

Elmbrook Stakeholder Survey - School Start Time (2025)

Survey Overview

As part of its process to determine a School Start Time recommendation to the Board of Education, the School Start Time Committee issued a short survey to all families, all staff, and middle and high school students. The survey was open from Tuesday, February 25 - Tuesday, March 4. Nearly 5,200 responses were collected, which is estimated to be a 30-40% response rate for each stakeholder group (families, staff, students).

Survey Purpose

The purpose of this survey was to clarify the impact of different scenarios. Committee members had already identified several benefits and concerns for each scenario, and the survey provided validation of their analysis regarding several key decision-making factors:

1. Elementary family current and projected childcare needs
2. Current middle and high school student sleep patterns
3. Level of commitment to after school, co-curricular activities (school or community-based)
4. Dependence upon transportation
5. Overall impact on students
6. Overall impact on families

Key Findings and Observations

General

- 72% of all respondents supported an 8am or later middle or high school start time (11% neutral)
- 46% of parents and guardians supported a no school bus transportation zone (17% neutral)

Elementary School

- 19% of elementary families currently require care from someone other than a parent before school, 28% require after school care
- Of the 27% in favor (23% neutral) of an early elementary school start time (7:40am), respondents cited sleep research (early wake times for elementary students), and better for my child/family as key reasons for their support.
- Of the 50% who indicated an early start time as unfavorable (23% neutral), key factors identified were conflicts with work schedule, need for after school care, and transportation concerns.

- 57% of Elementary staff indicated a favorable impact (18% neutral) on students with an early start time, citing research and mid-afternoon learning concerns.
- Approximately 55% of staff also indicated a favorable benefit to them and their family (15% neutral).

Middle School

- The majority of middle school students report an average of 7-8 hours of sleep on school nights. Parents and guardians reported slightly higher totals (e.g. 44% - 8 hrs of sleep by parents, 26% - 8 hrs of sleep by students) than students.
- Middle school parents were more open (51% supportive, 15% unsure) to riding the bus together with high school students than middle school students (30% supportive, 25% unsure).
- Middle school parents and students were in favor of a later school start time (66% parent support - 15% neutral; 56% student support - 20% neutral), supporting the 'earlier' option (8:25 - 3:40) because of after school co-curricular activities.
- Middle school staff were more mixed on the impact on students (37% in favor, 19% neutral), and strongly noted a negative impact on them and their family (70%).

High School

- The majority of students (41%) and parents (39%) reported students getting an average of 7 hours of sleep on school nights. An additional 34% of students reported 6 or fewer hours per night.
- Fewer high school students had reservations (27% had concerns, 51% supportive) about riding a bus with middle school students.
- Students (63%) and parents (56%) were strongly opposed to an earlier start time (7:40), citing less sleep and conflicts with morning school activities as key factors.
- Students and parents were amenable to a 20-minute later start time (8:15), with the majority of students and parents noting it would make no significant impact. High school staff were also supportive (40%) or neutral (32%) on the impact.

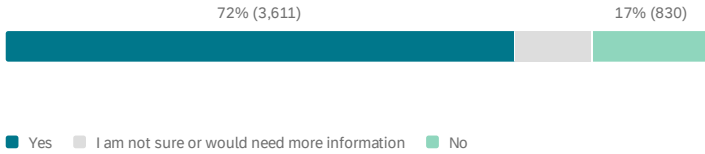
School Start Time Stakeholder Survey

All parents and guardians, all staff, and students in grades 6-12 invited to participate

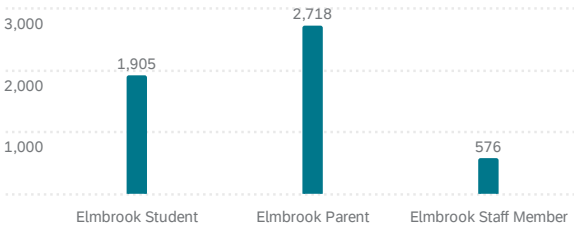
Total Survey Respondents 🔍



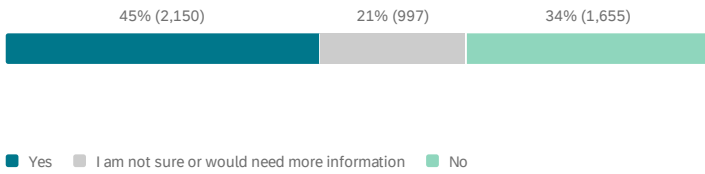
All Respondents - Support for an 8am or later Middle and High School Start Time 🔍



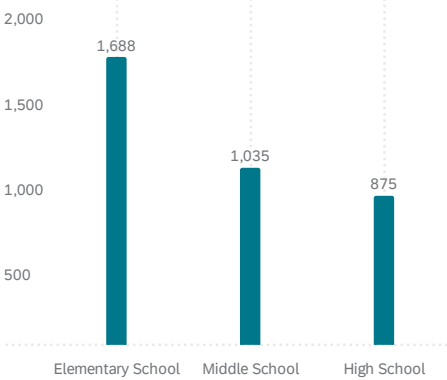
Survey Respondents by Stakeholder Group 🔍



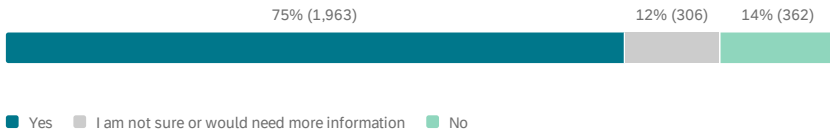
All Respondents - Support for a no school bus transportation zone 🔍



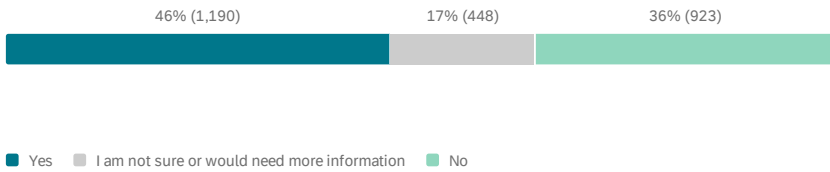
Parents and Guardians 2,556 🔍



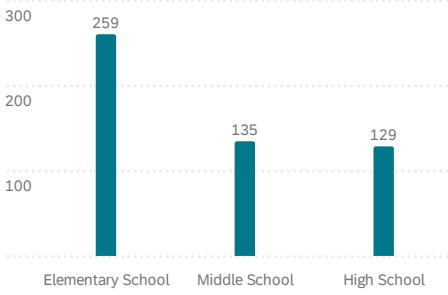
Parents & Guardians - Support for an 8am or later Middle and High School Start Time 🔍



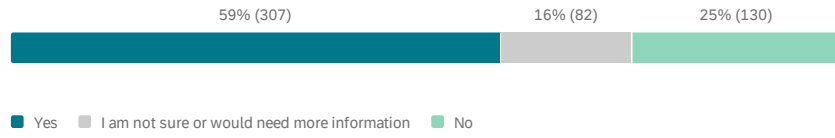
Parents & Guardians - Support for a no school bus transportation zone 🔍



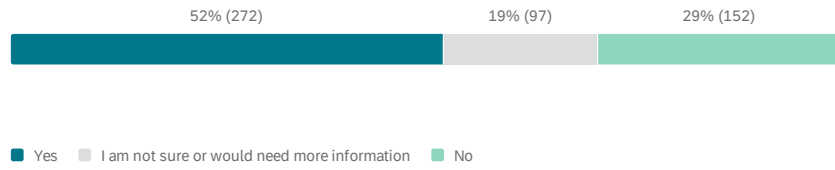
Staff Respondents 523 ⓘ



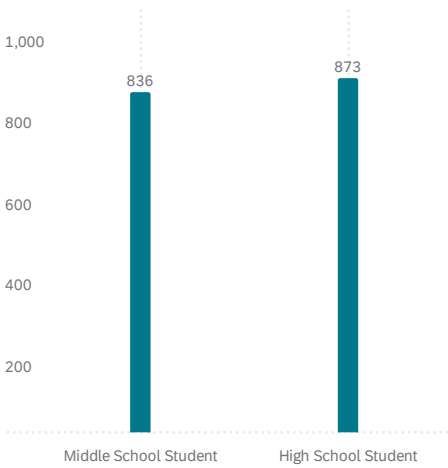
Staff - Support for an 8am or later Middle and High School Start Time ▾



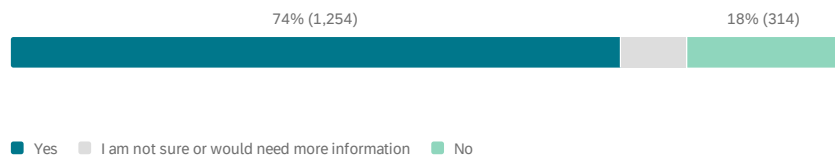
Staff - Support for a no school bus transportation zone ▾



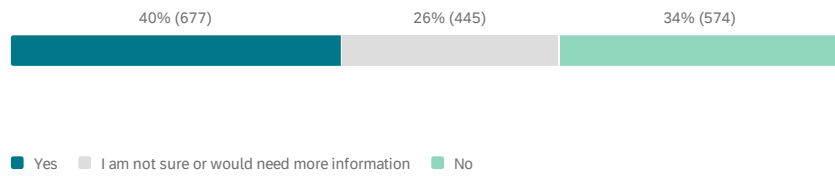
Students 1,709 ⓘ



Middle & High School Students - Support for an 8am or later Middle and High School Start Time ▾



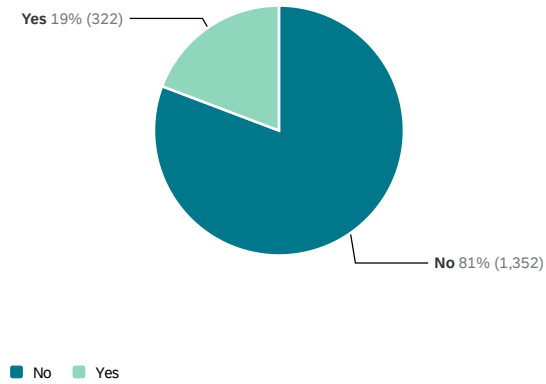
Middle & High School Students - Support for a no school bus transportation zone ▾



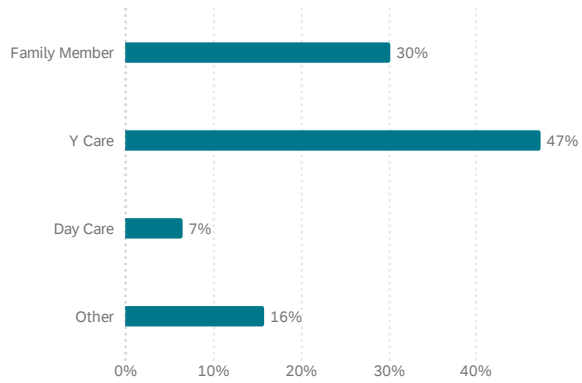
Elementary School Parents & Guardians

Require care from someone other than parent before school

1,674 ⓘ



Who provides that care? 321 ⓘ

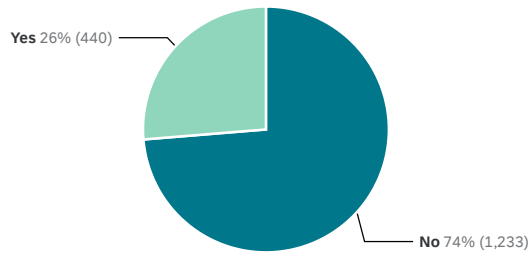


Who provides that care?: Other ⓘ ↕

Q3.2_4_TEXT - Topics	Count
No response	27
Nanny	10
Babysitter	7
Unknown	5
Combination of Support	2

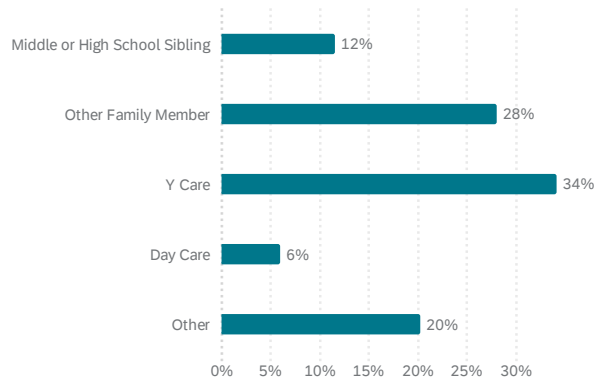
Require care from someone other than parent after school

1,673 ⓘ



■ No ■ Yes

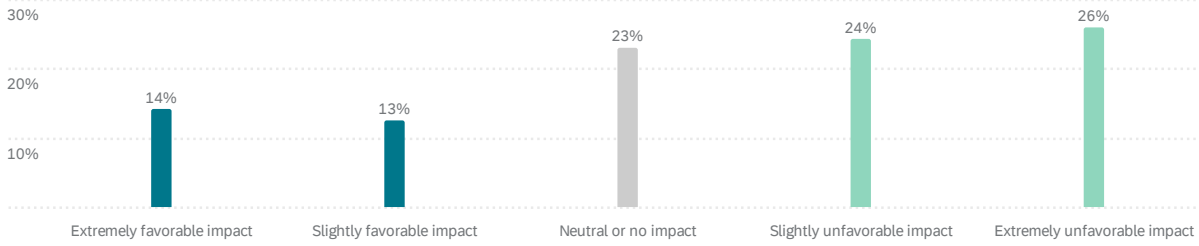
Who provides that care? 439 ⓘ



Who provides that care?: Other ⓘ

Q3.4_4_TEXT - Topics	Count
No response	48
Babysitter or Nanny	21
Day Care	11
Unknown	7
Family	4

Impact of an earlier (7:40 - 2:30) elementary start time 1,655 ⓘ



Favorable Impact of an earlier Elementary Start Time

Favorable Impact	Count	Impact Score (1-5)
It would be better for my child	426	3.69
It would be better for my family	421	3.64
Research citing the sleep patterns of pre-adolescents indicating earlier wake times	426	3.47
It would work better with my spouse's and/or my work schedule	424	3.05
It would be better for my child's participation in after-school activities	423	3.01
It would work better with my other child(ren)'s school start times	424	2.59
It would make transportation easier	423	2.59
Other	113	2.13
It would eliminate the need for before or after school childcare	424	1.96

Unfavorable Impact of an earlier Elementary Start Time

Unfavorable Impact	Count	Impact Score (1-5)
It would conflict with my or my spouse's work schedule	800	3.62
It would require us to find before or after school childcare	799	3.34
I would be concerned about bus route pickup times in the dark, for some portion of the year.	798	2.94
It would cause transportation problems	797	2.87
Other	237	2.75
My child would be at home without adult supervision	801	2.51
It would conflict with my other child(ren)'s schedules	798	2.45
It would reduce our family time	794	2.25
It would conflict with clubs or activities currently held before school	798	1.67

Favorable Response to Start Time Change - Other ⓘ

Q4.2_9_TEXT - Topics	Count
No response	93
Not categorized	7
Younger Children Up Earlier	5
Sleep Research	4

Unfavorable Response to Start Time Change - Other ⓘ

Q4.4_9_TEXT - Topics	Count
No response	145
Disruption to Current Sleep Pattern - Loss of Sleep	44
Not Categorized	16
Inconvenient with work schedule	13
Shorter Morning Preparation Before School	11

Q4.4_9_TEXT - Topics

Count

Childcare	9
Transportation Concerns	7
Family Time	7
Youth Activities	6

Neutral Impact of an earlier Elementary Start Time

Neutral Impact	Count	Impact Score (1-5)
My family can make it work either way	352	3.47
My child(ren) will be done with elementary school by the time changes are implemented (2026-27 at the earliest)	361	2.30
Other	115	2.10

Neutral Response to Start Time Change - Other 

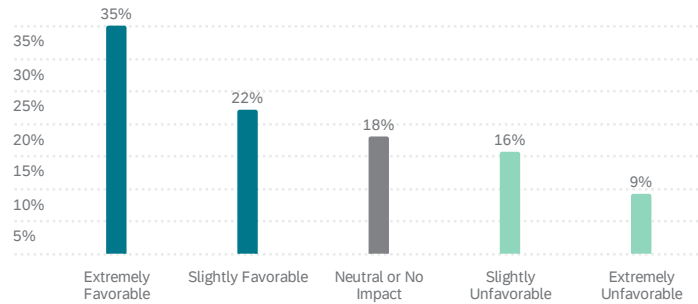
Neutral Impact	Count
No response	96
Childcare	6
Prioritize Middle School	4

Elementary School Staff

Elementary Staff Respondents 259



What impact would a start time change to 7:45am - 2:30pm have on students in your school? 249



Favorable impact on students - Earlier Start Time 136

Impact Score (1 - not at all, 5 - a great deal)	Count	Impact score (1-5)
An earlier start/end time could address current mid-afternoon learning concerns	136	4.15
An earlier start time is more aligned to sleep research for elementary age students which notes parents have more control over their younger child's sleep schedule	136	3.96
Other	33	3.88
An earlier start could be more consistent with their weekend routine (wake up early)	126	3.70

Unfavorable impact on students - earlier elementary school start time (7:45am-2:30pm) 59

Impact Score (1 - not at all, 5 - a great deal)	Count	Impact score (1-5)
Other	21	4.24
I would be concerned about more attendance issues	58	3.52
I would be concerned about participation in activities that typically occur in the morning that would move to the afternoon	57	2.65

Favorable impact on students - earlier elementary school start time (7:45am-2:30pm) - Other 10

Favorable impact	Count
No response	17
Benefits to Students	10

Unfavorable impact on students - earlier elementary school start time (7:45am-2:30pm) - Other 12

Unfavorable impact	Count
Concerned about after school care needs	7
No response	5
Sleepy in School	5

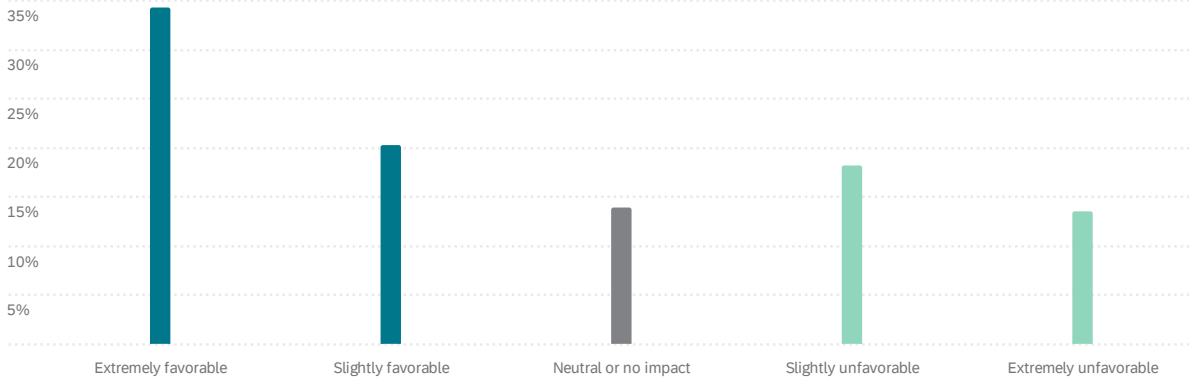
Neutral impact on students - earlier elementary school start time (7:45am-2:30pm) 43 ⓘ

Impact Score (1 - not at all, 5 - a great deal)	Count	Impact score (1-5)
I see both positive and negative effects of an earlier start time	43	3.56
Other	11	2.09
I would need to understand sleep research better to form an opinion	42	1.81

Neutral impact on students - earlier elementary school start time (7:45am-2:30pm) - Other 0 ⚑

Neutral impact	Count
No response	7

What impact would an earlier Elementary start time - from the current 8:50am-3:43pm to approximately 7:45am-2:30pm - have on you and your family? 237



Favorable impact on elementary staff - Earlier Start Time

125 ⓘ

Impact Score (1 - not at all, 5 - a great deal)	Count	Impact score (1-5)
It would be better for my personal activities	124	4.42
It would be better for my family time	125	4.42
It would provide greater job satisfaction	124	3.78
It would work better with my own child's(ren's) schedule(s)	124	3.52
Other	27	3.37
It would allow me to engage in other District activities (e.g. advisor, coach)	125	2.80
It would alleviate me from having to use before/after school childcare	122	2.20

Unfavorable impact on elementary staff - Earlier Start Time

75 ⓘ

Impact Score (1 - not at all, 5 - a great deal)	Count	Impact score (1-5)
Other	12	4.33
It would conflict with my own child's(ren's) schedule(s)	75	3.45
It would disrupt my personal activities	75	3.07
It would require me to find before or after school childcare	74	2.81
It would disrupt my family time	75	2.76
It would contribute to less job satisfaction	75	2.67
It could negatively impact my engagement in before/after school activities (coaching, school teams, etc.)	75	2.52

Favorable impact on staff- earlier elementary school start time (7:45am-2:30pm) - Other 6 ▾

Favorable impact	Count
No response	17
Greater flexibility for family commitments	6

Unfavorable impact on staff - earlier elementary school start time (7:45am-2:30pm) - Other ▾

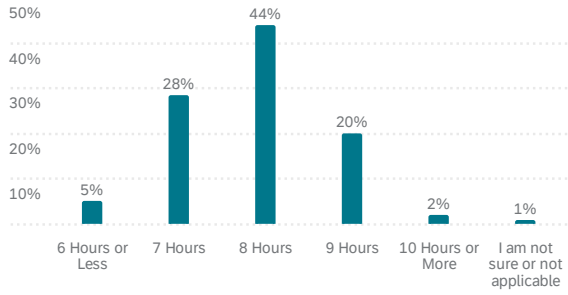
Unfavorable impact	Count
No response	4

Neutral impact on elementary staff- Earlier Start Time 32 ⓘ

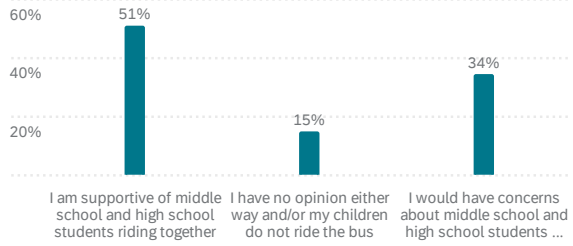
Impact Score (1 - not at all, 5 - a great deal)	Count	Impact score (1-5)
I see both positives and negatives to an earlier start time	32	3.22
Other	6	3.17
I have no preference	28	2.43

Middle School Parents and Guardians

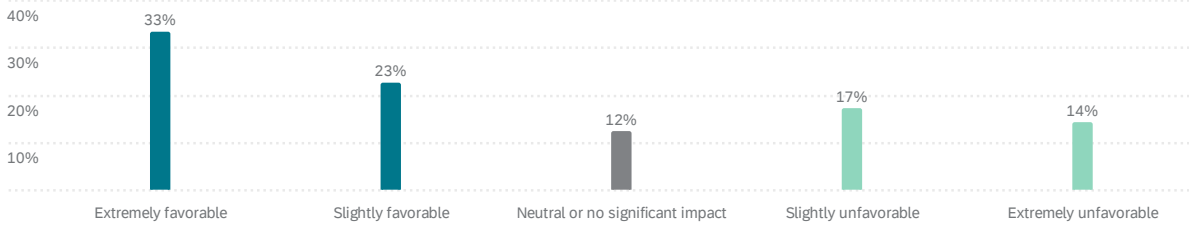
Your child's average hours of sleep on school nights 1,143 ⓘ



Do you support middle and high school students riding the bus together 1,133 ⓘ



Impact of Middle School Start/End Time Change (8:45am - 4:00pm) 1,122 ⓘ



Favorable response to later middle school start time (8:45am-4pm) 619 ⓘ

Favorable Impact	Count	Impact Score (1-5)
It would be better for my child	615	4.29
It would be better for my family	612	3.73
It would eliminate my current concerns with bus route pickup times in the dark	608	3.13
It would work better with my spouse's and/or my work schedule	613	2.57
Other	143	2.49
It would work better with my other children's school start times	608	2.48
It would make transportation easier	611	2.46

Unfavorable response to later middle school start time (8:45am-4pm) 347 ⓘ

Unfavorable Impact	Count	Impact Score (1-5)
It would conflict with current after school activities such as appointments, clubs, sports	344	4.06
It would conflict with my and/or my spouse's work schedule	346	3.18
It would cause transportation problems	346	3.09
It would conflict with my other children's schedules	345	3.06
Other	79	2.85
It would reduce our family time	343	2.80

Favorable responses to later start time - Other ▾

Favorable Impact	Count
No response	103
Better Sleep	18
Uncategorized	13
Negative Impact on Sports or Activities	10

Unfavorable responses to later start time - Other ▾

Unfavorable Impact	Count
Conflict with after school activities	9
Homework concerns	5
No response	57
Uncategorized	8

Neutral Impact - Later start time 129 ⓘ

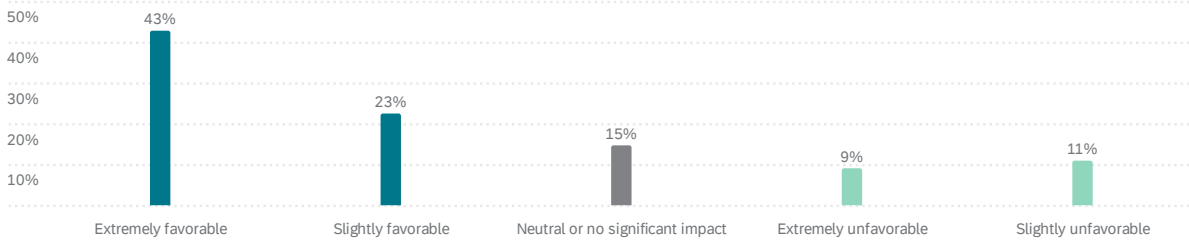
Neutral Impact	Count	Impact Score (1-5)
My family can make it work either way	118	2.98

Neutral responses to later start time - Other ▾

Neutral Impact - Other	Count
No response	30
Impact on after school activities	4

Neutral Impact	Count	Impact Score (1-5)
I will not have a middle school student when changes would be implemented (2026-27 at the earliest)	124	2.57
Other	36	2.19

Similarly, what impact would a Middle School start/end time of (8:25am - 3:40pm) have on your student and your family? 1,087 ⓘ



Favorable response to a middle school start time of 8:25am-3:40pm 698 ⓘ

Impact Score (1 - not at all, 5 - a great deal)	Count	Impact Score (1-5)
It would be better for my child	695	4.25
It would be better for my family	684	3.81
It would eliminate my current concerns of bus route pickup times in the dark	691	3.19
It would work better with my spouse's and/or my work schedule	691	2.78
It would make transportation easier	690	2.64
It would work better with my other child(ren)'s school start times	689	2.61
Other	147	2.37

Unfavorable response to a middle school start time of 8:25am-3:40pm 213 ⓘ

Impact Score (1 - no impact, 5 - a great deal)	Count	Impact Score (1-5)
It would conflict with current after school activities such as appointments, clubs, sports	213	3.96
It would conflict with my and/or my spouse's work schedule	212	3.42
It would cause transportation problems	211	3.32
It would conflict with my other child(ren)'s schedules	211	3.20
It would reduce our family time	212	2.99
Other	50	2.88
My child would be at home without adult supervision	212	2.86

Favorable response to later school start time (8:25) - Other ▾

Favorable impact	Count
No response	120
Better Sleep	12

Unfavorable response to later school start time (8:25) - Other ▾

Unfavorable impact	Count
No response	42

Neutral Impact - Middle School start/end time of 8:25-3:40 142 ⓘ

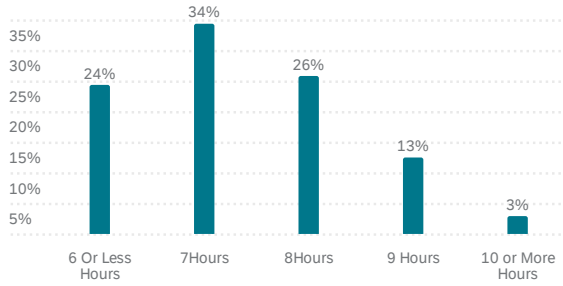
Impact Score (1 - no impact, 5 - a great deal)	Count	Impact Score (1-5)
I will not have a middle school student when changes would be implemented (2026-27 at the earliest)	138	2.65
My family can make it work either way	131	2.99
Other	39	1.79

Neutral response to later school start time (8:25) - Other ▾

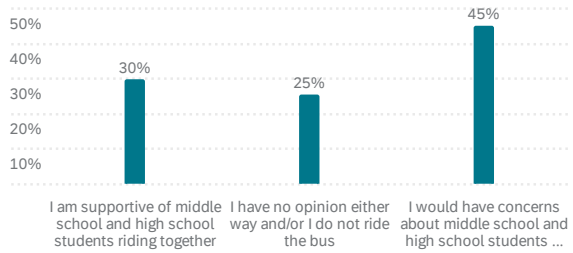
Neutral impact	Count
No response	36

Middle School Students

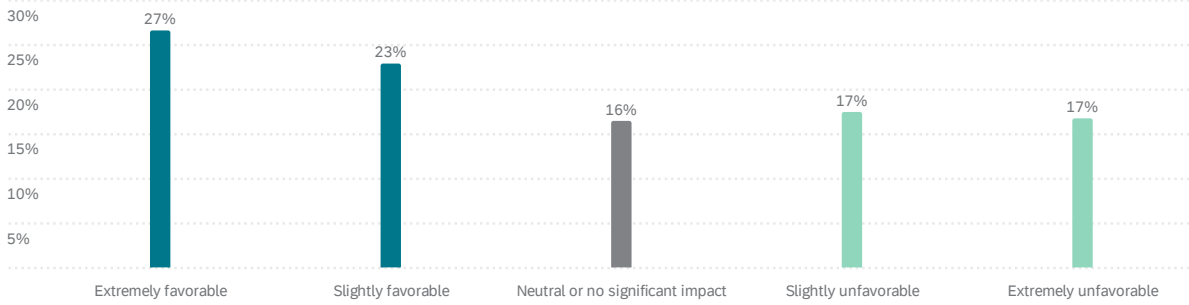
On average, how many hours of sleep do you get on school nights? 1,131 ⓘ



How do you feel about combining middle and high school routes? 1,029 ⓘ



What impact would a Middle School start/end time of 8:45am - 4:00pm have on you and your family? 1,086 ⓘ



Favorable response to 8:40 - 4:00pm start/end time for Middle School

Impact Score (1 - not at all, 5 - a great deal)	Count	Impact score (1-5)
I would get more sleep before school	513	4.49
It would be better for me.	511	4.38
I would have time to eat breakfast in the morning	511	4.19
It would be better for my family	510	3.91
I could board the bus in daylight throughout the school year	511	3.86
It would make transportation easier	509	3.26
Other	133	3.17

Unfavorable response to 8:40 - 4:00pm start/end time for Middle School

Impact Score (1 - not at all, 5 - a great deal)	Count	Impact score (1-5)
It would conflict with current after school activities such as appointments, clubs, sports	357	4.12
Other	96	4.02
It would reduce our family time	354	3.21
It would cause transportation problems	355	3.05
It would conflict with my parent's work schedule.	358	2.88
I would be at home without adult supervision in the morning	357	2.45

Favorable response to later middle school start time (8:45am-4:00pm) - Other ▾

Favorable impact	Count
No response	82
Uncategorized	27
Better for Morning Routine	8
Offer more sleep time	7

Unfavorable response to later middle school start time (8:25am-3:40pm) - Other ▾

Unfavorable impact	Count
No response	30
Less Time for After School Commitments	13
Uncategorized	5
Homework time shortened	5

Neutral response to later middle school start time (8:45am-4:00pm) - Other ▾

Neutral impact	Count
No response	29

Neutral response to 8:40 - 4:00pm start/end time for Middle School

Impact Score (1 - not at all, 5 - a great deal)	Count	Impact score (1-5)
I will not be in middle school when changes would be implemented (2026-27 at the earliest)	161	3.27
I can make it work either way	155	3.03
Other	43	2.77

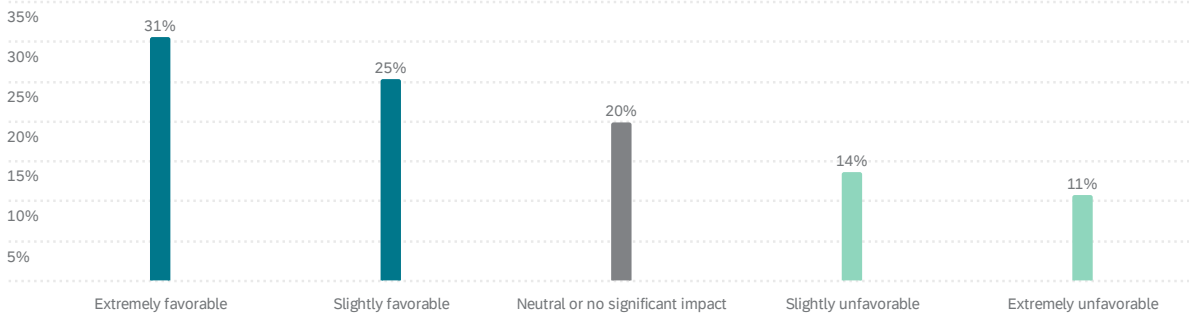
Neutral impact

Count

Uncategorized

9

What impact would a Middle School start/end time change of 8:25am - 3:40pm have on you and your family? 995 ⓘ



Favorable response to 8:25 - 3:40pm start/end time for Middle School

Impact Score (1 - not at all, 5 - a great deal)	Count	Impact score (1-5)
I would get more sleep before school.	535	4.44
It would make transportation easier	531	3.47
I could board the bus in daylight throughout the school year	530	3.86
I would have time to eat breakfast in the morning	530	4.14
It would be better for me	532	4.37
It would be better for my family	527	3.97
Other	121	3.31

Unfavorable response to 8:25-3:40pm start/end time for Middle School

Impact Score (1 - not at all, 5 - a great deal)	Count	Impact score (1-5)
It would conflict with my parent's work schedule(s)	221	3.16
It would cause transportation problems	220	3.25
It would reduce our family time	220	3.31
I would be at home without adult supervision in the morning	220	2.74
It would conflict with current after school activities such as appointments, clubs, sports	218	4.05
Other	55	3.80

Favorable response to later middle school start time (8:25am-3:40pm) - Other ⌵


Favorable impact	Count
No response	90
More focused in school	10
Uncategorized	7
More sleep	6

Unfavorable response to later middle school start time (8:45am-4:00pm) - Other ⌵

Unfavorable impact	Count
No response	37
Uncategorized	25
Less Time for Homework	15
Conflict with Sports and Activities	11
Cut into personal time	10

Neutral response to 8:25 - 3:40pm start/end time for Middle School

Impact Score (1 - not at all, 5 - a great deal)	Count	Impact score (1-5)
I will not be in middle school student when changes would be implemented (2026-27 at the earliest)	177	3.15
My family and I can make it work either way	176	3.06
Other	40	2.00

Neutral response to later middle school start time (8:45am-4:00pm) - Other 

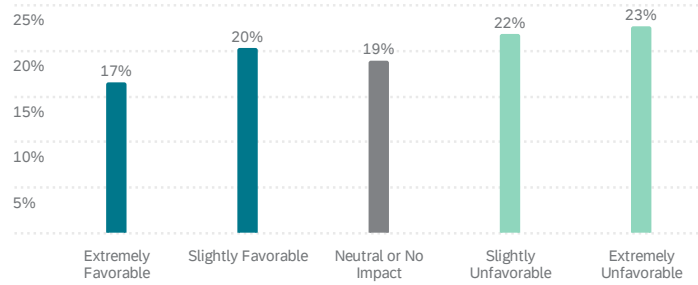
Neutral impact	Count
No response	34

Middle School Staff

Middle School Staff Respondents 135



What impact would a start time change of 75-90 minutes have on students in your school? 133



Favorable Impact on Students - Later Start Time of 75-90 Minutes 47

Impact Score (1 - not at all, 5 - a great deal)	Count	Impact score (1-5)
Other	20	3.65
Students would have a more normal lunch schedule	46	3.07
Students could eat breakfast before school	47	2.74

Unfavorable Impact on Students - Later School Start Time of 75-90 Minutes 57

Impact Score (1 - not at all, 5 - a great deal)	Count	Impact score (1-5)
Other	30	4.67
I think students would just stay up later and get the same amount of sleep	57	4.51
I wonder about how productive learning would be in the mid-afternoon	56	3.79

Favorable impact - later school start time on students (75-90 minutes) - Other 7

Favorable impact	Count
Aligns with sleep research	9
More alert and on task	4
No response	6

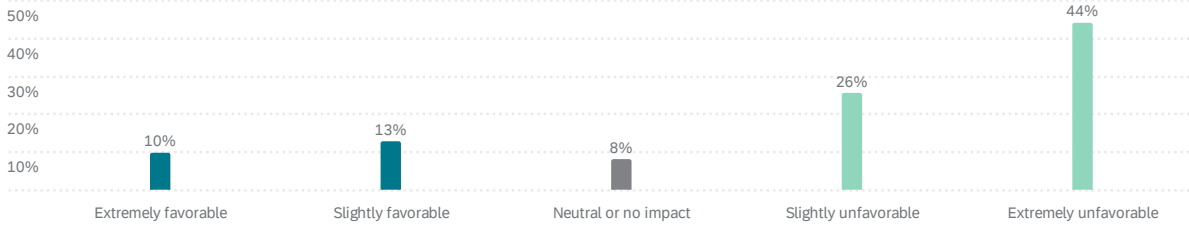
Unfavorable impact - later school start time on students (75-90 minutes) - Other 7

Unfavorable impact	Count
Conflict with Sports and Activities	15
Uncategorized	8
No response	7

Neutral - Later Start Time 21 ⓘ

Impact Score (1 - not at all, 5 - a great deal)	Count	Impact score (1-5)
I can see both positives and negatives to a later start time	19	3.47
Other	5	3.20
I have no preference	17	2.65

What impact would a 75-90 minute later Middle School start time have on you and your family? 125



Favorable impact on staff 27 ⓘ

Impact Score (1 - not at all, 5 - a great deal)	Count	Impact score (1-5)
Other	4	4.75
It would lead to greater job satisfaction	27	3.56
It would be better for my personal activities	27	3.44
It would be better for my family time	27	3.33
It would work better with my own child's(ren's) schedule(s)	27	2.48
It would allow me to engage in other District activities (e.g. advisor, coach)	27	2.00
It would alleviate me from having to use before/after school childcare	27	1.78

Unfavorable impact on staff 86 ⓘ

Impact Score (1 - not at all, 5 - a great deal)	Count	Impact score (1-5)
Other	18	4.67
It would disrupt my personal activities	85	4.21
It would negatively impact my engagement in before/after school activities (coaching, school teams, etc.)	86	4.21
It would disrupt my family time	84	3.87
It would contribute to less job satisfaction	85	3.66
It would conflict with my own child's(ren's) schedule(s)	84	3.33
It would require me to find before or after school childcare	82	2.66

Favorable impact - later school start time on students (75-90 minutes) - Other ▾

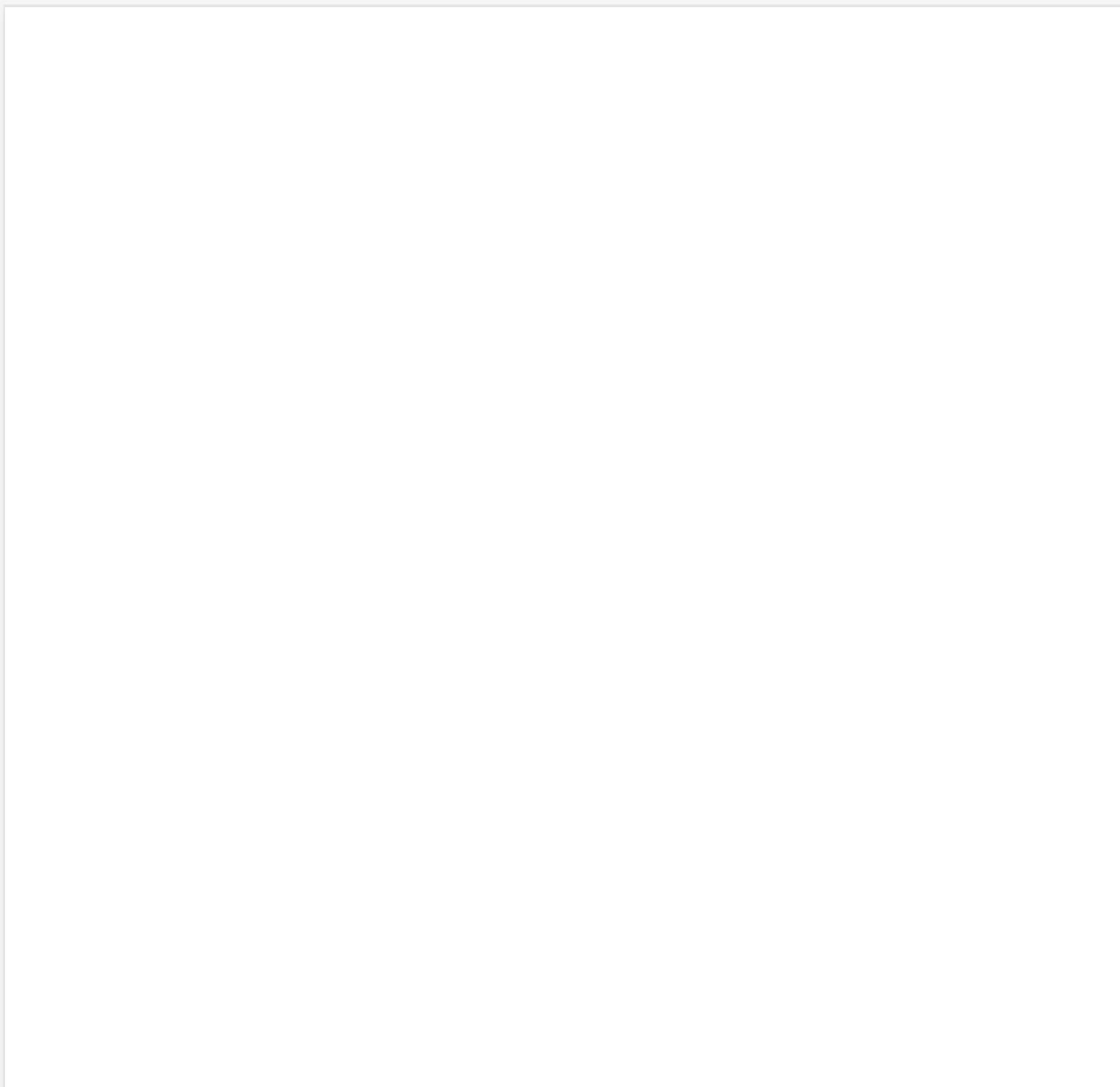
Favorable impact	Count
Better for Health	4

Unfavorable impact - later school start time on students (75-90 minutes) - Other ▾

Unfavorable impact	Count
No response	12
Conflict with Sports and Activities	4

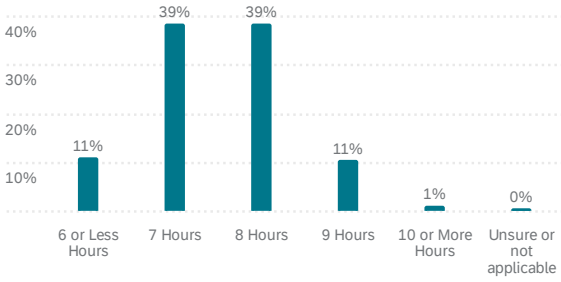
Neutral impact on staff 10 ⓘ

Impact Score (1 - not at all, 5 - a great deal)	Count	Impact score (1-5)
I see both positives and negatives	10	2.90
Other	3	2.33
I have no preference	10	2.10

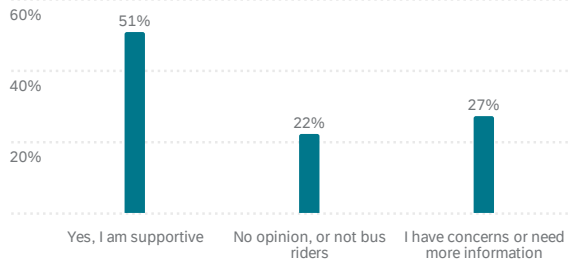


High School Parents and Guardians

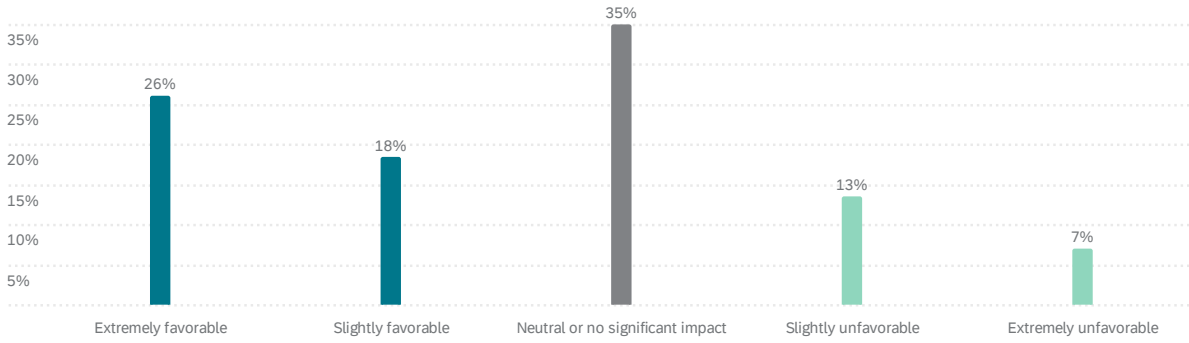
How many hours of sleep does your high schooler get on school nights? 844 ⓘ



How do you feel about middle and high schoolers riding the bus together? 840 ⓘ



What impact would a 20-minute later start time at high school (8:15am - 3:30pm) have on your student and your family? 839 ⓘ



Favorable impact of a 20-minute later high school start time (8:15-3:30) 363 ⓘ

Impact Scale (1 - not at all, 5 - a great deal)	Count	Impact Scale (1-5)
It would be better for my child	361	4.15
It would be better for my family	359	3.68
Other	79	2.59
It would make transportation easier	357	2.48
It would work better with my spouse's and/or my work schedule	360	2.47
It would work better with my other child(ren)'s school start times	354	2.40
It would eliminate the need for before or after school childcare	355	1.72

Unfavorable impact of a 20-minute later high school start time (8:15-3:30) 167 ⓘ

Impact scale (1 - not at all, 5 - a great deal)	Count	Impact Scale (1-5)
It would conflict with current after school activities such as appointments, clubs, sports	166	3.89
It would conflict with my and/or my spouse's work schedule	166	2.84
It would cause transportation problems	166	2.76
It would conflict with my child's employment	160	2.72
It would conflict with my other child(ren)'s schedules	164	2.59
It would reduce our family time	165	2.57
Other	45	2.36

Favorable impact of a 20-minute later high school start time (8:15-3:30) - Other ▾

Favorable impact	Count
No response	64
Uncategorized	7
More sleep	5

Unfavorable impact of a 20-minute later high school start time (8:15-3:30) - Other ▾

Unfavorable impact	Count
No response	37

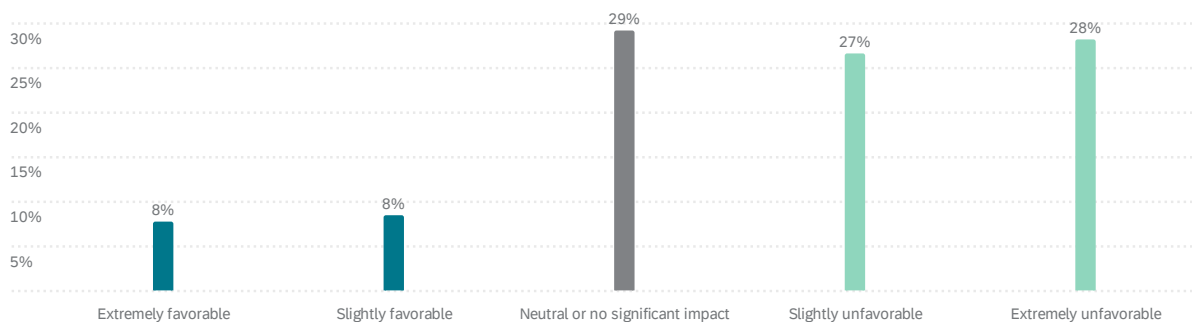
Neutral impact of a 20-minute later high school start time (8:15-3:30) 278 ⓘ

Impact Scale (1 - not at all, 5 - a great deal)	Count	Impact Scale (1-5)c
My child/family can make it work without much disruption	268	3.38
The time change is insignificant	266	3.05
Other	77	2.03
I will not have a high school student when start time changes would be implemented (school year 2026-27 at the earliest)	259	1.87

Neutral impact of a 20-minute later high school start time (8:15-3:30) - Other ⌵

Neutral impact	Count
No response	64
Uncategorized	7

What impact would an earlier start/end time (7:40 - 2:55) have? 801 ⓘ



Favorable impact of a 15-minute earlier start time (7:40 - 2:55)

125 ⓘ

Impact Scale (1 - not at all, 5 - a great deal)	Count	Impact Scale (1-5)
It would be better for my child	124	3.52
It would be better for my family	121	3.36
It would work better with my spouse's and/or my work schedule	125	2.83
It would make transportation easier	123	2.77
Other	34	2.76
It would work better with my other child(ren)'s school start times	124	2.63
It would eliminate the need for before or after school childcare	122	1.83

Unfavorable impact of a 15-minute earlier start time (7:40 - 2:55) 430 ⓘ

Impact scale (1 - not at all, 5 - a great deal)	Count	Impact Scale (1-5)
Other	140	3.42
It would conflict with my and/or my spouse's work schedule	423	2.36
It would cause transportation problems	418	2.31
It would reduce our family time	418	2.24
It would conflict with current after school activities such as appointments, clubs, sports	419	2.23
It would conflict with my other child(ren)'s schedules	418	2.13
It would conflict with my child's employment	409	1.59

Favorable impact of a 15-minute earlier start time (7:40 - 2:55) - Other ▾

Favorable impact	Count
No response	28

Unfavorable impact of a 15-minute earlier start time (7:40 - 2:55) - Other ▾

Unfavorable impact	Count
No response	56
Sleep Concerns	58
Impact on Before School Activities	18

Neutral impact of a 15-minute earlier start time (7:40 - 2:55)

224 ⓘ

Impact Scale (1 - not at all, 5 - a great deal)	Count	Impact Scale (1-5)c
My child/family can make it work without much disruption	220	2.98
The time change is insignificant	217	2.84
I will not have a high school student when start time changes would be implemented (school year 2026-27 at the earliest)	211	1.92
Other	58	1.52

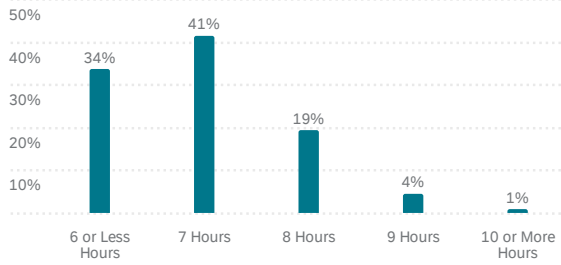
Neutral response to earlier high school start time (7:40am-2:55pm) - Other ▾

Neutral Impact	Count
No response	53

High School Students

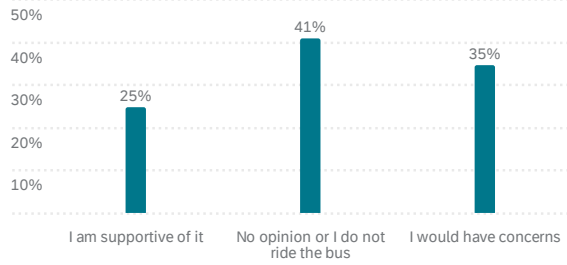
How many hours of sleep do you get on school nights?

867 ⓘ

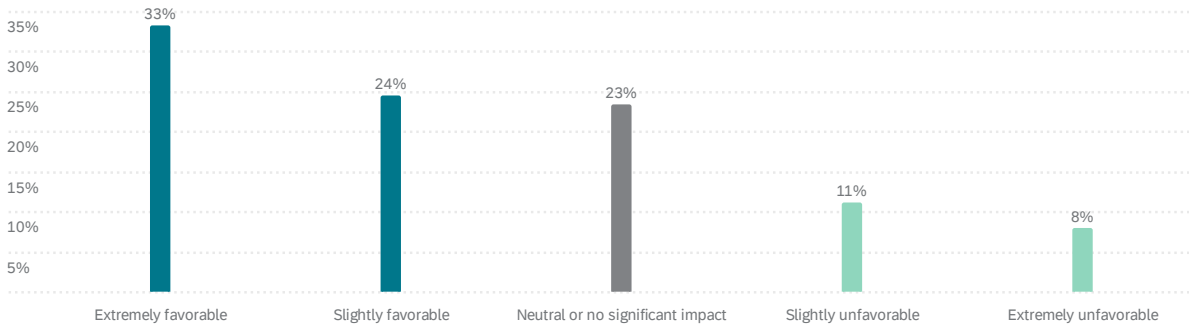


How do you feel about middle and high schoolers riding the bus together?

853 ⓘ



What impact would a 20-minute later start time at high school (8:15am - 3:30pm) have on your student and your family? 822 ⓘ



Favorable impact of a 20-minute later start time (8:15am-3:30pm) 444 ⓘ

Impact Scale (1 - not at all, 5 - a great deal)	Count	Impact Scale (1-5)
It would be better for me	443	4.42
I could sleep more and be better rested for school	443	4.37
I would have time to eat breakfast in the morning	442	4.22
It would be better for my family	440	3.91
It would make transportation easier	442	3.31
Other	123	3.02
I could board the bus in daylight throughout the school year	441	2.86

Unfavorable impact of a 20-minute later start time (8:15am-3:30pm) 144 ⓘ

Impact Scale (1 - not at all, 5 - a great deal)	Count	Impact Scale (1-5)
It would conflict with current after school activities or sports	142	4.02
It would conflict with my after school work schedule	142	3.52
Other	38	3.37
It would reduce family time	142	3.05
It would cause transportation problems	142	2.83

Favorable impact 20-minute later start time - Other ⌵

Favorable impact	Count
No response	98
Better for Morning Routine	9
Uncategorized	8
More Engaged During School	5

Unfavorable impact 20-minute later start time - Other ⌵

Unfavorable impact	Count
No response	22
Uncategorized	6

Neutral impact of a 20-minute later start time (8:15am-3:30pm) 165 ⓘ

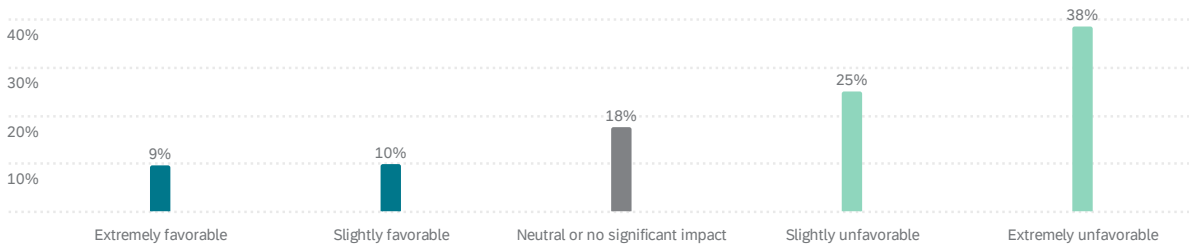
Impact scale (1 - not at all, 5 - a great deal)	Count	Impact Scale (1-5)
I can make it work either way	158	3.34

Neutral impact 20-minute later start time - Other ⌵

Neutral impact	Count
No response	39

Impact scale (1 - not at all, 5 - a great deal)	Count	Impact Scale (1-5)
The time change is not significant	156	3.09
I will not be in school when changes would be implemented (2026-27 at the earliest)	158	2.53
Other	46	1.76

What impact would an earlier start/end time (7:40 - 2:55) have? 742 ⓘ



Favorable impact of a 20-minute later start time (7:40am-2:55pm) 127 ⓘ

Impact Scale (1 - not at all, 5 - a great deal)	Count	Impact Scale (1-5)
I would have more flexibility in the afternoon after school	127	3.95
It would be better for me	127	3.82
It would be better for my family	125	3.44
It would make transportation easier	126	3.02
I would miss less school due to co-curricular competitions	126	2.97
Other	24	2.83
I could care for my younger siblings (Elementary or Middle School) after school	126	2.47

Unfavorable impact of a 20-minute later start time (7:40am-2:55pm) 458 ⓘ

Impact Scale (1 - not at all, 5 - a great deal)	Count	Impact Scale (1-5)
It would result in less sleep each night	458	4.31
It would cause transportation problems	457	3.26
It would conflict with before school activities or sport commitments	455	3.15
Other	120	2.68

Favorable impact 15-minute earlier start time - Other ▾

Favorable impact	Count
No response	22

Unfavorable impact 20-minute later start time - Other ▾

Unfavorable impact	Count
No response	19

Neutral impact of a 20-minute later start time (7:40am-2:55pm) 114 ⓘ

Impact scale (1 - not at all, 5 - a great deal)	Count	Impact Scale (1-5)
I can make it work either way	107	3.12
The amount of time change is not significant	105	3.08
I will not be in school when changes would be implemented (2026-27 at the earliest)	110	2.83
Other	21	1.95

Neutral impact 20-minute later start time - Other ▾

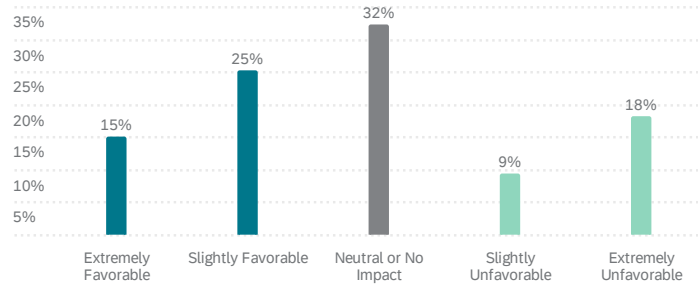
Neutral impact	Count
No response	19

High School Staff

High School Staff Respondents ⓘ



What impact would a start time change to 8:15am-3:30pm have on students in your school? 127 ⓘ



Favorable impact on students - Later Start Time (20 Minutes)

50 ⓘ

Impact Score (1 - not at all, 5 - a great deal)	Count	Impact score (1-5)
Start times would be better aligned to sleep research	50	4.06
A later start time could improve 1st period attendance	50	3.72
Students would be better rested in school	50	3.66
Other	7	3.14

Unfavorable impact on students - Later Start Time (20 Minutes)

34 ⓘ

Impact Score (1 - not at all, 5 - a great deal)	Count	Impact score (1-5)
Students could miss more school due to co-curricular competitions at the end of the day	34	4.71
Students would just stay up later and get the same amount of sleep	33	4.52
Other	10	4.20
Students seem very alert and rested for our current start time	31	3.55

Favorable impact on students - 20-minute later start - Other ⓘ

Favorable impact on students	Count
Uncategorized	4
No response	3

Unfavorable impact on students - 20-minute later start - Other ⓘ

Unfavorable impact on students	Count
Uncategorized	6
No response	4

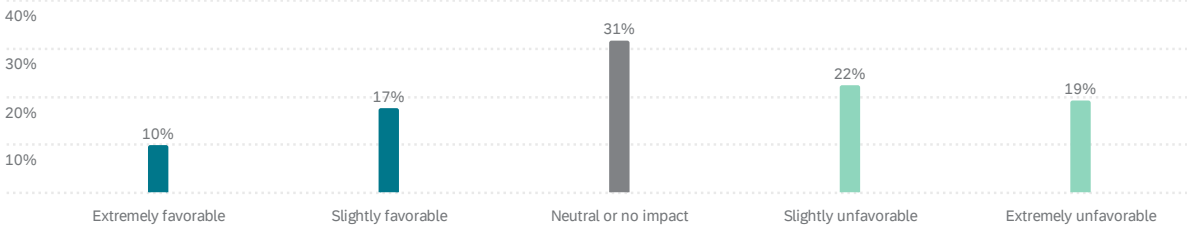
Neutral impact on students - Later Start Time 37 ⓘ

Impact Score (1 - not at all, 5 - a great deal)	Count	Impact score (1-5)
The time change is not significant	37	3.62
Other	14	3.36
I see both positives and negatives of a later start time	36	3.31
I have no preference	34	2.21

Neutral impact on students - 20-minute later start - Other ⌵

Neutral impact on students	Count
Uncategorized	8
No response	6

What impact would a later High School start time of 8:15am - 3:30pm have on you and your family? 121



Favorable impact on high school staff - Later Start Time 32 ⓘ

Impact Score (1 - not at all, 5 - a great deal)	Count	Impact score (1-5)
It would contribute to greater job satisfaction	31	3.39
It would be better for my personal activities	31	2.97
It would be better for my family time	31	2.97
It would work better with my own child's(ren's) schedule(s)	31	2.84
It would allow me to engage in other District activities (e.g. advisor, coach)	31	2.13
Other	4	2.00
It would alleviate me from having to use before/after school childcare	31	1.52

Unfavorable impact on high school staff - Earlier Start Time 49 ⓘ

Impact Score (1 - not at all, 5 - a great deal)	Count	Impact score (1-5)
It would conflict with my own child's(ren's) schedule(s)	48	3.88
It would disrupt my family time	49	3.86
It would disrupt my personal activities	49	3.84
It would negatively impact my engagement in before/after school activities (coaching, school teams, etc.)	48	3.48
Other	6	3.33
It would disrupt my after school coaching/advising commitment	47	3.15
It would contribute to less job satisfaction	47	3.00
It would require me to find before or after school childcare	48	2.67

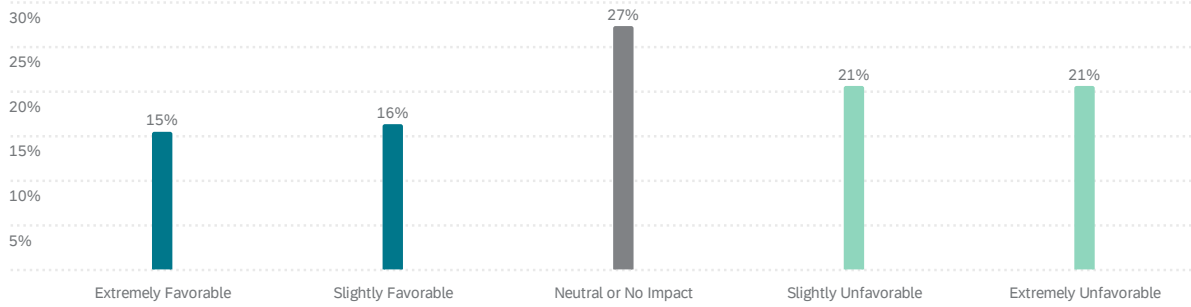
Neutral impact on high school staff - Earlier Start Time 36 ⓘ

Impact Score (1 - not at all, 5 - a great deal)	Count	Impact score (1-5)
I see both positives and negatives	35	2.91
Other	12	2.83
I have no preference	35	2.46
I need to better understand the sleep research behind the 8:00am start time	34	1.47

Neutral impact on high school staff- 20-minute later start - Other ⌵

Neutral impact on students	Count
No response	7
Uncategorized	5

What impact would a start time change to 7:40am-2:55pm have on students in your school? 117 ⓘ



Favorable - Earlier Start Time 37 ⓘ

Impact Score (1 - not at all, 5 - a great deal)	Count	Impact score (1-5)
Other	10	4.00
Less absences due to co-curricular activities	37	3.97
Greater access to after school employment	37	3.76
An earlier start time change of 15 minutes is not significant	36	3.14

Unfavorable - Earlier Start Time 47 ⓘ

Impact Score (1 - not at all, 5 - a great deal)	Count	Impact score (1-5)
More students would be late or absent from first period class	47	3.98
Start time would be further from sleep research recommendations	47	3.87
Other	7	3.71
Co-curricular activities typically held before school would be really early or scheduled at other times	47	3.30

Neutral - Earlier Start Time 30 ⓘ

Impact Score (1 - not at all, 5 - a great deal)	Count	Impact score (1-5)
A change in 15 minutes is not significant	30	2.83
I see both positives and negatives of a later start time	29	2.83
I have no preference	26	1.85
Other	6	1.50