

Ridgefield School Start Time Survey Analysis

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October 13, 2017

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Introduction

The Ridgefield Board of Education discussed and reviewed select literature related to school start times and adolescent health starting in 2016. In the spring of 2017, a sub-committee of the Board conducted focus groups with parents, teachers, administrators and students to gather stakeholder perceptions and feedback related to the literature and the concept of later school start time for high school students.

An overall theme of student health and wellness emerged from the focus groups. By May of 2017, a majority of the Board was convinced that the science spoke to a clear benefit to students and made a decision in principle to explore the possibility of delaying school start times for adolescents in the system and charged a representative committee with making a recommendation regarding the best possible way to make this transition. That committee has explored a variety of options and has suggested at least three potential pathways forward:

Approach #1: Change the school times to the following:

- BES, RES, SES 8:50-3:40
- BMES, FES, VPES 9:15-4:05
- MS 7:55-2:45
- RHS 8:30-3:20

The changes would result in a \$90,000 savings

Approach #2: Change the school times to the following:

- BES, BMES, RES 7:35-2:25
- FES, SES, VPES 8:00/8:05 -2:50/2:55
- MS 9:10-4:00
- RHS 8:35-3:25

The changes would result in a \$180,000 savings

Approach #3: Change the school times to the following:

- BES, SES, RES 8:40-3:30
- FES, BMES, VPES 9:00-3:50
- MS 8:00-2:50
- RHS 8:25-3:15

The changes would result in an additional \$1,530,000 cost

Approach #4: Make no changes to the school times.

In order to gather information from the school community, opinion surveys and an analysis of collected data was performed. A total of 5,867¹ parents, 564 district staff and 1,510 students participated in the survey. The analysis of survey data includes information regarding demographics, opinion of current scheduling, approach preference as well as benefits and concerns. Respondents were also given an opportunity to share their thoughts through an open-ended question.

¹ Administration of the Parent Survey was conducted on multiple platforms and there is some evidence to suggest this number does not represent unique respondents.

Executive Summary

The primary purpose of the survey was to measure stakeholder interest in the four approaches outlined above. Attitudes toward each of the approaches were measured on 5-point Likert scales. The responses were then weighted (1 for “Highly Opposed”, 5 for “Highly Supportive”, etc.). Table 1 illustrates the response preferences for each of the surveyed populations. A larger-numbered response reflects greater enthusiasm.

Table 1 – Stakeholder Opinion of Proposed Approaches

	Parent	Staff	Student
Approach #1	3.2	2.7	2.5
Approach #2	2.4	2.4	2.3
Approach #3	2.4	2.4	2.4
Approach #4	3.2	3.8	3.4

*values highlighted in green demonstrate statistically significant positive response events while those highlighted in red demonstrate a statistically significant negative response event.

The weighted analysis of this survey suggests that values between 2.4 and 3.0 represent response selections where the respondent neither supported nor opposed the approach (no opinion). Values less than 2.4 are interpreted as negative opinions while values greater than 3 are interpreted as positive opinions. Table 1 describes **Approach #4** as the only option that all three groups universally identified as a positive possibility. The parents also expressed equal interest in **Approach #1**. The students were the only group that identified an option, **Approach #2**, as a negative option. All of the other options were met with little enthusiasm in either direction.

Procedures

EdAdvance and the Ridgefield Board of Education worked collaboratively to develop three surveys, one each for parents, staff and students. Staff surveys were completed online between September 27 and October 4, 2017 using a url provided by the district. This url required staff to use their district provided email and limited each participant to a single response. A total of 564 Ridgefield Public School staff completed the survey.

Parent surveys were delivered using two avenues to entry. The initial Parent survey utilized Survey Monkey with a link provided by EdAdvance. This initial round of survey administration took place between September 27 and October 2, 2017 and resulted in 3,092 responses. Due to concerns around the authenticity of survey responses, a second round of parent surveys was delivered by the district using the same process as the Staff survey. This process began on September 28, 2017 and resulted in 2,775 responses. A more detailed analysis of the Parent survey was conducted to determine if statistically significant differences exist between the two administrations. Additional work was completed measuring the independence of the surveys (was it possible that individuals completed the survey multiple times across the different platforms).

Finally, students in grades 8-12 completed the survey beginning on October 2, 2017 using the same procedures as the Staff surveys. A total of 1,510 students participated in the survey.

Parent Survey

The parent survey was conducted using two delivery methods. While a total of 5,867 responses were recorded for both methods, there is evidence to suggest some of these responses were not unique administrations and data was collected from the same sample multiple times (individuals completed the survey multiple times across both administrations). There is not enough evidence, however, to identify which surveys could have been completed by an individual. As a result, both data sets were analyzed and analyses were conducted to determine if differences exist between the surveys on individual questions.

Two-sample T-tests as well as Mann-Whitney analyses were conducted across all relevant data sets in the Parents surveys. All procedures conducted suggest that there are NO statistically significant differences between ANY of the data sets. These results imply that the two surveys were taken from the same sample and that the opinions expressed in both surveys are statistically the same.

The data for the Parents surveys are reported by question, the age groups of their child(ren) and broken down by survey method. Finally, the two data sets were added together to create a “Combined” data table. This method of analysis does not take into account parents who have children in multiple grade levels. A more detailed level of analysis would be possible given more time to better parse out individual responses.

Question 1: *I currently have students in the Ridgefield Public Schools at the following levels:*

Survey Monkey				Email			
Elementary	Middle	High	Total	Elementary	Middle	High	Total
1,377 (66.1%)	815 (39.2%)	900 (43.2%)	3,092	1,204 (63.5%)	732 (38.6%)	839 (44.2%)	2,775

Combined			
Elementary	Middle	High	Total
2,581 (64.9%)	1,547 (38.9%)	1,739 (43.7%)	5,867

Question 2: In your household:

Answer Choices	Survey Monkey				Email			
	Elementary	Middle	High	Total	Elementary	Middle	High	Total
Two Parents work	60.7%	60.2%	62.2%	61.2%	63.1%	62.0%	61.5%	63.5%
One Parent works	39.3	39.3	37.1	38.3	36.6	37.4	37.8	35.6
No Parents work	0.1	0.5	0.7	0.5	0.3	0.6	0.7	0.6

Answer Choices	Combined			
	Elementary	Middle	High	Total
Two Parents work	61.8%	61.1%	61.9%	62.3%
One Parent works	38.0	38.4	37.4	37.1
No Parents work	0.2	0.5	0.7	0.0

Question 3: What mode of transportation does your child(ren) currently use to get to and from school?

Answer Choices	Survey Monkey				Email			
	Elementary	Middle	High	Total	Elementary	Middle	High	Total
School Bus	93.1%	92.3%	83.4%	87.4%	93.3%	92.5%	81.9%	86.8%
Adult drives child(ren)	35.2	43.8	42.5	38.9	36.3	45.4	42.7	39.3
Walk	4.9	7.5	3.8	4.5	4.1	8.1	3.5	4.2
Public Transportation	0.1	0.4	0.3	0.2	0.0	0.0	0.1	0.1
Child or Child's friend drives	2.5	6.9	20.6	9.4	3.1	8.1	25.9	12.0
Other	4.5	2.7	3.0	4.0	4.4	2.6	2.2	3.6

* Multiple answers per participant possible. Percentages added may exceed 100 since a participant may select more than one answer for this question.

Question 3 continued: What mode of transportation does your child(ren) currently use to get to and from school?

Answer Choices	Combined			
	Elementary	Middle	High	Total
School Bus	93.2%	92.4%	82.7%	87.1%
Adult drives child(ren) to school	35.7	44.5	42.6	39.1
Walk	4.5	7.8	3.6	4.3
Public Transportation	0.0	0.2	0.2	0.2
Child or Child's friend drives to school	2.8	7.4	23.2	10.6
Other	4.5	2.7	2.6	3.8

* Multiple answers per participant possible. Percentages added may exceed 100% since a participant may select more than one answer for this question.

Question 4: How satisfied are you with the current ELEMENTARY SCHOOL start/dismissal times?

Survey Monkey				Email			
Elementary	Middle	High	Total	Elementary	Middle	High	Total
3.8	3.7	3.5	3.7	3.9	3.7	3.5	3.7

Combined			
Elementary	Middle	High	Total
3.8	3.7	3.5	3.7

*Values represent weighted averages of a 5-point Likert Scale. Larger values represent more supportive opinions.

Analysis of this question shows that most individuals feel positively (more supportive) towards the current Elementary School times. While there are no statistically significant differences between parents of different aged students, Elementary parents have stronger positive opinions than do High School parents.

Question 5: How satisfied are you with the current MIDDLE SCHOOL start/dismissal times?

Survey Monkey				Email			
Elementary	Middle	High	Total	Elementary	Middle	High	Total
3.8	4.0	3.9	3.8	3.8	4.1	3.9	3.9

Combined			
Elementary	Middle	High	Total
3.8	4.1	3.9	3.8

**Values represent weighted averages of a 5-point Likert Scale. Larger values represent more supportive opinions*

Parents of students across all levels expressed similar positive opinions with the current Middle School times.

Question 6: How satisfied are you with the current HIGH SCHOOL start/dismissal times?

Survey Monkey				Email			
Elementary	Middle	High	Total	Elementary	Middle	High	Total
3.0	2.9	3.0	3.0	3.0	2.8	2.9	2.9

Combined			
Elementary	Middle	High	Total
3.0	2.9	3.0	3.0

**Values represent weighted averages of a 5-point Likert Scale. Larger values represent more supportive opinions.*

Parents of students across all levels felt the least enthusiastic about the current High School times. There were no differences for this opinion between the different age levels.

Question 7: Approach #1- Change the school times to the following: BES, RES, SES 8:50-3:40 / BMES, FES, VPES 9:15-4:05 / MS 7:55-2:45 / RHS 8:30-3:20 = \$90,000 savings.

Survey Monkey				Email			
Elementary	Middle	High	Total	Elementary	Middle	High	Total
3.2	3.2	3.2	3.2	3.1	3.3	3.2	3.2

Combined			
Elementary	Middle	High	Total
3.1	3.2	3.2	3.2

**Values represent weighted averages of a 5-point Likert Scale. Larger values represent more supportive opinions.*

Parents of students across all levels expressed little enthusiasm for Approach #1.

Question 8: Approach #2- Change the school times to the following: BES, BMES, RES 7:35-2:25 / FES, SES, VPES 8:00/8:05 -2:50/2:55 / MS 9:10-4:00/ RHS 8:35-3:25 = \$180,000 savings.

Survey Monkey				Email			
Elementary	Middle	High	Total	Elementary	Middle	High	Total
2.2	2.4	2.7	2.4	2.1	2.3	2.7	2.4

Combined			
Elementary	Middle	High	Total
2.2	2.3	2.7	2.4

**Values represent weighted averages of a 5-point Likert Scale. Larger values represent more supportive opinions.*

Parents expressed little enthusiasm for Approach #2. While the differences were not statistically significant, High School parents were slightly more enthusiastic than Elementary or Middle School parents for this approach.

Question 9: Approach #3- Change the school times to the following: BES, SES, RES 8:40-3:30 / FES, BMES, VPES 9:00-3:50 / MS 8:00-2:50/ RHS 8:25-3:15 = Additional \$1,530,000 cost.

Survey Monkey				Email			
Elementary	Middle	High	Total	Elementary	Middle	High	Total
2.7	2.4	2.2	2.5	2.6	2.4	2.1	2.4

Combined			
Elementary	Middle	High	Total
2.7	2.4	2.2	2.4

**Values represent weighted averages of a 5-point Likert Scale. Larger values represent more supportive opinions.*

Parents of students across all levels expressed little enthusiasm for Approach #3.

Question 10: Approach #4- Make no changes to the school times.

Survey Monkey				Email			
Elementary	Middle	High	Total	Elementary	Middle	High	Total
3.3	3.0	3.1	3.2	3.4	3.1	3.1	3.2

Combined			
Elementary	Middle	High	Total
3.4	3.0	3.1	3.2

**Values represent weighted averages of a 5-point Likert Scale. Larger values represent more supportive opinions.*

Parents across all grade levels expressed limited enthusiasm for Approach #4. A great deal of work has been done in the field (Gustafson, J. 1997) to show that when individuals are presented with different change scenarios, especially when barriers to change do not involve the easement of physical or emotional pain, the “no change” option will often score in the higher percentiles. This does not mean that this is not a valid option, it should just be noted that these results should be expected.

Question 11: Benefits - what are the BENEFITS you see in changing school start times? Choose no more than three of the following:

Answer Choices	Survey Monkey				Email			
	Elementary	Middle	High	Total	Elementary	Middle	High	Total
Allow more sleep time for high school students	54.0%	59.3%	59.5%	55.3%	51.0%	60.8%	59.8%	55.0%
Improve high school student attendance	9.1	9.6	9.7	8.5	4.6	3.0	5.5	4.9
Reduce high school tardiness	14.0	12.8	14.3	13.2	11.0	8.1	10.0	10.4
Improve high school homework completion	11.0	11.4	12.6	11.0	5.9	5.7	7.6	5.9
Improve student academic success	39.4	40.7	37.5	38.2	33.3	40.2	37.5	35.5
Improve student mental and emotional health	52.3	55.3	53.8	52.4	48.0	55.5	52.6	50.8
Decrease high school behavior issues	9.3	8.2	8.3	8.1	5.5	4.4	3.2	5.0
Increase high school student safety	12.7	13.3	13.3	12.0	7.7	10.8	8.5	8.7
I see no benefits	28.2	30.1	31.8	30.1	29.8	25.8	29.7	29.5
Other	8.9	7.2	7.1	8.5	7.6	5.2	3.7	5.8

* Multiple answers per participant possible. Percentages added may exceed 100 since a participant may select more than one answer for this question.

Question 11 continued: Benefits- what are the BENEFITS you see in changing school start times? Choose no more than three of the following:

Answer Choices	Combined			
	Elementary	Middle	High	Total
Allow more sleep time for high school students	52.5%	60.0%	59.7%	55.2%
Improve high school student attendance	6.8	6.2	7.5	6.7
Reduce high school tardiness	12.5	10.4	12.1	11.8
Improve high school homework completion	8.5	8.5	10.1	8.4
Improve student academic success	36.3	40.4	37.5	36.8
Improve student mental and emotional health	50.2	55.4	53.2	51.2
Decrease high school behavior issues	7.3	6.2	5.7	6.5
Increase high school student safety	10.2	12.1	10.8	10.3
I see no benefits	29.0	27.9	30.7	29.8
Other	8.2	8.2	5.3	7.1

* Multiple answers per participant possible. Percentages added may exceed 100 since a participant may select more than one answer for this question.

Not surprisingly, there were statistically significant differences for a few of the answer choices between parents of different age groups (this was consistent across the survey administrations). Elementary parents were less concerned with sleep time for high school students than were parents of Middle or High School students. Elementary parents choose the “Improve student mental and emotional health” selection at a statistically lower rate than did Middle School parents.

Question 12: Concerns- what are your CONCERNS for changing school start times? Choose no more than three of the following:

Answer Choices	Survey Monkey				Email			
	Elementary	Middle	High	Total	Elementary	Middle	High	Total
Impact on elementary students of having to either go to school earlier or go home later (depending on the approach adopted)	64.9%	34.3%	23.5%	45.7%	68.2%	36.6%	24.6%	47.6%
Impact on athletic scheduling and opportunities	33.1	41.0	43.3	37.7	30.3	40.3	43.9	36.1
Impact on high school student after school job opportunities	14.7	26.2	34.6	22.9	12.7	23.4	33.0	21.7
Impact on child care arrangements for younger siblings	30.6	23.0	18.0	24.0	28.7	17.2	12.3	20.4
Impact on student's transportation arrangements to and from school	16.0	11.4	11.1	14.5	17.1	13.3	9.7	14.0
Impact on family routines	34.5	26.9	23.1	29.9	38.6	24.5	20.6	31.1
Impact on Ridgefield Public School budget (cost)	25.8	25.5	28.3	27.5	23.0	26.6	28.3	26.0
Impact on other Ridgefield Public School initiatives and priorities	7.0	8.3	7.5	7.3	5.0	5.9	6.1	5.8
Reaction of teachers and administrators	2.4	3.0	3.0	2.8	2.0	2.1	3.1	2.5
I have no concerns	14.2	21.6	25.9	18.7	8.8	20.6	23.1	15.9
Other	9.1	10.8	10.7	9.9	6.9	7.8	7.0	6.9

Question 12 continued: *Concerns- what are your CONCERNS for changing school start times? Choose no more than three of the following:*

Answer Choices	Combined			
	Elementary	Middle	High	Total
Impact on elementary students of having to either go to school earlier or go home later (depending on the approach adopted)	66.6%	35.4%	24.0%	46.6%
Impact on athletic scheduling and opportunities	31.7	40.6	43.6	36.8
Impact on high school student after school job opportunities	13.7	24.8	33.8	22.3
Impact on child care arrangements for younger siblings	29.6	20.1	15.1	22.1
Impact on student's transportation arrangements to and from school	16.6	12.3	10.3	14.2
Impact on family routines	36.6	25.7	21.8	30.5
Impact on Ridgefield Public School budget (cost)	24.4	26.1	28.3	26.7
Impact on other Ridgefield Public School initiatives and priorities	6.0	7.1	6.8	6.5
Reaction of teachers and administrators	2.2	2.5	3.0	2.6
I have no concerns	11.5	21.1	24.5	17.2
Other	8.0	9.3	8.8	8.3

** Multiple answers per participant possible. Percentages added may exceed 100 since a participant may select more than one answer for this question.*

Elementary School parents understandably choose the first choice at a much high rate than did Middle or High School parents. They were also more concerned with the impact of a change of family routines. Conversely, High School parents were more concerned with the impact on after school activities than were the Elementary parents.

Question 13: *Is there anything else you would like to comment on?*

There were a large number of responses to Question 13. Below represent a representative sample of those responses.

- *I think MS and HS should both start at 8:00 am. Elementary schools should be from 9:00 am to 3:30 pm.*
- *Don't care about cost or teacher impact, it's what's right for kids*
- *I support changing school start times if it is either cost neutral or saves money, but I do not support it if it results in increased costs!!*
- *Please reduce RHS homework burden.*
- *Before-school care is already nearly impossible to find for working parents*
- *Teenagers require so much more sleep. They need the support. A balance of work and rest is critical to any human being, especially to those whose minds and bodies are growing. This is scientifically proven. In addition, the current, early start time puts a great deal of strain on parents.*
- *They will be going to sleep later because they have less time after school to do all that they need to do.*
- *Both my husband and I work and we rely on our older children to watch the younger ones after school. This would change our childcare bill greatly.*
- *I feel strongly that children will only stay up later if they know they can wake up later, resulting in the same exact amount of sleep.*
- *Concerned about the impact on cost of additional care before or after school.*
- *The high school kids themselves don't want it.*
- *I think this is going way too fast based on a small, but vocal, group of overreaching parents.*
- *It will all just be pushed later; HS kids will come home later, stay up later to do homework, get up later. REDUCE HOMEWORK!!*
- *These decisions affect so many aspects of family and town life.*
- *Starting school later will not give high schoolers more sleep; the day is still 24 hours, so less homework should be given and students need to do better with time management.*

Staff Survey

There were 564 staff members who completed the email delivered survey. There is only one method of administration; therefore, no analyses of comparison are necessary.

Question 1: Staff members Currently Employed in Ridgefield Public Schools in Following Capacities:

Capacities	
Certified Staff Member	77.1%
Non-certified Staff Member	19.3%
Administrator	3.5%

Question 2: Ridgefield Staff Members Currently Work at the Following Levels:

Levels	
Pre-Kindergarten	2.4%
Elementary (K-5)	39.4%
Middle School	25.3%
High School	29.8%
District-wide	4.0%

* Multiple answers per participant possible. Percentages added may exceed 100 since a participant may select more than one answer for this question.

Question 3: Staff members have been employed in the Ridgefield School System for approximately:

Experience	
Less than 5 years	31.4%
Between 5-9 years	19.8%
Between 10-19 years	36.9%
20+ years	11.8%

Question 4-6: How satisfied are you with the current ELEMENTARY, MIDDLE and HIGH SCHOOL start/dismissal times?

Elementary	Middle	High
3.5	3.9	3.7

*Values represent weighted averages of a 5-point Likert Scale. Larger values represent more supportive opinions.

The staff had a largely positive opinion of the current school times. Upon deeper review, these values remain constant regardless of the setting for the staff member.

Questions 7-10: Opinions on the four approaches outlined on page 2.

Approach #1	Approach #2	Approach #3	Approach #4
2.7	2.4	2.4	3.8

Approach #4 was the only response with a positive opinion. Staff was also the group who responded most positively to this option.

Question 11: Benefits – select your top 3 perceived BENEFITS related to changing school start/dismissal times, from the list of priorities provided.

Answer Choices	%
Improve student mental and emotional health	42.3
I see no benefits	40.0
Allow more sleep time for high school students	34.9
Improve student academic success	28.7
Reduce high school tardiness	15.7
Improve high school student attendance	12.1
Other	11.4
Increase high school student safety	7.8
Decrease high school behavior issues	3.6
Improve high school homework completion	3.0

* Multiple answers per participant possible. Percentages added may exceed 100 since a participant may select more than one answer for this question.

Question 12: Concerns- select your top 3 perceived CONCERNS related to changing school start/dismissal times, from the list of priorities provided.

Answer Choices	%
Impact on Elementary Students of having to either go to school earlier or go home later (depending on approach adopted)	44.6
Impact on athletic scheduling and opportunities	36.7
Impact on high school students' after-school job opportunities	32.5
Impact on child care arrangements for younger siblings	32.1
Impact on family routines	30.0
Impact on Ridgefield Public School budget (cost)	27.4
Reaction of teachers and administrators	13.1
Other	11.7
I have no concerns	11.1
Impact on students' transportation arrangements to and from school	9.9
Impact on other Ridgefield Public School initiatives and priorities	8.9

* Multiple answers per participant possible. Percentages added may exceed 100 since a participant may select more than one answer for this question.

Question 13: Is there anything else you would like to comment on?

There were a large number of responses to Question 13. Below represent a representative sample of those responses.

- *The survey and committee seems to be very focused on the needs of the high school population. Please be mindful of all age groups and what is appropriate for them. A later end of the day would be a disservice to our younger learners.*
- *What about two bus runs? Middle school and high school on one run 8-2 and all elementary school run 9-3. What about shorter length of school day for all?*
- *School start times should not change especially at the expense of younger kids and family routines. Getting out of school later will provide less time to do homework thus kids going to bed later.*
- *As a parent, I can assure you that the teenagers will simply stay up later, without a doubt. Any proposal which would start elementary schools before 8:00 would affect student's learning. The students would be very tired and I am concerned for their emotional and physical well-being.*

- *I feel that the school board has not given enough time to stakeholders to consider the options and put in enough time and effort to studying potential impacts. It seems that this agenda is being pushed by a select few people without enough study and input from the community or understanding of the ramifications on the lives of Ridgefield families.*
- *Perhaps let the HS look at internal scheduling. A move to an all block schedule could eliminate passing times (4 classes a day rather than 7). Other schools such as Wilton have a later start time but get out relatively early. Look at more options. Will kids really get more sleep?*
- *Don't sacrifice one age level for another. This year, Newtown sacrificed its 5th and 6th graders (who are getting bused back to their K-4 elem. schools in order to get bused home) in order to get high school kids to school later. It's not fair, causes resentment and unease across district.*
- *I honestly believe that until student phone/ screen time is reduced; parents who support a later start time, will not see the benefits they're expecting.*
- *This is a family issue not a school issue- turn off the Wi-Fi and kids will go to sleep earlier / middle school students start at a great time.*
- *Please put all elementary schools on the same schedule!*
- *Reduce homework... School time change will have no effect on students sleeping habits... The data behind school change is anecdotal and spurious.*
- *The CDC and the American Pediatric Association both recommend HS start times of 8:30am. I believe it is proper to follow these guidelines for the health and wellbeing of our students.*
- *The CDC and the American Pediatric Association both recommend HS start times of 8:30am. I believe it is proper to follow these guidelines for the health and wellbeing of our students.*

Student Survey

There were 1,510 students in grades 8-12 who completed the email delivered survey. There is only one method of administration, therefore no analyses of comparison are necessary.

Question 1: Responses by grade level:

Grade	%
8	22.5
9	20.6
10	21.3
11	19.0
12	16.7

Question 2: In your household:

Parent Work Status	%
Two parents work	61.1
One Parent works	37.7
No parent works	1.2

Question 3: What mode of transportation of transportation do you currently use to get to and from school?

Transportation Type	%
School Bus	43.4
Adult drives student to school	33.2
Student drives to school	13.3
Friend drives student to school	7.0
Walk	2.6
Public Transportation	0.3

* Multiple answers per participant possible. Percentages added may exceed 100 since a participant may select more than one answer for this question.

Question 4: Which after school activity(ies) do you participate in?

Activity	%
Non-School related activities before/after school (hobbies, sports, etc.)	30.7
School-related sports	22.0
School sponsored clubs	15.5
After-school job	11.0
School-related other extra-curricular activities	10.7
Taking care of brothers/sisters (or other family members) before/after school	9.2

* Multiple answers per participant possible. Percentages added may exceed 100 since a participant may select more than one answer for this question.

Questions 5 and 6: *How satisfied are you with the current MIDDLE and HIGH SCHOOL start/dismissal times?*

Middle	High
3.6	3.1

Students were more enthusiastic toward Middle School times. This was true regardless of the grade of the respondent.

Questions 7-10: *Opinions on the four approaches outlined on page 2.*

Approach #1	Approach #2	Approach #3	Approach #4
2.5	2.3	2.4	3.4

Students expressed enthusiasm for Approach #4 only. There were no significant differences for the results based on the grade of the respondent.

Question 11: *Benefits – select your top 3 perceived BENEFITS related to changing school start/dismissal times, from the list of priorities provided.*

Answer Choices	%
Allow more sleep time for high school students	24.6
Improve student mental and emotional health	17.9
I see no benefits	12.8
Improve student Academic Success	12.3
Reduce High School tardiness	10.2
Improve High School Homework Completion	8.1
Improve High School Attendance	7.1
Decrease High School Behavior Issues	2.6
Increase High School Student Safety	2.2
Other	1.8

* Multiple answers per participant possible. Percentages added may exceed 100 since a participant may select more than one answer for this question.

Question 12: Concerns- select your top 3 perceived CONCERNS related to changing school start/dismissal times, from the list of priorities provided.

Answer Choices	%
Impact on athletic scheduling and opportunities	29.1
Impact on high school students' after-school job opportunities	21.7
Impact on family routines	12.5
Impact on students' transportation arrangements to and from school	7.2
Impact on Elementary Students of having to either go to school earlier or go home later (depending on approach adopted)	6.8
Impact on child care arrangements for younger siblings	6.4
I have no concerns	5.4
Impact on Ridgefield Public School budget (cost)	3.8
Other	3.6
Impact on other Ridgefield Public School initiatives and priorities	2.2
Reaction of teachers and administrators	1.1

* Multiple answers per participant possible. Percentages added may exceed 100 since a participant may select more than one answer for this question.

Question 13: Is there anything else you would like to comment on?

There were a large number of responses to Question 13. Below represent a representative sample of those responses.

- *Students don't get enough sleep because they have too much screen time or because of their time management. Personally, I take all honors and go to bed at 9:30pm, so it is possible for kids to get a good amount of sleep. They just need to limit their Netflix time.*
- *Waking up as early as 6:00 means I am very tired and not mentally ready for the school day. I'm unfocused and ready to go back to sleep. Changing the start times would help to either heavily decrease these effects or remove them altogether.*
- *I would love to have an earlier start time, mainly because I swim at 5:00 in the morning and go immediately to school. This creates stress in my head because I'm tired.*
- *Keep the times the same. Sports and jobs will be greatly affected and most students like to get up early because it gets us ready for the day.*

- *School start times should NOT be changed it is completely pointless because we, the students, will only go to bed at a later time.*
- *What the Board of Education should REALLY focus on is making sure busses are on time.*
- *Give us less HW. If we go to sleep earlier we get enough sleep but we stay up till 12:00 every night finishing all of our stuff.*
- *I have so many after school activities and so much homework that I cannot go to bed until later. I don't want to have to stay at school even later for activities, but I also don't want to wake up so early. I would give up a free period if it meant 30 more minutes to sleep in.*
- *It just moves everything back you will end up going to sleep later and waking up later it won't change the overall amount of sleep and for athletics it will cause too much conflicts when it gets darker earlier and just overall cause people getting home much later from sports which will cause people to stay up later doing work*
- *Change the times. I would love to get more sleep. I would feel so much more awake in the morning and be ready to learn!!!*
- *It won't help to change the start times. You have to work on high schoolers giving themselves more time to sleep. If you move it one hour back, high schoolers will sleep one hour later.*
- *This is not a good idea at all. You are literally pushing back the school schedule by one hour which will cause kids to lose jobs caused by getting home later and we will get back from sports and other activities much later with times pushed back.*
- *School start times need to be changed! As a Senior at RHS, I have gone through 4 years of waking up way too early and I hope no one else has to go through it in the future.*
- *The real problem is the homework load, at RHS.*
- *I think that school should start at the same time but get out 30-minutes earlier.*
- *I believe changing the start time would be very disruptive for our after-school lives especially if we do sports.*
- *I would be happy with school starting at 8:00 but no later.*
- *I am satisfied with the current school start times and believe that it would be best for everyone if the school start times were left as they are. There is a great amount of homework in RHS for us students and I feel it would be most beneficial if the times remain the same so that we are able to complete our work before the administered deadline.*
- *I think the best option for the high school is 8:00 to 2:50.*
- *Maybe if school starts at 8:00 instead of 7:25.*

School Start Time Expenses

As of October 12, 2017

Description	Cost	Activity
Education Logistics	5,000.00	Validate Data
School Bus Consultants	30,000.00	Develop Scenarios
BOE Member	1,025.29	Board Member's Expense to Attend Conference
EdAdvance	17,500.00	Facilitate School Start Time Meetings
Revision Learning	2,075.00	Facilitate School Start Time Meetings
Allocated Staff Time	24,441.34	Allocated Salaries
Mark Walsh	3,650.00	One-Third of Consultant's Fee for Transportation RFP
Dr. Kannan	1,000.00	Honorarium
Total	\$84,691.63	