

**Citizens Advisory Committee on School Year Calendar/School Start Times
Fall 2019 Survey Comments**

The following are answers to the CAC on School Year Calendar/School Start Times Fall 2019 survey open-ended question: "Please provide additional comments or suggestions. We appreciate your feedback." The comments have not been edited for spelling or punctuation. For publication on our website, comments that identify the respondent or OSD personnel or students, or sensitive information, and/or profanity have been removed and noted in brackets.

We aren't going to be at the front of the pack on this change. It's time! And we definitely don't want to be late to the game on prioritizing student wellness!

-Community Member

I don't believe this will actually help

-Staff/parent/family member/guardian of a student in the OSD

This survey is loquacious and has wording that is difficult to parse.

-Staff/parent/family member/guardian of a student in the OSD

With later start times, in general, the kids that stay up too late now, will stay up even later. This fatigue/mental health "syndrome" in our society today is a problem that starts in the home. Later start times will affect extracurricular/sport activities as well as, kiddos that need to work or be responsible for helping with the younger siblings in the home after school (due to parent work schedules).

-Parent/family member/guardian of a student in the OSD

My middle schooler is at Nova and greatly benefited from their decision to delay the start to 8:30 from 8:00. Better sleep, and he is not late nearly so much.

-Parent/family member/guardian of a student in the OSD

Changing district employee start times has huge impacts for those employees that work certain school jobs because of the start and end times in place. Expect a huge transfer of education professionals leaving buildings to go to the schools that start and end at the times that work for families.

- Staff/parent/family member/guardian of a student in the OSD

Please please please do this!!!!

- Parent/family member/guardian of a student in the OSD

I think that if you move start times for middle school and high school students, they will stay up later and seep in not really getting additional sleep. They will have less time for after school extracurricular activities. They will miss school for extracurricular activities.

- Staff/parent/family member/guardian of a student in the OSD

Thank you for doing this. The data is so clear and middle school was very hard on my oldest son. Additional sleep would have made his experience so much better and he would have had more personal reserves to draw from. I only wish I had had later start times when I was in school!

-Parent/family member/guardian

Being able to sleep in later will improve focus during classes

-Student, Washington Middle School

I don't believe the district is considering the fact that many families are single parent households be it poor or rich and allowing our elementary students to be released earlier than middle and high school students will leave many k-5 children to become latchkey kids instead of having a more responsible sibling available to receive them off the bus as it is now. Changing to later start times may be beneficial but the amount of parents who will have to pay for childcare or worse leave their children unattended susceptible to predators is not worth the extra hours or two for a high schooler to sleep in. Quite frankly having earlier start times has forced my high schooler to become more responsible and not sleeping her day away. She goes to bed on time now and is up and out the house on time. We can't coddle our children forever. Thank you.

-Parent/family member/guardian

I am fully supportive of this idea and think it would especially benefit High School age students - who are night owls!

-Parent/family member/guardian

Giving students a later start time will simply give them a later bed time. They will simply adjust and there will not be any difference in their amount of sleep. Having later start times will definitely punish athletes as they will not get as much class time but will still be expected to finish the same amount of work. If Olympia wants to strive for excellence it should be with some other initiative.

-Staff, parent/family member/guardian

I think it's most important that the elementary schools whose kids are more spread out and don't rely as heavily on walking to school have the 7:30 start time. They will be safer on buses at that time in the morning. The walking routes should have higher priority for the 8:30 time slot. Overall I really appreciate the district trying to change to later start times for middle and high school students. I think this is a very strong move. Good luck!

-Parent/family member/guardian

I believe that the current time schedule is perfectly fine. Instead I know that change to the amount and way teachers give homework out does need to be changed. I have a proposal. I am aware I am only a student but I think it would benefit every student when I say that there should be a sort of "master homework schedule" maybe a spreadsheet or calendar that allows teachers to submit intended homework assignments to, including their difficulty and expected time for completion. This "master homework schedule" should also overlay with the sports, and field trip schedules to provide an even greater sense of stress/workload for the students. This schedule will allow teachers to "see into the future" getting a pre-determined knowledge of what is ahead. They will be able to see the busy and stressful days, days where students might feel a bit more stressed than they usually are. I think it would also be beneficial if this bus schedule was attended to and revised. On the other hand if this time change were to take place, it would make my life severely more stressful because my mom cannot take me to New Market in the morning. This is only the OSD, not the Tumwater school district. My dad works an office job and is only home in the evenings. So if this time change were to take place, it would put a great deal of stress onto my parents, onto me, and my other peers who go to New Market in the morning. Thank you for taking your time to read this short essay and to please take into consideration my suggestion for a "Master Homework Schedule" and to please change the bus times to be a bit later than they currently are.

-Student, Olympia High School

As a single parent of a disabled student trying to balance therapy appts, working from 8:30-5, and finding appropriate childcare...anything earlier than 8:30 would put a significant hardship on my son and on myself. It would result in a longer harder day for him and with muscular dystrophy would be physically taxing for him. A 7:30 am start time is insane for elementary school. Completely unreasonable for most families.

- Parent/family member/guardian

I am appreciative that the district is taking time to move forward with brain science and the best interest of the majority of students. Change is always challenging, however, this is a fantastic move. Thank you OSD.

-Staff and Parent/family member/guardian

Both my high school children struggle going to bed by 10pm. Waking up by 5:45am is difficult for both of them. I fully support later start times for high school!

-Parent/family member/guardian

The 7:30 start time for elementary students is hard for several reasons, one I already have students falling asleep in class with an 8:20 start. Field trips to places that don't open until 9 or 10am that require 30+min of travel would be impossible, and before school programs would have to change to after school programs.

-Staff

There are significant health and academic benefits for a later start time for older children. This is VERY important to implement asap. Also, my child will participate in zero hour activities that he has previously refused because of the start time.

-Parent/family member/guardian

Elementary students should not start before 8 AM. Let's not sacrifice our youngest learners for the benefit of older students. All students deserve optimal learning conditions.

-Staff and parent/family member/guardian

You underestimate the amount of children affected when older siblings are not available to watch them in the afternoon. This will cause the poorest members of our community the most disruption. Many lower wage earners do not have the flexibility in their schedules as higher income earners. Therefore, elementary kids will have to fend for themselves more and that is not safe. Also only a fraction of our students can attend Boys and Girls Club which is somewhat affordable. All other day care situations are not.

- Parent/family member/guardian

It would be a game changer for my teenager. She is always waking up tired. What a fantastic idea! The younger kids in elem school are up earlier than the teenagers so switchign times makes so much sense. Thanks for being a leader in this!

- Parent/family member/guardian

Great questions about middle and high school. Where are the questions about the effect on elementary? I support the change, but my goodness it's like you aren't even interested in hearing about people's opinions about how this will impact elementary.

-Staff

I am also an OSD elementary teacher and I agree with elementary starting earlier than middle.

-Staff and parent/family member/guardian

Night activities have been so challenging for our family due to the early start time of the high school. One of my children has special needs and definitely needs a full night's rest to succeed in the classroom. The later start time will ensure that he's able to access more after school and evening school sponsored activities, without having to wake so early.

- Parent/family member/guardian

Flexing start for middle and high school is fine as long as the impact doesn't negatively affect elementary school families

- Parent/family member/guardian

While I totally agree that adolescents benefit from waking up later and that studies show their internal clocks run later, for my family, this proposal is frustrating and would cause problems. I finally have a junior in high school who drives herself to school and attends Running Start full-time, as well as a student who will be transitioning to middle school next year. I have been late

to work EVERY SINGLE DAY for the past several years because of the later early elementary start times. I am extraordinarily lucky that I have been with my employer for 14+ years and can get away with it, but it is still problematic to not be able to arrive at work in a timely manner because some tasks need to get done earlier in the morning than I can arrive. Now that I am FINALLY about to be able to drop off my now-5th grader at an earlier time when he starts middle school next year, I am hearing through this survey that middle school might start later. I understand a decision has to be made for the good of all students, but I feel like I have done my decade-plus of penance in having to deal with the later elementary start times and now those late start times might stretch out for the next seven years until my youngest graduates high school, or at least five years until he can drive. Most office workers have to be in the office by 8:00 or 8:30 a.m. and the later school start times are a burden.

- Parent/family member/guardian

Enough school district have made these changes (moving high school start times later) that there is significant proof of the benefits to grades, mental health, physical health, etc. with no negative effects. I am not aware of any district that has made the change to later high school times that has decided to reverse the decision.

-Staff

I love seeing school times live later for adolescents. And starting elementary before 8:30 would be a hardship for this working family. I would rather see middle and high schools start even an additional half hour later. After school athletics and drama moved later accordingly. Those kids are going to stay up later anyway and can more easily figure out transportation without parent support.

- Parent/family member/guardian

Later start times would result in fewer unsupervised hours for adolescents/teens after school. The majority of teen pregnancies happen between the hours of 3-5. Why couldn't our Athletic directors request that the start times for games against our schools be later? The entire conference does not need to change their game schedule, but it could and I believe should be changed to accommodate our academic bell schedule - does not seem unreasonable.

- Parent/family member/guardian

The teenage brain needs sleep!

- Parent/family member/guardian

All my answers assume that Y Care will make adjustments to before and after school care for my elementary student. I hope you are working with them to ensure this is possible.

- Parent/family member/guardian

The science is clear on sleep patterns for teens. They need to sleep later.

- Parent/family member/guardian

Y-care will need to have more staff for the afternoons, most likely. Hopefully the YMCA has been consulted in these discussions. It might also be better to move back to a once a month half day rather than every Wednesday 50-minute early release.

- Parent/family member/guardian

There are many families depending on older children to participate in the care of younger siblings after school. Having younger children released from school that early will massively

increase child care costs for many of the families who can least afford it. As an educator in a secondary school with children in elementary, this move would mean hundreds of additional dollars each month in child care costs for my family.

- Parent/family member/guardian

I feel like transportation costs could be lowered for high school and middle school students by supporting their use of public transportation where available.

- Parent/family member/guardian

Why would the elementary school start times need to be earlier in order for middle and high school students to start later? My daughter goes to Roosevelt which starts at 9:10. This is a great start time for us in elementary because I find it take my little one longer to get going in the morning. I also like to fix them a proper high protein breakfast in the morning and this later start time allows me to do so.

- Parent/family member/guardian

I like getting up early and getting home from school early . Please don't move start times.

-Student, Reeves Middle School, Olympia High School

Olympia High School competes in an athletic league that already causes athletes to miss school for away events. This change in start times would cause athletes to miss additional class time which is a huge detriment to their performance. Also many students need to work after school. Later start times will actually cause my students to loose working hours which leads to a loss of income. Middle school after school activities will just be pushed later causing students to get home later and in the long run have less time for studying. Many elementary schools offer before school/after school programs for childcare. Middle schools do not. A later start time would cause my middle schooler to be home alone in the morning needing to get himself up and to school on his own due to my and my spouse's work schedules. This is not safe for my student to be left home alone to supposedly get more sleep. I believe these adjusted start times to be a true detriment to students not an advantage. Please take seriously into consideration transportation issues, after school activities, student employment and the fact that in the end will students truly get more sleep or will they just go to bed later knowing they can sleep in later. I definitely vote NO to adjusted times.

- Parent/family member/guardian

I think it would be a good benefit

- Parent/family member/guardian

Rest is crucial for developing bodies and brains, and at this age their bodies do better staying awake later in the evening and sleeping later in the mornings

- Parent/family member/guardian

I don't speak for all, but in my experience, it is very difficult getting my young one up at an early time..no matter how early they go to bed..it would be extremely tough and they do not perform well when woken up earlier..also, as far as afterschool care goes, I don't have any one to watch them after school..nor could I pick them up, due to work..and I cannot afford after school care..the schedule that is in place now, works out just fine.

- Parent/family member/guardian

If elementary students are involved in after school activities, it can be hard to get home for an early enough bedtime if schools were to start at 7:30. I think families ability to get younger kids to bed early enough should be taken into consideration. -Many families cannot change their work schedule- one question made it sound like lots of people can choose to go into work early- that is not the case for most jobs. -Late start times for high school means lots of students would be getting themselves up and to school with no adult home. What does the data show about this? Are kids going to school and getting there on time?"

- Parent/family member/guardian

Kids will stay up later knowing that they can sleep in longer in High School. While younger kids get up early as they get older; such as 3rd, 4th, and 5th grade they sleep much more and can be hard to get them to bed. Middle school students are a challenge no matter what. The daycare for students is a wash before or after school.

-Staff and parent/family member/guardian

Start times will not affect student performance. Bed times will adjust and sleep times will stay constant to what they are now. Any thoughts to the opposite is illogical. Everyone does that on weekends and vacation time now whether an adult or student. A better use of school board time and effort would be to educate families on the use of phones and devices near beds at sleep time.

- Parent/family member/guardian

I do not think a school district's reputation for excellence should factor in to a decision. It will be very difficult to impossible for many families , both single parents and those with two working parents, to figure out after school care in the middle of the day. Many jobs do not have the flexibility of ending at 2 pm - for an regular working day , that would mean a start time of 5:30 am. I like the idea of later middle school and high school start times but the impact on our youngest students seems too high.

- Parent/family member/guardian

How will this change of start times impact middle and high school bus routes? There is no way that a 6 th grader should be on the same bus as a high schooler. The wording of the first question about start times makes it biased towards being in favor of proposed start times. For example, it makes it seem as if I do not value student mental health if I choose to disagree. That's entirely not the case. I value student mental health but do NOT agree with the proposed start times. This is a loaded and biased question and the results will not be valid. Was that on purpose? It sure seems that way.

- Parent/family member/guardian

This survey is an embarrassment. Please don't ever do this sort of thing again.

- Parent/family member/guardian

Won't change academic performance but will prevent me from working enough hours. Stupid.

-Student, Washington Middle School

Changing start times would have drastic negative effects on my family and countless working families across our district.

- Parent/family member/guardian

While I am in favor of starting elementary school earlier, I'm concerned that Y Care may not have before school care. If there is no before school care and there is a start time later than 7:30, it would require significant changes and coordination with my employer. Additionally, I have concern that a 9:00 start time would be too late for my middle school child. A later start time would mean not being able to ensure they were awake before I leave in the morning. This requires much greater responsibility for my child and risks increased tardiness. My high schooler needs more sleep. I strongly support a later start time. I know his attitude and alertness are negatively impacted by the early start.

- Parent/family member/guardian

I think the problem is that the cultural norm is to stay up later. Our family goes to bed early and we have no trouble getting up in the morning.

- Parent/family member/guardian

My middle school wakes early everyday and learns better in the morning while my Elementary student has a tough time waking up in the morning. This will be a very hard shift for my children because of their own natural sleep cycle.

- Parent/family member/guardian

My concern is for the youngest students starting their day so early.

-Staff

Significant concerns regarding impact on student athletes, missing classes to leave school early for games, especially since many of the other 4A schools are quite a distance away.

Additionally, students athletes will lose the time they have now after school to complete homework before home games or closer away games.

- Parent/family member/guardian

If the district moves Middle School start times they must incorporate study time into the schedule. The elimination of PAWS time at WMS has resulted in students scrambling to find homework time. Getting out of school later, then extracurricular activities ending even later at night, will push homework time into late night. This doesn't give students more time to sleep. It just shifts their sleep to later at night.

- Parent/family member/guardian

I think that changing the start times would greatly benefit students.

- Parent/family member/guardian

The change seems to be done deal based on the wording of the survey. Tremendous bias in the survey. The questions about our reputation seem to move the issue for the change away from students. What is the reason for the start change being put forward to the community?

Reputation or students? Seems in conflict. Why the question of race and Hispanic at the start?

How is that information going to be used in the analysis of the survey. Completely unnecessary.

Are the results from Hispanics going to be discounted ? Are the results from Hispanics going to be given more credit? Either way is a slap in the face. That question is divisive, especially given the political climate for Hispanics. With all the talk of equity, now we are going to take money away from our most marginalized family's incomes by removing working hours from students? An hour a day 20 days a month is an enormous amount of money to these families. But we have given them a chrome book so it's all good...ridiculous and embarrassing as a district.

-Staff

I think a better way to "boost our school district's reputation for excellence" is having school uniforms. Especially if there is real concern for mental wellness.

- Parent/family member/guardian

School start time should NOT be changed. As a student athlete, I already miss my last classes of the day due to games. I cannot afford to miss more school. The classes I currently miss I am struggling with my grades in more so than the ones I am there for in the morning. If school start time was later, that means school would end later and I would miss even more of my classes to attend games when really I need to be in class more. If school start times were to change I would feel forced to make the decision whether I wanted to participate in academics or sports. This is a decision I should not have to make. School start time should stay the same so students like me can be a student AND an athlete, not a student OR an athletes.

-Student, Olympia High School

Teens need sleep, their schedules are different and they would thrive with more sleep in the morning. It would be nice for young kids to have more afternoon time to be outside!

- Parent/family member/guardian

Need to consider parents and work schedules, need for childcare, etc. Currently our Wednesday early release causes a lot of headaches for families.

-Staff

These survey results need to be made public. I strongly disagree with this change so if families are saying they agree, the results need to be public.

- Parent/family member/guardian

Afternoons have been a struggle and with high school soon I was looking forward to earlier releases. This will also make it difficult for our extra circular activities some of which start at 3:30.

- Parent/family member/guardian

Later start times benefit all children, not just older ones. I am very concerned about how early the elementary times are. You could easily argue that younger children need adequate sleep even more than older children, and the work of getting ready for school is much more challenging for young children. Starting before 9am is asking for frustrated parents and stressed children arriving with not enough sleep and just having had a distressing wake up rush to school. No thanks!

- Parent/family member/guardian

This is not worth all of the hours our athletes are going to miss. You make it seem like there is more than just Seattle schools. No other school in our league or even district would be on this schedule. I do not support this in any way. We don't need to change anything. Students are going to stay up. They are going to get up early. I have had a student in 0 hour for 2 years. She is an exceptional student and student Athlete.

- Parent/family member/guardian

My kids are early risers. We would be trading unsupervised PM time for unsupervised AM time.

- Parent/family member/guardian

I'm 100% in favor of later start times for older kids but opposed to starting elementary school at 7:30am. A 7:30 start time would mean a 7pm bedtime for our 1st grader. Given that we don't get home from work and y-care until 6:00pm, this would dramatically reduce our family time in the evening. In the end, my child would not be able to eat dinner and wind down in time for such an early bedtime, so he would be persistently sleep-deprived and he would probably be tardy very frequently.

- Parent/family member/guardian

I feel the start time change would cause more harm than good. If parents and students were really worried about how many hours of sleep they got then they can go to bed earlier. This switch has an effect on every child and parent, and I'm curious what the study showed for the younger elementary kids and how their learning is effected if they were to go to school earlier. The younger kids are way more important, and need more sleep than the high school kids. the

way the schedule is has worked for many many years, I see it as a waste of time and energy to consider changing it with all the other issues schools have.

- Parent/family member/guardian

Younger kids need more sleep in the morning! I completely disagree with changing start times. It works out now with current start times so that older siblings can help watch the younger kids after school. There will be negative impacts for younger kids.

- Parent/family member/guardian

As a student athlete, my practices run already from 5:30 to 8 pm weekdays. This way, my practices would be pushed back later. There is no reason for the Olympia school district to be making this change. We seem to have it figured out now so why would we change it? This is completely insane and I reject this movement. Thank you.

-Student, Capital High School

Consideration should be given to the impact on elementary students who might spend significant time unsupervised after school or at Y-care.

-Staff and parent/family member/guardian

We were all in middle school & high school; earlier start times for older children are not detrimental. If anything you're gearing up for real life experiences as an adult with responsibilities.

- Parent/family member/guardian

Absolutely ridiculous. This also impacts family financial lot with added childcare expenses for your get students without older siblings to help. In addition some kids work to help parents pay bills. This will reduce their work options. And the kids will just stay up later. This is STUPID

-Staff and parent/family member/guardian

The survey was very focused on working parents. For parents who are not using school for childcare, it is much more convenient to have more time in the morning to help young children get ready for the day. Most young elementary schoolers need 11 hours of sleep. It would be very difficult to get them up in time to start school at 7:30, or even 8. I am strongly opposed to starting elementary school at 7:30 or 8 in the morning.

- Parent/family member/guardian

I am excited this is being considered. I'm all for it!

- Parent/family member/guardian

One minor concern would be the impact on afternoon Y Care. I would anticipate a significant increase numbers and the district and Y Care would need to look into logistics re: space/staffing.

-Staff and parent/family member/guardian

The survey appeared to favor the delayed start times as there wasn't a negative answer to a lot of the questions.

- Parent/family member/guardian

I think starting elementary school earlier would be great those kids are up with the sun anyway. It would be great as a teacher also to be off earlier and get more quality time with my family.

-Staff and parent/family member/guardian

I am concerned that my children will be getting home so late from school after attending their extracurricular activities. Then they will have to eat dinner later and start their homework later. My kids get up and get to school without any difficulty (7:45am and 8:00am) and this is how they will be expected to function as an adult. Please don't change the time just because Seattle changed.

- Parent/family member/guardian

An 0730 start time would be such a wreck for our family. Our kids would need to be heading to bed by 6:30 pm to be decent humans by that time. That means that between 5:30 when we can pick up after work we would now have 1 hour to make a decent meal, do some homework, maybe bathe, and then bed. That sounds like misery. That doesn't even count the nights that we don't get home until 6 because of work demands.

- Parent/family member/guardian

Time has to go somewhere. If we do this our athletes will miss about 9,000 hours of instruction to make it to games/meets etc rather than the average 2,000 hours. That is a BIG difference. We don't need to be an early adopter in our SPSL league. We can afford to wait and let this play out in other districts first.

- Parent/family member/guardian

The real world starts around 8 am and so should school. Students need to learn balance and have enough time for after school employment or activities.

- Parent/family member/guardian

Poorly written leading questions. Was this survey evaluated before being published?

- Parent/family member/guardian

While I support later start times for older students, my concern for the early start and end times outweighs this support. Especially for Wednesdays with early release. Elementary students are less likely to be independent than middle or high school students which require childcare and at times transportation. This change would likely increase our costs and impact our current employment conditions negatively. I am also concerned about the equitable impact on families of less means or single parents.

- Parent/family member/guardian

My daughter is involved in many after school activities and with a later start time, that means signing up for later classes and therefore getting home, eating dinner, and getting to bed later. I feel she would lose the sleep she gained and the other members of the family who would still have to get up early would have to get less sleep.

- Parent/family member/guardian

These kids are naturally drawn to stay up later than the little kids and have more responsibilities and still need lots of sleep.

- Parent/family member/guardian

Elementary school kids need sleep too! We implement a consistent early bedtime and my kindergartener is exhausted by Thursday each week.

- Parent/family member/guardian

Moving to a more year round schedule and/or a 4 day week might eliminate some of the issues in the schedule change.

- Parent/family member/guardian

I have 2 high school student athletes, and while I think this will make games in Silverdale and Gig Harbor more difficult because of missed classes, that is only once or twice per sports season and the number of students negatively impacted is such a small percentage of the student body that it shouldn't be a reason to put off doing what is best for the greater number of students.

- Parent/family member/guardian

Need to incorporate other stakeholders like the YMCA and boys and girls before/after school programs and classes

- Parent/family member/guardian

It feels almost impossible to want to get up and go to school and feel motivated throughout the day being as tired as I am.

-Student, Roosevelt Elementary School, Reeves Middle School and Olympia High School

If high schools end later, I am worried about away sporting games being pushed later, and kids getting to bed way too late. They already travel way too far as it is. I would wager that most teens would just stay up later if given a later start time, resulting in the same kind of sleep deficits. I am an elementary parent. 730 is way too early and would cut it to my elementary kids' sleep. I can't get them to bed early enough to compensate for that kind of wakeup time given their varied evening activities, some of which go until 8 pm. My impression is that the school board is already planning on moving ahead with this change. Not sure if the feedback from stakeholders will change the outcome.

- Parent/family member/guardian

With Middle school I can see where this could possibly help. High School, No. By this time one would think since the real world operates on a 8-5 schedule, there is no getting around the time frame, one better get use to it asap.

- Parent/family member/guardian

I appreciate the topic and opportunity to contribute to the discussion. That said, this is a blatant "push poll" and whoever approved it should be ashamed. This survey is wrought with bias and would not hold up to the slightest scientific or mathematical scrutiny.

- Parent/family member/guardian

I don't think the time of day when school starts will magically change student views. If you want kids to like school more, give them a more active role in choosing their own classes. Provide more opportunities for joy. FIGHT this core 24 nonsense that makes our kids feel like their corporate sharks in some sort of rat race! THAT would be money well spent.

-Staff

None

-Staff and parent/family member/guardian

N/a

- Parent/family member/guardian

Please don't change anything!

-Student, Lincoln Elementary School, Reeves Middle School, Olympia High School

We would very much welcome a later high school start time. Our elementary starts at 8:35. Going to 7:30 would be rough. 8:00 is better.

- Parent/family member/guardian

I agree we should consider this but I think more data is required and also more time to plan for the change

- Parent/family member/guardian

Natural sleep / pineal rhythm

- Parent/family member/guardian of a future OSD student

Maybe ask the above question more simply, such as: it is important for my family that the school district makes start times later for high school: answer options: strongly agree, agree, don't agree or disagree, disagree, strongly disagree. What does asking this question have to do with "After answering the survey?" It should be about whether a family agrees that it will benefit them or not.

- Parent/family member/guardian

Research shows without a doubt that later school start times benefit both the academic and emotional lives of older students.

-Staff

It is absolutely most important to move start times back for developing young elementary students. In addition its ridiculous to wake up growing tired children in the dark. We are a northern state and should act like we realize the effects of common seasonal affective sleep issues. The human body wasnt made to wake in the dark. Its torture. We debate this? So academic.

- Parent/family member/guardian

If we get an early start time we may be late quite often, but maybe when you send us to truancy court we won't get a 7:00 court date. Also will the schools that have highest free and reduced lunch rates get the worst schedules like in the past? I worry that those families don't always have the loudest voice and get dealt the worst hand.

- Parent/family member/guardian

I would be supportive if elementary school started at 8. Anything earlier is unacceptable. While I understand the issues with our older students, I am uncomfortable with children under age 11 in my neighborhood walking to school alone in the dark. Pioneer has a high walking count.

- Parent/family member/guardian

Changing start times has a significant impact on low income families who rely on older children to provide after school care. Getting kids to school in the morning is not an issue. It's getting care after school that is more difficult and costly. This is even more of a hardship for single parent families. Overall these questions are poorly worded and included significant biases for changing start times as evidenced in the chosen language and tone. Based upon how this survey is written it appears district leadership has a pre-determined agenda and is trying to create the result they want rather than get true input from constituents.

- Parent/family member/guardian

I believe the later start times would be great as my middle and high school students are not on a bus route so I am VERY concerned about them walking to school in the dark with the time school starts now.

- Parent/family member/guardian

Afternoon childcare is expensive and most high schoolers have jobs in the afternoon anyways

- Parent/family member/guardian

How late sports and other activities are able to run, and if we'll be able to provide transportation for those students in the later evening times.

-Staff

It poses a small problem because I won't be able to make sure my middle schooler gets on the bus since I have to leave for work earlier than he would have to leave.

- Parent/family member/guardian

Kids do better with more sleep. Not rocket science.

- Parent/family member/guardian

I depend on my high school student to care for my elementary aged children the the afternoon while I work. I cannot afford ycare. It is extremely expensive and cost prohibitive.

- Parent/family member/guardian

I have 3 kids 3 schools right now 1 in Hs, 1 in ma and 1 in es. I find my older kids need more sleep and whatever Change is made should allow for enough time for pick up/drop off as I live "too close" for the bus but too far to walk

- Parent/family member/guardian

I have a third grader, and by the time there changes would go into effect it is likely they will be in middle school... I think later start times for middle and high school students are immensely important and would gladly make the family schedule and childcare adjustments necessary for that to happen.

- Parent/family member/guardian

I'm in full support of middle school and high school start times being later, however, not at the expense of elementary school starting at 7:30am.

Parent/family member/guardian

Daycare would be a huge issue

-Staff

I support later start times for middle and high school students. 730am is too early for grade school students. I'm sure it's been considered, but being conscious of grade schools and middle schools in the same neighborhoods (siblings schools) starting within 15-30 mins is important for families. An hour difference would be challenging. I think the district should also consider the wording of this survey for ESL and single parent households.

- Parent/family member/guardian

Moving high school to 815 am would be better than the current 7:45 am. I don't believe 9 am is going to have any effect on attendance, etc., 9 am is too late. I think 8:15-8:30 is optimal start time for HS. don't believe changing start times should be done to enhance athletic performance. Athletics should not drive this decision and yes my kids play sports for the schools. Other districts already have adjusted start times - this won't make us a "leader" in this area. Do what is best for students and bear in mind the financial impact to families both in passing levies, time loss from jobs, daycare costs, etc.

- Parent/family member/guardian

I'd be concerned about increased class cutting if students were getting themselves to school after parents left for work for the day

- Parent/family member/guardian

This research and the osd have tried several times to implement these "flipped" start times...it is a big transition and every one will adjust...give it a year...thank you for pushing it through!

- Parent/family member/guardian

My teenagers attend a religious class called Seminary every morning before school. Changing the start time causes conflicts with this class time, and causes transportation issues for many families that have kids attending this class.

-Parent/family member/guardian

See previous comments. Why the district has wasted time on this is ridiculous. Start times are just fine. DO NOT CHANGE THEM. We are not Seattle and do not need to be. Next the district will be saying math is racist like Seattle. There are much more important issues to focus on.

-Staff and parent/family member/guardian

Students should learn responsibility and time management. The real world is not going to adjust around workers who want to stay up late and sleep in!

- Parent/family member/guardian

You can't possibly think that people are going to be ok with the idea of putting their little kids on a school bus at 7am. Walking a 5 year old to a bus stop at 6:45am in the winter? Paying for extra childcare or having to change work schedules? No. If you want to do what's right for middle and high schoolers, then do it. But don't damage little kids lives because you don't want to pay for extra buses. Unacceptable.

-Staff and parent/family member/guardian

I am deeply thankful to all of the people who have put time and energy into making this idea a reality. I believe the benefits to mental, emotional, and physical health will ripple far beyond the homes of high school students to the larger community.

- Parent/family member/guardian

It is 100 times more important for little ones to be well rested and be able to start their days without being super rushed and stressed. Even 8:30am seems early. 9am would be ideal. As a parent of middle and high schoolers, and knowing many other kids also in middle and high school, I see them going to bed late because they're still figuring out ways to organize themselves better and because media use is out of control. I'm not sure changing start time in the morning would be the right way to deal with that ESPECIALLY AT THE EXPENSE OF TAKING THAT PRECIOUS TIME FROM OUR YOUNGEST ONES. If everyone can start later, then great!

-Parent/family member/guardian

I think the later start times would be beneficial for most kids. Parents will have challenges but that always comes with change. It would be good for the district to present some real data so that you can gain support from the laggards.

- Parent/family member/guardian

I rely currently in my middle school student to get home before my elementary student. We have y care in the mornings. My middle school students get tutoring right after school now, this change would impact that schedule as well as other after school activities. I think they'd just want to stay up later if school started later and there wouldn't be much actual benefit from more sleep I fortunately. I do think 730am is too early overall, but realize it's expensive transportation-wise.

- Parent/family member/guardian

I'm concerned my elementary kids will be so tired if they have to get up at 6am - this is over an hour of sleep that will be lost. Children this age need 12 hours. My kids get roughly 10 as it is. A early start time would mean less sleep for my kids.

- Parent/family member/guardian

I am a teacher. Middle and high school students lose sleep due to technology, gaming, work, and homework- none of which will be impacted. This will ruin high school sports in the district and create a nightmare for student athletes and teachers when so many miss significant parts of the school day. The questions were incredibly leading- a disagree/ unimportant answer implied that you don't care about health, learning, or safety. I've taught high school for 15 years, most of those both regular and AP. My morning classes test and perform just as high as my afternoon- maybe more because they are more focused. I have no interest in "keeping up with Seattle"- learning is impacted by many other factors than an hour change. This is a foolish plan.

- Parent/family member/guardian

Would prefer that MS and HS end closer to 3 so that athletes do not have to miss class for away games and so that kids involved in extracurricular activities are not always late to those events.

- Parent/family member/guardian

I am a pediatric rehab physician. In the children's hospitals where I have worked, the younger children are awake and active before the teenagers. Their natural body clocks are different. My teenager misses events at night because he is in bed by 8:30 pm in order to get adequate sleep

-Staff and parent/family member/guardian

I feel the disadvantages of this change out way the benefits

-Staff and parent/family member/guardian

Late start times are important studies show. There is a concern however, that kids won't know how to get up early for real life jobs etc. contributing to the "millennial" stereotype. Will this have an effect on society later on?

- Parent/family member/guardian

Having similar start times for high schools, middle and elementary that are located close to each other is good for parental or older kid dropoffs. Much easier to coordinate.

- Parent/family member/guardian

The later start time reduces the time in the afternoon for kids to get homework done. For kids doing sports and other activities, I believe this could pose a challenge.

- Parent/family member/guardian

The question ""Would they do better in sports"" is unimportant. I am embarrassed that that question was even included, why is that important to ask, why didn't you also ask are musicians performing better, are artists painting better, are singers singing better, are teachers teaching better, are support staff performing better. Also has it been pointed out that some of the schools/districts who have made the change to later times, have switched back to a regular schedule. The whole argument is sort of scientifically incorrect; in that there is no control-group for this project. Is there a group of student who are willing for a full year to act responsible in regards to sleep/technology use/homework time, and accurately record their findings. I believe Seattle schools found an increase of 37 minutes of sleep per night; this finding was probably self-reported by students (who empirically probably can't be counted on to give accurate results anyway), so I don't find that this switch should be done at this time."

-Staff

I feel that if we are going to move later the start times then we need to look at the excessive number of "in service", early release and etc days that we allow for teachers. The early release is ridiculous. At Our school the teachers were able or mostly attempted to schedule their conferences to the early pay of the week so as to not need to be at work the remainder of the afternoons for the conference week. Our expectation of teachers time actually teaching needs to increase to be More reflective of their salary.

- Parent/family member/guardian

It is fabulous that you guys are figuring out how to start school later for middle schoolers and high schoolers. It needs to happen. However, please do not move elementary kids to 7:30! You will have kids falling asleep in class and being late all the time. Buy some more buses or start middle and high school at 10 or 10:30. Talk to people who used to run New Century high school in Lacey - it started at 11 and the kids were wide awake. Also, on the questions about before and after school care...the real problem is that everything about schools, including the schedule is created for an antiquated family model. I am a single mother and am running into problems with this all the time. Not a problem you guys can solve, but something to be aware of.

- Parent/family member/guardian

Has anybody considered the recently passed Daylight Savings Time bill that will affect elementary students getting to school in the dark year round if approved at the federal level?

-Staff

I went to new century high school in the afternoon. I got 10hrs of sleep a night and I know it helped mentally.

- Parent/family member/guardian

Thank you for thinking of the students overall well being. As a former OSD student I felt like a number in a sea of children so it's nice to finally see steps being taken that show that this community cares about their students.

-Community member

I don't understand why elementary school stay times would impact middle school and high school start times. Is that because of bussing constraints? Never the less, parents often have to manage school drop off anyway and please remember that in most households there is not a stay at home parent. I would guess that the students who use buses do so because they can, not because they must. Most parents could probably arrange for their own morning transportation for elementary students or before school care.

- Parent/family member/guardian

I really worry about elementary kids being out at the bus stop in the winter before the sun is up.

- Parent/family member/guardian

I believe the challenges of this plan greatly outweigh the benefits. I also do not believe that my children will get anymore sleep, they would just have a majorly disruptive adjustment to their current schedule.

- Parent/family member/guardian

Some of the proposed elementary school start times are too early. If OSD adopts this change all students' needs should be considered and not just middle and high school. I am in favor of later start times but not at the cost of elementary schools starting ridiculously early.

- Parent/family member/guardian

I believe the science is clear that later start times benefit students and improve attendance. I also believe that later start times would benefit student safety due to the number of months per year we have profound darkness early in the mornings.

-Community member

Logistics are going to be a nightmare for our family and other families we know.

- Parent/family member/guardian

This is a chance to catch up with current understanding of the circadian rhythm of the teenage brain. It's also in line with recommendations from the American Academy of Pediatrics. Thank you for making this a priority!

- Parent/family member/guardian

Please make this change soon to be in effect for the 2020/2021 school year.

- Parent/family member/guardian

I'm concerned about away games for athletes, and students not getting home until very, very late. But then again, they would be able to sleep later.

- Parent/family member/guardian

Does not affect us

- Parent/family member/guardian

My neutral response to the reputation question is meant to indicate my opinion depends on how it goes once implemented, because there is currently no information with which to answer that question. I think it would improve our reputation if it goes well, not so much if it doesn't, and there are a lot of ways a good idea could be implemented badly. I anticipate lots of benefits though, and I am not a morning person so I would probably like it better too. Also if implemented, I would encourage close collaboration with OEA in deciding the details and communicating with families.

-Staff

X

-Staff

It should be later for all levels

- Parent/family member/guardian

Before rolling out this survey, I would have liked a chance to review the financial impact to the district and a 5 year statistic trend on student performance, graduation rates, and other measurable means. I do not think students who play sports will get the same opportunities as non sports playing students if the start times are later as they will miss more instructional time.

-Staff

Later start times for middle/high school will significantly impact after school activities of all kinds and in my opinion will just make homework/dinner times later in the evening resulting in later bed times so I do not think it will result in the desired outcome of more sleep. I STRONGLY disagree with these changes.

-Staff and parent/family member/guardian

I worry about elementary students returning home after school and having no one there because older siblings are not home from school yet. Some of our low income families do not have resources to cover this time while they are working.

-Staff and parent/family member/guardian

I think all the schools should start simultaneously at 9am

- Parent/family member/guardian

Students who are chronically tardy will continue to be tardy no matter the start time. When we have a 2-hr delay they are still late. The start time is not the issue - but personal priorities. Students adjust when forced to wake up early and go to school. After school sports already last until 10pm at the high school (boys soccer away games), I can't imagine how it benefits anyone to keep them out even later.

-Staff

Later start times will not give students more time in the day. They will just have to move activities around, causing more stress on families and students.

- Parent/family member/guardian

I'd rather see elementary school start later than earlier. This gives younger children more sleep time - which is needed more than older children. And, high school children should be prepped for waking early of work/college.

- Parent/family member/guardian

I really appreciate the use of evidence to change school policy; I would love it if this were done in other areas too, such as recess and school lunch.

- Parent/family member/guardian

The first survey was terribly biased and the survey construction is not representative of research best practices. This survey is not much better. I encourage you not to seek input where either the decision has already been made or where you have no intention on taking action on specific questions.

- Parent/family member/guardian

Why are we making decisions about elementary education based on bus availability? If you were truly concerned about their start time and not about the money it will cost to bus them all at the same time, we wouldn't be filling out this survey.

- Parent/family member/guardian

I am an elementary school teacher. Although this survey was conducted for middle and high school students, this would absolutely benefit elementary school as well. Elementary students wake up earlier anyways, and they burn out by the late afternoon. This is a fantastic idea for all students and I hope the district goes through with this.

-Staff

Since I have both elementary and middle and I drive them and need them not to be drastically different start times

- Parent/family member/guardian

If high school starts later they stay up later. They need to be prepared for college which starts at 7:30am classes. Elementary school is where you learn all the foundation skills for middle and high school. This change basically says that middle school and high school impacts are more important than young kids learning. I strongly disagree and I think this will create issues with worse learning in high school and middle school bc poor elementary scores. I'm strongly opposed to putting the sleep of high school students over young developing children!

- Parent/family member/guardian

The science is solid and clear. We must push back school start times for the benefit of our kids and their future. Make it happen.

- Parent/family member/guardian

I have read research articles on the question of sleep in teenagers; they support later start times.

-Community member

Based on all the studies on this subject being beneficial for our children. Moving forward with the change makes sense.

- Parent/family member/guardian

Day care costs for elementary would go up. HS students will not have more rest because of human behavior, phones, etc... Providing zero hour for HS defeats the purpose of late start. Athletes will miss more class time, other schools in league not changing start times and OHS every time a bus leaves the school for sports it is an hour bus ride. I feel the board has not done sufficient research on the consequences and are caught up in a "Look at us, we are cutting edge" mentality.

-Staff

I think moving the start times is a bad idea. If school starts later for my middle school student his after school sports practice (which is 4hrs per night Monday-Friday) will likely be pushed later to accommodate the school schedule. This will result in my son having to stay up later each night to complete homework and will in turn result in less sleep. My son is an early riser and will ultimately get less sleep as a result of a schedule change. I am very worried about the adverse affect this will have on my son. He is currently a straight A student in the JAMS program. Education is very important to our family and I am very concerned about this potential change for my middle school student. In addition, I have an elementary school student who has always needed more sleep. Getting up at 7:45am for school starting at 8:30am is already a challenge!

- Parent/family member/guardian

The change to a later start time would significantly impact my child who sees a therapist EVERY day after school. He would be unable to receive the care he needs with the later start time. He gets up before 7:00 every day on his own.

- Parent/family member/guardian

The proposed start/end times for high school is too drastic. An 8:15 or 8:30 start time and 2:30 or 3:00 dismissal would be more appropriate/realistic...

- Parent/family member/guardian

Activities such as sports or music, etc, are generally the things that occur before or after school. If the change in schedule means that students will miss more academic time in order to participate with other districts, I feel this is a disservice.

-Staff

It's not worth the additional cost to possibly get 1 more hour of sleep. Most likely, they'll be getting the same amount of sleep because most will likely go to bed later.

- Parent/family member/guardian

As an elementary school teacher, it would be a hardship to start at 7:30.

-Staff

I tend to think that later start times for middle school and high school students would be beneficial, but not at the expense of elementary school students. 7:30 is way too early to start. My kids have a very hard time getting up earlier than 7am (and that's with 8pm bedtime). Also, I imagine this would be really tough for people who need after school care. That is a lot of hours to pay for.

- Parent/family member/guardian

This survey is manipulative and poorly written. I am concerned that the district and school board are NOT concerned about what is best for students. It is clear that "being a leader in this area" to boost the school district's reputation for excellence is a reason why start times are being changed. Why don't we try to be a leader in academics in this district? Also, it is clear that another reason is monetary. Forcing people to choose common elementary times and transportation costs is evidence that it is about the \$ and not what is best for the students. After school sports and the athlete's time in school will be greatly impacted and that will result in more stressed-out students who are up later to do homework after a sporting event. There is NO WAY all athletes' schedules will be arranged so core academic classes are in the morning. When I requested this for my student the administrators of OHS flat out refused to consider this for my child. There are too many athletes to accommodate. Students should not have to choose between being an athlete or a student. The first question is offensive. What does it matter if I am Hispanic or not? How will this have any impact or relevance to the start times survey? The second question is as well, does race have any bearing on this decision? The School Board created the Social Outcomes but do they really honor them with their actions or are they just words on paper? The questions created in the parent survey were manipulative

and biased. The first question that actually addresses start times was written in a way that was manipulative. (I was able to see this survey while a friend was taking it). Why wasn't it written in the same manner as the staff member's was? As an educator I have had professional development on how to create quality test questions to not be biased and to truly convey what students need to be assessed on. These questions were not written well and seem as if they were written to get the results the committee wanted (to be in favor of start times). As a staff member I am also concerned that we have not been a part of start times change conversations/committee from the beginning. It has not been a transparent process and seems as if it is a "done deal" and this survey is just a token to show that the committee is interested in the results. It should have started with Principals, District Admin, and School Board. Then the information, research, and feedback should have addressed at the school level. We should have had staff meetings with Principal, District Admin, and School Board to discuss this change and gather feedback. After that it should be taken to the parents of the schools with meetings in zones. Lastly, it should be taken to the community/neighborhoods to discuss impact. This is a more transparent and collaborative process.

-Staff

I have worked in elementary for 35 years and I can't imagine having these very young students be awake and alert at 7:30 in the morning.

-Staff

Put your kids to sleep sooner if they need more sleep. Problem solved.

-Community Member

I do understand till more schools change to later start times for high school, athletes & some clubs may miss a bit more school. I am not worried about this because as a parent of an athlete I set clear expectations that my child is responsible to make up his work. And at Capital they give plenty of time for this with before school, after school, early release Wednesday, and Cougar time. If you set clear expectations of your student when they are doing an activity that they are responsible for their work there shouldn't be an issue.

- Parent/family member/guardian

This is not preparing teenagers for what comes next. If I had a later start time in high school I would end up just staying up later.

- Parent/family member/guardian

Have you talked to the High School Principals in Seattle School District? They are not in favor of the late start times. Camas School District tried this and have gone back to their original start times because it did not work. You are severely impacting families that need older siblings at home to watch Elementary aged kids after school. This will impact High School Kids who need to work after school, some employers may hire other employees that can start at an earlier time.

-Staff

This is so important! My high school kids do homework well into the night and then wake so early for school. Move these times !!! Science has proven that kids need sleep ! You'll see a significant jump in test and overall results in the schools. I'd bet the farm on it.

- Parent/family member/guardian

Moving Elementary start times earlier so Middle and high could start later is not a great option. I think you would run into the same issues with elem. kids and their focus if they had to start earlier and get up earlier.

- Parent/family member/guardian

The survey was biased in the way the questions were asked. I think all parents/guardians/staff are always concerned with the health and success of our students (do not make the choice important or not important for the first question). We have not shown concern to help the students with the schedule we have now. There are serious concerns and impacts to this change. It looks like the Board and Superintendent are more caught up in their reputation to look good. Until we see statistics and data to show the impacts to students, budget, and all stakeholders I think this could be more harmful. Zero hour activities defeat the purpose of sleeping in. Those who participate in athletics will get home later and have to get up much earlier to get their homework done. They will miss more school. The schools that have implemented the late start are in the Seattle area and do not have to travel far for games/meets. The OSD high schools have almost half of the students participating in a sport. Have there been studies on the impact of half of the schools grades? There is also an equity issue. Those who want to participate in outside activities and sports would have to choose between missing classes or being able to participate. This has a larger impact to the biggest high school participating in the 4A league. The other schools will not change their schedule and athletes already have to travel on a bus for 1-2 hours. Other sports will have less daylight time to practice after school. Elementary students will have to be in daycare longer which will be a financial burden to parents. There has not been enough stakeholder communication and input to make such a big change. Until we have data and statistics for the budget costs and impacts on staff and work schedules, students, unions, community, families, etc. we are making a decision based on what sounds like a good idea.

-Staff and parent/family member/guardian

I am in full support of later start times for middle and high school and would actually love an earlier start time for my kids (both will be at Boston harbor elementary next year and we have the latest start time in the district). It makes sense for elementary kids (many with working parents who need to get to work) to start earlier and older kids who can safely ride bus with less parent supervision to start later. I do have questions about what that would do for before/after daycare options. Would earlier start times impact availability of before school programs for those families who need them still? Or after care programs even, if fewer are using the before care option then would after care still be lucrative/available? I hope that has been considered. Also, what about after school sports and other programs for the older kids? How would later end times impact practice, game and performance times? I hope something new is considering those issues as well and asking those questions. Thanks.

- Parent/family member/guardian

I think that earlier releases are better than later start times. I also think high school should start the latest to enable high schoolers to drop off their siblings. Or let high schoolers out the earliest to be able to take care of their siblings after school.

-Student, Capital High School

I believe that the school district would harm students, especially student athletes as the rest of the school they compete against are not changing their schedule so start times for games will remain the same causing student athletes to miss almost double the amount of school. This does a significant amount of harm to students, and is absolutely unreasonable to even think is a okay schedule change. This whole thing is absolutely stupid.

- Parent/family member/guardian of a future student in the Olympia School District

This is a really bad idea on many fronts. It disrupts family schedules and poses transportation and child care challenges for families. It severely impacts participation in after-school activities and is, in fact, dangerous and unhealthy to students who participate in sports or other after-school activities in the Fall/Winter. Activities would, in November-December-January-February, frequently end after dark. Young kids waiting for transportation in the dark is dangerous. It also puts kids back at home after what should be a normal dinner time (around 6 p.m.). There are some outdoor sports that will have to have shorter practices because of sunset coming as early as 4:40 p.m. in the winter. There is very little scientific evidence that later school start times have a definitive impact on increased sleep and performance in adolescents. The first widely reported study on adolescent sleep was in 2014, and other districts, like Seattle, have adopted later bell times. Very little research has been done on large, diverse cohorts over a sufficient period of time to determine if simply changing bell times has a significant beneficial effect. Until this research has been done and demonstrates definitive results, AND daylight savings time is continued throughout the year, I don't believe it is responsible for a school district to make such a significant change without doing much more due diligence on how this has worked elsewhere and taken potentially negative factors into consideration.

- Parent/family member/guardian

I am not concerned about school start times with regards to athletic performance. Also- change later for MS/HS will only be meaningful to the students that will KNOW the difference. It will always be too early for some. Also- some kids are "morning people", so there is that. I am concerned about families that have parents that work outside the home and need their older kids to meet Kindergartners and Elementary school kids off the bus. Boys & Girls Club isn't a great option for every kid. I would rather pay more in transportation and have my kids start and end at about the same time. I currently have an Elem., MS, and HS student and it is crazytown all the time! My partner works out of town and leaves at 6:50 am- which means that I often can't get to work until after 9:00. Everyone's schedules and resources are different. It isn't so much the start time, but that bus pick up is so darn early.

- Parent/family member/guardian

You did this in a vacuum. Shame on you.

- Parent/family member/guardian

I Strongly oppose moving elementary start times later. This will significantly impact my 4th grader in a negative way. I do support moving middle and high school start times later. I'm disappointed that the survey in past months about moving middle and high school start times later was not explicit that it would mean moving elementary times earlier. I did not fill out the past survey knowing that my elementary daughter would be and negatively impacted with earlier start times.

-Staff and parent/family member/guardian

It is very important to leave the bus load zones as safety zone for loading and unloading the kids all times of the day. Starting the school high school's later would disrupt a lot of parents because they require or ask the older children to watch the younger children so that they can go to work so you not only would be affecting work but you'd also be affecting parents financially

-Staff and parent/family member/guardian

This is a massive disadvantage for families who have parents who work 2nd or 3rd shift. Horrible thinking and completely unequitable for any of us who have to pay for child care before school and now after school as well. A babysitter is \$12-\$15 an hour. If I teach in a middle school or high school where I will now be getting home around 5pm (if the proposed times go through) I will be paying \$60-\$80 A DAY for after and before school childcare depending on meetings, PLC, trainings etc. Doing this 5 days a week will kill us. What a terrible idea for families who already have a hard enough time being involved in their students' lives.

-Staff and parent/family member/guardian

We have been fortunate to have our children continue with later start times through 8th grade on the Griffin schedule. And I believe it has provided them with a solid foundation for high school (as well as bedtimes consistently set at 9pm with no electronics in their bedrooms). Sleep is one of the most important gifts we can give our children. I support this change as long as it does not provide hardships for kids who are most vulnerable. I would like to see a break down of who supports this- parents of athletes, theater, robotics, academic clubs, free and reduced lunch kids, and students who work. Along with percentages of the student populations. My concern is the outspoken parents of athletes push their agenda for what's best for their small percentage of kids over what's best for most kids. (My kids are athletes). Thank you for taking on this massive task.

- Parent/family member/guardian

#2 Are you of Hispanic or Latino origin- why is this relevant?? I found this question offensive. This is a skewed survey, heavily slanted toward adopting the new proposed schedule. It assumes students will be more rested. Some may be, but certainly not all. Many students do not get adequate sleep because of screen time and the use of social media throughout the night. Many middle school students will not have adults able to transport them in the morning because of the later start time. The survey should be on every school's homepage and on the District's. Families should be notified that it is available.

-Staff

I turned out fine with early high school times, but I realize things are different now. 7:30 however is much too early for young kids in my opinion.

- Parent/family member/guardian

My son plays sports and participates in debate, this change could require him to miss up to three classes to travel to extra curricular activities. He would even have to leave class early for some home games. He already struggles in some classes and having to make up that much work would be an extra burden. He can go to sleep earlier if he needs more sleep. Changing this schedule in just the Olympia school district is not worth it. It might be a reasonable discussion of all of the schools did it. I understand Seattle might do this, but Seattle is big enough that it likely covers all the schools that play/participate against each other. In my opinion the OSD being first in this doesn't make them a leader but arrogant, we will do it our way, not worry about how it affects anybody else. This is a very bad idea with a whole range of unintended consequences if only OSD moves forward with this. And on another note, I feel that the first questions in this survey are very leading questions that are trying to determine the outcome.

- Parent/family member/guardian

For the amount of kids that are tardy, don't think that changing the times will help.

-Staff and parent/family member/guardian

I go to work early and cannot change my start time. My student would not get up without me nagging him several times per morning. He would still have to get up early so I know he is ready for school before I leave for work. This type of schedule change doesn't work for working parents

- Parent/family member/guardian

With the current time student get some time to do their home work and extra curricular activities

- Parent/family member/guardian

New research has shown that sleep disturbances are likely one of the symptoms of ADHD, especially in people over the age of twelve. I am very happy to see that our district is considering taking steps that would make a big difference in those students' ability to succeed in school. Thank you.

- Parent/family member/guardian

Middle School and high School should start earlier than elementary schools.

- Parent/family member/guardian of a future student in the Olympia School District

After adjusting working schedules since moving into the OSD area, we would not be able to have our older children watch our younger child after school. We have not had to pay for

before or after school care for a 2 parent working family. This change would require us to now do this. Our kids are used to the schedule, with high school sports our kids are now going to get done with practice after 6 or 7! This is not fair after homework and getting to bed. The older kids are going to be up later to complete school work.

- Parent/family member/guardian

It is really about time...for a change in this outdated way to teach people

- Parent/family member/guardian

Nobody would argue sleep is good for kids. Start times is t the solution that would fix it. The first question is manipulative in the fact that people of course would agree all those things are important, however, you attached because of start time and those two things are. It directly related. It's naive and inexperienced and ignorant to think changing start time will solve all those problems. If you want The district to be a leader for change and influence.... maybe ask what schools need rather push own agendas

-Staff and parent/family member/guardian

I think later start times for middle and high schoolers are very important.

- Parent/family member/guardian

Personally, I think it's not a good idea. I get home really late from my extracurriculars and since school will end later my extracurriculars will end later making me come home even later. This schedule change would overall have a negative outcome for my learning experience and my extracurriculars. I learn a lot better earlier in the morning and I like starting early.

-Student, Captial High School

I don't think OSD should move forward with this change until the rest of the state makes the change as well. It will be a hardship for OSD student athletes to miss more class time than they do now and opposing school districts won't be accommodating to OSD scheduling needs. There is no rush to make this change. The State Legislature should look into standardizing start times across the state. My children have adapted just fine to the current start times, so there is no benefit for us.

- Parent/family member/guardian

This won't work and will impact elementary school kids poorly. Speaking as someone in the educational psychology field, Elementary school children need more sleep than middle or high school children. The science isn't even there on this one at all! And extracurricular activities will just be pushed back anyway, resulting in these older kids just going to bed later anyway. Perhaps the problem is these kids being pushed too hard and having late bedtimes from extracurricular activities and lots of homework and not the school start time.

My child's elementary school isn't even equipped to do drop off properly in the dark (especially those who walk down the dark street to get there -a street without street lamps) so this would not be safe.

- Parent/family member/guardian

I really do not want to get out of school about an hour later. I will not be able to participate in activities i really love because of this. It absolutely will not make my academic life easier or better. It will make things a lot worse and I will be less focused. PLEASE DO NOT CHANGE START TIMES!!

-Student, Washington Middle School

I wouldn't be able to have a ride to school because my mom has an early work schedule so she drops us off normal time then goes to work. I would have to ride the bus and personally I don't like riding the bus. I'd rather get to school early and be able to be organized at school. Starting later would make it much worse. I believe that it is the students who need to take control of a bed time and a wake up time. Knowing my classmates they would take this as an excuse to go to bed even later. No sleep would make the day worse. Also I attend Washington Middle School and getting out later I would have to go straight home instead of doing an activity after school. Which effects my family's schedule. Thank you for reading this and consider keeping it the same.

-Student, Washington Middle School

I work at CHS and have an elementary student at HES and a middle schooler at JMS. The time for middle school and high school must stay close to each other so that we can drop him off and pick him up around the same time as coming and going to CHS for work. Our elementary student will be at JMS next year so as long as you don't change the time mid this year, then we will be fine.

-Staff and parent/family member/guardian

This survey is not properly capturing all of the logistical implications to consider. What other local districts and schools are implementing this change? This should only happen if the State were making a holistic change and we shouldn't try to do this because other districts across our State (Seattle) have done it. That doesn't help our coordination of events with other schools that have different schedules. Every family dynamic is different with regard to transportation, child care, etc. but ultimately the children should be put first when making this decision. Therefore, if the child will be missing class time to accommodate after school activities then this is to the detriment of the child. We need to be having the discussions about how to manage our time properly and achieve enough sleep. For many students this means putting down the cell phone or walking away from a computer so they can get enough rest. Moving school schedules with this ideology that they will come to school more rested is not going to work. Children need to be taught time management and this includes sleep management. We're focusing on the wrong solution to the problem with changing start and end times for high school and middle school children.

- Parent/family member/guardian

i think i am getting to school on time and if i sleep in more i will not want to wake up so my answer is don't change the time.

-Student, Washington Middle School and Olympia High School

The data around later start times for adolescents is clear, please let them start later!

-Community member

Starting later would increase safety for those biking/walking to school. Right now its really dark, which also means its cold and still frozen over.

-Student, Olympia High School

The school district does not need to be the parent. Parents can take some control over their students' sleep patterns. Later start times are not going to provide more sleep. Kids will just stay up later. I agree the studies show older students need more sleep. Changing school start times is not the answer.

-Staff and parent/family member/guardian

you'd be affecting everyone teachers and parents will have to change there whole schedules and find child care students will have less time to do there job and there school changes may get them fired also surely if research suggests that more sleep means better learning for teen it also means the same for elementary school children Frankly I'm disappointed you would even suggest this high school is preparing students like myself for the real world my job wont let me sleep in! college wont let me sleep in! this change would effect almost everyone in a negative way

-Student, Avanti High School

I am significantly concerned with the approach the OSD is taking. I do not disagree with the importance of sleep for ALL children; however, OSD is being short-sided on the impacts, quite frankly minimizing impacts or not communicating them. California recently implemented this Statewide (passed a law) and part of that implementation is to study impacts. Other states in the nation are observing California's impacts prior to implementing. Should this be the approach, it should be initiated by OSPI and through legislation so that ALL schools in Washington are on board. This will minimize the organizational impacts (transportation, extracurricular, sports schedules, field availability for the community, child care for younger students, etc). The fact that this survey felt it necessary to include whether people felt it was important that a few other schools in Washington (Seattle district which pales in comparison to OSD) are doing it and how we felt (being behind the curve, not sure the reason for that question??), is alarming. We don't care what a few other schools are doing. OSD should not operate in a silo and feel the need to be one of the "firsts" but rather implement something right. In addition, many are not aware of the Citizens Committee and the initial survey was not fully distributed or completed (I received the complete rates from the District office). In addition, something so significant as this had a survey and a brief paragraph in the middle of a standard OSD newsletter. It will be missed. Something this important should have an email on its own. It feels to many that the OSD is attempting to hide this, the decision is already made. Any other State agency would be held accountable for this spotty approach. I do not support this change. I would support it if it came from OSPI and statewide legislation.

- Parent/family member/guardian

The missed class time for afternoon activities is a very negative effect of being the only school in our league to have this later schedule. It puts our students at a great disadvantage to miss so much class time. And it has my student home alone in the mornings because school starts after we leave for work. This is not a good way for him to start his day. All this does is shift our schedule later so students will be busier in the afternoons and go to bed later. There is no benefit that I see.

- Parent/family member/guardian

Losing extracurricular time and its just a cycle that kids will tend to move irrespective of start time. How many extracurricular kids got affected and how they mitigated where it was evaluated? The questions did not ask if we agree to move the start time even though the survey says and seems like OSD is already made up its mind. It is not how important moving, should we move or not

- Parent/family member/guardian

I know that most elementary kids are wired to be up early. But not all. Our child would struggle immensely with a 7:30 start time. She's just not wired to be up at 6:30 and out the door by 7:15 (and we live 3 blocks from school and have easy transportation). We've been fortunate to get two jobs in our household that are carefully chosen and scheduled to work around the current elementary schedule. With the shift described, we would likely have to add after school care or one of us would have to find a different job. Having lots of notice for the change in schedule will be critical because a job change would make better financial sense. How do start times impact elementary kids walking and rolling to school? Developing the habit (for child and family) is harder at a later age. And the health benefits are important too. I assume that a later start time for older kids could increase their walk/roll.

- Parent/family member/guardian

It's not necessary to change our start times.

-Staff

I think 8:50 is really late for a high school. Perhaps 8:15 would be better?

-Student, Captial High School

The world doesn't bend itself to accommodate employees. Students should get used to the idea that they need to conform to social norms. G

-Staff

NO student should have a start time before 8:00. Do not create significant new problems by having an early start time for elementary students. When research is reviewed and it shows overall high school students tend to sleep later in the morning, it is important to remember MANY elementary students are still asleep at 7:30 am. Also, it is important to remember that elementary students who attend a special program may have an hour bus ride in the morning.

With a 7:30 start time, their bus pick up time may be as early as 6:30am. That is way too early for a young student who has special needs.

-Staff and parent/family member/guardian

as a small business (childcare owner) that relies on middle and high school students to help in the afternoons with the school kids this will affect me. many high school students rely on after school jobs to help family out.

- Parent/family member/guardian

Our student could learn more easily if there were comfortable chairs, the environment would feel more natural and relaxed. We use this method at home and are very happy with it. Snacks during the learning time would also facilitate the student's learning, some days he is too hungry to learn but does not want to eat in front of other kids who do not have food.

- Parent/family member/guardian

I think the change for older students is taken at the expense of younger students and families of younger students. What's the impact of waking up a first grader for early start times? A high school student has issues with early start times, but waking up a 7 year old is ok?

- Parent/family member/guardian

i need more time for sports, my job, and taking care of my elderly family members.

-Student, Olympia High School

I agree with the research and not enough students participate in sports to create an issue.

-Staff

After school activities will start later, resulting in later arrivals home and later bedtimes - resulting in less sleep. It defeats the purpose. And you will find as I did from other areas, that activities, optional classes, etc. will be scheduled before school, resulting in early mornings for students regardless of a later start.

-Community member

For me, it's more about the convenience of matching start times to my work hours than any performance benefits for the kids.

- Parent/family member/guardian

This survey is incredibly slanted. I'm a bit embarrassed it went out to the whole community. We can do much better than this.

-Staff and parent/family member/guardian

I don't agree with this. Winter time especially because it's so dark out and these elementary children are so small, they do not need to be outside waiting for the bus in the dark. Also for parents who have elementary, middle and high school students, some of them rely on the older students to watch the younger ones. So why would we have the younger students start and end

before the older students. Most jobs require the adult to start around 8 am. So let's teach our older students how to work in the real world and get their schedule adjusted with a job. I do not believe it's fair for the younger students to start so much earlier than the older students. For me as a parent it upsets me.

- Parent/family member/guardian

Older kids can stand in the dark I don't want my first grader!

- Parent/family member/guardian

I'm a teacher too and it would be very difficult to get prepared for a 7:30 start time.

-Staff and parent/family member/guardian

I am concerned having kids running amok before school. More time for them to get stoned & drunk before School. Also less time to do homework.

-Parent/family member/guardian

More time to sleep since I can never fall asleep when I do I lost 1 of sleep

-Student, Washington Middle School

Thank you for providing this option. As a high achieving high school student, I support this proposal as one of the most difficult parts of high school is getting enough sleep to be on top of everything all day. Thank you!!

-Student, Avanti High School

This change would directly impact the time I get to spend with my family in a negative way. As mentioned, my commute would be extended by close to an hour a day which I would lose spending with my family AND would cost me more in child care. If this were to pass, I would heavily consider finding employment in a different district.

-Staff

I feel it is extremely important for high school students to start school at 8 am. I understand they need a good amount of sleep for development but I also believe it gives them unrealistic expectations for when they enter the work force. If they need more time to sleep then they should go to bed earlier.

- Parent/family member/guardian

My biggest concern is how after school sports tie in. My son already gets home at 6pm. Running practice an hour later would be hard on him and his ability to get homework done. Changing practice to morning hours would negate any good that comes from a later start time.

- Parent/family member/guardian

North Thurston SD found that supervision of apartment kids during the am hours was lacking due to parents leaving for work causing lots of extra trouble for the middle school kids that followed them to school .

-Staff

Will the district help with childcare costs? By releasing my elementary student that early, I would need 2hrs of daycare, vs 0 right now, for 2 more years if it goes into affect next year.

- Parent/family member/guardian

7:30 is far too early for elementary students. Not all small kids are early risers. Parents rely on older kids to watch younger ones. Now elementary kids will get out of school earlier than middle and high school students. Kids will miss more school because of sports and as of now the counseling center does not let them adjust their schedules if they have their hardest classes 5th and 6th period. High school aged kids will not get more sleep, they will just stay up later at night. Many kids do activities and have jobs not affiliated with the school this time change will push those activities later which will push homework later which will push when they go to bed until later resulting in no extra sleep for the kids. Reach out to parents in other districts that have implemented this and see what they think. Bend school district in Oregon just implemented similar changes at the start of the school year and parents are NOT happy.

- Parent/family member/guardian

I do not want to miss for sports so if you move start times back I probably won't participate in all of the sports I am planing to now

-Student, Olympia High School

It's not acceptable to start grade schools at 7:30 in the morning just to save some money. You can't just choose to look at research supporting later start times for High Schools and Middle Schools, but expect everyone to think it's healthy for our younger children to start earlier in the day. It feels like the school distric is trying to pull a fast one and just rearrange start times and sacrifice the elementary students.

-Staff and parent/family member/guardian

klds are going to school tired

-Community member

"This is a completely thoughtlessly put together proposal. There is nothing in play to address the consequences of this change. Will kids who play sports have to Miss two full periods for away games? Will OHS actually allow schedule changes based on the need to avoid sports conflicts for kids who have classes such as calculus and chem at the end of the day? It is nearly impossible to get a class change at OHS. Will athletes get preference? Will sports fields be lighted so kids can actually practice later or is that not budgeted? (We need light to it practice.). Over 800 participants in sports at OHS last year. And if we love from SPSL league to other one our kids will Miss even more school for away games. It is WAY more stressful to miss class and try to make up the work than it is to get up 60 minutes earlier. Think about the fact you are putting all the athletes (hundreds of kids) in this crappy situation. Talk about stress. How would you like to regularly miss calculus, chem, physics, Spanish, etc? .

- Parent/family member/guardian

We know what the brain research says, we should do something about our schedule.

-Community member

Think of ALL kids just not a few that this will effect. Kids can go to bed earlier if they need more sleep but they don't. If there is a later start time, the kids will just stay up later because they can " sleep in".

- Parent/family member/guardian

Spend the money; it is important.

- Parent/family member/guardian

If the intent is to reduce stress then I'm laughing. Being forced to miss classes if you are an athlete (800 kids at OHS participated in sports last year) induces MORE stress, not less. Being put in a hard class at the end of the day and being powerless to get a schedule change (current OHS situation) causes ANXIETY. You are actually creating a more stressful environment for a large population of kids. Please reconsider.

- Parent/family member/guardian

Griffin already has later start times, answered to address future attendance at Capital

- Parent/family member/guardian

Thank you for providing this survey!

-Student, Centennial Elementary School, Olympia High School

I would love to start school later but my only concern is having enough time for homework with sports.

-Student, Olympia High School

I have doctors appointments and my parents require me to take all advanced classes so moving school to later in the day causes me to have to skip classes to go to doctor appointments as well as I do a sport so I would be missing even more school.

-Student, Olympia High School

High school students are already under an immense amount of social and academic stress. Allowing them to receive an extra hour or so of sleep is scientifically proven to reduce stress, anxiety, and depression.

-Community member

This is unacceptable to have elementary students start earlier. I will be very very upset if this takes place!

-Staff and parent/family member/guardian

How will we support our athletes? Missing more school will not create less stress.

-Community member

I will admit initially I thought this was a good idea. However, after more discussion among parents I don't feel that way. I would feel differently possibly if we weren't the only school district doing it. From what I understand it doesn't make sense for our athletic programs. Our athletes missing more school is not an advantage and falling behind academically will have me keeping my kid out of sports. From our experience teachers at CHS are not sympathetic to kids missing school for any reason. In our house we have found teachers don't take time with the kids to help them if they are behind, whether it be from sickness or athletic absence. It would be nice if the school district laid out ALL the information not just the parts that sound good. Also, transportation doesn't affect me and I have a flexible schedule but I know it affects many families. What are parents supposed to do that can't drop their kids off later? Again, this in theory sounds good, MAYBE, however, I'm not convinced OSD being a leader in this area is a good idea.

- Parent/family member/guardian

It would make sports impossible because of missing classes. Kids will stay up later because they can sleep in longer. Won't necessarily be improving sleep or tardies

-Staff and parent/family member/guardian

It's more important to get home earlier because we are busy. It would ruin plans if school started later.

-Student, Capital High School

I 100% agree that middle and high schoolers need more sleep. However, starting elementary schools early would severely impact the business I own and the amount of work I would be able to get done in my day.

- Parent/family member/guardian

It's critical that school starts later, right now OSD is running opposed to the clear, scientifically proven benefits of school starting later.

-Student, Pioneer Elementary School, Washington Middle School, Olympia High School

I read the CHS booster club information about the importance of leaving the high school schedule alone because student athletes would miss more class. My kid's scores were lower during baseball season every year. Do you have statistics on student academic performance who participate in athletics? Kids should do well in school so that they can participate in athletics. If they miss more class, that's not necessarily a good thing. Have sports competition start later in the day. Play teams that are closer to home, like North Thurston and Tumwater. How many games/sport is enough? Don't join a league, be the strong independent program, like Notre Dame.

-Community Member

How do you justify students missing more class time for athletics? What is your mitigation strategy for fields and gyms if you take additional practice hours away? If students are going to attend zero hour, how does this change the sleep?

- Parent/family member/guardian

Have fun

- Parent/family member/guardian

Missing class for games and meets is already a source of tremendous stress for my student athlete and would be compounded by this change. I am also concerned that daily afterschool practices would run until last 6:00 pm. I also have a concern that coaches, music directors, and others will fill the extra morning time with mandatory practices, rehearsals, etc. which would defeat the purpose of the later start time. If this were to be implemented, my preference would be to wait until more of the local schools, especially in our conference and district, we're ready to make the change at the same time.

- Parent/family member/guardian

You need to change start times.

-Student, Olympia High School

I want school to start later but i don't want it to end later.

-Student, Olympia High School

Changing start times is giving into slacking children. When you grow up and get a job. 4 out of 10 jobs have you up by 7 am. It gets you ready for adulthood.

-Community member

I do not support this. The latest I think would be feasible for high school students to start would be 7:30. Otherwise, they get out too late to do a lot of activities. Also, starting later would cause my kids to have to ride the bus in the morning which picks up 1 hour before school starts - despite living only three miles from school. They currently would have to pick up at 6:40. We drive them to school because 6:40 is way too early, but the current start time fits with our work schedules. Starting after 7:30 would interfere with our work schedules.

Also, having to take the bus actually risks them missing school/being tardy because they would catch the bus after we leave for work.. so if they missed the bus there would be no one to get them to school.

- Parent/family member/guardian

Middle and high schoolers need more sleep.

-Community member

Please do not make the time later . It will not do anything because it won't. If they don't want to come they won't no matter the start time. Some students like mine are heavily involved in

athletics and are extremely dedicated. That have 5 hrs of practice every day and already need to skip a part of school. Later start times will result less practice and less time at school

- Parent/family member/guardian

If you push back school start times, then chances are that most students will just stay up later the night before. Chances are that school times are not the problem, it's their home situation and sleep schedule they set for themselves that depicts how tired they are the next day. And pushing back times will affect students who take hard classes and do a sport in a negative way.

-Student, Centennial Elementary School, Washington Middle School, Olympia High School

start times are ridiculous for the older students

-Student, McKenny Elementary School, Washington Middle School, Olympia High School

What about the importance of elementary school children getting enough sleep as well? It would seem detrimental to their education to start them at 7:30 AM. Do not attempt to solve one problem by creating another problem.

- Parent/family member/guardian

Possibly a little earlier so we still get out of school pretty early

-Student, Olympia High School

My teen struggles to get up early every day.

-Community Member

I am concerned about enough time for homework

- Parent/family member/guardian

Keep the current timings

- Parent/family member/guardian

There are some days a week where I would have just under 20 minutes to get to my after school sport.

-Student, Olympia High School

Starting Elementary at 7:30 is ridiculous

-Staff

Transitioning from a HS start time of 7:45 to 8:50 is a concern - particularly for students involved in extracurricular activities. What about 8:15 or even 8:30, instead?

- Parent/family member/guardian

None of the schools should start before 8:30

-Staff

If we're the only HS in the conference with the late start, our athletes will be missing so much school that I'm not sure how/if the benefits will apply to them. It's a great idea if you could figure out a way to make it work for everyone, but if a kid is up until 1 or 2 doing homework because he's behind from missing so much class and getting home at 8 or 9 after a game then he's not getting more sleep.

-Staff and parent/family member/guardian

ALL DATA SUGGESTS later start times BETTER for weight management, cognitive performance, and overall health. We may be on the precipice, but let's start the change!!

- Parent/family member/guardian

Research supports the need for later start times.

-Community member

I have concerns about a 7:30 start time for elementary school students. Many families may struggle getting their child to school on time. I would also be concerned about kids walking/biking to school in the dark during the winter months. Not convinced all students would be awake and ready to learn at 7:30am but not convinced that it would be worth a large increase in transportation budget to accommodate all elementary schools starting at 8:00 or later.

-Staff and parent/family member/guardian

Please change the times! I'm always so tired in the mornings and it's so hard to get out of bed. I have to give myself a mental pep talk to remind myself that I want to be in school every morning. Please follow through with this!

-Student, Centennial Elementary School, Olympia High School

I don't think it will matter either way, if we make the start and end times later there will be higher chances at kids not showing up on time due to the fact of sleeping in and kids leaving early or skipping due to later end times

-Student, Centennial Elementary School, Washington Middle School, Olympia High School

7:30 is unreasonable for elementary students. My little kids don't need to wake up at 6 to be able to get ready and catch a bus. This wouldn't be healthy for them. We would also end up having to hire a daycare provider until we're off work if they get out of school so early. This will be a huge cost addition for our family. 8:00 or 8:30 is much more manageable.

- Parent/family member/guardian

I would only be in support of the time change if the whole state mandates it.

-Staff and parent/family member/guardian

Later start times mean later sports practices. Students will stay up later finishing homework and will lose out on sleep anyways. They will need to miss out on more school time for away meets. Not worth it. Students won't get more rest with later start times.

Make your decision on science and what is best for the majority rather than opinions.

-Staff and parent/family member/guardian

School Starts Super Early And Im A Slow Starter Who Wakes Up Late

-Student, Garfield Elementary School, Jefferson Middle School, Capital High School

none

-Student, McKenney Elementary School, Washington Middle School

Do not move the start times. Kids need to start to understand what will be needed in their adult life to be successful....."early bird gets the worm". Why would we put our kids at a disadvantage starting out in life?

- Parent/family member/guardian

When I was in high school, I loved school so much I took an extra class and started at 7 am every day. I had an abundance of energy. In fact, I felt far more energetic than I do now. Now, I am a 33-year-old parent of two children, and I have never felt so tired. It sounds like absolute misery to start our daily routine an entire hour earlier than we currently do.

- Parent/family member/guardian

I will reiterate my concerns about the darkness before 8:00 a.m. Definitely a safety issue for elementary students and families. Also many families struggle to get their kids to school on time currently.

-Staff

I feel if you move up the start time for elementary students you will cause a big issue in the system. They are learning the foundations that you build on in Middle and High School. If they have that early if a start time, they will be tired and more likely to miss school more. I've seen it in previous districts.

-Staff

Leave it alone. You're over complicating things. Kids that want to get to school on time will, and they go to bed on time. Later starts won't change a damn thing- and just make getting a job and doing homework even harder (something many students so)

- Parent/family member/guardian

It's time to use the data provided from research to improve student success and not keep the status quo of "it's been like this for the past 80 years."

- Parent/family member/guardian

It will screw up schedules for student athletes. Participation will drop in athletics because student comes before athlete.

-Community Member

This is way overdue. I'm happy you're working on it now.

- Parent/family member/guardian

I think moving start times later will not mean kids get more sleep. They will probably just stay up later. Also, this will have a very negative impact on sports, especially if just OSD makes this change without every other school in their sports District 3 making the same change.

- Parent/family member/guardian

Thank you for looking into this.

- Parent/family member/guardian

I am frustrated by the survey questions. They are worded to promote support for the start time change. For example, I strongly disagree that a significant increase in transportation costs is acceptable to support the later start for high schools, AND I don't think it is acceptable for elementary schools to start at 7.30am. But the question is whether I support a cost increase to alleviate the elementary school problem.

- Parent/family member/guardian

The health benefits for our kids far outweigh the logistical challenges. Thank-you for making decisions based on science and not opinion. The science is very clear about the importance of sleep.

- Parent/family member/guardian

Although several people may be concerned about athletics, it is important to understand that practices can take place in the mornings. When I was in high school 10 years ago we had a schedule change and my practices were moved to AM practices on certain days. If students want to be a part of an option program during the school year then they should also be willing to change their schedule to suit their needs. As a coach in the district I strongly believe that this is something students are capable of doing. I regards to missing class time for athletics I strongly believe that schools need to start finding other schools to play closer to our district. Most of their time is wasted in driving an hour to a location. I also think that game times can start sooner! A lot of times the buses arrive to the game location and the players sit for an hour before the game starts. There are things that can be done to support a later start time and I believe it is in the best interest for our student population as a whole.

-Staff

The current start times for high school are not in students' best academic interests. I don't know how other Districts that have made this change have dealt with the extracurricular schedule of many students

-Community member

I know students that can even get here with a late start as it is, I feel they will just stay up later than they already do. Maybe families need to change the way things are run at home, like gaming, tv and phones

-Staff and parent/family member/guardian

dude i need this extra sleep

-Student, Olympia High school

I am not enrolled in any sports or other activities.

-Student, Jefferson Middle School

Participation in Sports and other extracurricular activities benefits our school district and our students, as both life experiences and in bolstering college acceptance rates. I regret the class absences our student athletes (including my child) may experience due to this change. I trust that teachers and administration will concurrently implement practices and policies that will help students to meet the challenges created by missed classwork; such as flexible test times/dates, before school tutoring, and additional support. Our students deserve full consideration of ways to mitigate negative outcomes from this change.

- Parent/family member/guardian

I've been speaking with parents at different bus stops and online, not one single parent wants this change. Many have expressed that it would create a financial burden on them if this were to happen. For my family, my wife would have to either quit her job or we'd have to find child care for pickup and drop off, again a huge expense. You're asking a large portion of your tax base to either dramatically change their schedule, adjust their budget, work schedule, or possible giving up their job so that you can look better. Also, what will happen if you make this change and suddenly elementary school children's grades start to suffer? Are you going to change the times back? I know from my two elementary age students this will make it harder for them to learn. Furthermore, your questions make a lot of assumptions, such as: "I would benefit by starting work earlier if my student's school started at:" In what world are people able to dictate their schedule to their employer? Just because my student starts earlier doesn't mean I can just tell my boss I get to change when I start my workday. For your question:

"Would eliminating the 7:30 start times so that all elementary schools would start after 8:00am be worth a significant increase in spending for transportation?" A better idea and question would be is it worth the spending increase to have all grade levels start at the same time. Keep elementary at the time they start, move middle and high school to those times. I'd rather pay higher taxes for that than forcing elementary school children to wake up earlier.

In the end I have a feeling you're going to do what you want to do, and not what your tax base wants. Just like making every Wednesday an early release. I have yet to meet one parent who said they wanted that change. I'll be watching this issue of adjusting the times closely. If it does happen I'll be submitting FOIA requests for copies of the survey responses, the results of these surveys, and all transcripts of related meetings.

- Parent/family member/guardian

It only works if students do not miss more class time at the end of the day. If the community is willing to have later sport times for games, then this is valuable. If students miss additional class time, this is not valuable. How can we work with City Transit to not increase the traffic and utilize the public transit that we already have in place? Starting students closer to 8:00am is a model that follows a traditional work day. Placing more emphasis on zero hour is a negative impact to students. Increasing the required school day minutes/periods and the length of the school year is a better choice. Moving to a year-round schedule with 6 weeks for summer proves to be a better practice for student retention.

-Staff

Increase transportation costs to support more similar start times that allow for a small difference to account for parents who have to drop off at multiple schools due to enrollment in district programs that are not within the school bus boundary or provide transportation for families enrolled in those programs to help support transportation to out of boundary school busing restrictions.

- Parent/family member/guardian

As a parent of former student athletes in the OSD and continuing supporter, I am concerned about how the schedule changes would impact class time missed for travel, meets/games, and practice. If our leagues were not so geographically large, this would be less of an issue. My 3 former students gained valuable life skills from participating in sports, and each went on to play in college: men's soccer, women's track, and women's dance team. Thanks for the opportunity to weigh in. Finally, I am concerned about the validity of such a biased survey that lays out the district's position but none of the potential negatives for families with childcare needs, students who must work after school, etc.

-Community member

What is best for students should not be based on money. We have to find a way to get more buses.

-Staff and parent/family member/guardian

do it

-Student, Capital High School

I hear there are studies and benefits so I'm not opposed to trying. I think people will complain either way :)

- Parent/family member/guardian

It has been statistically proven that later school start times are beneficial for students' academic success and personal health. No better time than the present to make this positive change.

-Staff

I think the proposed change is a detriment to our scholar athletes at CHS, which comprises about 800 students. Particularly our IB students, as missing class for them is a huge burden, and

yet to be an IB candidate, they must have CAS hours and athletics is a major way that many of them get those hours. Likewise, many of our students must have a job in order to support themselves and their families. Delaying the end time of school will make it much more difficult for our students to work. This is a lose/lose scenario for all involved. I believe Seattle has tried this and found that their 1st period attendance improved greatly, while their 5 and 6 period attendance dropped. I see no reason to expend energy and finances for students to get one additional hour of sleep, when many will simply stay up later.

-Staff and parent/family member/guardian

I need sleep to succeed in high school

-Student, Olympia High School

I think it's beneficial to start school later, but it could cut into after school activities (including sports & clubs)

-Staff, Olympia High School

I would like LP Brown to start early (7:30) to help the low income student not be at home alone for hours before the bus comes. School attendance would improve and it would help the parents who cannot afford before school care.

-Staff

Students have jobs and that would cut back on hours and for sports miss more school.

-Student, Capital High School

for extracurricular sports outside of school there will be less time for in the winter months due to the amount of daylight. At the school start time there is already a time crunch for day light in the sports I participate in. Moving the start time back there would not be enough time to get there and then practice. This would be a huge disadvantage to us against the other teams in the state.

-Student, Capital High School

Ridiculous

-Staff

I think that making highschool start later is a terrible idea. I will be going to Olympia High School Next year, and if we get out late there will be less time for after school activities, homework, and practice. If I did sports and I Got out later I would have little time for homework. I also wouldn't have time to do my things I need to do at home, and I would not have time to watch siblings when I needed to do that. Highschool is more fun when we get out early, and I'm already used to waking up early, so It would be harder. Kids would need to adjust their whole schedule if start times were changed, so they should not be changed. This is the Worst Idea ever. I do not think this should happen. I already get enough sleep and wake up at 6 am, so there is no need to change the start and end times for any school.

-Student, Olympia High School

I currently a junior at capital highschool, as a highschooler, my sleep pattern is already unstable. A later sleep time could help some people with sleeping problems, a downside however, would be that now there are certain things parents are unable to do. And a parent who has to leave at a specific time, cannot drop their kid off now that the school start time has changed, and the student will need to find another way to school. Or for teachers that are parents, a difficulty of rushing over to pick their kid up since they[parent] get out later.

-Student, Capital High School

Even if the result of the change is not a financial burden, the act of the change will cost the district money. The change to the secondary start times will cause more harm than good. When the district tells us there is not enough money for staff salary increases and materials to teach class, I find it alarming that they are willing to pay for this change which will make little to no positive impact and numerous negative impacts. Starting school later will cause students to go to bed later and will not increase their sleep. Furthermore, science shows that we get the most benefit from the sleeping hours before midnight. This will decrease those sleeping hours. In the future workforce, our secondary students will need to be ready to wake earlier than we are asking of them now. They need to start learning and practicing good sleep hygiene based on the given schedule, not based on their own desires. Kids who like to stay up, will simply stay up later and kids who like to go to bed early, will still go to bed early - but may be more stressed by less time after school to complete homework and other life activities. I am VERY concerned about the drastic increase in athletes missing class based on this change as competition times will not change. I think this change is an egregious waste of public funds based on a small percentage of vocal parents and a strategically selected body of research.

-Staff and parent/family member/guardian

We have so many students with rough home life. Students who constantly do not get enough sleep and on top of that have to wake up extremely early to commute to school. Having a later start time would be so much healthier for the students and family. Teenagers NEED more sleep, their bodies are going through so much change and rest is extremely important

-Staff

It would make it much more difficult for families, especially for sports but also for transportation due to work schedules. Also it would make it more difficult for me to get to my job due to a later start and later end. It would affect transportation for my own family and my own students which go to school in a different district.

-Staff

I feel like there are other equally compelling factors in this conversation: we deal with the whole child not just their ability to accomplish academics: sports, curricular, work....sports kids don't get home until 7:30. I can't imagine impacting kids even more by taking away more family time and less time for homework. Perhaps if kids aren't well rested- families could focus on how to help that so kids don't just stay up later....?

-Staff

I get more work done in the morning, so starting later will give me more focused time to plan before school.

-Staff

I understand sleeping in would be better for the kids. I know I would have loved this when I was younger but it seems like there are too many factors to make this a success right now. Maybe we should educate parents and teens about the value of sleep, putting down the phone or video game and going to bed. If they know they are going to sleep in, the kids will probably just stay up later anyway. A later start time for MS and HS will make a huge impact on sports as well. Right now, our kids miss a lot of school for away games and this will only be worse if the day starts later, unless we started playing schools closer to Olympia. When I was a student, we played teams that were across town or less than an hour away. Any chance of getting that back? Is there an option for a flex type class that athletes could take earlier in the morning so they would have a free period in the afternoon to leave? Since everyone takes English, offer an early English for those kids in sports. And what about teams that come to our school for games. Will they just wait in the parking lot for our kids to be done with school or out of the gym? This would only work if all the other districts moved their times too. Why is OSD pushing for this rather than getting the rest of the districts on board first. This also impacts the number of hours our children can work if they are not in sports. Our daughter's work schedule is 3:00-6:00 (close). I'm not sure her boss will keep her if she can only work less than 2 hours. It's not worth her time to drive to work for only 2 hours either. For some low-income kids, they are working to help their family so this would really have an economic impact on them. Seems like the OSD has already decided they are moving forward with this new start time. Not a great way to develop trust or win votes.

- Parent/family member/guardian

Changing start times may throw people off of a schedule that they are already used to

-Student, Olympia High School

I think the biggest issue is with the elementary schools. I am not a parent of a child in elementary school, but most parents will likely not be able to pick up younger kids at 1:50 - 2:50. This will likely result in kindergarteners having to navigate the bus system, which will not end well.

-Student, Olympia High School

If school was moved back we would have less time for sports and in turn less time for homework. We will get home later and in turn go to bed later, so there will be no more hours of sleep. This is an awful idea and the start time should not be changed.

-Student, Capital High School

It won't change how much sleep we get if we change the school schedule it will just move our schedule. If they want us to get more sleep give us less homework.

-Student, Capital High School

If I have to get up later I will get constant seizures during the school day.

-Student, Capital High School

This is a terrible idea as we will just be going to bed later as everything else is getting pushed back. This is especially the case for athletes as they will have less time for homework after practice and they will go to bed later, so there will be no difference in sleep. There are no benefits and only drawback to this idea.

-Student, Capital High School

there will not be daylight for activities after school.

-Student, Capital High School

I enjoy waking up early and going to school.

-Student, Capital High School

I feel like it wont do anything because youre moving sports back then we still have to do all of our regular things but its later and we will have less time to do so

-Student, Capital High School

I think that we should keep our schedule the same because a good majority of our school is in sports and its hard enough to have to go to late practices then cram your homework in when you get home. But if you have to leave during the school day and miss a class then its so hard to make up that extra work because it jut keeps getting piled up. We should just keep our schedule please.

-Student, Capital High school

if school starts later the rates of brain aneurysms will increase exponentially

- Parent/family member/guardian of a future student in the Olympia School District

I have a sleeping disorder and need 12 hours of sleep. You would say, go to bad earlier but i have homework...

-Student, Jefferson Middle School

I'm not a morning person.

-Student, Washington Middle School

The negatives would probably effect other people more than they would effect me

-Student, Capital High School

815 start time

-Student, Capital High School

I have a zero hour class of IB Psychology, it is my hardest class (even though I am an IB diploma candidate), and I have trouble paying attention for it and even trouble understanding things sometimes because it is so early. On the other hand, I play a sport in the fall and winter, so it would push everything back and on some days I would get home from practice at 9 and have no time for homework.

-Student, Capital High School

There is nothing wrong with our current schedule.

- Parent/family member/guardian of a future student in the Olympia School District

This would impact extracurricular activities too much my student would miss too much school. Also where is the data that supports this. Students that aren't get enough sleep because they are staying up late will just use this later start time to justify staying up later.

-Staff and parent/family member/guardian

The current schedule in place has worked. There is nothing wrong with it. I don't understand why this is even an issue. It seems like there are much more important things to be working on. Like supporting our athletics rather than hurting them like this will. Supporting clubs, band, extra curricular activities.

- Parent/family member/guardian

I see a lot of very sleepy teens in 1st period classes. Bleary-eyed, heads down. Schools cannot control how much sleep kids get but the biology shows it makes more sense to have secondary schools start later. It seems like a set-up for success to make the change.

-Staff and parent/family member/guardian

I appreciate that you want our feedback.

-Student, Capital High School

I think schools should start at 8 or 8:15 so there will be time for after school activities.

-Student, Capital High School

Early start times make zero hour classes pretty painful. It would definitely increase quality of life to have an extra hour of sleep.

-Student, Capital High School

I don't think we should start later because for people that play sports all year round for fall, winter and spring will always be gone from their later classes in the day and I don't think that should happen because you're already missing a lot of school

-Student, Capital High School

This is so important to me to make this change because if times are moved later then I will be able to do zero hour and therefore get my full IB diploma

-Student, Capital High School

This would greatly affect sports, which we know, but sports that rent out spaces would have a lot of adjustment to fit an hour later start time for the sport. The sport I do requires us to be done with practice at 5 (starts at 3) due to an outside team using the space at 5. If we start later then that means we'd get only an hour to practice, half of what we usually get.

-Student, Capital High School

Sports would cause for a loss of another hour of lost instruction time with this new schedule. Parents that drive students to school if buses don't go to their house may still have to leave at

the same time for work.

-Student, Capital High School

My concern would lie with parents getting their children out the door to school, and then getting to work on time.

-Student, Hansen Elementary School, Marshall Middle School, Capital High School

this is dumb, school is not the only thing in students' lives at the moment, work, hobbies, sports, and other responsibilities need to be factored in as well.

-Student, Capital High School, Griffin School District

I am constantly tired in all my classes especially towards the end of the day. A person 16 or 17 years old waking up at 6:00am or even earlier is equivalent to an adult waking up at 3:00am. Most students are always tired in class and have a lot of trouble paying attention so moving the time would be quite beneficial.

-Student, Garfield Elementary School, Jefferson Middle School, Capital High School

I really worry that a 7:30 am start time is still far too early, even for elementary students. I don't think shifting a young person's day to start 1.5 hours earlier than it used to is going to mean the end of their day (bedtime) makes that same shift. My young child is often wiped looking after school, and she is in bed by 7:30pm. That's a long day for small children.

- Parent/family member/guardian

"Time is money". By starting your day earlier you have more time to complete tasks and assignments after school. After school activities would be moved back further into the night making students get home later and therefore not being able to finish homework because they "need more sleep." It's irrational to think that moving start times to later in the day would be beneficial to the health of students and staff in the Olympia School District.

-Student, Capital High School

Technology is a big factor as well

-Student, Capital High School

I like having school earlier because I have more time in the afternoon, however I also understand the benefits of starting school later, and I think it will be very beneficial for a lot of people. But again, the reduced after school time is a little concerning considering that I might get home from after school activities later than before.

-Student, Capital High School

If people do sports there gonna miss 4-6 period from the games and then there gonna get home late and they wont have time for hw

-Student, Jefferson Middle School

Do not do it

-Student, Jefferson Middle School

My middle schooler would benefit from the extra sleep in the morning, as well for the developing teenage brain. I am grateful that the district is aware of the needs of their middle and highschool students and adopting this change.

- Parent/family member/guardian

Please change the time I can barley stay awake.

-Student, Washington Middle School

School needs to be later because i am always tired and sleepy in class in the morning

-Student, Washington Middle School

we need to move times later because some students need to get to school later. there would be less people being late. also people would be more alert. also get a little time to study in the morning. also people out of district would be able to get more sleep instead of waking up super early in the morning. also everyone would get more sleep. also bus drivers wouldn't have to wake up at 5:00 in the morning everyday, and teachers get a little more rest too. at the same time school would become better because moms wouldn't have to wake up super early in the morning to get there kid to school. also moms and dads would have time to get there children food in the morning.

-Student, Washington Middle School

You cannot assume that starting school one hour late will result in one extra hour of sleep and more restfulness. High achieving students that do band, zero hour, and athletics (like full IB diploma candidates) will end up staying up one hour later to get their work done, just shifting their schedule but sleeping same amt they do now. - Students that are tardy currently are likely the same students that will be tardy under the new system. They need to manage their time better and get to sleep earlier. - Significant concern about the amount of class time my 2 high school student athletes would miss over the course of the school year with late start times. They would miss 6th period for every home match and 4th, 5th, and 6th periods for away matches. If they do more than one sport in the year (both of my kids do two sports) that is a lot

of missed class time. This is an extra burden for making up class work- having to spend more hours in the evening catching up and STAYING UP LATER= more loss of sleep. - There are many other drivers of poor sleep and fatigue in our students currently including things like too much screen time and too much caffeine - Another consideration would be affecting students that need or want part time jobs. They will get out of school and/or sports later which will cut down on the number of hours available for working after school.

- Parent/family member/guardian

I think the assumption that all of these kids will gain an hour of sleep is not valid. Most kids will just adjust their schedules an hour and get similar amounts of sleep. I also think that kids that are tardy at 7:45 will also be tardy at 8:50--its a time management issue. I'm also concerned about the amount of time kids will be missing who participate in after school activities--especially sports that are played outside in the late fall, winter, and early spring when we start losing daylight. It will be difficult for some teams to have much practice time during the start of the season in the spring. Later start times will also impact the ability to work part time after school. Some of the questions in the survey are loaded--of course we all want our kids to be happy, better students, and on time. I just don't think changing school time by an hour is the way to achieve it. See if you can get rid of cell phones, gaming and energy drinks.

-Staff, parent/family member/guardian

Sports is the biggest concern if we have the students start so late. They will miss more school, harder on teachers to support, not sure how to start home games/matches while school is still in session. The negative affects on student athletes could dramatically reduce any benefit...maybe making it even worse for them. Can not effectively have students take core classes in the morning and just miss their electives in the afternoon as most students do not have "fluff" classes for elective. Band, Choir or World Language are the "electives" for many student athletes and can not easily be missed regularly even if we could only teach those in the afternoon. I suggest not so late of a start time at first and try to get the sports League on board before switching to a significantly later time. Or we stop sports being offered in the public school and make it only a community opportunity that is not bound by school hours and busing.

-Staff

Elementary school kids need sleep too! Make all schools start at 8:30am or after.

-Staff and parent/family member/guardian

I very much like the idea of moving the start times for middle and high school back a bit. However, I don't think rolling back the elementary school times is beneficial to that age group. I realize that creates an impossible situation for transportation. But, I think focusing on the ages and benefits of the kids is more important than how this change might impact (benefit) parents.

- Parent/family member/guardian

There is no guarantee that youth will get more sleep. So much change and expense for no guarantee. Teenagers have many demands for their time. Only so many hours in a day. They will either have to get up early to finish homework or stay up later. Sports, music, dance all take

time in the late afternoon or evenings. Family dinners together will NEVER happen. We should be teaching our kids self-discipline and good sleep habits rather than adjusting start times.

- Parent/family member/guardian

I am concerned how I and other staff working at the elementary schools will get our high schoolers to OHS once our school day has begun. I also strongly believe high schoolers run on a different time clock than my elementary students. My high schooler needs her sleep! :-)

-Staff and parent/family member/guardian

Many of the students at ORLA are there because they do not "fit in" with traditional schools. Making these children go earlier when they are more tired will create behavior problems in the classroom and detract from the other students learning environment.

- Parent/family member/guardian

My grandchildren that went to Komachin middle school enjoyed sleeping longer in the mornings and had better attendance.

- Parent/family member/guardian

Any benefits would be lost if students have to miss class or stay up extra late due to activities

- Parent/family member/guardian

My child care costs would skyrocket if the proposed times go into effect. My older children are my babysitters for the younger ones. And none of the after school care is anything my children like. My older children enjoy being involved in sports and they would miss a lot of class time when they have to travel to games. This can make many of the difficult classes hard to keep up in. As it is now, spring sports miss the last two class periods on a regular basis. If you make the day later the kids will miss more classes. I also feel that children need to learn some time discipline to get ready to work later in life. Parents need to make sure and teach kids that a regular sleep cycle is very important to the rest of your life. Many people can't change work schedules just because school districts change things. You could be causing people to lose jobs. Don't change the times!

- Parent/family member/guardian

Some questions were poorly written with two questions in the statement. That will affect your responses. Overall though, adjusting to reflect natural sleep schedules will be a good thing.

- Parent/family member/guardian

I'm so excited because the early start time at OHS negativity impacts my daughter on a daily basis. Last year she was close to a complete mental breakdown due to lack of sleep.

- Parent/family member/guardian

I really wish we'd had adults advocating for later start times when I was in Jr high and high school. It would have made a big difference in my overall physical and mental health. I'm

extremely excited that this is a possibility for my son and for all the kids who it would help. The sooner the better! Thank you :)

- Parent/family member/guardian

The students are going to be tired in the morning regardless. If they practice good habits at home by getting to bed at a reasonable time, reducing screen time before bed, etc. then there should be no issue in staying with the current start time for high school. We've done this die heads and have been successful.

- Parent/family member/guardian

My middle school child's school is doing later start this year and it is not providing the additional sleep or positive effects because she is still up early enough to need to take part in the early school events due to our work schedule and her after school activities. Her after school activities, which include a weekly counseling appt and athletic activity are important enough to her overall motivation, mental health, & physical health that we pull her out of school early to participate. Next year when she is an OHS student, the school will lose funding because we will pull from her school day early. She will make the credit up during summer, if needed.

- Parent/family member/guardian

It would be easier to make my kid take bus in morning, rather than drive her

The students are going to be tired in the morning regardless. If they practice good habits at home by getting to bed at a reasonable time, reducing screen time before bed, etc. then there should be no issue in staying with the current start time for high school. We've done this die heads and have been successful.

- Parent/family member/guardian

My student stays up late to finish all her homework to get great grades. She needs more rest mentally to keep studying well and because she's growing.

-Staff and parent/family member/guardian

no answer

-Staff

Support later start times for all. Please do not make elementary school start times significantly earlier.

- Parent/family member/guardian

One of the only factors that makes us consider homeschooling is the early start time for high school. High school students need adequate sleep, and they are unable to achieve that while also completing their homework, and perhaps having some down time after school. We need to promote balance in our teenagers' lives, and allowing them to get more sleep, so they can fully engage in their education will help to do that.

- Parent/family member/guardian

We have 3 kids - 4, 9, and 14. It would be really great for our family for elementary school to start at 7:30 or 8... Additionally our high schooler would benefit from more sleep. And speaking from my high school experience, too much free time in the afternoon is bad news for teenagers!

- Parent/family member/guardian

If this is done, it should be required that on days where athletes have games or students leave early for extracurriculars, teachers should upload lessons, lecture notes, assignments, and PDFs or pictures of handouts into Schoology so that they have the opportunity to know what they've missed and can catch up (due to missing more school than with our current start times).

-Student, Capital High School

Although I am aware it could slightly help students, the element that cannot be controlled is the sleep schedule parents aren't implementing for their children.

- Parent/family member/guardian

If school starts later, then there will be not be any time to do any afterschool activities and we would have less time to finish our homework, there would even be a chance that we would do our homework till midnight.

-Student, Olympia High School

It is not up to the school district to prioritize a student's routine. This is an obligation for the student and family. Moving the schedule later only means that the troubled kids can stay up later. Solves nothing!

- Parent/family member/guardian

Thank you!

- Parent/family member/guardian

This is long over due. This decision should be based on science and considering the welfare of our children. All other considerations should be secondary. It is high time the leadership of OSD did what is right for the children!

- Parent/family member/guardian

sounds dumb to me

-Student, Reeves Middle School

Because it is expensive to run more buses to allow for later start times for high school, while not changing the elementary start time, I say the start times should not be changed.

-Community member

Thank you for letting us students be able to contribute in improving our community a little better.

-Student, Garfield Elementary School, Jefferson Middle School, Capital High School

This is a terrible idea!!

-Parent/family member/guardian

Kids need sleep

- Parent/family member/guardian

My high school student is able to monitor herself and get to school on time. With a later end time she will miss daylight hours needed for extracurricular pursuits and job opportunities. She will be unable to pick up siblings at bus stop after school. This will cause a hardship on the whole family.

-Staff and parent/family member/guardian

I really need the later start times because as it stands I am unable to stay focused at school in early periods and later periods. I have to stay after school on Mondays through Thursdays just to stay caught up.

-Student, Olympia High School

I have heard in a financial sense that people spend what they make. I think the same idea applies to start and end times of school. Students will stay up later, I think, because they know their school time has shifted later. I think the shift won't impact sleep health for the better, but it will shift the habits of staying up late to a later time. Since sleep health isn't about time of waking up for the day but about overall quality and length of sleep, I think students will abide by their normal routines and get the same overall amount of sleep.

-Staff

I think 7:30 is too early for any child and know that my elementary aged children would not do well with that start time either. I understand that younger children do better in the mornings than teens, but none of my kids are morning people. I really hope that ORLA Montessori is one of the schools looking at an 8:30 start if this is implemented, otherwise we will definitely struggle with anything earlier. I do really support the high school starting later though. I will have a freshman next year and I know his brain doesn't function well early in the morning and I've actually been stressed about him having to start school so early next year. So I know he would really benefit from a later start.

- Parent/family member/guardian

I currently wake my 5 year old up at 6:30 for an 8:35 start at Garfield because she is very slow mover in the morning. If I leave her to sleep she will sleep until 8 or 9. I understand my experience is not typical, but sleep is important for all students and an earlier start time for our family will result in less sleep.

- Parent/family member/guardian

This survey is biased. Elementary students have benefitted from early start time at the expense of high schoolers, and now high schoolers will benefit at the expense of elementary students.

One group is pitted against another. The survey only talks about research regarding benefits to high schoolers. They presented no evidence on the impact to elementary students in their previous presentation. So the district wants to be a "leader" in jumping into a poorly fleshed out idea. Meanwhile the district has paid zero attention to the fact that it violates the civil rights of special needs students by failing to provide appropriate supports. The district is so interested in the zero sum game of start times that it has no ability to focus on some core functions of basic education. Sad.

- Parent/family member/guardian

What about those who is outside of district? It would be the same time to wake up because now I have to take my kids to my work and figure out how to send them to school. It would not work for me unless school would provide us w a bus that pick up my kid near my work.

- Parent/family member/guardian

I am greatly concerned about my child's involvement in after school sports and the amount of school she would miss to play in away games. They already miss a significant amount of instruction time and this would likely increase it to another whole period missed. This would create a much worse outcome than asking her to wake up a little earlier. In addition, the amount of homework required after a practice or game would still be the same but with less time in the evening to finish it. This would also create a challenge.

- Parent/family member/guardian

Kids need their sleep. A little extra time to sleep would help.

- Parent/family member/guardian

Even if you went back to one or two days a week of having a late start would be good - this could be a balance for student athletes that get home late from games.

- Parent/family member/guardian

I only wish you had moved to put this in place sooner. It would have had a very positive impact for my child who is a Senior this year.

- Parent/family member/guardian

Parent of three current Griffin students who will feed into OSD via CHS. Kids play sports. I don't want them losing 4 partial, 5, 6 periods vs just 6 or no periods. Also what about running start class schedule match with this new proposal or after school jobs? Starting the day later just means my kids' whole day ends later and go to bed later. No one else in South Sound Conference has implemented. Why? The only positive I see is a 8:50 start time for CHS will match Griffin schedule to align my much older kids schedule with their younger sibling. To make it easier for parents elementary, middle school and high school should all start and end at the same time.

- Parent/family member/guardian of a future student in the OSD

How is it better to have elementary age students move to an earlier schedule when they should be getting more sleep than a middle, or high school student? I am a bit biased as I have an

elementary student and another who will be next year, but I believe that as a child grows they should be developing discipline which would mean an ability to adjust bedtimes to fit the individuals sleep needs (with a helping hand). I think if you have a later start time in middle and high school, most of the students will just stay up later and get the same amount of sleep they are currently. I believe progressing to an earlier start time (school/work) as a child ages is a bit more realistic in preparing our children to be ready for the world.

- Parent/family member/guardian

I don't think it is helpful to adjust the elementary school start and end times. But I do think it is very important to adjust the middle and high school times.

-Staff and parent/family member/guardian

School before 8:00 for any age isn't good especially during winter when it's harder to get started due to cold & it being dark out still.

- Parent/family member/guardian

Middle school and high school students tend to stay up later so they get less sleep. A later start time would help them get the rest they need to focus on their "job" which is school.

- Parent/family member/guardian

I prefer the current start/stop times.

- Parent/family member/guardian

Capital High School currently has more rigorous standards for grades to be eligible to participate in sports than other schools in the league. This is not equitable and if there are concerns about missing class time and student athletes not being able to meet these higher than necessary standards that is a policy that should be looked at. Why are we holding our students to a higher standard than other schools in the league? Does this really make a positive impact on students that excel on the field but are challenged in the classroom? The answer is no.

- Parent/family member/guardian

If high schoolers are going to school later, they are just going to stay up later. This will not improve the amount of sleep they get. It will also pull them out of more classes for away activity travel. And kids not involved in activities, it will limit the hours they can work. What about families that need their older children home first to care for younger siblings after school? This is not well thought out.

- Parent/family member/guardian

I don't find the problem to be start times. I find it to be the amount of homework students do, in addition to working and/or sports. 5-6 hours of homework most nights makes it so my student doesn't go to bed at a decent hour when there's sports practice, or my student is working when not in sports. Nutrition also plays a role in feeling rested. If my student doesn't eat well, they're definitely more tired.

- Parent/family member/guardian

The older children should get out of school first to help with the younger kids.

- Parent/family member/guardian

There will be less time for students who do extracurricular activities to do homework, have dinner and spend quality time with family. It will result in later bed times and continue the

problem of less sleep. This will add stress for my family. I am against this move.

- Parent/family member/guardian

High schoolers need 8 hour school days to prepare them for real life work citations.

- Parent/family member/guardian

Many middle and high schoolers assist with am/pm transportation for their elementary siblings. With this change, both my kids would be alone for am and pm travel to and from school which is unsafe and not realistic. This would cause double the transportation needs, an expense to my family and a change to my schedule. If a change in start and end times needs to adjust to later, I'd be in support of it was the entire school, including elementary.

- Parent/family member/guardian

I'd gladly pay higher taxes for transportation if all levels started after 8. I don't think anyone should start before 8. I think high school should start at 8, middle 8:30 and elementary 9. Why aren't we looking at bumping elementary later instead of earlier?

- Parent/family member/guardian

Please do not do this. Disruptive schedule changes affect students AND working parents. We have an established schedule- please STOP MESSING WITH IT

- Parent/family member/guardian

My students currently do well in school. Having them start school later would cost hundreds of dollars a month for our family, and increase stress because my older children would not be there to get my younger off the bus. Additionally, our business employs several high school students that depend on their wage to support themselves and their family, as well as give them the opportunity to save for college. Their current shifts are from 3-6, then they have time to go home and do their homework, and get to bed at a reasonable time. The time change would significantly reduce their ability to help their families. Many kids participate in after school activities, I do not think the trade off of starting school earlier outweighs their missing several classes a week to leave school early. Missing additional classes seems like it would be harder on students education.

- Parent/family member/guardian

Still worry about the fact that our school gives WAY too much homework and kids will then have even less time to complete it in the evening and thus will just go to bed even later. This is

especially true for kids that have extracurricular activities. Need to fix the homework issue to really make a change!!!!

- Parent/family member/guardian

Moving start times later for high school students leaves them ill prepared for the “real world”, where in college or a job they will be expected to arrive early.

-Student, Reeves Middle School, Olympia High School

Having a later start time I feel would encourage the kids to stay up later

- Parent/family member/guardian

I have raised 4 children and the high-school/middle-school early start times were always the root of problems and drama, for both more lower performing kids as well as my high functioning kids. I have been wanting this change especially when the medical professionals agreed that average children were not getting enough sleep. I am raising 3 grandchildren and

the leap to middle school is very noticeable. The much earlier start time in addition to longer homework times in the evenings. Go do the best thing OSD!

-Staff and parent/family member/guardian

Family conveniences can be shifted. Had we always started later, the same issues would be had in reverse if we wanted to start earlier. People can adapt. NOVA Middle School has already moved its start time and it has been a rousing success for everyone.

- Parent/family member/guardian

Please do not change the start times. It will be a hardship.

- Parent/family member/guardian

LEAVE IT ALONE! WE DON'T NEED TO BE LIKE SEATTLE. WE SHOULD BE PROUD OF WHO WE ARE IN OLYMPIA! THINK OF THE PEOPLE OF OLYMPIA!

- Parent/family member/guardian

Won't help... My kids are up until midnight working on HW, now they'll be up later. Fix the lack of coordination with the teaching staff so kids don't have an hour of HW from each teacher who believe their HW only takes 15 minutes to complete.

- Parent/family member/guardian

Elementary kids need the later start time, HS kids dont need extra sleep, this is preparing them for real life

- Parent/family member/guardian

Please keep the start times as is.

-Staff and parent/family member/guardian

I feel like this survey is skewed because at the beginning you say starting school later provided all these benefits without providing any evidence of this, and then you ask us if we want our students to perform better academically and in sports, and be less depressed? Of course all parents want this! This survey is irrelevant.

- Parent/family member/guardian

it would kinda be beneficial to have school later but then there is less time for life at home.

-Student, Jefferson Middle School

They need to be out of school earlier for carrying for younger siblings, or jobs.

-Community member

I think other areas in the country have already done so. I would be interested in their experiences. Let's do it now!!

- Parent/family member/guardian

I am in agreement with this proposal, and think this change in start times is important for our middle and high schoolers. The only part I have some concerns with is the 7:30 start time for some of the elementary schools. I think our household could manage this if necessary, but if it could be avoided with additional transportation spending (as suggested in one of the questions) I think that should be given strong consideration.

- Parent/family member/guardian

Not sure if late start would make "more" difference than other possible changes (better teachers, better paid teachers, innovative curriculum, etc.). Do not treat this change as a magic pill!

- Parent/family member/guardian

Later start times would also significantly affect high school students who work after school, in that the students would get more rest and be able to focus and succeed in their school work while still being able to work in the evenings. Had this been implemented years ago, it would have saved our household from daily stresses and struggles getting our teen son up and out, helping him be awake and more successful in school, and would have helped the sanity of our family greatly.

- Parent/family member/guardian

I am opposed to elementary schools beginning before 8:15.

-Staff

Negative impact to changing current schedules. Student daycare impact, student athletic and club activities - negative impact to high school and middle school. Strongly disagree with changes unless this becomes a statewide mandate. This time change should not be implemented school district by school district.

- Parent/family member/guardian of a future student in the Olympia School District

I think that later start times would have a monumental impact on my mental health, anxiety about school, performance in school, and ability to learn.

-Student, Olympia High School

We need to be in a different sports league before we consider this change.

-Staff

i don't really know why you would need to have High School students wake up earlier than middle school students, because in high school you get more homework and if you wake up really early you'll have trouble staying awake during instructions.

-Student, Jefferson Middle School

With the growing concern for stress related illnesses and suicided attempts in our area and state for middle and high school students, this is one fix we can afford and should take. Enough sleep has one of the highest corollaries with better physical and mental health.

-Staff and parent/family member/guardian

I am concerned with how many afternoon classes my son would have to miss being a multiple sport athlete at the high school. He currently has straight A's in all of his classes except for last period where he has a B-. This is due to him already missing class time because of sports. I would hate for him to be missing 2-3 classes on days where they have to travel for a game.

- Parent/family member/guardian

I'm not sure a later start time would allow for more sleep because every student is different and they all take on different work loads as well as different activities/jobs after school. Therefore, a later start time could inevitably lead to less sleep because they may not be able to start their homework until later at night. The amount of sleep could decrease due to the later start times. Note: we are an "out of district" family, so although our start time is early, the previous year, our hours were from 8:30 - 3:00. This was exceptionally challenging to get homework done because most activities started right after school.

- Parent/family member/guardian

Very late start times after 9:00 and very early release times before 3:00 at any age are really hard on working parents.

- Parent/family member/guardian

I am in running start and might be unable to get to class if the start time is moved to later

-Student, Olympia High School

Moving start times later would cause any student that participates in athletic activities to miss up to three classes in order to attend games. The true answer to the question of sleep is that we encourage students to go to sleep sooner, allowing them to get well rested. With a later start time, it is a struggle for working parents to get their children to school and, if their student is an athlete or a member of an athletic club, the later end time causes students to have less

time for homework and activities in the afternoon, and will cause students to miss class, which is extremely difficult to make up.

- Parent/family member/guardian

sleep is SO important for health!

- Parent/family member/guardian

If this is to help older kids fight depression, I'm not sure why you would want to cause depression in elementary students by putting them on that schedule. Increased traffic during those times when elementary students are trying to get to school and workers are trying to get to work will drastically increase the likelihood of injury or death so that blood will be on your hands. Please protect our youngest students

- Parent/family member/guardian

Many of the survey questions make the ASSUMPTION that students will get more sleep if we have a later sleep time (e.g., "Do you think students will like school better if they are well-rested?"). Is there data to support that assumption?

-Staff

I feel later start time benefits should not be solely for middle and high school. Elementary students should not be expected to get up so early either. If studies show sleep is needed for improved learning let's start with elementary age children

- Parent/family member/guardian

My middle school son can not get enough sleep because his bus comes 1 hour and 20 minutes before school starts.

-Parent/family member/guardian

My high school student (graduated now, grandson) was exhausted every morning having to get up so early and leave for school almost in the dark. It's much more than any teenager should be ask to do. Teens NEED SLEEP. I don't want to see my younger grandson go through those horribly early hours.

- Parent/family member/guardian

I think having schools to start later would give students more time to rest and sleep. Therefore, they would be able to be more focused on school and perform better school wise.

-Student, Garfield Elementary School, Jefferson Middle School, Capital High School

As a pediatrician I can attest to the importance of adequate sleep. Sleep has a significant impact on behavior, attentiveness, and happiness.

- Parent/family member/guardian

This will not change academic performance. This is another band-aid fix to a symptom of the larger problem. There is no way of measuring if this change will benefit students. What is the

baseline? How will OSD know if there is an improvement in academics? Is there a plan to track and measure such improvement? Not that I am advocating for this oversight because that also would be a waste of time.

- Parent/family member/guardian

This is a tough issue and opinions will vary because families vary. I am not convinced that my middle and high school students will have additional sleep. I think you are just sliding the sleep schedule. The homework volume isn't changing nor the number of hours they are in school so the idea that we are "gaining" time is just untrue. I am also concerned for my elementary student. The 7:30 and 8 am start time is quiet early for us and I'm sure other families. I think it would make the mornings more stressful for her. Another concern I have is we are a 2 parent working family. I depend on my middle school and high school child to be home when there little sister gets home from elementary. This would have a significant impact on our family financially as well as emotionally as my daughter likes NOT having to be in day care. I can't imagine I'm the only one in the District with this issue? I am a teacher and work for the NTSD at the middle school level. I do not see the benefits the research reflects from my students. If you make this change, make it because it's what the majority of parents want and you believe it will truly benefit students and families. Don't make the decision to put a feather in your cap as a "leader" responding to numbers that I myself am not seeing in reality at the school I work for. Remember you were elected to the positions you hold. You have a responsibility and duty to do what is right for the people, not your own agendas. I hope you are transparent with these survey results. I attended multiple meetings last year regarding outcomes and objectives and was disgusted and discouraged at the newer board members comments and responses to some feedback from families. Complete disregard. I hope this process is done differently and an outcome is reached that is first and foremost BEST for kids. Thank you for the opportunity to provide feedback.

- Parent/family member/guardian

I have to wake up at 5:15 AM for zero hour classes and often have to spend a large amount of time doing homework so most days I end up with 4-6 hours of sleep which is very unhealthy for a young teenager.

-Student, Capital High School

Though I really do believe kids need to sleep, I think changing all of the school start times would be a major disruption. If they could start later and end at the same time, then that would be helpful, but that is not reality. I am mostly concerned about outside activities for all level of kids. Practices and open fields would be later now when high school kids are finally done, then the middle and elementary kids would have to start practices later because of fields not being open. Student athletes, who already have to miss a lot of school, would have to miss a LOT more of instructional time and teachers already don't love them missing their classes. Student athletes also have the pressure of needing to academically succeed to participate in sports which would add another level of stress to those kids. Elementary kids getting home earlier than their older siblings is also not helpful at all for parents who are working outside the home.

This will drastically change their work schedules and/or costs of childcare that they hadn't needed prior when an older sibling was there to meet them when they got home.

- Parent/family member/guardian

I think that if you start the day later, teenagers will just stay up later. I think students will have to choose between high school and club sports. I haven't talked to any teenagers that want to end the day an hour later. I don't think it's a necessary move. I find it extremely frustrating.

- Parent/family member/guardian

The later school start time will not warrant additional student sleep time as most of the after-school activities will be postponed to adjust the later school end time. Students will end up finishing late from their extracurriculum activities and therefore go to bed even later. This change will also cause hardship for both parents and students in child care in the mornings as most parents need to be at work before school start times. This will be a terrible change with no guaranteed merit. In addition, this kind of change which will greatly and directly impact families' logistic planning deserves students as well as parents' attention by sending individual notice email instead of hiding in the long and usually informational message like "Spotlight on Success." I am very certain most Olympia School District families are not aware of this proposed change therefore had no opportunities to express their opinions during the decision making process. Lastly, OSD's reputation will not be increased by following other school districts' footsteps in starting school late unless there are report/research results show the positive connection between school late start and increase sleep time as well as better mood and increased school performance.

- Parent/family member/guardian

I think that if you start the day later, teenagers will just stay up later. I think students will have to choose between high school and club sports. I haven't talked to any teenagers that want to end the day an hour later. I don't think it's a necessary move. I find it extremely frustrating.

- Parent/family member/guardian

Effects too many families work schedules and activities

-Staff and parent/family member/guardian

My greatest concern is the amount of class time that athletes will miss as a result of this change. I was already dismayed by the frequency of missed classes (5th and 6th periods) that my student missed when they played tennis last year. This will increase exponentially if the late start is implemented. Perhaps this can be addressed by offering more classes during the zero period. If the district does plan to address this issue by offering more classes at this time (especially math and science), please make that known asap because I know that this is one of the greatest disadvantages of the new plan and it is a great concern for many parents. I do feel that this will hurt student athletes unless the whole conference changes to a later time. If conversations have been had with other schools in the conference, please make that known as well. I am supportive of a later start time in general because I think it is beneficial to the majority of students however I am very concerned regarding missed class time.

- Parent/family member/guardian

My student is a competitive dancer and many days she starts at 4:15pm in Lacey. A change in the school schedule would not allow her to compete in all categories that she competes in now, also resulting in the dance studio potentially losing business due to school schedule change. This change with the Lacey schools has posed a problem for those students and parents. Traffic is much worse at that time in the afternoon, as people are also getting off work. I vote NO changes to the current school schedule.

- Parent/family member/guardian

I answered neutral on the question on "Would this cause transportation problems in your home" as neutral because it will but we will work it out because it is important to go with the kids biological/developmental time instead of the adults biological/developmental time.

- Parent/family member/guardian

In order to make this change as seamless as possible for elementary students, I urge you to coordinate with care providers, especially YCare. The changes in YCare's schedules, particularly for 2-hour delays, greatly impact my family and all of the families that use the service. There was zero communication between YCare and OSD this year for that change, and future schedule changes do need to be transparent between the two agencies.

- Parent/family member/guardian

Would it be possible to pick up elementary and/or middle school/high school students up during the same route at the same time so that the start times aren't as drastically different for the elementary children? For example, all of the Roosevelt and Reeves kids ride the same bus at the same time since the schools are both near each other?

- Parent/family member/guardian

if school starts later, then students will get more sleep and most likely make it to school on time. But also that leaves some students less time for other activities outside of school.

-Student, Washington Middle School

As my student lives in the Boston Harbor area, I'd love to see the bussing situation change (and it would have to with this reversed schedule with Elem starting first) related to the BH bus routes. Currently, it takes my student an hour and 45 minutes to get home on the bus. This is NOT OK. So, our whole schedule as a family has to work around picking up at OHS. Please consider this for all routes in the new schedule - the joining of OHS, Reeves kids and causing this extra long bus ride is unacceptable and having kids on the bus that long, especially with a later release time, would negate the late start time.

- Parent/family member/guardian

Science proves this age has different sleep needs and this would support teen brain growth

- Parent/family member/guardian

Several studies show kids need about 10 hours of sleep or brain growth and learning

Older kids/families can set an earlier bed time if they need more sleep. Why would you think elementary school students need LESS sleep?

- Parent/family member/guardian

as we grow we need more sleep and this will help.

-Student, ORLA MAST

I think it is worth increasing transportation costs to have all students start later. I agree that middle school and high school students should start later but making elementary school aged children start earlier just means the same problem for a different population.

- Parent/family member/guardian

Hansen Elementary starts at 8:20 , and Jefferson Middle starts at 8, which I personally think is very early for an elementary school or middle school, because it leaves students very tierd throughout the day

-Student, Hansen Elementary School, Jefferson Middle School

I understand the intent for this committee to be "forward-thinking" but changing start times will do incredible disservice to the student athletes and others involved in extra-curricular activities. Truly an unfair idea to put the students in a situation where they lose massive classroom hours and are put at a competitive disadvantage, so the members of the committee can feel like they've done something progressive. The OSD does NOT need to adopt every idea other school district institutes. Really kidding just yourselves if you think high school students are going to get MORE sleep, they will simply stay up later.

- Parent/family member/guardian

I have graduated two high schoolers with three to go. I think this is a much needed change. 7:45am start time is too early and it's dangerous for new drivers to be out on dark, sometimes icy roads. I believe with our recent winters, this change will help cut back on late starts and school cancellations as well for the high schools.

-Parent/family member/guardian

At one time, I had 3 kids in 3 schools(1 elementary, one middle school, and one high schooler) and worked full time. Having my youngest child start later than the older kids was always an extreme challenge as a single working mother. The extra sleep for the high schoolers would be extremely helpful in an era where schedules are so incredibly packed.

- Parent/family member/guardian

I believe that starting later will not benefit anybody with outside activities and can stress more people out, just for what? sleep?

-Student, Olympia High School

My middle and high school students wake up early and are able to arrive to school on time daily, be awake for their classes, and have academic success with the current start times for their respective schools. If I had to leave earlier in the morning to take my elementary school student to their school, then I am not confident that my older children would be aware enough to get themselves to school on time. Additionally, there would be less time in the afternoons and evenings to do homework for those students. My older students sleep habits would not change if these suggested start times were implemented. It just seems like it would be less unproductive time in the morning. At this age it is normal development for children to not like or enjoy school. I don't think that implementing the start times of middle and high school would change their attitudes to a more positive outlook on school. I understand that many school districts have changed the start times for high school and the benefits have been tremendous in terms of attendance and test scores. However, the suggested start times will put too much of a strain on our family unit. I do appreciate OSD considering spending more money on transportation so that elementary schools wouldn't have to start before 8:30 am. However, I think the start times for middle and high schools are too late. It would be nice if all schools started before 8:30 am. I understand that bussing is a tremendous budget concern for OSD, but starting closer to 9 am seems to be too big of an adjustment for the middle and high schools. Looking at starting those schools a bit later than their current times might be worth considering, but the proposed start times just seem a bit excessive.

-Staff and parent/family member/guardian

The research is clear and has been for ages. Early starts for school is not in the best interest of teens and adolescents. The decision should not be based on accommodating bus schedules and sports. It should be based on what is best for the students.

-Staff

Moving start times for high school just shifts the bed time. Kids will stay up later, not go to bed at the same time as they do currently. This disruption to working families is not worth it.

- Parent/family member/guardian

If this happens, we would have to pay for after school care that we cannot afford. This survey also feels elitist and is very obviously geared toward wanting people to agree to the change. There is no equity here for families that have two full time working parents that have little flexibility in work schedules and budgets.

- Parent/family member/guardian

I would not be ready to go to school if we started at 7:30 am. Right now we start at 8:40 am and that is a good time for me.

-Student, Lincoln Elementary

Studies show later start times are critical for middle school and high school student development and it is negligent if the school district does not align school start times with evidence-based research

- Parent/family member/guardian

I think that by moving the start time later, it could cause some students to become more lazy and make it easier to procrastinate.

-Student, Capital High School

The main concern is for after school athletics and the likelihood that early release for activities will become more prevalent. Currently tennis and golf, among other sports, have early release frequently for away matches. This is only going to become more disruptive with a later start time. This concern could be mitigated by a more robust zero period class offering. I suspect that students in after school activities/sports would potentially desire to take a zero period class more often to limit class time missed for sports, etc. Without a corresponding increase in zero period offerings, I suspect that participation in after school athletics would diminish.

Thanks.

- Parent/family member/guardian

This is the first time I have heard of this survey, and I read every single email that the district and schools send out. I worry that it isn't being promoted well or correctly. I am also wondering if the questions are phrased well, there were a few of them that felt confusing, misleading, and guiding. Lots of the questions asked if I thought students would perform better, using all "positive" words, instead of using neutral terms, which an unbiased survey should use. I also worry that this time change is being considered the be-all-end-all to "fixing" our schools and that students will magically love school and do so much better. Our schools are already ranked high in the state based on test scores. Not that I'm against the change, I am only wondering what our message as a district is to families and students based on the way the survey was phrased. My suggestion would be to include people with statistical data collection experience when writing survey questions in the future. It will help reduce bias in the results/data.

-Staff

Kids need to learn good habits related to sleep and listen to their bodies in effort to stay healthy.

- Parent/family member/guardian

I think we should keep the school times the same because it allows us, students, to have more time for after school activities. Plus, I'm really busy, so I wouldn't have time to do homework after school.

Student, Washington Middle School

Right now, my high school daughter has a bus stop on a corner with no street light and is standing in the pitch black each morning with cars blowing by - very concerning. Boston Harbor area.

- Parent/family member/guardian

The current elementary school start times are unworkable for most families that can't afford to have a stay-at-home parent. 7:30 is much more reasonable and equitable.

- Parent/family member/guardian

I like the way school runs now I take full responsibility for my kids getting from place to place my daughter can drive to school but she does not because of construction point being school is what you make school we can change and blame everyone anytime if it doesn't suit what works for me or we.. why are we even considering changing times? Is it because kids want more free time etc.. let's change whatever is not suitable for people I don't even understand this sorry

- Parent/family member/guardian

I would be concerned about them missing more class time at the end of the day and falling behind in academics if they participated in sports because they would have to leave earlier in the school day. Also, there may be a concern about daycare for elementary students, since many middle and high schoolers watch their younger elementary siblings after school if they do not have sports. It could put a financial burden on the parents or leave the younger children unsupervised.

-Staff

Please be mindful of costs. We cannot afford to put this on the backs of the district taxpayers.

- Parent/family member/guardian

Please see previous comments

- Parent/family member/guardian

I fully support adopting later start times for middle and high school students.

- Parent/family member/guardian

High school students make choices to stay up later. At some point we have to encourage our children to make good choices and jobs will not let them sleep in.

- Parent/family member/guardian

I don't agree with this change. An earlier start time would result in consistently having to wake up my young child for school. Full academic days for Kindergarten and 1st grade are already hard enough, I can't imagine making it worse by having to wake them up earlier. I think we would see a lot more behavior problems and challenges in the elementary schools.

As a graduate of Olympia High School myself, it has always been a priority to keep my family in Olympia School District. Honestly, a change like this could make other districts more appealing should we decide to move in the future.

- Parent/family member/guardian

The biggest issue with changing the schedules would be the after school activities. For example, a student may be on a school sports team that practices after school and then has an additional sport or activity to go to after practice on certain days. Changing the bell schedules will just make other schedule conflicts.

-Student, Marshall Middle School, Capital High School

None

- Parent/family member/guardian

Why not move them later and leave the little kids schedules ALONE?!

- Parent/family member/guardian

Young children need one to two more hours of sleep than teenagers. Teenagers are going to make poor decisions around bedtime no matter what their schedule is, and will soon need to adjust to an adult schedule. Young children also require expensive childcare. Most parents will need more hours of after school care based on this proposed schedule which is expensive, and many will need to somehow immediately feed children and put them to bed when they get home from work. What a nightmare.

-Parent/family member/guardian

I have a freshman who is struggling to be productive in her first few periods. I think starting later would help her very much.

- Parent/family member/guardian

No

- Parent/family member/guardian

Elementary school students need more sleep than older children. This is a scientific fact. Elementary school children would need to go to bed by 5 or 6pm to get the amount of sleep recommended for them by the American Pediatrics Association. Furthermore, teenagers can go to bed any time they want. Why don't they go to bed early enough to get enough sleep if it is such a huge issue for them? Because if you study brain development, you will see that teenagers consistently make terrible decisions about sleep hygiene because of their developmentally-appropriate oppositional behaviors and underdeveloped decision making abilities. It is truly insane that we as a school district would trade sleep-deprived elementary school children who go to bed at 6pm for teenagers, who will stay up later if they have to get up later.

- Parent/family member/guardian

All the research supports this! Thanks for considering.

- Parent/family member/guardian

If middle and high school move to later start times, after school activities will suffer!!

- Parent/family member/guardian

There is not enough evidence to suggest that a 7:30 or 8 am start time for elementary school students would have no ill effects. I'd rather spend more money on transportation.

- Parent/family member/guardian

Moving the start time earlier will not help in the slightest. Student athletes would miss more school due to leaving early for away games and their grades would go down. We would have to stay up an hour later in the night doing homework to make up for the time we'd normally have in the afternoon. We wouldn't have time for a job or social life because of that. We'd be even more sleep deprived than we were in the first place. Please, do not move the start times an hour later.

-Student, Capital High School

I think this is a terrible idea. Starting earlier will absolutely upset our homes flow. They already go to bed at 7pm sleep by 730. We'r would have to move that even earlier which seems absurd.

- Parent/family member/guardian

This survey was not meant to help with a decision. It appears the decision has already been made. Not ONE high schooler or middle schooler will utilize that extra hour for sleep. How will this affect traffic in the morning? In the afternoon? Have there been traffic studies for the possible time change? What are parents supposed to do? We can't miss work. The school district cannot afford to spend more on transportation. ALSO, the student athletes are getting screwed over! They'll have no time for homework or a social life which will definitely affect their grades and their happiness. They'll be missing more classes which is absolutely unacceptable.

- Parent/family member/guardian

With late travels and practices kids working and trying to complete homework they need to start school later

- Parent/family member/guardian

Consideration should be given to seven periods per day for high school to allow flexibility in achieving graduation requirements and personal goals.

- Parent/family member/guardian

I believe that the benefit to our high school students doesn't outweigh the negative effects this would have on families in our district. As someone with students in multiple schools I would still be up earlier, only dealing with the more challenging members of my family. My high schooler won't be able to meet the younger kids at the bus as he has a few times when I was tied up. Our high school kids could benefit from more sleep but they also juggle sports/after school activities and jobs. Moving the school day back makes them have less time for things other than school. School shouldn't be their entire lives. I also think this would impact families with two working parents much more...changing their work schedules, making them put their young children in hours of after school care and giving them less time in the mornings. Honestly, as someone with 8 more years of elementary school to get through, I would struggle greatly if I had to get my younger kids to school at 7:30 in the morning.

- Parent/family member/guardian

I would love to start school later, but not at 8:45 like the elementary schools and some of the middle schools. I feel like starting at the same time would cause a lot of transportation issues, especially for those of us on Steamboat island. I feel like maybe starting at 8:15, a half an hour later would give parents and students enough time to get to school and still get home to help get their other kids that start at 8:45 get ready.

-Student, Capital High School, Griffin School District

Don't be stupid. There are other cost-neutral options that don't involve making kids go to school at 7:30 in the morning. Figure this out.

- Parent/family member/guardian

I always have a hard time waking up and often can't focus in my morning math class.

-Student, ORLA MAST

This decision will negatively impact before and after school curricular activities. You stated this will increase missed school hours to 8000 to 9000 hours?? Are you insane? You want kids to quit these sports and clubs? Because that is what will happen. Grades will suffer and parents will yank their kids from the programs. What happens if you have half of your kids quit these programs? The programs will disappear. This survey was not meant to help with a decision. The decision has already been made. Not ONE high schooler or middle schooler will utilize that extra hour for sleep. How will this affect traffic in the morning? In the afternoon? Have their been traffic studies for the possible time change? What are parents supposed to do? I cannot adjust my work schedule. The school district cannot afford to spend more on transportation. ALSO, the student athletes are getting screwed over! They'll have no time for homework or a social life which will definitely affect their grades and their happiness. They'll be missing more classes which is absolutely unacceptable. It is more important that the elementary kids get more sleep. Research has proved that already. The bottom line is that the negative greatly outweighs the positive.

- Parent/family member/guardian

This is an investment in our children's health, both physical and mental.

- Parent/family member/guardian of a future student in the Olympia School District

Later starts = later dismissal = later sports & later homework & later meals & later bedtimes.

This would put my family in a situation for failure.

- Parent/family member/guardian of a future student in the Olympia School District

8:50 is too late, but 7:45 is too early. I would go somewhere in the middle. 8:15 or something. The extra 3 minutes of sleep will help out high school students a lot, especially for zero hour students because getting to school at 6:45 is way too early for your brain.

-Student, Capital High School

Allows students to get more sleep, allowing them to focus more in the morning without having to have anything with sugar or caffeine to wake up and / or focus.

-Student, Marshall Middle School

My kids are morning people, so I don't think shifting back start times is important for us. While some middle/high school kids might benefit from it, we cannot push up the elementary kids too early or families won't be able to get them there on time. The current system works pretty well.

- Parent/family member/guardian

Numerous studies have shown that this is good for kids. I am pleased that Olympia is willing to be a leader in our area on this issue.

- Parent/family member/guardian of a future student in the Olympia School District

it should go Elementary, then highschool for jobs and other clases, and then middle school because we are still growing

-Student, Centennial Elementary School, Washington Middle School

Well, in the mornings I usually get driven to school by a parent, unfortunately this wouldn't be the case if the schedule were to change. My bus stop is a long ways away from my house which is unfortunate. I would have a good chance of missing the bus in the mornings. I don't like how we would get out at 3:30, because I would have less free time and less time to do homework. My life would get slightly more stressful if the schedule change were to happen.

-Student, Capital High School

I don't think it would help my kids much if any. My son has always been an early bird. Changing to later time would only affect his after school actives. My daughter isn't an early bird, but I don't think it help her much either. It would be hard in the mornings at our house because no one would be home to make sure they got ready and out to the school bus. I'm afraid they would miss the bus and be late for school. I don't feel they would be responsible enough to make sure they got ready, make their lunch, lock the house, etc. with no adult at home. Also more tempting for them to give an excuse not to go to school, i.e. sick and no one to verify if they are or not. Now if they miss the bus, either their fault or the bus has issues I am able to drop them off. It's inconvenient, but manageable. If they started later and missed the bus, it would be a very big issue to leave work and take them.

- Parent/family member/guardian

This survey seems to disregard concern for implications of elementary students starting earlier and only points to the advantage of not having to pay for before school care.

- Parent/family member/guardian

I know lots of kids who go to bed at 2 or 3 am because of homework, and them only getting 6 hours of sleep makes it hard for them to focus for the rest of the day

-Student, Olympia High School

The questions seem strangely worded/structured, as if I'm being steered to answer a certain way.

- Parent/family member/guardian

Conflicts with jobs, sports, and family obligations. It's ridiculous to think the older students need a later start time as compared to elementary. Moving the schedules around to NOVA accomplish a late start for high school makes no sense.

-Community member

Both of my kids have been so exhausted and stressed throughout their high school years. Later start time would have been very beneficial for both them (my youngest will graduate in 2020). I completely agree with this change from the perspective of a parent of high school students, and as a health care provider, working with teens.

- Parent/family member/guardian

I appreciate the efforts to gather input on this proposed schedule change. However, this survey really appears to be designed to be a part of a marketing strategy to validate a position on this. I don't appreciate the lack of transparency nor the bias in the survey.

- Parent/family member/guardian

I think this survey is poorly designed. Several of the questions have bias, are false choices, and make assumptions about family needs and structure. Additionally, because of limited racial diversity, anonymity is not guaranteed if you are a person of color in a mostly white school. Finally, the questions don't consider families with children in a combination of elementary, middle, and high schools. Asking about transportation challenges does not get at child care/support provided by older siblings.

- Parent/family member/guardian

What about a subsidized after school childcare for elementary students? I want my high school student to start later, so very important and fully research proven, but I will have a difficult time with paying for the small amount of afternoon childcare I will need.

- Parent/family member/guardian

The early start times would have a HUGELY negative impact on my elementary school kids in terms of lack of sleep, increased stress, and not having family in the afternoons. Also, my family simply cannot afford that much after school childcare. I don't know how we could possibly manage. We would also have no time together as a family on the weekdays because the kids would have to go to sleep so much earlier for the earlier start times.

- Parent/family member/guardian

Biking to school would be safer in the morning. It's hard to see some bike riders now.

- Parent/family member/guardian

Every morning, I wake up at 5:50 and have to get ready for school BEFORE the 45 min drive to school. Sometimes, with traffic, it takes longer. Sometimes it is hard for me to focus during my morning classes, and the opportunity to sleep in would be great.

-Student, Jefferson Middle School

how does this effect current seniors?

-Student, Capital High School

I would overall still prefer the earlier start time so I have more time after school to do homework, extracurriculars, etc.

-Student, Madison Elementary, Jefferson Middle School

Maybe extending the school day and making the work week 4 days? Another thought.

- Parent/family member/guardian

DO NOT CHANGE THE TIME!!!!!!!!!!!!!!!!!!!!!!

-Student, Capital High School

waking up at our normal times in the morning yes its hard sometimes but its managable and starting late and ending late is completely stupid honestly we had no problems with the times we had why change it now? the system is fine if anything i think it'll make us students more tired if you give us more time to sleep and making us stay longer its just so dumb because some of us work and it'll be hard to have a schedule change etc ya feel me? i don't want the time change.

-Student, Hansen Elementary School, Marshall Middle School, Capital High School

I would love it if the school start time is later.

-Student, Hansen Elementary School, Jefferson Middle School

do not change the time

-Student, Olympia High School

I love the idea of high school and middle schoolers getting late start times, but I worry about the younger elementary children who must wake up earlier instead of us. Scientifically, the elementary schoolers require more sleep than teenagers, and trading school schedules with the elementary schoolers is not the right direction. We should all get later start times, rather than switching the start times with other schools. I would rather keep the current schedule so that the elementary schoolers will get more sleep because that is a sacrifice I am willing to make.

-Student, Olympia High School

Although we may see benefits from the middle and high schoolers, In the long-term, it may turn out to be a worse because the elementary schoolers are not getting enough sleep; thus, a

Although this would be implemented after both our children have graduated, it would have extremely helpful to have a later start time at the high school. With our children being active in sports and zero hour classes, there's literally not enough time to sleep which makes maintaining a 4.0 very stressful.

- Parent/family member/guardian

Make the start time later or else I'm going to have the big sad.

-Student, Capital High School

ITS ABOUT TIME. Theres so much evidence to positively support this and since y'all are always like "we care for our students" I'm surprised it took you so long.

-Student, Capital High School

I think that as a junior, this change should happen as soon as possible, so everyone can experience the benefits.

-Student, Garfield Elementary School, Jefferson Middle School, Capital High School

i literally care so little about school. im probably gonna have [expletive removed] grades regardless of the start times.

-Student, Capital High School

Please move start time later.

-Student, Olympia High School

I believe that it would just make everyone alter their schedule for school, and stay up later, and I would still wake up at the same time because I am a morning waking.

-Student, Marshall Middle School, Capital High School

I think having a later start time would be amazing but having to get out later would just mess up all of our schedules. People who play sports or do any activities after school would be home very late. And the whole point of this schedule change is to get enough sleep and getting home later doesn't make that happen.

-Student, Capital High School

i feel like if we change times some kids won't be able to make it to work on time and i don't mind waking up early but i also don't want to get out of school late.

-Student, Capital High School

The sooner this became enacted the better!

-Student, Capital High School

Start times are not such a huge issue that a lot of resources should be spent on it. I would rather see increase in support staff resources rather than limited resources being used for complicated transportation routes and procedures. I would encourage the district to think

outside the box in how this could be done without spending a lot of resources that could be used in classrooms and schools directly. With bus driver shortages and issues already present, adding more complications to an already struggling system seems wasteful.

-Staff

Please! Move start times! In addition to all the research on sleep and the adolescent brain/health- I've seen 1st hand the negative impact on my kids.

-Parent/family member/guardian

I feel like we should start later, and have shorter class times but still get out at 2:20. For me I have a job and if we get out later I won't be able to stay in school and or I'd have to change my schedule and I do not want to do that right now cause it works for me and my family very well.

-Student, Marshall Middle School, Capital High School

I believe the action of moving start times an hour later would be extremely beneficial towards older students such as middle school and high school. Most students around this age do not get the recommended 8 hours of sleep which impacts their performance in school. With school starting an hour later, this can truly make a difference in how a student functions.

How will middle and high school students be able to watch younger siblings after school if the young ones get home first? High school athletes will miss too much school for away games.

-Student, Garfield and Hansen Elementary Schools, Marshall Middle School, Capital High School

How will middle and high school students be able to watch younger siblings after school if the young ones get home first? High school athletes will miss too much school for away games.

-Staff

My high school aged student regularly gets six to seven hours of sleep a night. This is inadequate. Please change the schedule.

- Parent/family member/guardian

Later school start times will give me ligma.

-Student, Capital High School

A later start time for High School makes more sense to me. I think the current middle school time is good. An earlier elementary start time makes sense to me.

I TRULY BELIEVE that the High School Sports Schedules SHOULD NOT affect a school start time AT ALL!

- Parent/family member/guardian

I feel like changing the school times later will be very inconvenient for those high school students who have jobs and afterschool extra curriculars. Take me for an example I usually have a lot of homework afterschool along with basketball practice and my job. If school started later and equalling getting out later that would mean everything gets pushed back and would mean causing me more stress then getting out of school at the time we are at now

-Student, McKenny Elementary School, Washington Middle school, Olympia High School

There's no reason we can't also move back the start times of athletic games. JV games at 6pm. Varsity games at 8pm. Students should not be missing their 6th period class on a regular basis. If we REALLY believe what science says about the adolescent brain, and we REALLY want to do what's best for kids, this decision isn't as difficult to make.

-Staff and Parent/family member/guardian

None

-Student, Capital High School

All of the research has supported this for over 20 years. Makes sense to do what we know works.

-Staff

Don't change the times they are good as they are

-Student, Capital High School, Griffin School District

This would limit time for working and sports, taking away time from homework and making kids stay up later

-Student, Capital High School

I think it would be a good idea to start later!

-Student, Capital High School

I think its important because it will take off stress of the morning when getting ready for and/or driving to school.

-Student, Capital High School

It is scientifically proven that kids preform better when they start later in the day. High school students get 34 more minutes of sleep and grades rise by 4.5 percent. Also for teens it helps with our natural sleep cycle and wake cycles, rather than being off of it.

-Student, Capital High School

if school start times were to start later, people would sleep in instead of doing homework in the morning. In the afternoon people who do jobs or have sports wouldnt have time for homework. It would also be extremely difficult for parents who need to transport their children after school. People who work, would not be able to collect their children in time.

-Student, Capital High School

If you believe that this late start time will allow for "more sleep" you are severely mistaken, sports will be later, which means that I will get to my job later, people won't get to school earlier, because if they already don't care about school in the first place, what makes you think

that making school later will make them care more. If anything people will get less sleep because we will be getting home way later after sports and work, then have additional homework. I think that this "late start" is very useless and absolutely will not help anything, it will just screw everything else up. If its not broke, don't fix it.

-Student, Capital High School

there is no problem with the times right now nor should they unless the people who attend osd schools have a problem with getting up in the morning and cant work properly, but that is beyond me, it would be very cumbersome for me as well as a lot of other that are gonna get a job or are already employed and need the hours after school.

-Student, Capital High School

it will push everything back an hour and kids will just stay up later

-Student, Capital High School

Although I support later start times, especially in high school, I think 8:50 is too late and will negatively impact students participation in after school activities and sports. At a start time between 8 or 8:30 seems more appropriate to me.

- Parent/family member/guardian

Some things have certain times based on the current schedule at school. For example, Capital High school marching band has to arrive at Olympia High School at 4:00 pm to warm up. With a later start and end time this would make it very hard to show up on time. Some people also live a good distance away from the schools they attend which would make it harder for them to be able to have time to get home and get ready for certain extra-curricular activities. While this may benefit people with sleep, it may be seen as an inconvenience to people who have extra curricular activities.

-Student, Capital High School

If you push start time back then we will be practicing even later in the day which will make us have less time to do homework.

- Parent/family member/guardian

I don't really like the idea of moving times, since what we have now is fine, and for people who can't make it work it is their fault

-Student, Capital High School

I think that all grade levels would benefit from later start times. I dont like the idea of making the little kids start earlier so that the older kids can late start. I think everyone needs late start.

- Parent/family member/guardian

I have felt for years that the early start times for older students is ridiculous and cruel. Their melatonin production doesn't stop until about 10am. It's no wonder that they are in a brain fog until lunch time. Our young kids in elementary school wake up so early, yet they are the one's who start the latest. We've always had it backward. And we've been getting the data that schools who change the start times have state scoring go up significantly. That's a win-win for everyone.

- Parent/family member/guardian

I know there have been studies on the circadian rhythms of teens, but I am not convinced that most of the issue is cultural, not biological. In addition, if WA simply got rid of Daylight Savings Time we would have a later start for that half of the year. Have studies been done on the rates of tardies and sleepy kids between DST days and Standard Time days? I have never seen this addressed, yet it is a yearly experiment we have been doing to ourselves for years.

-Staff

I think instead of changing it from 7:45 to 8:50 you could make it 8:20.

-Student, Olympia High School

It is my experience as a former student, parent of school age children, and district classroom employee that students will use their time the same way they do now regardless of what the bell schedule is. Those that do not have a functional sleep schedule currently will not change sleep habits to get a better nights sleep regardless of start times. Although some studies show teenagers may perform more optimally later in the morning than when traditional school starts it is also true that any human can train themselves to adjust to sleep and wake times despite their developmental stage. From my perspective its more about the parents being more involved in their children's lives and having positive influence on their sleep schedule. It seems it is more about our 24 hour awake culture and that is a family issue to resolve.

-Staff

We should not change the schedule

-Student, Capital High School

I think it will definitely help my morning routine and allow me to come to school feeling refreshed and energetic.

-Student, Olympia High School

If our state adopts the year-round daylight savings time as voted, I believe later start times for high school students will be imperative for driving safety of our students.

-Staff

Just thinking ahead - how would later start times for high school and middle school effect sports? Would there be a trickle down effect that games and such would also start later or no?

- Parent/family member/guardian

My kid looks tired even when she gets up at 10:00am. Getting up an hour later will not make a difference in that. She participates on sports 8 months out of the year. I do not want her missing more class. OHS is at the top of the heap when it comes to High Schools and results. Leave alone what is already working for both academics AND SPORTS. I also have a kid in Middle School, but it did not look like you would allow me to answer the High School questions, if I clicked on that first. So, ...you might be skewing your results as we parents often have more than one kid in school.

- Parent/family member/guardian

It is good having later start times, but I prefer to start earlier, though going to school later will help me

-Student, Olympia High School

It will be harder for sports, because then sports will be pushed back and there will be less time for homework after sport activities.

-Student, Olympia High School

It won't help

-Student, Capital High School

I don't think this would be very good for our schools. It will make it hard for sports and other activities after school. There will be less time for sports to practice and finding time and space is already hard. People who participate in extra things could miss more school. Not all kids will actually go to sleep. Some might go to sleep later thinking they have more time to sleep in. Homework could or could not improve. Having more time in the morning doesn't mean anything because kids will probably just sleep in more. People will have less time to do stuff after school and their whole day will be consumed of school or sports or something. They won't have any time for extra stuff that teens do.

-Student, Capital High School

None

-Community member

I like it it is a good idea

-Student, Centennial Elementary School, Washington Middle School, Olympia High School

Year round school, no homework, maintaining vacation time, and less time in the classroom would be ideal.

- Parent/family member/guardian

I couldn't disagree more with this proposal or its supposed benefits. Speaking as both the parent of a student/athlete as well as a volunteer coach for the last 4 years, helping with over 45+ student/athletes each year. This would cause at least 7 more missed classes a year.

I won't even get into my beliefs that the premise is wrong that the older kids should start later and the elementary students start earlier. But suffice to say, I think this is a horrible idea and sincerely hope you will re think it.

- Parent/family member/guardian

I started High School later in the morning so that my zero hour class began at 7:30. When I had younger children, I could not substitute in the North Thurston School district because their high

school start times were so early I could not find daycare for my school aged children (YCare in my child's elementary school was not available before 7:00 am)

-Staff

Middle and high schoolers are always tired getting up so early and doing all the homework. I believe getting more sleep, or sleeping in will benefit them in the long run.

- Parent/family member/guardian

I

-Student, Boston Harbor Elementary, Reeves Middle School

High School students need sleep and lots of it. They are at a phase where staying up late becomes more important than sleep - every time is early. Adjusting later just makes it harder for athletics and extracurricular activities.

- Parent/family member/guardian

do it

-Student, Olympia High School

None

- Parent/family member/guardian

Please don't make us start later.

-Student, Capital High School, Griffin School District

Starting school later in the morning would be nice, but getting out later in the day wouldn't be a good thing.

-Student, Washington Middle School, Olympia High School

As a student at Olympia High School, I am strongly opposed to school starting at 8:50 and ending at 3:30. If you want to make school start a little later but end at the same time then go for it! But I would really hate getting out of school at 3:30. I play soccer for the school and our practices are 2 hours and start 30 mins after the dismissal of school. That means practice (for many if not all sports) would start at 4 and end at 6. Then kids have to come home and eat dinner. All of a sudden it is 7 and kids haven't even started their homework yet. What happens next? Well of course the good students, like myself, that care about school will spend the next 4

hours doing homework. I am up until 11 basically every night during the soccer season doing my homework with school ending how it is. With this new start time it would be usual for kids to be up until 1 am trying to finish all of their homework for school. Therefore you can completely disregard the idea that having a later start time will let kids get more sleep. Instead of losing sleep to waking up early, kids will be losing sleep because they have to stay up in the early hours of the morning because you made school end so late and left them with minimal time to get their homework done. Besides, the kids that arrive to school late on a routine basis are normally the kids that don't really care about school anyway. They will still stay up late and still arrive late to school no matter what time school starts. Another thing is that school ending later doesn't change the time of sporting events like games, meets, etc. meaning that students will just have to leave school earlier to make it to their match on time. Missing just one period is hard enough. I can't imagine missing 2-3 class periods once a week for close to 8 weeks. That could potentially put students very far behind in class. As you can see, changing start and dismissal times to an hour later would be a terrible idea with consequences that hugely outweigh the benefits. If you really want kids to get more sleep, teachers need to start assigning less homework as that is the real problem.

-Student, Olympia High School

We like the current schedule.

- Parent/family member/guardian

Changing start times for my middle schooler would take away the opportunity for her to be involved in jazz band which meets before school starts. There would be no way to get her there at the later time.

- Parent/family member/guardian

Research says high schoolers need more sleep.

-Staff

If the times are moved, my elementary school children will be in before/after childcare for a long period of time. This will cause them to be more tired and cause behavioral problems and decrease their outcomes and success in school. For elementary school kids it seems to only work if one parent stays home or the family has a relative or friend taking care of the child. For families that depend upon childcare before and after and have parents working, it does not seem to take them into consideration. The change would simply lead to children being in childcare longer and worse overall outcomes for them. Additionally, given the start and end times now, I am able to flex my work hours in order to occasionally pick up my child and meet the teacher. If the times were shifted earlier, I would never have the opportunity to meet the teacher except during conferences and curriculum night because there is no way that I could leave work prior to 3pm as it considered "core" work hours during which all staff have to report. I would be very sad if the start and end times were shifted for elementary students.

- Parent/family member/guardian

I did 0-hour, began high school at 7am, played sports year-round, and still had time to work 2 jobs after school let out. My kids may not get the opportunity to know what employment feels like if they cannot begin when traditional swing shifts start. Struggle is natural and healthy as long as it is coupled with equal reward.

-Staff and parent/family member/guardian

When school is moved back, so are extracurriculars and sports, which means less time for students and athletes to do homework so then they go to bed later and are even more tired in the morning.

-Student, Olympia High School

This survey was terribly prepared and has significant bias. If you want to make a real difference in the education of our students and be a leader in the educational community go to a year round calendar. The reduction in summer learning loss and improved performance of districts that have done so far outweighs the "improvement" you get from sleeping in.

- Parent/family member/guardian

The research is there. Teens have trouble going to bed early and waking up early. Their brains work better with more sleep. Start high school later

- Parent/family member/guardian

Seems like a move that might be better understood by public and staff if there were data from schools after implementation for a few years. There are so many factors at play, I am concerned that extra sleep in the morning might be counteracted by other consequences from this schedule change.

-Staff and parent/family member/guardian

I do not believe that changing start times will allow kids to sleep longer. High school student will still stay up late. Middle school will just adjust sleep times to get same amount of sleep. After school sports already leave students with little to no time for homework or even more importantly family time. If the kids get out later there is even less time. I think. Putting the focus on building our reputation is not where we need to focus. We need to focus on the kids and their all around mental health. Not even bringing in the issue of child care for those parents who work and having their 2nd grader starting at 7 am with no early morning days care available and then after school care. Raising child care costs for families is counter productive.

-Staff

M O R E S L E E P

-Student, Garfield and McLane Elementary Schools, Jefferson Middle School, Capital High School

There is little benefit. Lots of kids will just adjust their sleep schedule so they can stay up an hour later. It will impact kids in sports because they have to get out so much earlier. It doesn't make any sense at all to do this.

-Student, Griffin School District

There are pros and cons to starting later and getting out later. There are a lot more cons with like sports and extracurricular activities.

-Student, Capital High School

School can be enjoyable regardless of how hard it can be, and I strongly agree that being able to get more sleep would not only make school easier but make children brighter and more efficient with their work. It's a busy world out there, and they need to be ready to be able to efficiently work in that kind of environment. That all starts with a good sleep schedule that can be readjusted.

-Student, LP Brown Elementary School, Jefferson Middle School, Capital High School

i think we should start the new schedule a little early too be honest

-Student, Capital High School

I think the later start could be nice, but not if it required year round school.

-Student, Capital High School

Most high school students tend to stay up later in the evening and a later start time would make it easier for them to be alert in class. This would be a great change.

-Staff

For me personally, it is difficult to get to school on time and be focused because I live 45 minutes away and have to wake up even earlier than a lot of people.

-Student, Capital High School, Griffin School District

A bit more sleep will help out everyone a lot, even though there isn't very much time increase. However this doesn't apply to everyone who has club meetings or those who have things early in the morning due to family beliefs or ideals. And that this doesn't affect Seniors because we are graduating and you're making us take a survey that doesn't apply to us.

-Student, Capital High School

We would be getting out of school much later so it would take up more time in our day and we would be getting out of sports later. This would make it hard for us to have enough time to finish homework, spend time with our family, and we will have less time for a job (which is something most people need to help save for college).

-Student, Capital High School

If you provide us with a later starting time then not only will students be more invested in their work considering they will be well rested, but they will be energized and more productive and

increasing the likeliness of graduation. It would be idiotic to determine that this wasn't a good idea.

-Student, Capital High School

This survey is very poorly written and is obviously biased toward what the "Lincoln School Board" has already decided to do.

-Staff

I'm a senior, so i can only guess what the effect will be.

-Student, Capital High School

I have severe depression but more sleep in the morning would definitely help.

-Student, Olympia High School

Please.....

-Student, Garfield Elementary School, Jefferson Middle School, Capital High School

This is possibly the best idea ever.

-Staff

WE NEED SLEEP

-Student, Avanti High School

starting later would lead to more focus, better rest asnd more time to complete homework

-Student, Avanti High School

very bad idea

-Student, Olympia High School

More sleep, better driving in the morning b/c less fog and people that live farther away can get to school in a safer manner.

-Student, Capital High School

More sleep, better grades, well rested

-Student, Capital High School

There will be some increased academic challenges for student athletes due to missed classes because they will be competing against schools with earlier start times. However, I believe the positive benefits far out weigh the negative. A later start time would increase graduation rates, decrease depression, improve student performance and decrease car accidents in the student parking lot.

- Parent/family member/guardian

One concern parents could have is that some rely on older kids to care for the elementary siblings after school; if older kids get home later, this could be a problem for some families. However, I still agree with schedule changes.

-Staff

Students are likely to miss more school time in the afternoon to attend athletic and other competitions. Are competition starting times pushed back as well? If so, later bed times does not equate into more sleep and more alert students in the mornings.

-Staff

Keep it the way it is please.

-Student, Olympia High School

This is for the well-being of our students. We need to put them as a priority instead of worrying about the work force of our city. The school is funded by student count, not by parents.

-Staff

please make school later.

-Student, Washington Middle School

I think this change should take place sooner than later.

-Staff and parent/family member/guardian

I don't think we need to start late

-Student, Washington Middle School

I think elementary should start later as well. If extra sleep is beneficial to older children I am certain it would be beneficial to younger children.

- Parent/family member/guardian

Time changes should be in unison with all other districts. Either all in it not. If Oly SD changes and other districts in the athletic conferences don't, Game times have to be adjusted so our students aren't unfairly compromised in class having to get out of more school periods to attend games. The state superintendant needs to lead here, not just this District.

- Parent/family member/guardian

I believe that if we have a later start time, high school students will stay up that much later knowing that they have a later start time at school. In other words, they will still get the same quantity of sleep no matter what time we start. I am concerned about students who are responsible for taking care of their siblings, who will now be out of school earlier than those responsible for their care. I am concerned for students who must work to support themselves (and help support their families) because their ability to work part time outside of the school day will be reduced. Lastly, as a parent of a student athlete in NTPS, this later start would cripple my ability to attend my own child's athletic events because I would be working well into

the event, adding in the drive time to the event and potentially heavier traffic (than a 2:52 pm departure).

-Staff

kids need sleep but there are also things kids need to after school so the kids will be getting to bed later than they already are

-Student, Capital High School

I think it is important that students get more sleep but, If we started earlier we would also need to get out later, therefore we would have much less time for socializing and extracurriculars which I believe are also just as important for learning as sleep. We would also have less time to finish homework, and may be kept up even later by that.

-Student, Lincoln Elementary School, Marshall Middle School

I felt this survey was very biased towards the idea that students will actually get more sleep if we have a later start time. I would like to see some data that suggests this to be true. Some of the questions seemed inappropriate for this survey...students will be happier? students will be better able to meet graduation requirements? etc.

-Staff

8:50 starts time for high school is perfect. Students have more time to get ready and reduce stress. They can see the sunrise especially in the winter.

-Staff and parent/family member/guardian

The [staff member] was encouraging staff to fill out this survey to discourage a change in start times.

-Staff

Our child goes to NOVA, which pushed back their start time to 8:30 this year. This is a positive change and is making a difference. Recommend Oly district move forward with this plan.

- Parent/family member/guardian of a future student in the Olympia School District

I think this is a good idea but in my opinion if we get out earlier then we get more video game time/free time, that is my only concern. - Thanks [student name]

-Student, Centennial Elementary, Washington Middle School

It would make the kids get out later so any sports that they do after school would them be later. Not sure this is helping.

-Community member

We would like to start school later, but leave at the normal 2:22 departure.

-Student, Olympia High School

I think that starting elementary schools before 8:30/9 a.m. would have negative effects on the students' learning since they will not have enough sleep if they are to start any earlier. (I have a little sister in elementary school and if she doesn't get enough sleep she will not function in school and will get an email home about bad behavior that usually doesn't happen when she has had enough sleep. Sometimes she will want to stay up or refuse to go to sleep at bedtime so by having school start after 8:30/9a.m. there will be some buffer time where if she goes to sleep late she still gets enough sleep.)

-Student, Garfield Elementary, Jefferson Middle School, Capital High School

The questions in this survey make many assumptions about the start times.

-Staff and parent/family member/guardian

Yes! Please. Enthusiastically yes! We've desperately wished for this for years!! my teen benefit from more sleep, teens will have less idle time in the afternoons, the whole family will benefit from teen being home in the morning, the need for morning Y-Care will be drastically reduced... (increasing after school programs for elementary would be hugely helpful I think). I worry about ANY kids starting school at 7:30am, especially during winter months when they get on the bus in the dark, so I'd much rather find the money for transportation (or push start times further for the older kids) to make 8am the east lies start time. I only wish this would've happened sooner.

- Parent/family member/guardian

9 o'clock seems a little too late

- Parent/family member/guardian

Less time for homework and sports which could result in less people doing homework and doing it later in the night.

-Student, Olympia High School

GIVE ME MORE TIME TO SLEEP AHHHH

-Student, Boston Harbor, Centennial, Garfield, Hansen, Lincoln, LP Brown, Madison, McKenney, McLane, Pioneer, Roosevelt, Jefferson, Marshall, Reeves, Washington, Avanti, Capital, Olympia ORLA Montessori, ORLA iConnect, ORLA hConnect, ORLA MAST, Griffin School District, not currently enrolled

don't change start times

-Student, Capital High School

I have a job and I wouldn't get the work hours I need. I also would stay up later because school starts later, which in turn would make me just as tired.

-Student, Capital High School

The schedule change would only shift people's sleep schedule, thus rendering the entire point useless. Also, most sports would practice in the dark in potentially dangerous conditions. It would also amplify the traffic problem, since all of the state workers would be commuting at the same time.

-Student, Capital High School

My moms a bus driver and i wouldn't get home til about 7pm. That doesn't sound fun. If anything it would make me hate school and right now i like school.

-Student, Capital High School, Griffin School District

Dont move it back! will mess up after school sports and activities and leave kids getting home at 11 during away games. Bad bad idea!

-Student, Olympia High School

I won't get to my house till 5 pm which gives me no time to be with my family and complete all my homework on time.

-Student, Capital High School

I disagree with starting later because as a high school student, I like being able to get out of school in the afternoon and still having a decent amount of time left in the day. I have experienced later starts in another district and I'm not fond of it. Yes, some students may be able to get more sleep but for other students, that just means they will stay up later. So they could get less sleep or the same amount of sleep as before. As a student in marching band, I have to be at the Olympia High School Stadium at four PM and I don't live close to it. I would prefer to keep the same times so I may have the afternoon to complete homework effectively and be able to make it on time to marching band practice on time.

-Student, Capital High School

This is necessary. Whatever the results of this survey, the district needs to do it. Parent buy-in is great, but if we don't get it, that should not be permitted to overcome something so important for the kids.

- Parent/family member/guardian

Initially, I was very much in favor of changing start times for secondary schools, however seeing all of the potential start and end times laid out, I see that the need to stagger the times doesn't outweigh the potential positive effects of later start times for adolescents. Because I know there is no way to economically have every school start at 8:15-8:30, I think our time and energy could be better spent promoting health through improved nutrition, health education, and physical education avenues.

- Parent/family member/guardian

I would recommend pushing everything back an additional 30 minutes to give middle and high schoolers even more time to sleep in.

- Parent/family member/guardian

Students have other parts of their day: family, church, work, extra curricular where the academic part of their day is not their focus- We should respect that.

-Community member

School starts way too early. in order to get ready in time to get to school, i have to wake up at 6, meaning for a good nights sleep i have to go to sleep at like 7. scientific evidence shows that teenagers circadian rythms dont work like that.

-Student, Olympia High School

none

-Student, Capital High School

It would make going to school more enjoyable because im not exhausted

-Student, Pioneer Elementary School, Washington Middle School, Olympia High School

im always tired

-Student, Capital High School, Griffin School District

my kids never had issues in MS or HS. I do not think changing the time will fix whether or not they do better in school. It is a home issue

- Parent/family member/guardian

I am happy the district cares about students enough to follow what has been supported by science and recommend by doctors for decades. I hope the feedback from families with athletes isn't given more importance because they are the darlings and are vocal. Issues with game times can be solved in another manner and not at the expense of the health and academic success of ALL students. If other districts are shifting this direction, perhaps the issues with the timing of games will be temporary.

- Parent/family member/guardian

May benefit teachers as well

-Staff and parent/family member/guardian

I feel the proposed start time for the high schools is too late!

-Staff

First, elementary school children getting the bus earlier will be a safety concern if the state passes legislature to no longer moves the clocks back. The littles will be in the dark waiting for the bus longer. This is an unnecessary risk to these kids. Further, younger kids need more sleep than teenagers. Kids under the age of 13 need 10-12 hours nightly. Putting their start time earlier will force them to go to bed even earlier. And, my daughter, for example, has extracurricular sports and activities that run until 7:00 at night sometime and then we eat dinner and she has her homework, etc. and she is in elementary school and sometime cannot get to bed between 7:00 - 8:00. As far as high school students are concerned, I see several potential negative impacts of changing the start time. One is sports. Sports will not be able to change ame times. Therefore students will need to miss MORE classes to be able to participate. I already have students in my IB classes who are stressed because of the amount of time they

miss due to sports. Further, they will have LESS time between end of classes and practice to do homework so that will need to be up even later finishing work (negating the idea that they will be able to get more sleep as they will be up later doing work). Also, I have students who work. Some students I have worked with over the years need to be at a job at a certain time to get the number of hours needed to help support their family. I feel like if you have a student choose between making money vs. staying at school later and not be able to make it to their job on time, they will skip class, or even worse, drop out. Furthermore, I have students whose job is to watch their younger siblings after school. If high school starts later and elementary earlier, that family will have lost free childcare and may not be able to afford to pay someone to do it.

-Staff and parent/family member/guardian

None

-Student, Pioneer Elementary School, Washington Middle school

Unless this is something that is being adopted by all other school districts in Thurston County, this will put an undue burden on those of us that live in other districts and commute to Olympia. Scheduling conflicts will arise, staff will be forced to adjust work schedules or pay for child care, and 5th and 6th period will become throw away periods due to the amount of classes that will be missed by students participating in after school activities.

-Staff

Students who have extracurricular activities (for example, dance, gymnastics) may have their time disrupted as well. Starting later on these options will undoubtedly affect all these students. Furthermore, I have spoken to MANY students and the major reason they are tired and don't sleep as much is because they are up late on their phone, game systems or other types of technology. We should not be enabling those students who choose not to sleep, and negatively affecting those that can't because of sports, extracurricular activities, etc.

-Staff and parent/family member/guardian

Students will not take advantage of the opportunity to get more sleep. They will simply stay up an hour later, because they know they have that extra hour in the morning. This will greatly affect those with elementary age and older students, especially if the older students are needed to provide after school care for their younger siblings. I am highly concerned for our athletes and the excessive number of class periods they will be missing, even for home matches. We will also have teams from other schools on our campus while the majority of the student body is still in class. This also affects classrooms. The disruption of folks being absent and issues with lesson planning, will make it difficult on teachers and students. Because we would be the only school district in our league to have these adjusted start/end times, it will be a disaster for our transportation and athletes managing the student part of being a "student-athlete". We should not make this change.

-Staff and parent/family member/guardian

Your first question I believe is misleading. You are asking parents how important their students Mental Health and physical health is, which is of the most importance. However, I don't believe an additional hour in the morning would get the results that the research is based on. This would be a major problem for high school students that are athletes, running start, and work.

-Staff and parent/family member/guardian

Elementary students might not be too happy if they have to start at 8 AM

-Student, Jefferson Middle School

An earlier start for elementary students would allow parents to supervise students until they leave for school ensuring that they would get on the bus and make it to school more consistently.

-Staff

This research has been around for years, and many schools that have changed have moved back to original times, as this causes a lot of problems for families : some need older siblings to babysit, students need to work jobs, sports/activities end up much later. This will be a waste of time and resources to change.

-Staff

I don't think 1 hour change is significant to make a noticeable difference.

-Staff

Please don't copy what Seattle Public Schools do just because you agree with their political leanings and ideologies. There is a possibility that later start times could be beneficial (although most-likely students would just stay up later and not get as more sleep). So the increased sleep is only a possibility, not a given. But, seeing as how our surrounding sports leagues/districts are NOT making this change, there will be a definite result in students missing more school to have to travel and play away games. Seattle accounted for this by having control over their sports leagues. Olympia does not have that control. I'm completely open to revisiting this conversation if/when we change leagues and/or form a new sports league with Lacey, Tumwater, Yelm, Shelton, etc. schools, if they are on-board with later start times. But with that huge factor, no, I do not (both as a parent and teacher) want kids missing 1-3 periods to get on a buss to go play JV/C-Team sports in places like Gig Harbor and Peninsula. Again, I'm not opposed to later start times, but I am opposed to doing it just to be like Seattle, without controlling the variables as they can.

-Staff and parent/family member/guardian

I would say making this change is important, but it's hard to know what I'm saying when the survey is so unbalanced. "Important" compared to what other factors? Survey is not well written -- comes across quite biased, even if it is biased toward what I believe. Who is going to say getting more sleep is a bad idea? Where/when has there been time for an open discussion about this proposal? It hasn't been discussed at my school. No way for people to get the big picture -- i.e. repercussions of offering lots of zero hour classes, repercussions for athletics and

other activities. Why is this survey (and the previous one) the only public (or even district) mention of this potentially massive change?

-Staff and parent/family member/guardian

Students will request specific classes at specific times to avoid missing classes. This is not possible and will cause grades to go down and/or teachers to water down their curriculum due to lost class time.

-Staff

We have so many students who work to support themselves. WIAA participants, students with jobs and students who have siblings that require child care will also be greatly affected. It is not a change that I support at all.

-Staff and parent/family member/guardian

I don't want a later start time because who in their right minds would want to get off of school later like 4 besides doing sports but if we do have a later start time then sports would get off later which would be bad because people might have jobs they need to go or somewhere important so please don't change the school time. NO LATER START TIME!!!!

-Student, Jefferson Middle School, Capital High School

I would love to see the data/results of other schools pushing back start times. It also doesn't reference any experiences/statements from the students about what might work best for them. I'd suggest collecting that data from the students and sharing it with who you are sharing this email with.

-Staff and parent/family member/guardian

I feel teens will just stay up later and not use the later start time for more sleep

-Student, Capital High School

I think my life would be a lot easier if school times change. I wouldn't have to walk to school in the dark, and I would have more time to sleep and I would actually get to eat breakfast

-Student, Washington Middle School

While I fully support the later start time, I'm deeply concerned about the logistical implications for the schools. PLEASE offer some community forum meetings with the school personnel and administrators and consider their concerns before moving forward. While on the face it may appear to be an obvious choice to move forward, this decision has major implications for the entire school community.

-Staff and parent/family member/guardian

The late start time at Madison has really been difficult to manage with two working parents. I'm late for work every single day.

- Parent/family member/guardian

I don't really care whether other schools in the area are doing it, all I care is what the research says.

-Staff

I think no matter what students will be tired, but I think having a later start time will give them that extra bit of sleep to be more engaged during school.

-Staff

I have a hard time seeing how this would help students with extracurricular activities. It would just shift their activities later and leave less time for homework. (Or they would have to get up early to do homework).

- Parent/family member/guardian

The wording on this survey seemed to be inherently leaning to prompt people taking the survey to want to change the time. This does not seem like a neutral survey. However, at CHS we received no data on how this could improve attendance or academics. We only were told how it would negatively affect athletics. I would like to receive both sides' data before taking a survey.

-Staff

As both a teacher and a coach I witness firsthand how exhausted our students are during first period. Given that OHS participates in the SPSL, student athletes often do not leave until 3:45 to get to a game, yet are on a bus until well after 11pm on their way home from away matches. A later start time would be extremely beneficial for the health of students, especially those who participate in extracurricular activities.

-Staff

7:30 am start times for elementary school would be a GREAT benefit to our students. Late start times for middle/high equally so.

-Staff

This survey isn't measuring the actual question or concerns. It appears heavily based on an assumption I haven't seen any evidence for, that later start times will result in more sleep. Will it? I'm not sure it will. Additionally the survey clearly attempts to isolate the question around (unsupported) more sleep time being a good. Of course it would be. But the actual question isn't binary. It is a tension between multiple goods (or ills). Being in class is a good and I am concerned about the amount of time missed by students in after school activities in the only district with late start times. Offering more zero hour classes is a potential good in the framework of more choices for students, but not if the result is having an unintentional tracking system where those who can afford to arrive early and/or compete in athletics drive their own class schedule and those that don't essentially start and end at different times.

Because there have been no presentations, not discussions within schools, no recognition of the multiple interests and hearing of the unforeseen outcomes I do not believe this survey is an honest one. In the past when the District has grappled with difficult questions such as budget cuts the surveys were designed as a clarification of competing values - an honest attempt to

look at what we truly value in the hard choices. I am concerned that people who have legitimate concerns have not been heard nor is this survey a tool designed to either elicit or listen to those concerns. I don't appreciate the lack of process for such a change or the appearance of process when we have tools to actually discuss, generate feedback and gather honest opinion. We have used those very tools many times in this District. Why aren't we using them on this question?

-Staff

Many students do not just participate in extracurricular activities and sports, but also have jobs and responsibilities beside school, having time for these things only after school. By moving the start time later, you rob them of their opportunities of such. Additionally, students who strive for college realize that not only must they be competitive for such, they must also go beyond school and participate in sports, events, as well as other activities. Consequently, the altered start time will rid them of the chance to gain these experiences for university and so thus, their high school may become the cause of why they may not go on to college instead of preparing them for what they aim to do next. Another note I must make is for those who choose to participate in activities beside school will actually have lower quality sleep and the amount of sleep they get might not even differ if the start time is changed because they will be completing school work along with their other responsibilities, going to bed at an even later time then if with an earlier start time. Having done previous research on this topic, I wish to address that studies show that the highest quality of sleep occurs at near 11 pm and if students stay up later then such (which already is so and is a guaranteed to become more common with a later start time), they are granted a poorer quality of sleep and in the end, still have the same amount of sleep for they have the same amount of work to get done (start times don't affect homework, schoolwork, and other jobs). I hope you consider these factors when discussing this topic next.

-Student, Olympia High School

I don't like the idea of getting out of school at or after 4pm

- Parent/family member/guardian

I think for passing periods students should have a little more time to get stuff and get to class

-Student, Jefferson Middle school

In my opinion this should have happened along time ago.

- Parent/family member/guardian

Have elementary schools start later too! I am in 5th grade. :)

-Student, Centennial, McKenny, Roosevelt Elementary Schools

I'm not entirely sure why so many of the questions have to do with athletics. Are the athletes the only important students?? No. You need to understand that not everything revolves around the athletic groups. There are other students aside from athletes - other students who

SUPPORT the athletes without getting any sort recognition for the work and hours they add to the school and teams. Perhaps less emphasis on the athletics and more on the STUDENTS in general would be applicable.

- Parent/family member/guardian

I'm very concerned about the amount of class time the athletes will be missing if we implemented the late start. I understand there are some benefits for the late start, but the disadvantages outweigh any of those.

-Staff

My high school in Iowa in the late 80's started at 9. The current times are too early.

- Parent/family member/guardian

I am a retired educational administrator and am familiar with the research on this issue. I have never worked for a school district in which a school began at 7:30, so I know it can be done.

Follow the research and do the right thing for the kids!

-Community member

If "Very Important" were an option, I would have chosen it. Thank you for starting this conversation with the greater OSD community. I really hope the changes go through by next year. Also I would love clarification if New Market will be affected by the change.

I think it will be a lot harder for parents who need to be at work at 8 or 9 to get their kids to school on time. Because of this the students may have to get to school early anyway. It's also hard to say this change would help across the board because it may cause students to simply stay awake later and not get enough sleep still.

- Parent/family member/guardian

N/A

- Parent/family member/guardian

Students are NOT going to get more sleep they will actually be going to bed later. They are becoming young adults and this is life getting up early and going to work and starting college.

-Staff

This new start time is so bad. Student athletes that already suffer with keeping grades above F so they can play will have a hard time when they have to miss more than one class. This is not putting our students academics 1st. Schools have always started early and should continue. Kids are tired because they stay up on their phones. Did anyone even consider that's why. Most teens go to bed after 11pm at night. Also my elementary kid better not be the school that has a start time of 7:30. Hansen is far away and so a bus would pick him up at what maybe 6:45am or earlier. There is no way I will allow my kid at the bus stop at this time. If this change is made we are moving away from Olympia

- Parent/family member/guardian

I believe starting at 7:30am/8am would negatively impact the mental and physical health of elementary school students. From the American Academy of Pediatrics: "Children 6 to 12 years of age should sleep 9 to 12 hours per 24 hours on a regular basis to promote optimal health." Starting school at 7:30/8am would mean some kids need to be asleep by 6:30-7pm, which takes away the possibility of attending evening school activities (usually start when Y Care vacates the gym/cafeteria, which is 5:30-6pm AT THE EARLIEST). Not attending these activities reduces the chances of building community/bonding with other families/staff members at the school. Additionally, parents who work full time and don't get home till 5:30-6:30pm would get very little time with their kids before they have to put them in bed -- and that would be mentally detrimental for the family. I'd support funding for additional buses so we could have later start times for middle/high school students AND not jeopardize the amount of sleep/community building/family time for the elementary school kids.

- Parent/family member/guardian

My high school daughter watches my grade school son after school. This will really put our family into a tight spot and leave us with no care for our son after school.

- Parent/family member/guardian

Sleep is just as important to middle & high school students, if not more important to young developing brains of Pre-K, kindergarten & the rest of the elementary children.

- Parent/family member/guardian

I work at a different school that has shifted its high school start time to 9am and the results have been good. Students arrive less sleepy and more alert in the morning. It's allowed us to add an optional breakfast time 8:30-9am which has been very beneficial. Go for it, Oly! Later start times would have benefited my sons when they were in high school. It was a constant battle getting them to get up in the morning on time. They refused to (or couldn't) go to sleep at a reasonable time.

-Community member

If I only had elementary age students - I would agree with the research and earlier start times. However in order for my older students to participate in meaningful school activities that give them and individual sense of pride and accomplishment outside of the academics are important means not changing anything but maybe by 15 min. Possibly getting up an hour later just means staying up an hour later because sports and afternoon school activities are just gonna be pushed back. This means my elementary kids won't have an older sibling at home in the afternoons and creates an additional expense. The time change law passed but this won't be enacted unless approved by congress and that's not happening this election year. Just focus your need to make changes and biased surveys in another area where families of children in middle and high school and those routines are not so rocked. Research supports more recess time in elementary. Dump this money into that. Or put more money into teaching about conservation and living green. Or let's bring back art in meaningful ways. Or let's offer school year round instead of the summer break in order to fit more students in to our overcrowded buildings. Or continue to improve safety and security and mental health services. Kids who are

late will still be late. Kids and families will not get more rest - they'll go to be later because everything that happens after school will just happen later.

- Parent/family member/guardian

I find this survey to be arbitrary and capricious. The nature of the questions tells us that the decision has already been made. It is also deeply concerning to me as an Olympia School District parent that the current OSD Board has such little regard for their constituents that they would send out a survey such as this.

- Parent/family member/guardian

I think any school should not start until 8am or after. Before that is just way too early for school to start, as students will still be sleepy, focused and ready to absorb knowledge.

I am sad the district is looking at changing start times. Our former district adjusted start times as well and it was a disaster.

- Parent/family member/guardian of a future student in the Olympia School District

The language in this survey shows a clear bias for later start times.

-Staff and parent/family member/guardian

With today's electronic world and devices babysitting most children, having later start times means more tv/phone/device time. "But I don't have to be at school until "x" so I can stay up later.

- Parent/family member/guardian

Don't sacrifice sleep for elementary to save older kids. Make them all have a reasonable start time.

- Parent/family member/guardian

I feel 7:30 is too early for any school age kid to be at class but 8 is reasonable if it would help the middle and high school schedules

- Parent/family member/guardian

I am wondering who wrote such an appalling survey? The next time the district sends out a survey to the public, please have someone create it that has an understanding that surveys are for gathering information, not for pushing an agenda.

-Staff and parent/family member/guardian

I graduated from high school five years ago. Everyone knows high school is a very stressful time, between navigating social life, mental health, school, sports, family, etc. I remember what a hard time high school was, and starting so early in the morning and not getting enough sleep made all of that more difficult. I think that letting middle schoolers and teens get more sleep would have great health benefits and allow them to succeed more.

-Community member

"a significant increase in spending for transportation" is not very specific. It would be nice if there were a ballpark figure for this, or an example of how the budget would need to be shuffled to cover it.

- Parent/family member/guardian

I strongly disagree with the school district changing start and end times

- Parent/family member/guardian

It would be good to know how big the financial impact of removing the 7:30 start time would be and where the reduction would have to be made elsewhere.

- Parent/family member/guardian

I think this is unacceptable and unfair to young children. Research supports that the average 5/6 YO needs 11-12 hours of sleep every night and 7+ needs a minimum of 10 hours per night. A start time earlier than 8 a.m. is near impossible to allow for proper rest and doing additional damage to the already overloaded young kids. The jam packed, insane, academic, no joy, lack of nature/creativity/art/music, soul sucking curriculum imposed on children starting in kindergarten is disturbing. Enough already!! These are children, not robots, and they need sleep and lots of it!

-Community member

7:30 is too early for elementary age! Kids that age often sleep 12 hours per night! If school starts at 7:30, that means getting up at 6:30, which means going to bed at 6:30 pm. This means kids won't be able to do after school sports (which are usually 5:30 to 6:30pm or even later) and also means many kids will never see mom and dad if they work until 6pm. Don't solve the problem of adolescent sleep by making all of our 5, 6, and 7 year olds chronically sleep deprived.

-Community member

Please move forward with these changes. I believe based on the research it will ultimately benefit most families positively and will really improve the lives of low income families.

- Parent/family member/guardian

This is CRAZY! Bottom line, we've not done enough to prepare for such a drastic move. The research is flawed because it does not take into consideration of parents and the children themselves to take responsibility. You grow older and you get less responsibility. What happens when high schoolers graduate? Should employer be responsible to call them to wake up and get to work on time?

-Staff and parent/family member/guardian

7:30 is far too early for my little ones who will be in kinder in 2022. Even if our little ones are awake, parents need more time to feed them a healthy breakfast and get them ready for the day!

-Community member

Please consider the effect this will have on the lowest income students. Please include advocacy for FREE childcare for ALL to help families make this work. Please pay bus drivers better so we have an adequate fleet to manage all the routes.

- Parent/family member/guardian

There is peer reviewed data that supports schools that start school later in the morning will have an increase in attendance, behavior and academic achievement.

-Staff

I think that i will need to have a either earlier start times or the same start times because i need to watch my sibling. That might be a big problem for these changes to the sceduale.

-Student, Washington Middle School

I would agree on having later school times but I also wouldn't want it to be to late. I would have the time be 8:30.

-Student, Washington Middle School

Teennagers need the most amount of slepp so this will help

-Student, Centennial Elementary School, Washington Middle School, Olympia High School

My old school I had to wake up at 5 am to get ready everyday I was in 6th grade so I think its important we make this change.

-Student, Washington Middle school

I think that if start times are later it will mess up people's things after school this also can make it hard to get a ride to school and some kids will only stay up later because they don't have to get up so early this can lead to bad habbits.

-Student, Washington Middle School

later school would give students more time to to more home work and get more sleep but some students just want school to start school later just because they can get more time to play games and stuff.

-Student, Centennial Elementary School, Washington Middle School, Olympia High School

Why would school end at 3:37? Why not end at 3:40 or 3:35?

-Student, Avanti High School

itll make students more attentive

-Student, Washington Middle School, Olympia High School

I think that there will be lots of benefits to moving the start times for school, as students might pay more attention in class yes, but that may also reduce time for students to do homework and other activities outside of school. But I'm sure I'll be fine with whatever outcome there is.

-Student, Centennial Elementary School, Washington Middle School, Olympia High School

Concerned about athletes missing additional school for sports. Any thought to moving HS start time just a little later i.e. 8:20am (not 8:50am)

- Parent/family member/guardian

For a lot of people having school end later will make it so they can't live up to their duties.

-Student, Pioneer Elementary School, Washington Middle School, Olympia High School

i think if we had more sleep we wouldnt be able to

-Student, Washington Middle School

start early so its easier to do homework

-Student, Centennial Elementary School, Washington Middle School

I think that it is important for the OSD to look into changing the school times. But also be aware for students who have parents both working long shifts, and need to take care of their young ones. But, the 7:30 am start times for some elementary schools, to 9:00 for middle schools is to long. Another suggestion about the current schedule is that the time between when WMS gets out out, to the time Pioneer gets out is to soon. I think, it should be about 10-15 minutes so it isn't so chaotic.

-Student, Washington Middle School

I think that about 30 to 45 minutes later would benefit many middle and high schoolers. I think it would allow us students to have a little more sleep. BUT, one big problem for many of us students is having to move our sports and after school activities later, which would be quite hard because we would have to change our ENTIRE schedule.-especially if we are VERY busy. AND ALSO, I know this is not related to this survey, but I have a complaint about the pick up and drop off line at Centennial Elementary. I do not currently go there, but I used to. Ever since Mrs. Ritter became principle when I was still there, she tinkered with the pick up and drop off line and now it is almost impossible for my mom to pick my brother up on time for our Taekwondo lessons after school on time."

-Student, Centennial Elementary School, Washington Middle school

No comment.

-Student, Madison, Pioneer, Roosevelt Elementary Schools, Washington Middle School

I will get the same amount of sleep because I'll just stay up later

-Student, Capital High School

Impeach Trump

-Student, Capital High School

Don't move it later. Please don't. Keep it the way it is.

-Student, Capital High School

we wont have as much time after school to do homework and have time to be normal kids.

-Student, Capital High School

Sleep is what humans need to function, more of it means more productivity. Its very simple.

-Student, Capital High School

No additonal comments

-Student, Capitall High School

Don't change the schedule

-Student, Capital High School

this is dumb

-Student, Capital High School

If we started school later people with jobs will have a hard time going to work if school ended later and who wants to get out of school at 3 also just because of a later start time people won't do better because people have their own habits.

-Student, Capital High School

BIG DUMB

-Student, Capital High School

dont change the times change the days, if you really want better students, look at Finland, they removed a day of school in there week and they had better accelerating students

-Student, Capital High School

Explore the idea of an 8am (or ...?) start for older kids. Schedule the start time for the younger kids according to the bus return time for the older kids.

-Community member

We should not move the schedule at all! It will have many disadvantages. Here are some of them, I have dance at 3:30 and a 45 min drive there, there is no way I will be able to get there in time! Its not just me, many students have sports or extra curriculums that they have to go to, and there will be less time for those and some people will be doing there sports in the dark! Another example is it will be teaching us bad sleeping habits for when we are adults. In our future we will have jobs and go to college, we will have to get up early for those and stay up late, it will teach us very bad habits so it will be harder for us to get up and work! It will also

give us less time to do homework and study so many students including me will be very stressed! When I was in elementary school my school started at 9 and ended at 3:23, I found this awful because it got darker quicker, I had less time at home, and I just found it horrible. I strongly think we should keep the school starting time the same, thank you for reading my opinion and my feedback, have a great day!

-Student, Washington Middle School

It's more of an over correction then an actual solution

-Student, Capital High School

It would be nice to sleep in.

-Student, Capital High School

it would be nice to sleep more so my brain has more time to function and get up before i drive two hours to school since i live so far

-Student, Capital High School

Unless this is a statewide change this is irresponsible

- Parent/family member/guardian

I'm a recent graduate of OHS. I enjoyed school even though I had to get up early but I could see how my peers did not feel the same way. Somehow, it is just easier for a teenager to get more sleep if they can sleep in and stay up late. It almost tricks your mind if you go to sleep at midnight and wake up at eight am. One feels as though they stayed up late doing homework when they really slept for eight hours. Moving back school start times could make a huge difference.

-Student, Lincoln Elementary, Washington Middle School, Olympia High School

I need more time to sleep. In first period Im basically asleep on my desk. one time I actually fell asleep in class because of waking up so early. I think it is very important to change the time school starts!

-Student, Centennial Elementary School, Washington Middle School

swicth high school with midlle scool

-Student, McKenny Elementary School, Washington Middle School

i feel like getting home late would stress some people out because they dont have a lot of time to do homework

-Student, Washington Middle School

I think we should start school early than later.

-Student, Washington Middle School

We would be getting the same amount of sleep. If you think about it, we are going to sleep at a later time, and waking up later. We don't have time for extracellular activities.

-Student, Washington Middle School

I like the time my school starts and I feel I get a good amount of sleep and get my work done on time.

-Student, Washington Middle School

make it 11:00 to 3:45

-Student, Pioneer Elementary School, Washington Middle School

I see why it would be a good idea to move the start time back but i still don't think that should be the case

-Student, Washington Middle School

I'm concerned about before school care for working parents of middle schoolers. Where do they go? The late start time would not benefit kids of parents who work at 8 am. These kids still have to wake up early.

- Parent/family member/guardian

I think starting school later would make us more awake, because we could sleep later, but after school activities might be affected

-Student, Washington Middle School

please and thank you

-Student, Washington Middle School

starting at 9 and ending at 3

-Student, Pioneer Elementary School, Washington Middle School, Olympia School District

There are other areas of concern to help OSD students receive a quality education that are not tied to a start time. It would be nice to see the same time and effort being put into other decisions for the district.

-Staff

I have Baseball right after school so it wouldn't work if we got out later

-Student, Washington Middle School, Olympia High School

I think it makes sense to move start times so you can participate in 0 hour activities but I would be most worried about staying awake extra late for sports. Also, I am a morning person.

-Student, Washington Middle School

I think that elementary schools should not start early like 7:50 I think more like 8:20 at the earliest.

-Student, Pioneer Elementary School, Washington Middle School, Olympia High School

I have to watch my brother and sister after school and the start times would interfere with that
-Student, Washington Middle School

I would like later start times for older students without negative impact on making smaller children attend school before 8 am. It would not be beneficial for my elementary child.
- Parent/family member/guardian

My answers were slightly different as a result of several mental health issues that minorly effect my learning (anxiety, depression, ADHD)
-Student, McKenny and Pioneer Elementary Schools, Marshall and Washington Middle Schools, ORLA hConnect

I think that the start times should not be changed due to several variables such as activities, brain stimulation, and lack of exercise . If start times move farther back, that would mean there would be less times for kids to get time for sports/activities after school. by moving back the start times, the possibility that youth may not make it to their activities may be eminent, and could possibly make local establishments lose money over a school induced problem. Another reason why the district should not change start times is due to the fact that students themselves are causing their lack of sleep. I have witnessed first hand on several alleged counts that students are staying up and doing video games, watching television, or doing social media, stimulating their brains to stay awake, henceforth causing themselves to lose sleep. Finally, I think children should get more exercise. The kids that I know that get plenty of exercise and sleep well do better in school. Also, if kids get more exercise in the morning like push-ups, crunches, and riding their bike to school (fresh air helps), they will do much better in school. In my opinion, students should not have changed start times because of variables such as activities, brain stimulation, and lack of exercise. Understanding this further is to think of the many other ways that changed start times may effect students and staff.
-Student, Washington Middle School

The early end time is concerning for grade school families.
-Staff

It would be pointless because kids would stay up for longer and school would just take longer.
-Student, Capital High School

Moving school times later would not be helpful or beneficial for anybody.
-Student, Centennial Elementary School, Jefferson Middle School, Olympia High School

People would just go to bed later and not get any more sleep, I don't have a problem with the current start time and I think it would create more problems than it solves, especially for student athletes. Also it would create a large difference in the times we get out compared to the schools in other districts so we have less time to spend with our friends.

-Student, Centennial Elementary School, Jefferson Middle, Olympia High School

i like the idea i just think it is not the smartest move because you will have to balance school work, a job, extracurriculars, and watching your siblings, and drivers ed, and doctors and dentist appointments i feel like that would just make so many more people stressed

-Student, Capital High School

Students wouldn't be able to do after school sports because of the later release time, since it gets dark so early. And with a later release, students would just stay up later doing homework, and get the same amount of sleep. Although having zero hour later would be nice, the disadvantages outnumber the advantages of a change in the schedule.

-Student, Capital High School

i like school later and end earlier

-Student, Centennial Elementary School, Washington Middle School, Olympia High School

If school starts later, people will stay up even later the night before. Student athletes will not have practice done until very late, and will never have time to do homework or see their families. Changing the start times later would adversely affect my family. Please do not change them.

-Student, Capital High School

School sports would go later, and we would sleep just as much if not less. Having the start time earlier would make more time to complete sports and school.

-Student, Capital High School

My first-third period classes are WAY more attentive and better behaved than my 5th and 6th period classes. Later in the day, students are getting sick of being there, want to go outside and leave school. Changing to later times would increase this negative effect.

-Staff and parent/family member/guardian

I think we should start at 7:00 because it gives us a lot of time to do homework, sports and whatever we have going that's outside of school and also it gives us more time to get to bed early

-Student, LP Brown Elementary School, Jefferson Middle School, Marshall Middle School

why do you need to know my race?

-Student, ORLA hConnect

Kids will do way better at school and be rested

-Student, Capital High School

This idea should only be adopted if all schools in the state do so. It is completely unacceptable to do this as a stand alone school district or a "some districts" plan. For you to use time and resources on this is also not okay. We have so many issues that need support and because you as a board think this and dress code are top priorities here we are. You will shove this down our throats anyway so whatever. How about ask us as parents or staff what we think your board priorities should be? Kids and families of poverty or a real alternative high school that allows access to all students who need a different path to their education.

-Staff and parent/family member/guardian

The concern for sports is unnecessary, the amount of money as well as the attention schools spend on athletics is wholly unsettling. They reduce teachers' attention to non student-athletes as well as stealing funding for classes that could encourage learning retention through trips and demonstrations.

-Student, Pioneer Elementary School, Washington Middle School, Olympia High School

Have more classes in the day so the kids can chose when they want to be at school.

-Student, Capital High School

The move to year round daylight savings will be forcing us to wake up an hour earlier for much of the school year.

-Staff and parent/family member/guardian

not really important. sports will lose more hours

-Student, Olympia High School

I'm a future paraeducator, and believe me, these students want to get better rested for their school days.

-Staff

I'm concerned my middle schooler soon to be high schooler will not benefit from employment after school or evenings. With school starting later and required homework and study time.

This sets up diminished importance of becoming financially independent opportunities

- Parent/family member/guardian

Flashing lights at ORLA

- Parent/family member/guardian

I will sleep better but I won't like school more

-Student, Olympia High School

The studies show older students need more sleep than most elementary school aged students. This would help attendance, school behavior and classroom performance

-Community Member

Only real concern is after school activities and sports.

- Parent/family member/guardian

I previously lived in another district with later start times and found my elementary kids did well with early starts and my high schooler did much better with later start time which was 9:00 there.

- Parent/family member/guardian

The homework load of highschool students is tough. Getting out of school so late in the afternoon would not allow time for teens to complete homework AND have time for extracurricular activities. Yes, teens need more sleep and with their being on a different circadian rhythm, a later start time makes sense, but overall you would be robbing them of any kind of freedom from school responsibilities in doing this.

- Parent/family member/guardian

We can't argue with the data, of course. We know students getting more sleep is better for their entire being, especially educationally. However, it does not make sense to be the ONLY district in our whole area AND league. I can see this being a positive change in the future- but without properly educating the community, not providing answers to staff because of lack of education on the topic, and having no other districts in our area move to this time change, it just seems like a rash decision.

-Staff

Child care/work schedules are an important factor for me, with a 1st and 4th grader. Getting them settled and to work by 8 would be huge. My strong preference for Madison is a 8am start time.

- Parent/family member/guardian

Research has supported this for years- go for it , please!

- Parent/family member/guardian

I have talked to many middle school students and some high school students and they are not in favor of starting later. Non have been. Yikes.

- Parent/family member/guardian

Elementary children's sleep is more important than middle & high school kids. Elementary kids brains are still developing and need more sleep 10-13 hrs. Older kids can adjust their sleeping schedule easier than small kids and older kids don't need as much sleep 6-9 hrs. Why are you focusing on the older kids who are more responsible for their sleep patterns. The smaller children need more sleep. If I had to get my kid to school by 7:30 that means they are waking up at 6/6:30. That means Getting to bed at 5 pm. Some of us don't even get off work till 5 pm! This whole idea is ridiculous, please don't change anything. Let teenagers learn how to time manage themselves. Let them learn when to go to bed. Maybe they will practice it in adulthood to, because many adults can't even figure it out.

- Parent/family member/guardian

Please do it it would be so much better for everyone

-Student, Olympia High School

I work in a district where the start times are later. The students stay up later at night which defeats the purpose of a later start.

- Parent/family member/guardian

Please change the start times. It's way too hard to focus. I literally fall asleep bc of it.

-Student, Centennial Elementary School, Washington Middle School, Olympia High School

I would really like this to happen, it will benefit my overall well being as a student.

-Student, Olympia High School

i really do not like this idea. i don't think students will do better by pushing back start times. this is just an excuse for kids to slack off even more.

-Student, Olympia High School

Sleep

-Student, Olympia High School

Sports don't matter. Stop blocking what's right for kids for games.

-Staff and parent/family member/guardian

I am a junior in running start and later start times would be conflicting with my schedule and any opportunity for me to get a job outside of school and I would have less time for basketball which is really important to me

-Student, Olympia High School

While school will be starting later kids will still be getting the same amount of sleep with extracurricular activities and school ending later and having to do homework. The amount of free time will stay the same and kids will go to bed later

-Student, Centennial Elementary School, Jefferson Middle School, Capital High School

My middle schooler starts at 8:30. This is manageable. 9am also would be.

- Parent/family member/guardian

I believe us high schoolers deserve more sleep because some of us do have to work or do sports sometimes when we get out of school!

-Student, Olympia High School

i agree with the way its written on paper, theoretically it should work, but i feel that we all know the hard truth is that if the start and end of school is pushed back, instead of a teen staying up until 11pm he will now stay up till 1am for example, this is all i would personally

make use of this time simply because i have the option to and get the same amount of sleep that i was previously. i just see this as pointless and a waste of time and money. not to mention that it will affect me personally by having to find a new way to get home and decrease my chances to have an after school job.

-Student, Capital High School

Flex schedules. HS open at 7:45 for athletes and extra curricular. Stay open til 3:30 for student who don't have after school activities. Side benefit. Smaller classes. HS class size is stupid large.

- Parent/family member/guardian

I like having time after school to do my homework then go to work at 3:30, setting the start time later will effect me getting my homework done on time.

-Student, Centennial Elementary School, Washington Middle School, Olympia High School

Why are we not considering even later start times so there is not such an impact on Elementary students? An example bring end times of 4pm.

- Parent/family member/guardian

This will not change how much sleep we get, and it makes less time for sports after school

-Student, Olympia High School

I just stay up so late to do my homework then I have to wake up so early and sometimes I can't finish my homework

-Student, Olympia High School

i think it is important because it was proved that teenagers brains don't actually wake up ready for the day until like 9 ish

-Student, Olympia High School

It should stay the same

-Student, Olympia High School

I think that we start at a good time i don't really have a problem with waking up early

-Student, Olympia High School

I feel like changing the school times would be a very horrible time, cause some people in this school have jobs after school, and it would be hard for them to start school different, and then have to try and make it in time for their job. Most people in this school also do sports, and they probably have their moms drive them to and from school, and they wouldn't be able to get there in time to do what they need to do, and they wouldn't be able to do New Market, cause then they wouldn't have the transportation for that, and if they were to do it they would have to have their parents drive them, and if the parent works, how are they going to get to work on time and have them in enough time for class, and making sure that the mom isn't late for work

as well, as the kid. But hey, that's just my option, so if you guys want to change the school time, you do you.

-Student, Olympia High School

I don't want to start school later. and also for people who have sports outside of school and have early games would be a struggle.

-Student, Olympia High School

Thank you for your work!

- Parent/family member/guardian

I feel it would be more beneficial for middle school to be earlier than high school because more middle school students have younger siblings that are still waking them up or have to get to school not allowing for the benefits of a later start time. I don't think athletic attendance outweighs every morning. Also grouping the middle school and elementary would also help the after school care. I would feel much more comfortable knowing my middle schoolers was home with their elementary siblings for a few minutes than them home alone. I went to a high school that had long travel times to all sports events. I regularly missed classes and I don't feel that it impacted my academic performance. Athletes had to keep a 2.0 gpa weekly to continue on sports teams.

- Parent/family member/guardian

This would greatly affect my family negatively. I am a single disabled mother and it is a huge struggle to get my children up and ready for school. The later start time for my 1st and 2nd graders is fabulous and the reason why I get them to school on time EVERY SINGLE DAY! If this goes into affect, it will hurt my children because at such a young age they need more adjustment time transitioning from morning to school.

- Parent/family member/guardian

it will be way better to work for me and it will be nice to sleep a little latter

-Student, Washington Middle School

I think elementary schools should not start as early as 7:30.

-Student, LP Brown Elementary School, Capital High School

Don't change the schedule it's going to cause ONLY chaos for the entire district, not only that but other activities that aren't even connected to the district itself will be affected as well. Like Black Hills gymnastics is going to have to go through a lot of chaos trying to figure things out. The boys and girls club will most likely have to be moved off of Jefferson campus because Elementary schools will be ending BEFORE Jefferson does and they can't have a bunch of elementary students in the school during school hours. Boys and girls club has always been at Jefferson because of how they are unable to go anywhere else right now cause their requests have been denied over and over again. So if this schedule change happens there will be a

chance that boys and girls will not be a thing in Olympia school district and they will have to be routed all the way down to Tumwater(which won't be allowed and parents just won't do it). This entire idea is stupid because it seems like the only thing being taken into consideration is "sleep health" or the sleep clock. Everything else that is actually important was completely forgotten so if this passes I will question the school board's qualification for their jobs and will kindly request they be removed for doing a terrible job. Just another thing to add, most kids won't be getting more sleep cause if schools start later it will give them an excuse to just stay up longer and not actually get any more sleep. Maybe 5% of students will go to sleep at the same time. The other 95% will not care and just go to bed later than they usually do. It will only make things worse for the vast majority of students and faculty.

-Student, Capital High School

As school will last the same amount of time, no more sleep will be had for people will still be going the same amount of homework, procrastination, and other activities regarding schoolwork and will have their entire schedule just moved over. Being a Griffin kid, where school actually did start later in the day, there was no effect on grades, overall alertness, or otherwise. I will also say that since not all the schools in our league are also in our district, and you have noted as well in your survey, sports will be all the more a hindrance to athletes. The subtracted time from school will make it harder for them to succeed in their classes. I think it is more important to make sure students start eating more nutritious food, rich in good fats, and the extra calories to the brain would have a greater impact on student success than changing the times that class starts. This would mean putting more funding into the school's lunch program to get better, more nutritious food (and dare I say better tasting food) for students as well as increasing the time we have to eat said food. I believe that doing this will have a greater impact over student success than changing the start time.

-Student, Capital High School, Griffin School District

We do have concerns about transportation should our child miss his bus as both parents will be unavailable to transport him under such circumstances.

- Parent/family member/guardian

The only reason I don't really like school is because of how much earlier I have to wake up, compared to the time I usually do on the weekends/summer time. So if the start times did change to a little later I'd really appreciate it, just to get some more sleep.

-Student, Centennial Elementary School, Washington Middle School

Eliminate early release Wednesday

- Parent/family member/guardian

i get about 2-6 hours of sleep each night currently. i will get more sleep and be more successful. first period is currently only used for waking up and i don't usually pay attention well in that class.

-Student, Olympia High School

yo like i hate waking up early it sucks and learning stuff in the morning is a blur to me
-Student, Pioneer Elementary School, Washington Middle School

I get more don in the afternoon not the morning. and i dont want to miss school an much as possible for homework sake. PLEEEES DON'T CHANGE THE TIME!
-Student, Washington Middle School, Olympia High School

0730 start time is too early for elementary school.
-Parent/family member/guardian

I think school times should actually start about 22 minutes earlier to be exact because us getting out a 2:22 doesn't make any sense and then we have more time to take a name and get our stuff done. Then on wednesdays we can get out at 1:10 and we'll all have more times for jobs and extra stuff whether that be a nap or work. Also later start times will not make students like the school more or make them want to go because they have to be there and they're being told they to learn and go one certain way to succeed in life and that's not gonna change the environment of the school.
-Student, Olympia High School

Noooooooooooooooooooo
-Student, Olympia High School

I am at Olympia High School. I would love to sleep in BUT I don't wanna get home from school very late. So I wouldn't like the change.
-Student, Olympia High School

You need to consider the OSD Staff with children in other districts not on the same schedule. This would cost some of them money in before/after school care.
-Staff

The reason i think that schools should have a letr start time is because students will be well rested and there are many more benefits and ofcourse for anything there will be pros and cons. I was also thinking if could maybe have bus routes to places even outside of the home school border because then there will be less stress about dropping/picking up children and also there will be more oppurtunities for jobs/ more employment. Thank You!
-Student, Jefferson Middle School

It asks many questions about the improved benefits of extra sleep for middle school/high school kids, but addresses nothing of the fact that elementary school kids (who can be ages 4 and 5) would be getting less sleep from having to get up so early to start school. You can't fix one area but depriving a different set of kids of sleep. And if you ask any pediatrician or look at any recommended sleep charts for younger kids, they need more sleep than older children do (ie, your middle schoolers/highschoolers). Starting the elementary

school kids that much earlier in the day is going to hamper their learning process. And those early years of learning are so crucial to success educationally. 8:30 am *might* be manageable but 7:30 or 8 am is certainly not.

- Parent/family member/guardian

I work a job (paraeducator) that allows me to get to work after dropping off my kids at school...if you change that, I will need to seek employment in another field.

- Parent/family member/guardian

i would not like the later start time as a staff member.

-Staff

Increasing walking/biking to school at the older ages will free up transportation \$ for elementary schools. We can do this!

- Parent/family member/guardian

We have to do what is best for kids. Adults can figure it out. Academics come before sports.

-Staff

We had this on Bainbridge Island and it's absolutely better.

- Parent/family member/guardian

I fully support later start times.

- Parent/family member/guardian

None

- Parent/family member/guardian

It doesn't matter what time school started the children would adapt and still not go to bed in time to get enough sleep.

- Parent/family member/guardian

The survey bounced around too much-should have had separate surveys for each school level. Early starts for elementary will defeat the purpose however current 9:10am starts are too late. Be reasonable

- Parent/family member/guardian

Burden on working families - no high quality child care options. Ycare is the only game in town and I was very dissatisfied with the level of care my children received. I currently start work at 6 am to be able to pick my children up at 3:02 pm because we can't find after school care.

- Parent/family member/guardian

Please, do not make start times later.

-Staff

Before considering changes, please determine how you will manage traffic. I would not in favor of any changes unless the ability to drop off/ pick up is improved.

- Parent/family member/guardian

Sports teams will have to exit earlier and miss afternoon classes. There is not adequate light for late autumn and early spring for outdoor sports at the middle level; which do not have lighted fields. Elementary kids will be in daycare for 3-5 hours after school for most workers with state jobs. Many families rely on MS and HS students to care for their younger siblings. This will have a dramatic effect on families that depend on the older siblings for supervision since the younger students will be exiting school much earlier. Modified bell schedules has not been properly thought through and will impact families financially that need after school care.

-Staff and parent/family member/guardian

Apply the research and array the timing that is most beneficial to the kids.

-Community member

I understand the importance of middle and high school students getting more sleep, but having elementary children who are adjusting to school start earlier would not benefit them at all.

They would get LESS sleep...

- Parent/family member/guardian

Oly is more country school district we are a steamboat family. We get up early always have. In the king county school district change the time in thurston DON'T

-Parent/family member/guardian

Concerned for students that have after school jobs.

-Parent/family member/guardian

I would love to see later start times implemented at all grade levels. Thank you!!

- Parent/family member/guardian

My son is chronically exhausted. This makes him moody and more difficult. He can't get to sleep earlier (he already goes to bed at 8:00) and a later start time would have huge impact on his well being.

- Parent/family member/guardian

My HS student is a running start student. I worry later start times would make her unable to have a class at OHS and complete her day at SPSCC

- Parent/family member/guardian

I think this is fantastic! my siblings across the country have their kids in schools with start times like this and it's been wildly successful. Bring it on!

- Parent/family member/guardian

I think it's important to support the middle and high school students but absolutely not at the detriment of the elementary students. Why do they need less sleep? They may not be doing the rigorous sports and academics high schoolers are but they still require a lot of sleep. Changing their start time by an hour and a half just isn't feasible. The district needs to find a way to help all students. Not help some by harming others.

- Parent/family member/guardian

I am seriously concerned about the 7:30-8:00 start time for elementary. Let's have ALL schools start at 9:00 and put more funding in transportation!

-Staff

I disagree with moving start times but the survey makes me say I somewhat agree - seems like you have made the decision already

- Parent/family member/guardian

Later start times will have a negative effect on athletics and extra curricular activities, both school and non-school related. Many parents will have child care issues if the kids stay home longer in the morning, though that is not an issue for me. You can just as easily have your children go to bed earlier or at a reasonable time and they won't be tired during the day.

- Parent/family member/guardian

9 am is a good start, maybe do a monday - thursday with Friday off

- Parent/family member/guardian

Why do you need to know what race or ethnicity people are. That information doesn't seem relevant at all. It's offensive.

-Staff

Parents have to be at work at 8am. With an 8:50 start I will likely not see my high schooler before school starts so he will have to make sure he wakes up himself, prepares breakfast etc on his own AND will need to lock up the house/set alarm with no parent there for reminders and support. This is usually when we connect on what is happening that day. He may be tardy or miss more often with no parent to make sure he is awake.

- Parent/family member/guardian

I agree that MS and HS students will greatly benefit from a later start time. But 7:30 is too early for elementary school. We should raise the money to pay for more transportation.

- Parent/family member/guardian

I think that it would have been beneficial to know what "significant" means in terms of increases to the transportation budget.

- Parent/family member/guardian

It would be VERY hard to manage having both elementary age child and middle school age child if one started at 7:30 and the other at 9.

- Parent/family member/guardian

What about sports after school and the amount of light in the fall, winter and spring. Not just school sports but club sports. Why do we have to be like other schools. Did you do a survey on our kids? As far as home work goes, they still will need the same amount of time to complete so times really doesn't matter as they will be getting the same amount of sleep.

- Parent/family member/guardian

I really don't like the start time at 7:30 for elementary school if our school was chosen for this. This would be a significant strain to get my kids there that early. On the other hand when my work schedule was more traditional m-f 8-5 the start time at 7:30 may have been really beneficial so I would not have to pay for ycare and could actually allow a lot of parents that work the ability to rope their kids at school before work.

- Parent/family member/guardian

Thank goodness.

- Parent/family member/guardian

I believe more time at home with the family in the morning, and less time idle after school, puts more of a focus on connecting as a family, and less idle time in the afternoon, as parents complete the work day.

- Parent/family member/guardian

My suggestion for high and middle school student should get enough sleep daily to be mentally strong . Because kids normally don't go to bed early if we suggest them still they want to play or do some other things.

- Parent/family member/guardian

I am the parent of a high school student who takes a zero hour class so he can participate in band along with a full IB course load and sports. I think his health has been impacted by not enough sleep.

- Parent/family member/guardian

My elementary aged daughter sleeps most days until 7:30 am and she goes to bed between 7:30 and 8. An earlier start time would definitely impact her. 6 years of impacting elementary students also seems negative.

- Parent/family member/guardian

Students are students. If they are given a later bell time they will just stay up later at night. The district cannot enforce bed times.

-Staff

afternoon extra-curricular activities would be impacted. transportation schedules would be negatively impacted, especially in the am.

- Parent/family member/guardian

This is absolutely absurd! As a single mom of 2 kids, that works 2 jobs, and going to school, this would create more hardship than needed. This could potentially make me lose a source of income that is absolutely necessary just to meet the basic requirements to survive or have my child's attendance be potentially effected. What kind of choice is that? Change the start times so kids can do better in school? Umm, I have an idea....STUDY! Parents are supposed to change their availability or rearrange child care so the kids can sleep in? Cool. Let's teach these kids that sleep is more important than responsibility! What fantasy land do these people live in? How do I get a ticket?

- Parent/family member/guardian

Just do it!

- Parent/family member/guardian

No elementary school should start before 8:00. While you are attempting to find healthier start times for high schoolers, 7:30 start times for elementary will be sacrificing our children's health to benefit high schoolers. I would anticipate the district will see lower test scores for elementary students along with increased tardies and impacted attendance. Aside from this change effecting their health, releasing students from school at 1:50 will require my family spend a huge amount of money in after school daycare that I don't have to worry about during the current start and end times. My students would be spending 6.5 hours at school along with another 3-3.5 hours at daycare. This is not ok for my children to have days this long. Most parents can't just adjust our work hours because you change their hours at school. This is a huge burden to our families and will increase parental stress and finances. If you are willing to make this change for high school students, you should be prepared for increased transportation costs to keep all students at acceptable hours.

- Parent/family member/guardian

Middle school and high school have after school activities whereas elementary do not usually. This makes for a much later night for older kids. Also, having the older kids home after school to watch the younger kids is crucial for our house. I would prefer all schools started earlier so kids have more time at home in the afternoon.

-Staff and parent/family member/guardian

If elementary students get out at about 2:00 that is an extremely long time for daycare/y care. That would be like 4 hours for many students- way too long! Plus will the ms and hs kids go to bed earlier? Probably not- so the change would impact more elementary families and it wouldn't be beneficial for the ms and hs. They will now stay up later because they know they can sleep longer.

-Staff and parent/family member/guardian

N/A

- Parent/family member/guardian

it is proven that kids in hs and middle school stay up late. I think it will be very beneficial if they can get a little bit more rest before using their not fully developed brains.

- Parent/family member/guardian

I have seen all the research, am a teacher myself, and feel like this should start right away. As in second semester of this year. Why wait? The research is SUPER CLEAR. To keep starting at a time when our kids can't even think makes no sense. My son's math grad suffered because of it.

- Parent/family member/guardian

My son is this year and I have no other students, so this does not affect me.

- Parent/family member/guardian

The research shows the adolescents need more and later sleep. Thank you for the chrome books so the students can do more online on their own biological clocks. I am hoping that my son will do Running start just for the late start. I am happy that Osd is thinking so progressively. Thanks!

- Parent/family member/guardian

All students should start later. 9 am or later. I substituted for a elementary school in Cosmopolis that started at 9am. The whole school including staff, parents and students were happier and attentive learners. I really think the next step is we need to re-plan athletic schedules. Many students are getting hurt and sustaining lifelong injuries for sports that they are doing starting in Elementary school. Talk to Mr. Edwards at ORLA about ways to model fun and team work with young kids in PE and sports without having to do practice til midnight, have such extreme competition and for better safety and more fun. Students should have less practices a week and practices should be shorter. There should be an emphasis on slowly working toward student endurance and body strength and not pushing young students too hard. SCHOOL SHOULD BE ACADEMICS FIRST!!!! Sports is nice but not worth compromising students health and safety and sleep over.

- Parent/family member/guardian

We are not teaching these children good time management if they feel like they need to sleep in later and end school later as well. It is setting them up for future jobs and future schooling to not be able to plan better. I personally do not think this is a good idea.

- Parent/family member/guardian

Science.

- Parent/family member/guardian of a future student in the Olympia School District

Earlier start times will make it harder on elementary school teachers to get ready for the day.

- Parent/family member/guardian

For any child to wait at a bus stop at 6:45 am on a freezing cold morning is very difficult for any child no matter age, race, school, no adult would want to have to do that either!!

- Parent/family member/guardian

My work and my husband's work won't allow us to leave work before 3:30pm but we can start as late as 9:15. Adjusting Elementary school start times earlier next year will require us to use childcare in the afternoons. One of my children has behavioral issues that makes finding adequate care difficult.

- Parent/family member/guardian

This will like promote staying up later to play video games and waking up later in AM. No net effect. Please share the science. Thank you,

- Parent/family member/guardian

I strongly believe starting school before 8:00 will only be a detriment to students in elementary. Students who are already chronically late will likely struggle even more to get to school and instead of being late, will simply not attend. Even though these students are younger, their sleep is equally important to their health and success academically. Whatever decision is made, please don't start school before 8:00 am. Don't cut corners simply to save money. If spending more in transportation is the answer, do it!

- Staff and parent/family member/guardian

I feel strongly that middle and high school students should be allowed to have additional sleep. I also feel strongly that elementary students should not be made to suffer because of this change. At 8:20, we have the earliest start time in the district for elementary students, and my child currently does not get enough sleep. His bedtime is 8 pm, but he often cannot fall asleep until 9 or later. Some people's body clocks are on a later schedule naturally, and while I realize that at some point in his life he'll need to adjust to being a night owl, I feel like we should be able to give him the sleep he needs during his early years. School age children should be getting 10-11 hours of sleep each night. To make it to school by 7:30 a.m., many children would need to wake at 6 or earlier. This means they would need to be sleeping at 7 or 8 pm, requiring bedtime to be 6 or 7 pm for kids like my son who need a lot of relaxation before bed. That does not make sense. It's difficult enough to get him to school by 8:20 everyday. We'd have to change districts if he needed to be to school earlier.

- Parent/family member/guardian

So has anyone actually looked at the real studies, not just the reports about the studies regarding start times? It appears that the data on start times actually points to later start times not resulting in any additional sleep for teens, as phone usage and gaming behavior are the single largest factors in the amount of sleep. Current data shows moving back start times simply moves the average go-to-sleep time back the corresponding amount. Has it occurred to OSD that many students still also have after-school jobs? This is the case with my daughter, where

the offices are only open until 5 or 6pm. Changing the release time makes their jobs non-sustainable. But if you REALLY want to make a difference in the OSD students lives: start with increasing teacher quality and decreasing the culture of athletics importance. (And I played collegiate athletics for a 30,000-student school, so I understand that "student athlete" are mutually exclusive terms. It continues to amaze me about how much emphasis is placed on athletics in OSD. Considering OSD has a track record of a handful of professional athletes in the last 30 years, and fewer division 1 scholarship athletes than the tiny 400-person private schools in Seattle, one might actually be more concerned with improving the academics by replacing lazy ([staff name]), burned-out ([staff name]) and worksheet monkey "teachers" (most of the high school staff) and replace them with critical thinking teachers in the mold of McKay, Shine.)

- Parent/family member/guardian

Wednesday late-starts gave us anecdotal evidence that students benefit from a later start time. Adolescent minds are more engaged later in the morning.

-Staff and parent/family member/guardian

In addition to a middle school student, I also have a younger child who is not in school yet. While I think it is important to move start times back for older students, I would not like elementary schools to start earlier than 8:00.

- Parent/family member/guardian

The two earliest start times for elementary are intolerable for my family. Right now I work early and my spouse late. He takes my child and I pick her up. We have zero need for childcare. But I can't leave work before 2:30 in the afternoon and I imagine that's true for a lot of people. I'd have to find and pay for after school care and I think it's extremely valuable for my child to have a parent with her after school. Also, I'd be paying a ton of money for only an hour care per day.

- Parent/family member/guardian

I would hope that the elementary schools are treated fairly. For example, every school has to adjust 30 minutes or so.

- Parent/family member/guardian

There's way too much pressure on these kids and not enough time for them to focus on other key areas of their lives; sleep, extracurricular activities, etc. Academics aren't the only important thing in a child's life, in fact I'd argue it's no more important than other areas of their lives. Learning happens outside of the classroom, too, and the best way for a kid to be engaged in the world around them is to be more alert and happier.

- Parent/family member/guardian

Starting high school later as proposed would greatly benefit my son's alertness and attitude about school. I think it is a great proposal.

- Parent/family member/guardian

We lived in Chapel Hill Carbarro School District and they had high school students starting later and it worked great for our family and everyone we knew.

- Parent/family member/guardian

As a parent and member of the medical field, it is of the upmost important importance that we implement evidence-based later start times for our teen students to allow for more sleep and brain rest/growth. I'd also love to see cell phone check in/out programs at all MS & HS for better peer/teacher connection & learning outcomes as seen in school districts that have implemented as well.

- Parent/family member/guardian

Moving the start times later would increase the amount if missed classes due after school sports. Also, my kids go to bed when I tell them, and that is at 8PM EVERY night. I believe it is perfectly acceptable for parents to parent their own children rather than the public entity of the district to worry in any shape or form about this. I also believe that this survey and discussion is a monumental waste of my time and tax money. Do your job and educate the children.

- Parent/family member/guardian

This is VERY important for learning and mental health.

- Parent/family member/guardian

My elementary child does NOT wake up early. Starting school earlier would pose a significant challenge if school started at 7:30

- Parent/family member/guardian

wonder how after school activities/sports will be affected

- Parent/family member/guardian

I think this is a step in the right direction. I know my graduated son would have benefited from having this in place while he was in school. My other kid goes to Avanti where they support pm classes and it's made a world of difference for them. Studies have even shown that those of us who are not "morning" people, can't force ourselves to fit the rest of the population's morning schedule. We suffer in a permanent "jet lagged" feeling all the time. It would be difficult to learn when you feel that way. I fully support later start times.

- Parent/family member/guardian

Parenting!!

- Parent/family member/guardian

Our daughter participates in a daily religious seminary that is held near Olympia HS at The Church of Jesus Christ of Latter-day Saints on Henderson Blvd. Because of the present early school start times, seminary starts at 6:15 AM and concludes at 7:15 to allow students time to get to their various high schools in the area. Having a later school start time will greatly bless these students who number over 100 participants at the OHS HS location alone, and would also

impact those who attend Capital HS. Thank you for your thoughtful consideration of this important proposal.

- Parent/family member/guardian

This change would affect my student's ability to do the not-part-of-school sports activities. There are an awful lot of factors that play into a student's alertness and performance (amount and type of physical activity, nutrition, family life, mental health issues, etc.). It seems that isolating and focusing on only one of factor doesn't solve the problem. If students are not meeting academic standards, have attention issues, experience depression, etc., a more systematic, individual approach seems like a better path.

- Parent/family member/guardian

7:30 am start times for elementary kids is ridiculous. Spend more to get the kids to school at a reasonable time. I'm certain you'll have more absences due to parents unable to get their children to school that early. It won't impact us because this is our last year in elementary. But I'd homeschool if you told me my child had to start school at 7:30 am. Some days she comes from 2 counties away at her other parent's home and that would mean a 5 am alarm. Think again. This is asinine to even suggest.

- Parent/family member/guardian

This survey only addressed the late start. Time as if all agree the benefits are absolute. The first question asking how important the results of late start in student cognition was absolutely biased. I care about my kids attentiveness at school, I just do not think it hinges on a late start. My kids get plenty of sleep without the late start. Actually the days when the student had a late start were difficult because they slept into a play mode so switching to school mode is hard. Also for high schoolers learning to get up early is an important life skill, there are early college classes and jobs. All the students/families are better served learning responsibility about bedtimes rather than a late start.

- Parent/family member/guardian

An early start for elementary schools would make mornings a bit rushed but the extra playtime and daylight in the afternoons are with it. With earlier morning starts I could drop off the kids at school and not need to rely on the bus for morning transport

- Parent/family member/guardian

I think all students in all grades need later start times. Forcing elementary students to have an early start time to accommodate middle and high school students will not be beneficial for the little ones either. All students should have a 9am or later start time. If you think that middle and high school aged children need more sleep then elementary age students need them even more. So don't make elementary start hours earlier in exchange for middle and high schoolers to have 9am start times. Put funding into more buses and drivers so that all students in OSD can have later start times.

- Parent/family member/guardian

My concern is when my kids get to middle school. What do I do with them leave them at home and hope they get themselves ready and get on the bus. They will be 11 that's not going to happen. Now they would still be getting up early and now I'm paying for more daycare if I can find some for their ages. Their nights will be longer due and they won't get any benefit of sleeping in. We both work and either of our jobs would allow us to be to work after 9. I get the idea of the benefits it won't work if the kids can't sleep in. You are just putting more stress on working parents.

- Parent/family member/guardian

Later start times will mean middle and high school students having to get themselves up and off to school which will most likely lead to more tardies than before. It also means less time for homework in the evenings with activities. Parents don't want activities to move later because we still have to be up for work early in the morning.

- Parent/family member/guardian

Changing the school start times and end times at this juncture in the school year is absolutely absurd. It shows a total disregard for the parents who have already incorporated the current school times into their daily routine. Additionally, has there been any consideration given to the fact that if elementary students are released at 1:52, more kids would require after school care, and some kids may actually find themselves home alone longer unsupervised. I'd also like to challenge the theory that if high school students got an earlier start to school that they would get more sleep. Many high school students have no bed time. I think the reverse effect would occur. Requiring high school students to go to school earlier will lead to them having less sleep, thus affecting their overall academic performance. Additionally, some high school students would be home earlier and alone without supervision from adults. That isn't a good idea. I see no benefit to changing the current established school start and end times. I also fail to see the logic in this proposed change. I am 100% absolutely against this and will not support it! If this ill-advised change has to happen, at least show some consideration for people's current schedule, and look at implementing this ridiculous change next year.

- Parent/family member/guardian

This causes problems for high school or middle school students who babysit younger students after school as well as causing elementary students to wait for buses in the dark in the morning.

-Staff and parent/family member/guardian

I am very concerned about how a later start time at highschool would effect my students participating in sports. I am worried about how late practices would have to go and limitations that daylight would place on practices.

- Parent/family member/guardian

I am an elementary school volunteer

-Community member

I don't understand the question about whether I would have benefited from earlier start times. You mean when I was in middle/high school myself? My high and middle schools started at 8:45 or 9, it was great, I wasn't sure how to answer that question.

- Parent/family member/guardian

My middle schooler functions well at these times and my elementary student would NOT benefit getting up earlier, she struggles to get up now. This would greatly affect after school care for working parents. High school students need to be held accountable and should be adjusting to the ADULT world, we all wake up early for work. Stop coddling them.

- Parent/family member/guardian

A different topic but y care is a great option for elementary, however it is not well supervised.

- Parent/family member/guardian

Sleep is an enormous issue for our teenagers and I am proud to be part of a school district who is actively trying to change this. Thank you.

- Parent/family member/guardian

This is very important. We know kids don't get to sleep on time, so having an earlier day, just builds on the problem. Plus it's not like the whole family can move our lives up to fit the schedules. The 8:30-2:50 day fits in with most families normal lives.

- Parent/family member/guardian

7:30 am start times for elementary kids is ridiculous. Spend more to get the kids to school at a reasonable time. I'm certain you'll have more absences due to parents unable to get their children to school that early. It won't impact us because this is our last year in elementary. But I'd homeschool if you told me my child had to start school at 7:30 am. Some days she comes from 2 counties away at her other parent's home and that would mean a 5 am alarm. Think again. This is asinine to even suggest.

- Parent/family member/guardian

It's not an enough sleep issue. I believe moving back start times for MS and HS would actually be detrimental and giving kids more time to procrastinate and stay up later each night.

- Parent/family member/guardian

Our oldest in high school attends classes through Insight Washington via K12. Our middle schooler is a straight A student who wakes up early and goes to bed early. She functions great in the current schedule. Our youngest is autistic and receives extended help at [school name]. Earlier school days would be horrible for him. School is already a challenge currently. He sleeps from 8p to 6a and his medication takes 1.5 hours to kick in before he gets to school currently. Elementary schools starting earlier would pose a very serious challenge.

- Parent/family member/guardian

We already have a routine, the kids are on a routine, the reason most kids have a problem with sleep is irresponsible parent/guardians not setting up routines for them that include a regular bed time. The problem would not change, it would just mess up our current routines that currently work.

- Parent/family member/guardian

As a parent of an Elementary student and a high school student this proposed change is ridiculous. Why would you have later start times for middle and high school and allow elementary school children to get home before their older siblings who many watch their siblings until a parent can get home. Now you are forcing families to do morning and after school care for what, more sleep for students. Let's be real here, middle schoolers and high schoolers would only benefit from more sleep if they went to bed at a decent hour. Starting school later is only going to make middle schooler and high schoolers go to bed even later because they now thing because school starts later they can go to bed later...how are we teaching them to be adults by babying them so they sleep more.

- Parent/family member/guardian

This proposal is ridiculous. Parents who complain that their child cannot function due to current start times have only themselves to blame. Being firm and consistent about bedtimes and turning off electronics an hour before bedtimes is how our family has avoided any problems with the early start times. We successfully helped our 3 children with the early start times by being parents;requiring consistent bedtimes and turning off electronics. The increase in cost to the district and upheaval to lower grades brought about by this proposed change are unwarranted.

- Parent/family member/guardian

It's hard enough to wake up my 8 year old son for school right now as it is. If he had to start earlier is already challenging behavior would become even more challenging. Older kids have a better capacity for waking up early. This proposal is stupid and it shouldn't be passed.

- Parent/family member/guardian

my concern is;if classes ends a bit later than regular it would be more darker outside by the time they get home during winter time.

- Parent/family member/guardian

Please read my previous lengthy comment. This is such a bad idea. You need to think about the trickle down affect. Everything is just shifting back an hour and the students will not gain an hour of sleep. My students have no issues waking up when they do. In fact, its when their bodies naturally take them up, so again, no gain on sleep. Do not push back start times.

- Parent/family member/guardian

I think more early creates patterns of responsibility

- Parent/family member/guardian

My only concern is related to having 2 working parents and early release times. It's likely outside of your scope but increased child care costs and difficulty managing increased child care could be challenging. I would expect this to be temporary during a transition phase where Y-Care and other programs adapt to the new schedule. good plan

- Parent/family member/guardian

I think you need to leave things as they are now. It is ridiculous to make grade school children get up this early for school. It is often difficult to get them to go to bed. Teenagers are able to understand better their responsibility to go to bed so that they have enough sleep. I do not like the fact that you have already given 3 choices and one of them is not to keep things as they are right now. It is not right to make executive decisions without asking we the taxpayers first. Suggestion start time should be 8 am to 6 pm because most parents are working at these hours

- Parent/family member/guardian

NA

- Parent/family member/guardian

My children would have to stay up even later to get school work done as well as miss out on actual class time due to extracurricular activities if school times were later. It would NOT be helpful to move times later.

- Parent/family member/guardian

I strongly do not like the idea of elementary students waiting at there bus stop in the dark. It's so unsafe. Also some parents have a high school or middle school student get there elementary Sibling off the bus while the parents are at work. High school is to prepare student for adult life, my adult life is to be at work at 6am and work tell 5pm then come home and take care of my family tell 9pm, so them starting at 9am is not making them ready for the real life out there. You think there tired now?

- Parent/family member/guardian

N/A

- Parent/family member/guardian

Being a State Employee I would have some scheduling issues moving start times to a later hour and I would rather know that my child made it to school rather than worrying if they made it out of the house and to school.

- Parent/family member/guardian

My daughter would have less time after school to do homework between sports. I don't like that

- Parent/family member/guardian

Please consider families with elementary and middle school students- it is not reasonable to drop off an elementary student at 7:30 and a middle school student an hour and a half later- this is a big stretch for families (same with end times)

- Parent/family member/guardian

I personally think that later start times would be beneficial for secondary students as a whole. My current 8th grader disagrees. He's bright and shiny early in the morning and likes having enough time after school to get his homework done and still have enough time to do other things. I think he'd prefer an 8:20-8:30 start time rather than 8:50-9:00.

- Parent/family member/guardian

The issue I have is that accommodating later start times for middle and high schoolers directly impacts the school and sleep schedules for elementary school students. These are students who require more hands-on care and attention during the times that they aren't in school and altering their start and end times severely complicates that. Meanwhile middle and high schoolers are vastly more independent. Such that an altered schedule wouldn't have as dramatic impact on related parties. That being said; later start times for middle and high school students means that their after school activities start later as well, cascading into the evening in which dinner is later (or not with the family) and homework is completed later in the evening.

- Parent/family member/guardian

Whole-heartedly support a later start time! This is backed by high quality, undisputed research on the adolescent brain. Thank you!

- Parent/family member/guardian

Having a Middle Schooler at WMS and being part of the OSD staff at Olympia High School, it would probably be a welcome change in our household to move to a later start model. Right now I have to wake her up very early and drop her off 1/2 an hour before her bell time in order for me to be on time at work. I would feel better if the schedules were moved to a later start...having daylight when dropping her off somehow feels a lot better to me. Thank you for making the effort to look into this.

-Staff and Parent/family member/guardian

Earlier I thought that changing the start times would be a bad idea but after giving it some real thought it would probably be better going to school later especially when thinking about driving to school and the possibility of me being tired.

-Student, Jefferson Middle School, Capital High School

My son is in running start and he has already set up classes for winter at SPSCC. Changing school start times may interfere with his classes.

- Parent/family member/guardian

I am a bus driver and my son is in elementary school. I also have another child. It is hard to get child care before school as early as I have to work. I would like if all schools started later. I would hope that area daycares would stay open a little longer also...

-Staff and parent/family member/guardian

This survey was obviously biased toward changing the start times. I hope you consider taking the efficacy of your results into account before making this decision. This is not best practices in statistics or education.

-Staff

It would conflict more with the sport I do outside of school. Plus I wouldn't get more sleep since it would just shift and slide the sleep I get. It isn't worth it and for me personally I'd consider doing running start so I wouldn't have to deal the conflicts this would bring to the start and end times of rowing(the outside of school sport I do).

-Student, Centennial Elementary School, Washington Middle School

We have arranged our lives, work schedules and after school activities around the current school schedule and it works. If my high schooler started and ended school later than he currently does, then he would NOT be able to participate in his current after school activity. I do not support changing the bell schedules.

- Parent/family member/guardian

This is so important for the health of our high schoolers! It is so hard for them to do their homework late after sports and then have to be out the door at 6:40. I think it is important for the district to take a stand on this issue considering the medical sciences' research is solid, evidence based, and positive in both social, academic, and physical health benefits of sleep.

- Parent/family member/guardian

I agree with the benefits of later start times and would certainly have a more rested high schooler, but unfortunately as an out of district family we would STRUGGLE with morning drop off as we both have early work schedules. 8:50 would prove very difficult to accommodate.

- Parent/family member/guardian

This is long overdue. Most important is our students' health, not whether or not it works for parents and teachers schedules. We all need to adapt for what is best for our kids.

- Parent/family member/guardian

N/A

- Parent/family member/guardian

I selected Middle School since my child will be in middle school next year and elementary time changes won't affect her then. Imagine without this clarification on the survey there will be some question about responses.

- Parent/family member/guardian

I selected Middle School since my child will be in middle school next year and elementary time changes won't affect her then. Imagine without this clarification on the survey there will be some question about responses.

- Parent/family member/guardian

It will affect the afternoon high school sailing program significantly. They will have 1 less hour of practice. They currently sail 3-6:30 MWF fall and spring. 4-6:30 is not a lot of time to get boats rigged and out and then put back. This program serves all area middle and high schools. The OHS team within the team has competed in Nationals the past 2 years.

- Parent/family member/guardian

The only concern I have is for Griffin School district as it would significantly impact their ability to transport CHS students in their district And Griffin students. Right now there are several drivers that pick up CHS students and then go directly to pick up Griffin students. Would they be able to continue that way by dropping off their CHS students early? If so, this would not be very beneficial to the high school students living in the Griffin school district.

- Parent/family member/guardian

Families and students are busy enough with extra curricular activities. Keeping people in bed later will keep families out later at night.

- Parent/family member/guardian

I come from a district that gave our kids reflective jackets for early morning and/or late night bus drop off/ pick up (meaning DAYLIGHT SAVES CHANGES) for kids safety that would help with traffic. School buses should have stop sign cameras on the outside of the bus for children safety and hold people accountable for running the bus stop sign. This should be a law and in play for all traffic directions. Thanks for listening. I hope to see these on the next survey.

- Parent/family member/guardian

Elementary students also need sleep. I can't imagine an earlier start time for my elementary student. Please look at ways to change the middle/high school start times without affecting elementary students who's brains are also developing. They are too young to have alarm clocks and rushed mornings.

- Parent/family member/guardian

I feel like the elementary school kids also benefit from later start times.

- Parent/family member/guardian

Whether or not school starts later or earlier does not guarantee students will get more sleep. Teenagers tend to stay up later regardless of what they have going on the next day so to use that as a reason for a later start doesn't seem reasonable. What students need is to not be

inundated with an unreasonable amount of homework each night that forces them to stay up late and cause unnecessary stress and anxiety. Let's address the root of the problem rather than continue to stress our kids out with an unreasonable work load and try to make up for it by letting them sleep in an extra hour. Pushing the problem down to our elementary students doesn't solve the problem either and in fact just pushes the same problem off onto them. Our elementary students are also given homework and also partake in extra curricular activities that create long days and stress as well. Not to mention the childcare factor. Middle and high school students are old enough to stay home by themselves, and for some, transport themselves to and from school. For the average working family, having to arrange childcare and PAY MORE in childcare costs after school sounds like a nightmare. I'm all about doing what's best for all students to keep them physically and emotionally safe and healthy, I just don't think what time school starts is the problem. If the board is really interested in upholding their new student outcomes, then let's have a real conversation about what students need and work toward getting the resources every school is lacking to achieve these outcomes.

-Staff and parent/family member/guardian

Later school start time will just cause the later curfew time. Student will stay awake up to midnight, they definitely will not sleep longer, they will play games longer.

- Parent/family member/guardian

Extremely important!!!

-Parent/family member/guardian

Problem is with the interference of parents into the schools and our current education system students are not challenged. Classes are way to easy myself and student took all upper level courses with little to no problem. Our country is way behind. Challenging the students more will make them more alert and focused not changing times and adding tax payer costs.

- Parent/family member/guardian

School systems have become serviced based, parents know and expect this. There are many of parents that are already talking about requesting zero periods. There is even talk of zero period in this survey....why would the purpose for moving to a later schedule even consider zero period for a single student, isn't that opposed to it's own purpose? You are a fool if you think zero period will only impact a few....parents will demand it until they get it, and there will be plenty of demand.

- Parent/family member/guardian

Coddling students is only going to set them up to fail as adults. Students need to develop self control and responsibility. They should go to bed earlier if they need to sleep more. This is what they can expect in life for the next 65 years so this would be a good time to learn these life habits. I know it is about getting them more sleep and improving academics but at what cost? Life lessons can be just as important as academic lessons. Just as socializing is important to students, there is no class for it, they just learn it and benefit from school as a fringe benefit.

- Parent/family member/guardian

We had a high schooler graduate last year with later start times in another state. The kids just stayed up later, and it did not give them more sleep. While I understand wanting to improve grades, etc... having grade schoolers pay the price of earlier starts may end up hurting the school system in the long run by impacting their advancements in school. Before Olympia jumps on this band wagon, more long term research is needed to make sure you are not penalizing the grade schoolers for minimal improvement in the other grades.

- Parent/family member/guardian

Adolescents need more sleep. Later start time is worth the investment and will have long term benefits to their overall health and performance both academically and physically.

- Parent/family member/guardian

This survey is confusing. Moving the start time would be a huge burden on our family. I took the job based on a school start time. We do not need unsupervised middle schooler in the afternoon at our house.

- Parent/family member/guardian

I think starting HS at 8:50 is too late and getting out at 3:30 will disrupt after school activities/jobs. If the district really wants to change times, I think pushing the HS start time to 8:15 with a 2:37 release would be more practical. Pushing the start time to 8:50 will just allow kids to stay up later.

- Parent/family member/guardian

There are a lot of unintended consequences if you make this change. I'm surprised that this survey was worded in such a way that proponents of keeping the time schedule unchanged were not given that choice. You have written this survey to only give you answers that you want to hear.

-Staff and parent/family member/guardian

I believe all students will benefit highly if the times were later!

- Parent/family member/guardian

Thank you for taking action on this challenge. Our kids will greatly benefit from this change!

- Parent/family member/guardian

Kids will adapt to start times whether earlier or later. Parents need to make sure their children are getting enough sleep regardless of school start times. If school starts later, they will want to stay up later.

- Parent/family member/guardian

Our school starts just after 8. We have no problem with that start time. Any early would be logistically more challenging and could lead to some safety concerns.

- Parent/family member/guardian

I believe it is very important for teens and middle schoolers to get enough rest.

- Parent/family member/guardian

Not everybody will be happy, but you have to do what is best for kids!

- Parent/family member/guardian

This survey, and particularly the first question, was poorly designed and executed. It is leading and little better than a political push poll.

- Parent/family member/guardian

Until high schoolers are given less than 2 to 3 hours of homework every night, you will still see high levels of anxiety, depression and feelings of incompetence. The aggressive academic culture of OHS needs to be seriously examined to really put weight behind the newly proposed SIP. Once this is acknowledged, then the district can begin to focus on seeing children and young adults as whole people with needs for social, artistic and physical outlets throughout their days. They are not just little homework robots outputting regurgitated knowledge to pacify a false sense that they will succeed or get ahead of the pack in entering college and succeeding at life. As ridiculous as most adults see this processing, that is the actual stakes these kids are placing on themselves. They can wake up at 6am or 7:30am but the angsts they feel will follow until the college prep culture is examined and toned down. Project based learning, intentional practice and plenty of time for real world learning through experiences will really improve your high schooler's quality of life and ultimately, their performance. We all perform better when we are happy, healthy, feel valued and understand our purpose.

-Staff and parent/family member/guardian

You are preparing our children for a successful future. A job will not change it's start time to adjust to the employee's ability to be responsible about getting enough rest. I feel by allowing children to sleep in is ruining their success in the working world. You need to consider that teaching them self responsibility is more vital than teaching them a lackadaisical sense of responsibilities.

- Parent/family member/guardian

My high school students struggled with tests in first period classes despite being comfortable with the material. I believe they performed better in their more challenging classes when those classes were later in the day.

-Staff and parent/family member/guardian

While there may be research suggesting a link between later start times and the above benefits, there are many questions about the longevity of those benefits. Won't students simply adjust to the time difference, stay up later and then sleep in later? The impact on after school programs will be very significant. Simply look at the amount of hours of missed class time in the current schedule and multiply that by at least a factor of 3. For students involved in after school activities the proposed schedule will be disastrous to their academics.

-Staff and parent/family member/guardian

Elementary should start later, not earlier. Students already arrive tired...many falling asleep in class.

-Staff

As a mental health professional specializing in adolescents I believe the later start time for middle and especially high school would greatly benefit the mental health of our students.

- Parent/family member/guardian

Athletics, Activities, Clubs would have to change. Teachers would still get to school early in the morning and students would arrive for that 'extra' help. As it is at OHS, we have literally 100's of students on campus by 7am.

-Staff and parent/family member/guardian

I think this is a fantastic idea. I wish we would have had later start times as a teen. As a parent with a younger child it would help my work schedule to have him start earlier. Elementary school students need before school supervision which means parents have to provide it or buy it. Middle schoolers and high schoolers would be able to take care of themselves in the morning. Later starts for these students just makes sense for all these reasons.

- Parent/family member/guardian

School schedules need to accommodate working parents. The reality of both parents/guardians working is a reality & the challenges to accommodate school needs should be considered.

- Parent/family member/guardian

The current schedule allow us to both be employed and reduce childcare expenses. Y care hours should be more flexible with an earlier start.

- Parent/family member/guardian

Plz dont.

-Student, Capital High School

Stop screwing around and implement a real time change that reflects teenagers needs: 11am-5pm.

- Parent/family member/guardian

7:30 is too early for elementary school students. 8am is the earliest. Any earlier would result in more tardies for young students

- Parent/family member/guardian

No change to later start time please. This proposal to later start time is from parents whose kids stay too late at night for gaming. DO NOT change. It is even better to start school earlier.

- Parent/family member/guardian

My son in H.S. has a disposition that works well in the morning. Our daughter in M.S. would end up adjusting her schedule to be late and rushed regardless of what time she should wake up. If you adjust the start time, please provide the supporting research that demonstrates the value to our children.

- Parent/family member/guardian

the reason for unhappiness/depression in high school students has more to do with social media, phones, kids opinions of themselves pitted against what they see on a screen than it does with getting up early to go to school, this change will not reduce depression rates among high school students

- Parent/family member/guardian

We have a middle schooler who is autistic and cannot safely be home alone. Both parents work full time outside of the home. For our family, it's been helpful that her older brother (a high schooler) gets home before she does and can occasionally assist with supervision and care of her until we get home.

- Parent/family member/guardian

Middle school shares a bus with high schoolers so I don't allow my son to ride them in the mornings since he's an early stop. My work starts at 8:30a - I would have to take him to school and work late- not good for my family

- Parent/family member/guardian

Kids and families need to be responsible and learn to budget proper sleep schedules on their own. It should not be upon the district to accommodate to a later start because it is more comfortable for kids to extend a bedtime and sleep in later. This is not how the real world operates, gives kids a false sense of adulthood and this is the type of mindset that partially attributes to our increasing homeless and drug epidemic in Olympia. It is important for kids and families to learn to operate during common work schedules.

- Parent/family member/guardian

I understand that there are inter-jurisdictional issues when considering needs of students across the county. I don't see those issues reflected in this survey.

- Parent/family member/guardian

I appreciate the district looking at this. I don't think it's worth making the change if elementary school has to start at 7:30. But if elementary school could start at 8 or 8:30 and middle and h.s. could have later starts, I think that would be a win-win.

- Parent/family member/guardian

I think it is important for all ages to start school after 8 am. All children need lots of sleep.

- Parent/family member/guardian

I have children in K, 1st, 10th, and 11th grades currently. My OHS students are very opposed to the proposed change because they believe they won't be any more rested because they'll still be waking up early when the family is awake getting ready for work, school, etc. They also express concern about opportunities for after school activities / employment. I do think the idea of the elementary school students starting earlier is logical but the 7:30 start time is too early.

- Parent/family member/guardian

I would start highschoolers even later. 9 is better than 8:50 in my opinion.

- Parent/family member/guardian

I am extremely concerned on the effect that this change will have on our student athletes with missing classes, late practices or even early practices having to adjust for late practice times. You cannot tell me that there won't be teams that practice early in the morning, therefore taking away any extra sleep. Missing classes for away games is not acceptable and adds a stress to our student athletes!

-Staff and parent/family member/guardian



- Parent/family member/guardian

Starting elementary school earlier would be extremely difficult on people in this community. In our family both parents work full time for the state, as many parents do. Most state contracts require employers to compensate employees who work between 6:00pm to 6am higher than other times. I work 6:30 to 3 everyday and my husband works 9:30 to 6 so we do not have to spend money on before/after school care which would be expensive and burdensome on our family. Earlier start times would mean many families who toggle work schedules like us would not be able to do so. Unless there is a business need most state employers do not allow employees to work between 6pm to 6am because of the higher compensation.

- Parent/family member/guardian

Mornings are brutal for my teen. She has a busy life outside of school and is always up late in order to fit everything in. She is always sleep deprived. Later start would be a huge improvement!!

- Parent/family member/guardian

I think we should do what's best for the kids, not put them in difficult situations to accommodate the adults in their life. They do enough of that already!

- Parent/family member/guardian

I don't care so much the "when" kids are there. What I DO care about is how you maximize the opportunity to teach what's important to set our kids up for future success. As far as I can see, your rigorous emphasis on political correctness and social justice is killing their ability to

succeed in the real world. What I want to see is more of the “3 R’s” , and less of the left-wing tropes of societal injustice. Just DO YOUR JOBS.

- Parent/family member/guardian

This survey was very condescending and offensive in language. It made me more frustrated and irritated about the wording and delivery. I disagree with the way the questions imply poor parenting decisions if I disagree.

-Staff and parent/family member/guardian

I think that often middle school and high school students aren't getting enough sleep because they are over scheduled and not because of the actual time that the school day starts. Later school day might push activities and homework even later into the night and therefore may not increase the sleep time. It is worth trying, but I suspect the issue is that kids are being expected to keep up with too much stuff. For my child in high school, he is a morning person and goes early to school, so I don't think it would benefit him; however I don't think it would harm either.

-Staff and parent/family member/guardian

Elementary aged children need a minimum of 10 hours of sleep. All children and adults need proper sleep habits. The survey seems biased and the wording is complicated and confusing on some questions making it difficult for all readers to comprehend on the first read.

- Parent/family member/guardian

Thank you for working on this.

-Staff

A 7:30 or even 8:00 start time would present a significant hardship to my younger children's mornings, and mine. It seems that all ages would benefit from an 8:30-9:00 start time, and is worth the extra investment in transportation.

- Parent/family member/guardian

All children should start later. You don't want to deprive elementary school students of sleep either!

- Parent/family member/guardian

I do think that getting enough sleep is vital for teenagers, especially as our brains are still developing, but having later start times would come with different concerns such as not having enough time for extracurriculars and outside activities. Students, including myself, need to learn how to better manage their time in order to get all the hours of sleep that we need.

-Student, Olympia High School

I think this is a great idea for late start, but I think it shouldn't be an everyday thing. I think late start should just be on Mondays, because that's the hardest day the wake up on from the weekend.

-Student, Reeves Middle School and Olympia High School

Please implement this as soon as possible

- Parent/family member/guardian

I can't believe you are asking the elementary school children to pay the cost for the older children. All the children are important. The research on benefits to younger children from an earlier start time are NOT clearly substantiated. I do not support making our kids the guinea pigs; don't twist this and call it "leading the way," it is testing this out on our children. Figure out a way for ALL children to start after 8. Ask the legislature what they did with the timber funds; DNR makes more than enough revenue from timber to fund schools. I don't mind paying more if that means you don't do this to my children. I would probably have answered my questions differently if you hadn't suggested my littles suffer, as it would be great for older kids to have a later start time, but I can't support this at ALL the way you've structured this. I also can't believe how leading your survey questions are. Shame on you.

- Parent/family member/guardian

It's overdue!

- Parent/family member/guardian

Thank you for taking the lead on this important change

- Parent/family member/guardian

Kids won't get more sleep, they'll just stay up later. Older kids are closer to real life careers/jobs and should get used to that. Seems like it would be easier to have an older child compliant with waking up earlier. It seems a lot of these questions were weighted and guided..."does this justify a significant increase in transportation dollars" and consistently mentioning adolescents needing more sleep.

- Parent/family member/guardian

I would be more willing to spend more money on transportation or find creative ways to bus more children together to limit the fiscal impact without attempting to have my elementary age children try to get to school before 730. We have a difficult time already getting them out the door and on the bus by 815 for a 900 am start time. This would be a massive transition for my family. McKenny is right directly down the street from Washington and Pioneer shares a lot with OHS. It would seem appropriate to start all 4 of those schools near the same time and have a more diverse age on the buses to lessen the overhead. Some schools will need buses just for them but there is an opportunity for more creative ways to make this more fiscally sound without impacting start times so dramatically for established elementary aged children.

- Parent/family member/guardian

I love this idea and wish it would've been implemented when my oldest was in middle and high school. That being said, I disagree with the earlier start times for elementary students. There is also information regarding young kids feeling pressured and over scheduled. I feel rushing them

out the door earlier would add to this, cause stress, and possibly bring about a negative outlook on school in general.

- Parent/family member/guardian

How solid is the research?

- Parent/family member/guardian

If this change is implemented, it will cause a negative ripple affect putting hardships on parents and students.

- Parent/family member/guardian

It would impact my family quite negatively trying to have supervision for my elementary student after school because my middle school student will still be in school. Currently, my older child can watch my younger child until I can get home from work. Now, I don't know what I will do to manage the cost of after school care let alone the challenge of finding quality, available care.

-Staff and parent/family member/guardian

I think it doesn't make sense to make school earlier for younger kids yet later for older kids. It should be opposite, as younger children need more sleep. Middle and high schoolers need to prepare for real life, where sometimes you function off 4 hours of rest. When I was in elementary school it started at 8:00 and that was too early. 9:00 felt dumb in middle school as I was already used to waking up early. All it did was allow me to stay up longer the night before doing things I shouldn't have been.

- Parent/family member/guardian

Adolescents do need more sleep (9-10 hours per night) than adults. It is well researched that this accurate for their health in all areas.

- Parent/family member/guardian

Sports should never be a consideration for anything involving school. The reality is that the students who's parents are involved and making sure their children get enough sleep will no be effected by a change in start time. The students whose parents aren't involved at the current start time aren't suddenly going to make sure they are getting enough sleep with a later start time. Those students will most likely be just as tired.

-Staff and parent/family member/guardian

I think that productivity(although counter intuitive) would be increased if school starts earlier. There are many studies that show being productive in the morning especially is very beneficial to the overall work ethic.

-Student, Washington Middle School, Olympia High School

This will have a major impact on my family. If you want to move the start time back for high school don't make it so drastic, push it back 15 minutes if you have to so they start at 8:00 like it use to, but DO NOT change Elementary School start times!! This will have a major impact not only to my child care for my Elementary School child, but also my job, as well as my husband's job. It also significantly effects after school sports both school school and sports outside of the school. It is not a good idea on a lot of levels. I think the school district is trying to sell it by saying it's helping the kids academically, but I really do believe it has more to do with transportation and trying to save money. My husband and I and all of our family started high school at 8 and we did just fine! The staggered start time is what is destroying things. It's just does not make good sense. Show me how much test scores are better with adjusted start times. I will tell you right now my Elementary school student will not function properly if you change her start time much earlier than 9am.

- Parent/family member/guardian

Not understanding why high schoolers and middle schoolers need to start later for their health but elementary kids should start at 7:30am? That is too early for everyone, including little ones! 9:00 is also too late and burdensome for working parents...costing us \$2,250 a year for before school care. 8am would work the best for kiddo, childcare, and work.

- Parent/family member/guardian

It's not a good idea to put elementary students and preschool students on the bus at 6:30am and then get out earlier than the siblings that have to watch them after school. Also transportation drivers would lose hours due to not being able to have enough time to do all the school that they normally do. Even if the students start later they will not go to sleep any earlier because they have homework, sports, and free time to still stay up late, this is not a good idea at all. Depression is not the cause of start times, the sleep patterns will not change period!

-Staff and parent/family member/guardian

Although I agree that high school kids could use more sleep, I do not think the consequences of starting school later; and therefore needing student athletes to leave school early in order to make away games and starting practices later which will cause elementary and middle school athletes to start their practices later as well, be worth it. Especially when elementary kids will be starting school even earlier than they already do!

- Parent/family member/guardian of a future student in the Olympia School District

I have thought for a long time that my son (a 7th grader who is NOT a morning person) would benefit from a later start time. I certainly would have at his age. I do think 7:30 is too early a start time for my 3rd grade daughter, but 8 am or later would be just fine.

- Parent/family member/guardian

I believe a later start time allows for students to get more rest, especially if given a lot of work that has them staying up later in order to finish. In this case the earlier start time forces students to worry about being able to wake up because of how late they may have had to stay up to finish working.

-Student, Reeves Middle School, Olympia High School

Missing so much class time for sports will hurt my child academically.

- Parent/family member/guardian

I think 7:30 is too early for any of our schools. I also recognize how complicated this issue is, and all the needs that need to be taken into account.

- Parent/family member/guardian

The impact on missing an additional afternoon class would be significant for HS students in multiple sports. I'm guessing my fall/spring athlete would miss an additional 12 days of 5th period - assuming athletic start times wouldn't change. For students who struggle academically I'm guessing that would be quite challenging to miss large numbers of days for 6th AND 5th period. The *possibility* of improved learning from a later start would be offset by *certain* missed class time.

- Parent/family member/guardian

So happy you are considering changing start times. I am 100% on board. I think I would have benefited with a later start time, when I was in school. I have always said the times should change. Little kids just naturally wake up early. As of right now, my kindergartener is absolutely exhausted after school. I understand that he is learning and it's tiring. He also has been up for 2 plus hours playing before school even starts. I hope it changes. Thank You

- Parent/family member/guardian

I have no idea how my child will get to school at that time. We do not use OSD bus system because it is unsafe.

- Parent/family member/guardian

Start Times At OSD Elementary Schools Is <8:AM Leave That The Same. Change MS & HS

-Staff

I know of a school in Oregon who doesnt have school on fridays they only go 4 days a week and I know of 3 kids who either graduated with honors or is graduating with very high honors

- Parent/family member/guardian

8:30 start for middle school has been just fine. I strongly support later start for high school

- Parent/family member/guardian

For us with both parents are working, It is already really challenging on taking care of after school care my children. Starting earlier then 8:45 will be much more difficult.

- Parent/family member/guardian

A later start time would benefit middle and high school students in two ways: They would have less alone time after school, during which they are generally on screens and unsupervised while

parents are at work, and they would get more sleep. These are both very important factors for students like mine who exhibit anxiety or other behavioral health issues. This change would demonstrate that OSD is prioritizing the emotional well-being of teenagers over budget concerns.

- Parent/family member/guardian

Study's show that middle and high school students benefit from later start times. I feel as though this is a huge benefit for students wellbeing

- Parent/family member/guardian

Implement more teachers not bus fees to improve academic excellence. Ban cell phones in class they do not contribute to learning, remove behaviorally challenged students from class immediately with step progression who detract from therapeutic learning environments.

- Parent/family member/guardian

I feel earlier start times helps older kids be able to adapt to a real world work schedule easier as they transition out of high school but on the other hand I understand the concern especially with them being adolescents and their bodies going through all the changes, the sleep extra might help. I put my teenagers to bed earlier so that they feel rested since they do have to get up early.

-Staff and parent/family member/guardian

This is a tough one. I think the hardest factors are after school care for elementary kids and dark bus stops. I think parents can fill-in with the dark bus stops... And we are really great community I'm sure we can come up with some good solutions for extra after school care.

- Parent/family member/guardian

It is more important that we focus on supporting our new outcomes with better, and more engaging curriculum and more mental health support.

-Staff

When contemplating significant changes, all variables need to be explored such as how earlier start times impact elementary students. It is not ethical to sacrifice elementary students (so to speak) if there is not data relevant to those students presented to the community at large. Given an incomplete picture of reality is hardly the means by which a statistically-informed population can make well thought out decisions.

- Parent/family member/guardian

Maybe have the middle school and high school start around the same time.

-Student, Marshall Middle School

The first question in this survey regarding the importance mental health did not give the opportunity to select "very important."

- Parent/family member/guardian

One of the concerns that I have is that my two elementary kids go to Boys and Girls Club at Jefferson Middle School after school and that the later start and end times for middle school would impact their after school program. This would negatively impact many people who utilize the B&GC for their elementary kiddos.

- Parent/family member/guardian

None

- Parent/family member/guardian

It's unclear if this would also affect Transition Academy students.

- Parent/family member/guardian

A little discipline during school will have a better result. It appears that again, OSD is more concerned with band aids than actually having a conducive schedule. ALL students and ALL schools should start and end at the same times! OSD continually creates logistical nightmares for parents with schedule changes, half days, early releases, late starts, snow days and inservice days. It amazes me that parents are even allowed to work because with OSD, you have only a few hours to work before you have to pick up your children. It would be more beneficial for everyone to simplify the schedule versus create another nightmare with multiple start times!

- Parent/family member/guardian

It will be super important to have after school care and educational programs for elementary student. This school day hours do not accommodate the most common family dynamic of 2 working parents. It is very challenging to end work day before 2pm. Elementary schools must offer enough capacity for after school care and would love more art/sports/language and enriching programs after school - at all schools and that accommodate working parents. Having programs that start an hour after school ends is not helpful.

- Parent/family member/guardian

What's wrong with the idea of kids just going to bed earlier? this is more of a social issue than starting later in the morning issue. Kids that that do sports and or work after school would be negatively effected.

- Parent/family member/guardian

Child care costs are very expensive. Was any thought given to extending the school day for students and having staff stagger their work hours for coverage?

- Parent/family member/guardian

I think it makes most sense from the students' well-being point of view to begin elementary schools at 7:30, middle schools at 8:30, and high schools at 9:00. I'm not sure why the current plan is to have middle schools start later than high schools. High schoolers are more mature and able to get themselves to bus stops than middle schoolers.

- Parent/family member/guardian

Kids brain growth change in the teen years. Lets use this understanding to support our growing children. This will enhance our community in the long run.

- Parent/family member/guardian

None

- Parent/family member/guardian

horrible idea for all the kids in after school activities and for their families

-Staff

One additional concern might be sports and how much time in class a student might miss for away travel. Hope that can be discussed with leagues to accommodate later meet times, for example, if this is adopted.

- Parent/family member/guardian of a future student in the Olympia School District

I believe it is well researched and documented that later start times for adolescents are beneficial to physical and mental health as well as academic performance and safety.

- Parent/family member/guardian

My freshman gets adequate sleep and struggles every morning to get up and moving for school. He is not alert upon arrival. This would benefit my family great as I will have 2 Highschool children next year

- Parent/family member/guardian

What is being gained ? All this does is push everything back- practices, games, dinner, homework, bedtime. I don't see this benefitting my kid at all.

- Parent/family member/guardian

It would be harder to finish homework and do extracurriculars.

-Student, Jefferson Middle School

In addition to being a parent of a student, I am also a social worker in the area and highly recourage this change to later start times for middle and high school students. The evidence is strong this would be overwhelmingly beneficial and the transition challenges would certainly be worth it.

- Parent/family member/guardian

The middle and high school start and end times are fine. 9am start time is too late for anything! The elementary schools start to late and should start before 9am. Our family has struggled for years getting employers to accommodate a late start to my work day or having to pay for before school care. Currently my middle schooler picks up and cares for my elementary

schooler after school. If times change they won't be able to and after school care would be needed, ycare is always full and there is no other childcare in the area that is affordable .

- Parent/family member/guardian

Eliminate early release and have planning days once a month.

- Parent/family member/guardian

Most of parents have work hours from 8-5. Changing school hours later will impact our schedules as well. Please don't change the schedules.

- Parent/family member/guardian

Again, please don't change the start time for the elementary schools. This would significantly negatively impact me.

- Parent/family member/guardian

I recommend that starting time for High or Middle schoolers go in between 8:00 or 8:30 am. No later than that. This would allow them some extra sleep time, yet still build the early morning discipline that they need to develop for their workplace later in life.

- Parent/family member/guardian

Elementary students are growing kids and need about 10 hours of sleep too. PLEASE keep the elementary start times after 8am. It is worth the cost in transportation spending. It is also a safety concern. If an elementary student has an older sibling who meets them at the bus stop after school, that older sibling will get out later leaving an elementary student walking home from the bus all alone. This is a huge safety concern. Right now my middle schooler can meet my elementary student at the bus stop after school.

- Parent/family member/guardian

My own experience with early start times in HS was a constant daily struggle - always exhausted in morning. Did after school activities, then homework. A.M. was private hell trying to stay awake in cold classroom; often no time for good breakfast.

- Parent/family member/guardian

It's difficult to have an opinion without more detailed info about the increased costs of transportation for starting elementary schools after 8:00 am. Also, elementary students who attend daycare after school would be spending a large portion of their day at those programs if they get out of school at 1:22 pm. In addition, many families rely on older siblings being able to pick up their younger siblings after school.

-Staff

Secondary students need more sleep and this proposed change will provide an opportunity to balance school with extra-curricular and home activities better.

-Staff

Moving the middle and high school start times is especially important for the students to have a better school life balance.

- Parent/family member/guardian

I found it difficult to give an answer regarding increased cost for transportation when I don't know what your idea of "significant" is.

- Parent/family member/guardian

8:50 start time for high school is late, make it 8:30

-Student, Washington Middle School, Olympia High School

Please don't change the elementary start time. Children need time to sleep. It's not a good solution to make the younger kids pay for the changes. It's not easy for middle and high school kids to go to school early. It's going to be worse for small children to go to school early. I disagree with the schedule changes.

- Parent/family member/guardian

I worry that the problem isn't necessarily the start time but the amount of work that students have to do, especially in high school. If we have the same amount of work and school gets out later we'll have to stay up even later to finish so we probably would barely be getting more sleep.

-Student, Olympia High School

None

- Parent/family member/guardian

I am a teacher in another district where classes begin at 7:30. It's too early to start school for any age. Students are often tardy and tired. Teachers have to wake up at 4:45 or 5:00 to prepare for their work day. Many teachers struggle to find before-school care for their own children that starts early enough for them to arrive at work by 7:00. I support later start times for adolescents, but cannot support 7:30 start times for any schools.

- Parent/family member/guardian

I feel it's more important for my younger child to get the rest needed

- Parent/family member/guardian

My daughter has club swimming after school in Tacoma that starts at 3:45. If you do this you should make accommodations for students in this situation to either be able to leave early daily from school or have an online class to make up if need be. She is a 4.0 student, she is happy and rested because she has great time management skills and gets to bed early. If you take away her club swimming that would cause her depression etc. So hopefully you can also accommodate these types of students with special situations who already have their schedules and sleep times perfected. They should not be penalized because the rest of the student population can't get to bed at a decent hour to wake up for school in the morning.

- Parent/family member/guardian

As you said, studies have shown that later start times are more conducive to student health, performance, etc.

- Parent/family member/guardian

Thanks for looking at this. Since our older child's first day of K, I have wanted exactly this change! I hope you are able to make it happen.

- Parent/family member/guardian

Sleepy students bring down the overall learning environment of the classes. Later start for HS will help those students with afternoon and evening jobs.

-Staff

School hours should be 8 to 4. Kids on the bus by 7:30 and 4pm.

- Parent/family member/guardian

Again - how about using public transportation for older students instead of school busses.

-Staff and parent/family member/guardian

I am stunned at the proposal of sacrificing elementary school kids and their sleep for High Schoolers need for sleep. High Schoolers need to be preparing for the real life; college and jobs.... both of which start around 8am. Elementary School age children need sleep and is not the current start time of the Elementary Schools based on sound research due to this need? How do you think going from a 9:15 am start to 7:30 am will be anything but a negative impact to sleep routines and foundational learning?

- Parent/family member/guardian

No comment

- Parent/family member/guardian

I think it is very important that ALL students can get enough sleep. Moving elementary start times significantly earlier just transfers the problem to a different segment of the school student population. Elementary students need 9-11 hours of sleep. My kids get up at 7 am for the 9 am start to allow time for a healthy breakfast, getting ready, and transportation. They go to bed by 8:30. This earlier start would shift our bedtime to 7 pm. This is very early and hard to work out. My husband would never see the kids as he is routinely not home from work until 7. Also, if therefore the elementary kids are losing sleep to get in this early, I think that would negate some of the later benefits for them as high school students. Early education is extremely important for laying the groundwork for their future education. If elementary students are consistently sleep deprived, it will detrimentally impact their ability to learn everything from strong literacy skills to emotional regulation, both of which are shown in many studies to be some of the most important skills for later success, academically and otherwise.

- Parent/family member/guardian

This should have been done a long time ago

- Parent/family member/guardian

Earlier start times for Elementary school kids does not seem appropriate. Our elementary schools should not start earlier but later as well. Keep elementary school start times the same!

- Parent/family member/guardian

In my opinion, this survey is bias and written to skew the results. Students are not going get more sleep, they will go to bed later. Also, families who are tarty and historically late will continue to be late for school regardless of start times.

- Parent/family member/guardian

In my opinion as a middle school student, First period is always the hardest for me because I'm just so tired I think later start times will help with that.

-Student, Washington Middle School, Olympia High School

It is a helpful life skill to learn to budget time and sleep patterns to adjust to various life events.

-Community member

i domt think we should start school later

-Student, Capital High School

I have college age and elementary school aged children (I've already been through middle and high school with my oldest). It's my opinion that teens have much more ability to manage early mornings than young children. I think it would be a huge mistake to change elementary school start times simply to allow teens to sleep in. Teens have much more voice in the world and they can advocate for their needs much more than elementary aged kids. Making our young children start early would be a huge disservice to these children.

- Parent/family member/guardian

You need to talk with the actual students. Not one student I have talked with will go to bed at the same time as before the change, thus defeating this fantasy idea of more sleep! Every one of them told me if they had an extra hour at night they would spend it on homework, talking with friends, or playing games. If this idea is adopted, thousands more hours of actual class time will be missed by students that participate in sports. Instead of just missing a bit of 6th period, they will now potentially miss some of 4th period, all of 5th period, and all of 6th period. The student athlete will now have a lot more pressure to get their homework assignments from those missed classes and have to spend more time at night to get their work done (some homework assignments that could have been completed in class will now have to be completed at home). At the same time they will have less class instruction on how to do their work. Another consideration is that some sports will have their actual practice time cut, potentially making our students less competitive with schools that don't adopt a time change.

I am not sure if anyone has explored the potential extra expense of having elementary school children released an hour earlier from class. I would assume that would mean more money for

after school care for the families of these children. Hopefully someone will come to their senses and put a stop to this crazy idea!"

-Staff

I think implementing the switch will result in a wash. The high school students will most likely stay up later which would cancelled out any real benefit. Shouldn't we adjust to a permanent Mountain Time before considering this change?

- Parent/family member/guardian

Considering that the time changes just went the other way a few years ago to save a few bucks, this is not just such a big deal. My high schooler said that it is hard for some kids to go to sleep, and sleep schedule is more important. We shut off his wifi at 11:00 pm, which he appreciates! He said!. As a parent, I appreciate that a later start time means it is lighter out in the morning, and would be much safer for kids that walk and bike to school, or walk to a bus stop. When I had kids n elementary school, an earlier start time would have helped me get to work earlier, which would have been better for me. But high schools can get themselves up and out for the most part, and later works. As for extracurricular activities, practices can be later. Only away games would have to be adjusted, but it would be interesting to see how many kids, and how many student days that represents. Perhaps less rigorous classes could be scheduled for the last period of the day if possible.

- Parent/family member/guardian

This survey is much too long, probably compromising participation by all stakeholders.

- Parent/family member/guardian

A brief of the pros & cons as it applies to our district would be helpful. Thanks for reaching out to our greater community and thanks for working to make a positive schooling experience for our kids!

-Staff

This be detrimental to our household because our son has a schedule that contains many daily therapies in the morning and afternoon . Changing the times would make it nearly impossible for him to get these therapies. Appointment times are very difficult to come by in the community that are outside school hours. Please don't change.

- Parent/family member/guardian

my kid will stay up later just to do all his sports and clubs and homework. no benefit, just shifts everything an hour later.

- Parent/family member/guardian

This change is critical considering the new state law that maintains daylight savings the entire year - which may be starting fall of 2020.

- Parent/family member/guardian

Instead of late start to allow adequate sleep, students should be motivated to sleep early. A late start will only make it worse in the long run.

- Parent/family member/guardian

So stressful to change things. Children do soccer, basketball, club theater, and will have to balance it all with family and homework. This will mean less family time for us together. Please keep start times as they are.

- Parent/family member/guardian

I've never agreed with the earlier start times for older kids. This has felt backward to me. This is great to see.

- Parent/family member/guardian

As a high school coach [sport removed] my only concern is this: our matches have a 3:30 start time; the change of times means that athletes would be missing more school time to travel to away matches.

-Staff

For those students in after-school activities, they will either miss some activities or if the business pushes their times later in response to the new school schedule, the students involved in those activities will be forced to stay later, resulting in the same sleep opportunity. I don't feel that allowing for late start times encourages schools, parents, or students to look at the root cause of lack of sleep, which in many cases is lifestyle choices. This includes the increased challenges of teen social device usage late at night choice over sleep, as well as the lack of awareness and/or regulation on the student and parents part.

- Parent/family member/guardian

It would be very bad for me because I have to do things outside of school from 4:30-8:30 every night

-Student, Olympia High School

When I was a high school student I took zero period so I could go to work after school. Nowadays I hear that it is harder for teenagers to get jobs so I guess moving the start time wouldn't effect them in that way. As a parent of a high school student, I always felt like a later start time was important, but not just for teenagers all kids need more sleep so I would not want my younger kids to have to lose sleep by having a start time of 7:30. I have 4 kids, and get up around 6:00 so I can get them off to school and yet every morning it's a challenge to get them out the door on time. An earlier start time would not help!

- Parent/family member/guardian

It's an EXCELLENT idea - improved safety, well-being, and academic performance for all of our students!

- Parent/family member/guardian

I feel this is a good move for high school students. Younger kids are up and ready early. Parents of younger kids are up with them, whether for work or not. High school students stay up late

and need the sleep. They are less reliant on their parents' schedules too. The increase in bussing costs and eventual child care programs does not make sense for the younger students.

- Parent/family member/guardian

Later start times for middle and high school make sense, but strongly disagree with starting elementary schools earlier. I know this creates logistical problems. Maybe budging a bit less either way would work? Thanks for trying to do the best for our students, for handling this difficult issue and for including our voices.

- Parent/family member/guardian

It would significantly impact my family financially if our school moved to a 730 start time. Both on the morning and the afternoon. We already struggle with early release times almost every week. The cost of before and after school care is too significant for our family. We are already struggling to make it as a family with young children. I would be much more open to increasing the transportation budget in order to implement this change as I understand the importance. Please do not add more stress on families with young children without offering more support.

- Parent/family member/guardian

I admire our school district for taking the lead in the vital issue for students and families.

- Parent/family member/guardian

My teenager would benefit from the extra sleep for mental acuity

- Parent/family member/guardian of a future student in the Olympia School District

The shift in elementary school start times should be done carefully if 7:30 start times become a reality. At our school (Roosevelt) going from a 9:00 start time to 7:30 would be a strain on parents and students alike no matter what the work/childcare situation. I'm certain that tardiness would increase, and learning for the first hour or two would dramatically decrease. Please do not do this to the kids! Having each school shift a little bit is better than some shifting a lot and others not changing at all. Buying additional busses is (possibly, depending on the cost) preferential to either of those.

- Parent/family member/guardian

Honestly I could really care less about what time school starts for all grade levels. Growing up I never had issue with start times until highschool. Playing sports, large work load, volunteering, and working part time have little time for anything to actually get accomplished. Many nights up late studying, having to take zero hour, then trying to maintain a social life.... If anything needs to change about our kids mental health, and health overall would be smaller class sizes, better learning opportunities besides just what they need to learn to pass the stupid state and federal mandated tests. Kids are not learning anything these days compared to what we were taught. They are stupid now!! No common sense, no sense of adventure, no sense of defiance,

no leadership, just a bunch a sheep following orders so teachers can get paid more than police And have early releases, extended paid days off, only a month and a half summer!!!! I had 3, yes, 3 full months for my summer vacation growing up, these kids don't get to have time to be children anymore. You have taken it all away, and for what? To get extra funding? For?? Teachers don't teach, they don't create learning plans or assignments, they do what they're told and get paid very well for it. It's all sad!

- Parent/family member/guardian

The early high school start times are my biggest complaint about OHS. Time for a change!

- Parent/family member/guardian

In order to keep this budget neutral I feel this is like robbing Peter to pay Paul. In a few years we will complain about the academic and biological challenges of our elementary kids having to wake up that early.

- Parent/family member/guardian

We need to do this

- Parent/family member/guardian

If middle and high schoolers get out later, they will be up later doing homework, sports, and after school jobs. Therefore not getting more sleep.

- Parent/family member/guardian

The students will have more time to sleep and be prepared for high school.

-Staff and parent/family member/guardian

Morale is one of the key factors in students having positive experience of high school, and if they are always working counter to their body's natural rhythms, morale becomes more of a challenge than necessary. Thanks for broaching and seriously considering this healthy change!

- Parent/family member/guardian

Our older kids went to school in Texas and started HS at 9:05. This was beneficial to them. The school scheduled all their sports as a last period of the day PE credit class, ie...if you were in a sport you were in a baseball, soccer, football or etc. class. This made it so they wouldn't be at practice too late at night and also could leave school early for games and they wouldn't miss any classes.

- Parent/family member/guardian

Starting elementary school at 7:30 would not be acceptable due to high school's late start.

-Staff

Why didn't you do this year's ago? Stop being held hostage by the sports special interests.

This is right for all students

- Community member

I think students having a schedule at home and at school and sticking to it, be it bedtimes and bell times, are what we need to be more concerned about. Most students not making it to and from school on time do not have a regular schedule at home and the schools having different schedules all the time is what hinders our students learning more than what time school starts.

-Staff

This is long overdue. Sleep is essential at this age and it is scientifically proven that early school start times are detrimental to teens physical and emotional health.

- Parent/family member/guardian

I take public transportation and the bus systems are more active later than 6:00 and personally I would like to be able to do a zero period without struggling even more

-Student, Olympia High School

PLEASE don't make this change in our current school year. Some childcare centers open at 7:30am. Elementary teachers who have to drop their babies/toddlers off before heading to school would have to change childcare centers mid-year to accommodate an earlier elementary school schedule. Please don't make us do that.

-Staff and parent/family member/guardian

Most Teens sleep very late and wake up very early. I think late start will help them in general.

- Parent/family member/guardian

Later start times at all levels would benefit my family.

- Parent/family member/guardian

This survey is very poorly written and incredibly biased. My high school kid goes to bed and sleeps because - PARENTING happens in our house. WTH. Are you going to make future college courses or employers move her work start time because "she's tired"? Unreal. And this survey is so biased. Why bother asking. It is clear you have already made your decision and this is just lip gloss on a pig.

- Parent/family member/guardian

I understand your concern with students getting too little sleep during the school year, however I feel that if school is moved later it will only shift students' schedules an hour later, they will get out of school later, and start their homework an hour later and then go to sleep an hour later because they can get up an hour later.

-Student, Olympia High School

Not aligning the start times between Elementary, Middle and High Schools creates unmanageable issues trying to get our kids to school. At a minimum, it would require a greater period of before school care that would start early and run until the later start times. Both my kids don't have issues with sleep or stress. We are able to establish common sense bed times to

ensure they get the rest they need. These changes seems extreme and unnecessary. Are other families not able to set a bed time? At a minimum, if a child when to bed at 10pm and woke up at 6am they'd have 8 hours of sleep. Is that not enough?!?!?

- Parent/family member/guardian

9:00 am start time for middle school would be challenging for our family. Too much time in the morning. Our boys enjoy having the time in the afternoon to be outside with their friends. Also, would make after school sports too late.

- Parent/family member/guardian

I think that you will have less tardy students and because of that less kids will be more present in their first period classes.

- Parent/family member/guardian

Please don't start school at 7:30am for elementary schoolers. My youngest is not a morning person & this would negatively impact his learning.

- Parent/family member/guardian

I feel strongly for all the schools to have later start times including the elementary schools. I feel 7:30 is too early for elementary, middle and high schools.

- Parent/family member/guardian

My student is also against it, she gets to bed at an appropriate time for the current schedule and feels well rested

- Parent/family member/guardian

Don't change the timings, it will be very hard

- Parent/family member/guardian

This is beyond ridiculous. Punishing small children because your high schoolers are lazy. Shame.

- Parent/family member/guardian

I believe middle / high school students could benefit more with later start/end times. At this stage in life alot is going on in life, more expectations and changes. In school routines and personal/hormones, which causes teens to become more stressed and have more anxiety. that leads them to staying up later, processes things in their minds.

- Parent/family member/guardian

Research has indicated that adolescents need more sleep. The later start times would accommodate this need in addition to the screen time most adolescents are "addicted" to in the evening and before bedtime.

-Staff

Personally, I like getting off work at 2:32pm. However, research indicate that sleep is one of the most important factors in determining our overall health AND brain health in particular. Studies also indicate MS and HS students are not getting enough, so this really needs to happen!

-Staff

My daughter would benefit from a later start (zero hour classes), my son would be negatively affected due to missing more classes for away basketball games

- Parent/family member/guardian

This is a great idea and I support it. Really don't want it to mean earlier start time for elementary school though. 8am is early enough.

- Parent/family member/guardian

High school kids stay up later and would benefit from sleeping in. Less important for middle school students. Elementary kids wake up earlier anyway, typically on their own.

- Parent/family member/guardian

no

- Parent/family member/guardian

I like start stime late

-Student, Washington Middle School

This is a very dishonest survey. If it isn't broke don't fix it! We are one of the highest performing districts. Families have their systems set. Spend money in the classrooms not on bussing! Spend money on the majority of students; the average student! You will only open a can of worms which will require more "fixing". Just the format of the survey makes me question their motives. Very dishonest and meant to sway and trick people. Totally ridiculous! The school board should be ashamed.

- Parent/family member/guardian

No

- Parent/family member/guardian

I have wanted this to happen for so many years! I feel that a later start time would be very beneficial to my 15 year old student, especially.

- Parent/family member/guardian

Middle and high school students have much more personal agency than elementary students and could develop better habits around sleep. This proposal is based in research that is not substantial enough or widespread enough to warrant such changes.

- Parent/family member/guardian

Don't change elementary start times.

- Parent/family member/guardian of a future student in the Olympia School District

Younger kids would probably do better with earlier start times, teens with later ones

- Parent/family member/guardian

I believe it is very important to hear/listen to the suggestions of the people you are affecting. By allowing us to give our say in "adult matters", you are allowing us to use our right to free speech, in a positive and important way.

-Student, Olympia High School

I would not like this change at all, neither would my student. This change would also be horrible if our student has to adjust her after school activities, which would then push her time home at night to work on homework to later, not to mention trying to feed our families dinner at a decent hour after activities and then having to help with homework. I can help with home work with the regular school hours we have now, but I wouldn't be available to help my student with it with a later morning start time because I have other children in a different district that I also have to get to school. I cannot be in two-places at one time.

- Parent/family member/guardian

I think it's a great idea, i i'm currently maybe getting six hours or less of sleep and i'm a freshman with not as much homework as everyone else

-Student, Lincoln Elementary School, Reeves Middle School, Olympia High School

As a high school student at Oly, I would love it if start times were later. Getting up in the morning is crazy hard, and makes me less prepared for the day. Most days I have either a minimal breakfast or no breakfast at all, and I think that's something else that should be addressed alongside the other concerns listed.

-Student, Olympia High School

I am all for later start times for middle and high school students but elementary school students should not have to pay the price for that change. They need sleep just as much as the older kids. A 7:30 start time for elementary school kids is ridiculous, for them and for all parents I know. That would mean I'd need to wake my kids and try to get them to eat breakfast at 6:30am so they could catch the bus in time to make it to school! Most days they wouldn't eat which will make it more difficult for the teachers to teach. There has to be a better solution

- Parent/family member/guardian

NA

- Parent/family member/guardian

This is an important issue and i support eliminating 7:30 start times across the district, and having earlier elementary and later middle and high school. My elementary kids are up early and i would rather have them in school and home earlier.

- Parent/family member/guardian

Students will either apply themselves to their classes or not and I think it would be a disservice to them to coddle them now and then expect them to succeed in the workplace where in reality, they will most likely need to rise even earlier! Also, it would be difficult for any student who would like to be employed in the afternoons/evenings to make time for homework and/or other activities. I would like to see data that indicates a significant rise in grades and attendance and also addresses any negative outcomes before the Olympia school district adopts these changes.

-Staff

Just a note: my middle schooler attends NOVA and that was not listed as a choice. Since we are in the WMS district I checked that box. Please add NOVA to the list of schools. And NOVA conducted a survey about start times last year and changed theirs by 30 minutes this year.

- Parent/family member/guardian

Having elementary students dismissed at 2:00 is incredibly difficult for 2 working parents— there is no way to rearrange schedules to make that pickup work. It requires much longer & higher quality childcare in the afternoon. My son would never have wanted to spend 3 hours in ycare where the lead teacher routinely yelled at students, which is why we pulled him out.

- Parent/family member/guardian

It would be easier for my family to adjust to this if we could get on a bus line. We have to walk across Harrison for school and its to dangerous for elementary level kids.

- Parent/family member/guardian

I don't think any of our children should be standing out on the street waiting for the bus in the dark. I would drive my daughter to school and she can take the bus home.

- Parent/family member/guardian

A later start time for my middle school student would mean he would still get up at the same time because he would want to be up when I was still at home to check in and eat. He would just be at home by himself for a longer period of time. He would have less time after school for activities. The proposed times for my high school student seem extreme in the other direction. How would kids have time for sports? She already gets pulled from her last period for away games sometimes which can be stressful. I wonder if more kids will choose running start with this new schedule?

- Parent/family member/guardian

The hard part is having multiple kids in multiple grades/schools with different start times. But a flat 8am and 9am with older kids later could work.

- Parent/family member/guardian

I don't see the logic in having younger children start early and the older children start later. All children benefit from sufficient sleep, and going to bed with sufficient time for sleep will always remain the main driver of that sleep time amount for each child. Earlier start times for older children means that after school activities can start earlier and finish earlier, opposed to when the school finishes later the schedules all move later.

- Parent/family member/guardian

An earlier start time for elementary schools would have a positive effect on my family's transportation to school and work but my child would have to be in after-care longer every day, since my spouse and I would still have to work until 5:00. Other than that, I think it is a good idea.

- Parent/family member/guardian

7:30 is just too early for elementary

- Parent/family member/guardian

I'm so sleepy that my parents have arranged for me to skip 1st period so I can get enough sleep. (I didn't get to participate in band this year because of this)

-Student, [school name removed]

It appears the district has already decided, based on the questions in this survey. Late start time will have a distinctly negative impact on my children's education limiting there after school activities including sports, clubs and jobs. Better parenting skills would improve the negatives that you have attributed to current, appropriate start times. If you start school later we will be forced to move our children out of district.

- Parent/family member/guardian

Personal example: My student at [school name removed] currently starts at 2nd period with the permission of the school. He cannot function in school well without the extra hour of sleep, even though he goes to bed early. I also think it's better for school to end later for older students - less trouble to get into! Concerns: I think this proposal is a GREAT idea for middle and high school students and for my own student it couldn't happen soon enough! He'd get to be in band again! However, I have concerns about buy-in from the community and needs of lower-income or non-English speaking families who may not take the survey. Taking an extra year to get buy in and communicate the change might be worth it, so that families have time to make arrangements for after school care if older sibs are currently providing it. Also, after school Y Care quality varies widely at the elementary level. If elementary students will be in 3-4 hours (to cover until 6 pm) of after school care instead of the current 2-3, it would be good to

consider ways to boost quality in this program and/or recruit additional after school programs in a way that would be affordable to all families.

- Parent/family member/guardian

Students will stay up later to adjust to the new start times and still be tired.

-Staff

I feel that some of your questions, the first in particular, does not allow for the respondents to accurately tell how they feel. These questions are like a hard sell pitch and require the respondent to say that "mental health" is not important, when what I'm really saying is that my middle school child doesn't suffer any effects from an early school start time. Not all middle school and high school children are late sleepers. My child does not perform better later in the day, in fact she is a naturally early riser and has a lot of after school activities (music, sports, etc.). Sleep times are not a one size fits all concept. I can't understand how leaving middle and high schoolers unattended in the morning (as a working parent, this is what I would have to do) is a good idea. I'd predict more tardys and absences due to the fact that there is not an adult at home to get the students out of the door on time.

- Parent/family member/guardian

It would be more of a benefit to have an extra hour everyday for kids to get extra help where needed.

- Parent/family member/guardian

Avanti has such an amazing system already in place. I would highly encourage the board to be looking to them as a model of excellence in this area.

- Parent/family member/guardian

Are there studies showing longer-term benefit (or not) for HS students? It seems to be a change that will just move bedtime later after an adjustment period. Also, ending school later would impact after school activities (ie. winter sports).

- Parent/family member/guardian

I agree that sleep is important for EVERYONE!!!! A half an hour later start time seems waaay more realistic and doable than an hour and a half for elementary students. Expecting young children to get up in the dark and wait for buses in the dark is not ok! I am concerned about the kind of impact earlier mornings and more darkness would have on young peoples emotional and mental well being. What affect would earlier mornings have on utility usage and the environment? Clearly I am not a morning person, that is why I advocate for a late start for everyone!!

- Parent/family member/guardian

The students at WMS already start at a later time. Changing the time to even later would create issues for working parents.

- Parent/family member/guardian

Students will stay up even longer because they know they will be able to sleep in if the start time is later. Some parents will allow their children to stay up or out later, which can become an issue. Homework will be done in a rush, because the student came home later and still has other responsibilities, like Basketball games, Choir et. I do not feel that later start times would improve their feelings about school in general and will do little to improve their morale or attitude about it.

-Staff

Our family considers this very important. It's already difficult to get our two middle school kids to go to bed early enough to get a proper amount of sleep before they have to get up for school, and it will only get worse as they enter high school. This creates a lot of stress in our household, and honestly, how much benefit is a sleepy kid getting out of their first couple classes at school? Not to mention safety concerns with sleep young drivers. Also, the proposal to make Daylight Savings Time permanent would mean our kids are going to school in the dark, which only magnifies our safety concerns. We understand the challenges of later start times, but we feel strongly that the benefits are worth figuring it out. We would happily support tax measures or any other ways to support these proposals.

- Parent/family member/guardian

StartTime 8:50AM for high school is too late. 8:15AM or 8:30AM is better.

- Parent/family member/guardian

Children being alert and awake is the duty's of parents and guardians and about getting kids to bed on time. Changing school hours cause nothing but more issues for parents. It doesn't matter what time they wake up they are still going to think it's too early. We need to stop hand holding kids and giving in to what these "new studies" are. Those of us that are parents all went to school during the same hours and did that impact our ability to be a functioning member or society...no! If we want to focus on behaviors and mental health issues why don't we start by teaching them about it and not making excuses like their school schedule being an influence or a reason. If people want this kind of schedule for their child then maybe there should be consideration for a night school and those parents can fund it. My child is advanced for her grade level and that is because we as parents have put in the time and energy to make sure she is academically successful it has nothing to do with what time she starts school.

- Parent/family member/guardian

This needs to benefit every child and grade level. If there is concern for elementary levels having earlier start times, that needs to be a consideration as well.

- Staff

While I appreciate the district getting community input, I hope the district finally steps up to make the change and doesn't keep waiting. I can remember this very same proposal by the district years ago, people resisted and didnt want to change so no change happened. Meanwhile, the students pay the price. Studies bear out that this switch has a positive impact on kids. Districts that have made the change note increases across the board in their beloved

tests scores. As Olympia waited and waited to revisit the issue, we see increased issues around student stress, the 24 credit graduation mandate adds to the ever turning of the screws on our kids. We are trying to grow health adults here and this can be a hugely positive factor in reaching that goal. I understand people can't fully picture the transition- concerns of day care, etc. It will create a system shift and transitions are hard for people. But the kids need it, they desperately do. We have kids in day-care in a.m. and p.m.s, this may just shift that a bit. We have families that dont work regular hours (mine included) and we figure it all out. Please exercise some strong leadership in the interests of our kids and make the change now.

- Parent/family member/guardian

My son is having great challenges getting up so early

- Parent/family member/guardian

I agree 100% with later start times for middle and high school, my son will start high school next year and this will help him be more alert and ready for the change to high school!

- Parent/family member/guardian

Seeing as my school (Capital High) gets out earlier it is more convenient to do things later in the day, and getting up earlier isn't too much of an inconvenience when it comes to having time to do other things.

-Student, Capital High School

A 7:30 start time for elementary schools would be a disservice to our primary students, especially those families who struggle with appropriate bedtimes. We also have many families who struggle with getting their children to school on time at 9:00. Please do not start these young children before 8:00 a.m.

-Community member

I am just concern about the morning traffic especially people going to work at the same time.

- Parent/family member/guardian

Later start time is good, but lots of concerns with Running Start, New Market, Sports, student's with jobs, etc. I also think that making our kids more balanced does not stop with sleep, but also the basic structure of the 6 period school day, lack of physical movement in each class period due to pressures to meet curriculum requirements, and lack of laughter and joy in school. Teachers and students are tense. Sleep will help, yet I did not notice much change when we set our clocks back an hour. Students just stayed up later. There is more to it than sleep.

-Staff and parent/family member/guardian

Elementary school students are all up at ridiculously early times anyways. Middle and High Schoolers are the ones who struggle with the early mornings after staying up late to do their homework.

- Parent/family member/guardian

I believe moving school start times later will negatively impact after school activities and may not help the sleeping subject.

-Student, Capital High School

I would like to see students arrive and leave school when it is light out. Later start times are healthier and safer for all students.

- Parent/family member/guardian

Though I'm positive it will definitely be easier to get up in the morning if Olympia School District does start their days later, my only concern is about not having as much time to finish my homework when I get home, due to getting home later with this late start. All concerns aside, if this change happens, I'm almost positive that the benefits will outweigh all the negatives, so hopefully we can see this change happen.

-Student, Olympia High School

I think moving start times later for high school yields more benefits for high schoolers; I'm not as convinced that middle schoolers will reap as much benefit since homework, extracurriculars, etc. is much less for middle schoolers.

- Parent/family member/guardian

A lot of high school students are driving. When mine were in school it made it difficult when they had to be at school early because of the ice. I feel would be much safer.

-Staff

I disagree with moving start time. My child participates many after school activities and is already missed many classes. One teacher refused to give class participation grade and refused to make up participation activities. Also, I know many highschool students go to sleep late at night. Pushing start time back may result in even later sleep time. I believe students who are staying up late at night usually does not do anything productive. Again, I vote against moving start time.

- Parent/family member/guardian

As I thespian, rehearsals take a lot of time and with my parents being very strict on how long I can stay out I might not be able to do theater anymore.

-Student, Capital High School

Please don't teach our kids to be any lazier and less responsible about going to bed at night than they already are!

- Parent/family member/guardian

have felt this change would be beneficial for years.

-Staff

Felt that much of this survey was skewed toward supporting later start times rather than being neutral.

- Parent/family member/guardian

The science has been clear for a long time that teens need to sleep in. It's bizarre that later start times aren't already a thing.

- Parent/family member/guardian

Sleep is the number one issue for my family. Not enough hours of deep sleep! The later start to high school would greatly benefit my son's health. THANK YOU FOR ASKING!!

- Parent/family member/guardian

If a parent cannot adjust childcare, the rest is irrelevant. How is an elementary school starting at 7:30 a benefit to small children? This seems as if the negative impact on elementary children and their parents is far greater than the positive impact for middle and high school kids.

- Parent/family member/guardian

If parents would take the phones away from their students at night, the sleep issue is resolved. A later start time sends the message to students that they can stay up later. This is a parenting/society issue, NOT a school district issue. The district is attempting to resolve a parenting issue.

- Parent/family member/guardian

High School students do not need to sleep in longer. What happens when they start working, do you think their employer is going to adjust their start times so they can rest longer!? Later start times encourages later evening hours for students since they can sleep in. I can see younger kids starting later and adjusting to earlier times as they progress through grades but if parents work, they are already up and it is beneficial if they can assure their students are where they need to be and on time. Going to work and expecting your child to get up and get themselves off to school on time, might be a challenge. Even in high school students parents are waking them to get ready for the day. Keeping the hours as they are for high school students allows them the time for after school activities and homework without keeping them up late to complete their studies. Real world doesn't get to hit snooze.

- Parent/family member/guardian

I'm curious about the number of students that need to work to survive and if you have looked at the impact on these families.

-Staff

For my current high school student, a later start does not matter. He is an early riser. I have a 7th grader at ECS that is not so this would likely help her quite a bit. These times overlap a bit with my kids who are at ECS but not so bad that I can't work it out.

- Parent/family member/guardian

Thank you for moving this forward. This would be a huge improvement. The benefits outweigh the costs. Any start and end time for elementary aged families have an impact that families need to manage because most parents work longer hours than the school day. I'd love to see middle school and especially high school start times even later. Like HS at 9 or 10. This may be an issue for parents who feel the need to manage their older children getting to school, but for most, they are capable of self-managing with some work up front.

- Parent/family member/guardian

None

- Parent/family member/guardian

bruh its real dumb how early yall make us start school like people can barely stay awake in class and we all tired

-Student, Olympia High School

Middle school and High school students will use this extra time to sleep in and not necessarily to take advantage to do more school work. They will stay up later and not take advantage of the later start time like the district thinks. They are more independent and can ride a bus or catch a ride with a friend, or even ride a bike to school. Elementary students rely more on parents and need before and after school care. Having earlier start times will mean we as parents need to spend more money to have our kids watched.

-Staff and parent/family member/guardian

I really don't think this is a good idea. If this takes place my parents will no longer be able to drive me to school and then I will have to walk in the freezing cold in the morning and I live a good bit away. This will be a huge impact on my mental health as I get stomach aches when I'm late and I throw up which is not good for me. Lots of kids get dropped off by parents who's jobs start at 8 o'clock and all of them would have to find some other way for them to get to school. This is not a good idea what so ever

-Student, McKenny Elementary, Washington Middle School, Olympia High School

I'm all for improving things for older kids, of course. However, I have reservations because of what I perceive to be a negative impact on my elementary school kids which would result in a SIGNIFICANT increase in childcare needs in the afternoon, were they to start school before 8 or 830a. I also have trouble believing that young kids will be fully awake and ready to learn if they start school at 730a. I would much prefer the change be made for older kids without it effecting elementary start times.

- Parent/family member/guardian

OSD needs to proceed with this change

- Parent/family member/guardian

This initiative is largely a waste of valuable resources. I largely favor keeping schedules as they are currently, as everybody has acclimated to routines of transportation, childcare, etc. As long

as families take an active role in their child's time management and rest, later start times are not justified.

-Staff and parent/family member/guardian

I strongly urge the District and the Board to figure out a way to ensure that no single elementary school has to make an extreme change from a very late to a very early start time. A change in start time of one hour or less for every elementary school would be a fair way to approach the problem. I am concerned about potential sleep deprivation for students with challenging home situations, adverse impacts to average student performance, and an increasing number of tardies for students at Roosevelt if they are moved from a 9:10 am to a 7:30 am start time. If necessary, the District should study the costs of adding more buses to ensure no elementary school has to move up their start time by more than an hour.

- Parent/family member/guardian

I really like the idea of having school start later, because that factors in all those survey questions and our health in a positive way, but the only thing holding me back is the fact that school would end later. I would rather leave school as early as possible than get more sleep.

-Student, Centennial Elementary School, Washington Middle School, Olympia High School

Start times should not be changed because it's going to cause me more stress as an athlete to miss more school and it's impossible to get schedule changes at OHS so I could be stuck with core classes at the end of the day which are very bad to miss.

-Student, Olympia High School

Current schedule works fine. Moving start times later may potentially encourage students to stay up late.

- Parent/family member/guardian

I was aware of the research about later start times when my HS Junior was in middle school, and mentioned it to school staff at the time, to blank stares. We're not even blazing a trail here, it's been known for years. Let's get to it.

- Parent/family member/guardian

A later start time would leave less (much needed) free time in the afternoon. Which may make people resent school more.

-Student, Capital High School

I think that less work should be assigned because the problem isn't how early school starts, it's how late we are kept doing school work at home, although starting later would help slightly.

-Student, Olympia High School

This issue should be a no brainer. Teenagers need to get more sleep and are hard wired to sleep later than elementary school kids. Flipping the schedules makes sense.

- Parent/family member/guardian

Teens tend to stay up later than they should. My teens get themselves up and to school, and would benefit from later times

- Parent/family member/guardian

My son plays sports year round, I am already concerned that he misses class time to leave early to participate in games/meets. He has missed 6th period 12 times this year already and sometimes 5th period. If the start time changes, OHs needs to consider giving priority for those kids in sports/other class time activities to choose their class schedule and have STEM classes in the morning. If games/meets are later in the day, then my child is staying up later on those days to complete homework/study, which defeats the later start time. This is not a good idea for my child or many students in extracurricular activities, which are vital to their well being and social health.

- Parent/family member/guardian

I don't have enough information to understand the impacts to extracurricular opportunities.

- Parent/family member/guardian

i'm a 5th grader at Madison Elementary and I answered the questions thinking about next year as a middle schooler

- Student, Madison Elementary School, not currently enrolled

This is not a huge issue for us - we are lucky in that transportation and care are not a burden. The data doesn't seem to support that many benefits to moving start times later. Certainly no benefit to doing that if I have to start my elementary student at 7:30. ;-) Good luck!

- Parent/family member/guardian

I think the school day is too short -- adding on at least a half hour would increase instructional time.

- Parent/family member/guardian

I would not like to have school start at 8:50 am. That would destroy my schedule. I would end sports way later and not have time to do my school work, then i'd sleep in and not have time to do it in the morning because of how tired I would be from trying to finish it all night, and I would probably be even more tired in school because I got no rest the night before. My Sophomore year I wanted to do a job right after my sport, but now that the schedule's will be changed that wont be able to happen, so its one or the other. I already do zero-hour classes and its not that bad to wake up an extra hour early, plus if a student wants to do the class they should make sure they can have a ride every other day in the mornings. and be prepared to wake up an extra hour early.

-Student, Olympia High School

I fully understand the need for the change and I wholeheartedly support it. We are very concerned about the health of our students of all ages and stages. I worry about the trickle-down effect that making such changes might have though, especially for the elementary age

group. I'm concerned that putting the burden on them to be the ones to have such an early start to school would have a radiating effect on their health and home life, among other things. Have there been efforts to look into other ways to improve the experience of middle and high schoolers? Changes to course work/loads or extracurricular activities? Homework loads? How will this effect those students that have after school jobs?

- Parent/family member/guardian

Also, the early start time might be dark and create safety concern.

- Parent/family member/guardian of a future student in the Olympia School District

I work at an elementary school and will not. be able to get to work at 7:00 that is insane. We will have a lot of late students at the elementary level.

-Staff

My cousin lives in OK and they have been using the proposed schedule for years. It makes so much more sense! I'm am happy to see we are moving in this direction! Littles are up earlier and adolescents and teens would benefit from extra sleep time.

- Parent/family member/guardian of a future student in the Olympia School District

This is a stupid idea because many students have homework that takes all night and getting out later will only make it so that students will have to be up even later into the night and thus would lose sleep

-Student, Capital High School

I think that it would be better because waking up this early is anoying for me and I think i would do better in my earlier classes if there were later start times.

-Student, Olympia High School

Later start times would result in less time to do homework, and so we'd sleep later as well, but wake up at probably just around the same time that we usually do .

-Student, Olympia High School

Have you looked at partnering with IT for busing needs. It seems like this could be a benefit in saving money

- Parent/family member/guardian

As an elementary parent I am concerned that the elementary kids are being scarified for the older students. It is very difficult to get elementary school kids out of bed and properly fed in the morning, and early start will exacerbate that problem. For elementary school kids that are getting breakfast a before school care it could mean that they are not getting a morning meal. Can all elementary schoolers get a nutritious breakfast paid for by the school district for less than the increase in transportation costs to have all schools start later?

- Parent/family member/guardian

8:00 is too early, especially for kids who take Spanish class, they would have to wake up at 6:00 or 5:30, which is too early for elementary school kids to wake up.

-Student, Boston Harbor Elementary School

start around 8:30

-Student, Olympia High School

This is super important and beneficial for all kids and our entire community.

- Parent/family member/guardian

I provided my own plan in the response to the traffic question.

- Parent/family member/guardian

If money is a problem, I think flipping the high school start time with elementary start time would be most beneficial.

- Parent/family member/guardian

My 2 middle schoolers are early risers, so change this would not really benefit them. The loss of afternoon time would be harder for them. I'm concerned about my elementary student, who gets up only 15 minutes before leaving to school right now. He is more impacted by being tired. Early start would be very difficult. The biggest difficulty is after school care. My middle schoolers (1 in HS next year) take care of their younger brother after school right now. With MS / HS getting out later than elementary, we could end up with days when our 2nd grader gets home before his siblings. Thank you for all your work on this.

- Parent/family member/guardian

Very concerned about sleep deprivation in our daughter, and the resulting inability to stay focused in school, and her increased tardiness for class. We've noticed her anxiety increasing and are concerned about depression. We feel that she would benefit from an extra hour of sleep with the later start times.

- Parent/family member/guardian

Moving the middle and high school start times later is a very good idea. However, starting elementary school earlier is a terrible idea. If the solution is to spend more money on transportation options, I feel the community will support it.

- Parent/family member/guardian

I am an athlete. Given that practices would go until 6, I still have to get home take a shower, eat, do homework, and go to sleep. And on game/meet days it is even worse. Just keep that in mind

-Student, Olympia High School

I think this is a very important proposal, that I am very happy to see ! Thank you!

- Parent/family member/guardian

If you are really wanting to teach our kids something to improve their future and responsibilities changing the scheduled start time is NOT the way to do it. You are teaching them that they can now stay up later because they start later. You are taking away the very fundamentals into becoming an adult and starting up a career. If you take a job at 7am but find out you can't get up that early would you petition to your boss for a later start? NO! And why? Because that is not how the world works, you would get fired for not being able to perform what is needed or you for the position. School is a position with rules that need to be enforced NOT changed for this new day and age lazy kid. Stop dumbing down our children with your ridiculous double agendas. Get your spending under control STOP raising our property taxes and do your jobs to see that our child get the best education possible regardless of start time.

- Parent/family member/guardian

After school activities need to be considered as well.

- Parent/family member/guardian

No current students, but three went K through 12, start times have research behind them and we should be following that research

- Parent/family member/guardian

Active minds of children contribute greatly to their ability to retain information. Kids are naturally wired to stay up later and wake up later. The change in time would be a preferred method to increasing our children's ability to learn.

- Parent/family member/guardian

I have a child who will begin kindergarten in 2020. He is an early riser and would benefit from starting earlier. I support the change that could make that happen.

- Parent/family member/guardian of a future student in the OSD

Starting elementary children at 7:30 is certainly not in their best interest. You will just reverse the problem of kids being too tired to learn early in the morning. The younger children need to be at their best in the morning to get the basic learning they need most as they move on through school.

-Community Member

1. Earlier start times will not affect the students who will stay up later "gaming" because they think they can "sleep in." 2. Homework should be eliminated or at the very least extremely downsized with a heavier focus on classroom learning. 3. "Zero hour" should be eliminated and the starting line-up of classes should all be elective based to encourage attendance, saving the core classes for before/after lunch until the end of the day.

-Staff

The sleep benefits are important, but the greater issue is the safety concern of having children walk and bike to school in the pitch black pouring rain every morning. I recommend a careful

look at sunrise times in conjunction with this effort. Also, deconfliction with peak work commute times is essential.

- Parent/family member/guardian

Not only do I think 7:30 and 8:00 are too early for elementary kids to be in school. What happens with the Pre-k kids? My pre-k kid still needs 11-12 hours of sleep. And many kindergarten kids need a similar amount of sleep. They would miss essential time with family in the evenings. If I parent worked 9-10 hours a day. The child would barely see that parent at all during the week or not get enough sleep. Which can cause issues at home and in the classroom for these young kids. With the increasing pressure for young children who have more homework and academic pressure than they can handle (emotionally and mentally). The district could possibly be creating more tired, anxious, and overwhelmed young children.

- Parent/family member/guardian

I am an elementary school teacher. I noticed that this survey as well as the previous survey last spring, really asks about how the change will affect middle school and high school students without really considering how it will affect elementary school students. Many of our students are already tardy on a regular basis, missing valuable instruction. Changing elementary schools to an earlier start time will cause tardiness and tiredness to become even more of an issue at elementary schools. And with the financial situation of the District right now, I do not believe that we can afford to spend additional money on transportation to allow elementary schools to start at a later time. I believe that middle school and high school students will just stay up later if their school starts later. Allowing elementary schools to continue to have the later start time will help our most vulnerable students. I believe that the wise thing for our district to do, financially as well as for our most vulnerable learners, is to continue to allow elementary schools to have the later start times.

-Staff

I worry that this will cause students to stay up later, thinking that they don't have to be to school til later. A later start time does not fix detrimental habits like phone use before bed, staying up late, etc.

-Staff and parent/family member/guardian

Here is another question: Do you want your child to grow up to be an idiot, or should we do what we have already decided to do about scheduling?" What a sham.

- Parent/family member/guardian

This would be a great step forward!

- Parent/family member/guardian of a future student in the Olympia School District

They seem to stay up later and could benefit from a later start time.

-Staff

I think it will be harder for the elementary kids to get to school early than the high school kids. I think the high school kids will just stay up later and the difference in rest will be negligible. I think that the students who are motivated to have after school jobs and sports practices will be the ones most affected by the late start and later ending of the school day.

-Staff

make school enjoyable and maybe just maybe the kids who dont do anything might

-Student, Capital High School

Please don't give in to the pushback from parents of student athletes - I am a parent of 2 student athletes and I am confident that the benefits of later start times will outweigh the drawbacks!

-Staff and parent/family member/guardian

Would the Boys and Girls Club add a morning program for Middle School students?

-Staff and parent/family member/guardian

Thank you for your leadership in this initiative! I hope you move forward with it because I believe it will significantly benefit my 2 teenage students.

- Parent/family member/guardian

Many of these questions are horribly worded. I'm left feeling like a bad person if I disagree. They imply that you already have data on our students and disagreeing implies that I want my student(s) to not have this guaranteed improvement. I also get the sense that the decision has been made. I would love for you to publish the results of the survey which ever way go. At some points parents need to be parents and schools need to be schools. If parents are concerned about kids getting more sleep let them set an earlier bed time as opposed to changing an entire institution.

- Parent/family member/guardian

I am against the early start times for young children. This would put a hardship on parents needing childcare. (an added expense for parents) Middle & high school students generally can

take care of themselves after school. Elementary children cannot. Plus this would make athletics a nightmare for middle & high school students.

-Community member

I agree and support later start times but as an elementary school teacher, I would like an elementary start time that is not before 8:00.

-Staff

I believe that students will feel like they can stay up later because they can get up later. Achieving nothing. Sports will impact Academics on more of a daily basis with travelling,

especially if we stay in the SPSL. If we transferred in to a more localized league then it wouldn't require athletes to get out of school as much.

-Staff

I feel that this questionnaire is heavily based on high school and middle school students only. It does not allow space to discuss the change for elementary school students. I think it would behoove the district to look at the impact that an earlier start/release time would have on childcare as well as the teachers at elementary schools.

-Staff

It is unfair that elementary student with full-time working parent only will have less morning time. Elementary school kids need longer time to get ready, and in the winter time would have almost no sunlight time with parents at home if school start early.

- Parent/family member/guardian of a future student in the Olympia School District

Having later start times is going to very negatively effect sports and other activities. Children will have to stay at practice later, which will have them staying up later. It will not help those with more sleep. Being in a sport program that has a mix of elementary and middle schoolers, we will have to adjust practice time later to fit the middle school schedule, Keeping both ages longer at practice.

- Parent/family member/guardian

Changing the start times would adversely affect my family because the elementary and middle school start times for my family would overlap. It would be much more difficult to get my students to school on time. The later start times would also make it harder to do after school activities. Starting elementary school at 7:30 or 8:00 would create a hardship for my family.

- Parent/family member/guardian

I need more information on the data supporting later start times. Also, after school care isn't a problem regardless of end times because we use Y Care's wrap around service. If there's any chance that an earlier end to the school day makes Y Care harder to get into for the families that reply on it, I think the district should think about that. Finally, I really think 7:30 is too early, even for an elementary school student.

- Parent/family member/guardian

This survey focuses on the impact on adolescent sleep. Not the impact on Elementary and the scheduling of parents with students getting out before 2pm.

-Staff

I do not like this idea because it will impact more than what is being asked on this survey. What about child care needs that will be impacted before school? What about how late kids will be getting out of after school events such as choir, orchestra, and other after school activities? What about the additional missing time if kids get out for sporting events? What about additional after school activities like TCYFL that practice after school practices get out? What

about the additional traffic that is going to occur when schools and local businesses have similar start and end times? It seems like this survey does not ask if we think this is a good idea or not! What was the purpose of this survey other than to get feedback to support why you are already going to go through with it?

-Staff

The questions on this survey are biased toward acceptance of moving start times. I had difficulty sharing my concerns and disagreement with this proposal with the way the questions were worded. I do not agree with this proposal. If HS start times are later, my student will begin after school activities later and get home later, causing them to stay up later to get their homework done. They will be more tired in the evening and a night when they are trying to finish their homework or study for tests. Sleeping a little later in the morning will not help them with their diminished time at night. Also, students who participate in sports will miss more class time to attend sporting events, which will have to be made up at some point (possibly before school, negating the later start times) In addition, later start times (after 8 am) are difficult to arrange transportation for parents that begin work at 8 am.

- Parent/family member/guardian

This survey is skewed and very heavily weighted in favor of changing start times. It is not objective at all. Very disheartening to participate in. Is it just a technicality in a process that has already been decided? In my opinion, 7:30 is too early of a start time. That would cause stress in my family since you were asking about stress and reducing it. It is unfortunate that you pit that start time against an already tight budget.

-Staff and parent/family member/guardian

The excuse of more sleep is ridiculous. Children need to go to bed at a reasonable time so they may be well rested. Starting school at nearly 9am is unreasonable, as they will not be home until almost 4pm! This takes away from family time and from extra curricular activities. Children learn from more than just sitting behind a desk!

- Parent/family member/guardian

A 7:30 start time for elementary school kids sounds very very unrealistic. It's already a miracle to get my kids out the door and on time as it is. This would be a huge impact on families.

- Parent/family member/guardian

I have taught for a number of years internationally and all schools began at 8:50/9:00 AM. The later start time in my opinion was not only better for student learning it was also better for teachers. Athletics were outside of the academic day. Creating an athletic league with schools that involve less travel time for teams would be ideal. Saturday games?? Student athletes are currently missing class time in order to participate in sports and they have made adjustments in order to play. At least they wouldn't have to be at school till after the sun comes up. Many students currently attend Running Start classes at the community college because they can take

classes with a later start time. A later OSD high school start time may keep more of our students here and increase our FTE.

-Staff

This will not help students or families. Leave the start times the way they are. If this is an effort to improve graduation rates, find a different method that does not negatively impact the majority of families who DO NOT have a concern for their child graduating. Provide wrap around support for the families of students who child(ren) are not in line to graduate.

- Parent/family member/guardian

I think the studies that show improved student performance and attitude are important and worth paying attention to. Making life better for our students both now and in the future is what school is supposed to do.

-Staff

Make sure the Y is able to support this change

- Parent/family member/guardian

You should be thinking about more than just transportation impacts. Olympia SD doesn't control the rest of the region and our kids will pay a tall price if this change is made and they want to participate in interscholastic athletics/activities. They will either miss out on learning time to leave school before dismissal for competitions/events, or miss out on participation in events because they are late. Further...MS/HS students should have been surveyed with the following question asked: If school start times were to be delayed to allow for more rest, would you go to bed at the same time or simply stay up later? I don't buy the claims that this will result in longer sleep patterns or boost achievement and the so-called "research" is mixed, at best, regarding that claim. This idea takes us backwards in preparing our kids for the realities of working life. Very few day jobs begin after 8:00 a.m...how does sleeping in prepare them for this? Finally, what about MS/HS students who rely on part time work after school or who help care for younger siblings after school before they get home who will have their working hours cut, lose their jobs, or create new child care issues for their families if later start times are implemented. This initiative is just a political bandwagon with consequences that will harm our kids. Stop this madness and leave start times as they are for the sake of our kids and their future.

-Community member

Starting school at later times looks like a foregone conclusion in the Olympia School District judging from the questions asked in this survey. Asking questions in a more neutral way would be helpful. Right now, the questions basically state that later start times are "good" because of improved mental health, etc., and the follow up to that assertion is "how much do you value" mental health, less hectic morning household rush, etc. Um, I value more sleep and mental health a lot. But I'm still not convinced that starting the high school day at nearly 9 a.m. makes sense, even though I'm in favor of all these indisputably good things. I think the district could certainly move high school start times to later than 7:45, but 8:50 a.m. means high school

athletes will be coming home significantly later from practices and games. Avanti High School currently starts at 8:20 and this seems reasonable and very workable for my student. I'm not as concerned about middle school starting at 9 a.m. because their sports/activities are directly after school, so no late night games from far-flung districts. Generally speaking, it would be good if elementary students all started at 8 a.m., rather than some at 7:30 a.m. for transportation savings. But it's unclear what the price tag would be. Which gets me back on my soap box about mental health, which we talk a lot about. I would much rather prioritize limited school funds to putting more counselors at our middle schools, for example, than paying extra \$\$ for bus services. Right now, there is just one counselor at Jefferson and one at Marshall middle schools. If we continue to express concern about mental health and do not fund additional counselors, I begin to wonder if this is truly a school district "value" or more of a talking point. Thanks for letting me provide my 2.5 cents. :)

- Parent/family member/guardian

having school start times and end times pushed back later would allow my sleep schedule to become more natural to my age, therefore allowing me to feel more relaxed because I will be on a much more natural rhythm than now.

-Student, Capital High School

They should have always started middle and high schools later research literally states that older kids need more sleep and the kids playing sports or that have to study don't get as much sleep.

-Student, Jefferson Middle School, Capital High School

I find it more beneficial that our schedule for start time and finish stay the same, there is no need to change the schedules.

-Staff and parent/family member/guardian

After school sports (extracurricular) will be hard because I might not be able to make it on time to practice unless I have a sixth period that I can leave early a couple days a week. If all graduation requirements are met and the student has a high GPA, would they be allowed to have a sixth period that they can leave early from?

-Student, Olympia High School

While there are positives for moving start times, the negatives outweigh them in my opinion. Younger children needing additional after school care, not having older siblings available to provide this care, safety of young children in dark winter months, high school athletes missing additional class time to get to games, additional costs to an already big school expenditure (transportation) outweigh the positives. People can train themselves to get the sleep they need. Yes, it takes discipline, but we have been doing this for a very long time.

-Staff

My biggest concern currently is that I would like the elementary schools to start earlier to avoid before school care. When both parents work how are we expected to get kids ready when we have to be at work at 7:30, 8 or even 8:30. Our school starts at 9:20????

- Parent/family member/guardian of a future student in the Olympia School District

It will be difficult for high schoolers and middle schoolers to participate in sports with later start times. They already come home from events at very late times, and pushing the end times back will extend the time that they are out.

- Parent/family member/guardian of a future student in the Olympia School District

Safer sidewalks and safer roads surrounding schools need to be prioritized above start times. What about during the slick, rainy, winter months? When it's foggy? When it's icy and schools need to have a 2 hour late start so roads can warm up? Will it actually be a 4 hour late start? Or a cancelled school day? Impacts on delaying/cancelling school can be problematic at the end of the year to make up all the time. Although students would benefit from later start times, if they cannot safely navigate to/from school everyday, what is the point? Our transportation network needs to have a finer lens placed on it, and above how late a student wakes up in the morning.

- Parent/family member/guardian

This decision should be based on academic results and improvement not on athletics and extra curricular activities. Athletics and extra curricular activities are a choice. Therefore they should not weigh as heavily on our decision.

-Staff and parent/family member/guardian

Teens have so many challenges today. Our future depends on giving them all the support we can.

- Parent/family member/guardian

My understanding from when I was younger, is that the elementary starts later to let the younger children have time to get adjusted to getting up for school and the middle and high school start earlier to get them used to times that would be for when they get a job and have to be on an early schedule. These times have always worked for our students, and I have had to deal with getting a student up at an earlier time when we lived in another state, and it was not fun. There is also the fact that some high school students need to be home to help out with younger siblings when they get off of the bus. My personal opinion is that this would cause more problems than just the questions that were asked. Thank you

- Parent/family member/guardian

7:30/8:00 start time is too for elementary school students. The later start times for HS would have a negative effect on elementary school students.

-Staff and parent/family member/guardian

It's definitely a good idea

- Parent/family member/guardian

It's natural for teens to stay up later and wake up later.

-Student, Jefferson Middle School, Olympia High School

It will be harder for me to get to my soccer practice especially because it is an hour away and sometimes I leave straight from school.

-Student, Centennial Elementary School, Washington Middle School, Olympia High School

Later start times don't necessarily mean students will get more rest. They may stay up later because they won't need to wake up as early, or they may need to leave their homes at the same time depending on who brings them to school.

-Staff

Stop this proposal. Stay as it is now or even move the start times sooner. Many researchs show student perform better when waking up at 5AM

- Parent/family member/guardian

I ecstatically support moving to later start times for middle and high school students. I am a Community Educator with SafePlace and my job is to be a guest in schools to discuss the important topics of consent, boundaries, and violence prevention. I have seen first hand how challenging it is to engage youth in critical topics so early in the morning, a time when science shows their brains are not fully functioning yet. I would love to see OSD be a leader in our community concerning this much needed change.

-Community member

As a referee for high school sports, my other concern is that a later start time for schools, does not lead to a later start time for team sports. No team sports should start any later than the current 7:00p start time. And earlier start times should be considered.

-Community member

You need to take into consideration the sports and work schedules of high school students along with the fact that parents rely on older kids to be available to watch their elementary school children after school. Also, elementary school children will possibly be less productive with an earlier start schedule.

- Parent/family member/guardian of a future student in the Olympia School District

It is extremely challenging as well as taxing on my mental health as well as my peers' to get up so early for school with many normal social and family happenings lasting later than 10pm

-Student, Olympia High School

I have a 15 year old grandson that is so sleep deprived from early start times he sleeps all weekend. Strongly support later starting for all grades. Better for parents too.

-Community member

We changed start times for secondary at North Mason a few years ago and honestly it did nothing for attendance and truancy. Students in that mindset will be late or absent no matter what time you start. In some cases, the later start made the problem worse at the high school level.

-Community member

part of the athletics issue is the league OHS is in, requiring extensive travel and late nights, which further cuts into sleep time.

- Parent/family member/guardian

I am zoned for LP Brown and the elementary kids are getting off the bus close to 5 pm sometimes! That's crazy! That is only 2-3 hours of family time for these kids before they need to be in bed between 7-9 pm. Older kids appreciate sleeping in later and stay up later at night. Younger kids wake up early and need to be in bed early. It make sense to get them home in the evenings earlier.

- Parent/family member/guardian of a future student in the Olympia School District

Not so tired anymore.

- Parent/family member/guardian

Wednesday late arrival needs to be implemented back in to the High school schedule

- Parent/family member/guardian

I definitely agree that later start times will benefit older students. At the same time, I believe 7:30 start times would negatively impact elementary students ability to learn. As I am sure everyone is aware, the students' brains are still developing. I believe that the latter start times would benefit ALL students, even if that means spending more on transportation costs.

- Parent/family member/guardian

I have been confused for years about the early start time for the teenagers in this district. I'm really glad you're considering this!

- Parent/family member/guardian

This will create more homework for students in sports causing more stress due to a heavier workload while playing sports. Some may have to drop sports due to the heavier homework load. You may also have students who play sports take less challenging classes just so they can play sports. You may have some not play sports or do outside clubs, choir, band or orchestra because of conflicts.

-Staff

It's not going to be any better yanking the little guys out of bed sooner; then we will start having more tardies and absences from that group. Many students who go to Running Start or have jobs after school would be seriously impacted by this schedule change. I think it ultimately simply swaps out one issue and creates another. We need more mental & physical health

support AT schools, and more interventions and resources that deal with the issues we are attributing to 'bad scheduling', rather than taking the superficial approach of a schedule change. That does not change the underlying issues impacting our students. And for many of our students/families, this schedule change would be an additional negative impact.

-Staff and parent/family member/guardian

If elementary times change, schools with behavior programs, such as LEAP, should start at 8:30. It can be time consuming getting a child with behavior challenges ready in the morning.

- Parent/family member/guardian

I think starting high school later is an excellent idea

- Parent/family member/guardian

Please DO NOT move Hansen Elementary start times any earlier!!!!

- Parent/family member/guardian

I think it's great that you starting school later, but if there is no adjustment for homework and after school sports then having later start makes no difference. My child would be up later to finishing the homework, and would be at school at the same time each morning since I have to be at work by 8. Therefore there is no additional sleep time my child is getting.

- Parent/family member/guardian

Sleep is absolutely vital to all types of health, and lack of it has links to depression. Thanks for even making later start times an option

-Student, Olympia High School

Student athlete will miss so much school due to games

-Student, Capital High School

I have read a great deal of evidence based research on this issue and have long believed OSD students would greatly benefit from this change. I also believe that the emphasis on sports, although an important part of student life, has long been overly prioritized as it only meets the needs of the small percentage of students that participate in athletics. Our kids are super resilient and I personally think this change would yield positive results after a period of transition. When morning start times were staggered years ago, I was frustrated when my Roosevelt students started even later while the older kids went even earlier. This move to adjusting start times would be a step in the right direction! Thank you for the opportunity for myself and my students to share our opinions.

- Parent/family member/guardian

Most parents that work and take their student to school start work at 8am. this would cause many a challenge on getting their kid to school at all. Also, most jobs in the world start at 8am...

we are not preparing our kids for the reality of the future in the work world. This schedule change is a ridiculous idea.

- Parent/family member/guardian

I think moving school times for elementary back 30 minutes sounds reasonable, but an hour earlier is a really huge change for students , parents, and teachers, and not necessarily a positive one.

-Staff

My concern is missing more classes for sports when teams have to leave before school gets out. This affects some kids significantly. Also, practices go late as it is. So now they'll go even later? That's a concern of mine as well.

- Parent/family member/guardian

What about after school jobs?

-Community member

I think this will be very beneficial for middle and high school students but will not benefit family's with kids in elementary school.

-Student, Olympia High School

In my experience and from what science has shown teenagers need more sleep, it's not opinion it's just fact.

-Student, Roosevelt Elementary School, Reeves Middle School, Olympia High School

Everyone should read the book "Why we sleep"

- Parent/family member/guardian

I think it would be a great idea to start time later it is proven that a later start time increased students grades

-Student, Roosevelt Elementary School, Reeves Middle School, Olympia High School

there will be no way for me to get to school if the start times are pushed later

-Student, Lincoln Elementary School, Capital High School

I don't think you should move the start back because school will end later and I won't be able to make it to my sports practice.

-Jefferson Middle School

The research for the benefits of a later start time was just coming out when I was a high school student in the 90's and my school adopted a later start time in my Junior year. The benefits were seen almost immediately and the district never went back to early high school start times.

I strongly encourage this step be taken in the Olympia District to stay current with the research in adolescent brain development and sleep patterns.

- Parent/family member/guardian

Please.

-Student, Washington Middle School, Olympia High School

The school time change for elementary is much less impactful if afternoon YCare and/or Boys and Girls club will start early as well.

- Parent/family member/guardian

My daughter, who just started MS, now likes the early start time which gives her time in the afternoon for activities

- Parent/family member/guardian

I am happy with my elementary student starts at 9 am and middle school student starts around 9am.

- Parent/family member/guardian

As a parent of a future kindergarten student for the 20-21 school year a later start time would be beneficial as a working parent as it would be easier to get my child to school before I left for work. As she became older and was able to get herself ready for school and on the bus the later start time would in MSHS would be fine.

- Parent/family member/guardian of a future student in the OSD

I think that increasing the time when school starts is a great idea but for everything there is always pros and cons one major thing that I would change is that everyone should be treated equally treated in the school district so I was thinking as a prior student that we all (all grade levels in the school district) would have there school started later because i've noticed that elementary schools (if we apply this to our district) would start earlier than they used to start so I think the kids of this school would really like it if their school tike was pushed a bit farther back and since this will be applied to high schools and middles schools why not elementary! Thank You!

-Student, Jefferson Middle School

Especially older children will benefit from this,

- Parent/family member/guardian

7:45 am start time for high school is fine- then I get home earlier

-Student, Olympia High School

I feel as a high school student that although i will get more sleep in the morning, I will be up later doing homework because of sports that are pushed later in the day, so I would strongly dislike the change to later start times

-Student, Capital High School, Griffin School District

This is not new information. But it takes education a generation or two to implement change. I think that high school and middle school students absolutely should have later start times, and I truly believe it will improve their educational experience. Go for it!! And, thank you!!

-Community member

I'm an alumni of the olympia school district and I had horrific insomnia all through high school that has evolved into a suspected sleep disorder for me now, in college. I started high school a couple of years after the move to the 7:45 start time and it was hellish for me to try and get up to make it to school on time, much less be alert and functional in my early classes. I ended up attending school part time later in the day for a lot of high school (and eventually getting my GED because it was going to take me so long to graduate that way) but if the start time had been later to begin with my anxiety around being there on time would have been significantly reduced and I would have been more successful.

-Community member

It doesn't allow enough time to do after school activities. Most homes can't accommodate that start time. It will not allow some kids to work or take university level Classes after school due to lack of time after school. I believe kids will be more tired because all the activities to be moved back in the night. Hard on families with multiple aged children. I would push against moving times.

-Community member

I think it is easier for working families..

-Staff

As an elementary school parent, this would increase the monthly child care costs for our family. Currently we are able to cover drop off and pick up times with our work schedules. Has the district also considered the facilities impacts this will have and the need for there to be after school care? It seems that the only considerations that have been taken into account are those that benefit middle and high school students at the detriment of elementary students. A 7:30 start time would mean my child would need to be up at 6am to ensure he is ready for school. That is ridiculous. This survey asks bias questions to get the responses the district is looking in order to justify these changes.

- Parent/family member/guardian

Make sure the Y is able to support this change

- Parent/family member/guardian

It would fit students natural sleep rhythms and help them do better.

-Staff

Moving elementary earlier while moving middle/high later means that our older can't watch our younger (who would now get out while the older is still in school) and with daycare closing too early for us to be able to pick them up, we would have very few options other than find a new job or an additional babysitter after daycare (and babysitter rates are worse than the already high daycare rates). The only way to prevent this sort of issue would be to have later start times, but high school starting first, middle second, elementary last. Is there a particular reason elementary is being shoved to the earliest time slot?

- Parent/family member/guardian

As a teacher and a substitute teacher I have seen a significant rise in attendance and attention with later start dates.

- Parent/family member/guardian

All schools should have the later start times. We should increase busses and drivers and perhaps integrate busses for different school ages. Making elementary school children go early to simply to benefit middle and high school students seems counter intuitive. Elementary age students need just as much sleep if not more so. Make car pooling more feasible and offer incentives for taking part. Offer early morning programs for those who need them. There are lots of better options than bumping up elementary school start times by an hour or hour and a half.

- Parent/family member/guardian

Later start times are unmanageable for parents who work and kids who play after school sports.

- Parent/family member/guardian

My son is nearly ready to drop out due to the enormous workload and not enough sleep. You are killing his motivation and his belief in his own capacity to learn.

- Parent/family member/guardian

Will changing times help them more? Probably not!

- Parent/family member/guardian

As a pediatrician the health and safety benefits to adolescents are paramount in this decision. I only wish my son could have taken advantage to this schedule change. Our community will have safer kids on the road, better performing students in the classroom with better health from this change. I am happy to pay extra taxes if necessary to support this change.

-Community member

We were parents that have our high schooler picking up younger siblings in middle school and/or elementary. The schedule makes it so that the elementary school students get out before the high schoolers so that the high schoolers can no longer pick up their siblings.

- Parent/family member/guardian

I think not only will this interfere with sports schedules it will also make it impossible for high schoolers to pick up younger siblings since those younger siblings will be getting out of school earlier than the high school students. I hope you also take into consideration the high school students that have jobs after school and how a later school schedule will interfere with that and attempting to also finish their homework. Currently I drop my daughter off at school on my way to work and believe that a later start time will cut out that one-on-one time I have with my daughter.

- Parent/family member/guardian

I hold a Ph.D. in education. Research has demonstrated the the teen brain performs better later in the morning. This change is beneficial!!!!

- Parent/family member/guardian

Transportation for these children is already a logistic challenge. Lack of drivers since healthcare benefits have been stripped away by the state's thoughtless bureaucracy. School bus drivers are fading away. There is literally little or no thought to the idea that this is a middle class community with parents working to pay bills. I doubt there is disposable income to chauffeur these children on the dime of our parents. Also! The school district has an obligation to teach the hidden curriculum as well. We are sending children into the world with the feeling that they are entitled to sleep in. Jobs... the majority of good jobs start early. We aren't doing the students any favors by switching classes to later start times. They graduate and then have to be at a job at 6AM. Not everyone goes to college or if they do, I could argue they to local community colleges and those class times which are really sought out after are the early ones. Where does this leave a freshly graduated student with either average or lower academic skills??? They better learn quick that the jobs and the bosses managing those jobs want early in or the consequence is termination. Hidden curriculum. Super important.

-Staff

Plase do not give elementary earlier start times. If you need MS/HS to be later, spend the money on transportation.

- Parent/family member/guardian

No child should have to start school at 7:30. That's ridiculous. My daughter and I will both be exhausted every single day from having to get up that early.

- Parent/family member/guardian

While accounting for adolescent sleep and moving start times appears to be admirable, elementary school students should not have to pay the price by having to start school at 7:30.

Younger children need their sleep too. So if you move start times later, invest in transportation so all kids benefit.

- Parent/family member/guardian

I really like school start early and end early. I can help my family and siblings after school.

-Student, Capital High School

Please don't do this. This is not fair to our younger kids. Instead, invest in ALL of our kids. Don't feed the small ones to the "wolves" to try and save the older ones. Teach better parenting, get older kids to get off technology and GO TO BED, teach older kids to deal with reality... their job won't start later so they can sleep in.

- Parent/family member/guardian

7:45 is too early for HS, but 8:50 is too late. Maybe just do 8:30

-Community member

I'm very tired in the morning

-Student, not currently enrolled

This is stupid. Keep the times as they are. If the students need more sleep it is up to the parents to make it happen. Why would you change the times some of the kids that are taking the school bus home already get home late. I know my student would prefer to go earlier than now. Just to have more time after school to do things.

- Parent/family member/guardian

I don't mind the high school starting later, but my family relies on our high schooler to watch our elementary schooler afterschool.

- Parent/family member/guardian

I fully back later start times. Teenagers will benefit a good deal!

- Parent/family member/guardian

I would support the concept if bus service is provided for elementary children that live close to the schools. I have significant concerns about young children walking before full daylight during the morning rush hour. Traffic on Boulevard, Cain, Henderson, North and other routes is tremendous before about 8:05am. Crosswalks are unattended, dark and dangerous. Pedestrian access for elementary children is irresponsibly dangerous for a 7:30 or 8:00 am start time.

- Parent/family member/guardian

Since parents work full time, possible times for homework in evening cause children to be tired in the morning or rushing for something to eat.

-Community member

I'm supportive of making things right for the older kids, but let's not punish the kids and families in elementary in order to do it.

- Parent/family member/guardian

I absolutely support moving the start time for older children later and I say so as the parent of an first grader. I hope grumpy parents of elementary children don't vote against it especially if they're simultaneously complaining about boomers only thinking of themselves and robbing other generations. The high schoolers and middle schoolers deserve to not be sleep deprived. Science!

- Parent/family member/guardian

There has been a lot of information presented during this process regarding the potential health and academic benefits of high schoolers; however, the only logic presented for elementary change has been budgetary. I have not been presented with any evidence of the potential negative impacts two Elementary School students health and academic performance nor an assessment of the potential impacts. This is a bit challenging as students spend several more years in the elementary environment than in the high school environment. The lack of addressing those concerns presents a potential image for the District of caring less about the health and academic impacts of Elementary School students and valuing that of high school students more.

- Parent/family member/guardian

730 start time is unacceptable. SSB has kids as young as 10 scheduled for games that START at 705p. Start bussing at 7am instead of 6- problem solved. Why does the buses have to be out on the roads so early?

- Parent/family member/guardian

Having the start times shift will have a significant impact on families who rely on older children for childcare. For families who rely on Y care of after school programs, that means that some children will be in after school programs for up to 4 hours after school. That seems difficult to manage for both ycare staff and for students!!

- Parent/family member/guardian

I believe strongly in high school students enhancing their knowledge and high level work ethics by having a part time job (10 to 15 hrs per week). A later school start time would complicate students ability to work. Also, the number of hours students would be home or running around without parent supervision would increase!

-Community member

There are advantages and disadvantages, depending on who the person is and what they need.

-Student, Olympia High School

Please, please change the start times to later! It seems insane to send children out to school when it is still dark and when most adults aren't even up! It is awful to see the kids standing in

the dark and in the rain waiting to catch the bus. My teenage son says he cannot get to sleep before 11pm, and the early morning wake ups are a real issue in our family life! Sending them to school so early has never made any sense!

- Parent/family member/guardian

Moving the start and end times back will have significant impacts on students abilities to manage school, family and any extracurricular activities. As it is now they don't get home until 4:30 from practice then they have homework and other responsibilities. Also, shouldn't the parents better manage the amount of sleep a student is giving? We expect college students to self manage their time, this isn't setting kids up for success as they head to college or for when they get a job. Right now dropping the kids off on my way to work is a great start to all of our day. Moving the start time eliminates this ability and impacts our family

- Parent/family member/guardian

not at this time

- Parent/family member/guardian

Providing opportunities for students in special programs (life skills) at the high school level to access zero hour class time would make the change in schedule more manageable for families that work. Without this option my family would face hardship with finding morning care.

-Staff and parent/family member/guardian

Starting elementary schools at 7:30 is unacceptable. This will sharply impact my support for the current school board and district administration.

- Parent/family member/guardian

I think if Elementary students start earlier, then they have to be in after school program till 5:30 for me to pick my child up. Would be nice if there were more organized activities for elementary students. Would not mind paying for it, but would like something more learning to be available than letting my child play for 3 hours.

- Parent/family member/guardian

It will make everything difficult. We have already set up our work schedules to accommodate the school schedules and now you are asking us to change that for about 40 minutes

-Parent/family member/guardian

Ridiculous!

- Parent/family member/guardian

For HS students, I feel like having the start time of 7:45 is more realistic and prepares them better for "real life". Most colleges offer early classes and there are rarely jobs that start at 9:00. Most are 8 to 5. Its about proper time management, not adjusting the schedule to accommodate their poor sleeping habits.

- Parent/family member/guardian

Kids will get there sleep when they need it, parent's need to monitor screen time and be parents and not friends to our youth! Make rules, and stick to them!

-Staff

I think that all the testing does more harm than when schools starts or stops. The behavior problems of the average child do more harm and interrupt learning more than start times. I would rather see more money and time spent by schools to address the behaviors and engage kids in a meaningful ways rather than all the testing.

- Parent/family member/guardian

Extend time school starts. But do not extend when it ends give the students more sleep and less time needed at school. Giving them more time to work and watch siblings. extending the school day will lead to students falling of near the end of the day and lack attention in there later classes.

-Student, Capital High School

The research is clear: cognitive and non-cognitive benefits of more sleep for adolescents outweigh the logistical challenges of later start times for MS & HS, both for families and schools.

- Parent/family member/guardian

I went to Olympia High School, class of 2005. I would have benefited tremendously from a later start time (8:30 or later). I was severely anemic and battled depression, which made me lethargic and struggle to get out of bed. On top of that, when I factored in after school sports and homework, I was almost always up late reading or using the computer and struggling to wind down. Also, sometimes my sports commitments would try to fit in before-school practices, which meant I had to get there at 6 am. It was brutal and I remember it all very clearly. I have SO many memories of skipping first class and getting in trouble. I once was fired as a first period TA and reprimanded for missing so many classes. College was such a relief in that I was able to manage my schedule a lot better and pick classes that started later and it really benefited my mental health. I didn't fully understand the impacts until years later.

- Parent/family member/guardian

My child does much better starting later. He will be a high school student at Capital.

- Parent/family member/guardian of a future student in the Olympia School District

A 7:30 start time for Elementary would significantly compromise the education experience for our Elementary student. Our young Elementary student needs a significant amount of sleep and often is still asleep at 7:15-30, because she needs it. (She does not go to bed late--between 7:00 and 8:00 p.m., usually.) I generally support doing what is statistically proven to help middle and high school students succeed; however, I do not believe this should be achieved at the expense of Elementary students, who represent the building blocks of a strong district. I am also concerned by the amount of class time that would be missed by high school athletes due to the schedule change and wonder whether the gains achieved by more sleep are

outweighed by time out of the classroom for athletes. I'm guessing the recent studies do not take this factor into account. I would study this aspect (and probably 100 other, related factors) further before making any changes so that i fully understood the ramifications of the schedule change.

- Parent/family member/guardian

My kids need more sleep. Going to bed at 8pm to get up at 6am is hard because in the summer it is still light out going to bed. In the winter it is still dark when they leave the house so early.

- Parent/family member/guardian

I am a community pediatrician and a father of children in the Olympia School District. I strongly encourage the OSD to delay school start times to protect the health of our children. I see teens every day in my practice that have depression, anxiety and suicidality that are a direct result of a lack of sleep. The current OSD start times increase these students risk of mental health issues, obesity, car accidents, worse grades and lower standardized test scores.

The evidence is clear. Please delay start times and be bold, consider starting High School at 9 or 10. Think outside the box - have sports practice in the morning.

Please review this position statement from the American Academy of Pediatrics.

<https://pediatrics.aappublications.org/content/pediatrics/early/2014/08/19/peds.2014-1697.full.pdf>. I would be happy to discuss this in person or on the phone. Thank you,

[Parent Name]

[Medical Practice Name]

[phone number]

- Parent/family member/guardian

In order to be able to answer these questions in a more responsible way I would need to have more information from the district as to the legitimacy of later starts times on the decrease in depression and increase in academics and graduation. Are the claims accurate and do the benefits outweigh more missed school for athletes and disruption to family life?

- Parent/family member/guardian

moving times back will further decrease the students social abilities but at the same time increase work, but is his detriment to the future society worth he short term increase of grade numbers for schools, also this will be an even greater detriment to those struggling with homework as the current standards stand.

-Student, Olympia High School

I'm on the fence about changing start times. I know statistics show that middle school and highschool students need more sleep in the mornings, I'm not sure that it is good for gradeschool kids to get less sleep though! Hard decision.

- Parent/family member/guardian

I am a high school teacher at OHS. I am in favor of responding to students wants and needs, and if they feel that this is appropriate and helpful, then I am on board. However, I am concerned

about the pressure students have with mounting homework, sports, jobs, etc. and I fear that less time in the evening will make it more challenging. I do not know that this alone will address sleep and engagement concerns if it means they will simply be up later working. I think another, separate conversation should be had regarding workload balance and other practices as well.

-Staff

I am thrilled that this piece of evidence-based practice might be making it into our children's education.

- Parent/family member/guardian of a future student in the Olympia School District

It has been scientifically proven that teens need later school start times, as they cannot get to sleep before 11 pm.

-Student, Olympia High School

I won't have time to do much after school like work and get my homework done. I'd just be staying up later at night and getting the same amount of sleep as I always do.

-Student, Olympia High School

I cant speak for others but for myself I get up at 4:30 to 5 in the morning and Im always on time for school and am well rested. I would personally like school to start earlier and get out earlier to allow for more time for extracurricular activities.

-Student, Roosevelt Elementary School, Reeves Middle School, Olympia High School

If the schedule is later that will be super EPIC.

-Student, not currently enrolled

Make sure you are thinking more of the view of a high school and middle school students because than you might get a better start to determined.

-Student, Reeves Middle School, Olympia High School

Totally unnecessary

- Parent/family member/guardian

It would be amazing to start school later. I would get more sleep and I would do better in school.

-Student, Olympia High School

The transportation department should consider advertising on school buses to help with additional transportation costs that these changes could cause. It would also help towards costs of improving school buses to be more environmentally friendly.

- Parent/family member/guardian

Thank you for working on this topic, and for asking the school community.

- Parent/family member/guardian

I think later start times will benefit those without those sport more, and make it somewhat more stressful for those in sports for time managing. However, later start times could benefit a portion of students.

-Student, Boston Harbor Elementary School, Olympia High School

I am a little annoyed at how bias these surveys are.

-Student, Capital High School, Griffin School District

I feel like it would help me get more sleep. I typically get 6 hours and 30 minutes of sleep due to work and the amount of homework I have to do.

-Student, Olympia High School

It would cause a huge issue in our family since The earliest anyone can get off work now is 230pm.

- Parent/family member/guardian

This survey is all wrong...the questions are set up so the school district can get the answers they want in order to move forward with this. Just spend the dam money on transportation and stop wasting the tax payers time, just so high school sports can be better accommodated

[parent/staff name]

-Staff and parent/family member/guardian

I am supportive of the start time changes for middle and high schools, but NOT at the expense of our youngest and most vulnerable students. I STRONGLY believe the school district needs to consider additional transportation costs and not allow any elementary schools to begin before 8:45 am. ALL students will benefit from later starts. We moved to Olympia recently specifically for its excellent school district, and I am disappointed that OSD would consider such a dramatic change for its youngest students rather than work to support the additional transportation required for ALL students to benefit from a later start. All families can benefit from later starts.

- Parent/family member/guardian

stay consistent on start times. They do not start later for any other phase in life.

- Parent/family member/guardian

The wording in this survey makes it feel like a "done deal" and feels like it has no input from Elementary parents. It feels as though there is NO consideration for families with 2 full time working parents that cannot afford after school child care. If you want OSD schools to be accessible to a diverse population, you surely aren't doing that with this by pushing families out that are not privileged enough to have a stay at home parent or make enough money to pay for childcare for two children.

- Parent/family member/guardian

This seems to be a half hearted attempt at correcting an entirely different problem. The problem seems to be that middle and high school students are overloaded and this is keeping

them up later. If they cannot balance school, homework, part time jobs, and sports, then maybe schools need to look at their approach to homework and sport times. Many high school students get off of work and watch their younger siblings or go to work. If they get out of school later, that means younger siblings will be without care, and the student will have to work later at their job if they work. This could cause a loss of a job due to schedule changes as well. I think you are missing the mark on this and the survey seems very obviously made by people who want the change to be made. OSD - you are not being inclusive and you need a more well represented group of people to think decisions through.

-Community member

High school kids will stay up later and still be tired

-Community member

None

-Student, Capital High School

I can see some benefits but it is hard for parents that can't be home for elementary school kids that don't do before and after school care. For example I am a mom of 4 kids that relies on my 2 older kids to be home to get my 2 younger kids off the bus. Especially on Wednesdays. I get home about 45mins to an hour after them. how are after school sports working?

- Parent/family member/guardian

I feel strongly that this a good idea but that all districts need to implement it at the same time. It is too difficult to organize daycare, and extracurricular activities when the area districts all have different hours.

- Parent/family member/guardian

Paying extra to have all elementary students start at 8:00 or later seems very reasonable.

- Parent/family member/guardian

You should not change school times because we will not have time to complete homework etc, before sports.

-Student, Washington Middle School

I disagree with moving the start times.

- Parent/family member/guardian

School should not start later because our parents will not be able to drive all of us due to that they have to start work at 8:00 AM. We do not want to have to stay in school later at like 3:45 pm. Then maybe we won't be able to take extracurricular activities or watch our siblings.

-Student, Washington Middle School

Put the kids before the money. Ignoring the science for convenience is akin to being a climate denier.

-Parent/family member/guardian of a future student in the OSD

I don't like this Idea cause home is abusive and school is safe and not as mean

-Community member

The start time is just fine the way it is.

-Staff

Neutral

- Parent/family member/guardian

Excellent move. Have agreed with the later start theory for a long time.

- Parent/family member/guardian

I would really appreciate it if we could change the time to later

-Student, Jefferson Middle School

If we had more time to get ready not wake up so early there would be less kids that are late to school less kids that fall asleep in class

-Student, Madison and Centennial Elementary Schools, Washington Middle School, Olympia High School

A good deal of research supports the benefits of later start. Do it.

-Community Member

Bad idea! Don't do it. After school activities will suffer and those are more important. Students will just stay up later so more sleep will not be achieved

- Parent/family member/guardian of a future student in the OSD

As a high school teacher, I see the stress the busy schedule most of our students carry puts on students. This is in large part due to the lack of time following the school day to attend practices, games, concerts, plays, recitals, dance, work, etc. AND complete homework and study. How would moving the day back, and shortening this window after school ends positively impact students? Our athletes already miss a ton of 6th period classes for travel to road games. Now, they will miss 5th and 6th. How does that positively impact students? I'm sure the counter to the impact on athletes is, decision cannot be made on athletics and for athletes, etc. I can assure you, our district does all it can to minimize athletics and ensure that we are not "favoring" athletes. The reality is more than 45% of high school students participate in at least 1 sport. That is no minority. That 45% does not even include all of the other extra-curricular activities such as choir, band, and drama that are just as time intensive. I also must

say, I found the wording of this survey quite interesting. I felt manipulated by the wording of many questions. I am also concerned that this will happen regardless of survey results.

-Staff

none

-Student, Jefferson Middle School, Olympia High School

I work a job from 3- 8 pm and this will ruin my hours. I pay my own rent and this won't help that.

-Student, Olympia High School

Leave the elementary school kids ALONE and just push back middle and high school.

- Parent/family member/guardian

I remember my son waking up really early in the morning when he was younger. We had to put up blackout curtains so he wouldn't wake up at the crack of dawn. Having an early start in elementary would have been fine with me. Even then I thought it was silly to have teenagers struggle to get up early when elementary aged kids were already awake. Now that my son is a teenager, I have to put blackout curtains in my son's room so he can go to sleep when it is still light out in the early Fall and late Spring. Now if we can only get rid of Day Light Savings Time....

- Parent/family member/guardian

I have known for a long time about studies showing the benefit of a change like this so I am very happy that our district is looking into this.

- Parent/family member/guardian

Don't change the start times. The effects on after school activities, on transporting students to and from school, parents that work before students leave for school. Will students really get more sleep? Probably not, they will just stay up later because they know they can sleep in.

- Parent/family member/guardian of a future student in the OSD

Don't move forward til you figure out how to make it work without sacrificing sleep for small kids and safety for all. Not worth it!

- Parent/family member/guardian

This change is good, elementary starting at 8 would be WAY better than 7:30 though

- Parent/family member/guardian

My three kids went through OSD. They had a very difficult time starting middle and high school so early. They could not go to sleep early enough to offset the early start times and were chronically sleep deprived all through middle and high school. It would have made a world of difference to start later as is being proposed. Please for the sake of the kids, make the change.

-Community Member

Students over age 12 can use public transit and don't need yellow school buses. No school should start before 8, preferably 8:30, to ensure all children can get enough sleep. 7:30 is too early for any school child. Even if a family utilizes before school care, being expected to start LEARNING at 7:30 is not reasonable.

- Parent/family member/guardian of a future student in the OSD

I work as a Crisis Therapist supporting teens who attend Olympia High schools and Middle schools. Many youth report lack of sleep due to early school times as stressor negatively affecting mental health.

-Community member

I was sort of joking earlier, and I know it's not really the point here, but I do think that improving bike corridors would increase well-being for students and families, and thereby deserves District support.

- Parent/family member/guardian

Possibly push up the highschool times a little more, so around 8:30 not 8:50

-Student, Olympia High School

i have been late almost everyday because i sleep through my alarm at 6:30 am, but my body naturally wakes up around 9 am so waking up at 7:40 would help me be more on time in the morning.

-Student, Olympia High School

This effort is a waste of resources and has the potential for major disruption. While there may be correlation between later start times and grades, causation has not been proven. Most of the countries whose students rank above the US on comparative tests have early start times. Students in high school should be preparing for life where most jobs start at 8:00 or earlier. Those who want to succeed go to bed earlier. Those who stay up late and play video games will be tired in school regardless of the start time. This proposal merely panders to them. Older adults remember the maxim, "early to bed, early to rise...". My children attended zero hour classes at Washington and Olympia nearly the entire time they were enrolled. They learned to go to bed early and get up early. This prepared them to succeed in college, obtain advanced degrees and obtain meaningful jobs. Furthermore I am appalled that you ask a question about what others outside the district might think about the district doing this. Surely you can't consider their opinions as a basis for deciding what to do. Decide on the right thing to do and do it, regardless of opinions elsewhere. You must do what is best for students, parents, and taxpayers. I have never voted against a school bond or levy, but I will find it very hard to vote for a levy that asks for transportation money to implement this.

-Community Member

As a parent I appreciate you asking for my opinion. It will impact my ability to rely on my older child to pick up his younger sibling, but allows him to perhaps drop her off and improves safety on his ride to school. But you can't possibly satisfy every families individual schedules etc. As a

district you need to base the decision on sound research and your students welfare, not the whims of parents. Jobs & hours change and are too variable to base such an important decision on. If you compromise too much you'll make noone happy, and the students won't benefit. Be bold, own it, and be prepared to make changes as necessary.

- Parent/family member/guardian

As an elementary teacher, many of my students don't get to school on time at 9:05 a.m. as it is. Starting earlier would greatly impact attendance and tardiness at the elementary level.

-Staff

There is clear evidence that later start times for adolescents would be beneficial.

- Parent/family member/guardian

First - This survey is poorly worded and leads answers in a biased way. Second - if anything, start times for older kids should be earlier. Self discipline and responsibility sets them up for success in college/trades/work force. No employer is going to push back start times because an employee cannot get up on time. Get off the devices, and go to bed earlier.

- Parent/family member/guardian

The thought that by moving the start times for HS will provide more sleep is a false assumption.

- Parent/family member/guardian

I have medical appointments that occur weekly/every once in a while, and I worry that I will have to miss parts of the school day regularly because my dentist, primary care provider and chiropractor all close between 4 and 5, leaving a very small window for any appointments. I am also worried about being able to pick up my elementary-aged brother, although my grandparents could probably start doing that. Also, I think later start times might be nicer in the winter (because it would be lighter out and easier to wake up), but I doubt I will get any more sleep. My sleep schedule would probably just shift later. However, I may feel more rested and work my efficiently in class, so I do not know whether I would ultimately benefit.

-Student, Pioneer Elementary School, Olympia High School

Changing the schedule is walking the walk by putting the interests of kids first- not systems and institutions- something adults often forget. People are always going to see reasons not to switch despite all of the positive results seen in other districts. This shouldn't even be a vote.

The research bears out so move forward accordingly.

- Parent/family member/guardian

Teenagers will be tired during the day regardless. The activities and schedules our society keep today results in excessive stress and unrest as we try to fit everything into a day. The demands on youth are high. To "keep up" with everyone else, we push our kids to be part of everything all the time. This pressure to succeed and excel at everything so we can get ahead is the problem.

- Parent/family member/guardian

Please do not adopt these changes to the start times. It will create havoc with sports, extra-curricular activities, and work for high school students. Many of these students rely on sports to keep them in school, attending and keeping their grades up, and some help their families financially by working after school. This is NOT a good idea.

- Parent/family member/guardian

I am a senior so none of this applies

-Student, Washington Middle School, Olympia High School, Griffin School District

The move of the start times would provide a hardship on my family due to both before and after care for ES children and my MS student would no longer have access to after school activities which is helping with overall health. Just because the start times get pushed back does not mean that students are going to get more sleep. There needs to be other controls inside a home that will ensure that the kids are not staying up later cause school starts later. This is what happen now when there is additional time off for holiday or summer. Also, in looking ahead to HS for my child there would be limited or no opportunity to participate in HS sports as this will require additional time to be missed in school to be able to travel to the events that are typically out of the Olympia area based on district games. How is the limiting of technology being addressed in a home to ensure that all kids are going to bed on time and getting additional sleep. This change in start time will not stop the kids that are missing school just because of the start time. There will be more kids missing due to limited parental supervision at home to get some of the older kids to school or to a before/after school program specifically for smaller children. This change would significantly impact my household and would require an individual within my family to quit their job. How is this helpful when both incomes are needed to not go into a homeless situation? There are a significant number of families that do not have additional support in the area and this change would be a drastic impact to the ability to continue to live within the community. The change in start time has been discussed for many, many year and there have never been any tangible results that indicated that the changes have made things better. Where are these results? All of the information needs to be provided when conducting a survey of the community. If the OSD is just going to continue down the path of changing the start times without really listening to the community and the impacts to the families, then shame on you for just thinking that random research that has been done for over 20 years with no tangible results is worth disrupting all of the families that live and work in the district. This time change should NOT be implemented and the OSD should listen to the families especially those with children of all ages in the district.

- Parent/family member/guardian

I take part in a sport that is not affiliated with my high school, I row with Olympia Area Rowing at swan town. One concern I have with pushing our districts start times, is the effect it will have on those who participate in OAR and other extracurricular activities not affiliated with our high schools. Currently our practice is two in a half ours long and ends at 5:40 pm 8 months out of the year. We cannot shorten our practice due to the preparation it takes to get ready to go out on the water. So, if the district were to push the start times it would cause our practice to end around 6:40 pm, which is a problem. First, off in the fall it gets dark around 5:30-6:30 pm and

personally I don't want to be out in the dark and cold until 6:40 pm. Second, it would also cause me and others to eat dinner realistically around 7:30, which is not healthy. And as a result of eating dinner at 7:30 pm, I will start my homework around 8 pm and given that I have around 2-3 hours of homework a night I will go to bed around 11 pm, which is not an improvement. Theoretically, pushing the start time will have a positive effect on students mental health, physical health and performance at school. However, this plan will only benefit a fraction of our school districts students; those who don't participate in extra curricular activities. In my personal opinion, if the district wants students to get more sleep, then they need to take a look at the amount of homework that teachers mindlessly assign their students. A few of my peers have over 4 hours of homework due to the class load that they have taken on. Some students, me in particular, have been swayed out of taking AP level classes, not because they feel like the class will be too challenging, but because they will not have time to get at least 6 hours of sleep and complete the insane amount of homework that is assigned with those classes. Additionally, I believe that if teachers want students that are more engaged they need to take a look at how they are teaching the content. The reason why students are not engaged is the extreme lack of hands on learning and student engagement in our district. I am a student who WANTS to learn, however it is discouraging when I come to school and get lectured at instead of having an engaged conversation about the material. It is extremely disappointing to be a student who is excited to learn and not be able to learn the material just because I cannot mindlessly memorize things like my peers. I wish I was in a district that valued all types of learning instead of just a small percentage. If the district wants more engaged and excited students they need to take a look at how the teachers are teaching and the amount of homework assigned.

-Student, Olympia High School

As the parent of high school age students, I do think it would be much better to have a later start time for teenagers. One of my sons consistently did poorly in his first period class, regardless of subject matter for several years. I also think it would be easier to get elementary age students to bed earlier than teenagers. Our kids always had to be up early for daycare before school when they were in elementary, so I believe that transition would be an easier one for the students.

- Parent/family member/guardian

Since Pioneer Elementary already starts later, I would be a somewhat significant inconvenience to move the start time earlier.

- Parent/family member/guardian

Many students have to get up at 5 every morning anyway, for out of school practice or conditioning, for religious reasons, or other. It would especially put a kink in these peoples days because more often than not, high schoolers could not go back to sleep after they woke up if they tried. It would be very inefficient for those people, and waking up later would throw off students sleep schedules, and would cause them to fall behind for several weeks because they are punch-drunk tired from their bodies trying to adjust. if this were to happen, it shouldn't be during any time near any tests or drive-hard work. And there are some family's in the district

that have kids going to different districts, and schools that this would not affect, and those families would suffer greatly from this choice. All in all, this is not the best idea to implement at this time, with the current school system. If there were other changes and more choice for the students made before this was implemented, then I think it would be a greater success than originally anticipated. Changes could include- Less class periods a day, more time to get assignments done, less assignments a day, and so on and so forth. High schoolers are still kids, and need time to be kids while they have the time. We should be granted more time to do assignments so that we can be ourselves and be able to relax every once in a while. I see the flaw in this though, and I do realize that there are slackers that would use this to their advantage, but you could [put a limit to how many extensions a student can have. But teachers should also be able to make judgement calls on if students should get more or less than the regulated extensions, but I digress.

-Student, Marshall Middle School, Avanti High School

I would worry about sports after school, but I could stay up later because I can sleep later.

-Student, Olympia High School

What time will we start and end? Will we still get out before elementary?

-Student, Washington Middle School

I believe later start times help ALL students. No school should start before 8 am. I see the proposed change as helping middle and high school students while hurting our elementary school students. My children currently go to an Olympia school that starts at 8:40 am. I have seen this as an important benefit. With later start times, families can have some choice in how to manage their work and home schedules and parents and children can get sufficient sleep at night, especially when families (such as ours) have to balance morning and evening work schedules. We should shift all start times later, figure out a more efficient way to use our current buses, or find more funding for buses so that no students will suffer.

- Parent/family member/guardian

Even if school start times will be later for Middle and High School students, these students will just end up staying up later throughout the night. For example, if they used to go to bed at midnight, they will just end up staying up until 2:00 a.m. now. The later start times really won't help anything. Also, parents who have young children would have to find daycare that starts earlier which would cause a huge inconvenience.

-Staff

Schedule works for now

- Parent/family member/guardian

As a staff member and parent of an OSD student I think that this is a terrible idea. I have spoke with many other parents who feel the same. We feel as though it is a few people in the district railroading this idea on others. If the district is doing this to "look good" and be an "example" for other districts, that is crazy. What the district would be showing other districts is that YOU

do not listen to your entire community. You listen to small groups that have too much power and change things that are not needed. This should not be a PR move for you. Even if schools started later for MS/HS there is no way kids are going to go to bed earlier. They are going to get the same exact amount of sleep they are already do, or less because they will think they can stay up later.

-Staff and parent/family member/guardian

Start times before 8am for all grades K-12th will be difficult for families and the morning darkness is a huge safety concern. It is important that Olympia High School and Pioneer Elementary do not have similar start times. The traffic becomes more congested and walkers are at risk.

-Staff

I think that it is completely unnecessary to move start times. It will have a negative and intense impact on highly capable students because they tend to be balancing a high grade point average and many extra curriculars and volunteering. An hour later school times will only add to the stress of school because it means we will have to stay up even later to do homework and even if we get to sleep in later that doesn't help give us time to do homework. It also means missing more school for sports and such which also adds to stress and less sleep because of the need to make up missing assignments. It also makes it harder to balance a job with school because jobs tend to start around 5 and there would be no time between school and work to do homework. The people saying yes to this survery are those who stay up late playing video games and just want more time to sleep. They are NOT the ones that need more time to do homework or are doing their homework at all!

-Student, Olympia High School

I firmly believe that later start times will not directly result in better sleep and the proposed outcomes for middle and high school students for all families. Better sleep comes from healthy routines that include earlier bedtimes, which not every family practices. The schedule we currently have for both my work and my childrens' school is manageable right now, so I really don't want it to change at all.

-Staff and parent/family member/guardian

The proposed changes would be very helpful for my daughter to get more sleep.

- Parent/family member/guardian

I have three high school students. Two of which play three sports per year. I am very concerned with the amount of time they will spend out of the classroom when traveling to away games. It is already extremely difficult for a student to find time to make up missing work or a test with a teacher's availability when even just out sick for one day or due to an appointment, not to mention the multitude of times this happens while playing a sport multiple sports throughout the school year. I think this will just add to the stress of the student trying to find the appropriate time to make up missing tests or work. Teachers often will mark the grade in Skyward as a zero, even though the student has an excused absence, until the student makes

up the test or assignment and they can grade it. This impacts their grade and makes it completely inaccurate. What accountability will there be with teachers marking things on Skyward as a "no count" until the student with the excused absence makes it up? This can result in a failing grade quite often because in a majority of the classes at CHS assessments make up 80 percent of their total grade. So they are "failing" a class simply for missing class due to being an athlete and they have an excused absence, but their work is graded as a zero. On top of that, they would be missing valuable instructional time. In a core subject, such as math, they would be left without instruction for multiple days which would have a negative impact on their grade. I am all for moving start times for later in the morning, however it makes no sense for our student athletes because it doesn't take into accountability that no other school in the league will have later start times. This has such a negative impact on the amount of time they will spend out of the classroom that there seems no way to justify it. We need to take into account the entire student body at the high school level, which includes student athletes.

- Parent/family member/guardian

Slightly higher costs of operations would be ideal way--making the decision juggling between safety vs. health outcomes of students. If the American pediatricians council advises more sleep for adolescent students then accommodations for scheduling should follow that guidance! We as a State still can't implement the removal of the daylight savings time issue and we know from research that is a driver of safety outcomes. Just collect the necessary insights then make a decision.

- Parent/family member/guardian

I am confused about why the start time would be earlier for Elementary schools when you are trying to adjust to later start times for middle and hs

- Parent/family member/guardian

please dont im not staying at school till 5 pm

-Student, Olympia High School

I would love for the start times to be later and for our students to get more sleep BUT it would need to be state-wide not just our district. The amount of school missed by students leaving school even earlier would be a huge burden. In addition, HS students would just go to bed later ... not get more sleep.

- Parent/family member/guardian

I think a later start time for high school and middle school would be beneficial all around. However I think that Elementary start time should not be altered. Younger kids need more sleep while still growing, therefore starting Elementary earlier would not benefit anyone. I think we would see more tardys and no kids missing more school as a result.

- Staff and parent/family member/guardian

I'm a stay at home mom, but other families where both parents work may have different feelings about schedules changing.

- Parent/family member/guardian

We should not be doing this on our own. It needs to be a collaborative effort with other districts.

-Staff and parent/family member/guardian

Prioritizing sports and transportation issues over long-standing, research-based evidence that later start times are better for kids is the tail wagging the dog. Later start times should happen.

-Staff

i do not believe we should change start times

-Staff

It would be great to have later start times.

-Student, Jefferson Middle School

Going to school later would be a very unique/interesting change for me for the next school year....

-Student, Capital High School

This change would create more problems than it might solve and will disrupt a large number of families at the chance that things may *appear* better as far as the district is concerned. Please don't put PR before families.

- Parent/family member/guardian

My middle school students go to bed earlier than average and are already up and going on their own early in the morning. The proposed changes therefore have the opposite of the desired impact on our family: all negative, and few if any positives. My middle schooler and high schooler will have more wasted time in the morning, and less useful time in the afternoon.

Meanwhile, my elementary schooler will be negatively impacted since his sleep schedule is just the opposite: he is a late riser, who already has a challenging time getting up at 8:00 a.m.

- Parent/family member/guardian

I am always in a bad mood in the morning and I would be more woken up if school started later in the day.

-Student, Washington Middle School

I fully appreciate that the district is looking at this issue for middle and high school students, as it is an important topic. However, I would be more supportive of the change if it didn't require elementary students to start at 7:30am. 7:30am is too early for our youngest students (especially pre-schoolers and kindergarteners). While research demonstrates that natural sleep cycle of teenagers shifts to going to bed later and sleeping later, research also indicates that

younger students need a greater number of hours of sleep (~9-11 hours) than do teenagers (~8-10 hours). Further, many of our elementary schools have self-contained and/or pre-school programs. Therefore, the students who are not attending their home schools are spending more time on the bus. Depending on the commute, that can be up to 45 minutes one way if a child is crossing town. I don't see how having a kindergartener being picked up for school at 6:45am or 7am in the morning can be good for their learning, not to mention the time needed to that families would need to get their child ready for school. Ultimately, a start time of 7:30am is too early for our middle and high school students and it is too early for our youngest students. If the district chooses to move forward with this change, please consider expanding transportation services so that both populations of students may attend school at a more optimal hour for learning as well as improved logistics for families.

-Staff and parent/family member/guardian

please

-Student, Jefferson Middle School, Capital High School

What if instead of early release on Wednesdays. Also, if we had an early release on Fridays, students would have more time to hang out with friends. Also, On Wednesdays if we had a 1 hour late start and 1 hour late release so we would still have full class time.

-Student, Jefferson Middle School

Dont fix it if it aint broke

- Parent/family member/guardian

The kids are going to go to bed later if school starts later.

- Parent/family member/guardian

GA state is more advanced than WA. Studies have shown teenagers biological time is going to bed later therefore sleep later. Younger children go to bed early and are awake earlier. Olympia is too far behind.

- Parent/family member/guardian

nothing

-Community member

If parents rely on older sibling for childcare, this leaves them without that as an option in the afternoon. After school/before school programs should be provided.

- Parent/family member/guardian

My personal opinion is that it don't matter what time school starts it's more of what time the students are going to bed at.

- Parent/family member/guardian

It isn't up to the school district to make sure the students get rest, it is up to the parents or guardians. If students aren't getting the rest they need, it's because they aren't going to bed at a decent time to allow it. Moving the start times later will just give an excuse to stay up even later. Changing the start times will also create more difficulty with transportation for a lot of families.

- Parent/family member/guardian

How does this time change help our kids get prepared for the real world when adult jobs will not start later to accommodate their sleep schedule? How can kids in high school maintain jobs to help support their families or save money for college , extra curricular activities or help take care of siblings until parents are home? What do parents do who have standard jobs that start before school? As a parent it's my responsibility to get my kids to bed on time, to check in on their wellness and make sure they are safe and healthy not school start times.

- Parent/family member/guardian

I will have an elementary school student and middle school student next year. This survey asked questions from only each perspective separately, not combined/considering both. Currently, start times start with high school, then middle, then elementary. The change doesn't reverse this order...it moves elementary to earliest, then high school, then middle school. This is a most significant change in schedules when considering families with students in both elementary and middle school. We currently do not use before or after school care. This change would likely force us to leave our middle schooler to get themselves ready and to the bus stop alone in the morning; it would also either force us to use after school care for our elementary student or let them be alone after school, which we are not yet comfortable doing. It would be a slightly smaller impact if middle school started after elementary. I would support an increase in transportation costs for all to start closer to 830.

- Parent/family member/guardian

I am an employee in the district, as well as a parent, and I absolutely believe that sleep is crucial to the well being of all children, however I am strongly opposed to this proposed schedule change. This proposal of start times does not necessarily equate to more sleep. Unfortunately, there are many issues that result in influencing sleep time for our youth. While researching studies, I have found it suggested that school start times begin not earlier than 8 AM for high schooler/middle schoolers. Currently both our district high schools start at 7:45, which is close to 8 AM. The studies I found were referencing benefits for later times for schools that had previously been starting at 7 AM or earlier. That is significantly different than the situation currently in our district. I agree in some metropolitan school districts, like Seattle, that much later start times may also be beneficial from a traffic stand point, helping kids arrive to school after the morning rush hour traffic and helping to therefore avoid tardiness that sometimes is difficult to control when you are facing traffic issues beyond your control. This however, is not the traffic situation that is present in Olympia. While we have some increased traffic at certain times of the day, it is no where near the impact of traffic in a location such as Seattle. Our current start times work just fine from a traffic impact. This proposal suggests a neutral cost impact. I would argue that is not the case when all costs are evaluated. For example, I believe

the only cost being analyzed is the busing expense for the district to and from school. What happens when we evaluate the cost increase that will result when we need to hold our after school athletic practices and games on lighted fields due to daylight issues with practices starting later and ending later? What cost can be placed on the loss of class time that will occur for our athletes when they need to miss multiple class periods to catch the bus for the away games? Currently, there are many situations where students are already missing their last period to get to the away game, later dismissal times will only result in more periods missed or increased cost to find lighted fields/stadiums for games held later in the evening. Due to the distance our athletes currently travel (South Kitsap/Puyallup/Graham Kapowsin) with our current dismissal times, our athletes are returning from away games as late as 10:30 PM, sometimes later. If we result in needing to hold competitions later, due to later dismissal times, I can't imagine how late buses would be returning from these events, and the difficulty in hiring bus drivers willing to transport so late at night. To keep "costs neutral", this proposal suggests start times for elementary kids to start earlier. How is that a logical solution? If you research sleep time for elementary children, they should be getting 10-12 hours of sleep. If they start at 7:30 AM, there will be students catching a bus by 6:30 AM and resulting wake up time of 6:00 AM maybe 5:30 AM. That would indicate they need to be in bed by 5:30-7:30 PM to get appropriate sleep. In our current society many parents are not even home with their children until after 6 PM and extra-curricular activities often run until later in the evening. How can we really expect these younger students to perform well at school when they are the group to likely pay the price of reduced sleep? There are other factors to consider as well that are negatively impacted by the proposed later start time for high school. There are students who work after school jobs, and later dismissal times may negatively impact employment options. There are parents who rely on older siblings to care for younger siblings after school and shifting times as proposed would negatively impact that scenario. For my own children, who do participate in after school activities, I only see a bed time that will end up later than it is. My children do well in school, work hard to complete all expected homework and my high school child is often doing homework from the time her athletic practices end until around 11 PM. If she arrives home later from athletics, I only see a situation of her staying up even later than 11 PM and therefore not longer sleep time, only a shifted sleep time. I have no interest in her staying up later than she already does. If start times change as proposed, I believe most kids knowing they can sleep in later will simply go to bed later than they currently do, resulting in just a shift of sleep time, not more sleep time for the majority of kids. A study you reference thru a link on your own web page states "The Seattle school start time delay of 55 min did not result in a gain of 55 min of sleep, suggesting that after a year—as opposed to an acute change lasting for 1 week—students may delay their bedtimes, indicating that there may be other factors that are keeping teens awake in the evenings of school days. Delayed school start times should be paired with advice on sleep hygiene, including preventing the increasingly pervasive use of screens late in the evening that is known to delay sleep onset." (Quoted from the article you linked:

RESEARCH ARTICLE DEVELOPMENTAL NEUROSCIENCE

Sleepmore in Seattle: Later school start times are associated with more sleep and better performance in high school students

Gideon P. Dunster¹, Luciano de la Iglesia¹, Miriam Ben-Hamo¹, Claire Nave¹, Jason G. Fleischer², Satchidananda Panda² and Horacio O. de la Iglesia^{1,3,*}

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When I asked my own children, a high school and middle school student, they both are happy with the existing start and end times. There is no way they would have wanted an earlier start time in elementary school. Our existing start times are already "later start times". There is no need to change the bell schedule as it exists.

[Staff Name, Position, School Name]

Parent of 2 OSD students

-Staff and parent/family member/guardian

A later start time for MS and HS students will make after school practices and events later which will bring them home later, resulting in later bed times and loss of sleep anyway. Later sleep is worse for people than getting up early.

- Parent/family member/guardian

You still don't have high school at the latest start. What do parents do with their children home alone in the morning? The older siblings can't watch them anymore. Do you want children walking home in the dark after school??

-Community Member

I was not able to select Washington MS where my son goes

- Parent/family member/guardian

If changing start times were a statewide effort, some conflicts would be reduced. Perhaps waiting to see how they fare with their later start implementation in California would be wise. Far wiser than making a change for the purpose of being first in the hopes of earning accolades for the OSD school board. In the meeting notes from the second meeting held, it was stated by the committee that "keeping up with Seattle" is a primary driver. This concerns me and causes me to question the OSD School Board's ability and desire to be objective. It seems you have already decided and are now building a case for this rather than investigating without investment. One of the first questions in this survey shows this bias. Asking whether we value the proven benefits of more sleep is a blatant attempt to skew the results of the survey. I have a background in Primary research. It is easy to generate a survey to get the results you are hoping for. It is far more bold and challenging to generate a survey that will guarantee true analysis. There is no disagreement that sleep is important, particularly for children. There is only assumption that a later start time will encourage more sleep. It will also encourage later bed times. Perhaps you could simply promote the value of more sleep to parents in an effort to have them actually parent their children by limiting their screen time at night. I'm sure there is data available to show the costs and benefits of controlled screen time, particularly in the evening when circadian sleep rhythms can be impacted. On the flip side, there is a guarantee that changing to later start times will impact a large number of high school students negatively. All students involved in extra curricular activities will be put at a disadvantage. You will be

effectively reducing their time in class. Other schools in our conference will not be changing their start times. As a result, kids will be missing three classes rather than one for away games and one class rather than none for home games. This example is specific to student athletes but is similarly true for all kids in extra curricular activities. To devalue the importance of athletics and other activities is a mistake. Participation in activities should not have punitive effects. Education is greater than academics alone. There are tangible benefits for those involved in sports, clubs, music, etc. It is a well rounded education that serves our youth best. To put it simply, just because an outfit looks good on someone else, does not mean it will look the same on me...despite being in the height of fashion. The pursuit of additional and better sleep for our kids is a great cause, but a myopic approach will not accomplish this goal.

- Parent/family member/guardian

This whole process and assessment is incredibly bias and miss-managed. You should throw out the first survey, and start over with a process that equally includes the whole community with some sensible plans.

- Parent/family member/guardian

My work schedule works out to where I can drop off and pick up my kids. If the times were changed I'd have to pay for after school childcare for my 2 kids and as a single mom I may as well quit my job at that point. Changing my work schedule is not an option or is being able to afford childcare. If my kids were middle or high school age I would trust them to get themselves home until I got off work. And as far as the mental and physical health getting worse for older kids. School starting late is not to blame. Parents are. Stop letting your kid stay up until 2 am playing video games and get them outside doing a sport so they stay healthy. I know that some kids will suffer from depression even if they are active and get good sleep but our culture is the problem, not them going to school at 7:30 am. I worked part time all through high school and suffered from anxiety and depression, but still managed to sleep from 9 to 6 every night and go to school early. Lack of sleep was not the issue. What are the seniors going to do when they graduate and get a job or start college and have to be in class or at work at 7:00 am? In conclusion I feel I'd there was a way to keep elementary schools at the same time and have ms and hs start a little later, great. Personally I just don't see the benefit.

- Parent/family member/guardian

Kids need enough sleep to be ready for school but that is also dependant on whether they go to bed at a time that will give them enough hours of sleep. That is up to the parents, otherwise we might not see a change.

- Parent/family member/guardian

Offering morning homework groups may help address some parent's work conflict

- Parent/family member/guardian

Start 8:30-10 AM. Finish later. Offer free bicycles and city bus passes to kids to get themselves to school, as able and as opt in, to lighten the load on school buses. Only offer school bus service to children in middle and high school who live more than 2 miles from their school or

have special needs. The others would benefit from the exercise gained from walking or riding their bike. Use the money saved to improve sidewalks and cross walks.

- Parent/family member/guardian of a future student in the OSD

it was okay

-Student, Jefferson Middle School

This survey is hard to understand like a student.

-Student, Jefferson Middle School

the serva is to hard for a student

-Student, Jefferson Middle School

it is hard to answer

-Student, Jefferson Middle school

It is hard to understand

-Student, Jefferson Middle School

the survey is hard to understand as a student.

-Student, Jefferson Middle School

i like it

-Student, Jefferson Middle School

i have done it.

-Student, Jefferson Middle School

Later start times will allow for later bedtimes, thus negating the incredible impact this will have on younger students. Why are we continuing to try to remove problems from the lives of our students instead of teaching them perseverance? Why are we continuing to teach our young that the world will bend at all costs to make sure they are not uncomfortable. It makes *zero* sense that we would pass something like this that makes our younger students pay the price for hoping that our older students can be less uncomfortable. This "problem" is not a "problem" great enough that it should take precedence over the other actual, real issues like mental health, abandonment, loneliness, and lack of encouragement. Let's keep the focus where it needs to be in alignment with the core values that the district has implemented.

- Parent/family member/guardian

I think that this would be good for every single student. Of course it does ruin some peoples schedules... but overall, it'll be a welcomed improvement.

-Student, Olympia High School

I will not be able to Row after school if the time is pushed back.

-Student, Olympia High School

I wake up when it's dark and cold out, that likely won't be changed a large amount by school starting later, but I won't have to wake up while it's pitch black outside.

-Student, Olympia High school

I would really like if school got moved back

-Student, Washington Middle School, Olympia High School

Please for the love of god give us more sleep

-Student, Olympia High school

We need more sleep we are still growing

-Student, Olympia High School

I think it would be nice to test this before putting it into place for an entire year to see how students feel after they have gotten used to the new schedule.

-Student, Olympia High School

I think if we start later then we should cut down on classes that aren't as important, electives etc. And to make the school day shorter we could eat lunch throughout the day instead of having a designated time for lunch.

-Student, Centennial Elementary School, Washington Middle School, Olympia High School

i need sleep

-Student, Jefferson Middle School

This survey bills itself as good for middle and high schooler but fails to address safety and health concerns of elementary students. Younger children should not be on the bus around 6:30 am to get to the 7:20 start time. Elementary children will be less likely to be able to walk to school because it will be dark much of the year in the mornings. This will lead to further family difficulties getting kids to school in the morning and will increase the traffic problems that are already a huge problem at Hansen because more parents will have to drive their young children to school. It is not ok to prioritize the health/safety of one group over another.

-Staff and parent/family member/guardian

kids need their sleep. please consider their health.

- Parent/family member/guardian of a future student in the OSD

I feel like if we were to start school later would interfere with sports and I will have less time to do homework.

-Student, Jefferson Middle School

elementary classes would have to walk home alone.

-Student, Jefferson Middle School

Both high schools (OHS and CHS) traffic is pathetic. This will probably exacerbate it without some creative remediation.

-Staff and parent/family member/guardian

Well I would like to have more sleep that's all --__--

-Student, Jefferson Middle School

i don't want my time to be change i a job and i can't be late and i'm not tryanna get out of school at 5:00 sharp heck no

-Student, Jefferson Middle School

I do not think we should start school later because a lot of people have sports and have to do other things after school and we would not be able to do it.

-Student, Jefferson Middle School

i kinda don't want time to be set back because i like waking up early and then we would have to get out of school at 5 then i have basket ball practice and then i would have to get home at like 7 o clock then i have homework and then i have to eat and take a shower and do chores.

-Student, Jefferson Middle School

Moving the high school start time later will mess up my job and my child care for siblings, and my ability to do homework. I have been to a school where we started at 9:25 am and it did not benefit me in any way.

-Student, Olympia High School, Griffin School District

please move the start times

-Student, Jefferson Middle School, Capital High School

I have not been able to get the amount of sleep I need with the normal time we are at. It would be a lot more refreshing and fufilling if times were moved later.

-Student, Centennial Elementary School, Washington Middle School, Olympia High School

Implementing a later start time in consideration of students' mental health, academic success and overall wellbeing is proactive and demonstrates great leadership.

-Parent/family member/guardian

Students may be able to wake up later, but they will need to stay up later in order to finish what they need to do, resulting in bad sleep schedules.

-Student, Olympia High School

The survey did not have an option for staff/parent of a future OSD student. How will changing start times impact families where older siblings help with the care of younger siblings? How will it impact our high school students who work? Will the sports schedules and/or leagues be changed to ensure that student-athletes' priority remains on school and that they don't miss even more class time than they already do? How will this impact our current Wednesday early-release schedule? Also, the survey questions seem to be leading and biased.

-Staff

As someone who does running start, changing the school schedule can have a major impact on what classes one can take at the college because of a class one needs to take at high school as well.

-Student, Olympia High School

My son is a senior this year and does most of his work late at night because he always comes home and sleeps after school. He doesn't eat or sleep well because school starts so early. He is always irritable depressed and has anxiety attacks. Future students will benefit greatly by moving start times forward. I feel this is really important for next year.

- Parent/family member/guardian

We need a lot more sleep and won't have to worry about being late

-Student, Marshall Middle School

I am neutral on this topic since my child does well in school and we don't have issues that are trying to be addressed. I wouldn't say we are strict parents because we do have set rules. Homework done before play, no phone in your room after bedtime and a set bedtime so that he gets plenty of sleep. My biggest concern would be how this would effect after school extra curricular activities and morning in some cases. The later school gets out the less time they have in the evenings to do homework and that would add stress to the child. I see both sides. I would personally like to leave the schedule the way it is because it works best for us.

- Parent/family member/guardian

I disagree with changing school start times because my little sister would have to wake up early. And then she'd be getting home alone because my mom works until 3:30. So she'd be home alone for about an hour and a half and we don't have the money to get childcare. Plus I need to be home earlier because I have to get home and take my dog out cause she waits in the kennel with a bed, food and water so i'll have to take her out.

-Student, Jefferson Middle School, Capital High School

An event that is happening in my community is that area school district is thinking about changing school start times to a later time than what we need and that means elementary kids would get out first and that's not a good thing because we wouldn't have anyone look after the little kids because the older kids are still in school. The schedule for the new times for

Elementary: 7:30am-2:00pm, Middle: 9:00am-3:37pm, and High: from 8:50am-3:22pm so i would have to disagree with it because its not safe for little kids
-Student Jefferson Middle School, Capital High School

Something important going on in our community is school start times, and my opinion on this is a no because nobody really knows the side effects that can happen if we switch start times. Like some of us usually watch elementary siblings if they get out an hour before us middle school and high school kids then where will they be able to go? They can't come to boys and girls club because that's at jefferson so they won't have anywhere to go.
-Student, Jefferson Middle School, Capital High School

I would appreciate that it would be better to sleep more so we are more awake to school class, i as well don't like it because then it would take more to go home and hour later and it is very hard because i wanna be home early
-Student, Jefferson Middle School, Capital High School

I personally think that it would not work if they change the school district time with the extra hour it wouldn't do anything. We teens would use it to watch T.V or to play video games and when we go to school we still be tired because that extra hour changing did not work we just used that extra hour for something else instead of sleeping and if we teens did sleep for a extra hour it still would not work. The brain would still be sleepy and the body. So I personally think that the extra hour time changing for the Olympia school district would not work. or do anything make kids have a better education in school.
-Student, Jefferson Middle School. Capital High School

I don't think that if we have a later time to start the people with jobs will have a hard time going to there job because of all the homework that high school will have.
-Student, Jefferson Middle School, Capital High School

please don't change this I think its fine the way it is.
-Student, Jefferson Middle School, Capital High School

We shouldn't have Year-Round education because it could really mess up the students schedules and school activities. It also could mess up the parents schedule. These times effect students and parents schedules. HIGH SCHOOLS: 8:50 am to 3:27 pm MIDDLE SCHOOLS: 9:00/9:05 am to 3:32/3:37 pm ELEMENTARY SCHOOLS: Five schools from 7:30 am to 1:52 pm. Four schools from 8:00 am to 2:22 pm. Three schools from 8:30 am to 2:52 pm.
-Student, Jefferson Middle School, Capital High School

Heres one suggestion. don't switch the times. child care is a lot of money and some people dont have the money to pay for that. OK BYE>
-Student, Jefferson Middle School, Capital High School

There were some words that I did not understand.

-Student, Jefferson Middle School. Capital High School

However, while there are benefits to having late start times for middle and high school students, it will most likely not be convenient for many families with working parents and kids at different school levels. Hopefully, potential new problems can be identified and the district can find reasonable solutions to accommodate such families.

-Staff

My son goes to bed at 9:00 and probably falls asleep between 9:15-9:30. Extra sleep in the morning would improve his mood for sure and he'd be less likely to "not feel good" to try to miss school due to fatigue.

- Parent/family member/guardian

don't do it

-Student, Jefferson Middle School. Capital High School

do not change the time.

-Student, Jefferson Middle School. Capital High School

do not Chang the times

-Student, Jefferson Middle School. Capital High School

this is stupid like no body wants to do that.

-Student, Jefferson Middle School. Capital High School

This is a great idea

-Student, Jefferson Middle School. Capital High School

i think the time is dome

-Student, Jefferson Middle School. Capital High School

i will hate school so much more and if parents are at work who pick up the kids. i will get in more trouble.

-Student, Jefferson Middle School. Capital High School

After hearing for my son's principal I believe that a 7:30 start time is completely unacceptable. There are to many working families that could not accommodate kids getting out at 1:52. That would require some families to have their children in after school care for over 4 hours. That doesn't even take into account early release days or half days. No elementary school should start earlier than 8:00am, 8:30 being ideal. I completely understand why later start times for older students may be beneficial, however the elementary students should not have to pay the price because the OSD will not invest in additional transportation.

-Parent/family member/guardian of a current student in the OSD

I don't really have a preference.

-Student, ORLA MAST

maybe move it back like an hour

-Student, ORLA Montessori, ORLA MAST

I think that starting later would be better because sleeping in is better for me.

-Student, ORLA MAST

There is no argument. If you want to do better in school you need more sleep.

-Student, ORLA MAST

I am not a morning person and I think it would be amazing to have school start later.

-Student, ORLA MAST

Just do it

-Student, ORLA MAST

Do it or I will shave your cat!!!!!!

-Student, ORLA MAST

I think that it would be a good idea to do this. There are several different reasons toward it, and I think all of those things are important.

-Student, ORLA MAST

I think there should be more governmental child support and childcare for parents that have to go to work early

-Student, ORLA MAST

I do not think we should make school start times later because we would just be getting out at 4:00 pm on a regular school day so it would be harder for me to get my homework done because I won't have enough time.

-Student, ORLA MAST

I think that later start times will help most people do better in school but I wake up early so it doesn't really matter to me.

-Student, ORLA MAST

The only downside is maybe not getting homework done

Student, ORLA MAST

provide after school day care for younger elementary students like boys and girls club

-Student, Olympia High School

Moving start times is a bad idea. If high school students will have more zero hour opportunities then it defeats the purpose of moving start times. It is inequitable for working students and athletes. I question the actual research done on this subject. It would have a negative impact for the Olympia School District's reputation because it would seem as if they are just "jumping on the bandwagon" without true thought and process or really caring about what is best for ALL students in the Olympia School District.

-Community member

Adjusting sport event times to match seams necessary to avoid athletes missing school at the end of the day.

- Parent/family member/guardian

I think this survey is poorly written and bias. Questions like, "being a leader in this area (start/end time adjustments for adolescent sleep health) boost our school district's reputation for excellence" support my stance of a poorly written survey. It is off topic and unimportant to the cause at hand. I am questioning if we are putting the horse before the cart. I do not think this is something that can be immediately be implemented. This committee is making a great number of assumptions. This survey wants the reader to rate "benefits from moving start times later". How do we know if the items listed are benefits. There has been no evidence/documentation to community members on how late starts will benefit our students and or our families. I am unsure if we have looked at the possible repercussions of the change and come up with solutions. Transportation? Can our school district handle the changes? How will it affect sport buses. They will be running at the same time as elementary routes. Student athletes will be missing more class time. We will have more subs in the building due to our coaches leaving earlier for sports. Who pays for this? How does changing start time affect the quality of education. Attendance will be better in the morning but how about in the afternoon? Families depend on older kids for childcare. How do we help these families? Students work after school. Will they leave school early to get to work? Elementary kids that walk to school, will be walking in the dark. I am not against making a change. I believe an unbiased committee needs to look at all possibilities. This information needs to be shared with families, staff, and community members.

-Staff and parent/family member/guardian

Only thing is after school sports might be a little bit later

-Student, Jefferson Middle School