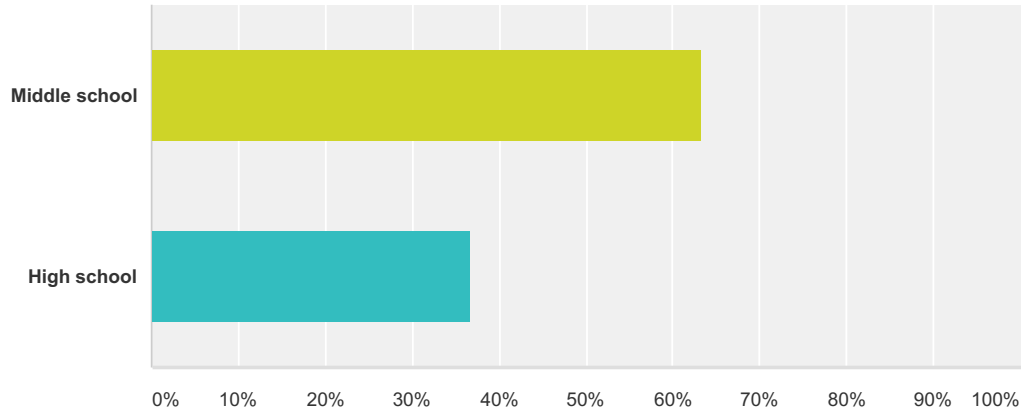


Calendar Survey for Students

Q1 I am in:

Answered: 1,865 Skipped: 0

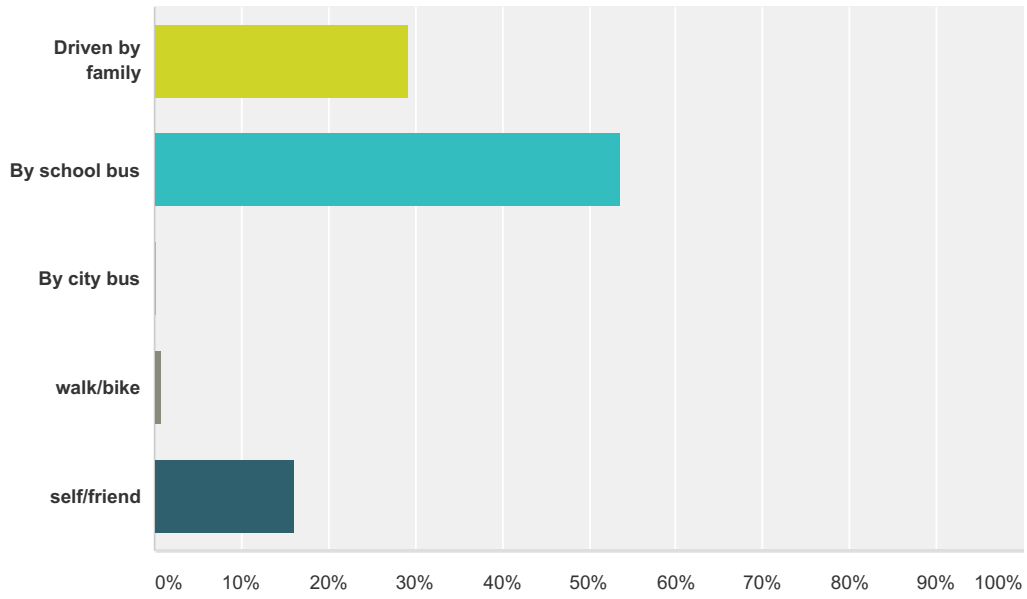


Answer Choices	Responses
Middle school	63.32% 1,181
High school	36.68% 684
Total	1,865

Calendar Survey for Students

Q2 I get to school:

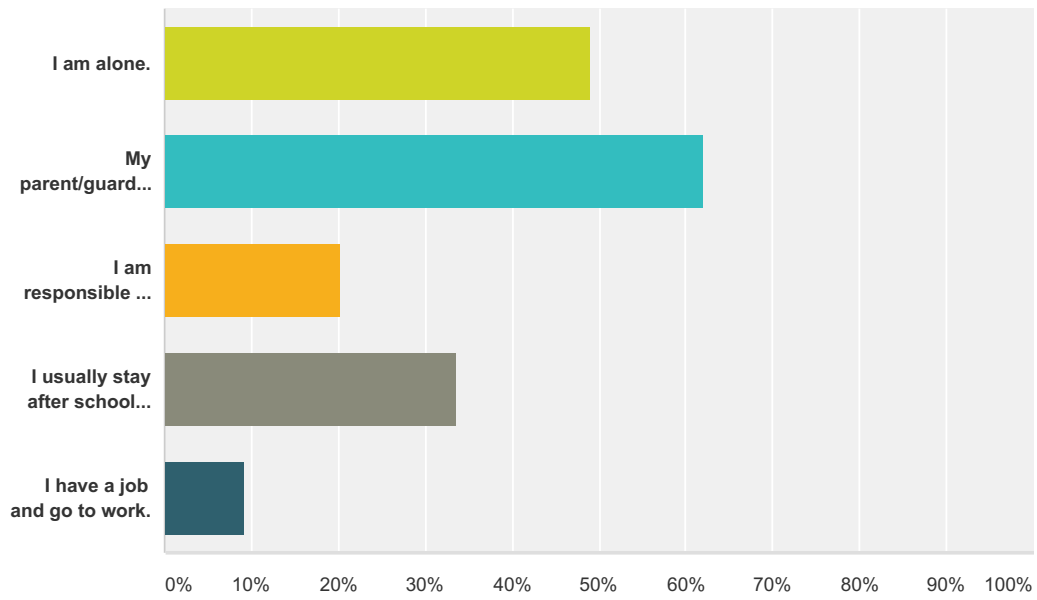
Answered: 1,865 Skipped: 0



Answer Choices	Responses
Driven by family	29.22% 545
By school bus	53.62% 1,000
By city bus	0.21% 4
walk/bike	0.86% 16
self/friend	16.09% 300
Total	1,865

Q3 When I get home from school (check all that apply):

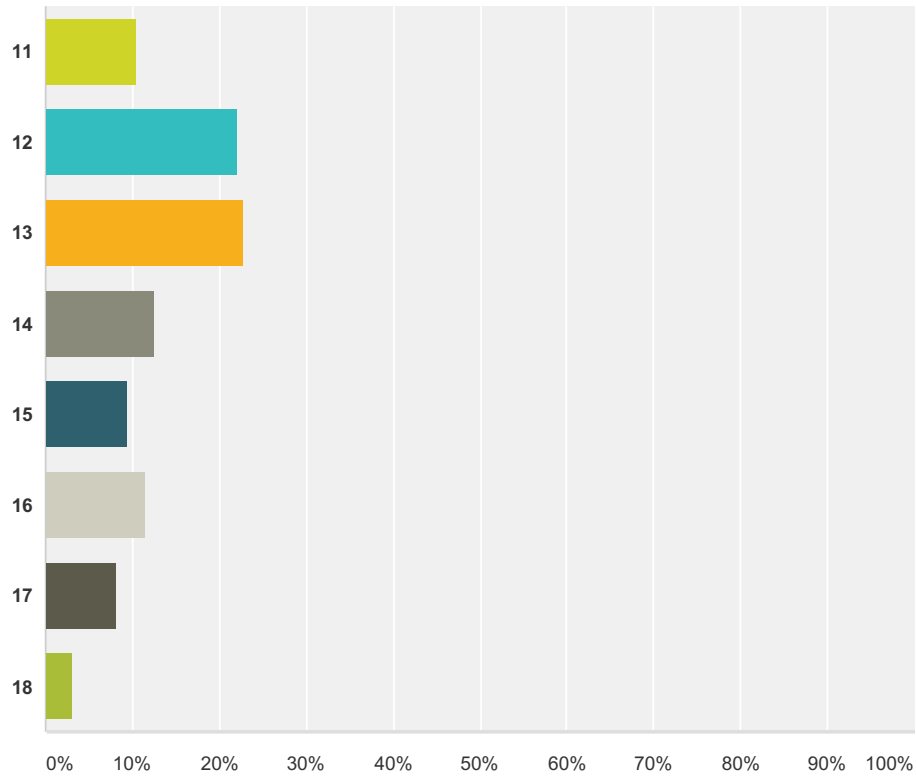
Answered: 1,865 Skipped: 0



Answer Choices	Responses
I am alone.	49.06% 915
My parent/guardian is home.	61.93% 1,155
I am responsible for younger siblings.	20.21% 377
I usually stay after school for athletics/activities.	33.62% 627
I have a job and go to work.	9.12% 170
Total Respondents: 1,865	

Q4 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. What is your age?

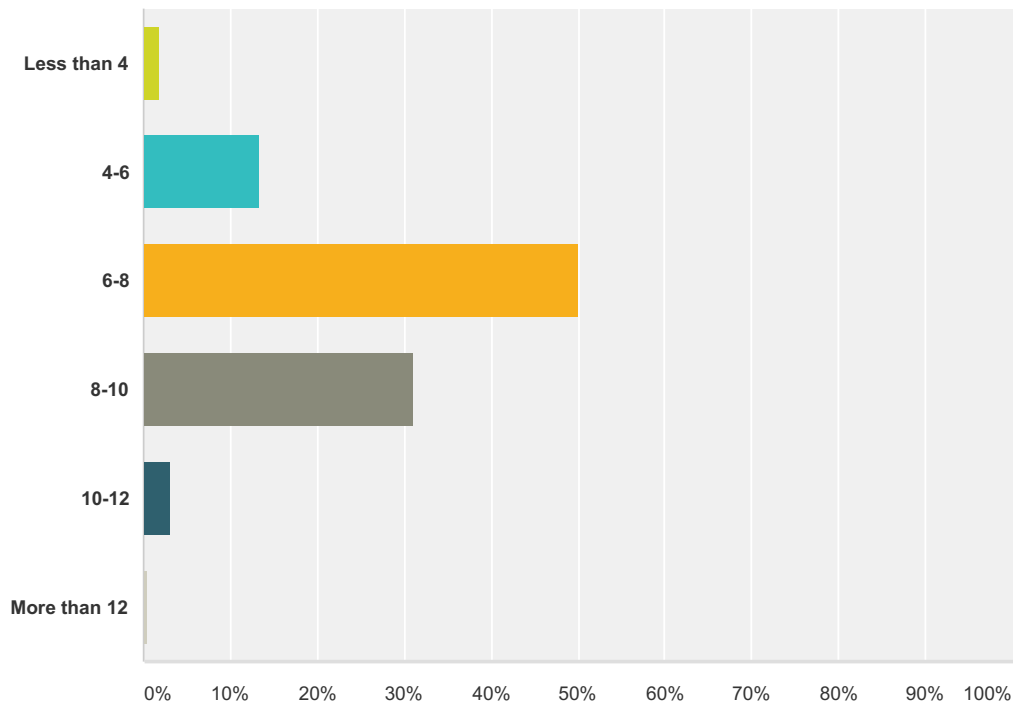
Answered: 1,865 Skipped: 0



Answer Choices	Responses	
11	10.46%	195
12	22.09%	412
13	22.79%	425
14	12.60%	235
15	9.33%	174
16	11.47%	214
17	8.10%	151
18	3.16%	59
Total		1,865

Q5 How many hours do you sleep on average during weekdays:

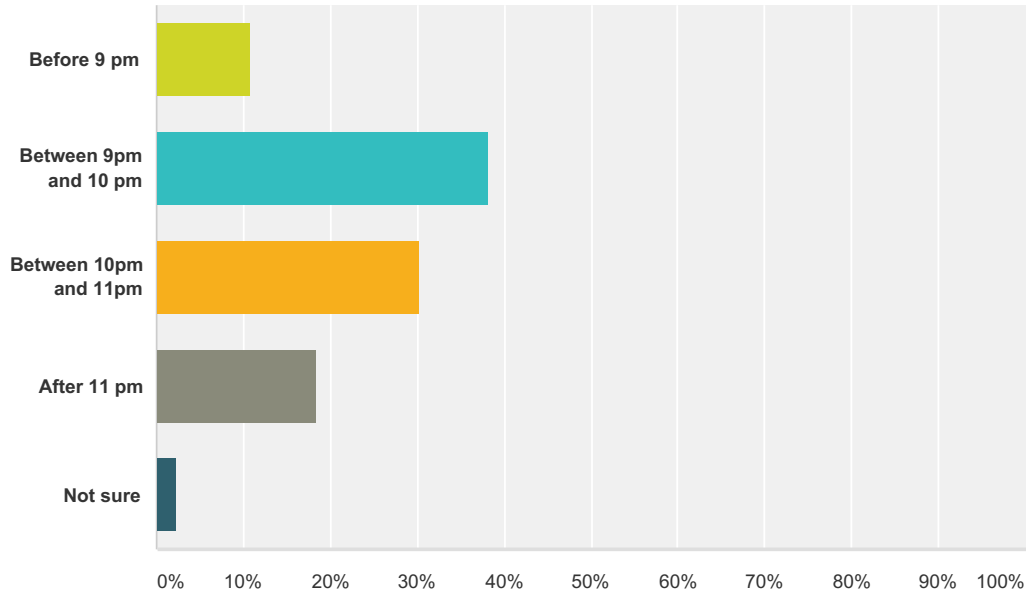
Answered: 1,865 Skipped: 0



Answer Choices	Responses
Less than 4	1.88% 35
4-6	13.30% 248
6-8	50.13% 935
8-10	31.05% 579
10-12	3.16% 59
More than 12	0.48% 9
Total	1,865

Q6 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 do you go to bed on a school night?

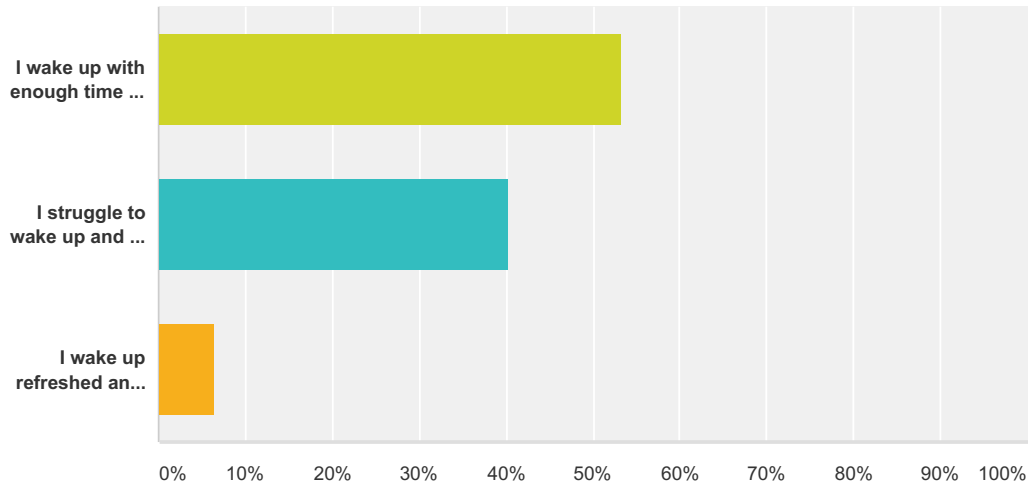
Answered: 1,865 Skipped: 0



Answer Choices	Responses
Before 9 pm	10.94% 204
Between 9pm and 10 pm	38.18% 712
Between 10pm and 11pm	30.24% 564
After 11 pm	18.34% 342
Not sure	2.31% 43
Total	1,865

Q7 On most school days....

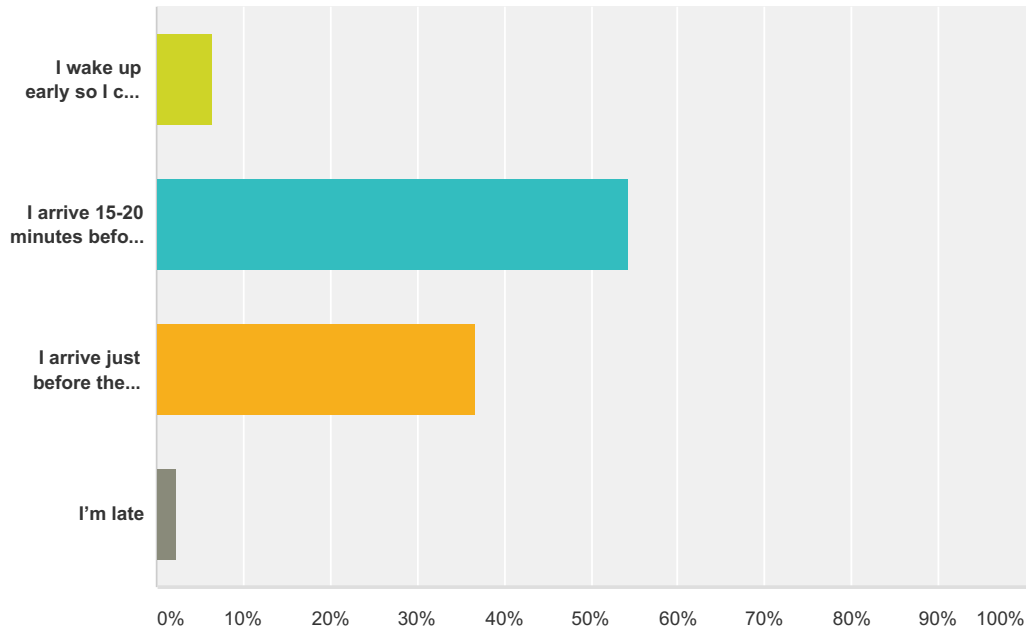
Answered: 1,865 Skipped: 0



Answer Choices	Responses	Count
I wake up with enough time to get ready for school	53.30%	994
I struggle to wake up and get ready for school	40.32%	752
I wake up refreshed and ready for the day	6.38%	119
Total		1,865

Q8 On most school days....

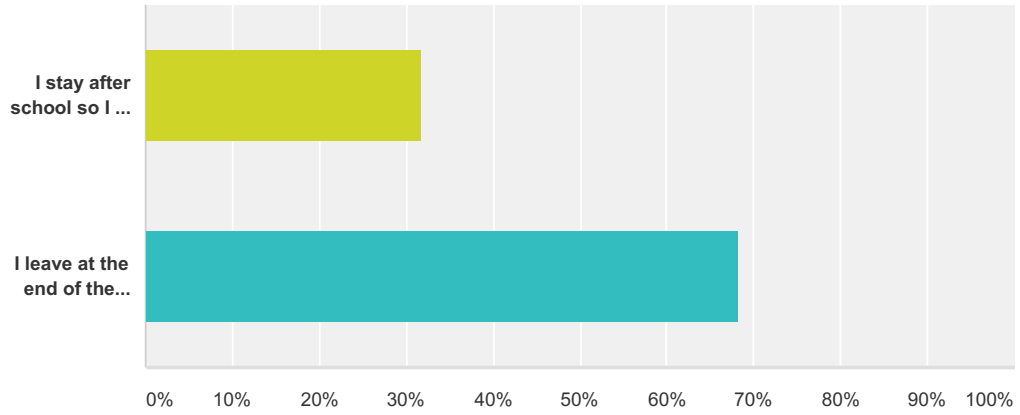
Answered: 1,865 Skipped: 0



Answer Choices	Responses
I wake up early so I can participate in before-school athletics, activities, academics.	6.54% 122
I arrive 15-20 minutes before the start of classes.	54.37% 1,014
I arrive just before the start of classes.	36.78% 686
I'm late	2.31% 43
Total	1,865

Q9 On most school days....

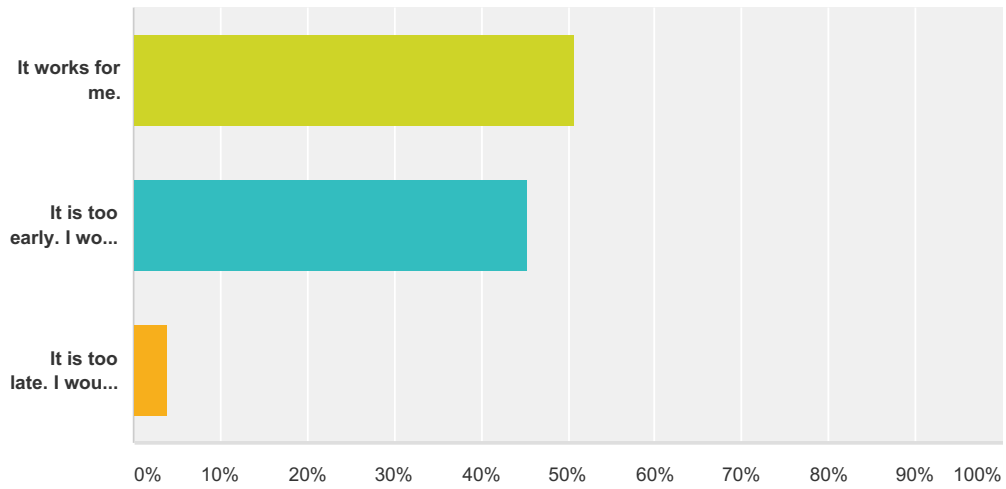
Answered: 1,865 Skipped: 0



Answer Choices	Responses
I stay after school so I can participate in after-school athletics, activities, academics.	31.64% 590
I leave at the end of the formal school day.	68.36% 1,275
Total	1,865

Q10 Which statement best describes how you feel about the current start/end time at your school?

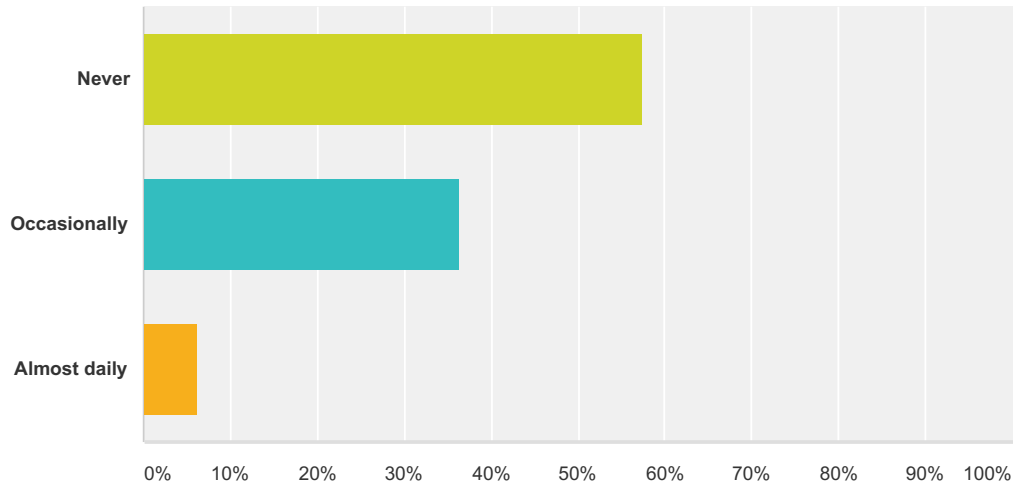
Answered: 1,865 Skipped: 0



Answer Choices	Responses
It works for me.	50.78% 947
It is too early. I would prefer a later start/end time.	45.20% 843
It is too late. I would prefer an earlier start/end time.	4.02% 75
Total	1,865

Q11 Do you nap in the daytime?

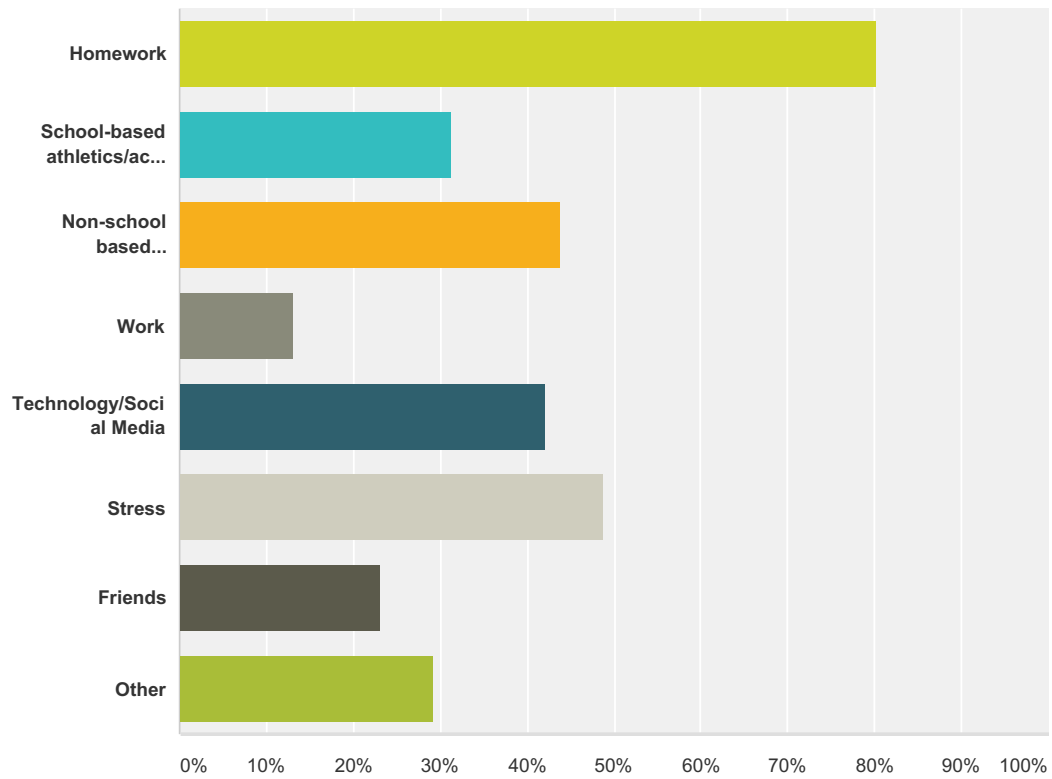
Answered: 1,865 Skipped: 0



Answer Choices	Responses	Count
Never	57.43%	1,071
Occasionally	36.41%	679
Almost daily	6.17%	115
Total		1,865

Q12 What interferes with your sleep? (check all that apply)

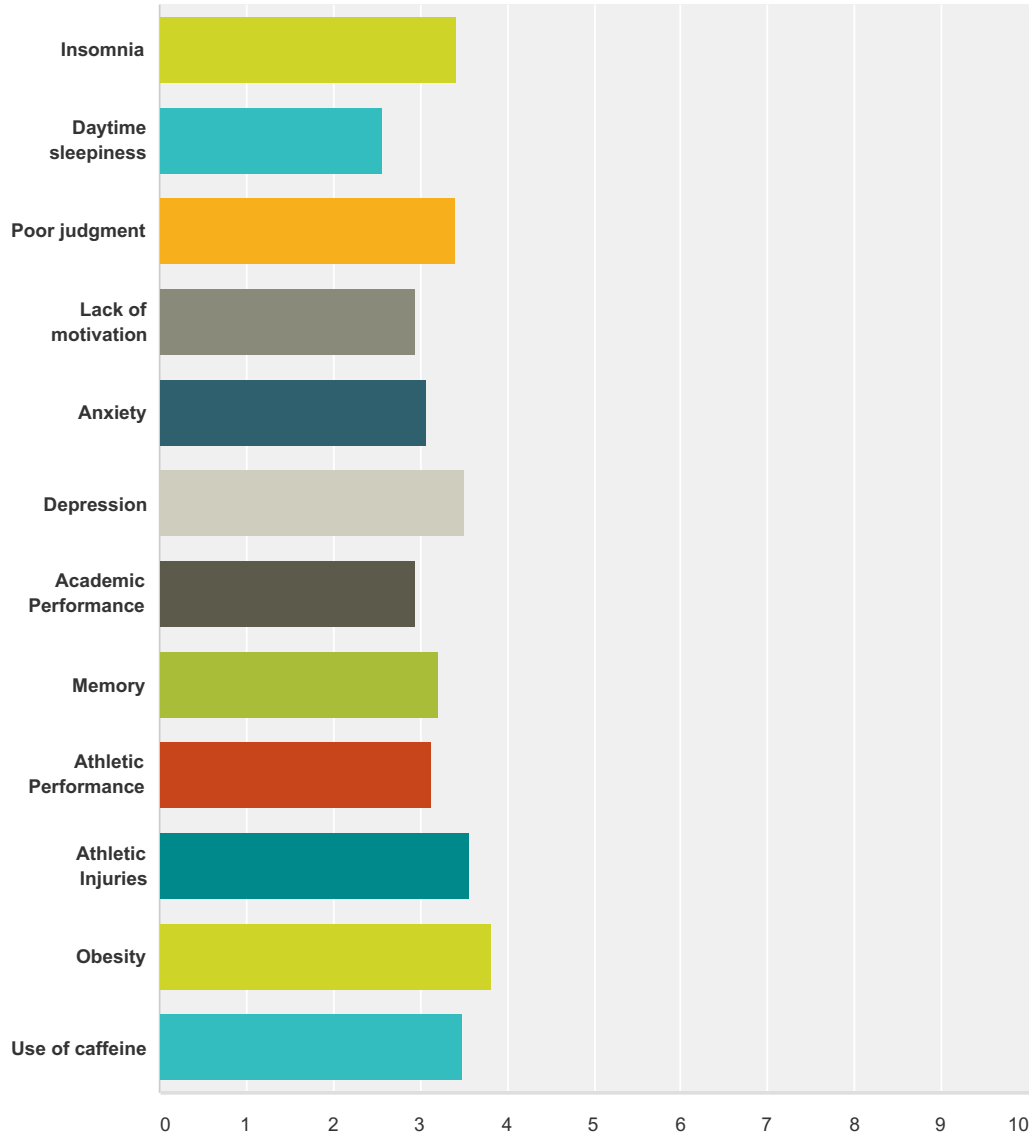
Answered: 1,865 Skipped: 0



Answer Choices	Responses
Homework	80.11% 1,494
School-based athletics/activities	31.37% 585
Non-school based athletics/activities (private sports clubs, recreational activities not affiliated with our schools)	43.91% 819
Work	13.19% 246
Technology/Social Media	42.09% 785
Stress	48.79% 910
Friends	23.16% 432
Other	29.22% 545
Total Respondents: 1,865	

Q13 Please let us know how much the following documented sleep-related issues affect you:

Answered: 1,865 Skipped: 0



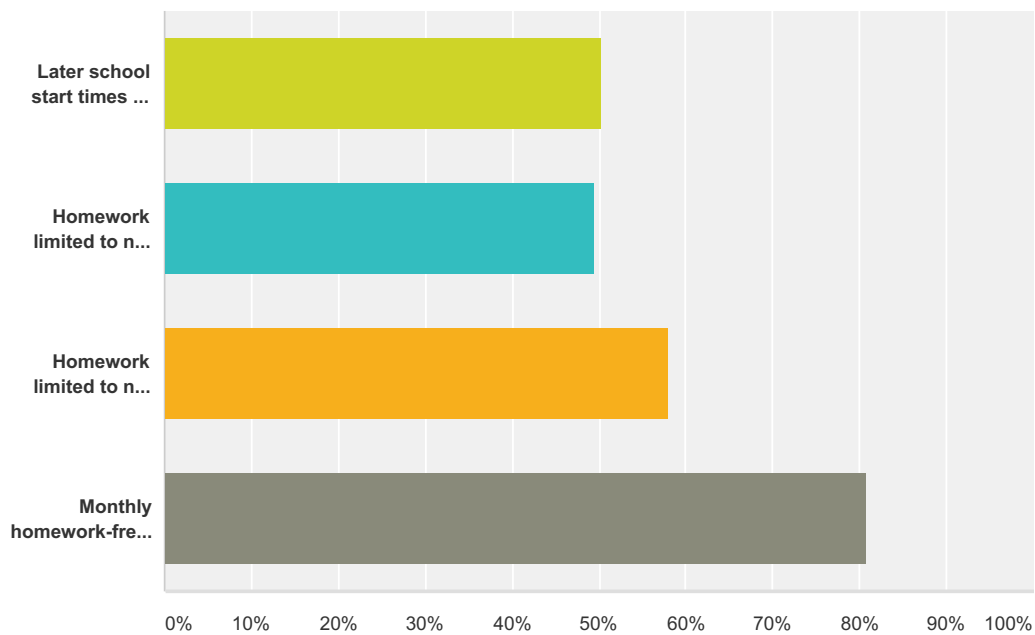
	Highly	Moderately	A litte	None	Total	Weighted Average
Insomnia	4.51% 83	11.03% 203	21.58% 397	62.88% 1,157	1,840	3.43
Daytime sleepiness	18.54% 343	27.57% 510	32.27% 597	21.62% 400	1,850	2.57
Poor judgment	2.56% 47	8.99% 165	33.13% 608	55.31% 1,015	1,835	3.41
Lack of motivation	10.03% 185	22.06% 407	31.60% 583	36.31% 670	1,845	2.94

Calendar Survey for Students

Anxiety	12.57% 231	15.51% 285	23.94% 440	47.99% 882	1,838	3.07
Depression	5.31% 98	7.15% 132	18.27% 337	69.27% 1,278	1,845	3.51
Academic Performance	9.25% 170	23.94% 440	29.76% 547	37.05% 681	1,838	2.95
Memory	6.40% 118	17.67% 326	24.82% 458	51.11% 943	1,845	3.21
Athletic Performance	8.46% 156	17.18% 317	27.37% 505	46.99% 867	1,845	3.13
Athletic Injuries	3.26% 60	7.11% 131	19.53% 360	70.10% 1,292	1,843	3.56
Obesity	1.20% 22	3.21% 59	8.17% 150	87.43% 1,606	1,837	3.82
Use of caffeine	6.31% 116	8.43% 155	16.31% 300	68.95% 1,268	1,839	3.48

Q14 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):

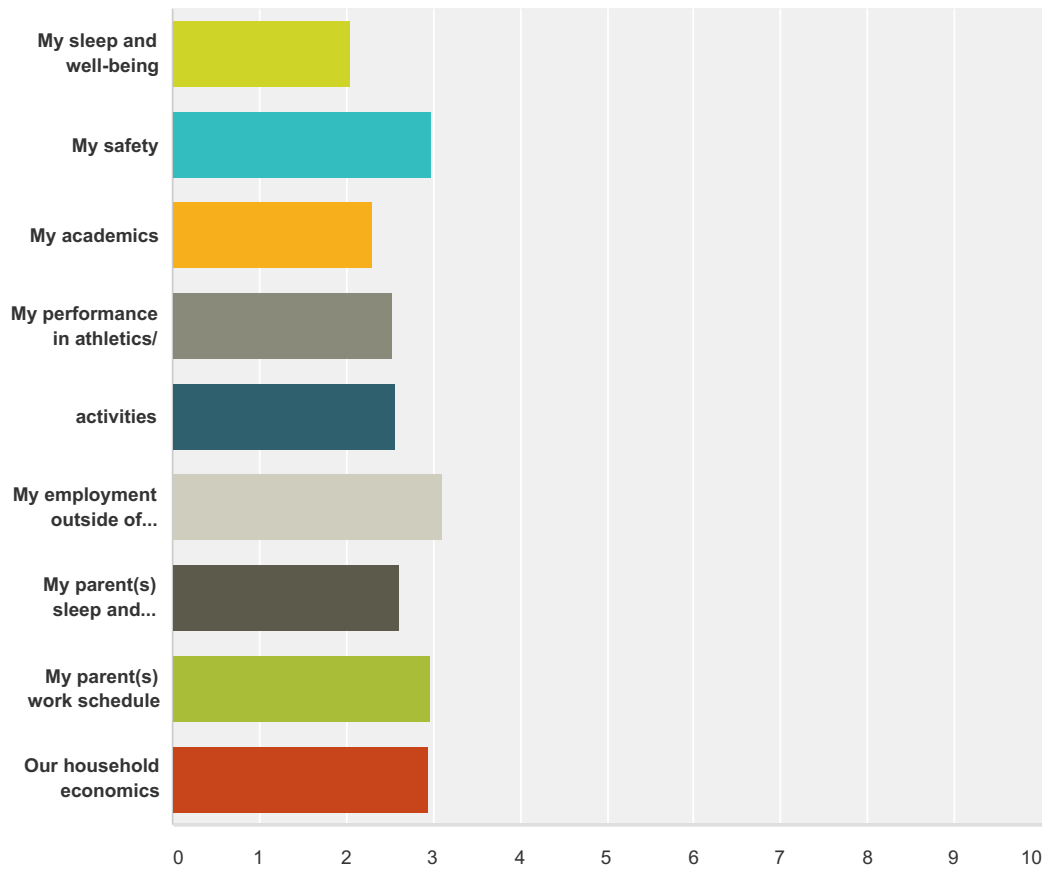
Answered: 1,865 Skipped: 0



Answer Choices	Responses
Later school start times for middle school and high school students.	50.24% 937
Homework limited to no more than 1.0 hours daily for students ages 9-12.	49.44% 922
Homework limited to no more than 2.0 hours daily for students aged 13-18.	58.07% 1,083
Monthly homework-free weekends and homework free vacations/breaks to promote family and community engagement.	80.70% 1,505
Total Respondents: 1,865	

Q15 Please rate your agreement on how a later school start time will benefit you:

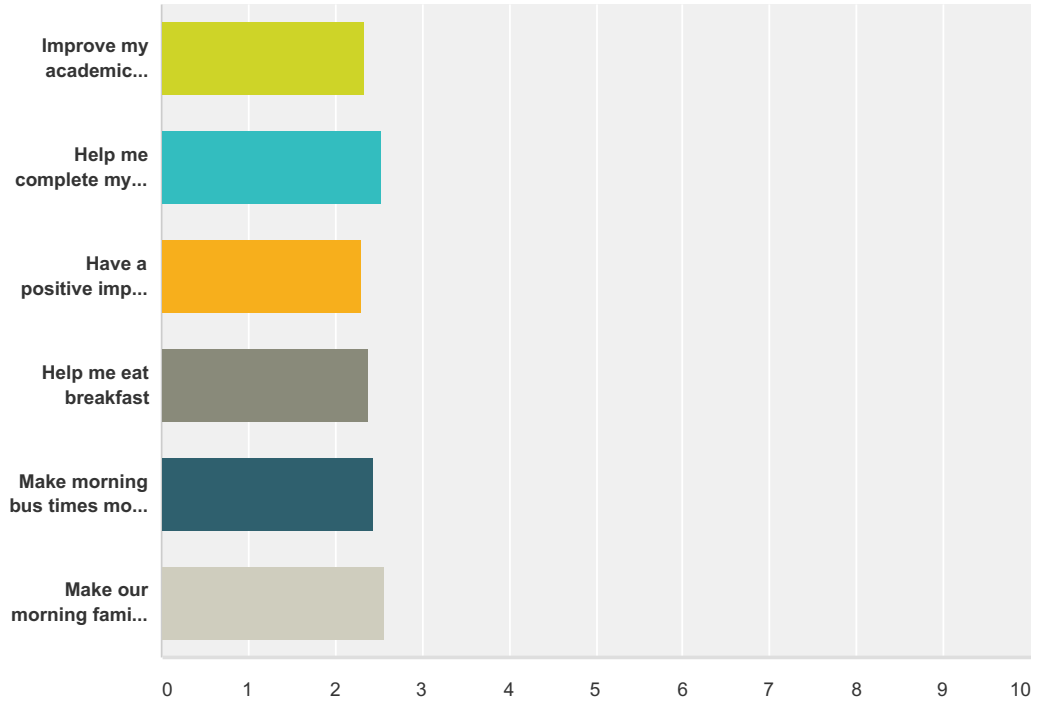
Answered: 1,865 Skipped: 0



	Strongly Agree	Agree	I don't know	Disagree	Strongly Disagree	Total	Weighted Average
My sleep and well-being	43.64% 813	30.06% 560	11.38% 212	7.09% 132	7.84% 146	1,863	2.05
My safety	12.94% 239	17.54% 324	41.96% 775	14.19% 262	13.37% 247	1,847	2.98
My academics	31.16% 573	34.37% 632	16.37% 301	9.30% 171	8.81% 162	1,839	2.30
My performance in athletics/ activities	26.86% 498	26.27% 487	25.13% 466	11.17% 207	10.57% 196	1,854	2.52
My employment outside of school	12.33% 227	12.49% 230	43.83% 807	13.36% 246	17.98% 331	1,841	3.12
My parent(s) sleep and well-being	24.53% 455	25.07% 465	27.71% 514	11.59% 215	11.11% 206	1,855	2.60
My parent(s) work schedule	17.73% 328	17.41% 322	31.68% 586	16.54% 306	16.65% 308	1,850	2.97
Our household economics	14.29% 264	14.50% 268	47.08% 870	10.44% 193	13.69% 253	1,848	2.95

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

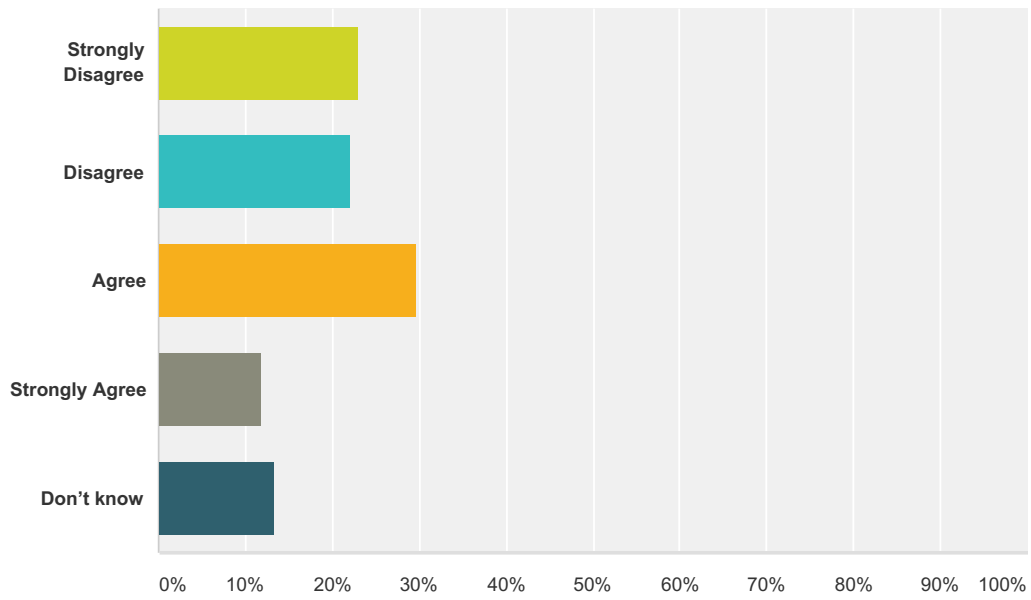
Answered: 1,865 Skipped: 0



	Strongly Agree	Agree	I don't know	Disagree	Strongly Disagree	Total	Weighted Average
Improve my academic performance	30.16% 561	31.72% 590	19.84% 369	10.91% 203	7.37% 137	1,860	2.34
Help me complete my homework	26.64% 496	30.29% 564	16.00% 298	17.19% 320	9.88% 184	1,862	2.53
Have a positive impact on my health	30.79% 570	30.85% 571	23.23% 430	8.27% 153	6.86% 127	1,851	2.30
Help me eat breakfast	36.25% 675	25.56% 476	14.02% 261	13.53% 252	10.63% 198	1,862	2.37
Make morning bus times more reasonable	28.85% 534	25.34% 469	26.69% 494	10.16% 188	8.97% 166	1,851	2.45
Make our morning family routine easier.	27.63% 513	24.39% 453	23.96% 445	12.44% 231	11.58% 215	1,857	2.56

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

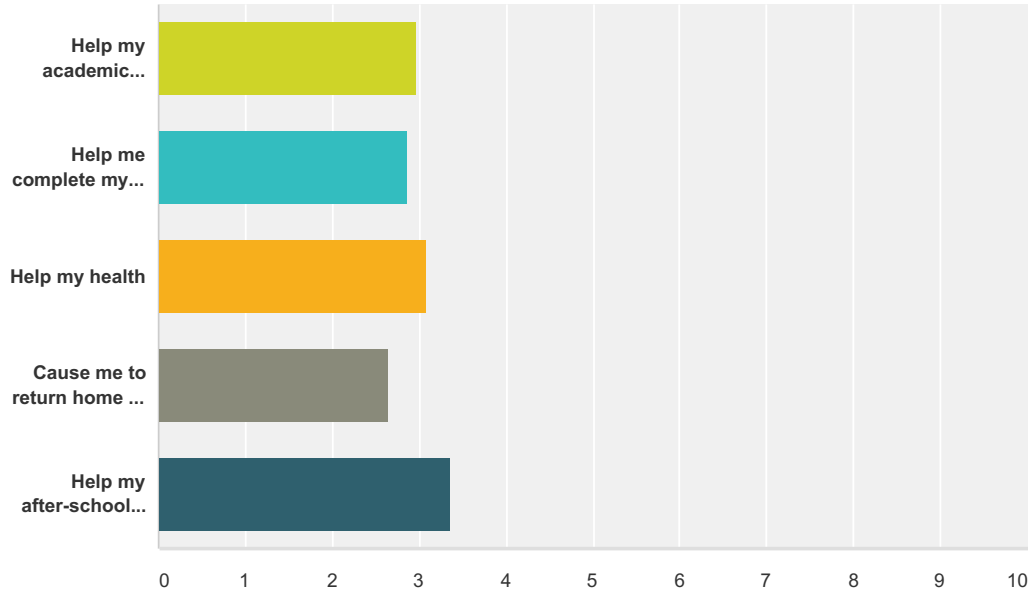
Answered: 1,865 Skipped: 0



Answer Choices	Responses	Count
Strongly Disagree	23.06%	430
Disagree	22.20%	414
Agree	29.60%	552
Strongly Agree	11.85%	221
Don't know	13.30%	248
Total		1,865

Q18 How strongly do you agree or disagree with the following statements about the potential impacts of changing the current school day end time?

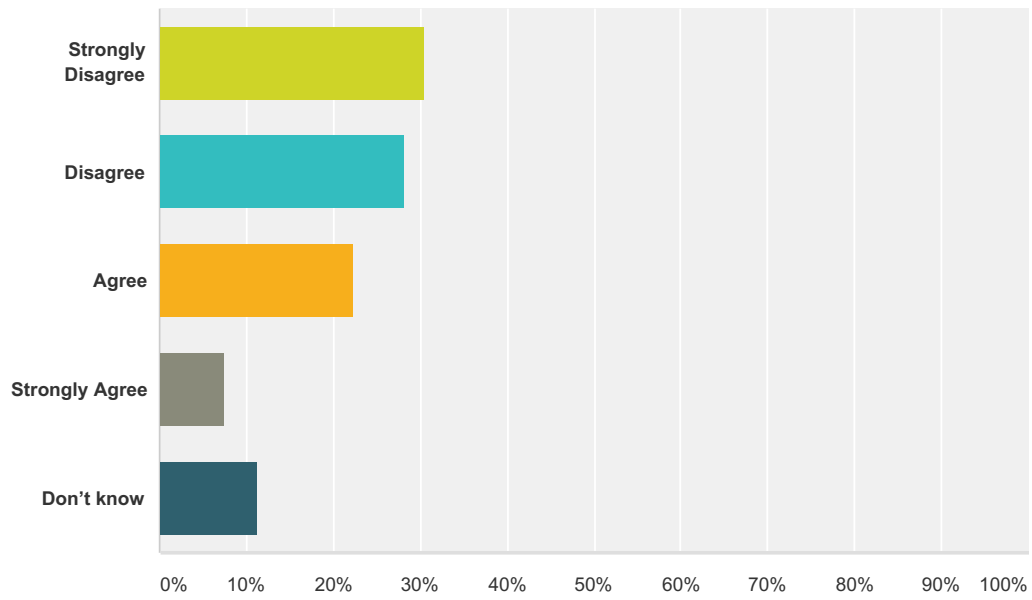
Answered: 1,865 Skipped: 0



	Strongly Agree	Agree	Disagree	Strongly Disagree	I don't know	Total	Weighted Average
Help my academic performance	18.13% 337	26.47% 492	20.28% 377	11.19% 208	23.94% 445	1,859	2.96
Help me complete my homework	17.20% 320	26.54% 494	24.45% 455	16.23% 302	15.58% 290	1,861	2.86
Help my health	15.70% 290	28.26% 522	15.97% 295	10.50% 194	29.56% 546	1,847	3.10
Cause me to return home too late	24.43% 453	28.96% 537	19.74% 366	11.17% 207	15.70% 291	1,854	2.65
Help my after-school activities	9.44% 175	16.73% 310	27.04% 501	22.40% 415	24.39% 452	1,853	3.36

Q19 There would be little impact on my schedule if school ended later in the day.

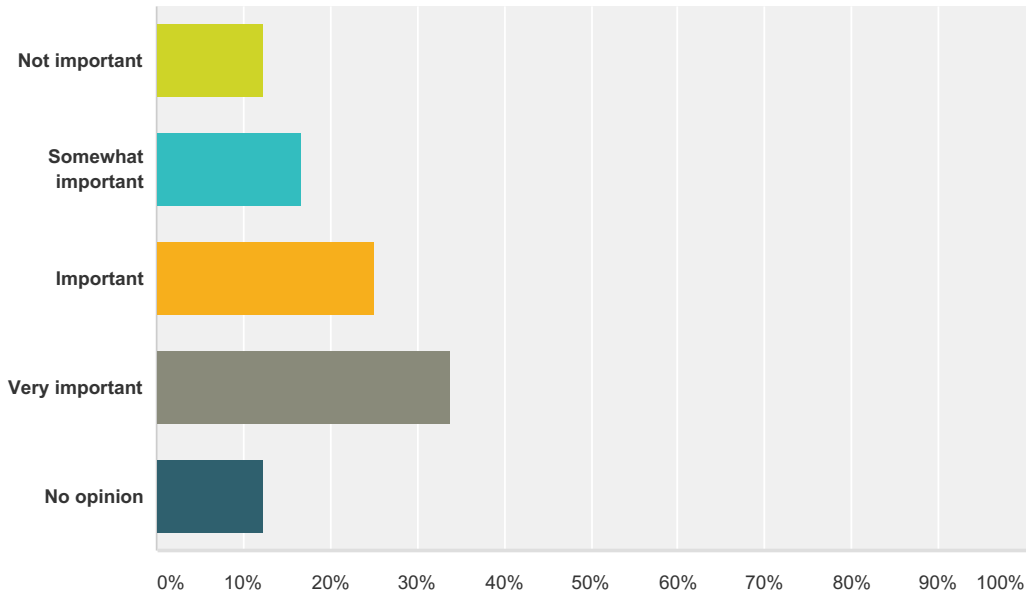
Answered: 1,865 Skipped: 0



Answer Choices	Responses
Strongly Disagree	30.46% 568
Disagree	28.26% 527
Agree	22.41% 418
Strongly Agree	7.61% 142
Don't know	11.26% 210
Total	1,865

Q20 Adjustments to the school day start and/or end time could impact athletics, including different practice times or competitions. How important to you are the potential impacts on athletics?

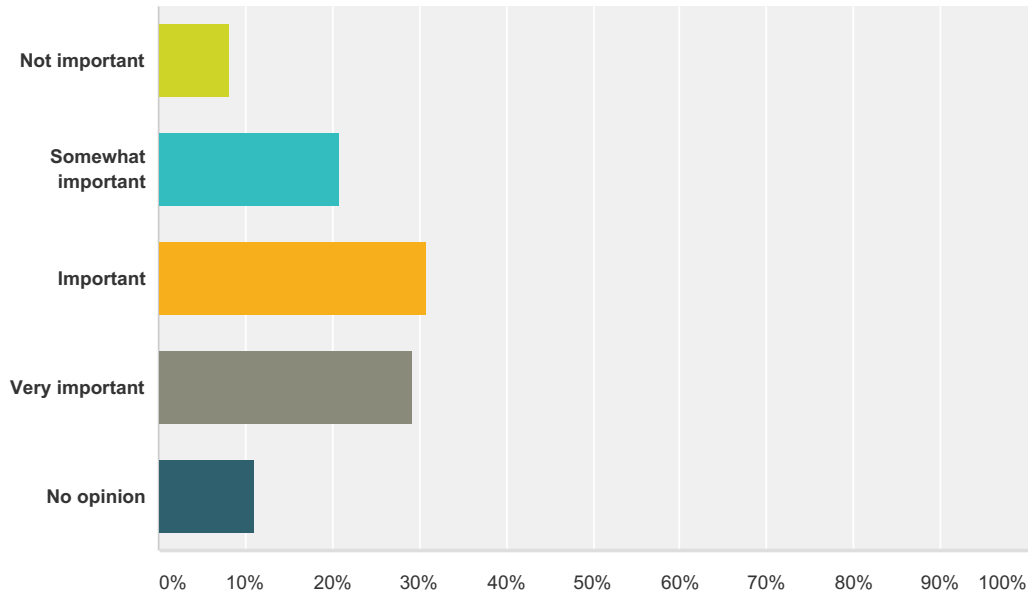
Answered: 1,865 Skipped: 0



Answer Choices	Responses	
Not important	12.23%	228
Somewhat important	16.62%	310
Important	25.04%	467
Very important	33.89%	632
No opinion	12.23%	228
Total		1,865

Q21 Adjustments to the school day start and/or end time could impact activities, including different practice times or performances. How important to you are the potential impacts on activities?

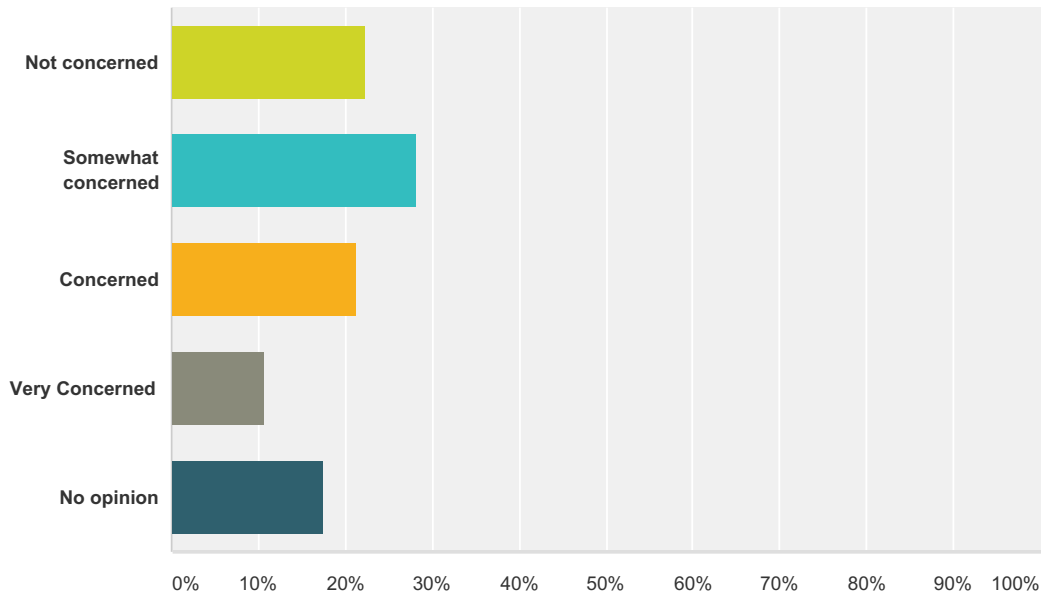
Answered: 1,865 Skipped: 0



Answer Choices	Responses	Count
Not important	8.04%	150
Somewhat important	20.97%	391
Important	30.83%	575
Very important	29.17%	544
No opinion	10.99%	205
Total		1,865

Q22 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 your overall health and wellness?

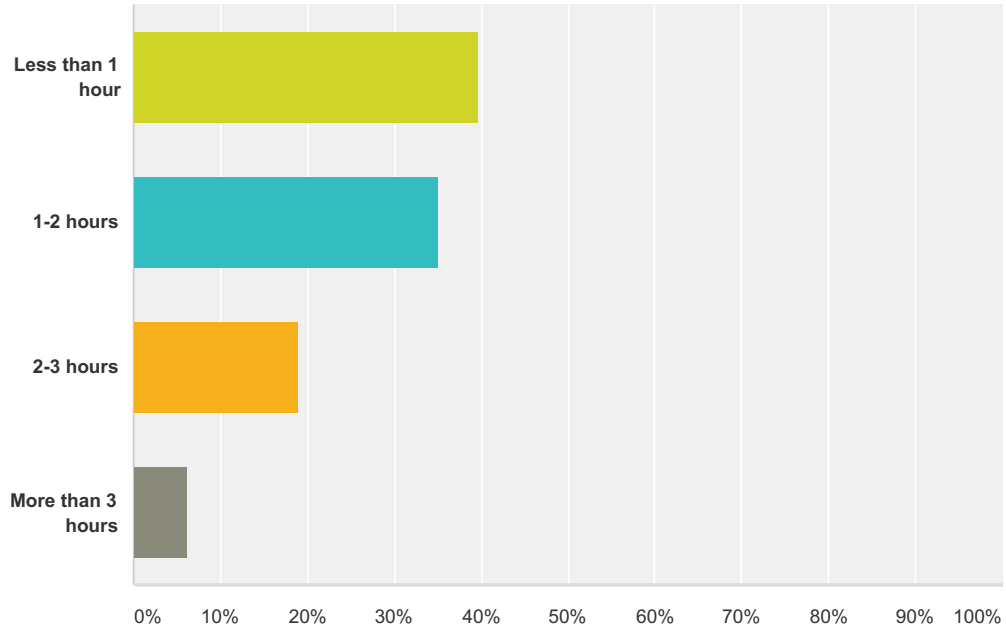
Answered: 1,865 Skipped: 0



Answer Choices	Responses	Count
Not concerned	22.36%	417
Somewhat concerned	28.20%	526
Concerned	21.29%	397
Very Concerned	10.56%	197
No opinion	17.59%	328
Total		1,865

Q23 On average, how many hours do you spend at school before or after the regular school day in athletics and activities?

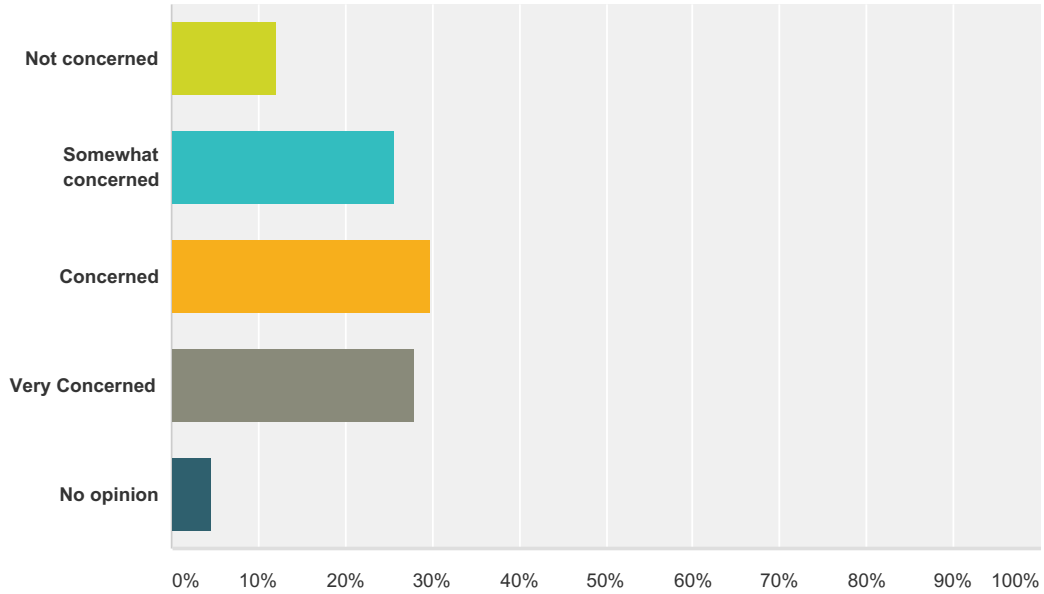
Answered: 1,865 Skipped: 0



Answer Choices	Responses
Less than 1 hour	39.73% 741
1-2 hours	35.07% 654
2-3 hours	19.03% 355
More than 3 hours	6.17% 115
Total	1,865

Q24 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 homework load?

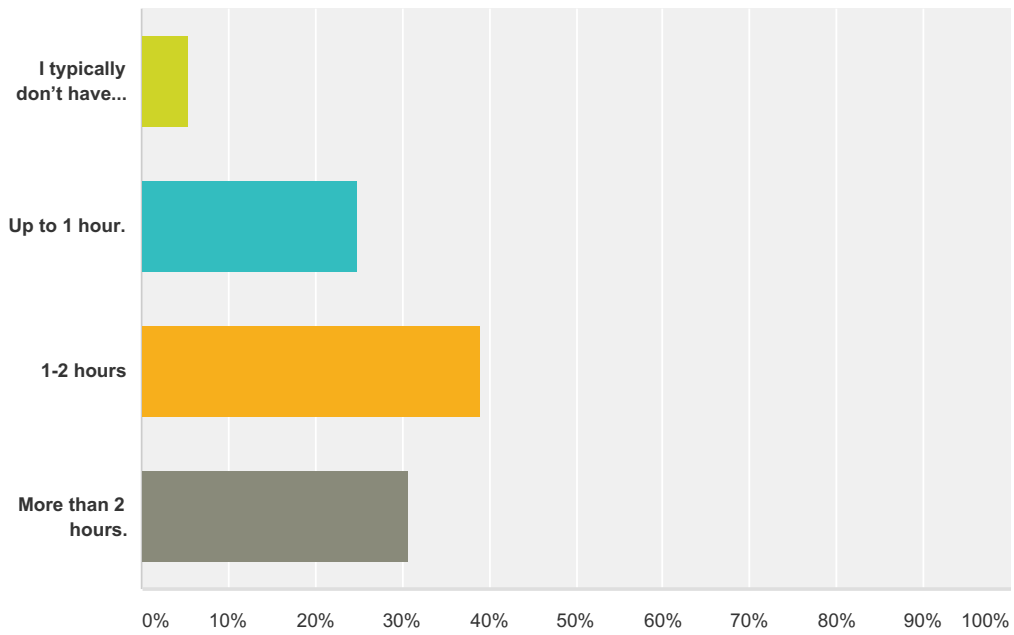
Answered: 1,865 Skipped: 0



Answer Choices	Responses
Not concerned	12.01% 224
Somewhat concerned	25.74% 480
Concerned	29.81% 556
Very Concerned	27.94% 521
No opinion	4.50% 84
Total	1,865

Q25 On average, how many hours do you spend on homework daily?

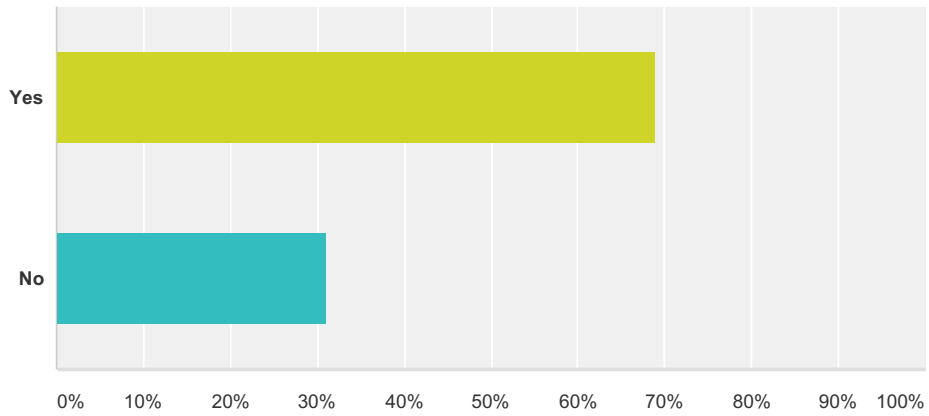
Answered: 1,865 Skipped: 0



Answer Choices	Responses
I typically don't have homework.	5.36% 100
Up to 1 hour.	24.83% 463
1-2 hours	39.14% 730
More than 2 hours.	30.67% 572
Total	1,865

Q26 Do you believe your course load has an impact on your overall health and wellness?

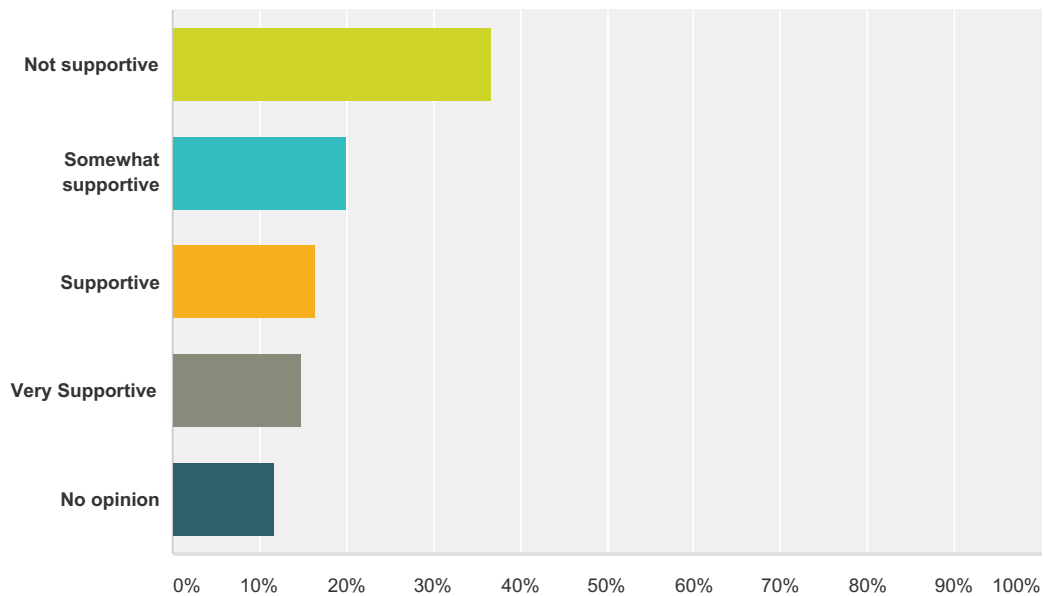
Answered: 1,865 Skipped: 0



Answer Choices	Responses	
Yes	68.79%	1,283
No	31.21%	582
Total		1,865

Q27 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?

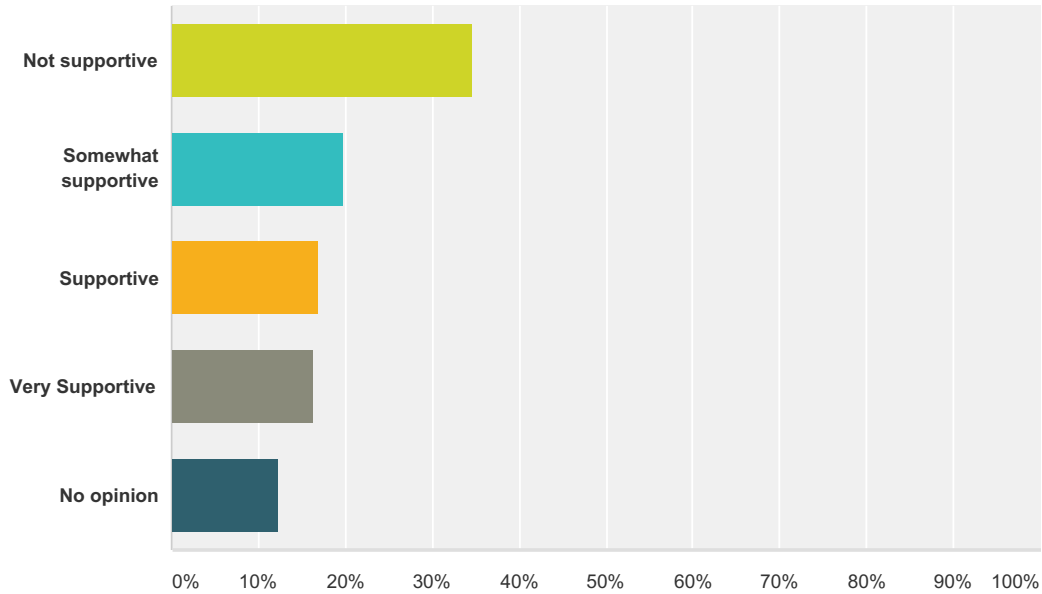
Answered: 1,865 Skipped: 0



Answer Choices	Responses	Count
Not supportive	36.84%	687
Somewhat supportive	20.05%	374
Supportive	16.46%	307
Very Supportive	14.91%	278
No opinion	11.74%	219
Total		1,865

Q28 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?

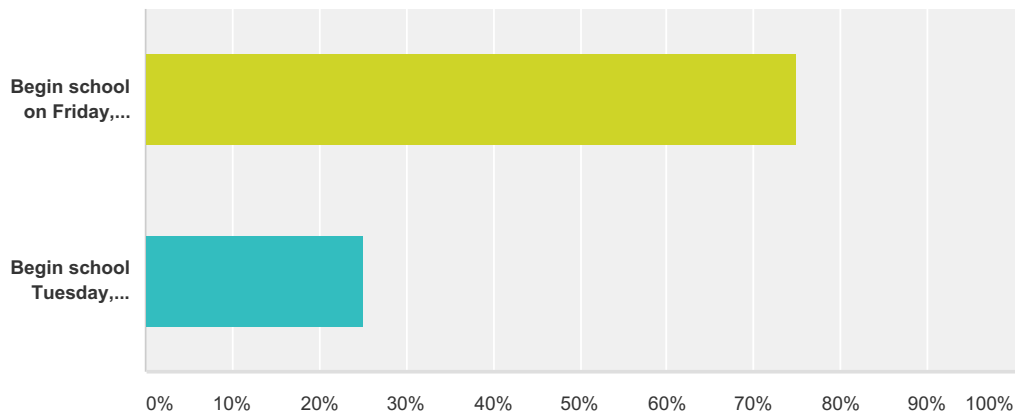
Answered: 1,865 Skipped: 0



Answer Choices	Responses	Count
Not supportive	34.69%	647
Somewhat supportive	19.89%	371
Supportive	16.84%	314
Very Supportive	16.25%	303
No opinion	12.33%	230
Total		1,865

Q29 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?

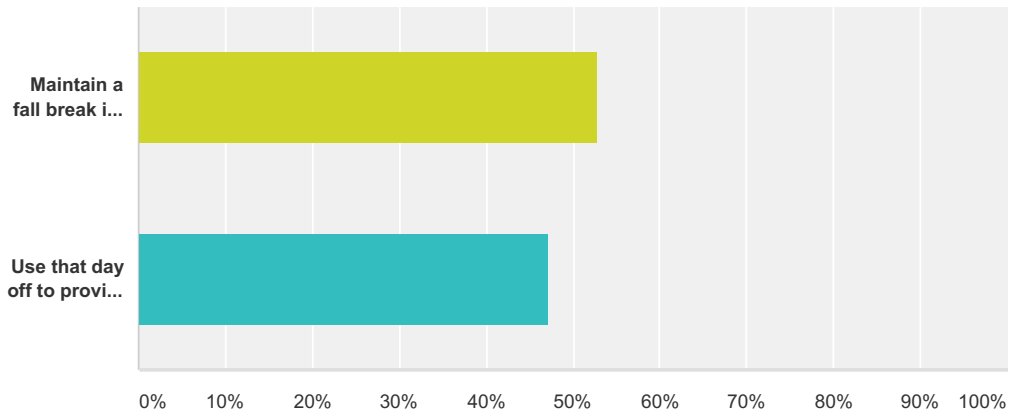
Answered: 1,865 Skipped: 0



Answer Choices	Responses	
Begin school on Friday, September 1 and have the Wednesday before school off.	74.96%	1,398
Begin school Tuesday, September 5 and have students attend school on the Wednesday before Thanksgiving.	25.04%	467
Total		1,865

Q30 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?

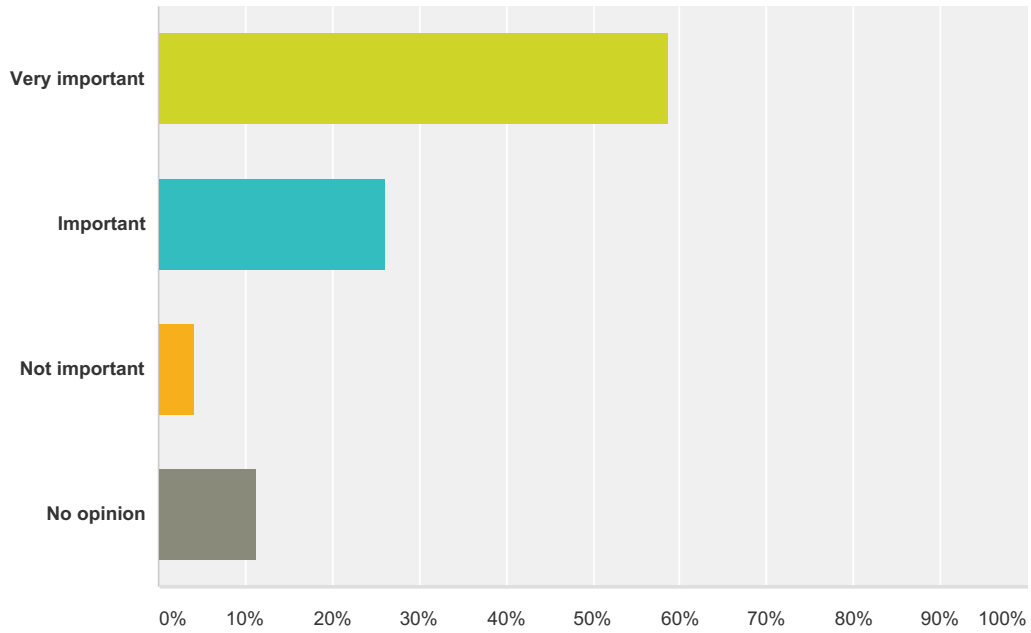
Answered: 1,865 Skipped: 0



Answer Choices	Responses
Maintain a fall break in the school calendar.	52.82% 985
Use that day off to provide relief elsewhere in the school year.	47.18% 880
Total	1,865

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: 1,865 Skipped: 0



Answer Choices	Responses
Very important	58.61% 1,093
Important	26.06% 486
Not important	4.13% 77
No opinion	11.21% 209
Total	1,865

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: 832 Skipped: 1,033