

High School Start Time Student Survey

Newton Public Schools

2015-2016

All data collected by this survey is confidential. We will not share your individual responses and no results will be reported for individual students.

We are asking for your name and birthday so that we can identify your responses to match with data we already have (for example, what school you attend, your grade level, and how far you live from school). This reduces the number of questions we have to ask you to answer.

1. What is your first name? *(Text entry)*
2. What is your last name? *(Text entry)*
3. What is your birthday in MM/DD/YYYY format? Don't forget to use two digits for the day. *(Text entry)*

School Arrival

4. What time do you usually leave for school each morning? Please write in the usual time you leave. *(Text entry)*
 - a. Monday:
 - b. Tuesday:
 - c. Wednesday:
 - d. Thursday:
 - e. Friday:
5. What is the primary way you get school each morning? Please choose a response for each season. *(3 dropdowns)*
 - a. Fall:
 - b. Winter:
 - c. Spring:
 - i. Answer options: Walk, Take a school bus, Take an MBTA bus, Drive yourself, Get a ride from a parent/guardian, Get a ride from a friend, Ride a bike, Take the subway, Other
6. What are the additional ways you sometimes get to school? You can leave this question blank if you do not have other ways. *(Matrix/Rating Scale, can choose more than one)*
 - a. Fall:
 - b. Winter:
 - c. Spring:
 - i. Answer options: Walk, Take a school bus, Take an MBTA bus, Drive yourself, Get a ride from a parent/guardian, Get a ride from a friend, Ride a bike,

Take the subway; Are there any other ways that you sometimes get to school that are not listed above? (Text box)

7. Are you ever tardy for school? (Multiple choice; skip logic: if a, go to question 10; if b, c, or d, go to question 8)
 - a. No, never
 - b. Yes, sometimes
 - c. Yes, usually
 - d. Yes, always
8. When I am tardy, I am usually: (Multiple choice)
 - a. Less than 5 minutes late
 - b. 5-10 minutes late
 - c. 11-15 minutes late
 - d. 15 or more minutes late
9. When I am tardy, it is usually because (choose all that apply): (Multiple choice; can choose more than one)
 - a. I overslept
 - b. Someone else overslept or was delayed
 - c. I took too long to get ready for school
 - d. I had a transportation issue
 - e. Weather issue
 - f. Other (please specify)

School Activities

10. Please check off all the seasons during which you play a sport for a SCHOOL team. (Multiple choice; can choose more than one)
 - a. I play a school sport in the fall.
 - b. I play a school sport in the winter.
 - c. I play a school sport in the spring.
 - d. I do not play any school sports.
11. Please check off all the seasons during which you are involved in teams outside of school, such as an athletics or a dance team. (Multiple choice; can choose more than one)
 - a. I do a non-school sport in the fall.
 - b. I do a non-school sport in the winter.
 - c. I do a non-school sport in the spring.
 - d. I do not play a sport outside of school.
12. For school clubs and school activities, please check off how often you usually participate after school. For example, these could include things like math team, debate, student government, newspaper, yearbook, or staying for X or J block (not sports). (Multiple choice)
 - a. One day per week.
 - b. Two days per week.
 - c. Three days per week.

- d. Four days per week.
 - e. Five days per week.
 - f. I do not participate in any school clubs or school activities after school.
13. For clubs and activities outside of school, please check off how often you usually participate after school. For example, these could include things like music lessons, art classes, volunteer work, karate or dance lessons. *(Multiple choice)*
- a. One day per week.
 - b. Two days per week.
 - c. Three days per week.
 - d. Four days per week.
 - e. Five days per week.
 - f. I do not participate in any clubs or activities outside of school.
14. Do you have any kind of a job at any point during the year? *(Multiple choice; skip logic: if a, go to question 15, if b, go to question 17).*
- a. Yes
 - b. No
15. When do you work at your job? Please select all that apply. *(Multiple choice; can choose more than one)*
- a. Afternoons
 - b. Evenings
 - c. Weekends
 - d. Other (please specify)
16. On average, how many hours per week do you work? *(Multiple choice)*
- a. 0-3 hours
 - b. 3-5 hours
 - c. 5-8 hours
 - d. 8-10 hours
 - e. 10-12 hours
 - f. 12 or more hours
17. Do you take care of any younger siblings after school? *(Multiple choice; skip logic: If a, b, or c, go to question 18, if d, go to question 19)*
- a. Yes, regularly
 - b. Yes, sometimes
 - c. Yes, but only rarely
 - d. No
18. When do you take care of younger siblings? Please select all that apply. *(Multiple choice; can select more than one)*
- a. Mornings
 - b. Afternoons
 - c. Evenings
 - d. Weekends
 - e. Other (please specify)

19. Do you participate in any other after school activities that have not yet been mentioned?
(Multiple choice; skip logic: if a, go to question 20, if b, go to question 21)
- a. Yes
 - b. No
20. What other after school activities do you participate in that have not yet been mentioned?
(Text entry)

School Departure

21. What is the primary way you get home from school or your afterschool commitments each season? (Set of dropdown menus)
- a. Fall:
 - b. Winter:
 - c. Spring:
 - i. Answer choices: Walk, Take a school bus at the end of school, Take the late bus, Take an MBTA bus, Drive yourself, Get a ride from a parent/guardian, Get a ride from a friend, Ride a bike, Take the subway, Other
22. What are the additional ways you sometimes get home from school or your afterschool commitments? You can leave this question blank if you do not have other ways.
(Matrix/Rating scale)
- a. Fall:
 - b. Winter:
 - c. Spring:
 - i. Answer choices: Walk, Take a school bus home at the end of the school day, Take the late bus home, Take an MBTA bus home, Drive yourself home, Get a ride home from a parent/guardian, Get a ride home from a friend, Ride a bike home, Take the subway home; Are there any other ways that you sometimes get home from school or activities that are not listed above?
(Text box)
23. What time do you usually get home each season? (Matrix/Rating scale)
- a. Fall:
 - b. Winter:
 - c. Spring:
 - i. Answer choices: Before 3 pm, 3:00-4:00 pm, 4:00-5:00 pm, 5:00-6:00 pm, 6:00-7:00 pm, After 7:00 pm
24. How many hours do you spend on homework in an average night? (Multiple choice)
- a. Less than 1 hour
 - b. 1-2 hours
 - c. 2-3 hours
 - d. 3-4 hours
 - e. 4-5 hours
 - f. 5-6 hours

- g. More than 6 hours
25. What time do you usually go to bed each season? (*Matrix/Rating scale*)
- a. Fall:
 - b. Winter:
 - c. Spring:
 - i. Answer choices: Before 10 PM, 10:00-11:00 PM, 11:00 PM – 12:00 AM, After 12:00 AM
26. What time do you usually wake up each season? (*Matrix/Rating scale*)
- a. Fall:
 - b. Winter:
 - c. Spring:
 - i. Answer choices: Before 6 AM, 6:00-6:30 AM, 6:30-7:00 AM, 7:00-7:30 AM, 7:30-8:00 AM, After 8:00 AM

Family

27. How many siblings do you have? Please enter the number of siblings you have in each grade range. (*Text entry*)
- a. In preschool or younger
 - b. In elementary school
 - c. In middle school
 - d. In high school
 - e. Older than high school
28. Is there a parent or guardian home when you leave for school in the morning? (*Multiple choice*)
- a. Always
 - b. Usually
 - c. Sometimes
 - d. Never
29. Is there a parent or guardian home when you get home in the afternoon or evening? (*Multiple choice*)
- a. Always
 - b. Usually
 - c. Sometimes
 - d. Never

Opinions

30. Please choose the response that best represents your 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

31. Here are some reasons why some people say high school SHOULD start later. Which of these reasons make the most sense to you? Choose all that apply. *(Multiple choice; can choose more than one)*

- 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.
- 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. *(Text entry)*

32. Here are some reasons why some people say that high school should NOT start later. Which of these reasons make the most sense to you? Choose all that apply. *(Multiple choice; can choose more than one)*

- a. Students would have to start homework later.
- b. Student 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.
- e. Students would have to stay up later to get everything done.
- f. Do you have other reasons? Please add them here. *(Text entry)*

33. Now that you have seen some reasons for and against a later high school start time, has your opinion about start time changed? Please answer the following question based on your opinion now:

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

34. Do you have any ideas, thoughts, or questions that you would like to share about high school start time? *(Comment box)*