

High School Start Time Teacher Survey

Newton Public Schools

2015-2016

Section I: Demographic Information

These items are about where you work and your role in your school(s). We are asking these questions because this survey is anonymous – your answers are not linked to your email address, ID, or name in any way.

1. Where do you work? Please choose all that apply. *(Multiple choice, can select more than 1)*
 - a. North
 - b. South
 - c. Alternative program(s) (i.e., Central, Springboard, HSP)
 - d. Other (please specify)
2. What is your bargaining unit or union? *(Multiple choice)*
 - a. NTA Unit A (Teachers)
 - b. NTA Unit B (Administrators)
 - c. NTA Unit C (Aides and Behavior Therapists)
 - d. NTA Unit D (ISS)
 - e. NTA Unit E (Administrative and Technical Support)
 - f. NESAs (Administrative Assistants/Secretaries)
 - g. Non-Aligned
 - h. Other (please specify)
3. What is your full-time equivalency? If you are a full-time employee, please 1.0. *(Text entry)*

Section II: Your commute

This section includes items that ask about your commute to and from school. We are asking these questions to understand your current commuting patterns.

4. What time do you typically leave your home for school? *(Multiple choice)*
 - a. 5:00-5:30 am
 - b. 5:30-6:00 am
 - c. 6:00-6:15 am
 - d. 6:15-6:30 am
 - e. 6:30-6:45 am
 - f. 6:45-7:00 am
 - g. 7:00-7:15 am
 - h. 7:15-7:30 am
 - i. 7:30-7:45 am

- j. 7:45-8:00 am
 - k. 8:00-8:30 am
 - l. After 8:30 am
 - m. Other (please specify)
5. What is your primary mode of transportation to school in the morning? *(Multiple choice)*
- a. Drive yourself
 - b. Get a ride from someone not employed by NPS
 - c. Carpool with another NPS employee
 - d. Take the MBTA (city bus, subway, and/or commuter rail)
 - e. Walk
 - f. Ride a bike
 - g. Other (please specify)
6. How long is your morning commute on an average day? *(Multiple choice)*
- a. Less than 10 minutes
 - b. 10-20 minutes
 - c. 20-30 minutes
 - d. 30-40 minutes
 - e. 40-50 minutes
 - f. 50-60 minutes
 - g. More than 60 minutes
7. What time do you typically leave school in the afternoon or evening in the fall?
(Matrix/rating scale)
- a. Monday
 - b. Tuesday
 - c. Wednesday
 - d. Thursday
 - e. Friday
- i. Answer options: At the end of the school day (including J or X block), Around half an hour after the end of the school day, Around an hour after the end of the school day, More than 1 hour after the end of the school day
8. What time do you typically leave school in the afternoon or evening in the winter?
(Matrix/rating scale)
- a. Monday
 - b. Tuesday
 - c. Wednesday
 - d. Thursday
 - e. Friday
- i. Answer options: At the end of the school day (including J or X block), Around half an hour after the end of the school day, Around an hour after the end of the school day, More than 1 hour after the end of the school day
9. What time do you typically leave school in the afternoon or evening in the spring?
(Matrix/rating scale)

- a. Monday
 - b. Tuesday
 - c. Wednesday
 - d. Thursday
 - e. Friday
 - i. Answer options: At the end of the school day (including J or X block), Around half an hour after the end of the school day, Around an hour after the end of the school day, More than 1 hour after the end of the school day
10. What is your primary mode of transportation home from school in the afternoon/evening? *(Multiple choice)*
- a. Drive yourself
 - b. Get a ride from someone not employed by NPS
 - c. Carpool with another NPS employee
 - d. Take the MBTA (city bus, subway, and/or commuter rail)
 - e. Walk
 - f. Ride a bike
 - g. Other (please specify)
11. How long is your commute home on an average day? *(Multiple choice)*
- a. Less than 10 minutes
 - b. 10-20 minutes
 - c. 20-30 minutes
 - d. 30-40 minutes
 - e. 40-50 minutes
 - f. 50-60 minutes
 - g. More than 60 minutes
12. How concerned are you about traffic during your current morning commute? *(Multiple choice)*
- a. Not at all concerned
 - b. Somewhat concerned
 - c. Pretty concerned
 - d. Extremely concerned
 - e. Other (please specify)
13. How concerned are you about traffic during your current afternoon/evening commute? *(Multiple choice)*
- a. Not at all concerned
 - b. Somewhat concerned
 - c. Pretty concerned
 - d. Extremely concerned
 - e. Other (please specify)

Section III: Before and after school jobs and commitments

This section asks you questions about any jobs or commitments that you have before and after school. We are asking you these questions to understand what kinds of before and after school jobs or commitments a later high school start time might impact.

14. Do you have any BEFORE school jobs or commitments at any point during the year? Please select all that apply. *(Multiple choice, can select more than 1; skip logic: if a-g or i, go to question 15; if h, go to question 17)*
- a. Stipended work for Newton Public Schools
 - b. Non-stipended work for Newton Public Schools
 - c. Paid employment outside of Newton Public Schools
 - d. Child care (including dropoff, getting children on the bus, etc.)
 - e. Elder care
 - f. Coursework towards a degree
 - g. Exercise/gym
 - h. I do not have any before school jobs or commitments
 - i. Other (please specify)
15. What seasons do you have BEFORE school jobs or commitments? Please check all that apply. *(Multiple choice, can select more than 1)*
- a. Fall
 - b. Winter
 - c. Spring
 - d. Other (please specify)
16. In general, which days of the week do you have BEFORE school jobs or commitments? Please check all that apply. *(Multiple choice, can select more than 1)*
- a. Monday
 - b. Tuesday
 - c. Wednesday
 - d. Thursday
 - e. Friday
17. Do you have any AFTER school jobs or commitments at any point during the year? Please select all that apply. *(Multiple choice, can select more than 1; skip logic: if a-g or i, go to question 18; if h, go to question 20)*
- a. Stipended work for Newton Public Schools
 - b. Non-stipended work for Newton Public Schools
 - c. Paid employment outside of Newton Public Schools
 - d. Child care (including pickup, waiting for the bus, etc.)
 - e. Elder care
 - f. Coursework towards a degree
 - g. Exercise/gym
 - h. I do not have any after school jobs or commitments

- i. Other (please specify)
18. What seasons do you have AFTER school jobs or commitments? Please check all that apply. *(Multiple choice, can select more than 1)*
- a. Fall
 - b. Winter
 - c. Spring
 - d. Other (please specify)
19. In general, which days of the week do you have AFTER school jobs or commitments? Please check all that apply. *(Multiple choice, can select more than 1)*
- a. Monday
 - b. Tuesday
 - c. Wednesday
 - d. Thursday
 - e. Friday

Section IV: Experiences and Opinions

This section asks you questions about your experiences in high schools and your opinions about high school start time.

20. Based on your experience, does the behavior of students in general in first period classes differ from the behavior of students in later class periods? *(Multiple choice; skip logic: if a, b, or c, go to question 21; if d or e, go to question 23)*
- a. Yes, always
 - b. Yes, often
 - c. Yes, occasionally
 - d. No
 - e. N/A (I have not observed student behavior in first period classes)
21. How has the behavior of students in first period classes differed from the behavior of students in later class periods? Please select all that apply. *(Multiple choice, can select more than 1)*
- a. Students fall asleep more often in first period
 - b. Students are sleepier or groggier in first period
 - c. Students are less attentive in first period
 - d. Students are tardy more often in first period
 - e. Students are less likely to participate in class discussions in first period
 - f. Students are more talkative in first period
 - g. Students are more alert in first period
 - h. Students are more likely to participate in class discussions in first period
 - i. Other (please specify)
22. Do you have any other observations about student behavior in first period classes that you would like to share? *(Comment box)*
23. 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

24. Whether or not you believe that high school should start later, which of the following reasons for why high school should start later make the most sense to you for students?

Choose all that apply. *(Multiple choice, can select 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.

25. Whether or not you believe that high school should start later, which of the following reasons for why high school should NOT start later make the most sense to you for students? Choose all that apply. *(Multiple choice, can select 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.

Section V: Impact of potential changes

This section asks you questions about the impact of potential high school start time changes on your routines and before and after school commitments. Please note that the times included in this section are purely for gathering information and are not necessarily proposals for change.

26. If school started later by the times listed below, how significant would the impact be on your 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
- b. 30 minutes later
- c. 60 minutes later

- i. Answer options: Large positive impact, Some positive impact, No impact at all, Some negative impact, Large negative impact

27. If school ended later by the times listed below, how significant would the impact be on your 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
- b. 30 minutes later
- c. 60 minutes later

- i. Answer options: Large positive impact, Some positive impact, No impact at all, Some negative impact, Large negative impact

28. If school started later by the times listed below, how significant would the impact be on your *before school jobs or commitments*?

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

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

- i. Answer options: Large positive impact, Some positive impact, No impact at all, Some negative impact, Large negative impact, N/A

29. If school ended later by the times listed below, how significant would the impact be on your *after school jobs or commitments*?

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

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

- i. Answer options: Large positive impact, Some positive impact, No impact at all, Some negative impact, Large negative impact, N/A

30. Do you have additional comments or ideas about high school start time that you would like to share? (*Comment box*)