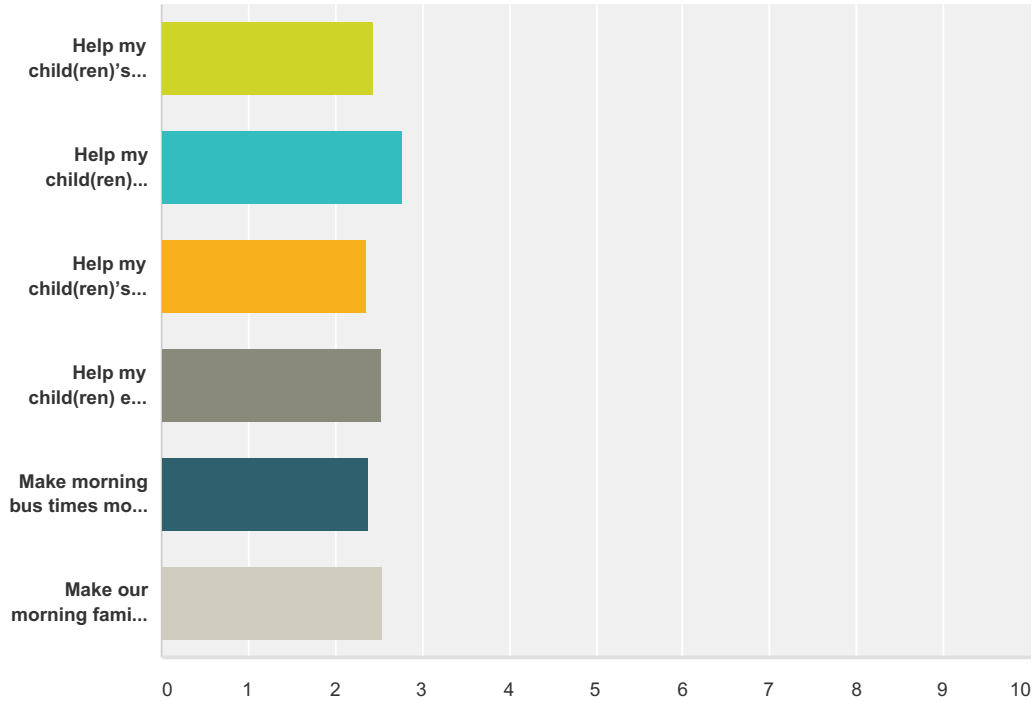
	Strongly Agree	Agree	I don't know	Disagree	Strongly Disagree	Total	Weighted Average
My child(ren)'s sleep and well-being	41.85% 475	26.43% 300	12.95% 147	12.51% 142	6.26% 71	1,135	2.15
My child(ren)'s safety	18.93% 213	22.49% 253	29.69% 334	18.84% 212	10.04% 113	1,125	2.79
My child(ren)'s academics	28.62% 324	31.36% 355	21.64% 245	11.93% 135	6.45% 73	1,132	2.36
My child(ren)'s performance in athletics/ activities	12.22% 138	24.45% 276	36.58% 413	18.16% 205	8.59% 97	1,129	2.86
My child(ren)'s employment outside of school	5.29% 58	7.02% 77	54.88% 602	17.96% 197	14.86% 163	1,097	3.30
My own sleep and well-being	19.30% 216	28.69% 321	18.95% 212	21.18% 237	11.89% 133	1,119	2.78
My own work schedule	11.31% 126	20.56% 229	25.49% 284	25.85% 288	16.79% 187	1,114	3.16

Calendar Survey for Parent/Guardian

Our household economics	9.20% 102	9.56% 106	40.94% 454	24.98% 277	15.33% 170	1,109	3.28
-------------------------	---------------------	---------------------	----------------------	----------------------	----------------------	-------	------

Q14 How strongly do you agree or disagree with the following statements about the potential impacts of changing the current start time?

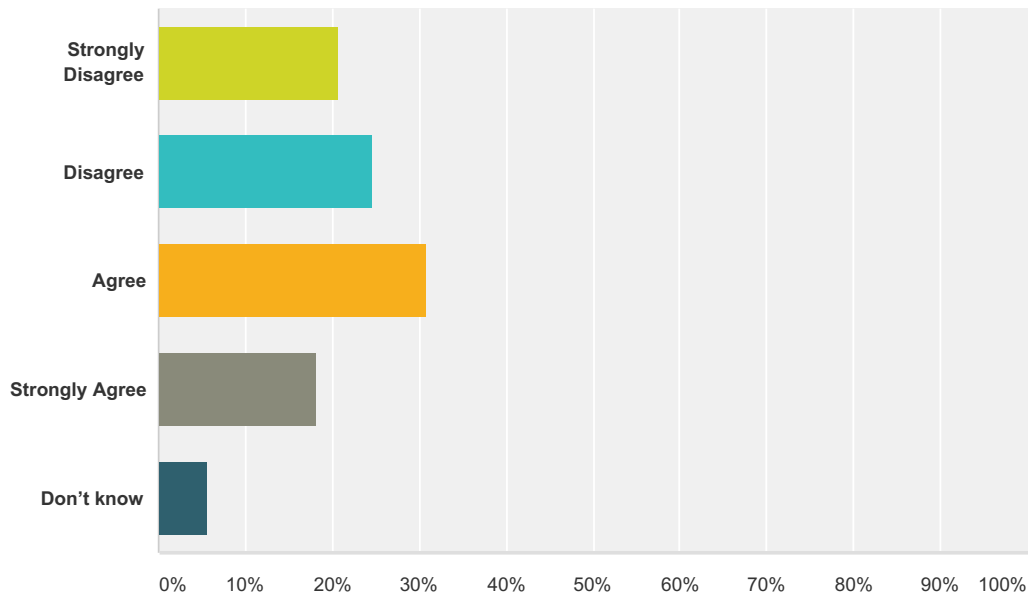
Answered: 1,139 Skipped: -2



	Strongly Agree	Agree	I don't know	Disagree	Strongly Disagree	Total	Weighted Average
Help my child(ren)'s academic performance	28.22% 320	26.72% 303	23.90% 271	14.02% 159	7.14% 81	1,134	2.45
Help my child(ren) complete homework	19.70% 223	25.62% 290	21.55% 244	24.12% 273	9.01% 102	1,132	2.77
Help my child(ren)'s health	30.48% 345	29.06% 329	20.85% 236	13.43% 152	6.18% 70	1,132	2.36
Help my child(ren) eat breakfast	27.47% 311	30.12% 341	13.43% 152	20.49% 232	8.48% 96	1,132	2.52
Make morning bus times more reasonable	32.10% 363	26.79% 303	19.54% 221	14.59% 165	6.98% 79	1,131	2.38
Make our morning family routine easier.	28.00% 317	26.24% 297	18.02% 204	18.46% 209	9.28% 105	1,132	2.55

Q15 There would be little impact on my schedule if school started later in the day.

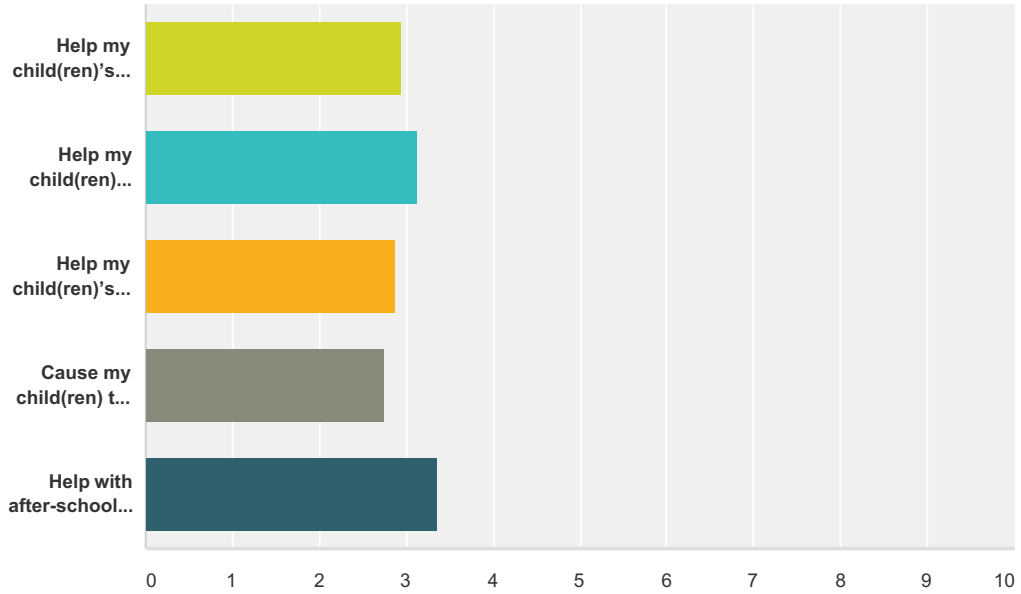
Answered: 1,139 Skipped: -2



Answer Choices	Responses	Count
Strongly Disagree	20.72%	236
Disagree	24.58%	280
Agree	30.82%	351
Strongly Agree	18.17%	207
Don't know	5.71%	65
Total		1,139

Q16 How strongly do you agree or disagree with the following statements about the potential impacts of changing the current school day end time?

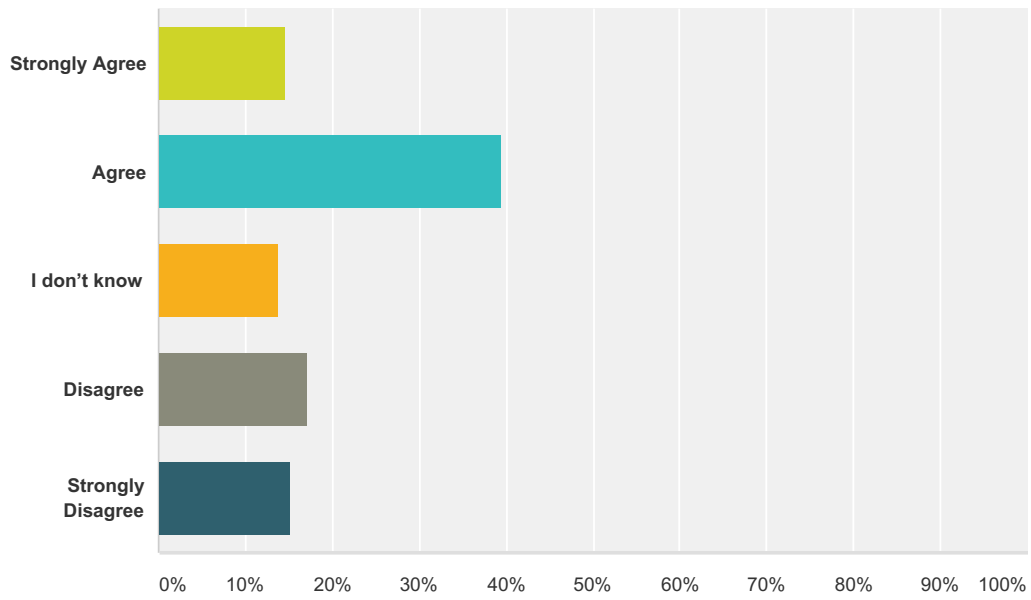
Answered: 1,139 Skipped: -2



	Strongly Agree	Agree	I don't know	Disagree	Strongly Disagree	Total	Weighted Average
Help my child(ren)'s academic performance	12.97% 147	17.21% 195	40.60% 460	21.01% 238	8.21% 93	1,133	2.94
Help my child(ren) complete homework	9.98% 113	17.93% 203	31.80% 360	29.51% 334	10.78% 122	1,132	3.13
Help my child(ren)'s health	12.68% 143	20.39% 230	40.60% 458	19.06% 215	7.27% 82	1,128	2.88
Cause my child(ren) to return home too late	17.71% 201	25.64% 291	25.11% 285	25.55% 290	5.99% 68	1,135	2.76
Help with after-school activities	5.14% 58	12.23% 138	37.15% 419	31.29% 353	14.18% 160	1,128	3.37

Q17 There would be little impact on my schedule if school ended later in the day.

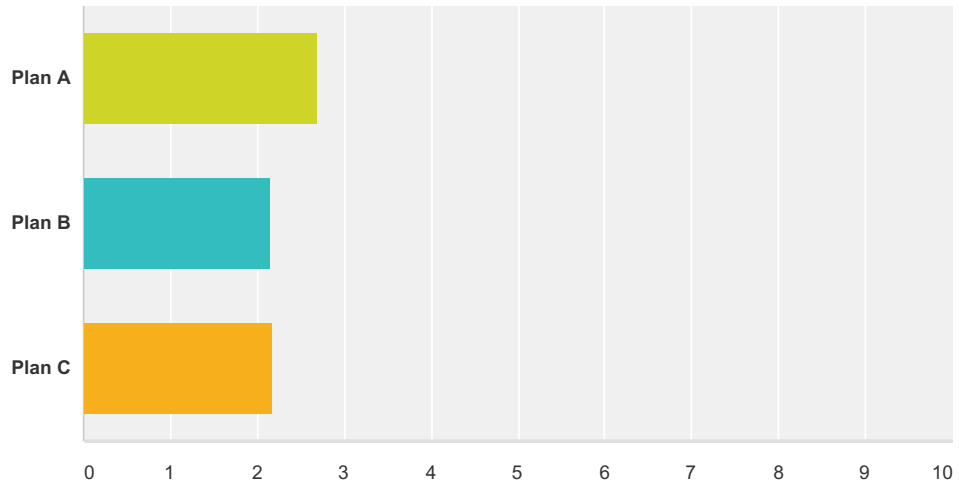
Answered: 1,139 Skipped: -2



Answer Choices	Responses	Count
Strongly Agree	14.57%	166
Agree	39.51%	450
I don't know	13.70%	156
Disagree	17.03%	194
Strongly Disagree	15.19%	173
Total		1,139

Q18 The Calendar Committee is analyzing a variety of school day start and end time scenarios (below) and needs your feedback on which are acceptable to you and your family. If we elect to start the school day later, the school day will end later, pushing transportation and after school activities later into the late afternoon and evening. Please let us know your opinion about the following school day start and end-time scenarios (located below):

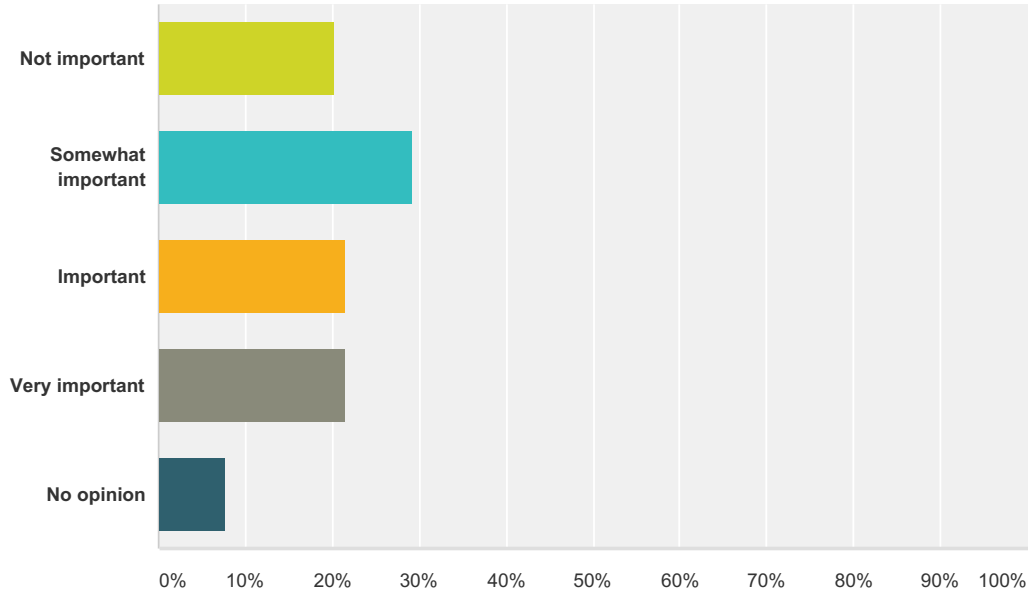
Answered: 1,139 Skipped: -2



	Very Acceptable	Acceptable	Unacceptable	Very Unacceptable	Total	Weighted Average
Plan A	18.29% 206	27.09% 305	22.11% 249	32.50% 366	1,126	2.69
Plan B	30.53% 345	39.56% 447	15.58% 176	14.34% 162	1,130	2.14
Plan C	22.61% 255	47.34% 534	19.24% 217	10.82% 122	1,128	2.18

Q19 Adjustments to the school day start and/or end time could impact school-based athletics, including different practice times or competitions. How important to you are the potential impacts on athletics?

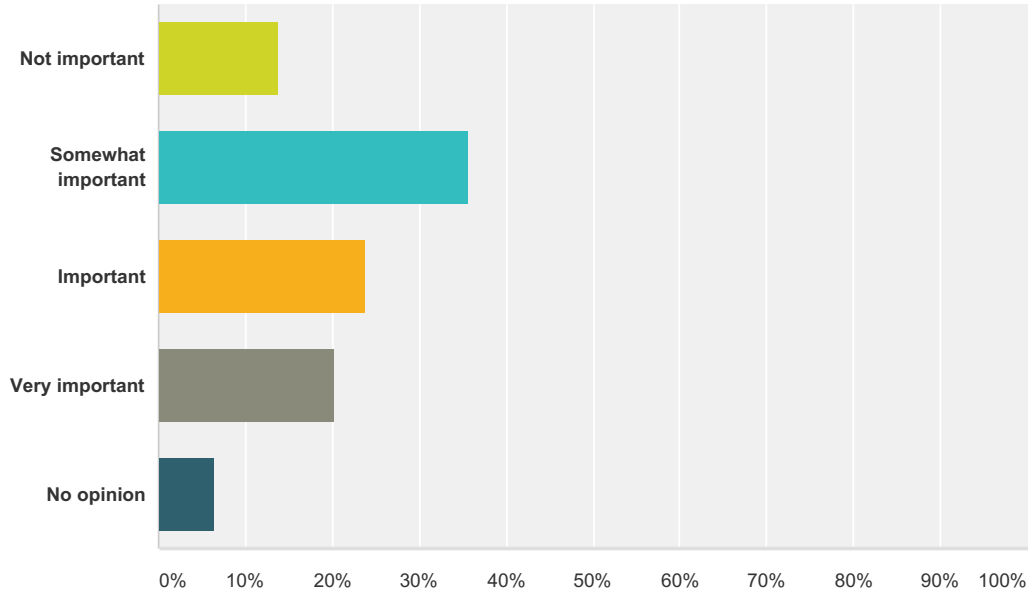
Answered: 1,139 Skipped: -2



Answer Choices	Responses	
Not important	20.28%	231
Somewhat important	29.15%	332
Important	21.51%	245
Very important	21.42%	244
No opinion	7.64%	87
Total		1,139

Q20 Adjustments to the school day start and/or end times could impact school-based activities, including different practice times or performances. How important to you are the potential impacts on activities?

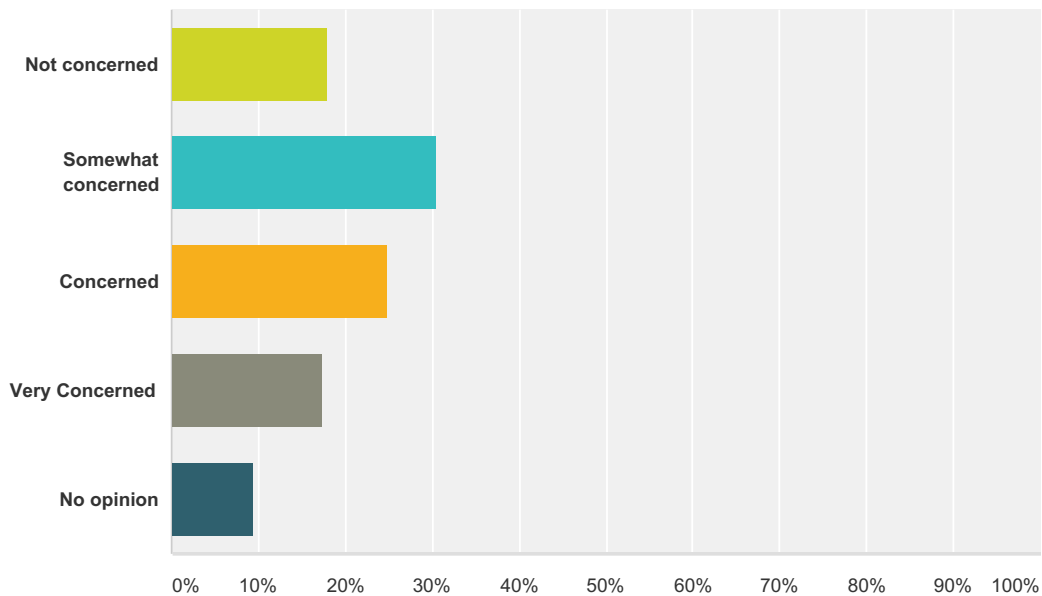
Answered: 1,139 Skipped: -2



Answer Choices	Responses	Count
Not important	13.78%	157
Somewhat important	35.73%	407
Important	23.71%	270
Very important	20.28%	231
No opinion	6.50%	74
Total		1,139

Q21 The Calendar Committee has identified the concern regarding the intensity of student schedules as a factor to consider in the overall health and wellness of our student body. The Committee has learned about the frequency of early morning and late evening athletic and activity involvement and the potential impact on sleep and wellness. How concerned are you about the impact of your involvement in early morning/late evening athletic or activity participation on you child(ren)'s overall health and wellness?

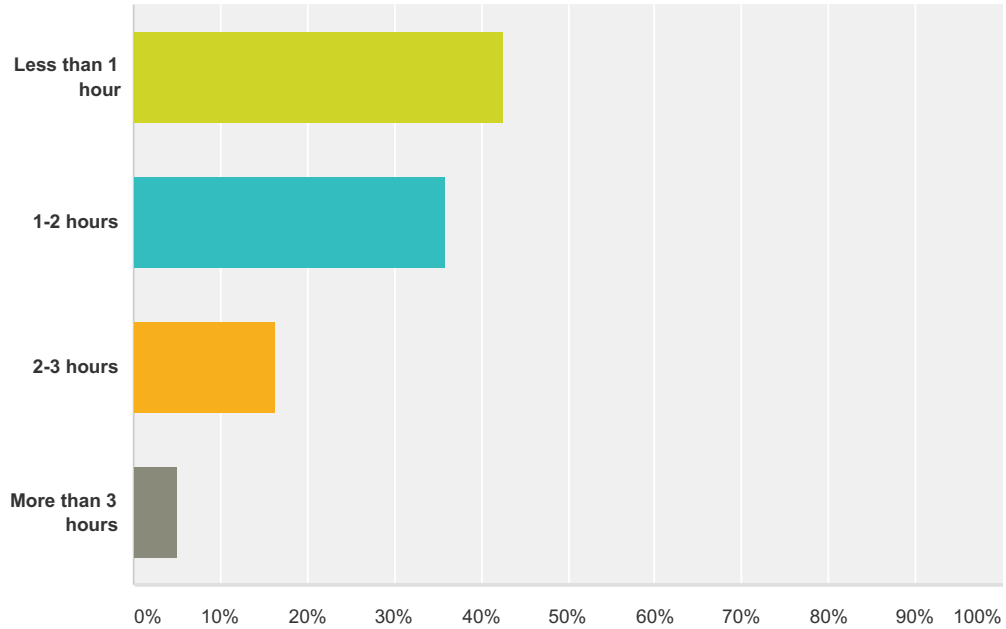
Answered: 1,139 Skipped: -2



Answer Choices	Responses	Count
Not concerned	17.91%	204
Somewhat concerned	30.47%	347
Concerned	24.85%	283
Very Concerned	17.30%	197
No opinion	9.48%	108
Total		1,139

Q22 On average, how many hours does your child spend at school before or after the regular school day in athletics and activities?

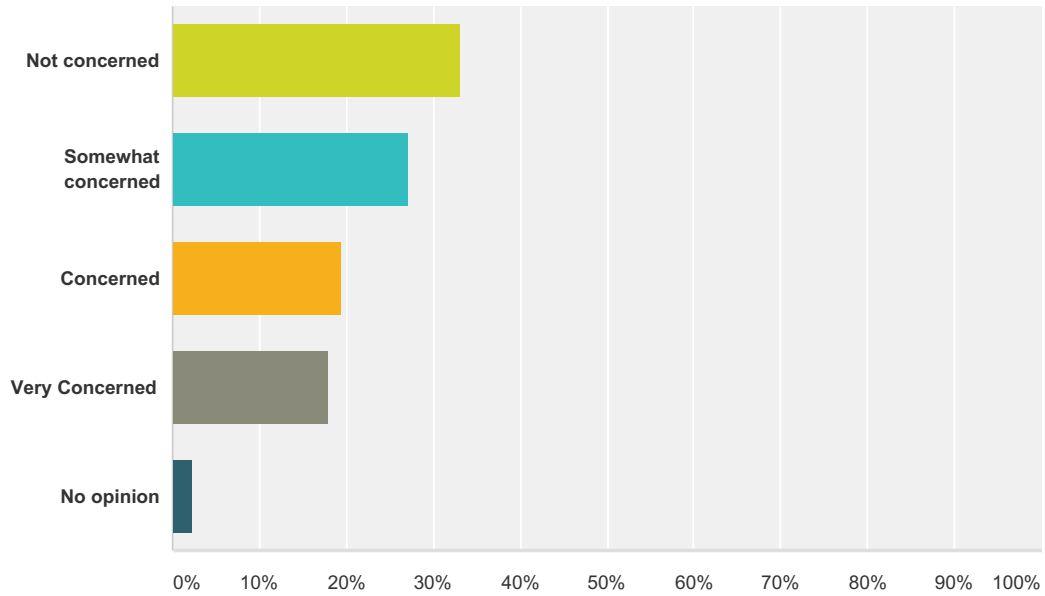
Answered: 1,139 Skipped: -2



Answer Choices	Responses
Less than 1 hour	42.67% 486
1-2 hours	36.00% 410
2-3 hours	16.24% 185
More than 3 hours	5.09% 58
Total	1,139

Q23 The Calendar Committee has identified homework load as a factor to consider in the overall health and wellness of our student body. How concerned are you about your child(ren)'s homework load?

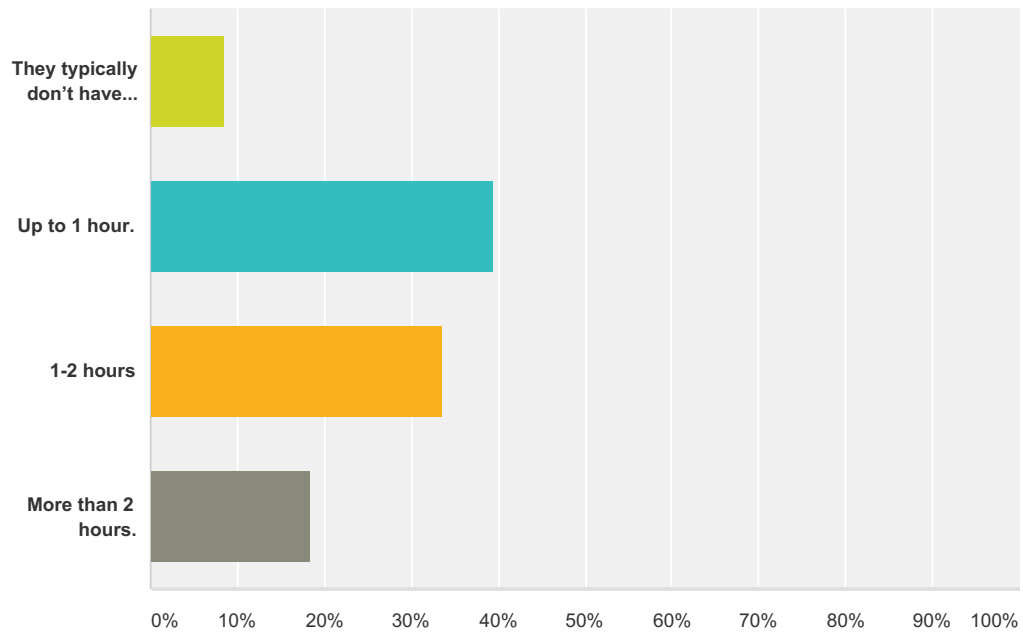
Answered: 1,139 Skipped: -2



Answer Choices	Responses
Not concerned	33.27% 379
Somewhat concerned	27.13% 309
Concerned	19.32% 220
Very Concerned	18.00% 205
No opinion	2.28% 26
Total	1,139

Q24 On average, how many hours does your child(ren) spend on homework daily?

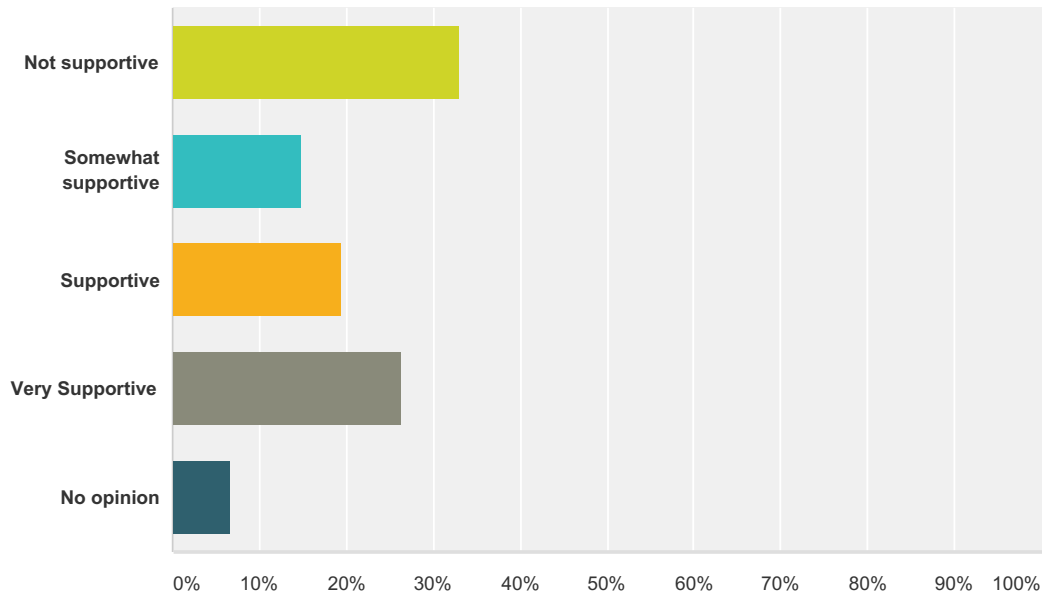
Answered: 1,139 Skipped: -2



Answer Choices	Responses
They typically don't have homework.	8.52% 97
Up to 1 hour.	39.51% 450
1-2 hours	33.63% 383
More than 2 hours.	18.35% 209
Total	1,139

Q25 The Calendar Committee has prioritized an investigation of different student release options to determine if our current Thursday Early Release model is still the preferred model for teacher professional development. The Committee has identified a full-day release for students every month as a potential alternative. How supportive are you of moving away from Thursday Early Release to a monthly full-day release model?

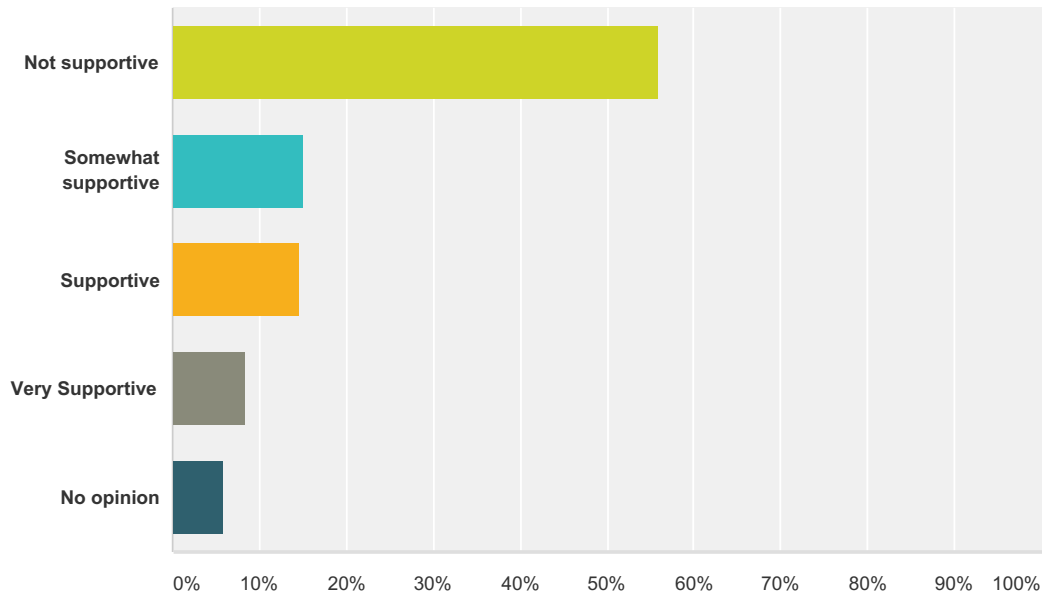
Answered: 1,139 Skipped: -2



Answer Choices	Responses	Count
Not supportive	32.92%	375
Somewhat supportive	14.93%	170
Supportive	19.32%	220
Very Supportive	26.25%	299
No opinion	6.58%	75
Total		1,139

Q26 The Calendar Committee has prioritized an investigation of different student release options to determine if our current Thursday Early Release model is still the preferred model for teacher professional development. The Committee has identified a late-start release for students every week as a potential alternative. How supportive are you of moving away from Thursday Early Release to a weekly late-start release model?

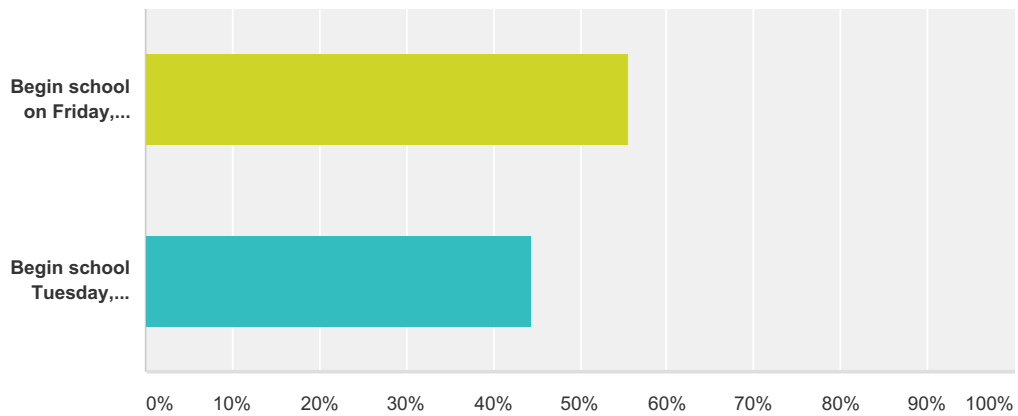
Answered: 1,139 Skipped: -2



Answer Choices	Responses	Count
Not supportive	56.01%	638
Somewhat supportive	15.10%	172
Supportive	14.66%	167
Very Supportive	8.43%	96
No opinion	5.79%	66
Total		1,139

Q27 The Calendar Committee is investigating different school year calendar models. For the 2017-18 school year, the committee needs to determine whether to begin school on Friday, September 1 and have the Wednesday before Thanksgiving off, or, to start school Tuesday, September 5 and have students attend school on the Wednesday before Thanksgiving. Which scenario do you prefer?

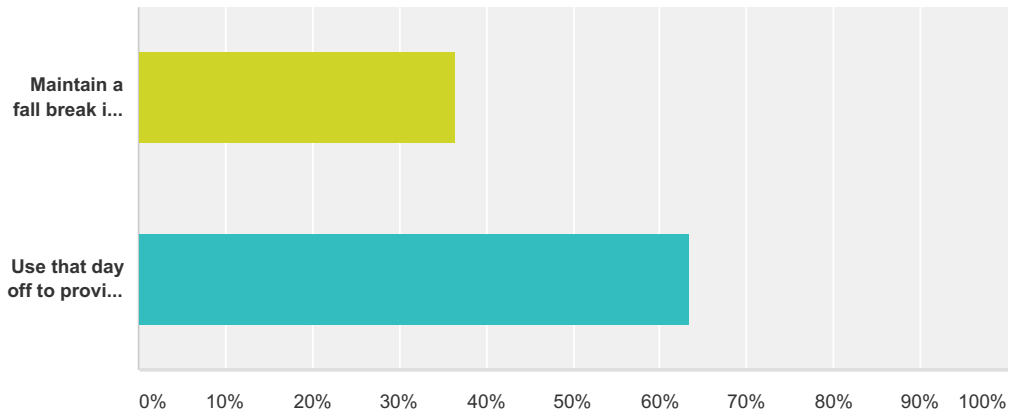
Answered: 1,139 Skipped: -2



Answer Choices	Responses
Begin school on Friday, September 1 and have the Wednesday before Thanksgiving off.	55.49% 632
Begin school Tuesday, September 5 and have students attend school on the Wednesday before Thanksgiving.	44.51% 507
Total	1,139

Q28 In the past, the school calendar included a “fall break” near the end of October, allowing students a day off. The committee is discussing whether or not this is still valued or if that day off would be better used to provide a day off before Thanksgiving, before Christmas, or after New Year’s Day. Which would you prefer?

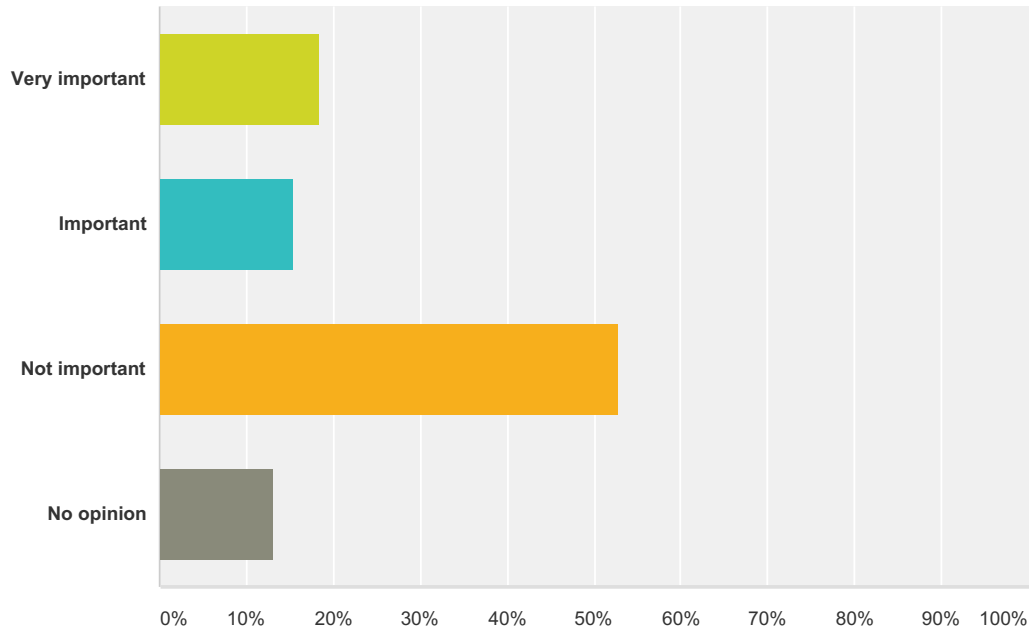
Answered: 1,139 Skipped: -2



Answer Choices	Responses
Maintain a fall break in the school calendar.	36.61% 417
Use that day off to provide relief elsewhere in the school year.	63.39% 722
Total	1,139

Q29 How important is it for the School District of Elmbrook to schedule spring break at the same time as surrounding districts?

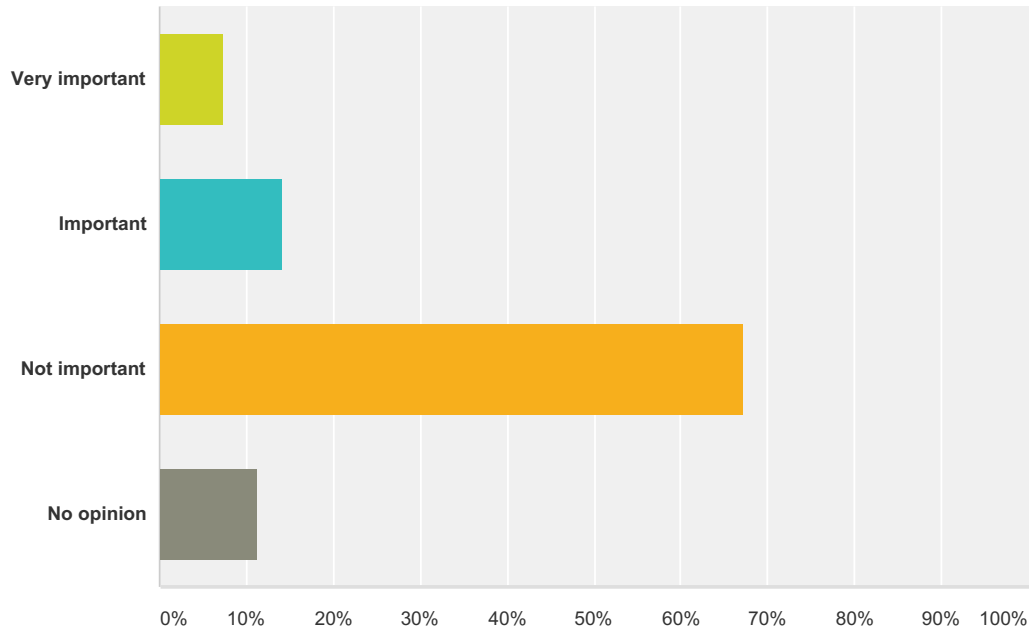
Answered: 1,139 Skipped: -2



Answer Choices	Responses
Very important	18.44% 210
Important	15.54% 177
Not important	52.85% 602
No opinion	13.17% 150
Total	1,139

Q30 How important is it for the School District of Elmbrook to schedule spring break at the same time every year (e.g., always the 2nd week in March)?

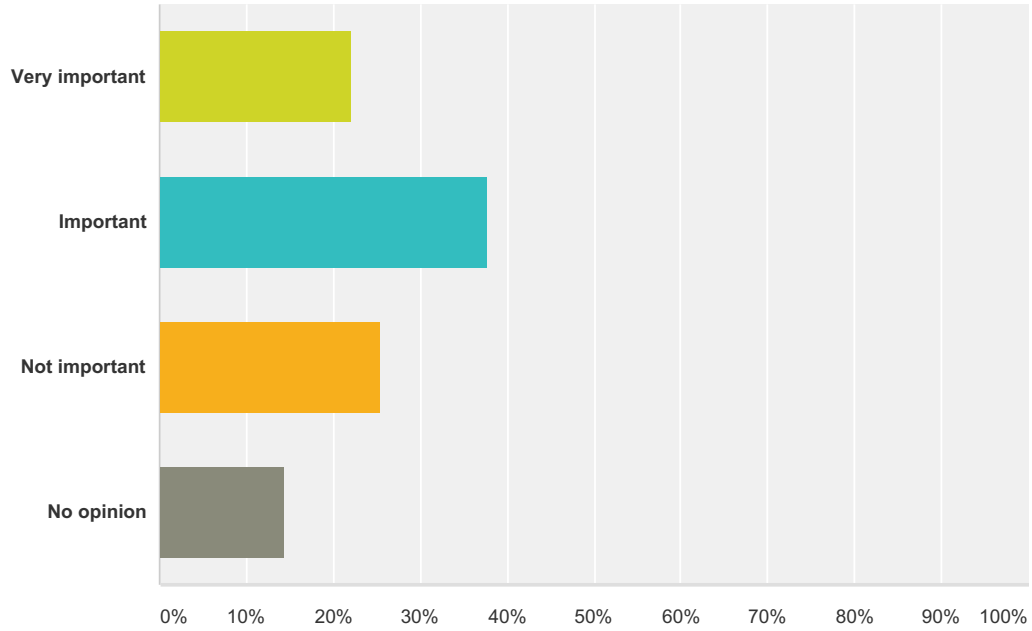
Answered: 1,139 Skipped: -2



Answer Choices	Responses
Very important	7.37% 84
Important	14.22% 162
Not important	67.16% 765
No opinion	11.24% 128
Total	1,139

Q31 How important is it for the district to schedule spring break after third term so students could potentially have a homework-free spring break (e.g. fourth week in March)?

Answered: 1,139 Skipped: -2



Answer Choices	Responses
Very important	22.12% 252
Important	37.84% 431
Not important	25.55% 291
No opinion	14.49% 165
Total	1,139

Q32 Please provide any additional feedback you have about the school calendar, school start and end times, schedule intensity, homework load, or other topics related to the calendar and schedule.

Answered: 519 Skipped: 618