

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

The following are answers to the CAC on School Year Calendar/School Start Times survey question: "Please share any additional feedback, questions or comments here." The comments have not been edited for spelling or punctuation. Information that identifies the respondent or other OSD personnel or students has been removed, along with any profanity.

Yes - later start times please!

I am so glad to see us consider this and strongly encourage the board and district to place the highest emphasis on what is best for student success and health over what is best for extra curricular sports, etc. let's lead on this.

Can you determine if this change comes at a high cost to bussing/transportation? Would the time change affect school boundaries? If the change comes at a cost to transportation would adjustment of school boundaries reduce the costs?

I'm not sure of the impact for my current position because I am not sure if my start time would change. If Elementary start times were later, it would have a huge impact, if they were earlier it would be a positive change for me, but still would impact me. Since elementary start times were not mentioned, I could not give feedback and complete the survey.

I believe by changing the start times to 8:30 maybe be beneficial now but what happens when you go to college and you have morning classes that start at 7:00 am. Or if you have a job that starts at 7:30 am. Are you going to be late to college or to work? I would rather have students learn to get up a little earlier now so in the future they learn how to hold a job and succeed in college. By starting at a later time and ending later means that sports or afternoon activities now go later into the evening which means not getting home until 11:00 pm to finish homework. That would be my concern.

I support later start times for high school students. However, I am concerned how later start times will affect sports. My main concern is that student-athletes would miss more school with later start times because of schedules for away games. Thank you.

As a former student of the 80's and 90's I feel like my early start time taught me responsibility. I needed to manage my time and ensure I went to bed at a decent hour so I could be up and on time for school. This taught me how to be on time no matter what the start was work, interviews, family and friend gatherings, classes, etc. I had good grades and played sports all with an early start time to school and it had no ill effect on my health or ability learn. I think the early start times should remain in effect.

Later start times for high schoolers is needed. 8:30 start time at Reeves middle is reasonable. I would not like a change in the existing start times for elementary school kids at Boston Harbor.

I am supportive of later start times. However, I am a parent at Pioneer Elementary and the following concerns:

1) How will you address student traffic?

2) How will you address student safety? High school students should NOT be on the road when our little kids are trying to walk to school or walk home. The current time frame of staggered starts works well, with Oly HS students starting before Washington and then before Pioneer.

3) Will you adjust Pioneer start times? Anything prior to 7:50 would be very difficult.

4) I recognize sports may be an issue for your HS. Please consider an option of a zero period or early hour. However, a small number of competitive athletes should not set the schedule for the majority of students at Oly abc Washington.

About time! Student centered decisions!

The science is clear. If we really want what's best for students (like we say we do) then making the shift to a later start time HAS to happen! It's time to actually implement what we say we value.

I think this is going to make it difficult for HS sports traveling to away games at Central Kitsap, Peninsula and Gig Harbor, but I still support it fully!

It would be great to have all elementary schools start at the same time and move high school later.

I think this is a great idea that helps students. Reeves already has a 8:30 start time and I really support an 8:30 start time for Oly and Capitol High School

I am sure all the elementary school buildings would not start at the same time. That being said, the schools who now have early start times should have the late start times in the new schedule.

The 8.20 start time for Elementary has been difficult to say the least this year. It is just too early for my child.

I think later start time is an excellent idea and definitely support it!

I think school should start later. The morning fight is always getting to school in time and we are constantly late.

I feel like the biggest impact would be on after school activities and sports which would leave less time for homework.

Yes! Delay start time!

Clarify if the change would extend the school day later; reduce lunch or some additional class time; or no other changes proposed. As our teens go to sleep later, and struggle in the morning, I think this is a fantastic proposal. Good job!

I'd like details. There is no information on times or ages affected. Does this change the 9:00 start time for elementary?

I support a later start time however as a parent with an incoming 6 grader at Jefferson it will not affect us much in the immediate because elementary has started at 8:40

Having school start later is a good thing. Much research has been put into this and doing this would have teens be more active in the day.

My primary concern are the traffic issues around OHS and Washington middle school. It could and will create safety concerns for the elementary students walking and biking to Pioneer if the start times overlap. The intersection at North/ Cain is already dangerous for the walkers and bikers. Increased HS and MS traffic will only increase the danger at this intersection. There would overall be a significant increase in traffic in this area if all 3 schools had overlapping start times as there are not many options.

I am a fan of later start times for middle and high school students, however, I am greatly concerned about the impact of this in elementary school start times. I am a teacher at Centennial elementary and this school already starts at 9am. A later start time would significantly impact my ability (as a parent of middle and high school students) to meet after school commitments. As a special education teacher, I already host many meetings after school that extend to 5pm. I am not able to provide the needed care for my family and meet their schedule needs if I cannot leave work by 5pm.

I believe in the science behind brain development and the need for teens to sleep. The start times my three kids who are now in college experienced were too early for all of them to maximize their education. The science and real world experimented validate the opposite for the start times we had. Elementary should be earlier, and progressively later for middle and HS. Education should come first and that should be based on the latest science and knowledge. Please make the change for the benefit of future students.

Please do this. Early high school and middle school start times are simply terrible. We need to listen and act on the research.

My concern would be kids missing afternoon classes when it requires that they leave school early sporting events.

Mental health is the most important part of an educational experience and sleep is important for that. Students need sleep to be able to learn!

We like the current start times. PLEASE do not change.

In the transition from 8th grade (8:30 am start time) to 9th grade (7:45 am start time), my son has intensely struggled, being tardy nearly every single day. His first period class is [class name removed], which is an area of focus in his IEP and he is failing it. The attendance area for Olympia High School includes east Olympia all the way to Boston Harbor, which means that we have to leave our house by 7-7:10 if we have a chance of making it to school on time. In turn, he is required to wake up at 6 am, after usually staying up until 11 to finish all of his homework. On a good night, he only gets 6-7 hours of sleep. On a bad night, 4 hours. In addition to this adversely affecting his grades, his physical and mental health have dramatically worsened this year. He has barely made it through this year, may fail and have to repeat classes due to this extreme fatigue and brain fog. While I know some of these difficulties are typical of teen development, I attribute the majority of it to the unreasonably early start times and intensity of the workload. I am an educator and I have no idea how other non-educator parents are doing, as I am barely able to keep him caught up and on track.

Additionally, please consider assigning paraeducators or some staff to the drop off area. It is pure chaos, with frenzied parents trying to get their child there on time. I have witnessed multiple near crashes, hit children and swearing matches in the loop. I believe this is the largest freshman class Olympia High School has ever had and there is no support or attention to the drop of area or traffic issues outside the school.

My daughter currently starts school at 7:30. It very difficult for her to wake up sometimes before 6am to get ready for school. After school club sports for older ages tend to run closer 10pm and getting her home and ready for bed before 11pm is a struggle, then it's up early again. Even with HS sports running until after 9/10pm I'm away games, this is tough with early wake times and full 5 day practice/games. It starts taking a toll. Teenagers need more sleep, while elementary school kids start later but tend to wake up early at 6:30/7am naturally.

I'm concerned that later start times will mean later end times (of course!) pushing after-school sports even later. My students already get back home late enough from sports and it's difficult to juggle homework with little evening time. I don't believe either of my kids will be getting up early to finish homework from the previous day should the district push back start times, effectively eliminating evening homework on game and practice days. I also don't know how this will impact elementary students who rely on older siblings to watch them after school. Another consideration is how this will impact bus transportation in the district. I hope that later start times, if implemented, don't add more transportation costs because middle/high and elementary routes can't be staggered, for example. Getting up early is a great habit that will translate over to the world of work, which typically starts at 8 a.m. Both of my students get up extra early (0 hour) to pursue band and choir. I believe there is a famous saying about early to bed, early to rise, makes a man healthy, wealthy and wise. The early bird also gets the worm. But perhaps we need to give night owls their due! :)

please have this work i am very stressed and tired in the morning and that reflects on my school work i need more sleep.

The high school students should have the latest start

Transportation in ALL the school districts (Oly, Tumwater, and NT) is challenging and worrisome. You make it nearly impossible for parents to work and not be worried about their kids getting to and from school. The high school start time of 745 is too early! However if you make it later to 830 or 900 parents are late to work! Not all high school students drive! And for those of us who transfer in, FORGET IT! Transportation is a nightmare since there's no inter district bus transportation and intercity doesn't go to our area. You move a mile down the road and you're stuck in a new district with no transportation if you want your child to stay in a better school. It's going to be a nightmare for us no matter what you decide to do. Maybe my daughter should just attend online school!

Love this plan. However, it doesn't address the impact on Elementary Schools. I will eventually have one child in MS and one in Elementary, and later one in HS, one in MS. Having both start at roughly the same time would have the least impact on our family. I know that would be challenging from a bus perspective.

The high school students should have the latest start
CHANGE SCHOOL START TIME TO 05:45 AM to 11:45 AM

Later start time for middle/high school students, earlier start time for elementary school students would be a win win!

Nothing was mentioned about elementary schedules.

I'm all for later start times!

I support later times for HS students, as a griffin parent it would be helpful to be aware of griffin start times in the decision making process.

As one of SafePlace's community educators, the main part of my job is doing presentations in local middle and high schools about healthy relationships, boundaries, and consent. I have seen first hand how difficult it is to teach these topics to students first thing in the morning. It feels like we have to wait until at least 3rd period for everyone to be really awake and ready for the day (including me!) I also facilitate a group of high-school peer educators, and through them I have also been informed of how strongly they feel about starting later. I really, really hope that this change gets implemented. Thank you for your work!!! [name removed]

While I am all for more sleep, I think the negative impacts this change would have on my childrens' homework, family time, and sports activities outweigh the benefits.

I support the 8:30 start time

At a time when budgets are extremely tight, creating a change of this magnitude should be a last priority. It is more important to preserve our neighborhood schools, reasonable class sizes and vital programs for students before making a costly change that will hold very little positive impact for kids. MS start times in our district are already at or near the 8:30 goal and HS is not that much earlier. Starting HS later will impact after school activities and result in loss of instructional time for our students when they have to leave early for a sport, etc.

Will the elementary's start earlier as the research should show the younger students would do better with an earlier start time.

I feel that a four percent increase is not enough of an increase in grades for this change to be worth it, sure I would love more sleep, but I have other things I need to do in the day like homework, sports and chores, and if school is shifted later, it will have a clearly negative effect on all of those other activities in my day.

Please be mindful of the little ones trying to get to school at Pioneer. With this school being between both the middle and Olympia High School, as increase of car traffic, mostly which DOES NOT pay attention to little ones trying to cross in the cross walk, could be very unsafe for this population. Please, please consider the safety of our elementary school aged students before changing start time to allow for more sleep. I would rather my little one gets a little less sleep but still comes home alive.

I think the idea of more sleep for teens is good, but I don't actually think they will sleep more. Activities will just be shifted to different times in the day.

When we know better, we do better! Let's listen to what the SCIENCE says about how sleep affects students brains, and thus, learning. We are placing higher demands on our students to perform in various ways at school. Let's set them up for success!! Science also says elementary aged kids should be going to bed earlier, so starting school earlier makes so much sense for them.

The research is very clear that more sleep leads to better grades, less mental illness, decreased traffic accidents, lower rates of suicide, etc.

Yes! Make start times later!

Elementary school is not mentioned in the video. In order to make an informed decision shouldn't the proposed changes to elementary times be included? How early would elementary school begin? Is there any chance that elementary school would still begin after middle and high school have started?

I believe it's important to follow the research on what it says is best for development. If the research shows students benefit from later start times, then that is a change worth making.

I hope the community can support these changes. Also , please ban cell phone use during school hours please 😊

Garfield's start and end times work well for my young family. If HS times are shifted close to ES times, I worry about a decrease in walkability. I think my family would also appreciate start/end times that allow for after school music/sports/clubs without trampling family dinner time.

This is a highly seasonal affective disorder zone also. Evolutionarily, medically, and educationally speaking, making children wake up in the dark to be tired and miserable when they need to sleep and grow is torture. Absolutely yes. Push start times back 2 or 3 hours. After elementary give schedule options. Let people and teachers start at varied times like colleges. A lot of people homeschool for many reasons like health and ridiculous start times.

Now get gmos and processed food out of the cafeteria and organics in next so my kid already on foodsamps will eat the school food.

I want a healthy smart kid.

10 or 11 am to 4 or 5 pm would be great.

And stop punishing them by taking away lunch for being late. Attaching punishment to food is as abusive and traumatizing as waking a growing child up at 6 am to learn info they won't even need in life.

Thanks for asking .

Yes please later start times.

I think this change would be in the kids' best interest. I would expect some push back from the MS and HS teachers, many of whom personally prefer an early start and end time. If we are looking at what is best for kids emotionally, physically and even, academically, the later start is a no brainer. My only concern is the later start time of after school games, particularly away games. Kids already get home way too late from those. I would hate to see those shifted even later. I would also keep the MS and HS staggered with elementary start and end times, as they should not be getting out at the same time (i.e. teen driving, etc).

I don't know how the times would change, so it is difficult to know the impact. In my family, I have flexibility, we will go with the what's best for students. I hope you will make your recommendations with a heavy focus on what is best for students. Our community will come together to support everyone.

Great idea! Let's get it done!!

Despite the minor inconvenience to a later start time, I think this is really an important step for better wellbeing of the students. I am all for it!!!

This is great, I support anything that helps improve students' lives.

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I know extracurricular activities for students are also affected.

Later starts are better. Do not make elementary start sooner, though. Take an hour off of the school day and make it a 5.5 hr day or middle and high can end later.

I do feel Olympia could benefit from a later start time. My kids at WMS and Mck are much more prepared for the day with the later start times, and it would allow for families to stay on a closer schedule. I understand bussing needs and restrictions, but I hope we can find a happy medium.

I am strongly in favor of later start times. I am an educator and have studied child development, and I know this is a simple change that makes a significant impact.

Please, please, please start high school later!!! And, consider doing 0 hour classes after school, or on a different schedule. This is so important for the physical and mental health of our students!

I've been concerned about this as a parent of a student in their last year of middle school. I want to see this change before they get to high school!

As a public health professional and parent, I'm grateful you are looking at this and hope you'll change the times to be later

Earlier starts for little kids. Follow the data!

My daughter could really use a bit more sleep in the morning.

I would love for young kids to start earlier and be done earlier so they can nap and for older kids to have more sleep!

I would love to be done teaching earlier as a elementary teacher so I can still have some daytime with my family.

I was not able to watch the video on my phone. Nonetheless, I feel having to wake up early has been really devastating to both of my children's mental health during high school. It would be great to make this change!

After school events for HS will go very late which creates less time for students to their homework, have dinner at a reasonable time, and potentially walking home or waiting in the dark. I am also very concerned that parent feedback makes no difference. When there was feedback on the Student Outcomes and Dress Policy - our input made NO difference. The school board seems to have an agenda and you don't really care or take into consideration what parents have to say. There is research supporting both sides of the coin but you choose to only focus on one aspect.

Later start times are the best way to increase our students ability to learn

I would be excited to see this change happen!

High school should start an hour later IMO

I support this change! Both my daughters need more sleep! I would support school starting at 10:00am

I think this would be an excellent change, supported by science.

Having worked with teens for 20+ years, I know that this change will have a real and immediate impact on student success! yes, yes, yes!!!!

Adjusting high school start times would be excellent. I hope the Elementary schools stay the same however - or move even a little earlier. Later middle school start times seem good in theory, but I teach in one that doesn't end until 3:50. 6th and even 5th period can be a significant struggle. It's late in the day and many kids are just done.

It's the right thing to do for our kids and their developing brains!

Teenagers should be sleeping in, while younger (elementary kids) seem to naturally get up early. Recommend later start for Hingis school kids.

Please make this change. Our teens need later school start times. Families will adjust, as they have for schedule changes for teacher collaboration time and elementary start times.

As an elementary teacher I am concerned about what will happen at the elementary level for start times. I do not think that elementary students should start before 8 AM. Our school starts at 8:30 AM, (which is perfect) and we still have a good number of regular tardies. I would not support this change if it requires elementary students to start before 8 AM or after 9 AM. I

realize this creates transportation issues for the district. I support MS and HS students starting later 100%. But we must also think about the potential impacts on elementary students.

I have hoped for a later start time for secondary students for a long time. I'm so glad this is being considered and overall I see it as very positive for their health and academic performance. The only concern I have is hoping that after school activities don't run too late.

Even if later start times would make certain things like work, transportation, or care, more difficult, I believe the benefits to students will and should outweigh inconvenience to adults.

Please also shorten the summer term length!

Wow...what a lopsided survey.....very slanted I. Every way. It seems that maker's of this survey didn't consider all angles. We are part of a larger system...many parts cannot easily be altered. If we start an hour later All athletes will need to leave school early to participate in games missing classes at the end of the day. Not good. Also students who participate in classes at New Market will not be able to attend afternoon sessions. Our students who attend New Market are some of our more vulnerable kids and should not be limited in their choices. We also have some students who work to help support their families. The earlier release time allows them to work many hours.

Factors that I think need to be considered is ensuring that teens have the support of working parents to get out the door. With a delayed start time many parents will be gone. Also the statistics students quoted were not significant enough to create this disruptive of a change. Also the impact to students that work and participate in after school sports with districts that don't have an alternate schedule that would not line up.

I went to High School from 86-90 in Iowa and classes started at 9am. I had been planning on becoming a "crazy" parent who comes to every school board meeting to complain about early high school start times. I glad it is being considered.

So glad the district is working on this!!

We would have to leave for work, and would need to "hope" our student could get up on her own and get to school on time.

Later start times are crucial for student health!

I think adjusted layer times for HS is important, maybe middle school, grade school is fine.

I fully support making this change to school start times

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As a high school teacher there is a marked negative impact on performance in my first period class typically (late arrivals, inability to focus, lake of energy, low engagement/ participation). As

a parent of elementary school children, they spend 2 full hours at Y Care before school even starts for them and then at the end of the day are dragging. I believe there is a potential positive impact for both groups. I would like to see the district work with the South Sound Y however to help support a potential impact to their services and provide guidance re: childhood development and needs of students at different time of day. There will also need to be consideration given to the impact hs sports schedules and a later schedule will have. Those athletes who will miss significant classroom time to travel for sports events may need extra academic support so teachers are not expected to reteach material and students don't fall behind. That being said, the benefits of better sleep and healthier teenagers outweigh any of those concerns.

After school sports already run late and require students to leave school early to travel for games. Later start times mean more missed class time and later evenings.

I would be all for it but how would it affect sports schedules? That means that teams would be getting back later than they already do sometimes now. Also, wouldn't most people around us also have to be on board with a shift?

My teen commented today how he could focus, have energy, enjoy school with the late start. He can't physically get up even with the 6 alarms we set in the morning to get there by 745. A late start would be huge for his self esteem and positive outlook with more sleep. Thanks for considering

Thank you so much for your work and considering this change!!

It's hard to know exactly the impact the changes would have. With kids in high school and middle school, it works to get them up and off to school first before I start my work day. Then I only have to coordinate after school activities and child care. If they started school later and I had to report earlier, our entire family work strategy would have to shift. Kids in before/after school care will still be needing to get up and be in care at the same times according to parent work times. Changing the bell schedule just changes if they have a long time in care at either end. If the older schools have later start times, sports practice may have to be done before school for some due to lack of afternoon time and available space. Bell time changes might also be more beneficial to economically advantaged families who can flex (because of their privilege status) to have their older kids sleep in.

Later start time is a great idea. Teens need more sleep!

I am all for change if it helps our wonderful students succeed. Thank you OSD for putting our kids first.

I am a retired physician, fellowship trained in pediatric physical medicine and rehabilitation who volunteers at [School Name Removed] High School. Prior to having kids, I worked in three different childrens' hospitals on the rehab units where kids were free to wake whenever and

their days were filled with therapies and class time. All the teenagers woke up later than the younger children and I believe this is related to the profound development of the human adolescent brain. Teenagers really do need more sleep. My now graduating senior can't wait for college so she can choose later morning classes. My 13 year old goes to bed by 8:30 pm in order to get enough sleep and my extended family can't understand this. Let's set up the school schedule to meet our children's needs with a later start for ages 12-17.

My child transformed from a bouncy morning child to a sleep deprived monster (teenager) almost overnight. The elementary school started too late while high school starts too early. Let's reverse this. Put Oly back in the AAA league if you must make travel for sports more feasible. There are 7 high schools south of JBLM.

My only concern about starting later would be the impact of start/end time of extracurricular activities. I.E. currently orchestra concerts are typically starting @ 7/730 and can end anywhere from 9-10pm, which in my opinion, is too late for a 7th and 10th grader to get home and to bed at a reasonable time. If such activities get shifted later it seems counterproductive.

My child likes school and is a good student but she is perpetually exhausted

Please have all schools start at the latest start times possible. Kids of all ages need their sleep and middle and high school kids should not have less unsupervised after school times as they currently have when they get out at 2:00 ish. If they get out later in the day there is less time for them to be alone waiting until a parent gets home from work.

In all honesty, you haven't given us enough information. I need to know what you would do to elementary start times because I know the buses pull double duty with taking middle and high school students to school first, and later coming back to take elementary students to school. What happens to Elementary start times? We will have children in elementary and middle school.

Would starting later for middle and high school mean earlier for elementary? You missed this question and it's important. There is research on this question too!

There is no mention of whether elementary times would change or stay the same. That important information is needed by staff and families to accurately answer the questions about the impact of the Middle/High school start time change.

It seems like a small change that could have a big positive impact, although other parents won't have the same flexibility in work hours that I do and may find this difficult to resolve. It may also help with the transport during the darker winter mornings if we go to year round standard time.

Moving start times will not increase the time a student is asleep. Later start times will just cause students to go to bed later. The students in extra curricular activities will see an increased class

time missed. With 4 pm game times some students will be required to miss 3 class periods in order to travel to away games. Students will miss the last period of the day for home games, they currently don't miss any school for home games. Olympia and Capital High schools would be the only schools in their leagues that have late start times. The leagues have already stated they will not move game start times to a later time.

When I was a parent, I always wished middle school started later and grade school started before I had to be at work.

I think it is a great idea to do what is best for students.

Please make it happen! It's better for everyone.

I completely agree that start times need to be later.

Griffin school is not list above. I think this proposed change is a great idea!

Yes! More sleep very good. Time for breakfast very good. Time together in the morning very good. Thank you!

Shifting the start time later makes so much sense for our children. My BHS kids have started AFTER 9 a.m. for many years and they are up HOURS before this start time. Shifting older kids to a later start time, and possibly younger kids earlier, just makes sense. Please make this decision FOR KIDS based on research benefitting KIDS. Please DO NOT make this decision based on bussing and saving money/resources by basing bell schedules on bus schedules. This does not serve kids.

Please consider year-round daylight savings when making bell schedule changes.

I am all for this, i have seen studies and research behind this since around middle school. And honestly, when i saw that the Seattle district was changing i was waiting for our district, kinda like "okay, look, this is happening, my people need better sleep times and less stress. you all need to get on this" and as a current sophomore. Yeah, this would benifite GREATLY from this!

"Two things to consider: For middle school student parents, this may affect their work schedule. There are no before school programs that I am aware of so I might have to rely on my 6th grade student to be responsible enough to get herself on the bus by herself. That raises a question on safety of our younger middle school students in some busy areas. Second, I am concerned about what example it sets for students when they may work jobs after school or in the summer that start at 8:00. The real world does not give these kinds of choices for start times in most jobs. "

no additional feedback

In my opinion, if school got out later than you wouldn't have as much time to do things such as finish homework, or big projects, etc.

idk

I'm in full support of shifting start times back for middle and high school students. My only concern is what that would change for my elementary school students. I wouldn't want those kids starting before 8:30 either. Thank you osd for considering this proposal!

Later start times please!

Parents need to get their children to bed early so they get enough sleep. We have no trouble getting enough sleep in our home, even with afternoon sports/activities. Later school start times are unnecessary and difficult to manage for working parents.

I'm all for the High school and middle schools beginning later, however I would not want the elementary schools to then start earlier.

I went down a research rabbit hole this morning thanks to this survey, so thanks for that. It seems apparent that this is a good move for middle and high school students; it's not as clear what kind of impact this might have on elementary school students. I think it would be reasonable to consider a schedule of elementary / middle / high school to start at 7:45 / 8:45 / 9:45, but I would want to keep an eye particularly on the impact this has on our youngest students and ensure that we are not sacrificing them for their older peers.

Nothing M8

I volunteer twice a week at [School Name Removed] in the AVID program. I see how tired the students often are and think this change would benefit them. I also am the mother of two graduates of OHS. The best day of the week for them was Wednesday due to late start. It started them out right to have the extra sleep, eat a good breakfast, and to not be rushed in the morning.

My students either sleep through 1st period, or are habitually late 1st period.

I believe it would be extremely beneficial for everyone to start school at another time.

I would really like to see the 50 minute early release days either moved to Friday or done away with. Having the early release, particularly on Wednesday is very disruptive to the weekly routine.

My children attend Boys & Girls Club after school and because they adhere to the Jefferson Middle School schedule they would not be able to be bussed to the Club after school because Jefferson would still be in session.

Later start times (these are basically reasonable start times like I had as a kid) for middle school and high school would greatly benefit my kids and our whole family! Please make this change!

I don't think there is enough information here to really give good responses. What about elementary school impact and the number of buses needed during certain times? I currently work M-F 8am-5pm. My schedule is changing slightly to 7:30 am-5pm. Most parents that work full time probably have a similar schedule and I often find school schedules and activities difficult such as the early release Wednesday's, schedule times of assemblies, conferences, concerts, etc. As a parent, I try to be as involved as possible in my kids school, but amount of time off and the lack of consideration for working parents schedules makes it difficult sometimes. I am very involved in the PTSO.

when would school get out?

Start times are an important consideration for the learning and development of the whole child. Thank you for considering the (favorable) change.

DO IT!

I believe with the potential for remaining on Daylight Savings Time it will be even more important to adjust the start/end times. With daylight to begin around 9 am in December/January, starting school before 8:30 am is unsafe due to students walking to school in the dark.

Biggest concern is how to fit in after school sports practice in early spring/late fall when it gets dark earlier. Otherwise, this family is all in!

I would love for my teens to get more sleep!

Elementary needs to be earlier

We are part of the Griffin School District and one child will be moving up to Capital in the Fall. We really enjoy that at Griffin, the middle school starts at the same time as the elementary, which does provide our middle schoolers with the later start time of 8:45am.

Each of my responses in number 3 indicated negative feedback, nevertheless, I feel like this is an important change to make. I'm happy to figure out logistics on my end so that our adolescents can get the rest they need. Let's find a way to get more vegetables to them also. ;)

For parents who have to be at work by 8am, there is little flexibility. Unfortunately our kids are still dependent on us dropping them to school (out of home school area) so they would still be waking early. Would there be free childcare options available at their schools? Ycare is an over priced option and wont work for many.

Some schools get out super late (LPB) which makes it hard to do things at the end of the day.

Later start times for high school will severely impact students ability to work after school as later start times result in later release times. I am currently my students' transportation to school and later start times will also impact my ability to be to work on time. Also high school student athletes already consistently miss 6th period to allow for sport travel. Later start times will result in students missing additional classroom instruction time. Later start times will also result in team practices, musical group rehearsals and all other extra curricular after school activities starting later. This in turn gives students a later start to initiate and complete homework and as I previously mentioned limiting students ability to hold an after school job. I completely understand that sleep is important however delaying school start times is not the answer. Taking responsibility as a parent and getting your students to bed at respectable time to assure students get the sleep they need is the proper response. Please consider the negative impact changing school start times will have on students and families prior to making changes.

Due to significant travel time to get to school from our area, a later start time seems like a good idea.

9:00 start time plez

It is long past time to have later start times for teenagers.

I wonder if there is a ripple effect to other schools in the district or if this only applies to middle and high. I love LP Brown late start!!!!

Might work good, not sure til it happens

What time would the elementary schools begin?

we should start later

I think that we should start school maybe just a little earlier, so we don't get out of school so late.

no

If you change the time we start then kids will stay up later knowing they have more time in the morning and will most likely get less sleep. I like that we get out of school early and would hate getting out later because we would have less time from school then sports.

school should start at 9:00 pm

A later start time would create space for greater success and wellbeing.

Would teenagers have more time or less time to go to school

awsome!!!

nothing else

i liked the ideas you had for the servey

Yes yes yes!!! My daughters grades dropped when she started middle school because she is not getting enough sleep. Even if she goes straight to bed when she gets home from after school sports she only gets 8.5 - 9 hours of sleep. Not enough! Please make this change!

I need more sleep!

i have none :)

I appreciate that it's being looked into, but should a change be made, it is imperative that it be done once and not (like in Seattle) constantly revised year after year.

Please don't change the time because I have more important things to do than school and it can effect those things.

As a high school teacher (in a different district) I see daily how much high school students would benefit from this change. I very strongly support it for both academic reasons and because of the growing concerns surrounding the mental health of adolescents today.

I completely think the start time should be later and despite it affecting my after school activities I'm sure they would be able to adjust to the change. I think I could really use an extra hour of sleep with a later start, especially as someone who has a lot going on after school.

I like are schools to start at 8:55

In the video, the kids were only stating the change of middle school and high school times. I'm a little confused- were they meaning all schools? I take my kids to Pioneer and their start time is perfect for when I have to be to work. So I guess the information needs to be a bit more specific. Thanks

Fully support this and wished it changed before my son entered High School this school year.

With later start times will there be later release times?

My son in 9th grade is constantly exhausted. I think this would be beneficial.

We struggle with the early start/end times. Thank you for investigating!

Hope this gets implemented!

N/a

Just do your research on this. Kids would be able to sleep more, have more time for breakfasts (at home and at school) and would also provide parents with an easier time to pick their kids up from school. Later start times would be extremely beneficial to students, families, and staff.

What time would Elementary start? How is budding impacted? I think it is very important for middle schoolers and HS to start later. Elementary age kids typically wake up earlier than MS and HS kids.

Our family would prefer a later start for OHS.

I have always felt that teenagers definitely need more sleep and would perform better academically.

"I think our start needs to be later and end time sooner

I am a concerned community member who has just finished reading "Why We Sleep" by Dr Matthew Walker, sleep neuroscientist. I now understand how critical adequate sleep is across the lifespan and especially in growing brains and bodies. It is not right to set children up to fail. I also swim at 5:30 in the morning in a pool shared with a high school swim team and I see how tired the kids are. If getting up so early were simply a matter of building character it would be one thing, but it actually is harmful and therefore, like protecting athletes from concussions, inadequate sleep should be controlled for by the school district.

Helps students in so many ways to start late and get extra sleep
Seattle school district is having great success with it. Have the younger elementary kids go earlier because they wake up with the sun!

100% agree that this should happen!

Should have changed years ago. No earlier than 9am start.

Sports like baseball are often right after school, it would make it hard to get home from the bus, then leave again

I support the change, and I think it would make a big difference for the kids. I'm not sure how parents will be able to juggle school start times with work start times. It's sooooo hard already. Please don't make any changes without making this easier for the parents.

I hope a later start time is the best way forward for middle and high school children. I do have some concerns about the shift. First, some students work after school to bring more money into

their home. Will a later start time hurt some students from working and bringing money into their homes? Two, will a later start time affect after school sports where students have to miss classes in order to get to sporting events? If so, how will students be able to make up for lost academic time? Thanks!

Leave the start times alone. We have all adjusted our work schedules and kids' activities to align with the current schedules.

Making school times later for older kids would make my child a better student and would make transportation easier for our whole family.

Please don't make the start time later. You should make it earlier.

My concern is how would transportation(busses) work when elementary schools start around the proposed start time for high schoolers. If high schoolers starting later has zero impact on elementary and middle school and improves high school students success, then I think we should be having the discussion of later start times for them. Everyone deserves the best chance possible for success. High school is really the last step our children have before we deem them responsible adults.

I think an 8:15 or 8:30 start time would be ideal for high school. 7:45 is way too early!!

All the study's indicate later start times will be very good for students. Please have MS & HS start at 9 am Thank you

Please consider bus ride times with any change. Having young students on a bus for over 20 minutes is unacceptable.

We have two high school students and it's difficult getting them up at 6:30 am. An 8:30 am start time would be much better. Anything later than 9:00 am would have create other issues.

I LOVE this idea! As an elementary teacher I'd love to start early and be done early and having a middle and high schooler I know this change would help them tremendously!

What should take precedence to this conversation is starting our school year earlier. The current start after Labor Day is a huge disadvantage for AP and IB kids. They receive about one month less instruction than the rest of the nation's pupils before being tested in May. This forces teachers to accelerate the pace of learning in an already rigorous course. The result is that kids who might have opted for AP do not take the class or sign up and then transfer out. We could really make a huge impact by making this slight change to start even 10 to 14 days earlier than we do now. Most likely the union is the biggest hurdle to implementing any time changes & start date changes. Good luck!. Thank you for listening.

9:00 is late for elementary. How are people supposed to get to work on time? I don't have a problem with the MS/HS start times as much as sending kids out to the bus before 7:00 am. That is too early to get dressed and ready and eat. Usually my kids skip breakfast- which isn't good.

This is not a good idea. I would support shorter school days and year round classes if later starts are that important but with after school jobs and/or activities kids already don't have enough time for homework. This would provide even less time and almost no time for families.

While I agree that the later start time will benefit students, I do worry about the impact to kids whose activities are not correlated with school (such as dance, sailing, etc)

This needs to happen. Younger kids should start earlier and let the older kids start later. It would be so beneficial to change the start time, I am very supportive for the kids sake

This survey is poorly constructed, unless your intent was to lead respondents to a certain outcome. If you have already decided this is an important change for the district, a pseudo-survey to support your decision is a poor way to go about it.

I think making the start times later would be an incredibly positive change for the school district, and be wonderful for the students.

I believe that it is vital for our students emotional well-being to be fully rested in order to meet the strict academic standards that are currently in place. Our students are sleep deprived, stressed, and depressed. We can begin to fix part of this by changing start times so that their bodies are not fighting against our time construction

My son will be in 4th grade next year. Already I notice he is having difficulty doing early morning activities compared to when he was younger. Also, with Washington state most likely staying on permanent daylight savings time, it will be very dark in the morning during the fall & winter months.

The science has been out there for quite some time. Elementary school students do okay starting early; middle and high schools should start later. I'm glad to see the OSD finally paying attention to the research.

It's a great idea to have later start times!

This is such a great idea! I'm looking forward to my kids benefitting from this change. I am a parent with a flexible work schedule, so I am luckier than most regarding scheduling conflicts with school drop-offs. The research is clear that teenagers need more sleep, and perform better when they are more rested. It makes no sense that small children start school around 9:00 am when they naturally wake up around 6:00 am, while teenagers who might

easily sleep until 9 or 10 are forced to start school at 7:45 am. I believe the start times should be switched, but delaying start times for High Schools would also be an improvement.

Would changing Middle and High School start times then change elementary? Why wasn't this issue addressed? I would down the road possibly have an elementary student get out before my high schoolers.

As a parent, I am so happy this is finally being considered! I think school should start at 9:30-10:00 am.

It's very important for students to be able to sleep later. I can't believe how early my children get home in the afternoon.

Please continue your work on this topic. The research is clear for teens. Seattle Public Schools has done this already as has Tenino School District. I appreciate you asking for feedback.

My biggest concern is that if older students are starting later, younger students will be walking to school in the darkest hours of winter.

Can we please get rid of early release days! That's the biggest strain on schedules.

Do what is best for the students, everything else will adjust.

I believe that later school start times will definitely benefit a vast majority of students. From my personal experience, I haven't been getting the sleep I needed, and with later start times, that can change

This would limit free afternoon time and make extracurriculars run late. NO THANKS

This initiative makes sense, and I have also heard corroborated reports about the positive changes this has had in Seattle.

I think it's very important that students should get extra sleep, because you can tell that people's brains aren't at all that active in the very early morning. We need the extra sleep for our health.

Does the committee realize the financial impacts that new bell schedules/start have on a district? Has anyone considered the impact this has on such items as bus routes; start times effect the duration of routes and efficiency of routing. Is the committee prepared to understand the cost associated with a change in bus routes and the need for additional drivers/para educators? Has anyone considered the impact this has on staffing, as it relates to guarantees in the collective bargaining agreements with many of the union groups in the district? What impact new bell times/calendar have on the staggering of work schedules for staff; certificated and classified. With the current snow waiver, certificated staff get June 24th

off, whereas all classified staff have to work. Is the committee prepared to investigate the impact that new calendars have on both certificated and classified staffing? Has the committee considered the impact new start times has on the community as a whole? What will happen to the traffic flow around our school zones? Will congested areas become even more congested? Safety? Is the committee prepared to spend countless hours and energy requesting information from staff/departments and the community to look at the impact of new bell times/calendars, when future financial crisis/funding issues might arise and their recommendation could fall on deaf ears with the Board? Has the committee considered the other committees before them, that have tried to recommend changed in the bell times/calendars? Have prior recommendations been successful? Look at what Seattle did back in 2015. Take a look the additional costs of transportation with a modified bell schedule (page 23); \$2.97 million. That's just the impact to transportation.

This proposal does not support working families and will increase costs for those families due to increased need for before/after school care. Does this proposal and research consider daylight savings time in the impact on students and families, and viable modes of transportation?

I agree with later start times for MS & HS, but that doesn't mean I want my elementary aged child starting at o-dark thirty as a compromise.

I think if we truly care about education for our kids we should focus on creating a schedule that is the most conducive to learning which is a later start. Furthermore to have music electives start so early is so disappointing.

Late start for middle and high schools will be fine as long as elementary school schedules do not get pushed back also. The elementary school already starts late, and any further delayed start will negatively affect after school activities.

I applaud you for taking the science of development for adolescent brains and sleep patterns into consideration for adjusting start times.

I think it is very important to consider the overall potential benefits these changes could have on the student body.

High School Students need more sleep! How would sports schedules be impacted?"

There should have been an option for Parent if Former Student, which is a different perspective from Community Member. I strongly support a change to later start times.

How will this affect bus schedules for elementary school kids?

My youngest daughter attended [School name removed] Elem. when the start time was changed to 9:25 and school ended at 3:47. This was not in synch with these younger kids' body clocks. They all tend to be most alert earlier in the day, and by 3:00 those kids were done

paying attention. I used to volunteer in the afternoons and it was apparent the later school day did not lead to productivity with younger kids. My older daughter struggled all thru high school with the early start time of 7:40. A later start time might have helped her stay in high school and not take a semester off due to her mental health issues.

Another option, that could be hard to implement, is having every 1st period class be PE related, or involving some kind of active movement or activity, such as shop, or art. As a student, I performed much better when my schedule included an activity based class first of the day.

Please look at how later start times for teens would significantly reduce tardiness and make Becca bill unable to use lateness as an excuse to penalize some of the studenta

Early release days should be moved to Friday versus Wednesday. More parents have Friday off than Wednesdays. This becomes a hardship for us having to take leave from work to get our child.

I think the middle school my kids attend, WMS does not have an early start time. I think 8:15 is not too early. I do not know the start times for the other schools. My other concern would be as a staff member at an elementary school I think we have enough kids coming to school tardy and tired, that pushing their start time up would be even more detrimental to them. And I would imagine if we pushed middle school to a later time, it would require to push elementary schools to an earlier start time.

Please support later start times.

One of my children used to have to catch the bus at 5:30 am to get to OHS from Boston Harbor. That as we all know is absurd.

I have heard arguments for keeping start times early which have included sports having to be even later, however why Not give those kids time to sleep later in the morning...

Please consider starting after 9 rather than a measly 30-45 minutes. "

Later start time would help with kids who need to wake up very early for getting on the school bus as well

I fully support this. I think that if we have the science saying this is better for them, then we should prioritize it!

I feel like for me, I would be more on time if I had more sleep. And as in the video, I know I would also get better grades, for being more awake and not as tired or easily overwhelmed from having to wake up early.

I think I would like more information about this matter? School would also be getting out later, or same time as elementary?

I strongly support the idea of middle and high school students starting later. But, NOT if it impacts the elementary students in a way that would make them start earlier. (Due to bus schedules?)

I do think that middle and high schoolers should start later but I really do like the start times for the elementary schools!

I absolutely think this will be beneficial for our school district

I definitely agree to a later start time.

I think later start times would positively impact our lives as the children would be more well rested. After school activities will adjust their start times as schools adjust their's.

I have been a believer in later start times for middle and high schoolers for a long time. This is an excellent pursuit for our students.

please have the time change happen it would help students

we need more sleep

While these changes could possibly negatively impact our family schedule (pickup/dropoff with work start/end times), I recognize the broader positive impact it could have and appreciate it. Also, as a district employee, I know the district would be understanding of potential scheduling conflicts that could arise from such a change. I vividly remember the challenge that early start times presented to me when I was in high school - leading to fatigue and higher caffeine consumption.

please make it later, I need to sleep

sleep is good bro dats pretty much the whole reason

PLEASE MAKE SCHOOLS START LATER. SLEEP IS GOOD FAMSQUAD.

A necessary change!

Thank you for doing this survey.

I will cry if this does not happen.

Start school later for students

I have also been to capital and washington high school but I have never learned there just been there

I feel it is extremely important for these students get the appropriate amount of sleep to be healthy engaged students and to improve outcomes!

I agree with this. In fact, I think we need a bit of a reversal. A lot of young children wake up very early. I remember waking up at 5:00 when I was in kindergarten and bugging my mom to make me breakfast. If anything, middle and high should start later and elementary should start a bit earlier.

School start times are far too early for current students, I see people on a daily basis coming to school tired and unable to focus. If we change the start time to later, we could improve every student's daily lives.

Hallelujah... FINALLY!!!!

Personally, I think that school start times need to change. It's hard to trudge through first period like a zombie, and not remember anything afterwards. I would suggest a school start time of 9 or 10, because kids would have a whole extra 1-2 hours of sleep, which is important to their growing bodies and brains.

im very tired in the morning

"What impact would this have on kids who need to leave early for extracurricular events? They already miss 1-2 periods on days they have games/meets due to those events. What impact would it have on after-school practice schedules?"

this time change would help so much, i know for a FACT that would help students at my school (WMS) we are frequently stressed, and upset

change the school start time to 8:45

One of my opinions is that the early release schedule should be switched to Fridays during the district start time swap.

no comment

The Wednesday early release schedule should be on Fridays instead.

wat is this

this would impact childcare that my middle school and high school student help with and an afterschool job that is childcare.

I went to New Century back in the day...2:00pm start time was perfect for getting the 10-12hrs of sleep my body needed in high school!

Changing the start time has a HUGE impact on after school athletics

Curious about how this impacts after-school activities where practice times for sports, plays, etc. would be delayed and later dismissal times would require more missed school by student athletes traveling for games.

I will function way better and learn way better if I have a later start time. Young children are more able to fall asleep early, while teenagers need the extra sleep, so switching schedules makes sense. It doesn't make sense that I am expected to function at the exact times that I am least productive, but then sleep through times students my age are seen to be most productive

do it

graduating, but for any incoming students next year I believe later start times would be beneficial

N/A

I am so glad that we're attentive to this need!

[Name removed] is stupid for giving us an essay when she said we were playing games

WHY WOULD SOMEONE ASSIGN AN ESSAY OVER SENIOR SKIP DAY INSTEAD OF FOLLOWING THEIR WORD TO PLAY GAMES

Look, I know that the Olympia School District doesn't actually care about their students and probably won't even read this (or at least that's what I've observed over the past twelve years). However, I implore you to actually take a second to think about the power you have over the youth that will soon be paying for your senior housing and health care. The choices you make affect us more than you could imagine. Going forward, I'd like to see the OSD not only listen to their students, but incorporate their feedback. Maybe it won't be as cost effective, but I want to make it clear that you aren't bussiness men, you are educators. But what do I know.

As someone with an early elementary student at Pioneer and living in the neighborhood near OHS, my only concern would be ensuring start times for Pioneer and OHS remain appropriately staggered to keep Pioneer students walking and biking to school safe and keep traffic reasonable.

start time should be the same time

The start time is perfect, we have more time in the afternoon to complete any homework/projects. It's important that students have time in the afternoon for their own personal time.

Starting later than the usual 7:45 would benefit many students. I know a lot of others who wake up as early as 5 to get ready to school, to catch the bus, and to be able to arrive on time. Even a few minutes difference would make a huge impact.

your school district [removed word]

Maybe decrease school hours a little as well?

I would not be affected by the change as I am graduating this year, but I believe it would have an overwhelmingly positive impact on students. It's difficult to get enough sleep when you have to get up at 6:00. This change would also be very beneficial for zero hour students. I would recommend 8:45 as the new start time.

Is this for adults?

i hate waking up early in the morning please change that

it wa gooooooooooooo

i dont want school time to change

I don't have any additional feedback

i like / HATE hansen i think its FUN , and silly.

this was a very good survey!

I really like this survey because school really should start later.

i think the surrvy is very good for your life as a kid or a teenager

Well my teacher he give us to much work and test and he barely teach us science and I think we should be learning about it.

cool that was awesome

I like the positive impact in the video but what about the negative impact?

I didnt really get this survey.

Sounds Good! This will benefit all of us!

Prefer start times remain the same as current schedule so after school sports/extra curricular activities are not affected.

The students in this video presented their information wonderfully! There is a large body of additional national data that supports positive outcomes associated with later start times- including safer driving and lower rates of depression. Please support the well being of our entire community by changing adolescent school start times.

Thank you for considering this!

While this might create some challenges for my family with before school care in the long run i think it is absolutely worth it. I'm glad the district is looking at this.

I think later start for MS and HS would be a positive change.

Students would get much more sleep, resulting in better grades if school starter a couple hours later.

We need to sleep. please let us sleep.

Waking up at 6:30 am for a teenager is the equivalent of waking up an adult at 4:00 am. It is hard.

Later start times would be more positively impactful for students!

Later start times would be more positively impactful for students!

I want is best for the students and community

I think having later start times at school would greatly improve the mental health of students.

As a parent of a special needs student and an employee of osd a later start time would complicate schedules. I would probably have to quit my job so that I can get [removed personally identifiable information] ready and on the bus later. I understand the importance of better sleep for high schoolers, but less homework would also help with students being able to get better sleep. I saw how much homework my cousin got every night and how late she had to stay up doing it and she graduated 8 years ago. I can't imagine how much they are getting now.

If high schoolers have a later start time AND we are in the same athletic division, our athletes will miss an hour more of school for their away games.

Jobs, extracurriculars, etc. --- impacts many kids -- likely have to miss school more often to participate in events, etc...

It seems make sense to start teenagers later and elementary earlier. The sleep thing with teenagers is real. When OHS had late start Wednesdays there was a noticeable difference on my daughter. If elementary started earlier, parents might only need after school care instead of both before and after.

Move start time back to 9:00 am at high school.

Changing start times does not always address the issue of equity. Students who need to work after school have one less hour to make money. Families who rely on siblings to provide childcare for younger siblings are impacted. Athletes leaving school early to attend away games are now missing even more school and the high school will NOT let athletes have core academic classes in the morning.

I fully support later start times for middle and high school students. Education is the number one priority and we should support changes that help our students perform at their very best. The data and science currently available on this subject support this proposed change.

Moving our (RMS) start time from 7:45 to 8:30 cut down on sleepy kids and tardy arrivals. It was a great change for us.

I fully support adjusting the times.

As a parent and staff member, I strongly support shifting to later start times.

I believe that OSD should implement later start times for twens and teens. I believe this can only help students be more successful.

While I am well-versed in the research and experience first-hand each day how hard it is for many of our kids to make it to school by 8:00am, I'm not convinced that a *slightly* later school day is the answer.

Do not change school times, take care of things like landscape, bathroom locks, and cleanliness first. :)

I think starting school at a later time for high school students would be beneficial because we would get more sleep and thus be more focused in school.

none

Would probably cost too much money and create too many problems to be worth the change.

I think starting school at a later time for high school students would be beneficial because we would get more sleep and thus be more focused in school.

I would prefer to not have the school start time to change but probably wouldn't affect me too much

Extra curricular activities starting later would prove to be a conflict with many students, as well as family obligations (specifically older students providing transportation for younger students).

Rest well, Eat Plenty, work hard that is the kami way

[School name removed] needs to fix all the girls bathroom doors because the stalls dont lock, and before we change the start time we should make the bathrooms a safe place to be in and not have to worry about the doors swinging open [Remainder of comment removed].

A later start time will negatively impact fall and winter sports as afternoon daylight is short. Later start times will also negatively impact availability for students to have after school employment. Later start times will negatively impact after school driver's education as students will be forced to drive in the dark more hours during the driver's ed program. Later start times will require many parents to leave children unattended in the early morning as many employers will not accommodate later start times for their workers. Starting later will negatively impact staff and students who perform better early in the day. Later start times reinforces poor late night habits, like doing homework late at night and staying up late. I spoke with both my sons (1 graduated OHS 2018 and one currently attending OHS) and they are NOT in favor of this shift.

Starting later will only cause more problems and students will just go to sleep an hour later. If anyone makes this decision it should be voted on by parents

rest well, eat plenty, and work hard that is the kami way

We need to do what's best for kids.

Also, change the start time of jazz band (and any other high school extracurricular activities). I think it starts at 6:45 am - way too early for a high-schooler!

I feel VERY strongly that school should not start before 8:30. To facilitate learning is the first priority of school, and kids--especially teenagers--are physically not able to learn at the earlier times. There is ample neurological research to support that fact. Additionally, lack of sleep then has negative impacts on their health, which means they're less able to learn over time. We must prioritize kids' ability to learn and be healthy. This change would be a very welcome one.

Later start time is good and if you don't do the whole week at least go back to late start on Wednesday. How would late start time affect student athletes getting out of school. Could start times for games be moved back as well?

It would be great to start High School and Middle School at the same time (around 8-9 a.m.). Would need more school busses and drivers however = \$\$\$

By pushing back the start time for middle and high school students, we would create situations where student athletes would be at a severe disadvantage. When traveling to away games/meets, students miss 1-2 periods per absence. With a delayed start, they would INCREASE the amount of time missing from classes. Students in honors level classes already struggle with balancing academics and getting enough sleep. If they missed additional class time, it would increase the amount of homework they had and decrease the amount of sleep they would get, which negates any benefit of the later start.

Many students who struggle with not enough sleep also struggle with time management skills. Too much time is spent on social media and video games, rather than completing homework first and going to bed at a reasonable time. Perhaps more efforts should be placed on teaching students time management before totally disrupting the schools' schedules."

We've talked about this needed change for decades. It's time to make it happen. Hoping this will be a model for Tumwater and North Thurston school districts too. Thanks for your work on this!

I think it is absurd how early we require our students to start, given all the research about how detrimental it is to their ability to function.

Childcare and logistics are always an issue when you have 3 kids so changes to schedules will not make a significant difference. I do notice our 8th grader having trouble falling asleep before 10, which is with insufficient sleep. Our younger children are up early anyway. Additionally, when I was a high schooler that after school period was when kids got into trouble, I'd love to have them in school longer...

My high school student is exhausted and gets up earlier than the rest of the household even though she's up until 11:00 studying. Also, those in sports get home very late from travel games

Impacts day care for families. Student athletes have less time in classes. Older students work schedules impacted. We already start at 8:15.

As a parent, and district employee, I feel that a later start would negatively impact sports and part-time job opportunities for students. After leaving school students need to be prepared for the real world and becoming employed. That means being able to be responsible and get up early in the mornings for work and that responsibility starts being learned throughout their high school years.

We should start school at 9:00am and end it around 3:15pm so we have more time to sleep and get ready for the day saying that most people don't get to sleep until like 11:00pm - 1:00am.

I don't think that the start times, as of right now, for the two schools with which we are affiliated are all that early. I particularly like that the students are out of school earlier in the day, which gives them more time to do homework as well as just rest, and also have time for extracurricular activities. No matter what time school starts, the burden should be on the parents and the students themselves, to get a good night's sleep...even if that means going to bed regularly just a little earlier.

If you look at all the research out there, you will find many districts that changed start times ended up going back to old schedules due to the negative impact on the community as a whole.

At least for high school the adjustment to a schedule that fits hormones and growth or a proposed new schedule should be considered. I just told my son that he will have to be at school at 7:45 am which he is not a morning person. Maybe consider an early and late start option. When I was younger we had early birds and late birds.

some people, like me, go to bed on the early side and rise early...i'm curious if ANY young people do this

Younger kids seem to do better in the early hours. So switching them earlier and MS and HS later makes sense.

Younger children wake up earlier naturally. Please have them go to school early and allow the growing brains of high schoolers to sleep. Thank you.

A later start time would be a huge relief when our son reaches high school. He need sleep to function and his circadian rhythm is already shifting later. I strongly believe a later start time for adolescents will help them academically, emotionally, and help reduce stress and conflict at home and school.

It seems particularly important to start the high schools later in the day, perhaps so they finish at about 4:30 instead of 2:30.

Changing start times has been studied by the school board in previous years. Understanding that are significant pros and cons regarding this. The previous study identified significant impacts to the families and and OSD. The financial impacts definite need to be considered for both. The previous study identified transportation as an area that would significantly impact the district. Considering the recent financial situation the district has been in, will it be able to progress and provide the resources with out affect classroom/students and schools. Obvious there will be other areas that will need to be considered. A survey should also include these for people to consider and understand.

We are in strong support of going forward with this proposal. More and more information is documented on the importance of sleep and the benefits of a later school start time for our youth!

I think this is a great idea! I fully support it!

Although I'm an early riser, I do think teens would greatly benefit from a later start time. I hope the next topic to research is year round school.

I think early release should be on Wednesdays.

I support the idea of a later start time since it is so important for teenagers to be well rested so they can perform their best in school.

Super important! I support this 100%!!

i [word removed] hate school :)

Will this affect start times for elementary school?

Consider school uniforms please

We strongly support later start times for high school and middle school students as long as it does not change the start time for elementary students which is 9:00 a.m in the OSD. If it changes these times we would have great concerns as we believe a later start time for all students is important and don't want to create an impact where one group is advantaged over the other.

I think a later start time would be a great idea and the video is correct. Teens tend to stay up late studying especially if they have after school programs and activities that don't allow them to study right after school let's out. Having a later start time would allow them to get more sleep in the mornings. Plus as a parent having to take my kids to school in the mornings, later start times would be so helpful because I like to stay up late and get things done as well, and sleeping in a bit would be so nice instead of getting up at 6am or earlier to get the kids ready for school in the mornings.

VERY glad the district is considering this. We came from SeattleSD where they worked to implement it and were very pleased with the change there. As a parent of an in-going HS student, I'm happy you're making this consideration for older students' health and developmental appropriateness. I hope that work will be done on the childcare front to help ease transition to this for those parents needing to make use of before or after school care.

Generally supportive, given the research. Concerned about what it might mean for elementary school start and end times given the practical concerns surrounding before and after school care.

I am concerned with how early this would change Elementary start times to. I am also concerned about how this would affect after school sports.

I wish you'd have detailed possible schedules for start and stop times. It would help to see some concrete schedules. As is, I assumed a 1 hour later start, means a 1 hour later end. However, the comment about starting at 8:40 or later, leaves a lot of room to wonder how much later, which would then potentially impact our schedules more, on both ends of the day.

I think the idea is great, but as parents we have to adjust work hours to get our kids to school, and flexibility is limited. Much past 830 or 845 would be tough on working families. We could adapt if there were plenty of support for before school care, without creating another expense for parents. The more we pay for childcare, the less we can save for our children's college tuition (and pay off our own).

I totally support a later start time for high school. My middle schooler has naturally adjusted his sleep patterns to staying up later at night and sleeping in longer in the morning. It makes sense that school start times should reflect a more natural sleeping pattern for teens.

The videos seems like propaganda designed to elicit a certain pre-determined response. Question 2 just further exacerbates the truth that this is not an impartial survey. Perhaps the district should hire an impartial consultant to design a proper survey if they truly want to know the wishes of the community. If the school board has already decided these changes (as I suspect they have), why put up this charade that the community's opinions might actually matter?

This would make it harder to have extracurricular activities after school. Causing students to not go to 6th period.

this is a good idea to change start times

I HATE OLYMPIA

This change is long overdue! I believe it would be extremely helpful for our teens to have that time in the mornings. It would also be a dream for me and my schedule, as I work and volunteer elsewhere some weeknights and early work mornings are very difficult after that.

I LOVE AVANTI!!

I am transgender

It is difficult to assess personal impact without information about start times for elementary buildings.

While in theory this sounds like a good idea, there are so many factors in this that have not been addressed - like, when would school get out if it starts after 8:30? What would this do to teens who have after school commitments like work, sports, extracurriculars? Those kids would leave home later in the mornings, which also means they would come home later in the

evenings. Wouldn't that just mean they'd lose opportunities to work after school (especially desk jobs that go until 5pm), have to stay up later for homework, rehearsals, practices, etc., hence losing the "extra sleep" they are supposed to be getting? I think we need more concrete data. I'd much rather see us lose the early-release on Wednesdays to bring back the late-starts, or eliminate early-release/late starts altogether to start school 15 minutes later each day.

This is a change that should have happened years ago! Also lessons the amount of unsupervised time at home for teenagers after school. Elementary students are up early, they should be able to take advantage of the time when their brains are firing and start learning! It would also be a huge benefit for working parents to be able to get their elementary students to school earlier, and potentially only have to worry about after school care as opposed to before and after school care. This change would give more time for families to be together - even high school kids need time with their families! Please make the change asap!

Has the idea of implement year-round education been discussed? This is another change I'd love to see happen that would positively benefit the students/teachers in the OSD.

Has the idea of implement year-round education been discussed? This is another change I'd love to see happen that would positively benefit the students/teachers in the OSD.

Science shows us (research) that younger kids gets up early and adolescents need a later start time. Please use science as you basis for decisions. Early start times for younger kids progressing to later start times for High School. It just makes sense.

"Thank you for making this positive step toward having scheduled instructional time better match the developmental needs of our teenagers.

As a high school teacher outside the district, and as a parent of teens, I have seen the positive impact of more sleep in my students and children. Putting students needs first is critical.

I am coming from an area where elementary schools start at 7:15am. It is a ridiculous time and my kids are exhausted. This time was established to accommodate later start times for middle and high school and bus schedules. How would altering the start time for higher grades in Olympia affect the elementary schedule? Please consider this as part of this process. Bus transport has to be considered. As a family we are greatly looking forward to the later start time for my kids as they start elementary school in Olympia this coming fall.

I absolutely agree the start time should be later for secondary students. The benefits to health and academics far outweigh the challenges.

How much later would school start?

Later Start times would be amazing for kids' education.

I believe it is very important to push back the school start times for MS and HS students due to their sleep schedules. My high school student does not get enough sleep because he can't fall asleep early enough. As a result he can't focus and get his school work done quickly, which has increased his stress levels and created a sleep deprivation spiral. He does have straight A's, but his quality of life has been negatively impacted by the early start time.

My kids are in kindergarten. I wish they can start school earlier and get off school earlier.

I strongly believe later start times for both middle and high schools would improve student learning and performance.

I hope this is a meaningful survey rather than a gesture. Please DO NOT change the start times.

I work with elementary and I also have a daughter who is currently in 2nd grade. I hope that as my daughter and the children I work with grow and develop, that their environment adapts with them. I want them to continue to look forward going to school as they shift from elementary, middle to high school. A reoccurring and common complaint I hear from teens from all different schools and districts from 13-18years old, going back several generation (including mine, and my older sisters whom is 5 years older than me) is how early school is. Does not mater they students social class, demographic, cultural background. Primary Language, race/ethnicity/ all teens can universally agree how awful it is to be at school that early. More than half the kids don't have time for breakfast/ they rush and don't get to brush their teeth, or even wear dirty clothes because they didn't have time to chnage etc. later times allow them to wake up and be prepared for school and instead of barely making it out the door with there head o. Their shoulders, NOT ready to learn. When kids are not ready to learn they shut down and avoid and feel helpless and discouraged. Which only creates a vicious spirally cycle of negative self talk, low self esteem, risky behavior, especially for teens who already have a hard time with impulse control due to their brain development and hormones.

I'm all for later start times! But please don't make elementary start earlier in order to make the shift work for the other schools.

Teens need sleep and they aren't at this stage of adolescence able to sleep the same hours as adults. Their biology doesn't work well with eRmy morning hours.

If starting high school later means starting elementary school earlier (as has happened in other districts) then I completely oppose it. I notice the survey is evasive on that issue, so results will be skewed. If elementary schools can keep their start times, ie. Madison starts at 9, then I think it is a great idea, but that sounds too good to be true. In our district buses are shared, so late start high school likely means early start elementary. If extra sleep for teens comes at the price of extra sleep for elementary school kids, then the price is too much to pay. Elementary students lack the ability to speak up for themselves, and have no ability to organize themselves. They shouldn't suffer less sleep just because teens chose not to put down their electronics at night. The short video clip shows nothing about the impact on smaller children of sending them

to school earlier. They also have growing brains and they also benefit from extra sleep. Currently I don't get home from work until 8pm, then I have to put my elementary school child to bed by 9pm, she sleeps 11-12 hours per night if she can, far more than my high schooler. She has great difficulty waking up even at 8:30am, so the 9am start time at Madison is very beneficial. As for the issues of tardies, I did receive a note this year indicating too many tardies, but it was not for my high schooler, it was from the elementary school. Earlier start will mean many more tardies. I am more worried about my elementary school child getting enough sleep and having the later start time. I don't know what we would do if Madison started at 7:45. It would be a disaster at our house. It is my high schooler who gets himself up and to the bus on time, usually without any help each morning. He is learning an important skill for the adult world. Perhaps teens and their families need more education about sleep hygiene and the overuse of electronics at night.

Does this impact how early elementary starts? If so, how??

Please make this change before my kid graduates in 2021!

I remember having to start school at 7:20. It was BRUTAL.

As long as they don't give 10 mins for breakfast like they do at Mclane and give shorter lunches as a result of late school times, this will be a good plan! Food and accurate break times are just as important for development as sleep!

Thank you! I've been hoping for this change, especially as relates to mental health - sleep is so incredibly important for brain development.

Please make this happen. The science is sound and teens should be starting school later in the morning.

I think changing the start times to get more sleep would really help students. In first period I just don't feel rested and it is hard to work that early. Changing the start times would really help.

A later start time for high school students would be my priority.

As a parent & teacher, I agree that middle and high school students would greatly benefit from having a later start time.

Start school later

Late start times often cause me to be late to work when I have to drive my student because they; have too much to carry, would have to deal with extreme weather, or other random events. It ends up being only a little bit of time, but it means that I have to use my "vacation" time to drive my kids to school. This is not how I want to spend my vacation. Also, my kids are

doing great in school, all A's, so I'm not certain they would benefit from the arguably minimal 4% increase in "grades," mentioned in this research. What does that even mean? Is that the difference between a B and a B+? Another thing that bothers me about this is that I doubt the school day would be shortened. This means my students will arrive home later, have less time for homework and chores, and less time in the evening to be kids. This change would shift all their after school activities to be 30+ minutes later, leaving them less time to unwind and de-stress before another day at school. I am not persuaded this is a good change, nor am I persuaded this change would be without drawbacks that potentially may result in compromised performance in facets of life outside of school.

Would this impact start times at OSD elementary schools because of bus schedules? For example: Would elementary schools be starting earlier? For childcare purposes, I would be in favor of a switch for the elementary aged kids to an earlier start time. High school aged kids are more able to get themselves out the door on their own after working parents are already gone to work. Due to late start times with elementary aged kids, we are finding it necessary to utilize both before and after school care because of our work schedules (8-4) and school not starting til 9. It would be nice to not have to use both before and after school care.

The factors you asked about don't matter to me.... it's just about having alert, well-slept kids who are ready to be participating at school.

Thank you for the opportunity to provide input.

I strongly support later start for HS.

I'm excited

Bring back ohs late starts on Wednesday mornings 🙄 Early release [word removed] mega 🙄

I feel that there are more important issues at stake, but I would appreciate later start times for my own personal mental health.

Coming from Seattle area schools and school districts, I really think starting at 8:45 and ending 3:22 or at Bainbridge it was 8:25ish to 3:00. Having just that extra hour allows so much to happen. Like adding more zero hour classes in order for 24 credit students to take classes they need and or want. And if clubs want to meet before achool it's not 6:30 it's 7:30. With the increase in work loads and pressure to succeed, just being able not to get up as early, would be very nice. With the past SNAC late starts, I have felt more like wow I'm ready to go to school around 8:00, rather than at 7 like "ok time to go". Just that extra hour was so refreshing

At Bainbridge island the parents got together and decided that starting around 8:30 would do well for the students (at the high school). Having that extra hour opens the door for zero hour classes and kids being able to get an extra hour to refresh themselves. And the students at

Bainbridge also saw an increase in test scores. The 830 start is improving the scores and academics of the most successful schools in the state of Washington, the Seattle schools

As a student at OHS, I have noticed a huge trend among my fellow students: we are all sleep deprived because of the combination of early start times, large amounts of homework, and extra curricular activities. By making the start times later, we students would feel as though we have a little more time in our day to be healthy people, whether that means more time to sleep, enough time to eat a full breakfast, or extra time to finish assignments. When we had two hour late starts due to snow this year, I noticed an enormous difference in the way that my fellow students acted at school. Because we were able to get extra sleep, nearly everyone was more alert in first period and willing to put forth effort to do their best work in class. If we move start times, this would be a more common frequency, and I think that both students and teachers would be happy.

I need more sleep

My old school did this and it helps a lot with sleep schedules. Sadly, I'm a senior so this doesn't effect me but it is still very important. There are many days where I would skip first period to sleep in or get to school tired and unable to pay as much attention as I normally would.

I personally think middle and high school students are the most impacted by early start times however one does have to take into account the idea some students especially in high school have to work and possibly do sports. If they start school later they will end up working later therefore the idea of them getting sleep would be mute. Having later start times for middle school might be best but I think it's also important to push good sleep habits and routines with positive family engagement resources.

It's a good idea to push back start time because the more sleep we get, the better our brains function and respond to the work we are assigned. Also, if the time were pushed back, students with zero hour activities would also be able to get more sleep since they must sacrifice more sleep than others. It would also help people get to school, especially when days are shorter since it will be lighter outside getting to school and the students will be more awake and aware.

Later school times would be super awesome because teens need more sleep and no one can focus in the morning or the end of school anyway

My kids travel to [personally identifiable information removed] practice after school, and with a later release , they would be unable to participate as currently they arrive only 15 minutes before practice starts. We would also need to change our work schedules in the morning to accommodate taking them to school later. I think this is not a good idea; my kids are A students and do not have an issue with the start times now. We all function better in the morning; perhaps the kids who are not functioning well now could have an earlier bedtime. My vote is to keep the times as they are.

We need to have later start times but with Olympia being in the SPSL league, I don't see how it's possible without missing a ton of school for games. In order for start times to change, I feel like a lot of other things have to change with it, ya feel? It's a domino effect sort of thing. Everything impacts everything.

This is so important. And while the health consequences have been extensively discussed, it's helpful to realize that this has worked in other school districts. Even WF West starts at around 8:15. And their zero hour period is at a more convenient time so people who CAN wake up that early could potentially benefit!

This is so important. And while the health consequences have been extensively discussed, it's helpful to realize that this has worked in other school districts. Even WF West starts at around 8:15. And their zero hour period is at a more convenient time so people who CAN wake up that early could potentially benefit!

My son switched from OHS to ORLA mid sophomore year [personally identifiable information removed], his start time moves to 0830 and he also only attends 4 days a week. It's made a huge difference for him to get that extra sleep in the morning. I highly recommend this change be implemented.

Thank your thoughtful consideration around start times! I believe this is very important for all of our kids.

It is hard to tell what the impact would be without knowing how this affects elementary start times. Would they stay the same? Or will they start earlier? I know OSD doesn't have the transportation capacity to transport ALL of our students in the 0800 hour. Late elementary start times have been a huge issue in our district and those are the students that are most likely to need childcare.

One late night and I am exhausted for the entire week, my sleep schedule is all over the place the people who need sleep most have to awaken the earliest. I only want those in charge to understand we are not only students but humans, we are not machines we have a life out of school. 5 hours of sleep per weekday is not enough for anybody.

A later start time would be extremely beneficial for all students' mental and physical health. A later start time isn't just about sleeping in. It's about getting healthy amounts of sleep, having more time to do homework and assignments to our best ability, and improving our mental health.

8:30-9

I do support a later start time. It would be beneficial to also include information on how the later end time would effect students in sports. I assume that they would miss even more class

time because dismissal times for away games will essentially stay the same since not all schools have implemented a later start time.

school times should start later because studies show that teens / high schoolers need more sleep than elementary kids

I never feel well rested and I'm always tired because I have to get up early in the morning, and I'm up late with lots of homework, this would help

if we change school times, it could affect parents whose work starts around the same time school starts. if we start later, then school will end later, and that will greatly affect the after school activities which will leave less time for homework. yes, you could wake up early, but the whole point of starting later is to get sleep, right?

Do it I'm begging you!!!!

If school starts later, kids will have less time for after school activities (sports, music).

I would like the time to be pushed back

There are a lot of students who have sports or other obligations out of school that mean a lot to them and to change move school to start at a later time is completely unthoughtful to that. There are students out there who are using these outside extracurricular activities to get scholarships or help in supporting or ensuring their future, and if you change the time school starts at to a later time, you are taking that away from them.

kids aren't succeeding bc of how tired they are. The school times need to be changed to later.

This will be extremely beneficial to all the students, the majority of teenagers naturally have later sleep schedules like the video said, and nearly all of the students I know are perpetually fatigued because the district is operating on the natural biorhythms of the staff rather than on the biorhythms of the individuals it endeavors to serve, and of course students far outnumber staff so vastly more people are benefitted if the shift is made.

100 percent in favor of a later start time!!

I'm not excited to have to stay at school later into the day, but I do think that moving the start time of school to a later time would benefit students.

This also benefits elementary kids. They will start earlier and finish earlier in the day. Late afternoon times in the elementary schools are not strong academic times. The majority of productive learning takes place in the morning. More morning time would be fantastic! Everyone wins in this new scenario.

I believe that the research mentioned is fundamentally flawed. There are too many other impacts, and factors impacting student sleep to simply make this change.

i personally do ballet 6 days a week and leave school early just to get to dance on time. so early start times would mess with my school even more

Could potential schedules be shared before community/staff consider moving forward with the change?

I would personally benefit greatly from a later start time. :)

Would it be a shorter class day or a moving the 6 hours earlier into the day?

I strongly support a later start time for teens. Before 8 a.m. is too rough.

Don't change the start time. It's great how it is already. It's been this way for who knows how many years, and I think students turn out fine. Also, I'm not trying to get out of school at like 4 pm. In the winter, it's getting dark already by then too.

Make School Start Earlier and give no homework and let students get out of school before 1:30 every day.

Overall, I agree with the fact that sleep is very important to better students' work ethic. The only concern I have is that with having the day start later, along with the homework load being unchanged, that this would just mean less leisure time. Other than this, I feel the change would be beneficial and I'm glad the committee is considering this change.

I love getting out of school at normal time so you have the rest of the day to do whatever you want like hangout with friends. You also have more time to get any necessary homework done.

At this point, I feel like my opinion is a bit neutral simply because the information about potential start times is pretty vague. I understand what research says about teens' sleep patterns and the importance of pushing start times slightly later, but it is hard for me to say how a start time change would effect my family without more details. School 'A' would change from X:00 to Y:30 and School 'B' would change from Y:30 to Z:00 would be much more helpful. We have three children in about an almost 9 year spread, so this would definitely effect our family across the board, from elementary to high school. I simply need more information to put in a more accurate vote. Thanks!

There is no reason why we should have start times this early. The only problems is the bus schedules.

I went to New Century High school because it was difficult for me to wake up early. It started at 2:30 and ended at 8:30. I moved it, but don't think that extreme a change would benefit most. I think moving it back a couple hours would be beneficial to the students

I need my shleepp, ya diggggg

When I was principal of OSD Summer School for middle and high school students, changing the start time was one of the first changes I enacted (previously had been 8am; I changed it to 9am). It was a very positive change for students and consequently for staff.

Delaying the start time of school pushes everything else later as well, forcing students to stay up later into the night during the time that they should be asleep.

I wouldn't want school to end any later than it already does.

goobert

better sleep for students more time to eat before school and really get ready for the day

For us as a society to keep the narrative that everything we do is for our children, we must put this as priority. Our kids suffer through the school day with impacted cognitive potential because we make them work on an adult schedule instead of a child or teenage schedule. This will cause an impact on our society and for those who don't work within education, there will need to be schedule compromise. The current model of our schools, with the exception being grade schools, is a factory model that implies that we are churning out workers for the economy. As educators, we are not just creating workers who follow a bell systems and practice timeliness. We foster students to be emotionally aware, compassionate, and critical thinkers for the fast changing society we live in. The blue collar jobs of America have left us and all we have left is innovation. We must tailor our education system to the children who hold the future. We can no longer accept a system from the bygone years of America. Let the kids sleep more if that is what they need.

I feel that we dont need to make the time later but switch the times for elementary and high school. I a High schooler am always tired through out the day. i am never really ready for the day. I feel though that if i could sleep a bit more id be happy. As well as ive seen my little sister and cousin are up and ready by 6 am and happy to be up

I am strongly against changing the start times for any of the schools. I think that start times are beneficial for after school activities. Furthermore, changing start times would adversely effect our family's after school activities. Please do not change them.

I didn't really indicate it within the questions above due to the categories listed but changing the start times would be really beneficial for me and my family. I would be able to improve my

overall productivity as a result of me being more energized. The only problem I see is that it might take a while to properly implement into the various schedules.

I think a later start time would really help me. I skip breakfast so I am not late to school, and I think that our current schedule is unhealthy.

I feel it should start at 9am, as school would go until about 3 pm, and we would have the same hours as we do now. It would help out a lot, and I feel like this is an important change.

I'd like OSD to post more research and studies on the proposed changes. I've done some research myself long ago but I'd like to see the updates and changes.

Schools should start at 8:45. I usually wake up at 8:30 and am always late to class changing school hours would help a lot. I often sleep in class bc I get no sleep.

[Word removed] this idea

THIS IS [Word removed] STUPID

"Question or concern: how will this impact athletics. Typically my student leaves class early (a period or 2) in order to get to away athletic games on time - will this need to be a half day early release for athletes.

Question/request: Will all elementary start times be aligned? All middle? Staff development gets very tricky with the staggered start times. It would be great to have the same start times at the different levels so we can do district training."

Hi! As a white middle class parent, this change would work for me and my family. We don't have significant compromises with work or before/after care that would come up. I notice that the video had what looked like only white kids speaking up. Olympia is largely white, but I wonder if the CAC has any personal relationships with the local communities of color for feedback as well. There are so many other factors that play into students success rates. Thanks for your work!

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It would be a lot more helpful if we could have a later start time so I would definetly feel more refreshed and ready to learn.

studies even show kids should have a later start time it is much better for their health, it even improves the thought process

Does this go along with making elementary schools start earlier? That seems to be the suggestion of research but this survey didn't address it.

If the starting time is later then will the school day be pushed out?

I've been waiting for this for the 16 years I've had kids in the district! Let's listen to science and make data based decisions! Keep teams playing against each other as close geographically as possible so there are not lengthy after school drives or kids missing school for sports. Thanks so much for pursuing this critical policy change!

The formatting of the 2nd question is worded poorly and will most likely produce a skewed proportion of individuals seemingly supporting the change.

I think if we started school later , students would be able to get a good amount of sleep and be ready to learn even more then they are now

I always feel exhausted during the school week, yet I find it extremely difficult to fall asleep before 11:30, which cause me to only get 6 hours of sleep due to early start times and long bus routes.

having later start times would really help a bunch, having them during sba testing week everything was so much better than typical regular start time days

I always feel I do better in school when I get more rest.

I definitely think this is a change that should be made. I think that even if school started at like 8:15 it would help a lot

Start and end times should be adjusted by a mere 30 mins so the change is not as a shock to families but still beneficial

Ok, so we give kids 45 minutes of sleep? I don't think that would really make a difference to me personally. Also wouldn't kids also be late because they think they can do more before school? Would extracurricular activities be extended too? I am an OHs wrestler and our practices went to about 5:15 as is, with that change I would be at school from 8:30 am to 6:00 pm. For me personally I would rather keep it the same.

We had late starts all of last week, and hopefully you guys noticed the shift in students behaviors as they were more happy and engaged in class.

This would be so amazing! When I rode the bus to school I felt like had to get up at 5:45 or earlier to be ready to catch the bus because it would often arrive 5 minutes earlier than planned. That's at 6:58 or earlier.

School should start later...no cap

There is not a single teenager I know who gets enough sleep

I would love a later start time but it shouldn't eat into the afternoons too much

school should start latter

We should start school later

If kids want to have more sleep time. Why don't they just go to sleep earlier and get off there [word removed] phone

This would be great! More sleep would help us teens out so much.

Evidence overwhelmingly points to later start times being nothing but beneficial for student success and I am very glad that something might finally be done about this.

Having a later yet more closely aligned schedule across all 3 levels would benefit our 2 students and family a great deal.

if we push back the start times we will get out later resulting in us students having to stay up even later to finish our hw. no one gets up and does hw before school

Make a later start time... A shorter lunch... And the same end time.

What would be the proposed school end time with this change?

Considering I get around 5 hours to 7 hours of sleep every night, this would be amazing. 🙌

I think a later start time would be a great change for OSD

I think high school starts ridiculously early in Olympia. It should start at 9 to give students the rest they need. Instead the elementary schools start late. We've got it backwards. Teenagers naturally want to sleep in.

It would be amazing to get a little extra sleep

This would be an amazing change and would definitely positively impact me

I don't see how a half an hour can make a big impact on students and grades. Seems silly to change everything for 30 minutes.

Sounds great! I could definitely use some more sleep so I'm not so tired in the mornings.

I think that later start times are advantageous for some reasons, however, they end up decreasing mental health in other ways. For example, I would be getting home much later from sports and have to do all my homework then and have a lack of time for myself and my family. It would completely isolate me in a world of school and sports and make me more stressed in the long run. Instead I suggest getting rid of 5 minutes from each class period because my teachers always are much more productive when they don't have "fluff" time to waste. Use this time to give us a late start but please do not extend the time school ends!

I feel like we should start schools at later times. For example some students who are apart of the music program, sports or any afterschool activites can affect a student. As apart of the [personally identifiable information removed] program, I honestly don't get enough sleep or have enough time to eat breakfast. I take the bus early in the morning around 6:50 and I would have to wake up around 6:00. I don't usually have enough time to do homework before the next day, I would literally rush doing my homework in the morning before my classes starts.

I have a really rough time with sleeping because I have anxiety + insomnia, so I making school start later would be very beneficial to me. At the very least, it would give me more time to make a healthy and filling breakfast (something I have trouble with right now).

Great idea! I also think a year round schooling system would positively benefit the students too.

The late starts were much better than the early releases and I believe that teachers just give us more homework on Wednesday's now as a result of the early release

I think it's a bad idea

Late starts please

I like starting the day earlier so you make the most of the hours in the day. Students stay up on their phones all night leading to them being tired. I think that by having a later start time students will still be tired but will be getting home later because of extra curriculars.

As an employee of an elementary school I have appreciated the earlier start time (8:25) and the kids are good with it, too. I think later start time for the middle and high school would be good for them. I would like to see our earlier time continue!

I need sleep

We chose Avanti for high school so my older son could sleep in, but we certainly wish we had had other options. My younger son wants to go to Oly. This is a great idea and i'm so glad it's being considered! Let our poor teens function on their real clocks! Better outcomes for all.

I remember being a middle schooler and high schooler. I was late to school every day because I had such trouble waking up. I'd fall asleep in class. It is such a vital time of growth and development and sleep is so crucial.

I am an inhome therapist for distressed families involved with CPS. I work in all the schools depending on family location. I see the impact on children struggling with not only the poor timing for their biology but effects of trauma and family crisis trying to manage the early morning. The research on benefits of changing to a later start time for instruction are from the 1990's out of Brown University and we are way behind the times in implementing this change. Tweens and Adolescents score higher, have better social relationships and do not fall asleep in class. Make this reasoned, well supported by research decision to change start time to later for the sake of the children - not parents' work schedules. Add in more effective before and after school programs for those parents who need it.

This has been a long time coming, and I truly feel that this will help my personal success as well as my personal health.

Even just a 30 min latter start helps so much. I remember I felt so much better on wed late starts. More alert and focused. Less feeling of dread.

We need our sleep

I'd like to have a later start time because that would mean less stress ont he morning. :)

It makes so much sense! So many of the kids I have worked with over the years have had such a struggle with the early morning. Honoring the need for better sleep will mean more attentive students!

Wonderful idea

We need our sleep, great idea

Teens need more sleep and tend to stay up late, so they need more sleep in the morning. High achieving schools and prep schools all know this and start at 9am.

I would not have a ride to school because my mom works. I don't like riding the bus everyday. I do sports after school but they would be pushed way back and I won't get home until 7:00. I also have to have time to do homework and eat dinner. But with the change in times I would go to bed around 10ish. And I would still get up around 7:00 everyday because that is what I am used to. That is acctually getting me less sleep which will make me even more tired throughout

the day. I realize that some people are not sleeping and going to school super tired but they just need to make sure that they go to bed early or their parents need to talk with them about this

I think school should start 15-30 minutes early

the school start time is good

While it would probably help kids' sleeping schedules, it would take a long time to change the bus schedules and after school sports time could be cut, which would negatively affect a lot of people.

THIS IS [Removed words]

Start school at 12:30

I feel very strongly about pushing the start times later because I truly believe it would benefit this generation and our teenage bodies which are already going through a lot of change and a lot of stress. What is the point of starting earlier if so many people are falling asleep in class or getting there late? Yes people will still be late and people will still fall asleep but think of how much the numbers will decrease and the happiness that us high schoolers will increase a little more. I fully support this message that you guys are bringing up and would love to see this implemented in the schools like Capital and others around us.

High school athletes already often miss 6th period for away games and get home very late. I am concerned about that getting pushed out even more. It would be great to combine this discussion with a larger discussion on changing sports leagues. There's no reason to travel as far as we do.

If we start later what time would school get out and would it effect out of school sports?

Will Elementary start times change?

monkey fried chicken

It would be beter if we start at 5 Am

make em start later

if you are going to change the start times, please consider not make it a huge change. Instead of 7:45, try 8 or 8:15 but 8:30 can start to cause extracirrucular activity problems

What about high school students who work after school or do sports or after school activities? I think pushing back the start times for middle and high school is not a good idea.

i need more sleep y'all but not too much ya know?

I don't want the schedule to change as it would ruin my entire schedule and would make many things extremely hard to do.

My high school student would really benefit from getting more sleep. She participates in sports, and she must stay up very late every night in order to finish the massive homework load she is given daily by teachers. If this massive workload continues, then students should have more time to do it. Later start times would mean students can sleep in a little more. However, this also means that they will be getting out of school later and getting home later from sporting events. Reducing the amount of homework students are given would also be beneficial. Students are getting burnt out and are losing important time with their families due to heavy homework loads. It is no different than a parent who gets off work in the evening and instead of spending time with their family, they spend more time working from home. Are these the values we want to be teaching our kids? Let's send out a community survey that questions our kids' current homework load. Thank you!

Later start time is needed

Late Starts on a single weekday is preferable to shifting the entire schedule. The real world doesn't revolve around students getting out in the afternoon. This hinders work and transportation for many. High School students can handle waking up at the same time most days. I do recognize the benefits of later starts, so it may be appropriate to implement it for one day a week. This has worked in the past with less problems than early release.

I support starting later for middle and high school students.

I feel its necessary to change school time because it will improve grades and being able to get required sleep.

I love the idea of the later start times for middle and high school students but I don't want it to impact the elementary students either. Right now our elementary start time is 9:05 which I love and works well. How will making late starts for middle and high schoolers impact the elementary students? I hope all students get a late start.

The only impact this could potentially have on me personally is if the change causes elementary schools to start earlier to accommodate later bus routes to middle and high school. Since I have no children or grandchildren in OSD my other concern is for the many families we serve who struggle (for many sad, difficult reasons) to get students to elementary for a 9:05 start. If the elementaries have to start earlier to adjust bus routes for later start MS and HS, we may see significantly more tardies/absences at the elementary level.

This issues seems to primarily help high school kids. My kids need sleep, too. I work late.

I neeeeeeeeeeeeeeeeeed school to start later. It would truly help me out so much.

I'm fine with changing the school's time to be later, it's just that transportation is at negative due to my parents, being teachers, leave for work at the time when I can get to school (either 6:45 - 7:15) is the latest they can go to drop me off while sacrificing their time to get to school

While an earlier elementary school start time would have a negative impact on our family, I expect that the change would be worth it once our children enter high school.

"This is a one-sided survey. Who came up with it? and who allowed it to be posted? Changing start time for high school students may negatively impact students who have no voice-many of these kids struggle academically or live in poverty.

*Students who want to take afternoon classes at New Market

*Students who are required to work to support themselves or their family."

Pleeeaaasse change the times!

Changing start time will result in coming home later after school and after school activities which I do not want.

A later start time is incredibly important for the social and emotional health of the students, especially in high school when there are enough other factors at play with emotional stress without adding sleep deprivation and semi-perpetual exhaustion into the mix.

How will changing start times impact elementary schools, all the conversations have been about secondary

I have a hard time starting school at 8 so I get it! I'm all for kids getting enough sleep so go for it.

I have an incoming freshman starting at ohs fall of 2019. I am really hoping the start times for ohs are changed for this upcoming year. This would greatly impact my whole family and I believe the whole community.

Please make the start time later!! I really need the sleep and less stress!

I think elementary should start earlier not later if there is a change.

"This survey is so biased it's unbelievable. You obviously don't really want people to answer this honestly, but just to agree with what you want. Statistically, you've already biased people by the video at the beginning. The questions are also leading. Do you really want feedback, or do you just want people to say what you want them to say - and then use that as a ""oh, the people of the OSD WANTED this change?"" I'm not sure if I'm against or for this, but I'm super annoyed that this is so one-sided.

Please do not change the start times.

Also affiliated with Griffin School, not in your list but as a non high school district our kids go to only school district for high school. It would be wise to include Griffin in your list as well as to consider them as a stakeholder (bussing, etc). Thx!!

Just keep the start time where it is. If you were to change it, I would be forced to find a different job. I work two to three jobs and I can not keep changing hours and times with my other two jobs. Please do not change the times to begin or end school.

Starting later to get more sleep assumes the child will go to bed at the same time... Not going to happen... Moving the MS/HS to a later start must assume the elementary will start earlier so that OSD transportation schedule can be maintained... that has not been communicated in this video..... Extra curricular activities such as sports will have to alter their game times which will impact the other nine communities in our league.... this has not been addressed and would be a huge challenge to spring sports.. Will OSD pay to light the baseball fields?

It would be a shame if we did not implement this, as we know it to be best for students. (We have always known it!). Their education should be put first, not the issues of sports or people's babysitting concerns. If we ignore the research on what is best we belie our mission statement. It may also help us retain more students at the high schools who are leaving us in droves to do Running Start.

The real problem are the Wednesday schedules. The early release time is a very big hardship for our family. The late start model makes much more sense for a high school family.

The early release schedule it ludicrous for a high school. Athletes waiting around for practice and then some being able to practice because their coaches are not teachers? Stupid. Additionally, the initial survey to select early release was flawed at its core. Whoever designed that survey obviously a) has an agenda and/or b) has never taken a statistics class in their life. Find someone in the district with a basic understanding of how you design a survey and try it again.

I think going for a later start time is definitely a win for students, and as a teacher, I'd like to see that happen. If later start times are proven to increase the health and wellbeing of our students, then I think that outweighs the potential impacts to extra curricular activities.

I do agree with the research backed by the study and was happy to see the students articulating their opinions. It's a very good topic and having students who perform well in class will benefit the district's performance measures which will increase funding and grant options.

School starting later would be a very negative thing because of after- school activities

It is difficult to answer the impact questions without knowing what the elementary schedules would look like.

I am a school bus driver and parent. Later times would help me so much in the mornings! But it would make it a bit tough in the afternoons. As it is I barely get to daycare by 6 some nights because I transport some students out of district (Mckenny vento). But the good would outweigh the bad. I would rather not have wed. Early release and have shorter days each day by 10 or 15 min...

Research has shown adolescents sleep cycles are later since I was in high school. We expect teachers to use current best practices to support our students in their learning, so it makes sense that the district should adopt best practices too.

This change needs to be done this fall. The science is so overwhelming; why put it off?

Later start times - especially for middle and high school students - are proven to improve academic performance and student health. This is a worthy change that is long overdue.

Great idea, shifting school for high school students!

Personally, I like starting work on the early side, but I understand that research does show that a later school start is better for students, which is the important thing. That said, it is a little problematic filling out this survey, because it doesn't give any information on exactly how much later school could start. The film says 8:30 or later, but there aren't any parameters set for exactly how much later. For me personally, I could live with an 8:30 start, but anything later becomes less and less desirable, as the starting time gets later. The survey is a little too wide open for my comfort.

We need to consider the multitude of students and staff involved with before school music groups and after school sports and other activities. These programs are a huge asset to our community and any changes must have a positive plan for these groups as well. Transportation must also be a part of the conversation as they have serious limitations due to funding cuts.

I get there is research on sleep times and tired teen brains. But, some of that has to do with teens simply staying up 'till 1-2 in the morning. As it is, my kid misses a couple afternoon classes for sporting events in the fall and spring. If you change the schedule they will miss MORE classes! I do believe the research, but I know our kids are succeeding and out-doing other schools academically despite our current normal start time. Also, you don't mention how late of a start time you are asking us to consider. If you think it would be better if our teens started their homework or their sports practices at 5pm or later, you're nuts.

Students need sleep in the morning.

I assume this may impact the start times at other schools. Even though I hope it wouldn't delay the start time of my current school if these changes were implemented, I believe it is important to pursue this. My own children are out of school now but I have always believed that the secondary students should start later for the very reasons mentioned in the video. I understand it could possibly present some challenges to after school activities, I believe it is definitely worth pursuing.

Looking at the data from Seattle Public Schools, better attendance, fewer tardies, higher test scores ... hard to argue against that!

I really appreciate this being a point of emphasis...7:45am start times for HS students creates a truly challenging barrier to learning, it is just too early. Furthermore, I have worked with students from low-income families who have obligations to get their younger siblings to school or day care in the am and cannot make 1st period consistently. These students have often been penalized through the Becca system simply for taking care of their family. I am in support of either full later start times throughout the district or alternative schedules for students to start their days later and end later.

Affecting a small population of students/staff: this would affect sports schedules, and students missing 5th and 6th periods more frequently when they have away games.

School meal times are important too, hopefully this doesn't reduce the amount of time students get for lunch.

As a teacher this may not impact my students or me much once we got used to the time change BUT when you consider the impact of this on teacher/coaches and student athletes this is tremendous. The added 2-3 hours for practice and worse for game days put student athletes home even later to have less time for family as well as studies at home before bed. If a time change is needed, I would hope you would consider this being minimal. Possibly changing back to the old schedule of an 8:00 start with 9:00 late starts on Wednesdays.

The impact on sports at the high school level would be enormous, and unless a change in the distance traveled for sporting events (change to a local league) also accompanied the school start times it would mean A LOT of missed class time for student athletes.

Interested in research from Seattle Schools changing their start times on attendance, school climate and culture, and standardized test scores. Also feel that student needs are more important than transportation needs/wants. If it is truly a priority to meet student needs, then changes should be met, regardless of the difficulties on the district.

More sleep = better mental health! Next issue: ban the cell phones in schools and we will help our kids have strong emotional health! They are suffering! Let's give them the tools for mental health! Thank you!

In talking with friends with North Thurston, there are many advantages but also many disadvantages with the start time shifts to later in the morning. Many of our athletes will miss more classes for games/events, work hours are more difficult and many students quickly change their sleep schedules back and we are in the same boat as before. The work hours is the most difficult for me as it negatively impacts our more fragile families that depend on the students working. Just things to think about as we make our way. I hope there is discussion with staff and families with districts that have changed and not just looking at statistics.

If we started later, then it would be necessary to ensure that the after school sports were also delayed. As a high school teacher, I find that students missing afternoon classes negatively impacts their learning.

The data is very clear that high school-aged students need more sleep and they can't get it from going to bed earlier. Their brains are wired to go to bed at midnight and sleep at least 8 hours. Academics are our #1 priority. After school events are less important.

"My teenagers need more sleep! Getting them to bed at night is a struggle because they are not tired or wound down enough and then getting them up in the morning is also difficult. By the end of our school day, my fifth grade students are sluggish and wiped out. Most definitely they are not able to attend as well to their lessons when they are feeling tired and done for the day. I can't help but feel that if they had started earlier in the day the end of the day would not be such a struggle in the classroom. Also, as a teacher at one of the schools that has the latest start times, I find it impossible to get any kind of appointment scheduled for our family that doesn't involve pulling one or more of us out of the classroom to make it during their office hours. Please be forward thinking and developmentally minded about school start times."

The cognitive is very strong and I believe in following that.

I understand that this may be a struggle for high school students who need to work in order to support their families and/or themselves. Have we considered the economic impact to those families and individuals? I know that we can't please everyone, but I want to make sure that everyone feels considered and heard.

I think that students would do better academically by starting school after 8:30.

I think the start time should be later

There is only 4.5% change in academic outcomes. And once a new start time becomes the 'normal' start time, will students just stay up a little later. With social networking there is a temptation to interact a little later. If we change to later start times for high school, then sports games and practices will be later resulting in later nights. Students with after school jobs would be affected as well, as they would not be able to start the job as early. A part of life is to learn to develop a schedule. We all have to learn schedules for life. School start times are a beginning of this.

In education we always talk about teaching methods being research based. It about time we listen to research on start times. Keeping it the same because that is the way we have done it, is just plain stupid. Do what is best for the kids, and for high school it is to give them time to sleep!

Moving start time an hour later seems to make a lot of sense. I feel the community would get used to the change after a short period of time.

This seems like it would be quite helpful in the school years to come. Please consider this option.

I like the idea in theory but I'm wondering how it would impact those of us that have obligations associated with other districts in the area, namely Tumwater and North Thurston.

I am a senior, but I do think this would be extremely helpful for other students who are required to pass all classes to graduate.

it will be geat to have schools state later

Zero Hour classes would be much more manageable by starting later

I would prefer to keep the present schedule.

I think starting the high schools and middle schools a little later would be great! I think a start time around 8:30 would be a good shift that wouldn't impact sports and other activities while still allowing a little more time in the morning for students.

Start time of 8:30 is too late!

I know this would impact several of my high school students! This not only impacts students but staff members as well in a positive way. We typically see mental health issues arising in the fall and winter, and studies do show that later times do help with kids and adults in this area. I strongly feel that even 30 minutes extra would be a major impact on our student progress, as well as attendance.

High school students need to have those extra hours to sleep. It is crucial to their developmental and mental health. Stress rates are very high and something needs to happen to reduce them

!!!!

Adolescents have many demands and little sleep time. A later start time is absolutely necessary to maintain the mental and physical health of our students.

Even though the change in school time could be difficult for me to adjust to with my schedule, I think it is the right thing to do for student health and welfare.

Students involved in sports at the high school level will miss more class time if we start school later.

I believe the extra sleep time would be beneficial to teenage students

I don't want school to start later because this will cut into sports and work after school. Also, students will have less time to complete homework after school so they will be staying up later to get it done so making school start later will not fix sleep deprivation issues.

how much would it help kids it just mans kids can stay up longer and still get less sleep.

I am all for it!! They are up way too early for school!!

fix the schedual

Do it thi

Later school start times would be benificial to all ages for better brain development and more active engagement in classrooms

I would like a 9:30am start time

As a secondary education teacher and as a mom of a middle school student in this district, I believe this topic to be of extreme importance, especially when talking about high school students. There is so much research that has been done by so many different organizations that are in support of changing high school start times to be later in the morning. The adolescent brain is not designed to function at a high level at 7 ish in the morning. When other cities and districts have changed to later start times, student's grades go up, drug and alcohol abuse goes down, and engagement in learning increases. Why wouldn't we want those things? I strongly support changing start times for secondary students to be later in the morning.

im to tired to pay attention in first and second period with out falling asleep

The start of school is too early, most people are not getting enough sleep.

I like cheesecake

Thanks for trying to help students.

I don't have any hobbies so all this stuff has no real impact on me.

I like cheesecake

Please do not change the start time. For those of us who play sports after school and want to spend time with our families as well after school, this would have a negative impact. This will also make transportation difficult for those of us who get rides from a parent on the way to work.

Seems appropriate

If you move hours back then we would do home work later and with sports - for some kids- they would do homework way later. so, would sleep habits or hours really change.

I have a life after school.

We should not change any school start times. There are some days when I dont get home until 8 or 9 oclock because of sports and that is just a normal day. If we pushed start times back we would be getting home even later which would cut into our time to be able to do homework or sleep. The only good solution to this problem would be to leave school earlier and by doing that we would be missing out on many lessons and would be way behind in class. There is absolutely no good reason to push back start times excpet to get more sleep, but even if we do push back start times, the end of our day would be much busier and who knows if we would even end up getting better sleep. Also, some people want to hangout and have social lives after school and by pushing back start times, this would totally eliminate everyones social lives because you cant hangout and have a good time with someone when youre getting home from school at 5 and still have work, sports, or a job to go to.

I personally don't like this idea because of the affects after school. Not just me but a lot of people have things that they are doing after school that are important. I think things should stay the same.

i do not think we should change school start and ending times. for the reasons of it would only benefit a few people and the times are working successfully right now. some people have sports right after school it would mess up our schedules and everyone would be getting home later that already.

I think it would be highly beneficial for students and their overall happiness and grades if the start time were to be later in the coming school years. It is an absolutely admirable idea that should most definitely be implemented.

none

Please stop early release Wednesday or consider moving it to Friday. As a working single parent, it is very hard to accommodate.

I do believe our older kids would greatly benefit from a good nights sleep and if this can help them all I think the district should do it.

it should stay the same

Knowing that athletics is always a major challenge when considering a later secondary start time I hope a different athletic league is considered. If Olympia was in an athletic league that didn't involve as much driving time as the current league requires, student athletes would leave school for games/matches similar to the times they are currently leaving school and missing classes.

Changing times to match the brain science will demonstrate the desire of the district to do what is in the best interest of the whole child.

Early release time negatively affects my work schedule. It does not allow adequate time for lunch break or for assisting students/ athletes. Consider going back to late start days or somehow changing the current early release schedule.

I completely agree with these students regarding start times. My daughter will be a Freshman at [high school name removed] the 20/21 school year. My son will remain at [elementary school name removed] Elementary. [school name removed] Elementary & Middle School start 'after' 8:30. My kids use to attend [school name removed] in Lacey and the start time was 8:10. Just having that extra 30 minutes has been so helpful for my kids rest these last 2 years that we have been at [school name removed]. When my daughter goes to [high school name removed] 20/21 I will need to wake my son at the same time so we can get his sister to school by 7:35. That means getting up by 6am and leaving our house at 7am. My younger son will lose a whole hour of sleep that he does not need to lose. After dropping my daughter off at [school name removed] High School we will need to go back home for 30 to 40 minutes because it will be too early to take my son to school. Then leave the house for a 2nd time to get him to school by 8:40. My son is too young to leave home by himself in the morning. Later start times are beneficial for the students rest and parents raising children that go to different schools. It is important to get all the Olympia Schools on the same or very close to the same start times.

We agree with the research cited by the students in this video. We definitely support a later start time.

We are very curious that, your survey did not ask, how we thought this would effect the learning experience. We believe this is the main point in this discussion, yet somehow it has been omitted. Our response to this is +2 very positive!"

I believe this change would be extremely beneficial to student productivity and health.

How would this change effect elementary school students? I would not want my younger children to go in earlier.

Later for older kids! The research is powerful and must be considered.

Our daughter graduated from CHS in 2016, we have two elementary age children in the Olympia school district now. I think this is a great idea for high school students. My only concern, depending on new school hours, is winter sports. In the winter, it's dark by 4 pm; kids would potentially be at practice until 8 pm which feels really late.

Let's do what's best for kids!!

I think the change in time is valuable. But I can see how this could greatly impact working parents to assure kids get off to school on time and impact after school activities.

9:20 start time for middle school is great. My students were awake even in first period! Maybe an 8:00 AM start for high school because many students work after school.

This is a great idea and the video by the students is fantastic. I support the change!

I live next door to OHS. I'm a ohs bear [graduation year removed]. I despise the traffic rushing on my street. Maybe multiple start times will affect this, unsure. Science shows sleep helps remedy absenteeism and heightens focus.....

How would this impact elementary schools? Would we make them earlier to do their own transport or put everyone in buses together in the morning and after school?

I teach at a middle school in another district with a 7:30 start time and I witness the negative effects of an early start time daily.

This should have been happening for YEARS! It's a no-brainer.

Having gone through this in 2 prior districts...bellevue and northshore, the biggest gripes were poor implementation by transportation...not accounting for regular commute traffic flow in planning and thus causing either multiple student tardies in mornings...hs., or kids getting home very late...hs and elem.. Further, that routes were set up so that in too many cases the sleep gains for hs were cancelled out by having to catch the bus far too early. And of course increased issues in the parent drop off zones at all levels. Also, kids..littles..left to get to bus without supervision due to parent work schedules. SOME of this works itself out, however planning ahead will save a LOT of grief for everyone.

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

I teach high school in a neighboring district so I am aware of the research on learning. But I am concerned about how this would impact busing, district finances, and the start times of middle

and elementary students. It would benefit OSD employees with younger children who can't find adequate early daycare to accommodate their work schedules.

What is the impact cost to transportation? What is the impact for after school activities? What is the opinion of the staff in the buildings? How about the staff that have students in another district but work in OSD - how will this effect them? What is the % of students in OSD who are in after school activities and work? How will this effect them? I am a fan of later start times, but I'd like to have a deeper understanding of the impact on the community first. I'd also like to see OSD (all Thurston Co) extend their school year by 20 days. I think the reduced gap in learning would benefit the students much more than just a later start time.

Thank you for considering this and working to improve our system.

My child will still get up at the same time and go to school at the same time because my work schedule wont change.

I can't answer this survey because I don't how the changes will impact elementary schools. I would not be happy if elementary schools were to start later than they are now.

I believe it is important to protect the sleep of middle and HS students. My concern with shifting the school day later is related to sports/homework. I think research also shows that teens benefit from time with families -- will the later start time result in sports and extra curriculums that bleed into the dinner hour? For us working parents, this is often the only time we have to connect with our kids. This concern isn't a reason to NOT push the start times later, but it is something I would like the committee to give some thought to.

The benefit of a later start would definitely offset any inconvenience it introduced into our current schedule. I'm glad OSD is giving this serious consideration.

I hope the district will follow the evidence on this and adjust start times

Would school end times change proportionally?

Yeah!

Seminary is a thing and the time for seminary is 6:15-7:05

DON'T CHANGE THE [Removed word] SCHEDULE

JUST LET ME SLEEP

i think that it works really affect sports and extra curricular activities I think 8:45 is way to late I think 8:15 would be good

We should make this change, because kids need our sleep but we can't because we have practices after school, have a ton of homework to do at night and by then, it would be close to 12 and some of us get up at 5:45-6:00 for school! Thanks!

I feel as though the change of school start times would help relieve sleep deprivation, I feel that we need a complete schedule change. I suggest that if we were to switch to a block scheduling system. (Students only go three periods on one day and the other three periods on the other day), this way if the school time was increased it wouldn't cut into our evening priorities so much. It would also allow the school to increase time in the classes leading to a better performing classroom and not keeping all the classes on such a short time budget. This system would also allow students to better keep track of their homework making so that us students aren't constantly bombarded by assignments and projects on the same day from multiple different teachers leading to most of us not getting a lot of sleep. In conclusion if we were to get a later start time I would want a block scheduling system to allow students to get more sleep, manage their time better, and allow teachers a longer teaching time.

Thus would be a huge benefit for my teen. Early morning wake up is difficult and she is definitely not alert as she heads off to school.

It is nice to do some extra studying and other chores, but it is also kind of annoying because I have [name of sport removed] almost every single day immediately after school, so having an hour late start is nice to have a break between school and sports.

I think 9am is great for K-6, but 7-12 should ALSO start at 9am. None of this 8am or earlier zero periods. Too early. 9-3 or 3.30 is perfectly reasonable for all teenagers.

While I understand that there has been research I have serious doubts that there was a control group in the research. It is a societal problem that kids are too involved with electronics and don't get enough outside time and physical exercise. I truly believe that if students could learn to turn it off and calm down they could get to bed earlier. I do believe that if kids got more sleep they would do better but that is not truly related to start time.

I am a crisis therapist. I work with suicidal teens in all districts in Thurston and Mason County. The research points to adolescents not getting tired until later in the evening and sleep is when the pre frontal cortex develops.(The part of the brain that says "maybe this isn't a good idea."). Teens need sleep and the districts in Olympia start too early for high school. Help me keep these kids alive by allowing them to sleep in and develop that impulse control. Most of my clients report they would be on time and even have better grades and reduced absences if school started later in the day.

What would new end times be?

push the start time back by at least an hour

We should make this change, because kids need our sleep but we can't because we have practices after school, have a ton of homework to do at night and by then, it would be close to 12 and some of us get up at 5:45-6:00 for school! Thanks!

Please make us start later.

Please at least 8:30am if a change is made.

8:15 to 2:52 or 2:45 would be ideal for traditional high school setting such as OHS. Or, 8 to 2:37 wouldn't be bad like it used to be. Thank you.

The schedule needs to be attuned to teens' biorhythms

I agree with this concept, it's science. Teen kids need their sleep. And I've heard many parents discuss this as well. Great job on the video.

high school should start a little later and get out at the same time

start it later please. please for the love of god.

i just think it would be more difficult for us to get jobs because we have less time after school.

Please change start times. (I NEED MORE SLEEP)

"My name is [Name removed], I am a student at Olympia High School. I am involved in many extra curricular activities and I miss school to do those things. I believe that with a later start time, it would result in my practices going later into the night, as well as missing more school to get to sports away games at other SPSL teams. I enjoy the schedule how it is and that later starts will result in more kids missing school and won't have a greater impact on grades and test scores.

The research is clear, start times need to be later. Families will adjust.

Getting out at 3pm is gross.

How will this affect elementary school start and end times? That is the only possible slightly negative impact that would affect me personally. After raising 4 children who are now adults, I am well aware of the sleep cycles of teenagers and agree with the idea of later start times. I do wonder how it would impact after school activities such as sports and jobs. I fully support the proposed later start time for middle and high school students.

Brain research is CLEAR. It is time to support our youth with this change!

Urge the committee to review the problems caused by time changes on the interscholastic athletic and activity programs e.g. sports, drama, music etc etc and react to problems before they act on any changes.

I'd like to see changes in lunch times as well

Please listen to the research and let our kids start later!

Please let teens sleep later. They are old enough to get to high school on their own. They are wired to stay up late and sleep late. After school activities being pushed back is no problem.

More information is needed on how this change for middle and high school would impact elementary students and staff.

I have already starting homeschooling my high school sophomore during 1st period as I have researched sleep cycles for adolescents on my own. PLEASE do the right thing and start later. It makes all the sense in the world.

I only wish the OSD had read the research a couple years ago! Let's make this happen for our sleep deprived teens!

Each year we have had an input questionare I have mentioned later school time for olders and smaller class size for all ages. Glad to see this.

I support a start time of later than 8:30 for high school students. Middle school is different and still closely tied to parental schedule. Opinions of pre-high school parents are likely to be related to their schedule. Much research proves high school students are more prepared to meet the academic and emotional demands with a later start time.

Please do this by the year 2020! It would be so helpful to me because I never get enough sleep and waking up early makes it very difficult to concentrate for my first 2-3 periods/classes of the day.

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Please do this by the year 2020! It would be so helpful to me because I never get enough sleep and waking up early makes it very difficult to concentrate for my first 2-3 periods/classes of the day.

I prefer later start times as proposed, but don't want any elementary schools to then take the earlier time slot. I don't think any school should start earlier than 8am. I also think it's better for

older kids to end their school day earlier than the younger kids, so older siblings can help with younger siblings after school. Good luck!!

My child could only sleep 5-6 daily due to the current schedule to get up at 6am. That is not healthy. Extra curriculum ended and 9. Then dinner. Home work done by 12-1am most of the day. So late start will make 1 extra hour of sleep. They will have more energy at school.

I am willing to handle the impacts on my schedule to help my teenagers be more rested and successful in school.

This issue is extremely important to us as our 12-year old approaches high school. We strongly support later start times, even more so considering the push for adopting Daylight Savings Time year round, which would make it dark till 8am during the winter. It's unsafe, and a disservice to our kids.

The proposed change would likely complicate family logistics and work scheduling for me, especially if, as expected, I end up taking in additional foster kids in future years. But I think we should as a community should put the needs of our children first and let it fall to the adults to find ways to make it work. Let teens get their sleep. The research is clear, it will benefit all of us to improve their development and grades.

It would be about time, if high school got pushed back an hour or so!! Good job getting this lumbering, lopsided ball rolling!

I think this proposal it's a great idea, for the students to wake up fresh and rested to study hard it's too much pressure to be a teenager already getting transitioned to become an adult with lots of responsibilities , with a little of sleep sometimes none because of the circadian rhythms . My three children had to take melatonin recommended by the doctor because they were having depression , stress and anxiety symptoms. This situation end up in running late because the side effects of it , headache, nauseas, grogginess it's such a burden to be calling to excuse all the time and unfortunately all this symptoms are not approved by the Olympia School district attendance board .

I would love to see start times as late as 10am

Please I beg of you to approve this! Change will be hard and some will be upset, but as the shift becomes normal, so too will the reactions.

While your video talks about changing MS and HS times, it would be good to share how these shifts affect ES. Also, it would be good to list the studies you reference as well as information to support the assertion about real impact to test scores. The way this is set up expects the reader to just trust what you are saying.

I think this change would be good. I support it.

It's about time to adjust to a later start time.

I think it's very hard on teenagers' bodies (and sometimes adults) to be up so early. My older daughter was sick a lot more in high school because she never got enough sleep. I'd really welcome this change, as would my student!

There are so many proven reasons that an 8:30am or later high school start time is beneficial - academics, physical and emotional health, safety (especially for our student drivers), attendance, etc. DO IT!!!

This change is long overdue! OSD need to catch up with brain science/research.

Do it! We've (parents/families) have known this for DECADES! & There's research demonstrating the ill effects of sleep deprivation in this student population, it's about time.

This is a necessary step for the health of our teens. I wholeheartedly agree and know it will benefit my son and our family.

Please do this!

This is a great idea. I'm a former middle and high school teacher and I have seen the negative impact that an early morning start makes on a kid.

As long as it could be beneficial to our youngsters, I will support 100% regardless!

High school kids need more sleep and this is only way due to sports and too much homework (also an issue!)

I feel strongly that a healthy amount of sleep for my kids' is more important than my slightly inconvenienced work schedule. Now, more than ever, we should be prioritizing our children's mental and physical health over all other. Thank you for your efforts.

Earlier would be better

Please do this for the youth. It will have a huge impact.

While your video talks about changing MS and HS times, it would be good to share how these shifts affect ES. Also, it would be good to list the studies you reference as well as information to support the assertion about real impact to test scores. The way this is set up expects the reader to just trust what you are saying.

I do sports. I don't want to miss more afternoon class time. In off season I work. My family depends on me to get my siblings after school or work. I need to get out early for all of this.

Please keep start times the same.

Please make start times later.

A later start time for HS is even more important since daylight savings is year-round now I am in total support of the MS and HS students getting more of the sleep they need and beginning later. Our entire community may benefit from their ability to nourish their brains and developing bodies with the sleep they need!

I support later start times for high schoolers and earlier for elementary

Extracurriculars, meetings and activities already have my full-IB student up until after midnight every night finishing homework. i can't even imagine there being another hour added into her day.

I fully support this change, and I believe it is in the best interest of students!

Just not sure how that would impact extracurricular activity start and end times for busy students.

This is a change that is long overdue. While there are tradeoffs, the benefits for student health and learning outweigh the costs.

Impact to sports schedules should be a minor consideration, at best.

I am very much pro later start times for middle & high school students. My concern is the earlier start times for elementary. None of my children are early risers and all of them have evening activities. This solution would absolutely result in less sleep for them. In 2020 I will have twin 2nd graders, and 6th and 8th graders.

According to Matthew Walker PhD, the head of sleep research at Berkley, one year after Colorado changed school start times to 9 a.m., mandatory general knowledge test scores increased by up to 70% throughout the state. 'nuff said.

The sooner the better!

My concern is later start means later extracurricular activities which means kids won't be home until later which pushes out bedtime. In my mind that doesn't change the amount of sleep the kids will get but shifts the timeframe. I'm also concerned about overlapping bus times for high/middle school with elementary times. Are there enough buses and drivers to handle this when it seems they stagger buses to handle transporting all kids. Thank you for the chance to comment and consider what's best for our kids.

I am begging for later start times for high school students! These kids are getting no sleep! My child is a ballet dancer who dances 6 days a week. She has to be there as soon as school gets out and doesn't get home sometimes until 9:00-9:30. There are nights she is up until 2:00 am doing homework all to get up at 5:30am. I know it isn't just ballet dancers that struggle with this. Any high level athlete. Further more there is scientific evidence about brain development and circadian rhythm. We are ruining these kids brain development! Please oh please, this would be such a positive change! The sooner the better!!!

This is an important change that should be made - thanks for taking this on!

Definitely in favor of a later start time for OHS.

High school students need more sleep and schools should accomodate that for their health not solely determining schedules based around after school sports and activities.

N/A

Overall, I feel starting later is advantageous for teens. The negatives would be for those teens that need to work or have time consuming extracurriculars finding time to do homework AND sleep in. I am finding that the first hour or two after school for teens now is not incredibly productive because they are fatigued from getting up early and concentrating all day, so it may be a wash.

I don't mind the start time myself and actually like the early schedule because of when school ends. It gives me lots of time after school to finish work, do what I need to do at home, and relax before going to sleep to start the next day. And I'm taking harder classes in the future. So if I have to work longer that I do now and have less time after school then there would not be as much time to have a mental break to enjoy part of my day before I get ready for the next. It's responsible to go to sleep at a reasonable time and if that's something students struggle with then they should try harder for their own benefit. But removing more time from after school won't help with going to bed sooner if they are up later working longer. At least that is what I foresee in my case.

i came from NSD and there start times for elementary is later it is around 9:15 students in middle school started at 8:45 so i think that it would be a great help

If we had a 8:30 start time as a staff would we conduct our PLC and other meetings earlier or would we start later also?

I am a high school science teacher and while I understand, and don't completely, disagree with, the rationale for changing the start times in secondary schools, I see this as burdensome from a teacher's perspective. Under the current schedule, I spend a considerable amount of time helping student athletes who miss my classes for sporting events access and make up missed work. Additionally, their absence from the class has an impact on the students remaining. For

example, if we are doing a lab or students are working on a group project, the absence of group members negatively impacts what can be accomplished during the class period. It is not possible to plan these activities around the sporting calendar, given the other special schedules we have to consider when planning (i.e. shortened class periods for early release on Wednesday and Coug Time on Friday). While finding additional ways to support student athletes academically is laudable, the teacher is always going to be part of the equation, and adding more burdens to the teacher's work must also be factored in to this decision.

This feels like a very disingenuous survey. Just because you put out a survey doesn't make the results you receive meaningful. To cite a 4% increase in grades is barely valid (if valid). I really hope the survey results are published before any kind of decision is made. Would hate a decision made to feel like it was already decided by the board before input was given and received.

Long over due Please change to later school times to benefit the students and allow them to thrive "

Thank you for considering this!

The video does not offer enough details. I assume elementary schools would shift to 730a starts? Hard to know the effects without all the information.

Studies show high school students need a later start time to be able to function properly and I would like to be able to function and have enough sleep

My daughter chose Running start specifically because of a later start time; her activities as a [word removed] dancer often mean getting home at 8-9:30 during weekdays. She was miserable in the morning. When the option to have her day start later, she took it. I supported her although I am sorry to see her leave Oly high full time and the high school experience.

If teenagers know they can sleep an hour longer we will just stay up that much longer. The number tarries will be virtually the same and we will be just as sleep starved.

As a high school parent and staff member, I strongly agree with the recommendation of a later start time for high school students! I see the need for that change every day!!

I am very concerned regarding the impact on school athletic start times and extra curricular activity start times should a change be made to later school start times. It would negatively impact kids getting back much later from activities in the evening and have a negative impact on time to complete evening homework. My own children are also against later start times.

My high school started at 7 am and it [Removed word]. I'd support a later start time for teenagers for sure.

I think it's VERY IMPORTANT for teenagers to have a later start time, for sleep, grades, brain development, and overall health. Also, please consider adding a full midwinter break (February).

I think it's a great idea. Currently start and finish times for middle and high school are based on the need for care of younger siblings. With everything pre teens and teens have on their plates I do not think childcare should be what drives earlier school hours. I believe with most extra curricular and work schedules held by teens often keep children up well past 10 at night so by the time their day wraps up they have less than 8 hours of sleep time and that is already short of the recommended time by pediatricians.

Not in favor of middle and high school start times beginning later. Later start time means later end time. What about after school events and activities...they start later and then again end later. Or student's will need to be release from school early and this has an effect on academics too. What about family time? Eating dinner as a family? As it is with activities and homework families are not left with much time together. Students may need more sleep for their developing minds and bodies but will they sleep and take care of themselves or will they stay up or out later because they start school later? Not convinced it will help with first period tardies or absences. Student will think they have extra time and still run late (I have seen it in another school district that has PLC Monday that start one hour late). A suggested change in school times 7:45am to 2:15pm and 8:05am to 2:35pm for middle school and high school, respectively.

As the parent of an elementary student, knowing you'll most likely have to shift them earlier to accommodate for a later start in HS. I would rather work an earlier school time now, and have more positive outcomes once she reaches middle and HS. We are not morning people, and this would be a rough shift- but better for the long run in my opinion. 10/10 support.

When living in [country name removed], our middle schooler at the time had a late start. He was able get his homework done in time, attend after school/ evening sporting events, and get to sleep in later in the morning. He was a lot more well rested, and his performance all around showed.

I am very supportive of changing the start time to later in the morning.

I have young elementary-aged kids (and not yet enrolled). I'm very much in support of later starts for older kids, and I support start times later than 8:30.

The research and evidence of benefits are sound. I have called for such a switch for a number of years. My child is several years away from middle school currently, but eventually this change will affect him and my family. By the time my child is at that age, this system will have been in place for several years, and this will just be "the way." I know it would be a harder shift if we had already been dealing with the existing start times, but even if that were the case, we would

adjust and the new system, again, would simply become “the way.” This is an excellent choice to make for the success and safety of our community’s children.

I am a child care provider in Olympia. Changing school start times would provide benefits to many students and have little or no impact on the before and after school services I provide.

"Remembering back: it would have been great for elementary school to start earlier -- would have consolidated child care into after school time.

Thank you for working on this...I've wanted it for years!

I have love this idea! I have read a great deal about the science behind later start times and the other surprising positive impacts like fewer behavioral issues and even less teen vehicular accidents. I fully support this change and appreciate the opportunity to make such a big transition to a schedule that would be best for our kids!

Thank you for looking at this!

I think even a small change in the schedule would be beneficial to students. Especially at the high school level as they are more independent and it would impact families less.

Great idea.

I think it would absolutely benefit the middle and high schoolers. I agree 100% with the video. Thank you for considering this.

I understand that changing school start times would benefit students, but there are many other things that need to be considered, such as extracurricular activities. The other school districts are not changing their start times, so sports would begin at the same time even if school ended later. This would cause students to miss even more school than they already do, which would be worse for their academic success when compared to moving start times.

I fully support later start times

It would make sports and after school activities later and limit what some students do after school; if it is not school related ie: work, community service that is not school related. How does this effect busing and what about those elementary kids?

I assume that if start times shifted, community organizations would be part of it, correct? That way any community sports could shift practice schedules. The only other concern is an increase in the amount of school missed for sports. Students already miss a lot during their season in order to travel to away games. Unless it were part of a broader change or classes became more flexible in how they are delivered, students would miss even more class time.

we need to start later

Very very negative affect on me.

Very very negative affect on me.

i want later start times!

This would be so great to shift the times later. My daughter could more easily participate in zero hour activities like chamber music when she reaches 9th grade in the 2020/2021 school year. Thanks!

Please please please make this change in school start times for our children. In highschool it is so very important for kids to be well rested and alert, especially given all of the after school activities that they are expected to be a part of in order to be on the "it list" for college admissions. Our kids need this. Please, do the right thing for their success. This will undoubtedly help kids be more successful in all areas and improve high school performance overall.

I don't have anything to say.

I'm glad to see you trying to implement scientifically based best practices for our kids. Way to go!

I recommend starting middle school and high school at the same time as elementary.

Please find a way to make this survey more accessible on the OSD app, and for access on smart phones. Question #3 is impossible to answer, as you cannot see/answer the question fully.

I'm 100%+ in support of this change as long as grade school times do not change.

I want more sleep por favor

Changing the start time would cause difficulty for student athletes, students with jobs, and older students who provide childcare for their siblings.

My daughter participates in [name of sport removed] which starts at 4 pm. If my start time was altered I would have to reduce my contract to be off in time to meet my parental duties which then impacts my family finances. While this is just an example of how it would impact my family, I can see positive and negative effects either way. I do not think there is a real solution that would meet everyone's needs. Honestly, I think the district should consider a 4 day week for all levels and trimesters for high school courses. Trimesters would allow students more opportunity to earn 24 credits within the traditional 4 year high school time frame versus failing classes and facing the possibility of 5th year senior.

I know you will hear from a lot of parents supporting later start times, but please consider those who have little flexibility with work times and transportation. If later start times are to be provided, I would make them optional for high school. If there is demand for later class times, students may select to start period 2 and go to period 6 or 7. For young children, I think later start times make more sense. I am afraid that as long as the world operates on an 8-5 work day, these challenges will exist. Flexibility to accommodate families with 8-5 jobs is very important. Thanks for all you do!

My main concern is that the new high school schedule will not work very well with my running start schedule. Additionally, the main reason I don't get enough sleep is because of the amount of school work, not the time school starts. Setting school to start later will probably just make me stay up even later

So happy this is finally being addressed!

This would be a very negative impact for the whole entire School District as a whole including Transportation daycare teachers para educators Etc

My answers above assume that Y Care would be able to make the needed adjustments and continue offering both before and after school care between the hours of 7:00 am and 6:00 pm. Before/after care options have a larger impact on our family than school start/end times.

I am concerned that the high school times could be moved later, and the elementary or middle school start times could be moved up to compensate. If there would be an impact on the middle school or elementary school start times, I am strongly opposed to this idea.

Also, maybe it's possible to stagger the school times of different grades so that there is not so much traffic blocking up the neighborhood around the high schools. All those idling cars have a serious impact on the carbon footprint of our community.

I am extremely concerned about start times in OSD. My son will attend school in this district and my husband is current working on a Masters in Teaching for high school. I hugely encourage the district to have high school start times move later.

None

My kids are still in elementary school but I don't foresee any negative impact on our family from this change. I'm now an early riser, as I was as a child, but remember when my body clock was shifted as a teenager. Sleep affects academic performance and (more important to me as a parent) mental health and physical health. 8:30 or later start times for this age group!

You are awesome [Removed name]!

Our family is all for making the change. We're sure it won't be easy to do, but we believe it will be worth it!

I would like this change because then I don't have to sleep in class to get more sleep

make the school times later please

Concern for athletics and the long travel times for our teams which means missing 5th and 6th period, teachers already complain about missed class time. No after school care by older siblings for families. Students are dropped off at OHS as early as 6:30 am by parents going to work, how will this change that situation of dropping off early because of parent work hours?

Please don't change the start time

later start times would make less chronically late students and teachers with morning classes would notice a higher attention rate of their students most likely.

[Comment removed]

My concern with a later start for middle and high school is all of the after school activities would get pushed back as well and the overall day would be going so late. Elementary school students don't have as many activities right after school. My children do just fine with the start times, they go to bed at a decent hour.

In this video you're not letting parents know that students if they are in sports will be missing up to 3 classes in the afternoon if they travel to a game. so I'm against this change

Please change! My daughter is starting Jefferson next year and I am dreading the earlier start time, she is NOT a morning person!

Extra curricular activities already can run late into the evening when students have to travel to other towns. I am concerned about a schedule change making an existing problem worse. Will students now be expected to miss classes late in the day to leave early for out of town activities? This needs to be thoroughly considered as decisions are made about delaying school start time later than it is now.

Schools all over the world have later starting times causing each student to gain more sleep, have more time in the morning to wake up and mentally prepare for school, and every school that does this has higher testing rates.

This will impact families that work, have childcare and kids in after school activities. Kids will get home later and still have homework, etc. This is a big no from me!

For impacts, it really depends on how staggered all the times are. Most important for my family right now is that the older kids are out of school first in time to pick up the younger kids. I'm all for later start times for middle school and high school students. 8:00am seems really reasonable to me.

I have advocated for this for years, in my children's previous district as well. I hope this change is made. It also helps reduce the amount of "latch key" time after school. That's also positive - it reduces unsupervised time for many kids.

The data points that it would make a difference. We need to work with the data sets and set our students up for success! Other programs will adapt. Set the baseline. Make the shift.

I am strongly opposed to later start times.

As a mental health counselor, I know that later start times - especially for teens - would have an amazing positive impact on their mental health.

I really don't mind either way. At some point they will need to figure out how to get up and be functioning adults. And, if the behavior of the average 18-21 year old college student is any hint as to how these youngsters will spend their evenings, they will simply stay up later offsetting any benefit of the late start.

My high school student is already up too late because of homework. A later start time means later times for her extra curriculars (Also important for mental health) which means she goes to bed even later than she does now. I don't think it will increase her sleep. I think that is needed, but I don't think this proposed idea accomplishes that. My daughter is wanting to pursue running start as a junior to have a more flexible schedule. As a family we are deeply concerned about her sleep and the stress from the lack of. She's our first high schooler and we have 3 future HS students. I just don't see how a later start time would help our families situation. I think problem is bigger than a start time. What are creative solutions we can brainstorm about the structure of the school day itself? Avanti seems to have achieved that and I would guess there are real ideas out there that could be explored. Thanks for requesting input. I look forward to following this discussion.

Hello! I work with Safe Place as a Youth Education Specialist, and as part of my position I do outreach in Middle and High Schools in the OSD. I have found from experience that whenever I am presenting in a first period class, students are less engaged and the take-away from my healthy relationship workshops make less of an impact. I strongly believe that adjusting the start time of schools by just an hour would greatly improve morale, attention and focus, and engagement when I'm out working with students. I can only imagine the effect that this change would have on students and teachers on the day-to-day. I think that we have seen from other school districts this adjustment to be very beneficial and I'm happy to see OSD considering this change. Thank you.

My child has after school therapy which he would have to have reduced if the start time was moved later. He is ready for school at 8:22. When he was at [school name removed] and the start time was 9:05 he struggled. He will start middle school next year and having them start later will affect us next year with the same issue.

Although research based, we live in the real world. High school start times should remain the same. My students commented that starting later would let them sleep in later, but that would obviously mean they'd get out of school later, thus having LESS TIME to study, complete homework, practice sports and music. They want to keep the high school times as they are. So do we (parents).

Teens need later sleep!

2 kids went K-12 OSD.graduated 2018. Research totally supports as does our experience. Wanted this so much for our time -do it!! Thx!

I would be in favor of a change in schedule to a slightly later start for the high school but not for middle school. I wonder if this change would impact the starting time of elementary students? Would it be possible to maintain middle school starting time and delay high school? I am curious of the extra curricular activities that high school students need to have? Would there be time for that?

I would enjoy this change since I do believe that it would affect my grades in high school (I am a sixth grader right now). If we got to school later, I wouldn't be as tired during school. But, I do have a concern; would I have enough time to do after school activities/sports in the afternoon? I would like to recommend to make the start time for high school about the same time it is for middle school now. Thank you for considering my voice