

High School Start Time Parent Survey

Newton Public Schools

2015-2016

**Your responses to this survey will be kept confidential. Your responses will be linked to your email address to allow us to determine how representative the responses are of the families of the Newton Public Schools.**

*Section I: Current Conditions*

We are asking you these questions to understand the current conditions that you and your family experience.

1. How familiar are you with the teenage health and wellness issues associated with insufficient sleep?

We'll ask your opinion about this later; please just respond here with your level of familiarity. *(Multiple choice)*

- a. I have not heard of the issues.
  - b. I am somewhat familiar with the issues.
  - c. I am familiar with the issues.
  - d. I am very familiar with the issues.
2. How familiar are you with the current discussions about changing high school start time?  
*(Multiple choice)*
    - a. I have not heard of the discussions.
    - b. I am somewhat familiar with the discussions.
    - c. I am familiar with the discussions.
    - d. I am very familiar with the discussions.
  3. In your family, do the parent(s)/guardian(s) have any flexibility to change *work schedules* in response to changing school or activity times for children? *(Multiple choice)*
    - a. Yes, with no difficulty
    - b. Yes, with minimal difficulty
    - c. Yes, with some difficulty
    - d. Yes, but with a lot of difficulty
    - e. No, there is no flexibility
    - f. Not applicable
    - g. Other (please specify)

In the next two items, *routines* refers to your family's before school and after school activities in general.

4. How much flexibility is there in your family's MORNING routines if school start times shifted? Assume that school-based before school activities would also shift. *(Multiple choice)*
  - a. No flexibility: our morning routines are extremely difficult to change
  - b. Some flexibility: our morning routines can be shifted, but it may be difficult
  - c. Moderate flexibility: our morning routines can be shifted with minimal difficulty
  - d. Full flexibility: our morning routines can be shifted without problems
  - e. Other (please specify)
5. How much flexibility is there in your family's AFTERNOON/EVENING routines if school end times shifted? Assume that school-based after school activities would also shift. *(Multiple choice)*
  - a. No flexibility: our afternoon/evening routines are extremely difficult to change
  - b. Some flexibility: our afternoon/evening routines can be shifted, but it may be difficult
  - c. Moderate flexibility: our afternoon/evening routines can be shifted with minimal difficulty
  - d. Full flexibility: our afternoon/evening routines can be shifted without problems
  - e. Other (please specify)

#### *Section II: Impact of Potential Changes*

We are asking you these questions to understand the impact any potential changes on high school start time may have on you and your family.

6. Please select the grade level(s) of your child/children *(Multiple choice; skip logic: if a, go to question 10, if b, go to questions 7-9 then question 17, if c, go to question 7 and continue through)*
  - a. Elementary school only (grades K-5)
  - b. Secondary school only (grades 6-12)
  - c. Both Elementary and Secondary school (grades K-12)

*Note: Newton North currently starts at 7:50 am and ends between 2:30-3:20 pm (depending on day).*

*Newton South currently starts at 7:40 am and ends between 1:55-3:20 pm (depending on day).*

7. If HIGH SCHOOL started later by the times listed below, how significant would the impact be on your family's MORNING routines?

*The times listed below are purely for gathering information and are not necessarily proposals for change. (Matrix/Rating Scale)*

- a. 10 minutes later in AM
- b. 30 minutes later in AM
- c. 60 minutes later in AM

- i. Answer options: Large positive impact, Some positive impact, No impact at all, Some negative impact, Large negative impact
8. If HIGH SCHOOL ended later by the times listed below, how significant would the impact be on your family's AFTERNOON/EVENING routines?

*The times listed below are purely for gathering information and are not necessarily proposals for change. (Matrix/Rating Scale)*

- a. 10 minutes later in PM
  - b. 30 minutes later in PM
  - c. 60 minutes later in PM
- i. Answer options: Large positive impact, Some positive impact, No impact at all, Some negative impact, Large negative impact
9. What high school start time do you think would be best for your high school-aged child or children? *(Multiple choice)*
- a. The current start time works well
  - b. 10 minutes later
  - c. 30 minutes later
  - d. 60 minutes later
  - e. No Opinion
  - f. Other (please specify)
10. If ELEMENTARY SCHOOL started earlier by the times listed below, how significant would the impact be on your family's MORNING routines?

*The times listed below are purely for gathering information and are not necessarily proposals for change. (Matrix/Rating Scale)*

- a. 10 minutes earlier in AM
  - b. 30 minutes earlier in AM
  - c. 60 minutes earlier in AM
- i. Answer options: Large positive impact, Some positive impact, No impact at all, Some negative impact, Large negative impact
11. If ELEMENTARY SCHOOL ended earlier by the times listed below, how significant would the impact be on your family's AFTERNOON/EVENING routines?

*The times listed below are purely for gathering information and are not necessarily proposals for change. (Matrix/Rating Scale)*

- a. 10 minutes earlier in PM
  - b. 30 minutes earlier in PM
  - c. 60 minutes earlier in PM
- i. Answer options: Large positive impact, Some positive impact, No impact at all, Some negative impact, Large negative impact
12. Does your family currently participate in BEFORE SCHOOL fee-based care for your elementary school child/children? *(Multiple choice)*

- a. Yes
  - b. No
13. Does your family currently participate in AFTER SCHOOL fee-based care for your elementary school child/children? *(Multiple choice)*
- a. Yes
  - b. No
14. If ELEMENTARY SCHOOL started earlier by the times listed below, would your family need to pay for *before* school care?

*The times listed below are purely for gathering information and are not necessarily proposals for change. (Matrix/Rating Scale)*

- a. 10 minutes earlier in AM
  - b. 30 minutes earlier in AM
  - c. 60 minutes earlier in AM
- i. Answer choices: Yes, No
15. If ELEMENTARY SCHOOL ended earlier by the times listed below, would your family need to pay for *after* school care?

*The times listed below are purely for gathering information and are not necessarily proposals for change. (Matrix/Rating Scale)*

- a. 10 minutes earlier in PM
  - b. 30 minutes earlier in PM
  - c. 60 minutes earlier in PM
- i. Answer choices: Yes, No
16. What elementary school start time do you think would be best for your elementary-aged child or children? *(Multiple choice)*
- a. The current start time works well
  - b. An earlier start time
  - c. A later start time
  - d. No Opinion

### *Section III: Current Opinions*

We are asking you these questions to understand your current opinions about issues related to high school start time.

17. What do you think is the best way to give high school students the opportunity for more sleep? *(Multiple choice)*
- a. Minimize electronic device use after 10 pm
  - b. Parent/guardian supervision
  - c. Reduce the amount of homework
  - d. Reduce non-school extracurricular activities during the week
  - e. Shorten athletics practice times

- f. Shorten performance arts rehearsal times
  - g. Start high school later
  - h. Other (please specify)
18. Other than your first choice from the previous question, what do you think are other good ways to give high school students the opportunity for more sleep? Select all that apply. *(Multiple choice, can choose more than 1)*
- a. Minimize electronic device use after 10 pm
  - b. Parent/guardian supervision
  - c. Reduce the amount of homework
  - d. Reduce non-school extracurricular activities during the week
  - e. Shorten athletics practice times
  - f. Shorten performance arts rehearsal times
  - g. Start high school later
  - h. Other (please specify)
19. Please select the response that best represents your current opinion.

I think that high school should start later than it does now. *(Multiple choice)*

- a. Strongly Disagree
  - b. Disagree
  - c. Agree
  - d. Strongly Agree
  - e. I'm not sure
  - f. No Opinion
20. Regardless of your opinion on start time, which of the following potential positive impacts of starting later make the most sense to you? Choose all that apply. *(Multiple choice, can choose more than 1)*
- a. Starting later would allow students to sleep later.
  - b. Starting later would reduce the number of tardies students get.
  - c. Starting later would reduce stress for students.
  - d. Starting later would give students more time in the morning.
  - e. Starting later would help students focus more during the school day.
  - f. Do you have other reasons? Please add them here.
21. Regardless of your opinion on start time, which of the following potential negative impacts of starting later make the most sense to you? Choose all that apply. *(Multiple choice, can choose more than 1)*
- a. Students would have to start homework later.
  - b. Students would have less free time in the afternoons.
  - c. Students would have less time for after school jobs.
  - d. Students would have to start after school commitments later (including sports).
  - e. Students would have to stay up later to get everything done.
  - f. Students might have to miss classes at the end of the day because of sports.
  - g. Do you have other reasons? Please add them here.

22. In your family, do high school students help take care of younger children in the afternoons?  
*(This can be your child/children or another high school student) (Multiple choice)*
- a. Yes
  - b. No
23. For your family, are there good options for transportation to school other than driving?  
Please choose all that apply, if applicable. *(Multiple choice, can choose more than 1; skip logic: if a, go to question 24, if b or c, go to question 26)*
- a. No, driving is the best option.
  - b. Yes, walking or bike riding are good options.
  - c. Yes, taking a school bus or MBTA bus are good options.
24. Why is driving the best option? Please choose all the reasons that apply. *(Multiple choice, can choose more than 1)*
- a. We are not eligible for the school bus (we live less than 1 mile away).
  - b. A close bus stop is not available.
  - c. My child/children would have to be at the bus stop too early.
  - d. The bus ride is too long.
  - e. My child/children would arrive at school too early.
  - f. My child/children is allowed to arrive late at school some days (i.e., first period frees).
  - g. It's my personal preference to drive my child/children, or have them drive themselves.
  - h. Safety issues.
  - i. Cost.
  - j. Other (please specify)
25. Do you have any suggestions to make riding the school bus a better option for your child/children or family? *(Comment box)*
26. Do you have any additional comments or ideas about high school start time that you would like to share? *(Comment box)*