



## Examining School Start Times

JCSD Start Time Survey Results, February 2017



# BACKGROUNDER: LATER SCHOOL START TIMES

Adolescents today face a widespread chronic health problem: sleep deprivation. Although society often views sleep as a luxury that ambitious or active people cannot afford, research shows that getting enough sleep is a biological necessity, as important to good health as eating well or



## Why School Should Start Later in the Morning

The CDC weighs in: Early class times are taking a toll on adolescents' health and academic performance.

## Is it time for a later school dismissal?



POSTED BY: TODD KOMINIAK NOVEMBER 30, 2016

Throughout the country, schools are reconsidering their bell schedules.

Recent research suggests that later school start times and the benefit of more sleep each morning **leads to increased student engagement and success**. With this in mind, some school districts have moved their opening bells to later in the morning.

U.S.

# Teens Need Later Start to School Day, Doctors Group Says

High Schools, Middle Schools Should Begin Day No Earlier Than 8:30 a.m., American Academy of Pediatrics Says

teens

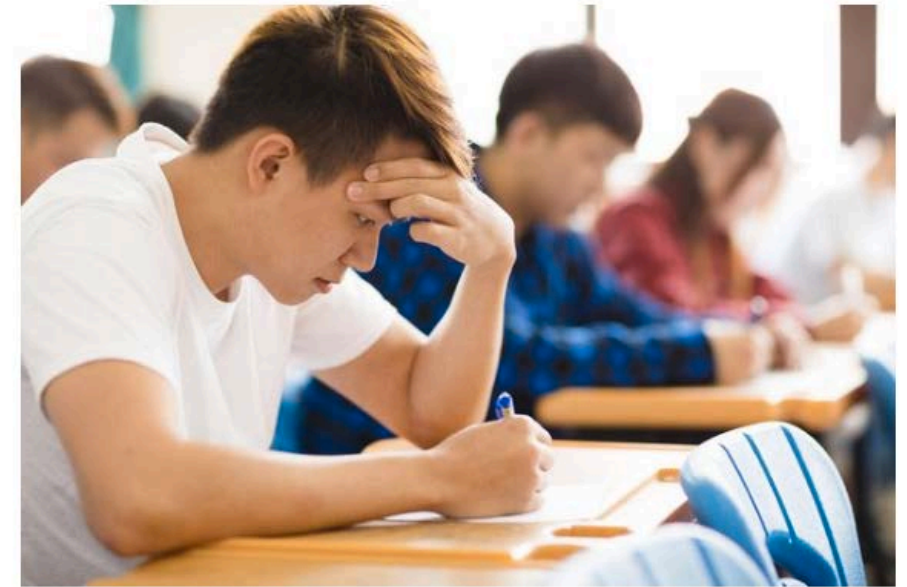
## The powerful thing that happens when the school day starts in the afternoon

By **Jeff Guo** August 5, 2016



(Charles Dharapak/AP)

## Delaying school start times gives students better chance of success: study



A new McGill study adds to a growing body of evidence that sleeping in has many benefits, ranging from improved physical and mental health to increased alertness in the classroom.

GETTY IMAGES/ISTOCKPHOTO



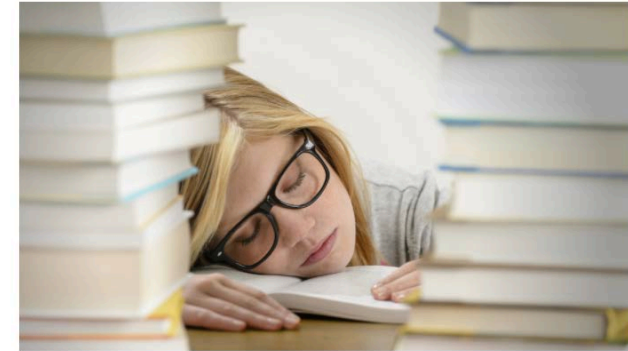
# AMA Supports Delayed School Start Times to Improve Adolescent Wellness

For immediate release: Jun 14, 2016

*New AMA policy encourages middle schools and high schools to start no earlier than 8:30 a.m.*

CHICAGO – As sleep deprivation continues to negatively impact the health and well-being of adolescents in the United States, the American Medical Association (AMA) today adopted policy during its Annual Meeting to encourage reasonable school start times that allow students to get sufficient sleep. The new policy specifically calls on school districts across the United States to implement middle and high school start times no earlier than 8:30 a.m. The new policy also encourages physicians to actively educate parents, school administrators, teachers and other community members about the importance of sleep for adolescent mental and physical health based on their proven biological needs.

## More schools hit the snooze button on starting times



POSTED BY: TODD KOMINIAK FEBRUARY 22, 2016  
"Five more minutes."

Every parent who's ever attempted the herculean task of getting their kids up for school has heard these words. The timeless foot dragging and impassioned protests drive parents and teachers nuts. But mounting research suggests such procrastinations might also be justified, especially in the case of hard-to-wake teenagers.

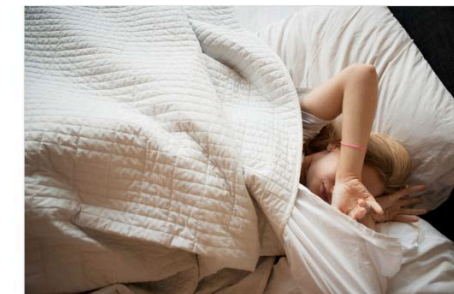
A new [report from the National Sleep Foundation](#) says that teens need at least nine hours of sleep on average to achieve optimal mental performance.

For school leaders, such research marks an important guidepost in the heated, and seemingly endless, debate about school start times. The latest findings, coupled with candid input from parents and students, are fueling renewed calls among the nation's school leaders, parents, and others for a later morning bell.

## Parents, Educators: Later High School Start Times Yield Mixed Results

Teens seem more relaxed in the morning, but there are drawbacks to later school start times.

By [Alexandra Pannoni](#) | Digital Producer Feb. 13, 2017, at 8:00 a.m.



Some school officials don't think pushing back start times has improved attendance. (JASPER COLE/GETTY IMAGES)

"Let them sleep" is the rallying call for a [nationwide movement](#) to push back high school start times. But parents and educators at [high schools](#) that have moved back the first bell report varying results.

Teens need about 9.5 to 10.5 hours of sleep and those who don't get enough are at



### About High School Notes





Whether you are a parent, teacher, student or administrator, get caught up on the latest news, ideas and policy debates affecting America's [high school](#) classrooms. Have something of interest to share? Send your news and notes to us at [highschoolnotes@usnews.com](mailto:highschoolnotes@usnews.com).

### STYLEWE FREE SHIPPING



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JCSD 2016-2017 District Goals and Focus Areas:

<p><b>Student Learning</b></p> 	<p><b>Well Being</b></p> 	<p><b>Engagement</b></p> 	<p><b>Changing Demographics &amp; Student Needs</b></p> 
<p><i>(1) We will collaboratively focus on and improve student achievement through the development and continual use of professional learning communities (PLCs) process.</i></p>	<p><i>2) We will study and implement practices which will enhance student and staff well being.</i></p>	<p><i>3) We will study and implement practices that increase the engagement of all learners - students and adults –within different learning environments.</i></p>	<p><i>(4) We will continue the implementation of the Foundation for Excellence plan.</i></p>
<p>1A) Enhanced use of data tools and data teaming</p> <p>1B) Engage in professional learning focused on the PLC process, Multi-Tiered System of Supports (MTSS - quality core instruction, intervention and supports), and Iowa Core Universal Constructs</p> <p>1C) Implement time structures that provide increased opportunities for teams with like learner outcomes to collaborate</p> <p>1D) Explore professional growth models that support our agreed upon instructional and well-being practices</p>	<p>2A) Educate staff and parents on best practices</p> <p>2B) Increase student accessibility to mental health services</p> <p>2C) Implement enhanced at-risk, integrated service delivery and transition models</p> <p>2D) Implement well being mobile apps and other tools</p> <p>2E) Share leadership amongst District Advisory Committee for At Risk/Mental Health and TLC Team</p>	<p>3A) Increase evidence of inquiry and problem-based instruction and professional learning</p> <p>3B) Increase use of digital learning tools (iPads), flexible learning environments and instructional support for staff</p> <p>3C) Promote a mindset focused on creativity and innovation</p> <p>3D) Utilize shared decision-making and teacher leadership (i.e. PLCs, TLI Teams, FFE study groups, TLC)</p>	<p><b>C5:</b> Study and implement plan for bullying, changing demographics, and increasing diverse students and families</p> <p><b>B5-2:</b> Begin the elementary planning process study/design</p> <ul style="list-style-type: none"> <li>• Student engagement &amp; authentic learning</li> <li>• Meaningful relationships</li> <li>• Collaborative, planning and PD needs of staff</li> <li>• World Languages</li> <li>• Instructional Technology</li> </ul> <p><b>C3:</b> Examine start times (second part of <b>C3</b>, “Examine use of time calendar and start times”)</p>

**(4) We will continue the implementation of the Foundation for Excellence plan.**

- Study and implement plan for bullying, changing demographics, and increasing diverse students and families (C5) – Bruce Amendt
- Begin the elementary planning process study/design (B5-2) - Student engagement & authentic learning, meaningful relationships, collaborative – planning and PD needs of staff, World Languages, instructional Technology – Corey Lunn
- Examine start times (second part of C3, “Examine use of time calendar and start times”) – Corey

# Current JCSD School Schedules

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Secondary Day

Students: 7:45-2:50

Staff: 7:30-3:30

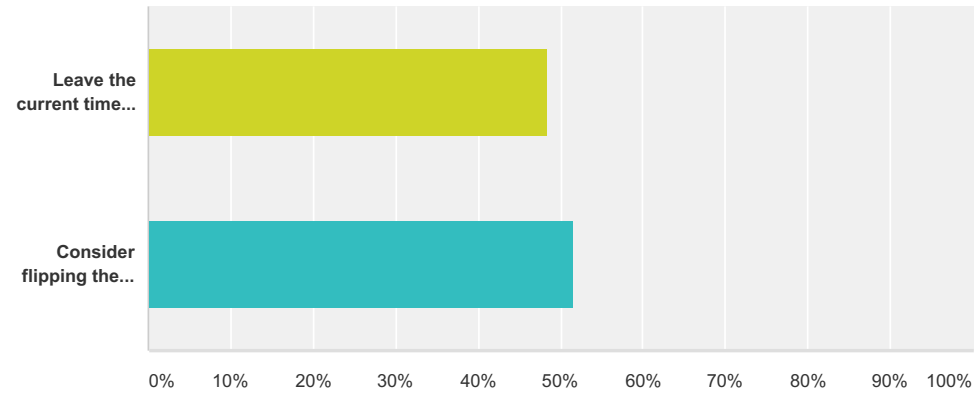
Elementary Day

Students: 8:40-3:35

Staff: 7:50-3:50

**Q6 Currently, our elementary (grades K-5) school day is 8:40-3:35 p.m. and secondary (grades 6-12) school day is 7:45-2:50 p.m. Please indicate which option is your preference. (select one)**

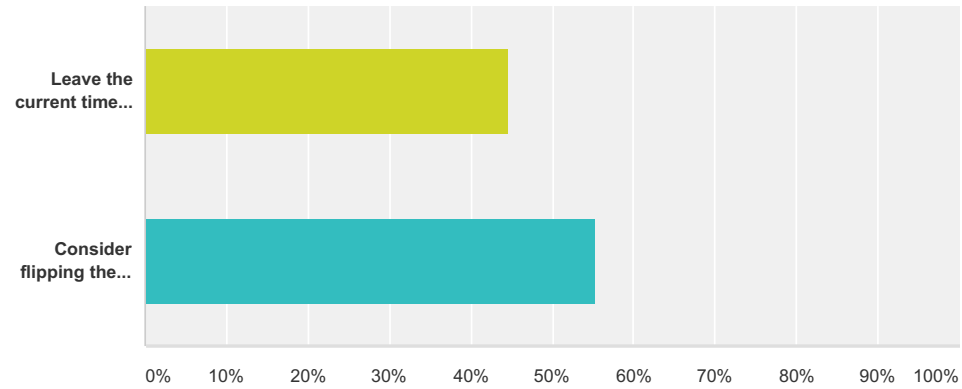
Answered: 1,274 Skipped: 24



Answer Choices	Responses
Leave the current times as they are with elementary students starting and ending later (8:40-3:35) and secondary students starting and ending earlier (7:45-2:50).	<b>48.51%</b> 618
Consider flipping the schedule so that secondary students would start and end later (8:40-3:35) and elementary students starting and ending earlier (7:45-2:50).	<b>51.49%</b> 656
<b>Total</b>	<b>1,274</b>

**Q7 Currently, our elementary (grades K-5) school day is 8:40-3:35 p.m. and secondary (grades 6-12) school day is 7:45-2:50 p.m. Please indicate which option is your preference. (select one)**

Answered: 381 Skipped: 9



Answer Choices	Responses
Leave the current times as they are with elementary students starting and ending later (8:40-3:35) and secondary students starting and ending earlier (7:45-2:50).	44.62% 170
Consider flipping the schedule so that secondary students would start and end later (8:40-3:35) and elementary students starting and ending earlier (7:45-2:50).	55.38% 211
<b>Total</b>	<b>381</b>



# School Start Time Survey

## Results and Analysis

Johnston Community School District  
January 11–26, 2017



# Project Overview

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This year, the Johnston Community School District is beginning a discussion with parents, students, and staff members to determine whether changes should be made to the school day start and end times.

Separate surveys were administered to parents, students, and employees to gather feedback about the potential changes. Results will inform future decisions on the school start and end times for elementary, middle, and high school.

K12 *Insight* partnered with Dr. Corey Lunn, superintendent, to develop the School Start Time Survey, which addressed the following topics:

- Change in elementary school start times
- Change in secondary school start times
- Learning and health
- Time
- Alertness

# Details of the Study

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K12 *Insight* emailed individual invitations with survey links to parents and staff members. Students used their student IDs to participate during school. Parents also could access the survey via a public link on the district's website, or by requesting an access link from K12 *Insight* via email. Paper surveys were available, but none were requested.

The survey was open Jan. 11-26 for staff, Jan. 12-16 for parents, and Jan. 18-26 for students.

Participants learned about the survey via letters, a website news item, social media posts, a flyer, and a postcard. Reminders were sent Jan. 17 and 24 for staff, and Jan. 17, 20, and 25 for parents.

The survey was available in Spanish.

This report summarizes the results and breaks them down by parents, students, and staff members.

Results do not reflect random sampling; therefore, they should not be generalized to all Johnston Community School District parents, students, and staff members. Rather, results reflect only the perceptions and opinions of survey participants. Findings for each item in the report exclude participants who did not answer. In charts and stacked bar graphs, data labels less than 5 percent are not shown.

# Executive Summary

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- 48% of participating Johnston High School students said they get less than seven hours of sleep at night, and 61% said it is difficult for them to get up and moving in the morning. Further, 73% of Johnston High School students said it is sometimes or frequently difficult for them to pay attention, and 71% of staff members said students are generally more awake and ready to learn in second period than they are in first period.
- 34% of participating Johnston Middle School students said they get less than seven hours of sleep at night, and 57% said it is difficult for them to get up and moving in the morning. Further, 66% of Johnston Middle School students said it is sometimes or frequently difficult for them to pay attention, and 73% of staff members said students are generally more awake and ready to learn in second period than they are in first period.
- 78% of participating Johnston High School parents, 79% of Johnston Middle School parents, and 77% of Summit Middle School parents said they could adjust to or preferred a later start time. Similarly, 71% of elementary school parents said they could adjust to or preferred an earlier start time.
- No more than 34% of participating parents, elementary students, secondary students, and staff members said a change in the school start time would have a negative or very negative impact on them. More elementary school parents (34%) than secondary school parents (28%) said a change would have a negative impact, and more secondary school staff members (41%) than elementary school staff members (29%) indicated a change would have a negative impact on them.



# Executive Summary (Continued)

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- 79% of parents said they think school start time is a big factor in the learning and health of JCSD students, or said they are neutral and will support whatever the district decides. However, only 44% of parents said they support changing the start time, with 40% of elementary school parents and 46% of secondary school parents expressing support.
- 77% of staff members said they think school start time is a big factor in the learning and health of JCSD students, or said they are neutral and will support whatever the district decides. However, only 52% of staff members said they support changing the start time. Further, 61% of elementary school staff members said they support changing the school start times, but only 43% of secondary school staff members expressed support.
- 76% of secondary students said they think school start time is a big factor in the learning and health of JCSD students, or said they are neutral and will support whatever the district decides. However, only 43% of secondary students said they support changing the start time.
- 82% of elementary students said they think school start time is a big factor in the learning and health of JCSD students, or said they are neutral and will support whatever the district decides. However, only 48% of elementary students said they support changing the start time.

# Participation

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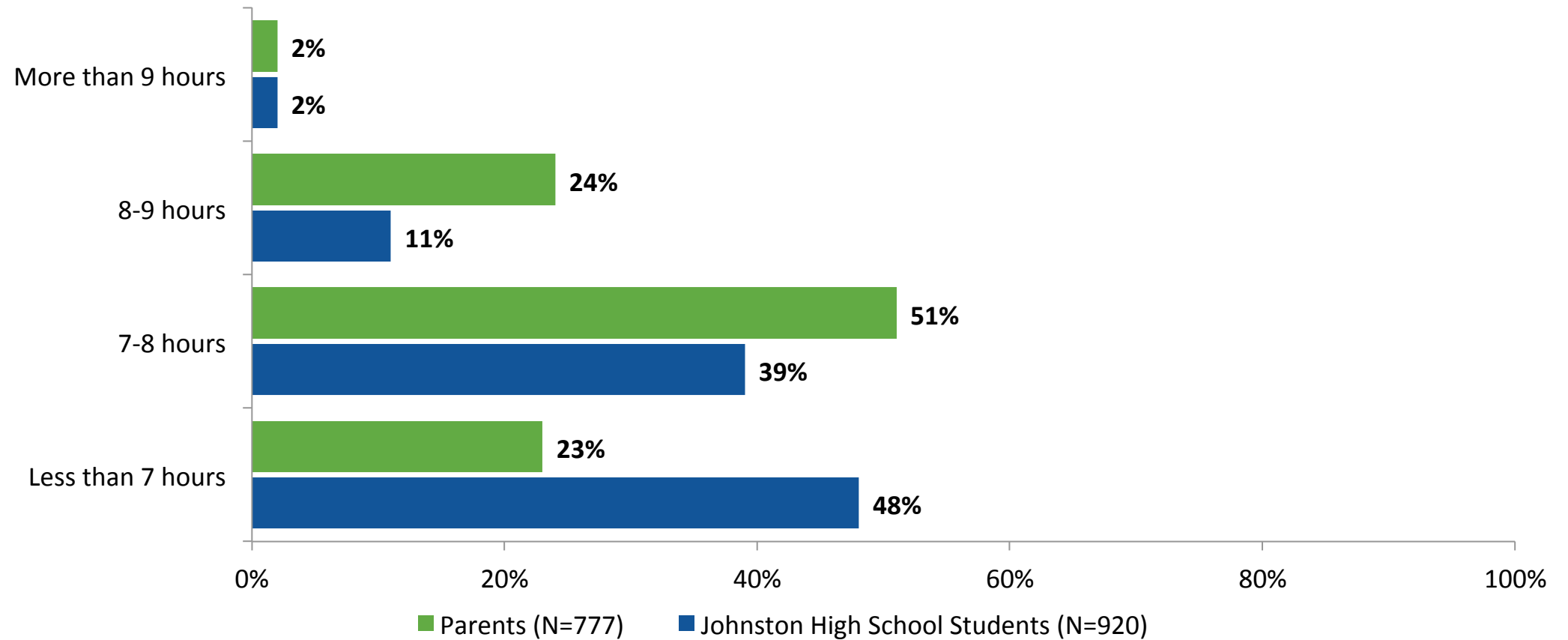
Responding Group	Number of Invitations Delivered (NMax)	Number of Responses (N)	Response Rate
Parents	6,536	2,471	38%
Staff Members	878	611	70%
Secondary Students	3,794	2,555	67%
Elementary Students	1,046	843	81%

# Johnston High School

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# Hours of Sleep

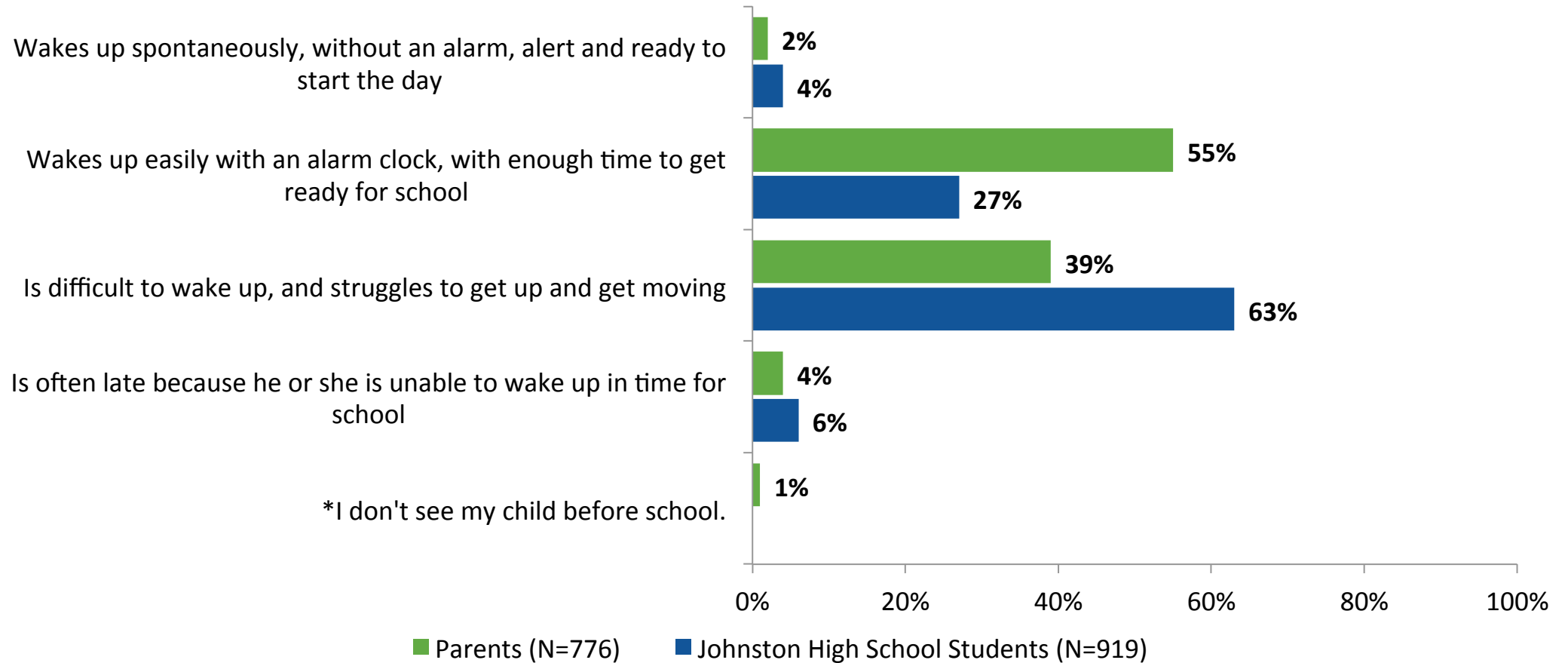
How many hours of sleep do you/does your child get on the average school night?





# Waking Up

The following statement best describes me/my child on most school mornings:

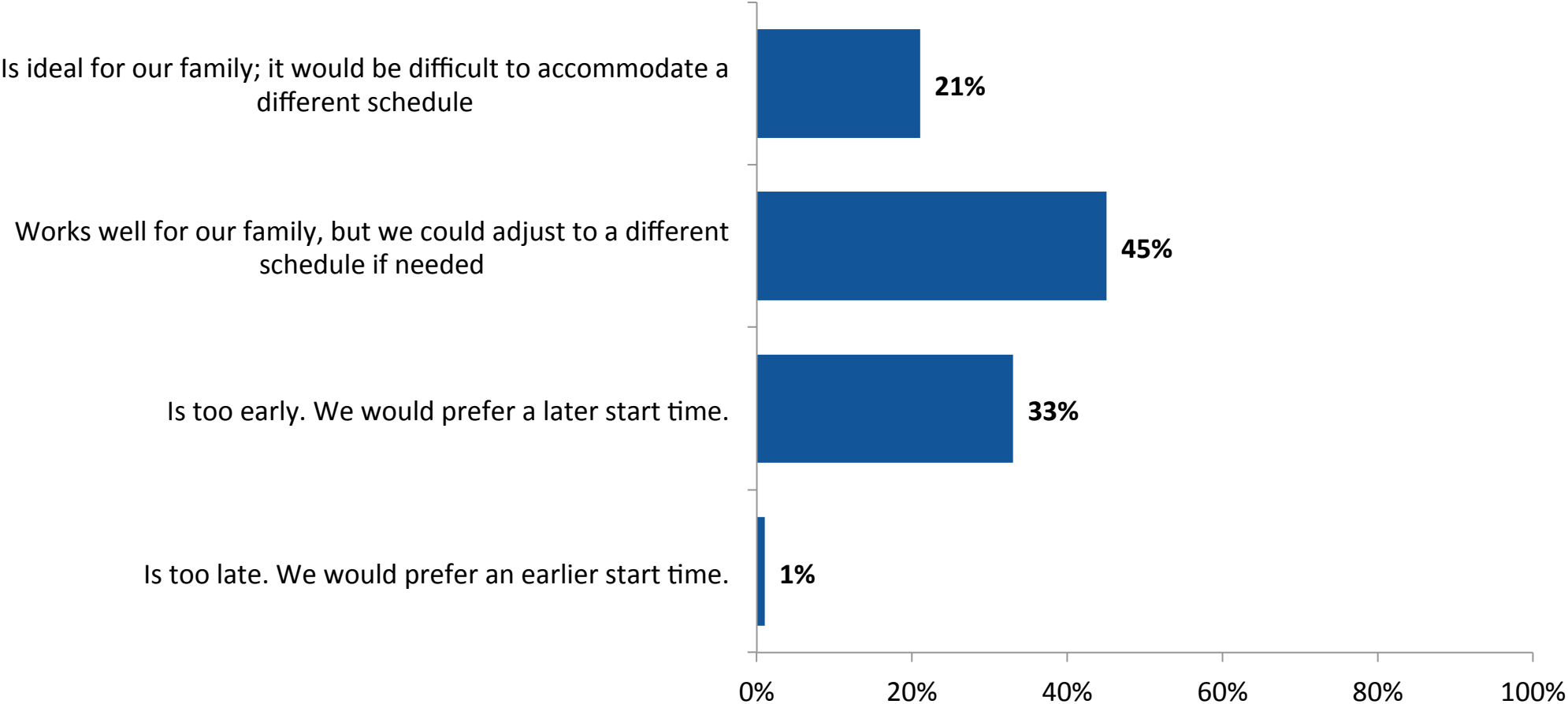


Note: Only Johnston High School students and parents answered these questions.

\*Only parents of Johnston High School students answered this question.

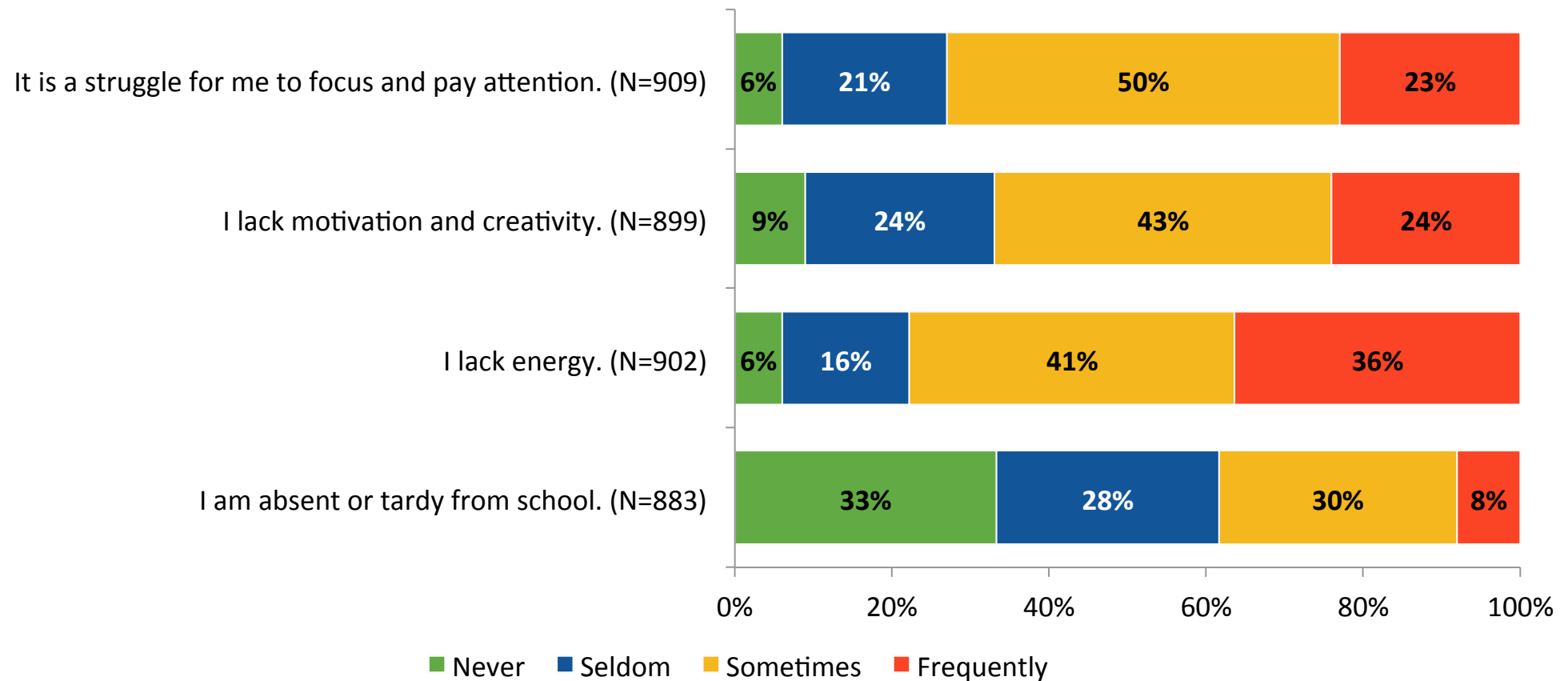
# Current Start Time – Parents

The current schedule and start time at our high school (7:45 a.m.–2:50 p.m.): (N=776)



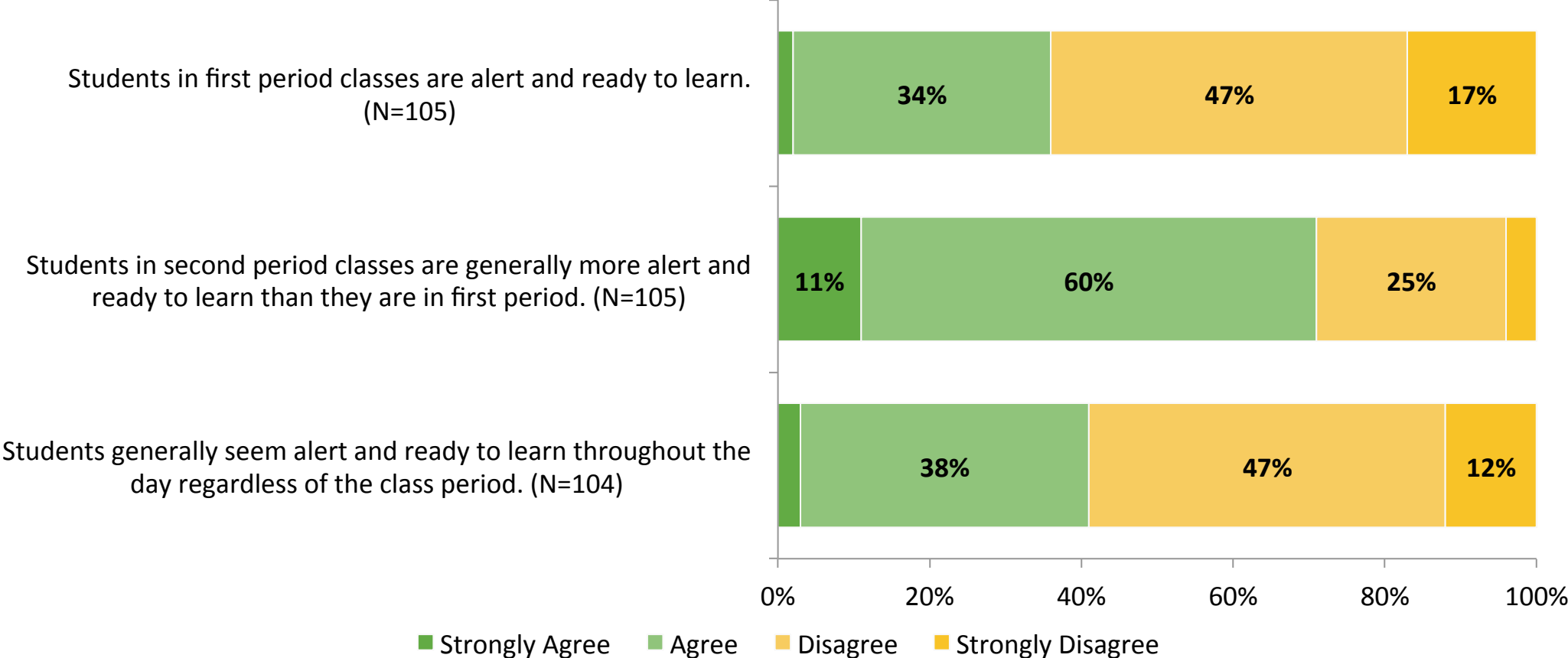
# Learning and Health – Students

Please indicate the extent to which you have experienced the following situations.



# Alertness – Staff Members

How strongly do you agree or disagree with the following?



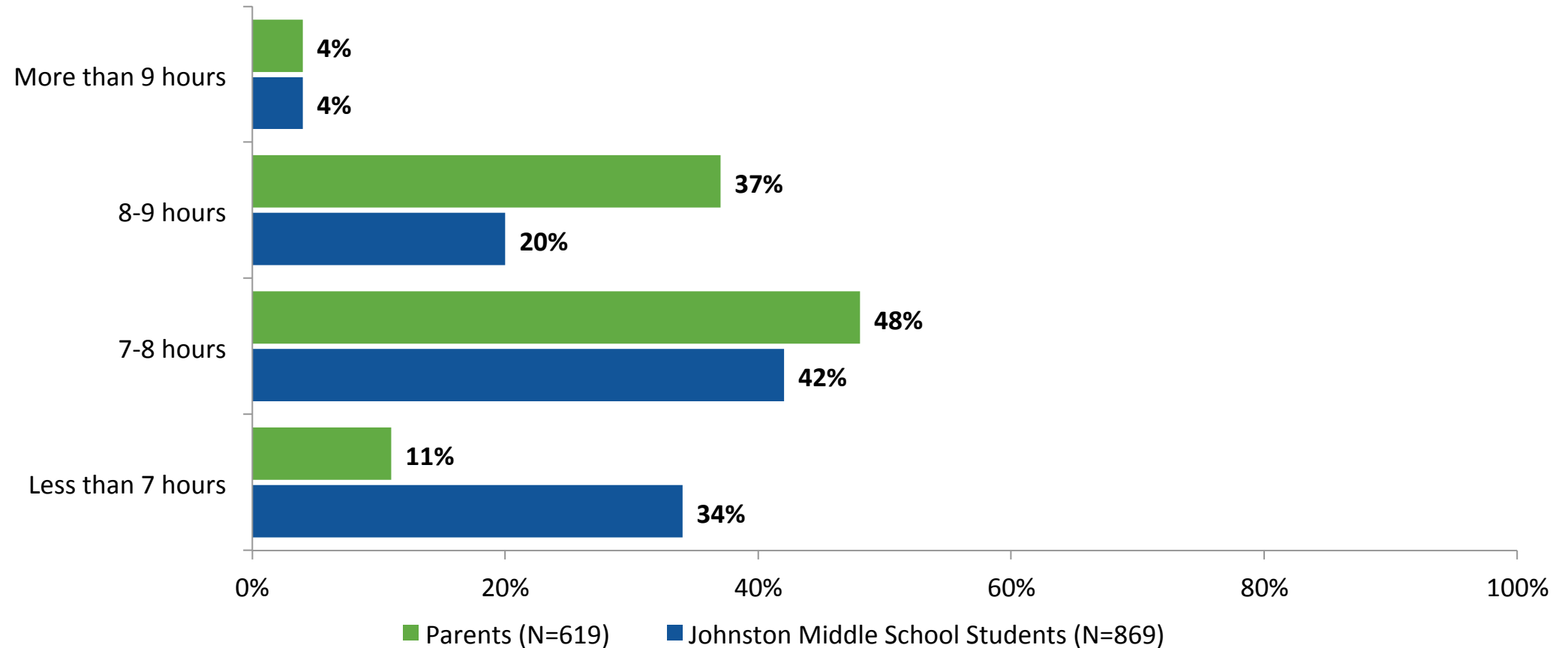


# Johnston Middle School

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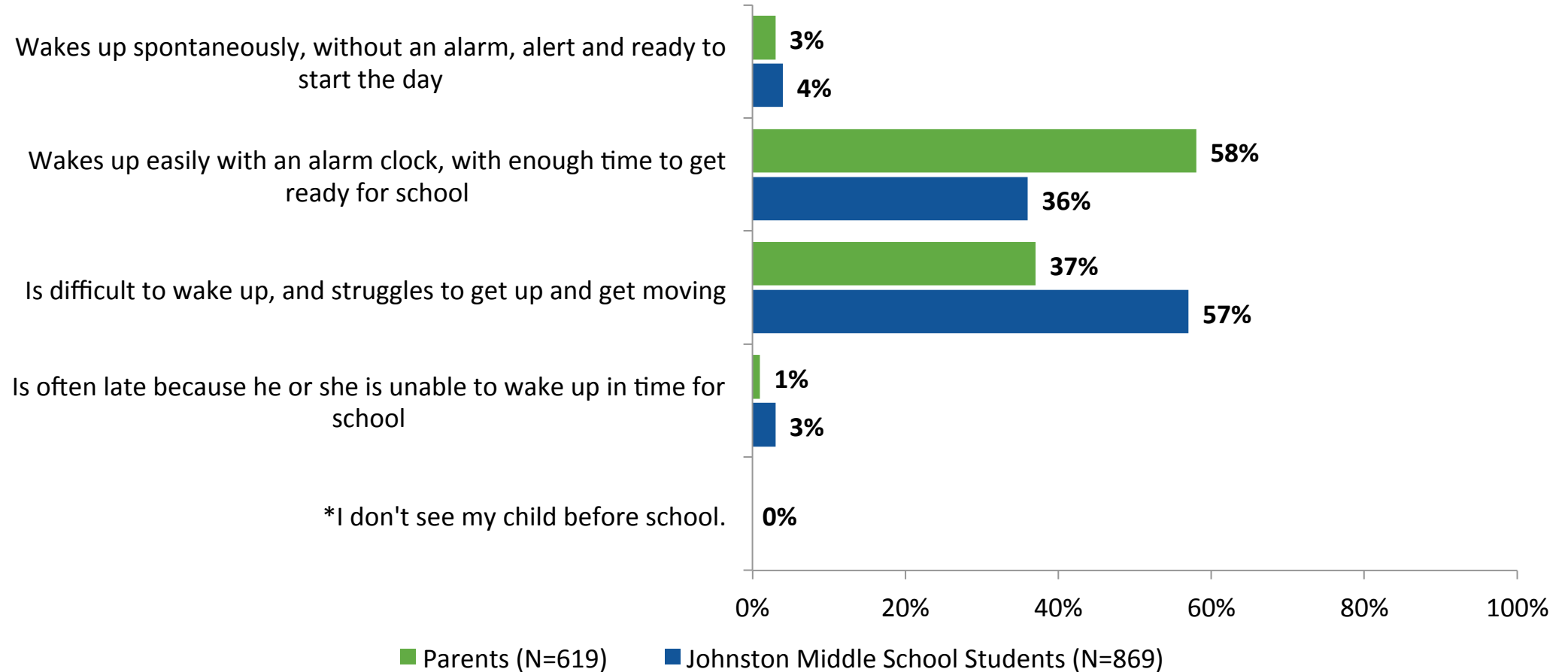
# Hours of Sleep

How many hours of sleep do you/does your child get on the average school night?



# Waking Up

The following statement best describes me/my child on most school mornings:

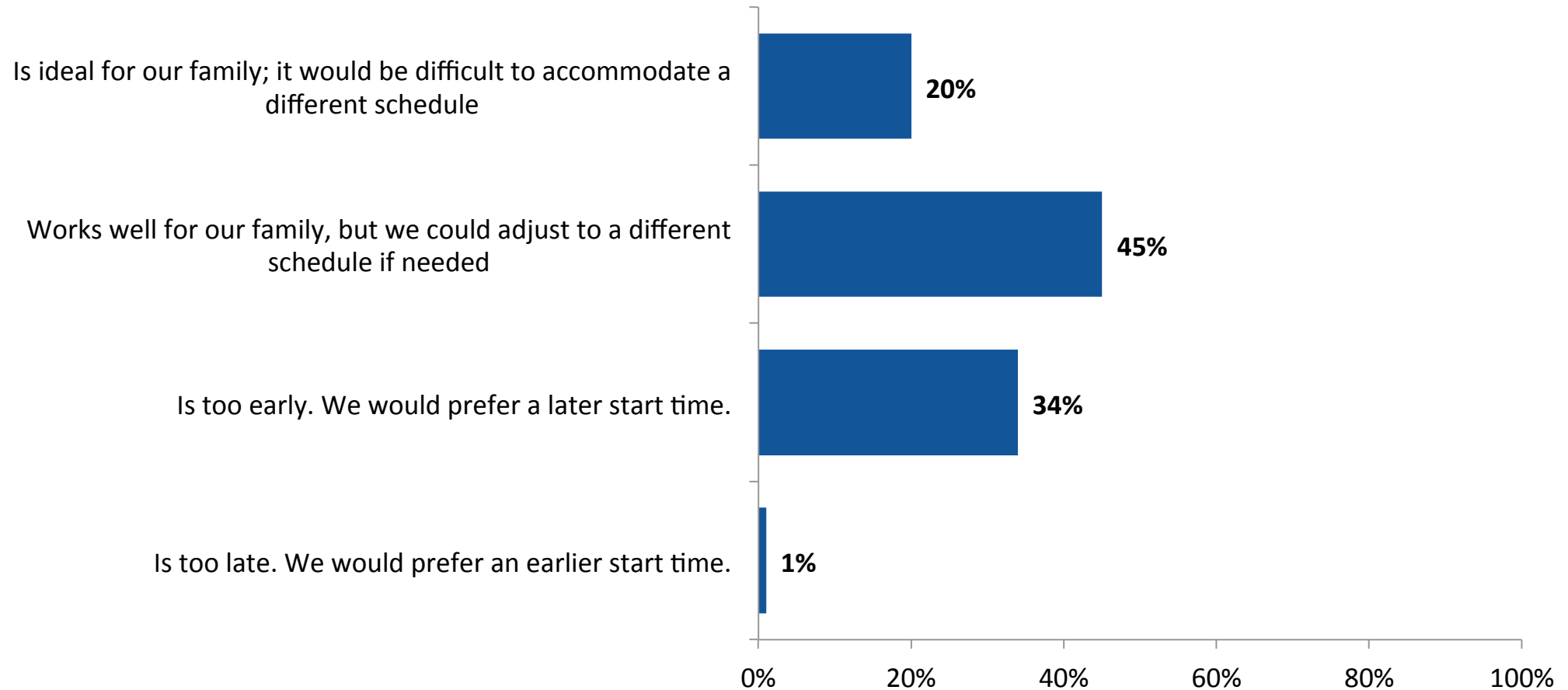


Note: Only Johnston Middle School students and parents answered these questions.

\*Only parents of Johnston Middle School students answered this question.

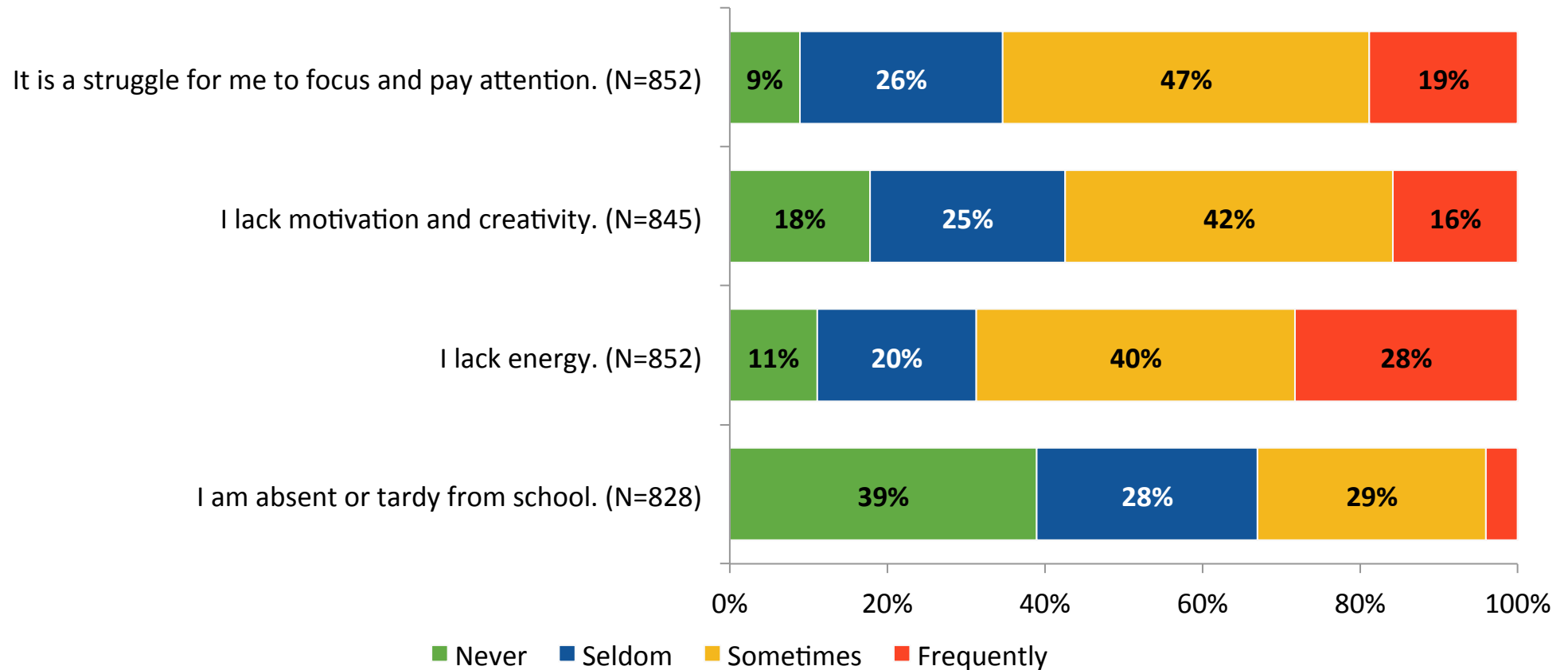
# Current Start Time – Parents

The current schedule and start time at Johnston Middle School (7:45 a.m.–2:50 p.m.): (N=617)



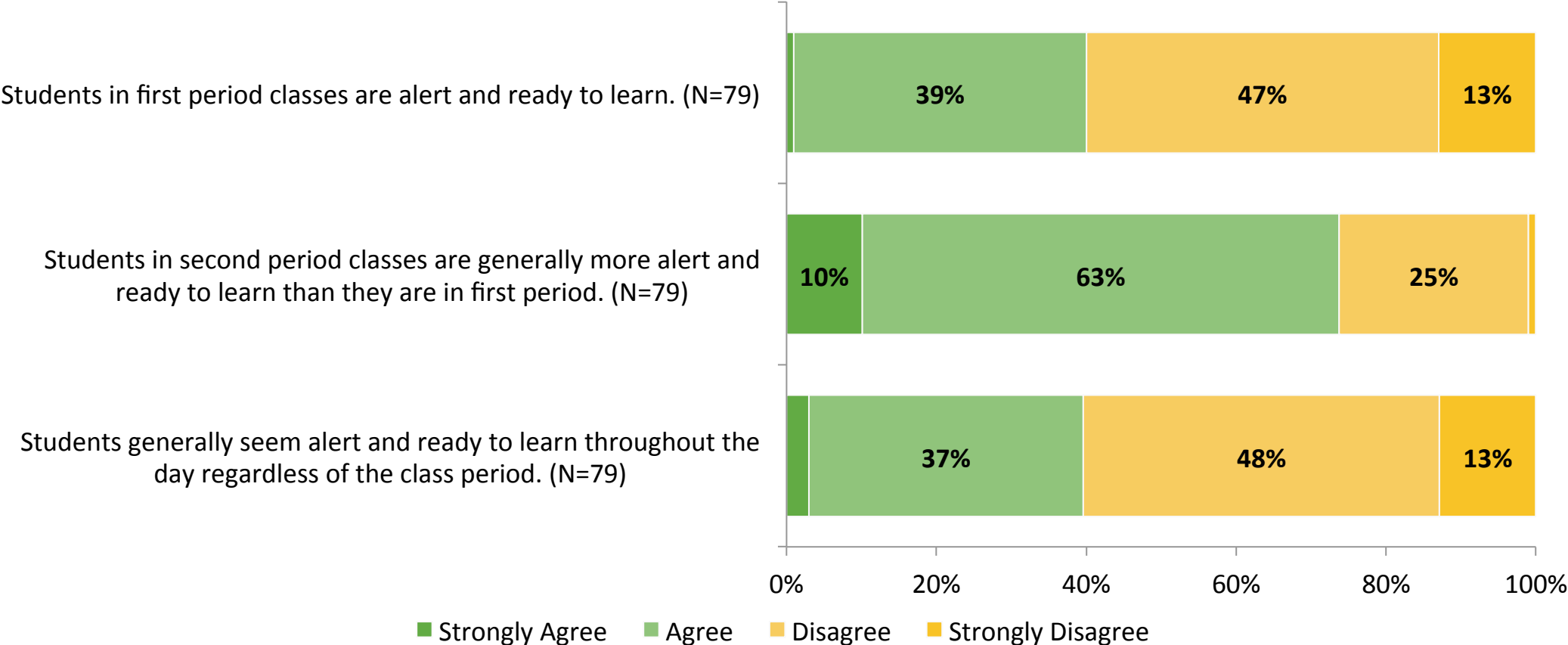
# Learning and Health – Students

Please indicate the extent to which you have experienced the following situations.



# Alertness – Staff Members

How strongly do you agree or disagree with the following?

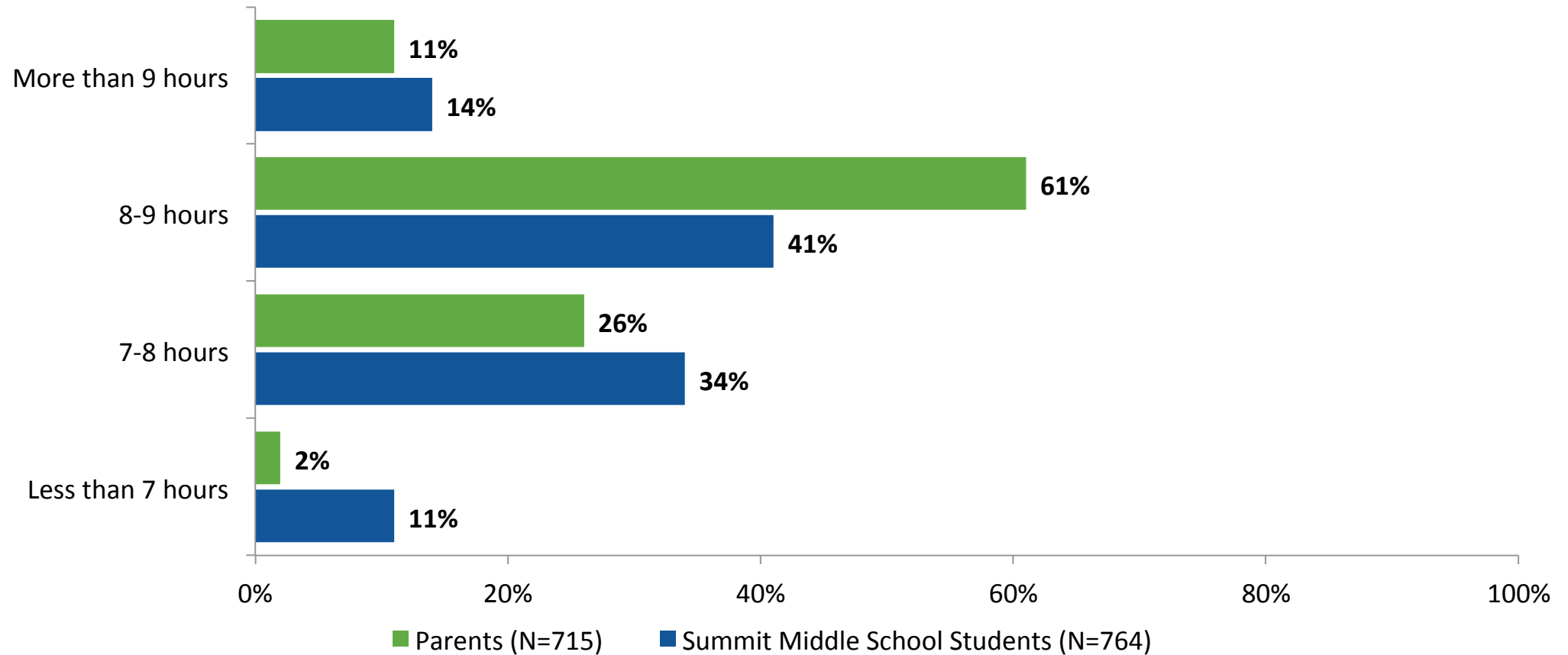


# Summit Middle School

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# Hours of Sleep

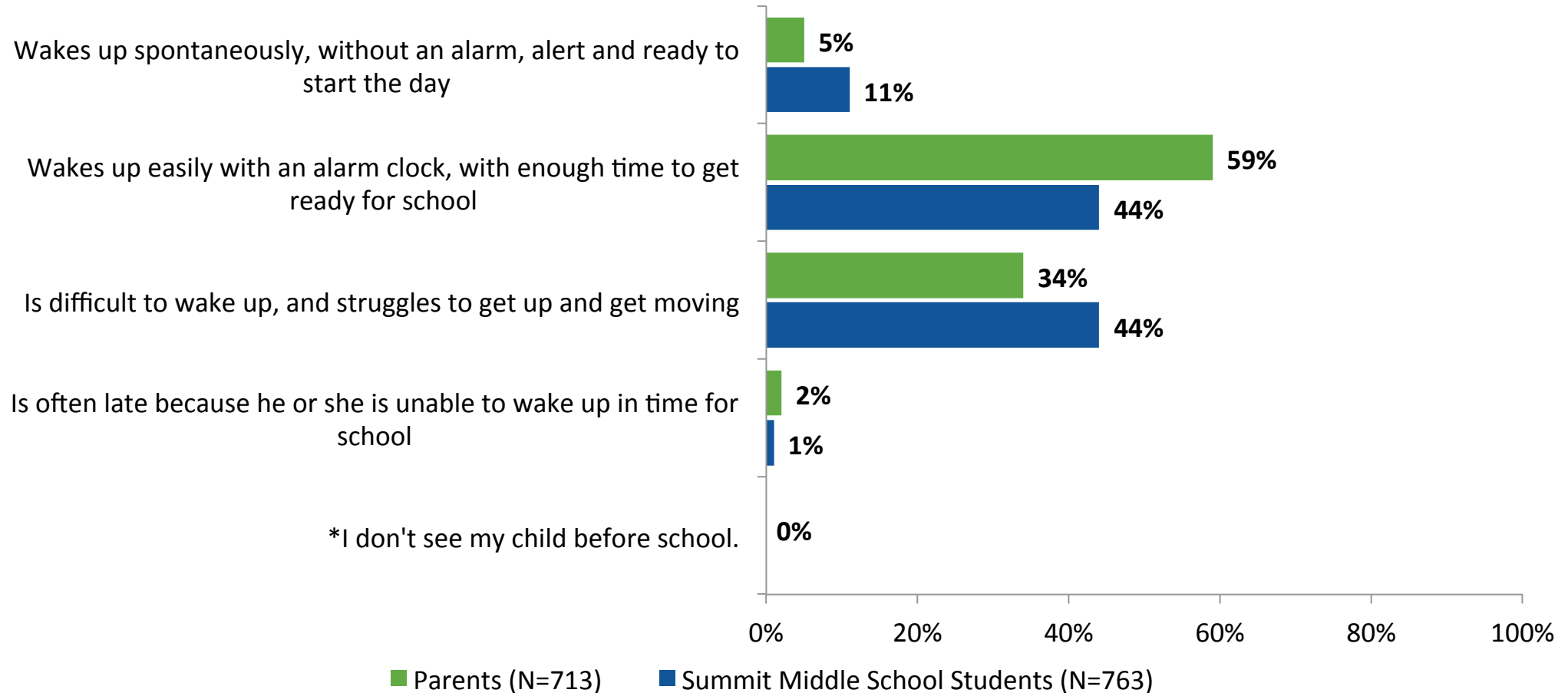
How many hours of sleep do you/does your child get on the average school night?





# Waking Up

The following statement best describes me/my child on most school mornings:

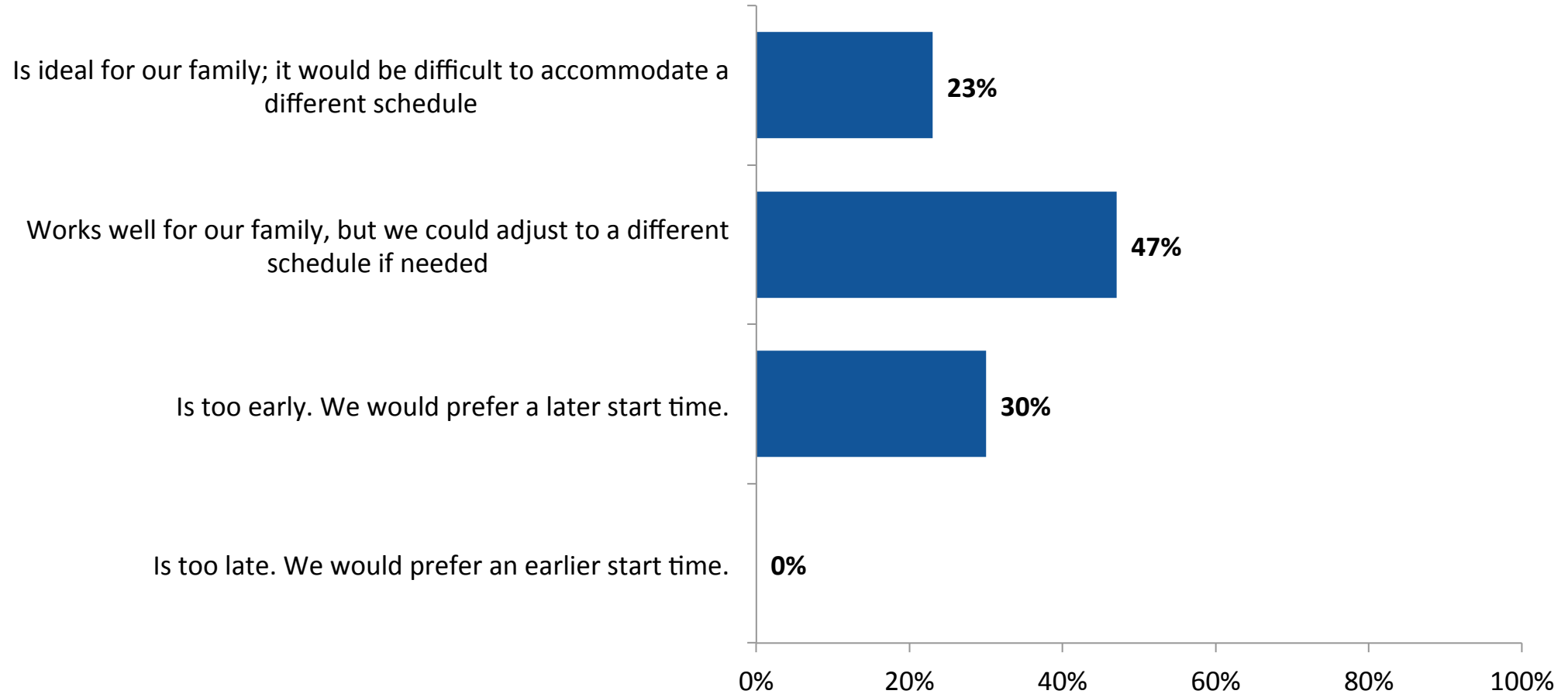


Note: Only Summit Middle School students and parents answered these questions.  
\*Only parents of Summit Middle School students answered this question.



# Current Start Time – Parents

The current schedule and start time at Summit Middle School (7:45 a.m.–2:50 p.m.): (N=713)

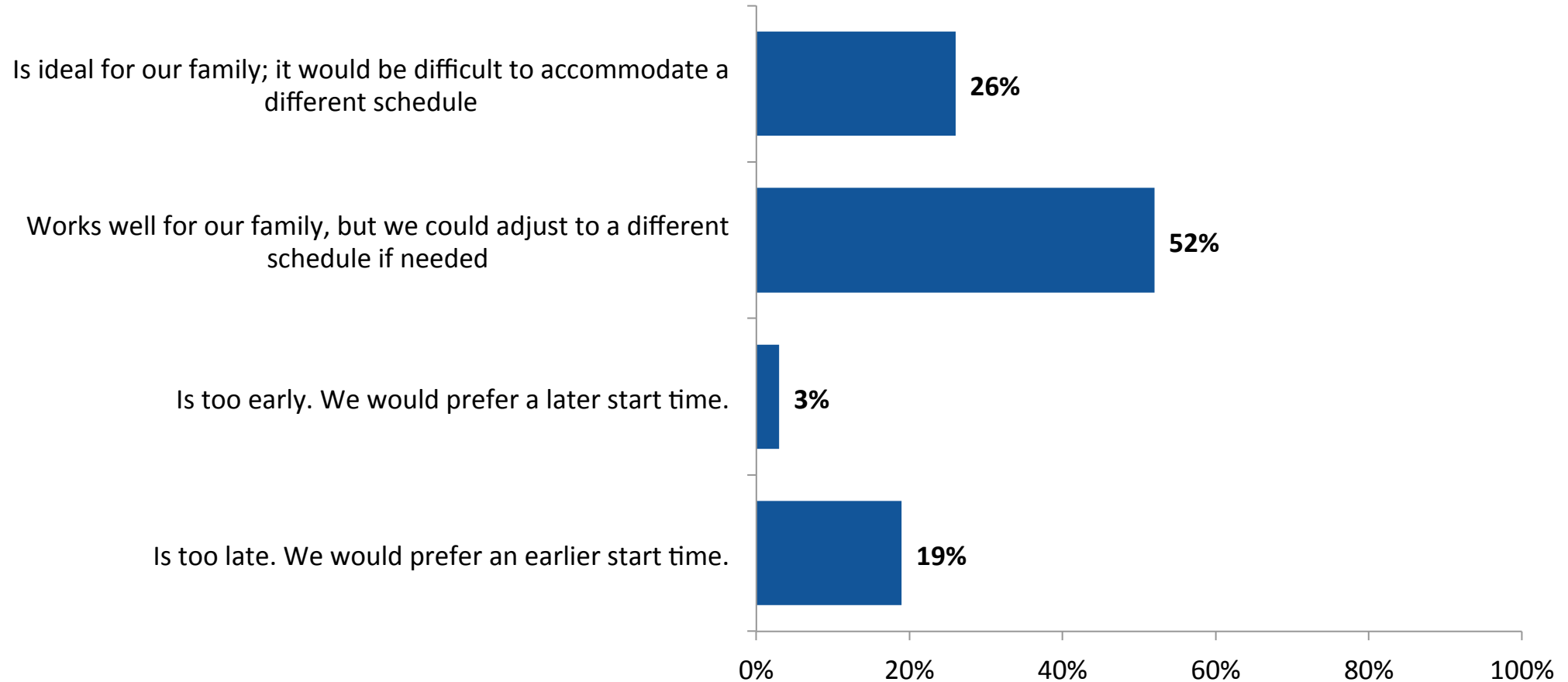


# Elementary Schools

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# Current Start Time – Parents

The current schedule and start time at our elementary school (8:40 a.m.–3:35 p.m.): (N=1,520)

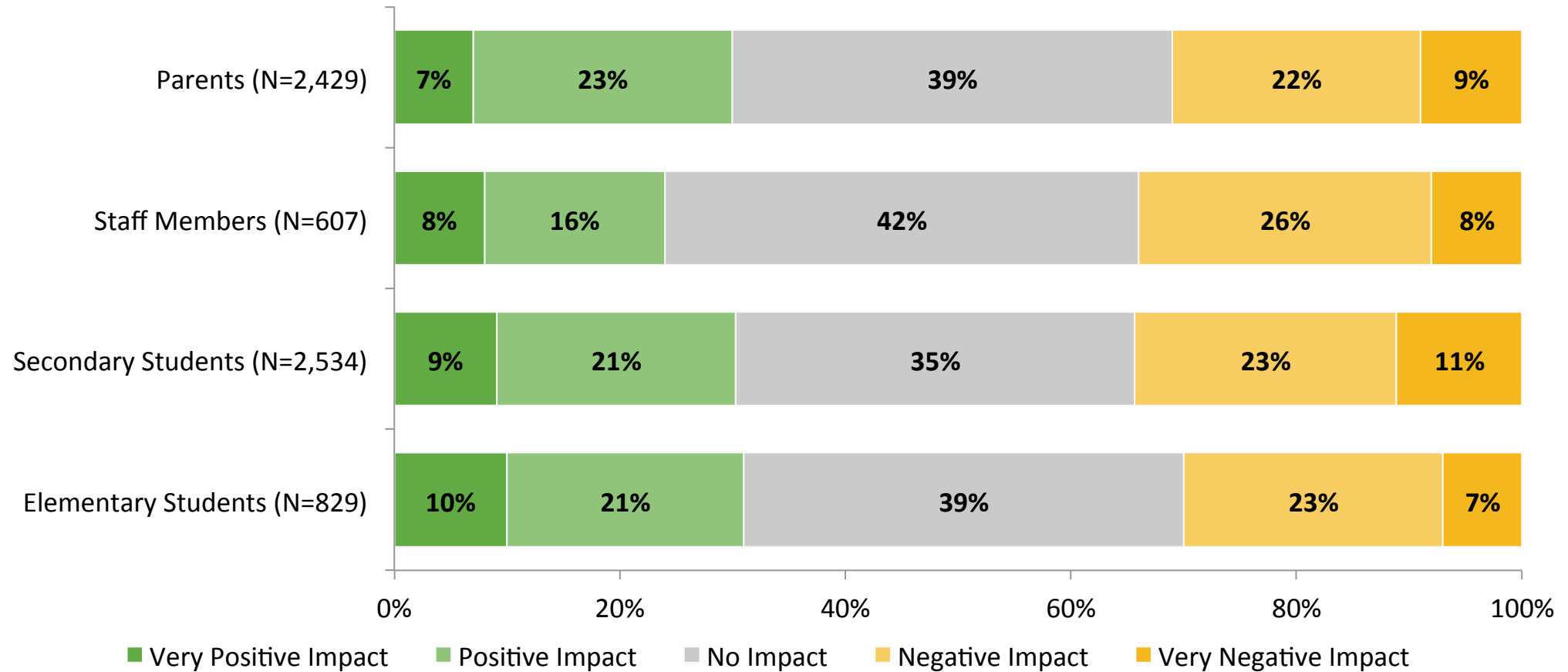


# Impact and Support

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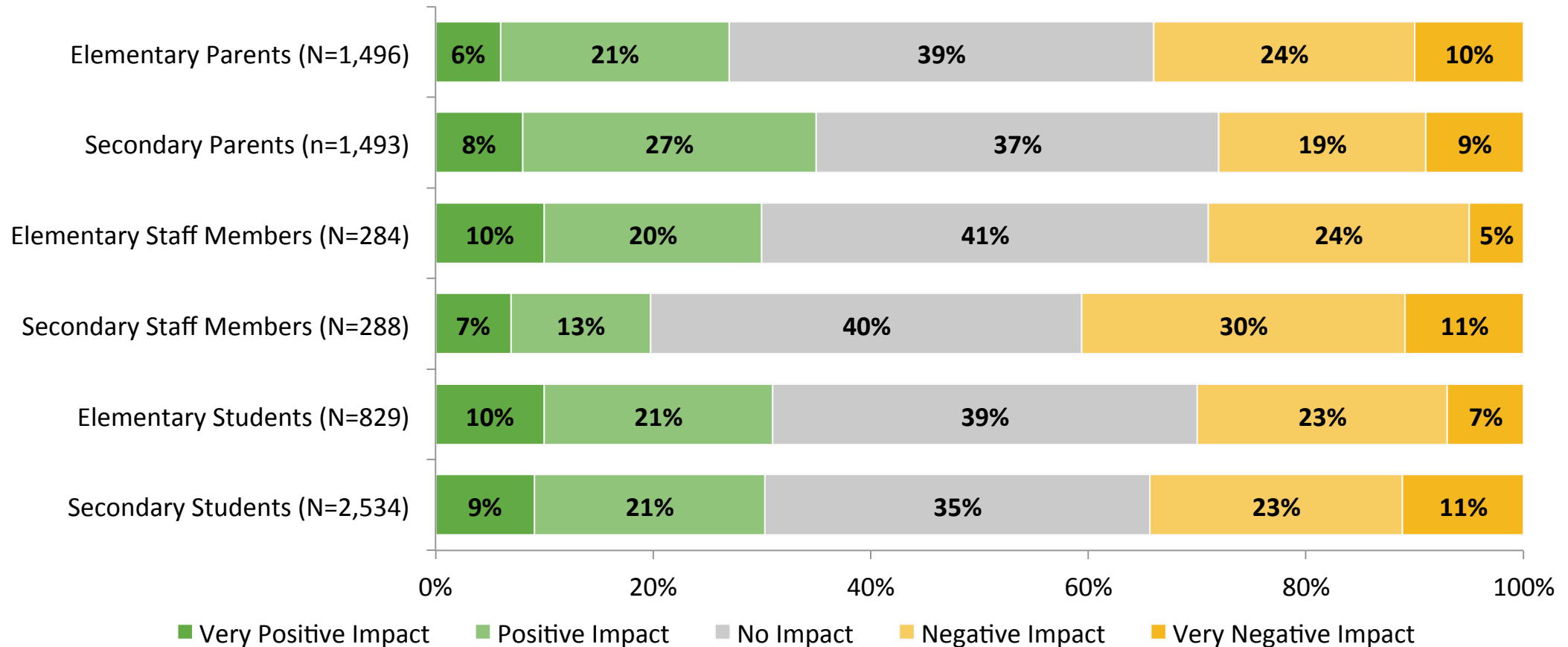
# Overall Impact

What impact would a change in school start times have on you and your family?



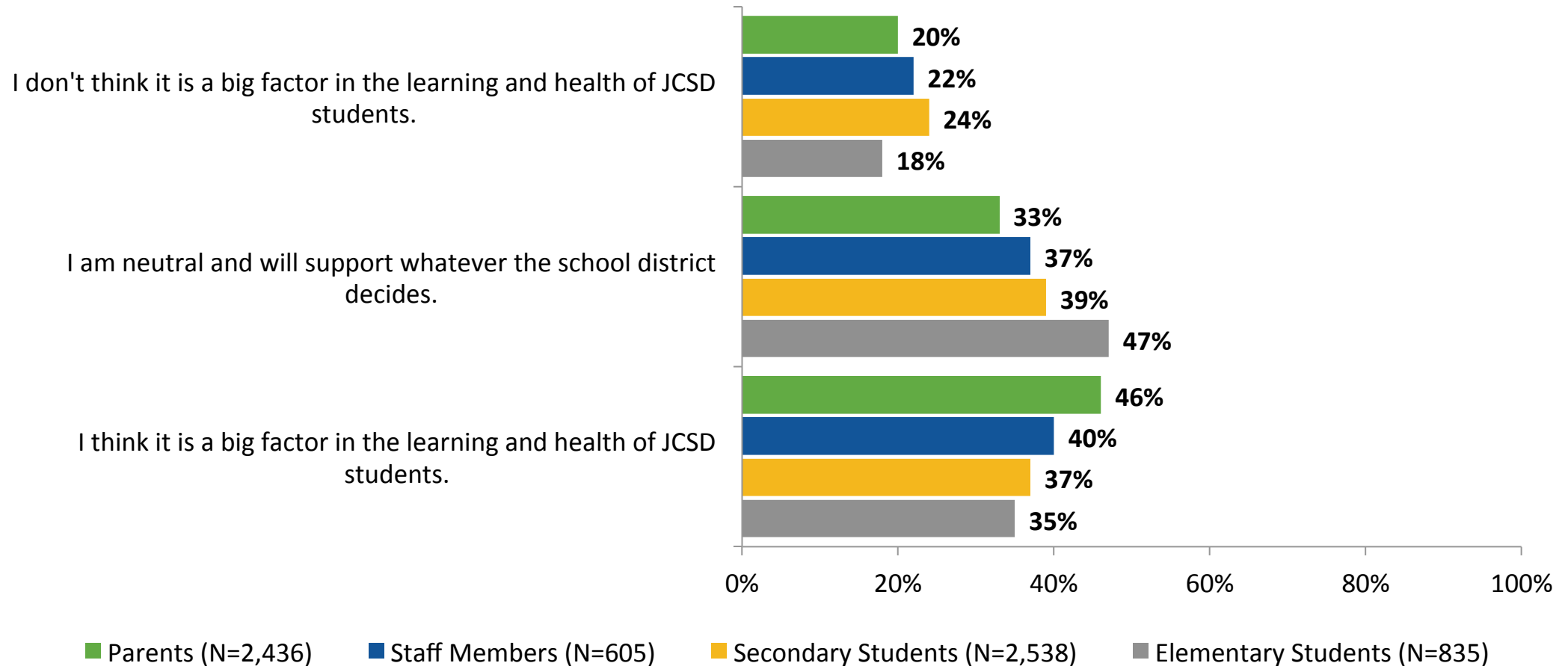
# Overall Impact – By School Level

What impact would a change in school start times have on you and your family?



# Overall Learning and Health

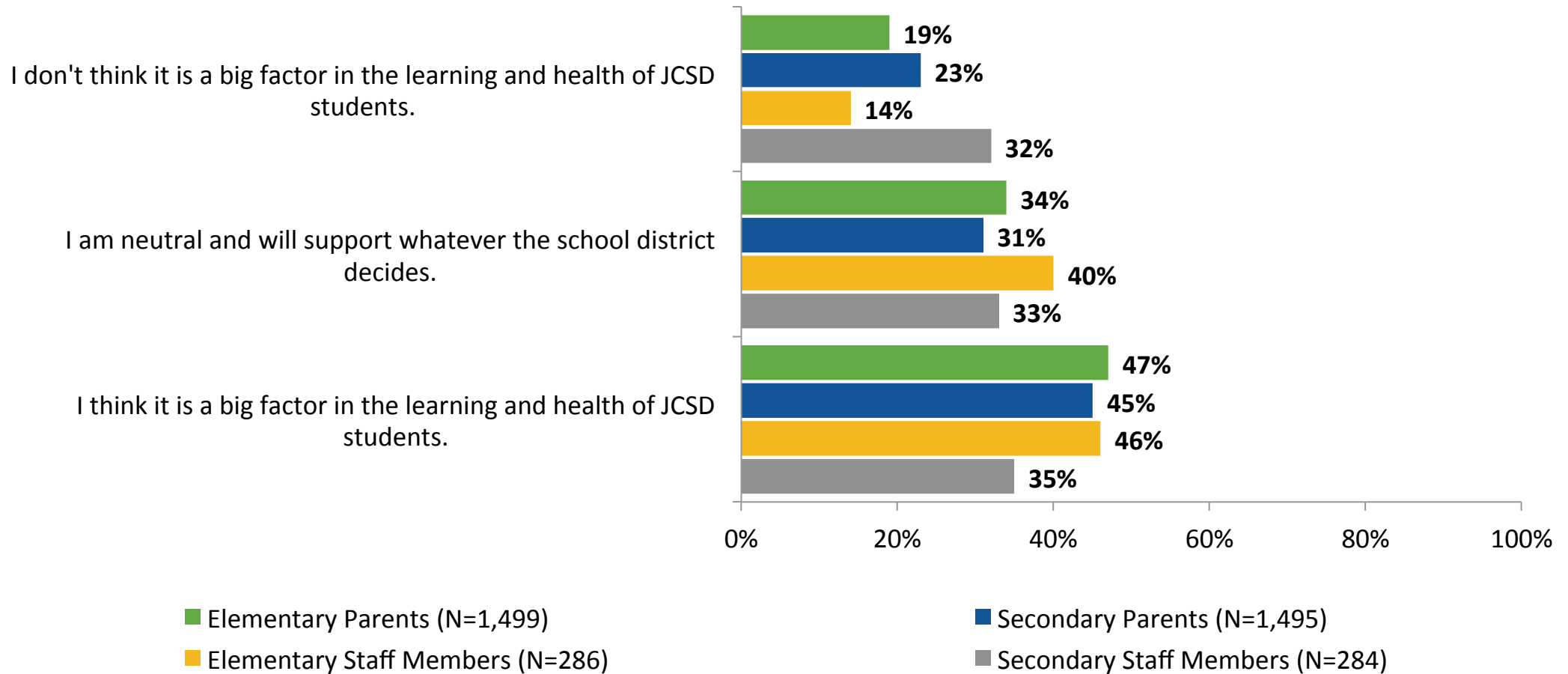
My overall opinion of school start times and their alignment with the needs and biological clocks of students is:





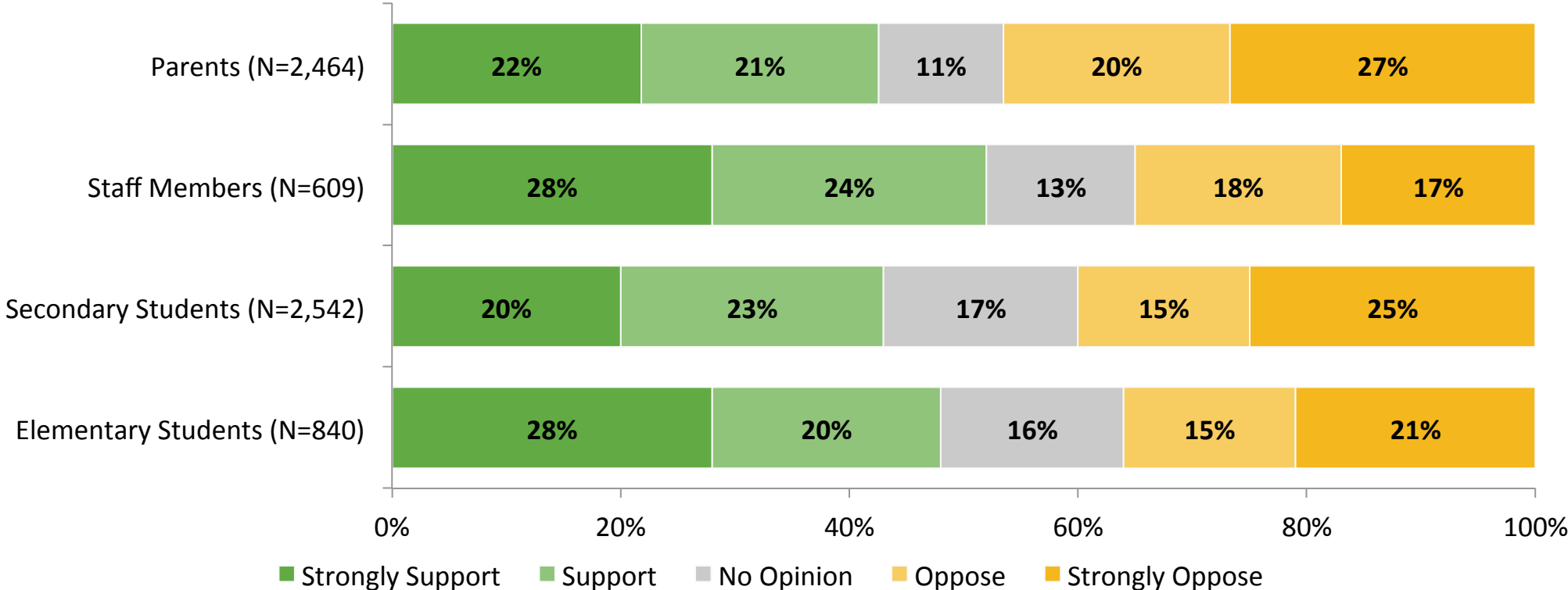
# Overall Learning and Health – By School Level

My overall opinion of school start times and their alignment with the needs and biological clocks of students is:



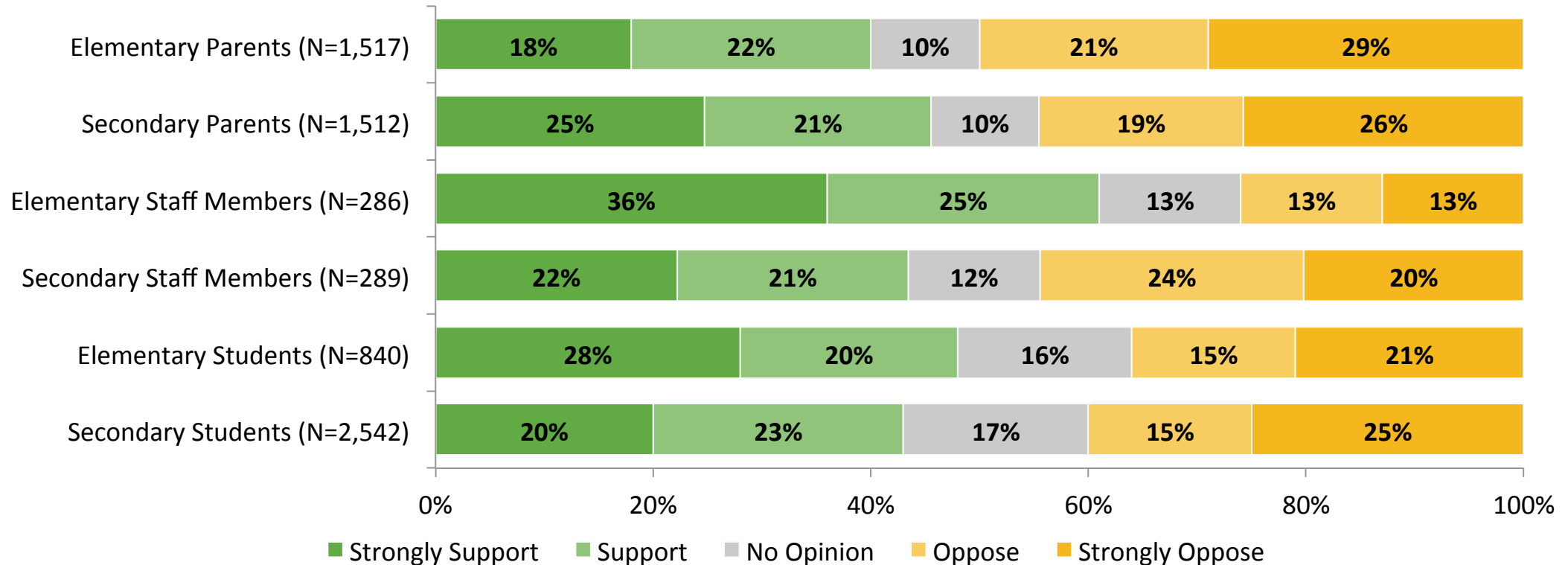
# Support for Change

Currently, the school day for JCSD elementary students (grades K-5) starts at 8:40 a.m. and ends at 3:35 p.m. The school day for JCSD secondary students (grades 6-12) starts at 7:45 a.m. and ends at 2:50 p.m. The district is studying flipping the schedules so the school day for elementary students would begin around 7:45 a.m. and end at 2:50 p.m., and the school day for secondary students would start around 8:40 a.m. and ending at 3:35 p.m. How strongly do you support or oppose this change?



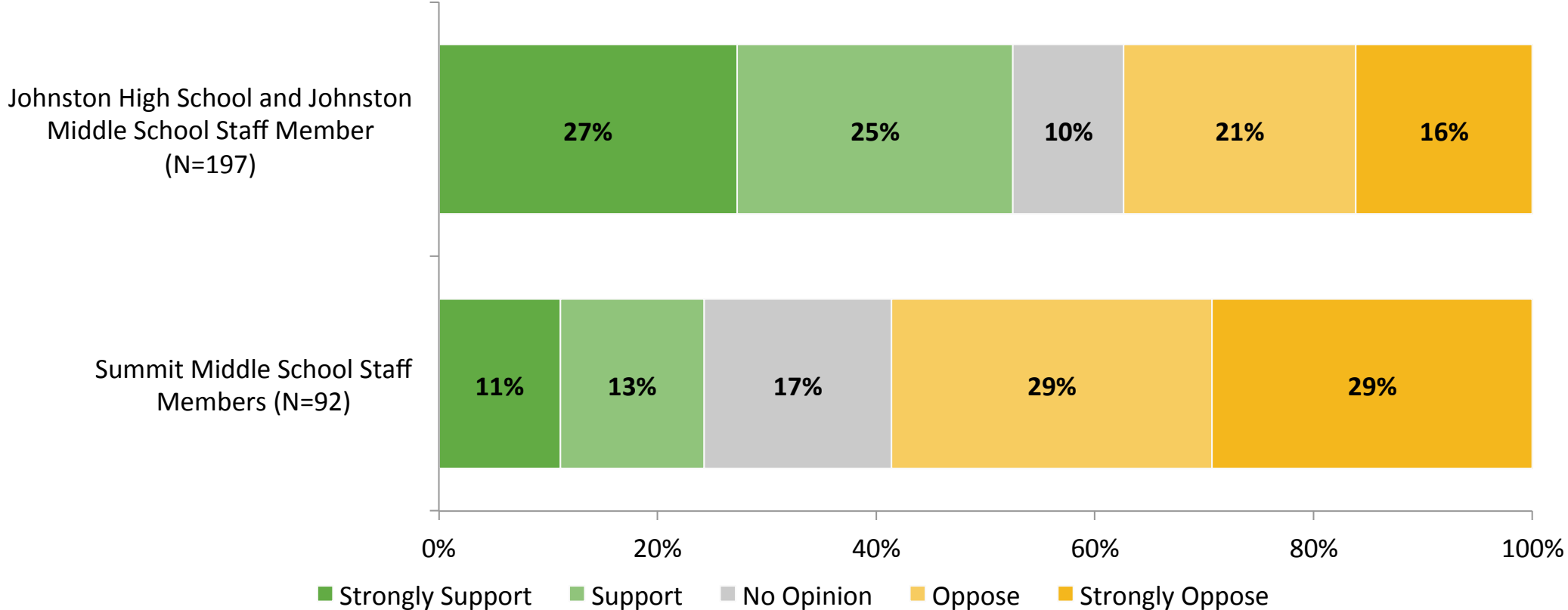
# Support for Change – By School Level

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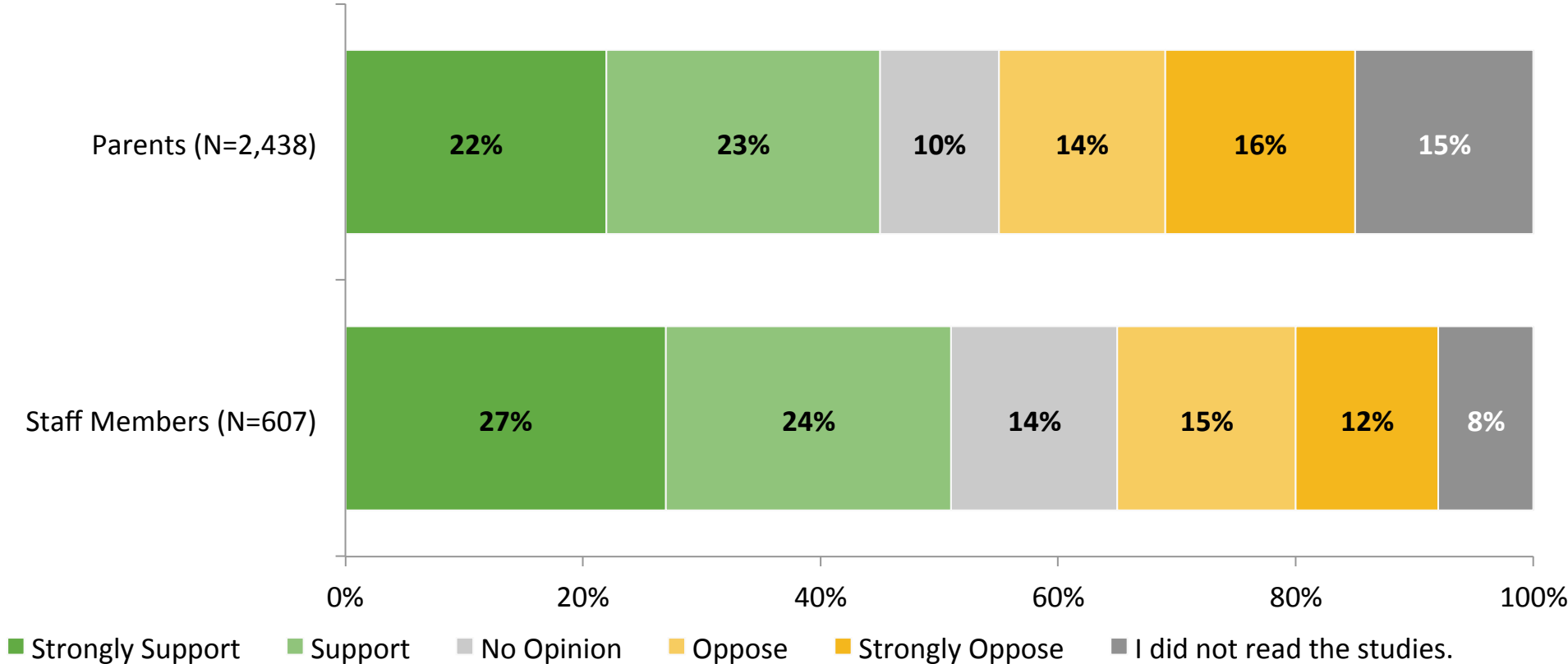
# Support

How strongly do you support or oppose a change to school start times?



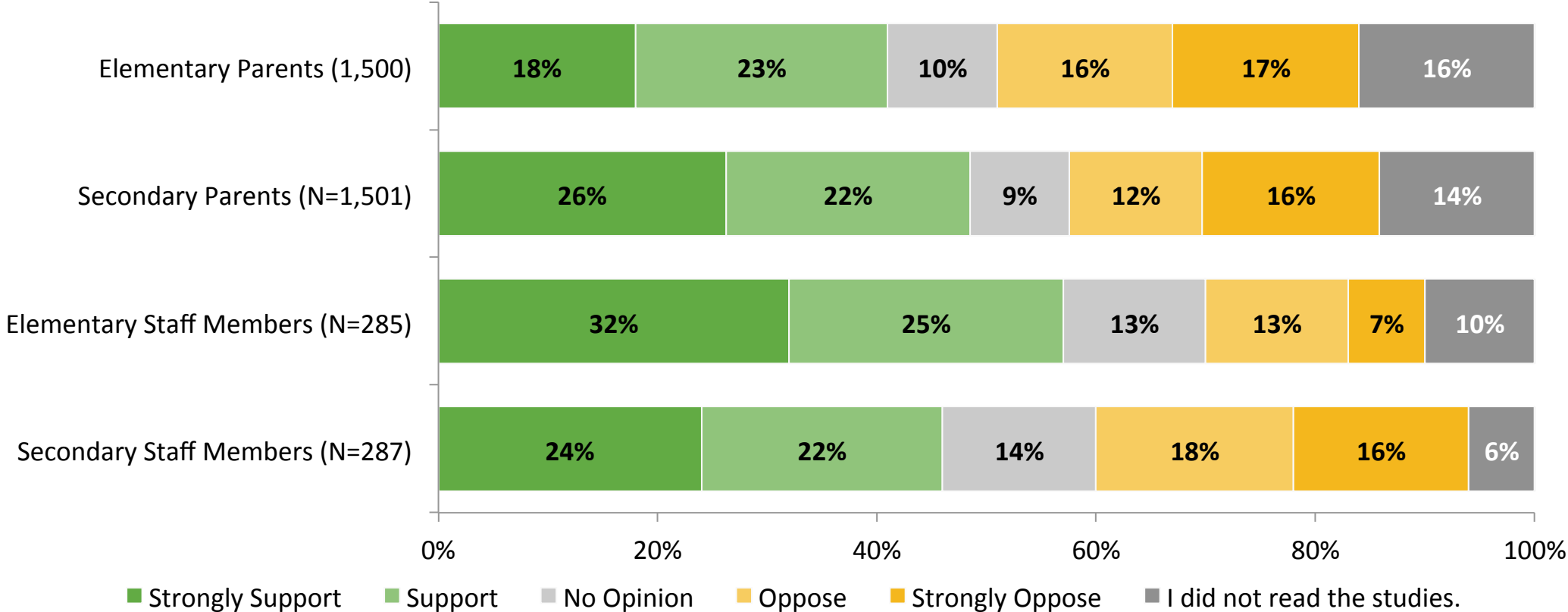
# Support After Research

How strongly do you support or oppose a change to school start times?



# Support After Research – By School Level

How strongly do you support or oppose a change to school start times?



**Notes:**

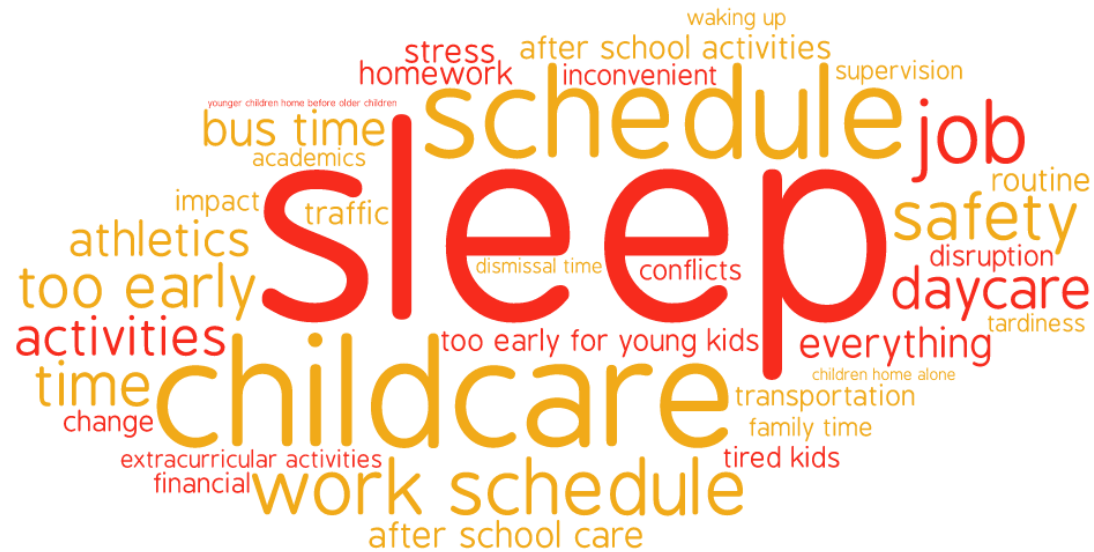
- Data from elementary and secondary parents includes duplicate responses because parents may have children in both elementary and secondary schools.
- Participants were presented with several studies to read and then asked to answer this question a second time



# Parents: In One Word

Using one word, what about a potential time change concerns you?

Using one word, what about a potential time change excites you?



# Staff: In One Word

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Using one word, what about a potential time change concerns you?



Using one word, what about a potential time change excites you?



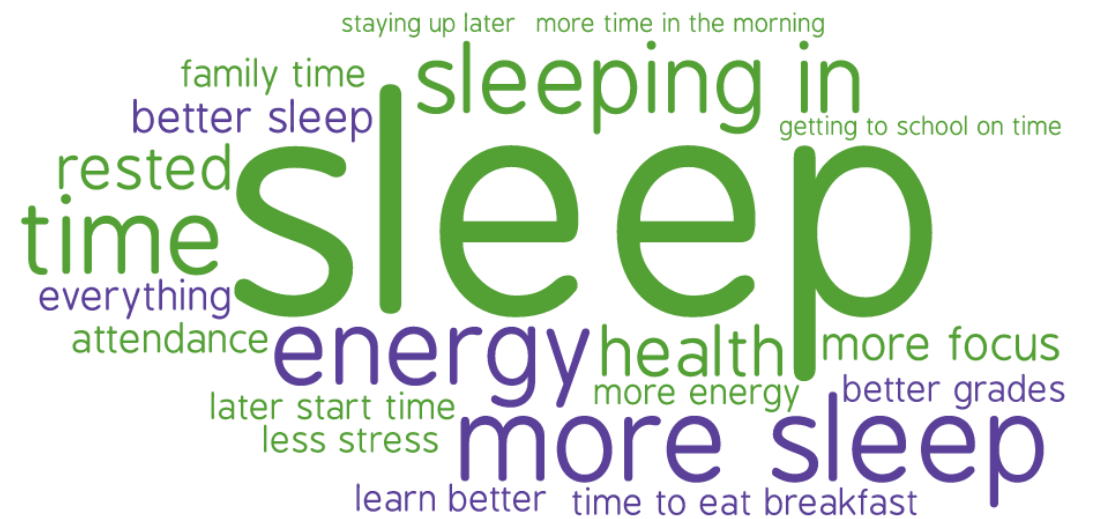


# Secondary Students: In One Word

Using one word, what about a potential time change concerns you?



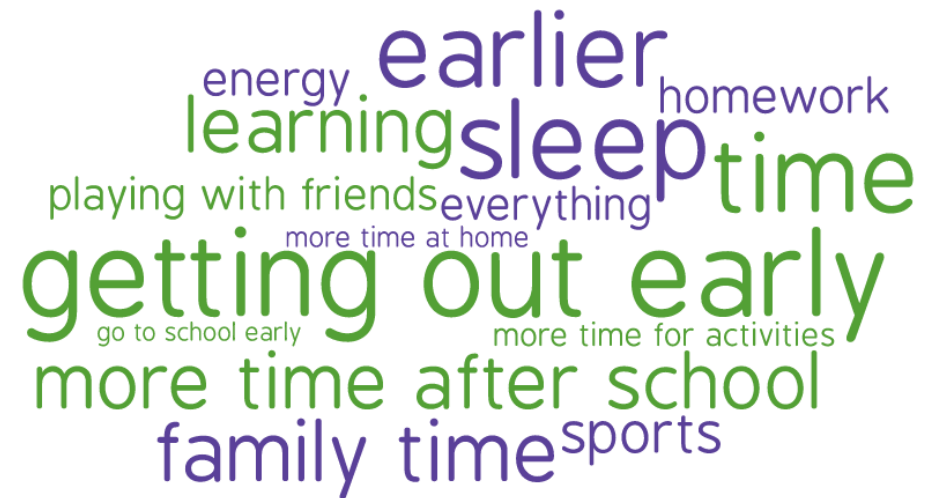
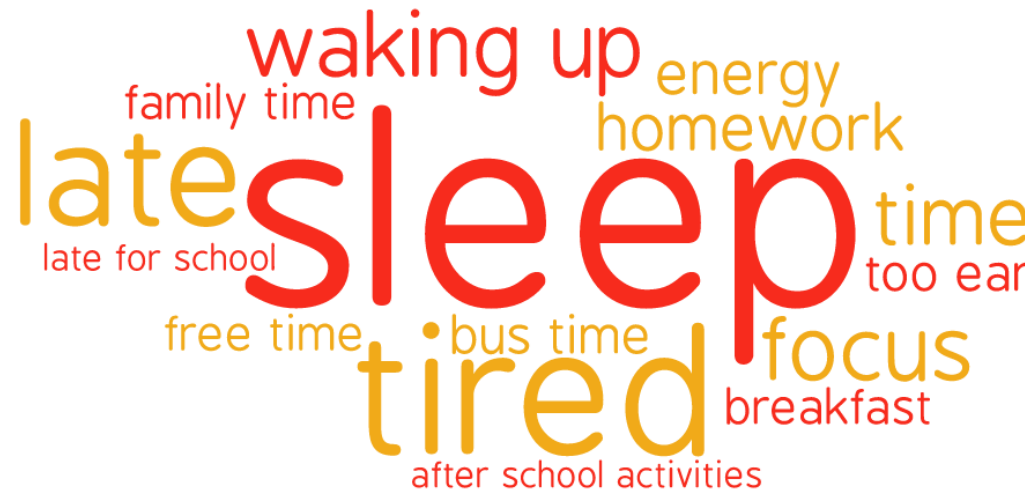
Using one word, what about a potential time change excites you?



# Elementary Students: In One Word

Using one word, what about a potential time change concerns you?

Using one word, what about a potential time change excites you?



## Next Steps?

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What is the intended purpose/end result/problem to be solved for considering this change of practice?

- Diagnose: Why is the change needed?
- Design: What sort of change is called for?
- Deliver: How can the change be implemented?
- Support: How do you create buy-in?
- Evaluate: How can the impact of the change be assessed and measured?



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Is there a research/best practices basis to move forward?



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Do we need to learn more? If so what and how?  
(i.e. KTC/childcare impact, transportation, Wednesday PD)



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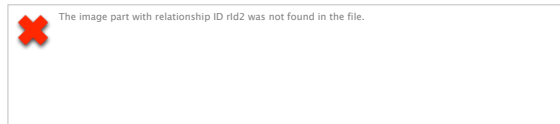
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(i.e. KTC/childcare impact, transportation, Wednesday PD)

What Next?

Determine purpose/why?, timeline (18-19), study groups, other proposals to consider?





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