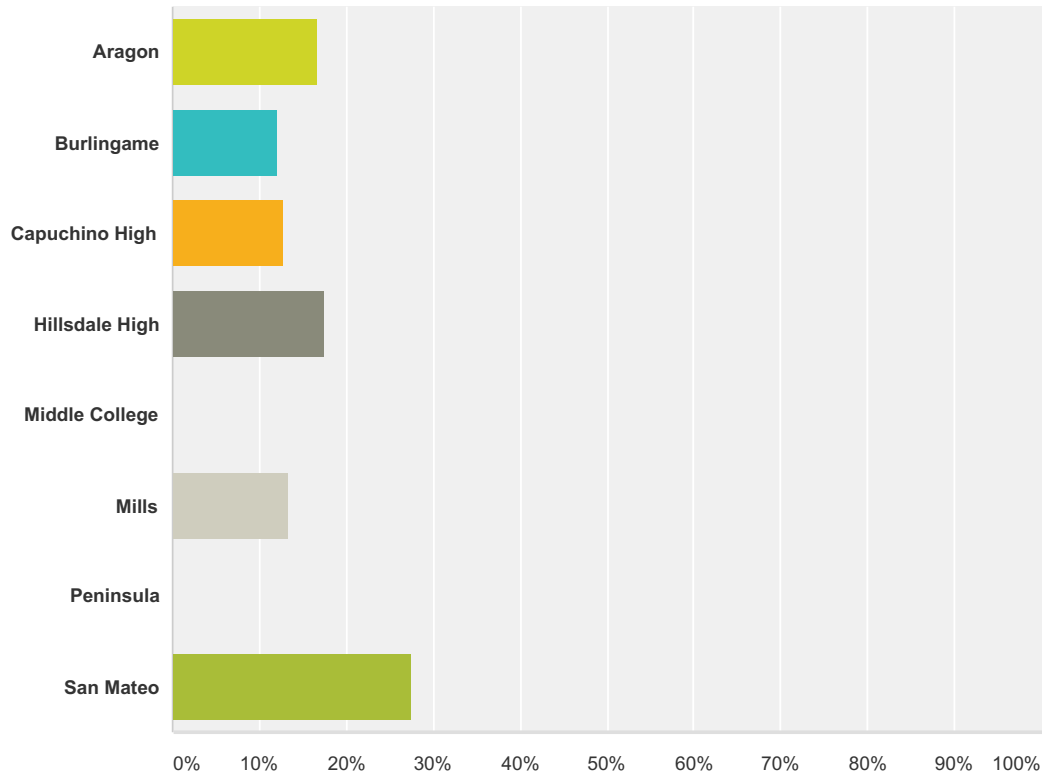


Q1 What high school do you work?

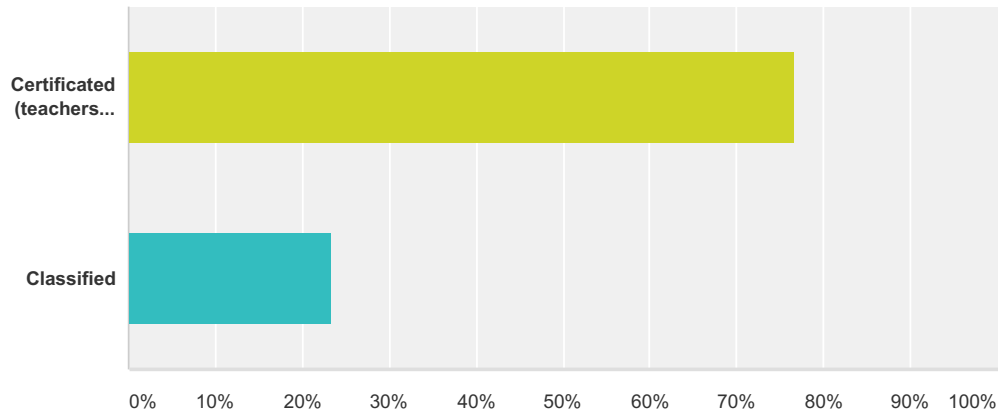
Answered: 382 Skipped: 0



Answer Choices	Responses	
Aragon	16.75%	64
Burlingame	12.04%	46
Capuchino High	12.83%	49
Hillsdale High	17.54%	67
Middle College	0.00%	0
Mills	13.35%	51
Peninsula	0.00%	0
San Mateo	27.49%	105
Total		382

Q2 Please tell us if you are a member of the certificated or classified staff?

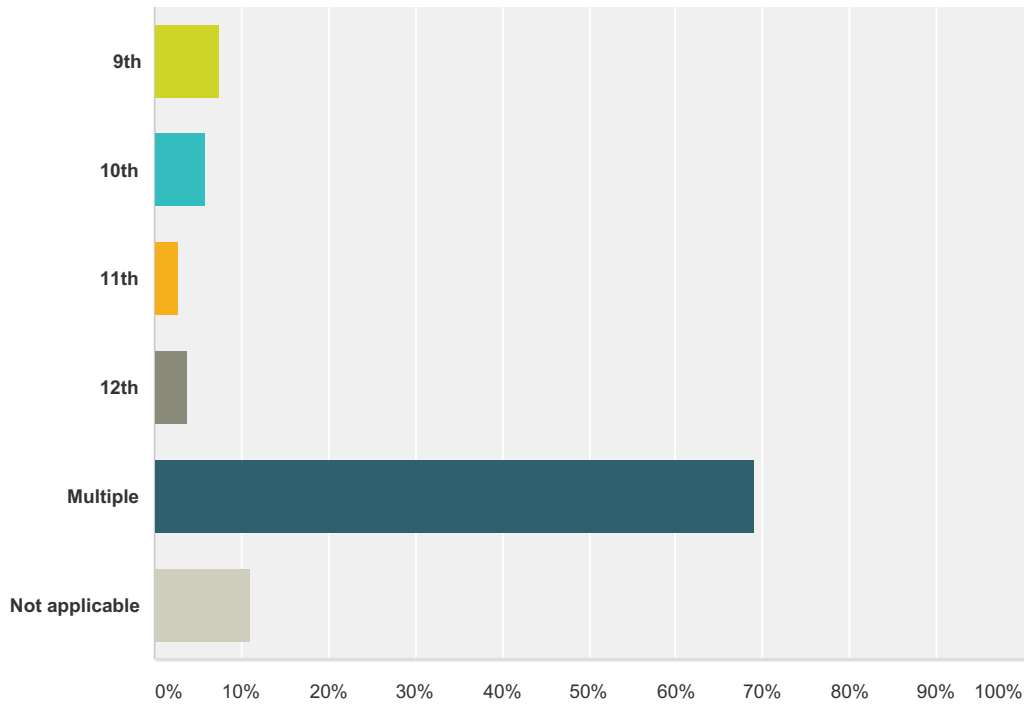
Answered: 382 Skipped: 0



Answer Choices	Responses	
Certificated (teachers and/or administrators)	76.70%	293
Classified	23.30%	89
Total		382

Q3 What grade do you teach?

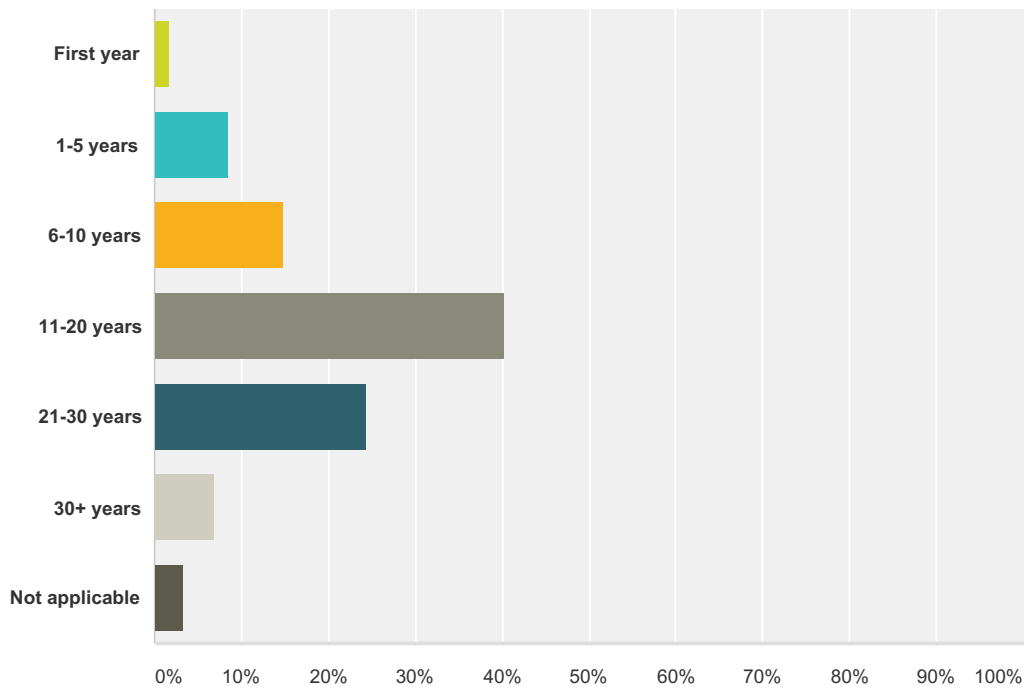
Answered: 291 Skipped: 91



Answer Choices	Responses	
9th	7.56%	22
10th	5.84%	17
11th	2.75%	8
12th	3.78%	11
Multiple	69.07%	201
Not applicable	11.00%	32
Total		291

Q4 How long have you been a high school teacher?

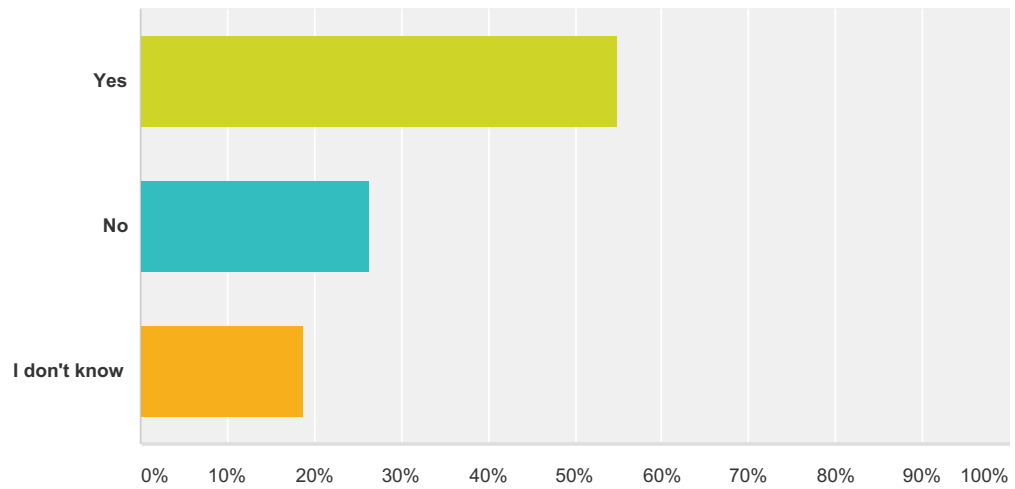
Answered: 291 Skipped: 91



Answer Choices	Responses
First year	1.72% 5
1-5 years	8.59% 25
6-10 years	14.78% 43
11-20 years	40.21% 117
21-30 years	24.40% 71
30+ years	6.87% 20
Not applicable	3.44% 10
Total	291

Q5 Do students appear to be alert during first period class?

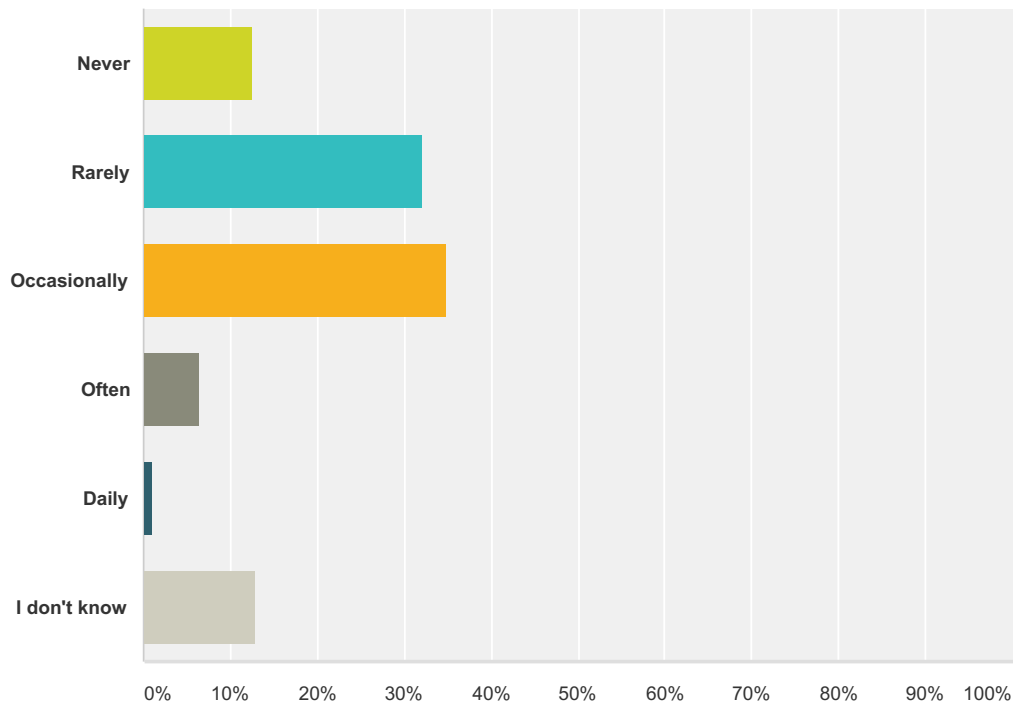
Answered: 361 Skipped: 21



Answer Choices	Responses	
Yes	54.85%	198
No	26.32%	95
I don't know	18.84%	68
Total		361

Q6 How often have you seen students fall asleep in classes?

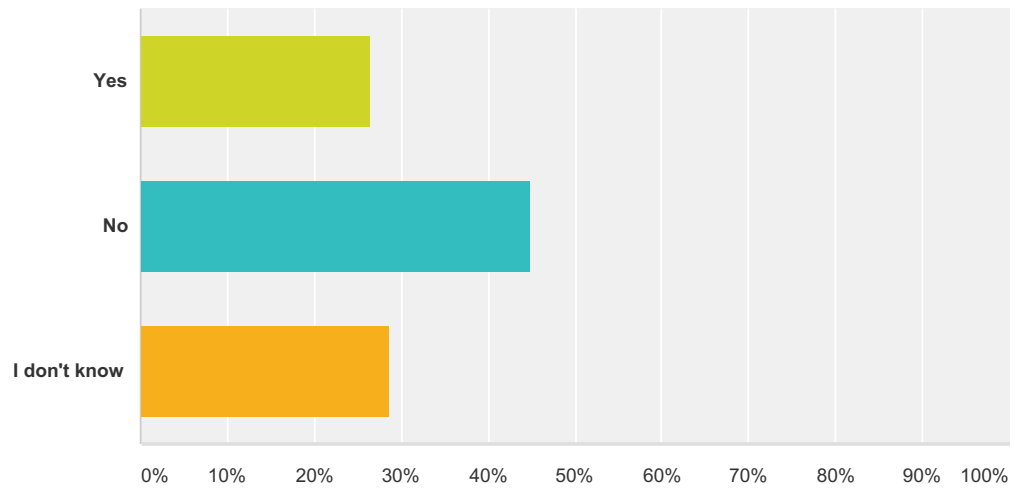
Answered: 361 Skipped: 21



Answer Choices	Responses	
Never	12.47%	45
Rarely	32.13%	116
Occasionally	34.90%	126
Often	6.37%	23
Daily	1.11%	4
I don't know	13.02%	47
Total		361

Q7 Do you feel that students would perform better if school started later in the morning?

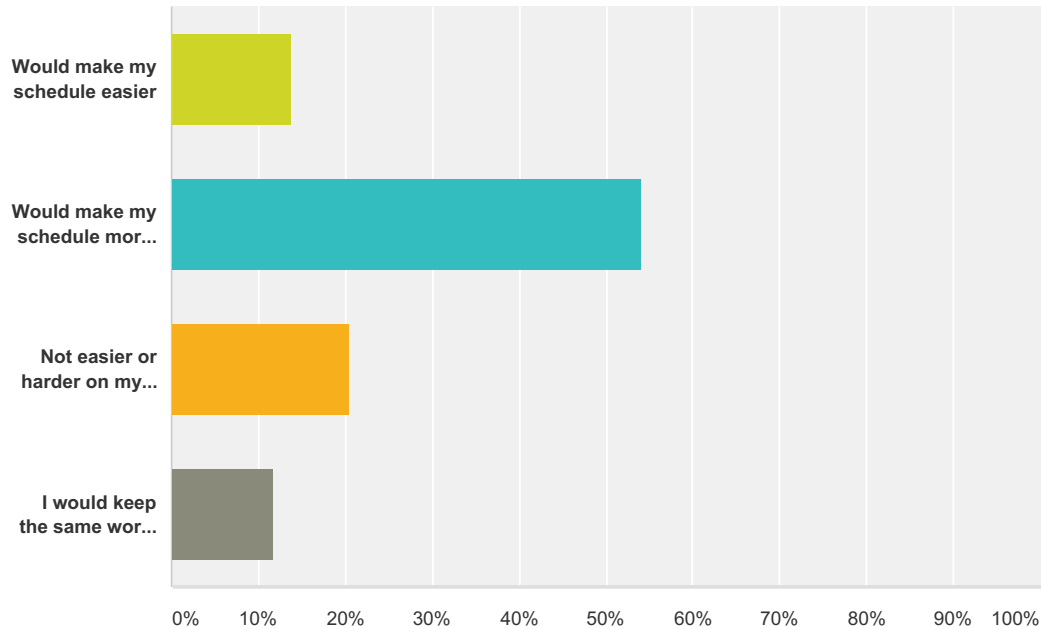
Answered: 361 Skipped: 21



Answer Choices	Responses	
Yes	26.59%	96
No	44.88%	162
I don't know	28.53%	103
Total		361

Q8 If school started later in the morning, how would this affect your own morning schedule (commuting, family time, planning time, etc.)?

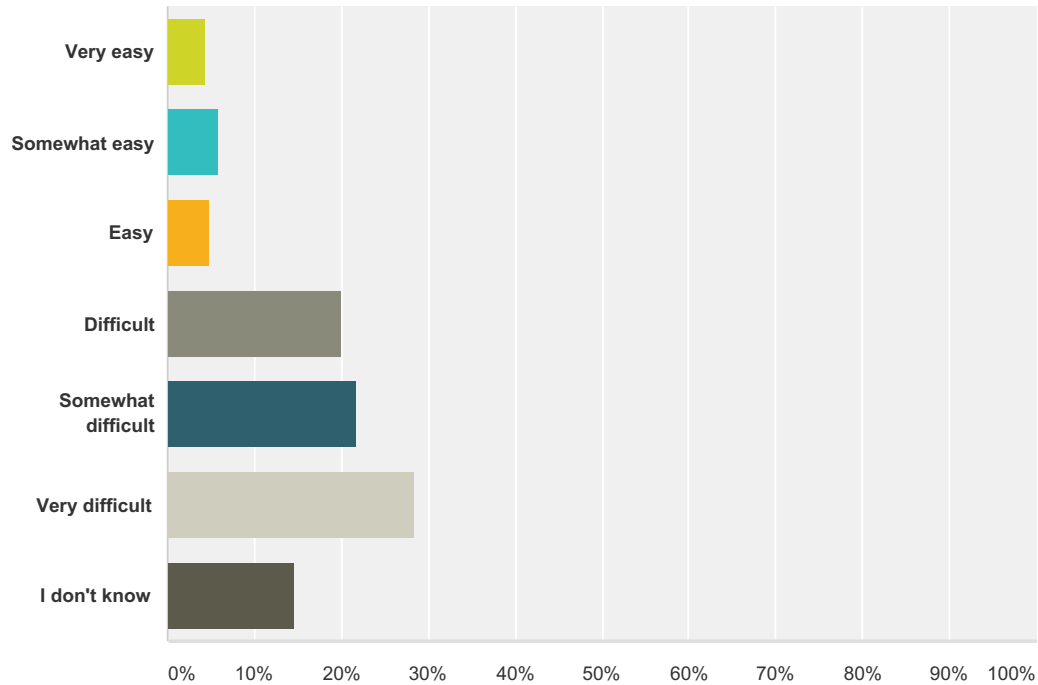
Answered: 361 Skipped: 21



Answer Choices	Responses	
Would make my schedule easier	13.85%	50
Would make my schedule more difficult	54.02%	195
Not easier or harder on my schedule	20.50%	74
I would keep the same work hours, but schedule my time differently	11.63%	42
Total		361

Q9 If you answered “would make my schedule more difficult,” would it be easy or hard for you to change your morning arrangements to accommodate a later school schedule?

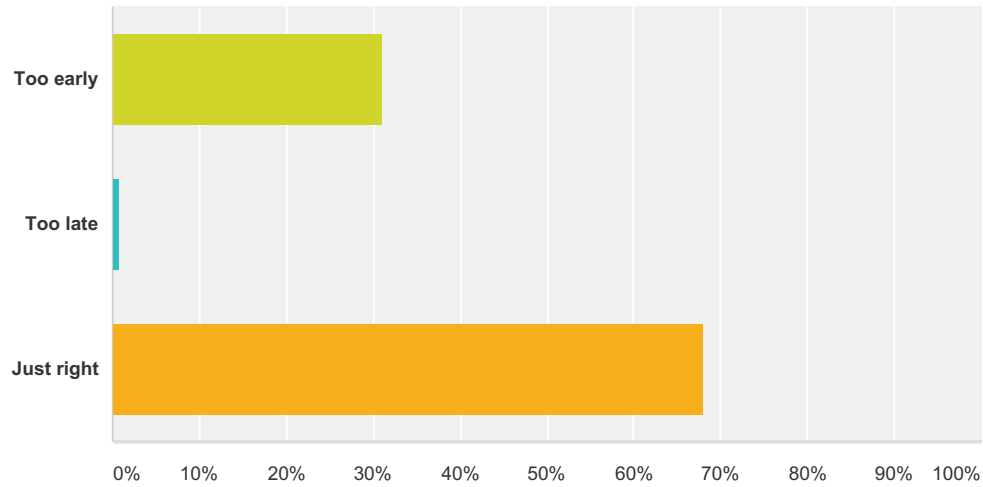
Answered: 225 Skipped: 157



Answer Choices	Responses	
Very easy	4.44%	10
Somewhat easy	5.78%	13
Easy	4.89%	11
Difficult	20.00%	45
Somewhat difficult	21.78%	49
Very difficult	28.44%	64
I don't know	14.67%	33
Total		225

Q10 As you know, high school in the district now starts at about 8:00am (Hillsdale High School at 7:45am). In your opinion, does your high school day start:

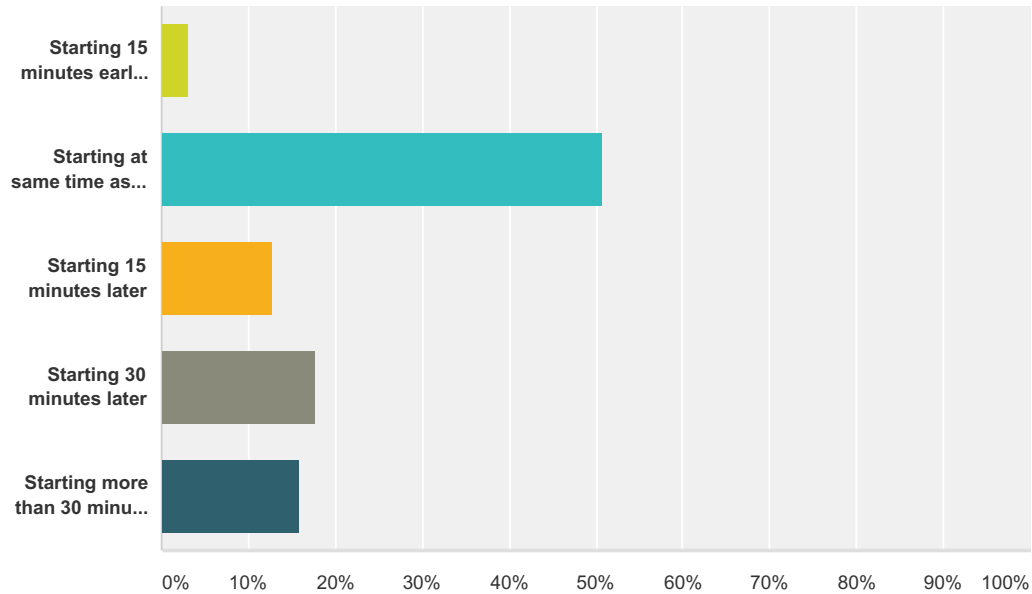
Answered: 361 Skipped: 21



Answer Choices	Responses	
Too early	31.02%	112
Too late	0.83%	3
Just right	68.14%	246
Total		361

Q11 If the length of the school day stayed the same as it is now, which of the following schedules do you think would be best for most students? Please answer according to your school's current schedule:

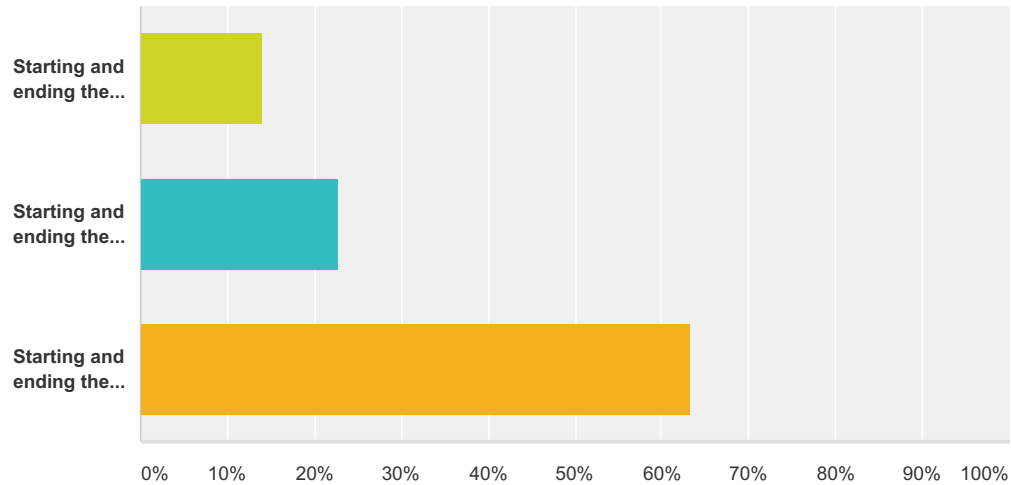
Answered: 361 Skipped: 21



Answer Choices	Responses	
Starting 15 minutes earlier than now	3.05%	11
Starting at same time as now	50.69%	183
Starting 15 minutes later	12.74%	46
Starting 30 minutes later	17.73%	64
Starting more than 30 minutes later	15.79%	57
Total		361

Q12 If the school day was extended to accommodate a later start, which high school schedule would be best for you personally? Please answer according to your school's current schedule.

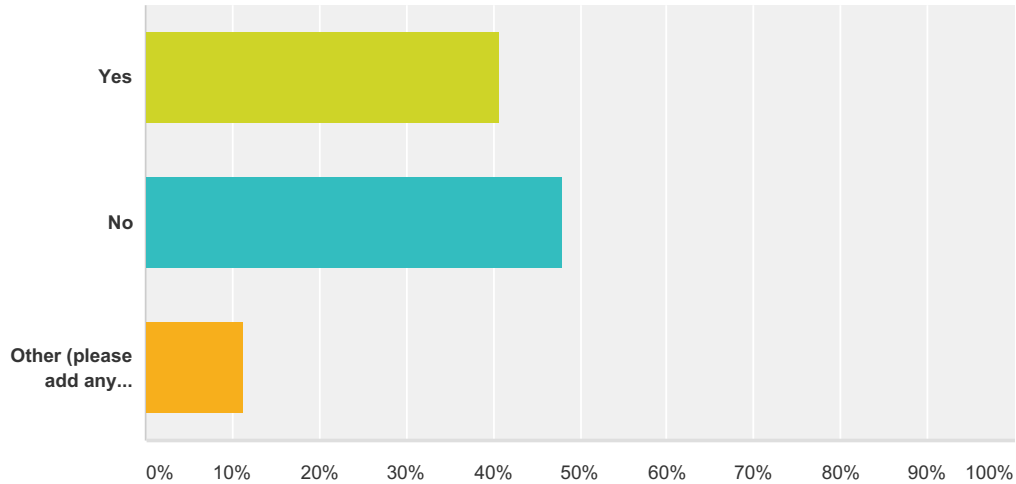
Answered: 352 Skipped: 30



Answer Choices	Responses	
Starting and ending the school day 15 minutes later	13.92%	49
Starting and ending the school day 30 minutes later	22.73%	80
Starting and ending the school day the same time as the current schedule	63.35%	223
Total		352

Q13 A pilot program would involve your school trying a later start/finish– 15- 30 minutes later – so that others could learn how a later start impacts a school community. Would you support testing a pilot program at your school for a later start time?

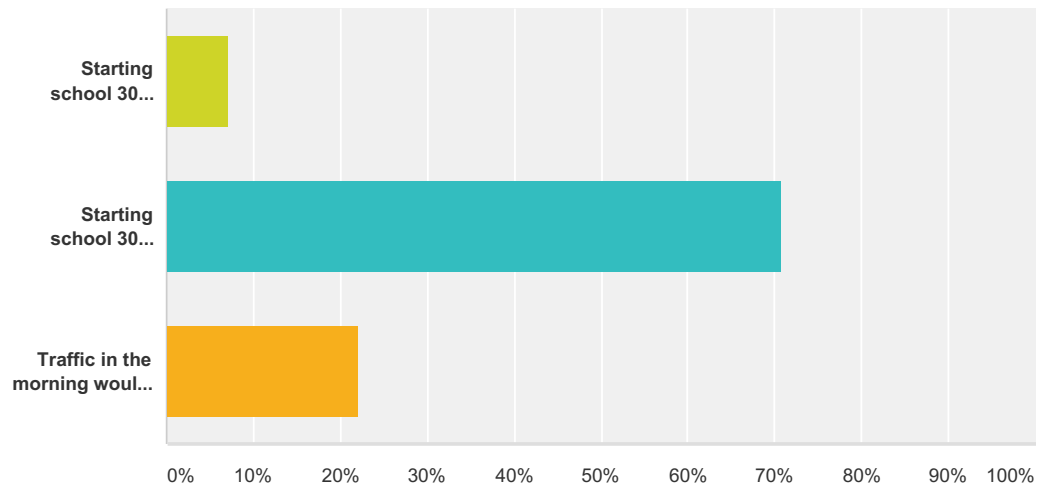
Answered: 352 Skipped: 30



Answer Choices	Responses	
Yes	40.63%	143
No	48.01%	169
Other (please add any thoughts here)	11.36%	40
Total		352

Q14 Which statement most closely matches your opinion?

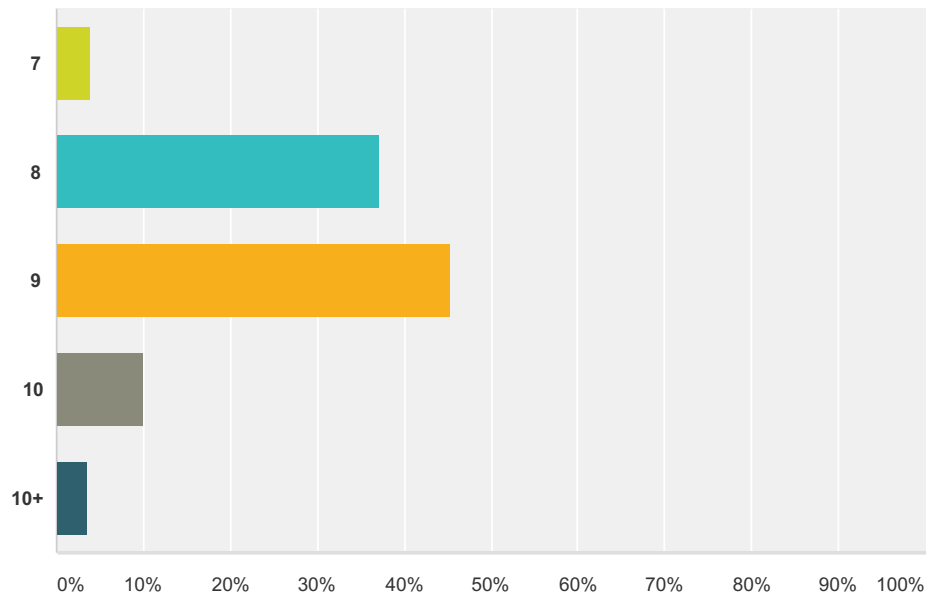
Answered: 352 Skipped: 30



Answer Choices	Responses	
Starting school 30 minutes later would decrease traffic in the morning.	7.10%	25
Starting school 30 minutes later will increase traffic in the morning.	70.74%	249
Traffic in the morning would remain about the same if school started 30 minutes later.	22.16%	78
Total		352

Q15 How many hours of sleep do you think teenagers need on average to stay healthy?

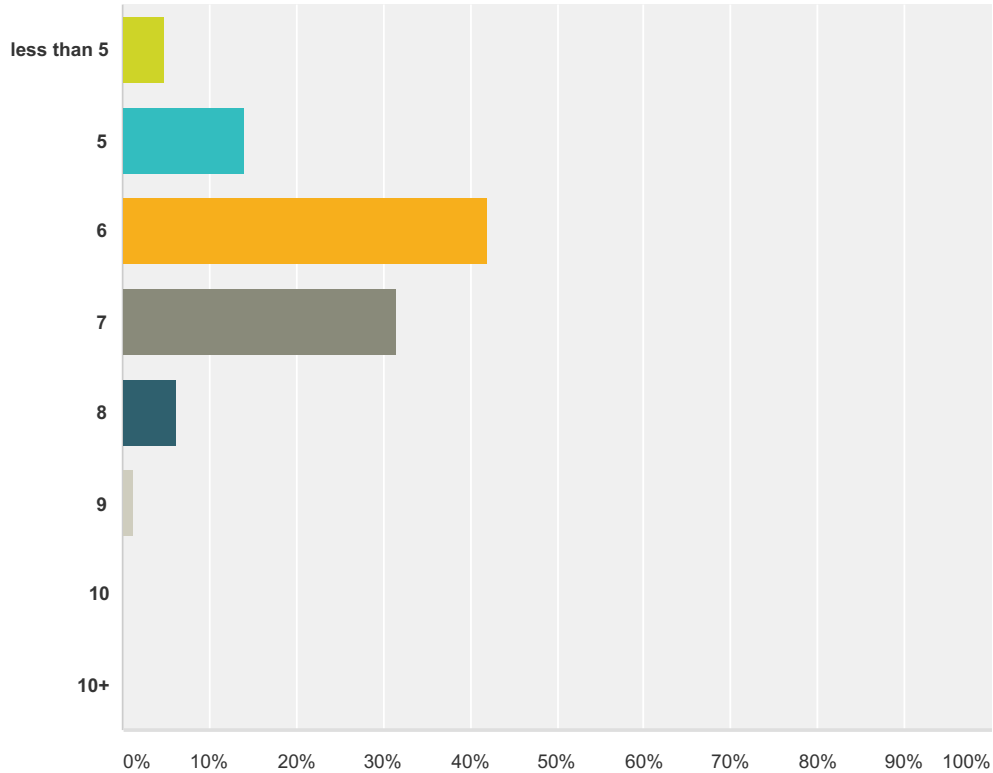
Answered: 348 Skipped: 34



Answer Choices	Responses	
7	4.02%	14
8	37.07%	129
9	45.40%	158
10	10.06%	35
10+	3.45%	12
Total		348

Q16 How many hours of sleep would you guess teens get per night during the school week?

Answered: 348 Skipped: 34



Answer Choices	Responses
less than 5	4.89% 17
5	14.08% 49
6	41.95% 146
7	31.61% 110
8	6.32% 22
9	1.15% 4
10	0.00% 0
10+	0.00% 0
Total	348

Later Start Time Survey (Employee) 2017

Q17 Comments:

Answered: 176 Skipped: 206

#	Responses	Date
1	I'm skeptical about moving school hours changing teen sleep habits. I think other factors (homework, entertainment, employment, socializing) would just move later and continue to have greater impact on sleep.	3/5/2017 2:57 PM
2	Technology addiction is what we are up against. Even with a later start time, parents and students need to learn about ways to stop cell phone and video game usage earlier in the night.	3/5/2017 10:19 AM
3	Our students just have way too much homework. They are doing 3-5 hours of homework nightly. And many don't start this homework until 10pm because of other after school obligations. The problem is not the start time. It is their "going to bed time". If the school day started later, they'd go to bed later. If we are TRULY considering their health, we would not have homework. Or we would greatly decrease homework hours. The stress and pressure that homework causes, along with the time commitment, is what makes students tired.	3/3/2017 1:28 PM
4	Students who play sports are going to miss more class time in the afternoon. This will stress them out and make them get LESS sleep.	3/3/2017 8:52 AM
5	teens and adults procrastinate. If they know they don't have to start until later in the morning, they will just stay up later and won't actually get more sleep.	3/2/2017 6:01 PM
6	When the district first proposed the later start time idea, I initially opposed it, because although I agreed with the spirit of the proposal, I didn't think that 30 minutes would make an impact, and I also argued that some families would still drop their kids off at the same time as the current schedule. However, two things have caused me to rethink my position in favor of the district's proposal. First, the current 8am schedule has resulted in at least 5 to 10 students each semester having a problem with arriving to class chronically tardy and Unexcused, which poses its own set of problems too numerous to mention here. Second, my own personal experience with my daughter leaving our house later and starting at 9am at her middle school in Pacifica has helped her be more alert and I think has benefited her in a much more positive way. Therefore, I now believe that the District's proposal will mitigate the tardy problems I already mentioned and it will benefit students positively. My only concern at this point is that the Zero Period classes at each site are preserved in the master schedule (perhaps moving those classes to first period for example), and that we do not lose those due to the later start time. I would support this proposal if it is not at the expense of other classes or programs being cut or moved to "after school" as a result of the schedule change. Thank you for your serious consideration to these matters.	3/2/2017 5:33 PM
7	Students should adjust their own schedule of playing video games or being on social media at night so that they get enough sleep for the next morning. In the real world when they get a job, most likely they will not get to choose to come to work later or have flexible hours. It is good training and good discipline to get to bed early so that they have enough rest for the next day.	3/2/2017 1:06 PM
8	This research is pretty much unchallenged	3/2/2017 9:38 AM
9	The quality of sleep and nutrition is also important.	3/1/2017 2:19 PM
10	While I understand that the idea is about the students, there needs to be consideration for all that are involved. The teachers/admin would get to school later, meaning that they would possibly be driving in more traffic. If the school day gets out later, then you are pushing back your practice times for sports and the kids will be getting home later than they are now. They will end up staying up later to get their homework done and would probably not get any more sleep than they are now, even if there was a later start day. In my opinion, I don't think a later start day would be a good idea. I think they are potentially other ways of altering the school day (classes, block schedules, etc) that might work better and be more beneficial to all involved. You also have to take into consideration the parents. Half of the school population would not be driving and therefore would have to have parents drop them off. In order for parents to keep their same work schedule, kids would get dropped off at the same time as they do now, but would be hanging around campus for longer in the morning waiting for class to start. Who is going to be responsible to those kids when they get dropped off?	3/1/2017 9:50 AM
11	It would be very challenging to start later when I have little kids who I barely see after school-before bedtime	3/1/2017 9:42 AM

Later Start Time Survey (Employee) 2017

12	While I support the idea of a later start time, I honestly don't think 30 mins or less will make a difference for teens. If you want to make a real difference it needs to be 1 to 2 hours later. With that said, 15 to 30 mins later start time is silly in that it's only going to frustrate teachers and families as does all change, but more importantly because traffic will be worse, ppl will still have to leave at the time they do currently inevitably making their day longer. I think keeping the day start and finish times the same is fine, but consider making lunch longer and not assigning homework. Perhaps research can support that with less work students will get more rest and therefore, be more alert in class. Anyone look into that? Also, by providing a longer lunch students can nap, which isn't a way to catch up on sleep but Take a nap. Although it doesn't make up for sleep loss, napping for 20 – 30 minutes can help improve mood, alertness, and performance. Thanks for reading and considering.	2/28/2017 10:03 AM
13	If we truly want to increase alertness for our students, school should start at 930 or 1000. By starting school 30 minutes later will not help our students. It will put more stress on families and teachers who commute from different areas across the bay. Some teachers are commuting 1 to 3 hours a day with our current start time. If school start times start 30 minutes later, teachers commutes will be 2 to 4 hours. They might as well just sleep in their car and only see their families on the weekends.	2/28/2017 1:44 AM
14	If we have a late start, then I think we should also offer a zero period for students that want to come to school early.	2/27/2017 6:25 PM
15	This would not just effect the morning commute, it would effect the evening commute. Teachers would have less time to help students at the end of the day, as the often do, before the traffic gets really bad. Test make-ups, help on homework, one-on-one instruction all happens on our free time in the afternoons and I feel as though teachers would be less likely to use their time, if it meant adding lots of time onto their own commute and extending the time away from their families and loved ones. Having students come in before school for help negates the purpose of the late start. I have more students sleepy and tired in my late afternoon classes than my morning classes.	2/27/2017 2:45 PM
16	I support making teens' lives easier with a later start time. It would affect me in a slightly negative way. Many afternoon classes are now damaged by student absenteeism due to sports; a later start time would exacerbate this. The later start time would help morning classes and harm afternoon classes.	2/26/2017 4:50 PM
17	If you change the start time, what guarantee do you have that teenagers won't just stay up later negating the attempt to get them more sleep?	2/25/2017 5:30 PM
18	Kids will only stay up later if they knew school started later. Not going to make a difference	2/24/2017 5:01 PM
19	I remain unconvinced that starting school 30 minutes later would mean students get 30 more minutes of sleep. The most important aspect of this issue has been omitted by the DO. With a later start time, more student athletes will miss more class because of early dismissals. The early dismissal time has nothing to do with lights on the fields, and everything to do with transportation. The later start time will only mean that student athletes will miss two afternoon classes instead of one. There is no substitute for being in class. This proposal will negatively impact student athletes, and will negligibly impact other students.	2/24/2017 4:42 PM
20	Though I believe students would benefit from a later start, I think traffic would be worse and there will be other large-scale conflicts that arise as a result (i.e. employee family schedules, after-school activities/sports, etc.)	2/24/2017 11:51 AM
21	Is the District willing to pay the true costs of starting the day later? Will staff be hired to open facilities to accommodate students that will be dropped off at the same time. Many students are dropped off as early as 6:45 or 7:00 because that is when their parents must drop them off so that they can get to work on time. Will there be food services available for these students? Will sports schedules be altered so that students don't miss more class time? If sports schedules are changed to accommodate the late start, athletes will be getting home later, which means they will be completing homework later, which means bedtime will be later. Doesn't that defeat the original purpose?	2/23/2017 1:23 PM
22	Part of the curriculum I teach deals with sleep, so much of the research on sleep schedules, etc. are things I have spent a great deal of time researching. The most compelling research shows that students need to sleep more. That should be the focus of the district: Parent and student education on how to take away devices at night, de-stress, and not over-schedule. As schools, we should be looking at homework loads and not over-programming students. Right now, students are "voting with their feet", by taking early classes even if they could move their schedule later. Far more students taking six periods come to school 1-6 compared to 2-7. If you want to move start times later, why not begin by mandating that non-7 period day students take a 2-7 schedule and see if it has the positive outcomes you are looking for, without disturbing the schedules that are working for a large portion of our students.	2/23/2017 11:30 AM
23	The premise that our students benefit from a full nights rest is not in dispute. What I have not seen addressed in this discourse is the concept of the student beginning the rest period at an earlier time. For those who espouse modern distractions eg electronic devises as a factor in keeping people from earlier sleep times I suggest that exercise in self discipline, resisting distractions, would benefit our students more than adjusting the school start time.	2/23/2017 10:15 AM

Later Start Time Survey (Employee) 2017

24	I think starting later would help teens. I also understand that it would disrupt the lives of many teachers with kids who have their routines set. My kids attend SFUSD schools that start later than ours (8:40 and 9am) and I struggle with finding morning childcare/drop off. Late start would extend my commute but would ease my childcare routine. I'd rather sit longer in traffic than have my kids sit in before school care so that I can be at work so early. Late start would help my family routine and work/life balance.	2/22/2017 9:15 PM
25	I understand that teenagers have a different internal clock, meaning that they get tired later, and wake up later. I don't think that our schools respect this time shift. At the same time, I don't think that changing the start of the school day by 30 minutes will help all that much. When I was a student in Europe, my high school started at 9:00 or 9:30. My bigger concern is the amount of work that our college focused students have - many are not sleeping very much at night. I would like to see our schools put limits on the number of AP and Honors classes that a student can have.	2/22/2017 8:55 PM
26	I know that sleep is important to students, but I do not think that starting the day 15 or 30 minutes later would make a difference. (I would assume students would stay up later, thinking they can sleep in more.) Also, as a former teenager who had the choice of early and late start, I still chose early start to accommodate after school sports and extracurricular activities--as I know many of our students do.	2/22/2017 8:42 PM
27	The problem is not school start time, but how students used their time at home. The students with the most sleep problems report staying up late at night on their electronics. I believe they would still do the same with a later start time, and a 30 later start time would not make a meaningful difference, except maybe for contributing to their staying up even later. :(2/22/2017 7:28 PM
28	Many HHS students do not have a 7th period. Why not load up the 7th period and eliminate 0 period? Have we thought about how much increased travel times will impact the net gain for an earlier start time?	2/22/2017 6:32 PM
29	I feel that the late start doesn't really address a bigger issue for our students which is why are they not getting enough sleep? (My observations is that there are several reasons for the problem. Some students are over committed with academic and extracurricular s. Some students have a problem with screen time. Both of these cause students not to go to sleep when they should.) Will the late start fix this? I wonder?	2/22/2017 4:22 PM
30	I believe that a later start will benefit the students.	2/22/2017 4:21 PM
31	I don't think a 15 min late start will get kids 15 more min of sleep.	2/22/2017 4:09 PM
32	You only asked about difficulties in the mornings, but neglected to ask about a later end time. My difficulties with scheduling come at the end of the day. I am caring for 2 aging parents and need the afternoon time for doctor's appointments etc.	2/22/2017 3:01 PM
33	What about students that play sports and have to miss classes in the afternoon for games??	2/22/2017 2:40 PM
34	not only do I think we should start the school later, we should still end at the same time, or earlier and adopt a year round model	2/22/2017 2:24 PM
35	In my opinions, teen get fewer hours of sleep than they need because of their access to electronics. If these were kept out of teens' bedrooms, they would be able to get their work done more efficiently and sleep longer and better.	2/22/2017 2:20 PM
36	I am in full support!	2/22/2017 11:38 AM
37	A pilot is a good idea. Although the research and evidence is fairly persuasive, the benefits of moving things 15 minutes or 30 minutes may be outweighed by the effects on adult schedules, traffic, extra expenses, and unintended consequences. Think oxygen masks on this. If this move stresses out adults, it will negate the benefit to students. So a well-thought out, observed, and evaluated pilot at one school may help determine if the change is worth it for the whole district.	2/22/2017 10:58 AM
38	I don't think adjusting the schedule 30 minutes makes that much of a difference. For students who want a later start time, why can't they just have a "not at school" for Period 1? I think a lot of parents drop off students early in the morning 7-7:30 and I don't think it will change because parents will still need to get to work early. Traffic is a big issue for staff and parents, too.	2/22/2017 10:00 AM
39	I don't think changing the time will make students any more alert than they are already. By starting later they will just stay up later. School is training to prepare students for their adult life. It's about teaching them responsibility not catering to them. When the graduate and get into College the school isn't going to change hours for them. When they get out of school and get a job their boss isn't going to change company hours for them either. We must prepare students for life after school not give them excuses. By changing the hours of school we will send a message of entitlement (that already exists) instead of teaching responsibility.	2/22/2017 8:37 AM
40	Late start means late release, means late game times for after school athletics. Then that just pushes everything back. Now games start at 4 and 5:30 and goes into dinner time. So athletic students eat late and go to bed even later. Not a win - win.	2/21/2017 9:23 PM

Later Start Time Survey (Employee) 2017

41	Based on my frequent conversations with students about their health and well being, I agree that they do not get enough sleep. However, I think this has a lot to do with the use of electronic devices and the family dynamics of each individual student (I have a number of students who tell me their parents limit their phone time and they go to sleep at a reasonable hour). I feel like bumping up our start time is putting a "band-aid" on a much larger problem in our district that includes offering too many AP Courses, parental pressure to get into the "right" colleges and much more. We have a late start on Wednesday mornings (an hour later) and that is the one day where I have between a third to a half of my first period arrive to class late. I also hear from students who are very concerned what a later start time would mean for their after school jobs, sports and the like. While I wouldn't normally bring up my personal impact in a situation like this, I do think this would cause great difficulty for many of our staff. I live in San Francisco (can't afford the community I teach in) and my commute is 45 minutes in each direction. I need to leave my house by 6:30 each morning to get to work even remotely on time because traffic exponentially gets worse by 7am. If we moved to a later start, most of us who commute would still need to leave at the same time. Getting home an hour later (probably more with an increase in traffic) would mean that I would see my two young children an hour less each day (they are already attending daycare and preschool for 9 hours each day as it is). I absolutely love my job and am grateful to work in this district. However, the impact this will have on my family - seeing my own children even less than I already do (I already spend nights and weekends grading and planning) makes me feel as though I may need to look at other job prospects. Mine is just one example of the type of hardship this will have on the families of our district staff.	2/21/2017 8:41 PM
42	What's the purpose of asking us Q16?	2/21/2017 2:33 PM
43	Unless you are going to extend the late start significantly it will not make a difference at all or the difference will be negligible. We have late start now on Wednesdays and students will candidly tell you they just stay up later the night before. Furthermore, some of the studies are dated and were conducted before the obsession with social media and YouTube. If you want students to sleep more it should begin at home by educating parents about the harmful effects of social media on student sleep, stress, and performance. In countries that have high educational outcomes, students attend school for about four hours a day and teachers spend more time planning and grading. That will improve student learning and relieve stress but since we are confined to comment on whether or not 15 or 30 minutes is going to make a difference, I submit it will not matter but i would be willing to pilot to prove myself wrong :)	2/21/2017 2:13 PM
44	The pro's of the later start outweigh the cons - go for it!	2/21/2017 1:29 PM
45	It is still unclear why we are proposing this schedule change. Is there a documented, district-wide issue with sleep deprivation? And if there is have we instituted a program of parent and student education around sleep health? Have we looked at the out-of-class workload that we are placing on students? Have we looked at the after school responsibilities many of our students must bear? Have we taken into account those students who are early risers and perform better in the morning? Have we looked at how many of our students get dropped off at school at 7 a.m. because their parents have to get to work? Because moving first period back does not guarantee more sleep for students.	2/21/2017 1:12 PM
46	Although the research around the biology of the late start would benefit many students, the issue of hours around extra-curricular involvement remains. The associated hours spent by so called "high flyers" involved in activities like dance, drama, clubs, student government, and sports may not be adequately adjusted to relieve stress levels.	2/21/2017 10:45 AM
47	I am extremely concerned about the effects of a later start/end time in several areas: -the real effectiveness of starting 30 minutes later in helping students get more sleep (if their workload is the same, they will not have more time to sleep). It would make more sense to limit the homework given. -feasibility of teachers to schedule doctor's appointments and other business; it is very difficult as it is now to get the "last" appointment of the day, if school ends 30 minutes later, it will be impossible; thus requiring teachers to write sub plans and take a personal or sick day to take care of themselves; this negatively impacts the teacher's number of sick days and the already difficult sub shortage in the district -willingness of teachers to volunteer for after school committees and PD; many teachers have families and outside responsibilities that would limit or make it extremely undesirable to stay even later for extra activities (30 minutes makes a huge difference in the evening) -ability of teachers to be involved at their own children's after school activities -participation in the district's beneficial after school wellness classes; many teachers need to leave by 4:30-4:45, and would be unable to take advantage of this opportunity, which would decrease the effectiveness of the district's plan to improve wellness of employees -impact on students with jobs or sports after school (if games are not moved to later times, students will miss even more instructional time) ***I propose that instead, the district move the early-release days to late-start days, allowing students to sleep in later two days a week.	2/21/2017 10:40 AM
48	If kids could start school later, they would just STAY UP LATER!!!! Nothing is going to change. They will just stay up later.	2/21/2017 10:39 AM
49	I think if school starts later, teenagers would just go to bed later.	2/21/2017 10:36 AM

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50	I understand the rationale behind the proposal, but I think we can see with by the current choices teenagers make that what time they are waking up at has little do with the time they decide to go to bed. If all of their activities are simply later than they use to be, the kids will stay up later to accommodate that shift. I also feel there will be a significantly increased burden on staff, especially those of us communicating for SF or further. Traffic is increasingly worse for every minute later I leave my house. I will also find it more challenging to handle getting my own to and from school with the change in start time.	2/21/2017 8:35 AM
51	I'm convinced that starting 15-30 minutes would make a difference. I think students will just stay up later. This late start time does not guarantee that students get 15-30 more minutes of sleep.	2/20/2017 9:29 PM
52	It really varies from child to child, from home to home.	2/20/2017 8:22 PM
53	AP kids get much less sleep than average; also regarding question 8 ("would make my schedule more difficult"), the follow-up only asks about morning inconvenience; for me at least, and possibly for others, AM is not the problem; PM is, due to my own children's schedules; was this a questioning oversight?	2/20/2017 6:29 PM
54	I have worked at a school that switched from an 8:00 am start my first year there to 9:00 am my second year, ending the day at 4:00 pm that second year. The late start made no noticeable difference and more athletes missed class at the end of the day. Students themselves simply told us that they stayed up later. Though more sleep is better for students, the whole plan is contingent on the assumption that students will go to sleep at the same they are currently and would therefore benefit from additional sleep. We simply cannot control what time students actually go to bed. Be it because of their devices or their workload or their extracurricular activities or their parents having lax norms, how much sleep a child gets is totally dependent on their home life. While we may want to set up students to have the opportunity to get more sleep, we have no way of knowing that they actually will.	2/20/2017 2:52 PM
55	Starting school later will just have the students stay up later. Why go to bed earlier if you start school later. In addition having two working parents who work early causes difficulty getting their students to school before they have to be at work.	2/20/2017 1:45 PM
56	I believe our students sleep is affected by their screen time. Any discussion about the change in bell schedule should be accompanied by a discussion about healthy screen habits.	2/20/2017 1:13 PM
57	I appreciate the district's concern for students' health and well-being, but I am concerned the idea of the later start time does not guarantee students will be getting any more sleep than they are already getting. Starting the school day 30 minutes later only shifts the start and end times of the school day, which means students will be going to bed 30 minutes later, not getting 30 more minutes of sleep. I think it requires collaboration and frank discussion among all parties involved to improve the situation of our teenagers' sleep. These parties include parents, who must be vigilant about their children's activities, technology use, and schedules; teachers, who must be reflective of the amount and value of the homework they assign; and last but not least, the students themselves, who must learn time management and discipline to maximize their sleep time and well-being.	2/19/2017 9:42 PM
58	Parents still need to drop their students off on the way to their work. Kids would still get to school at the same time, they would just sit around waiting for class to start or they would go to Starbucks. Also, when you push back the end of the school day, sports will also be pushed back and homework and sleep. They will actually get less sleep because they will still need to get up when their parents get up and leave for work. Also keep in mind that many faculty travel from greater distances, at least a 30-50 minute drive. We still need to leave when we do regardless of the start time, to try and beat the traffic. I do believe that starting 15 minutes later would be great. I'm not crazy about extending the end of the day due to the reasons stated above. I'd rather give up a PD day or two to teaching then extend the school day.	2/19/2017 1:55 PM
59	Great PR, but you'll not change sleeping patterns, my friend. Additionally, our students aren't suffering and they're performing well. There's no need to force a change.	2/18/2017 7:51 PM
60	A discussion about sleep, stress, homework and societal pressures would be helpful.	2/18/2017 5:47 PM
61	When you attend a public high school you live in the area so you are close to your destination. Employees of a public high school on the other hand are commuting to work. If you change hours they will most probably have longer commute times to and from work. Less time after work to get appointments or errands taken care. If you were a teenager and you didn't have to go to school later you would probably say I can stay up later because I don't have to be at school early. I have young adult children now but I'm pretty sure my kids would have argued that point with me.	2/18/2017 9:22 AM
62	You didn't ask about the afternoons. The traffic in the morning is nothing compared to afternoon traffic. If we ended 30 minutes later, my *afternoon* commute would go from 50/60 minutes to 90 minutes. Further, I believe that it's pie-in-the-sky to think that athletic events would actually move back. Rather, I think that our student athletes would end up missing 2-3 classes for games instead of the current 1-2. BAD IDEA.	2/17/2017 8:04 PM
63	those of us who work at the school and have activities after work would be impacted. We have lives too. We need our afternoons free.	2/17/2017 6:49 PM

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64	Accordingly to students, 1. The #1 reason for staying up late is too much homework. 2. Students may request no 1st period if they would like to start the school late. 3. If the hours of sleep is importance, can families/students request for shorter school days?	2/17/2017 5:13 PM
65	As a staff member that lives in San Francisco, I leave my house in the morning at 6:55 to 7 am and usually arrive at Hillsdale at 7:30 to 7:35 am. If I leave later in the morning, my commute times increase. I am concerned that the benefits of a later start time will be consumed by an increased commute time. It is possible that I may have to leave at the same time as I already do, so my sleep pattern and that of my daughter (a senior in the fall) will not change at all. My other concern is sports not starting their games later. Although some sports will be able to use lights (e.g. football, soccer and basketball) for games and practices, there are other sports (e.g. tennis, golf, softball, baseball and cross country) that will not have lights and athletes will be required to be out of class at the same time as now--leading to more class time lost when students are excused to compete.	2/17/2017 3:55 PM
66	I think the idea of a later start makes some sense, but (in agreement with the linked article) feel that many more factors will affect student sleep and would need to be addressed. Athletic schedules would also have to be radically changed in almost all seasons with a later start to minimize impact on student/athletes	2/17/2017 3:38 PM
67	Despite the links you provide, there is a wealth of data showing that in order for a late start time to be at all effective, the schedule must change by an hour. 30 min. would accomplish nothing--or worse than nothing, because working parents would still drop their kids off earlier.	2/17/2017 3:05 PM
68	I like to start school a little bit late but the traffic in this area will make it very difficult for people who have to commute.	2/17/2017 2:28 PM
69	The rigid "hours on campus" mindset can be altered (with very little effort on the districts part) to allow for teacher flexibility in the hours they need to prep/be on campus...compensate us for the additional traffic you wish to add to our lives...also by not trying to micromanage hours we won't feel...micromanaged. We might begin to think that we are thought of as professionals...maybe our morale improves and our output increases. For the record I'm going to continue arriving early as that is when my energy is at its optimal level and my prepping is most efficient.	2/17/2017 2:28 PM
70	While the morning would be less stressful and an easier start to the day, getting out later will be harder. But I don't think a 30 minute change will drastically change my life. I do not have a long commute (so I'm lucky in that regard), but if I did I might not want to be on the freeway later...	2/17/2017 2:06 PM
71	The students who fall asleep in class are my AP students. Without changing their work/extra curricular load, I don't think changing start times is going to change that.	2/17/2017 2:03 PM
72	It feels like there are a lot of constraints on effectiveness that were not fully controlled-for in the articles given to us. I'd also like to see a concerted effort between the school districts (San Mateo-Foster City and SMUHSD at the very least) so that whatever we roll out, it is ideal for families with students who might be in elementary or middle school. Finally, if students are really more effective at 9am or 10am, then this slight change does feel like a half-measure instead of an attempt to place the optimal framework in place.	2/17/2017 1:53 PM
73	The most important concern is what's best for the kids. As a mom, I know that my kid stays up at all hours completing homework and that starting the school 30 minutes later will not improve the quality of her sleep or her life. For the SMHS population, we already have kids arriving late from Foster City a few times out of the year. I imagine that it would only get worse when they have to drive in higher commute times. As a teacher who commutes from SF, later start and end times result in more time on the freeway. If I don't leave immediately at 3:15, my 40-45 minute commute becomes a 55-70 minute commute depending on how long I stay at my desk.	2/17/2017 1:29 PM
74	Please bear in mind that students will adapt to this, rationalize that if school starts later, they can stay up later. 15-30 minutes, while a step in the right direction, will probably not fully solve the problem of sleep deprived adolescents.	2/17/2017 1:27 PM
75	I also feel lunch should be mid-way through the day and at the same time everyday. Currently, CHS' lunch time changes everyday. It starts as early as 11:45 or as late as 12:30. I'm sure there is science re: eating at the same time daily. Plus, the cafeteria workers would benefit too. In my opinion, the CHS schedule isn't student friendly. I've worked at a school with a true block schedule and a school with a traditional six period schedule, each were better than the CHS schedule.	2/17/2017 1:23 PM
76	Too many students are here before 7 am because their parents work. If we are so concerned about the well being of our students, reduce the number of AP classes they take and the amount of homework given out. That would help our students more than ASSUMING they will get 30 minutes of extra sleep.	2/17/2017 1:23 PM
77	If there were a late start change, students would still be dropped off by parents the same time as now. Parents schedules will not change. Students would be hanging around. Traffic worse in the afternoon. Takes more time to get to point a to b. Would not benefit commuters and sport teams. I would not be willing to change my work hours to accommodate.	2/17/2017 1:11 PM
78	I think the students we hope to help will just stay up later and not actually get more sleep anyway. Many of my students who don't have a first period report that they stay up later since they don't have to get up "early" and don't benefit from extra sleep.	2/17/2017 12:47 PM

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79	The implications for this schedule on my colleagues who commute great distances to teach in this district can not be overstated. I have heard quite a few esteemed colleagues say they would leave the district if they had to start later. I have younger children and have felt that the 7:45 start at HHS is inhumane for teachers with young children, especially those like me who don't have help in the morning or viable before school programs. I think that the day needs to be moved later. However, teachers with long commutes must have the flexibility to have a schedule that is the same as what they do now.	2/17/2017 12:43 PM
80	Concerned with effects on after-school sports	2/17/2017 12:42 PM
81	I have three teens. The reason students are sleepy during school hours is because of technology in the bedroom keeping them up texting until 3 am...it has nothing to do with late/early start. Our students have two income households where the students are dropped off at 7:30 am everyday, regardless of class schedule. You will just make them stay later is all that this will accomplish.	2/17/2017 12:02 PM
82	I think a later start would be great. I have teenagers living in my house and they are constantly up at night and exhausted during the day. I believe starting at 9:00 or 10:00 in the morning would make a difference but now a half hour.	2/17/2017 12:02 PM
83	I think that most students would not benefit from school starting just a few minutes later. And this type of change would greatly impact many after school activities and commitments like: sports,music lessons, jobs, sibling care, tutoring, etc.	2/17/2017 12:01 PM
84	Teens need to sleep more, no question. But I don't think that starting school 30 minutes later helps solve the problem that they are not sleeping enough. They need to be told by their parents to go to bed earlier. They need to not spend so much time on their screens so that they get their homework done before 11pm. Staying up after 11pm is ridiculous for a teen. Too many parents seem to think it's okay for their teens to stay up super late to "finish homework" but this should not be the new normal.	2/17/2017 11:59 AM
85	7:45 is too early for students (and teachers). I would wholeheartedly support a later start time of 30 minutes or more. Thank you for taking the time to gather our input.	2/17/2017 11:55 AM
86	We need to put the academic and physical needs of our students first. Starting later would really help them get more sleep and so we should do it.	2/17/2017 11:54 AM
87	Delaying the ending time of school would make it impossible for my child to participate in sports and music after school because I would not get home early enough to take him and we have no one else who can do it for us. Changing the start time will do nothing to address a major cause of students' sleep: academic and social schedules that are too full and stressful. Students taking 3-4 AP classes per semester, for example, will continue to not get enough sleep, no matter when school starts, because they have too much studying and they have so much pressure to perform well.	2/17/2017 11:42 AM
88	I am opposed to a meager 1/2 hour shift. If we have to start later, let it be at 9:00 am. With a mere 30 minutes, I predict that students will get no real additional sleep nor will they find their adolescent circadian rhythm any more accommodated, as proponents of a late start seem to promise. From a commuter's perspective, due to the increased traffic as the morning gets later, a 1/2 hour delay will effectively be cancelled out. I will have to wake and leave at essentially the same time in the morning, effectively increasing the length of my work day.	2/17/2017 11:21 AM
89	Students who care about school will continue to stay up late to complete their homework. Teens are night owls, so even those student who don't care about school will still stay up late. The later start is not going to make a difference.	2/17/2017 11:05 AM
90	Unfortunately, I don't think the late start will really affect how many hours they sleep. I believe it would only affect when they get these hours. (I believe they would just stay up later...)	2/17/2017 10:56 AM
91	I think students choose not to sleep to do other things; ie homework, work, computer, social media.	2/17/2017 10:46 AM
92	I do feel this is partially the responsibility of the students to learn healthy lifestyle habits and that includes getting enough sleep. I often hear the excuse that students stay up late because of homework/studying etc, which may be valid in some cases but I often see students with down time not taking advantage and getting work done during the day or after school. I am not against a late start time in any way and think it could benefit our student body, however I would like to see more time management strategies taught to our students as I feel that will lead to more success after high school whether it be college, work, personal life. Also, keeping the students accountable, I hear students tell me all the time they are late turning in assignments and it makes me wonder why teachers are accepting late work. In a lot of schools and college (including when I was in high school) teachers would/will not accept late work without an excused absence. If a late start pilot study is to happen I would again plead for education to our students on why sleep is important for them, how to manage time appropriately and that later start time should not encourage the students to stay up even later.	2/17/2017 10:46 AM
93	I am concerned how many students will still arrive early due to transportation issues. For example, students coming out of Foster City will still need to leave early due to traffic. Later start times will not allow them to leave much later. The same would hold true for a great deal of staff.	2/17/2017 10:41 AM

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94	Going to a later start time would mean that athletes would be missing more class time, due to scheduling, transportation. This also means that lights would be necessary for all outdoor athletic spaces, baseball, softball, pool areas.	2/17/2017 10:36 AM
95	The questions on this survey do not allow me to accurately reflect my opinion on this issue.	2/17/2017 10:31 AM
96	I would love a later start time as students, faculty, and staff could all use more sleep. We are seeing high burn out rates and it's just getting harder and harder to get enough sleep when you have so much to do. On the other hand, I run the after school drama program at my school as well as holding down a second job to supplement my income in order to survive in the area. If there is a schedule shift to where school gets out later, it may effect my second job and rehearsal schedule with Mills Drama.	2/17/2017 10:19 AM
97	I'm not sure how 15-30 minutes would have any impact on students' sleep habits	2/17/2017 10:13 AM
98	I am not convinced that a change in half an hour would make a noticeable difference in student performance. I have read some of the research, and I can see the argument for starting school later. I think an hour would have a bigger, more noticeable impact on student performance. I am worried about how this change will impact our athletes and effect adjunct duty as well as other after-school commitments.	2/17/2017 10:05 AM
99	The start time change is a concern, but more of a concern to me is the end time. I can mitigate traffic problems by coming to school early to miss traffic. I can't do that with a later END time. I feel like you needed to have questions about this issue in the survey. Going home is going to be harder, NOT coming to school. Furthermore, sports schedules need to be moved back regardless of whether the school schedule is moved back. Students miss too much time for early dismissals.	2/17/2017 10:04 AM
100	If we go ahead with a change in school day we can not allow a zero period. I have heard that there might be more zero period classes which would eliminate any benefit. For a variety of reasons, most student want a 1-6 schedule now. Will they then be asking for a 0 to 5 schedule? Lets be careful as to what we create.	2/17/2017 9:46 AM
101	I think my position would still need me to work at the same time but we would have to adjust to have someone cover at the end of the day.	2/17/2017 9:29 AM
102	I think we need to consider factor beyond just sleep. I hear students have too much homework which is why their sleep starts later in the night. A 30 minute push back does not guarantee they will get more sleep. We need to look at multiple layers of the problem, not just when school starts. Sleep time has more to do with the amount of homework, family routines, education about the importance of sleep and ultimately the student making their own choices for when they go to bed.	2/17/2017 9:23 AM
103	The change in schedule would negatively effect student athletes. Although our district would change the start and end times, schools in other districts will still schedule their games according to their schedules. This would mean students missing more periods of class.	2/17/2017 9:22 AM
104	If students have good parents that have them go to bed at a reasonable time then they will be getting enough sleep. This is more of a parenting issue than anything else. I've read some studies that show some schools changed there start time from 7:30am to 8:00 am and they claim that is made a difference. So our time is 8:00am so how it that much of a difference. We currently have a 9:00am start on Wednesday and some kids still can't get to school on time. (bad parenting) We also have a not at school 1 period and that doesn't seem to make a difference. It's all about kids getting to bed early and not electronic devices.	2/17/2017 9:20 AM
105	If there is a concern about students starting the school day too early (8:00), it might be advisable to have sites build their schedules from 7th period back. On our site, there are many courses not offered during 7th period. In fact, Seniors often have schedules that conclude at lunch. It seems more appropriate to work within the schedule we currently have before knocking it down to create something new.	2/17/2017 9:19 AM
106	This is a common sense proposal that should move forward. I myself have two young boys and see how waking early is difficult for them. A later start time benefits all of our students and is backed by plenty of scientific evidence.	2/17/2017 9:16 AM
107	Kids need more sleep and have zero accountability in making this happen. Additionally parents are not doing anything to ensure proper sleep amounts. ie. taking away electronics, feeding proper food, and decreasing physical activity before 7 pm.	2/17/2017 9:13 AM
108	I think sleep is one factor in this equation. Screen time, proper diet....if we're going to start late, I'd vote for after 9 am.	2/17/2017 9:12 AM
109	If we started later students would stay up later. My best preforming classes are first thing in the morning. Students are more attentive in the morning. My worst preforming classes and the most difficult classes to teach are after lunch. Students are less focused and more inattentive and more disruptive making class room management more difficult and less curriculum is covered as a result.	2/17/2017 9:10 AM
110	This is a bandage on a bigger problem for suburban schools and their students. Lets open a real dialogue with our community. The question I see is; How does the public school system address the needs of students living in suburbia?	2/17/2017 9:05 AM

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111	I don't think starting 30 minutes later will give teens any more sleep--the entire day will just shift. If they want teen getting more sleep, you need to actually have a "later start" at like 10--30 minutes doesn't do anything	2/17/2017 9:04 AM
112	a late start would not have kids going to be bed earlier but staying up later doing homework or on social media or playing video games.	2/17/2017 9:01 AM
113	Our focus should not be on what is most convenient for school staff, but rather on what is best for students. Multiple research studies have shown that later starts support student health and well-being. I am 100% in support of a later start time if it helps our students!! Thanks for your efforts!!!	2/17/2017 9:00 AM
114	I am very concerned that a later start would have students that are in athletic miss more of class. Currently the miss 6th-7th period. This is disruptive to both the absentee and the remainder of the class, as it makes it difficult to move forward with curriculum when 20% of the class might be missing at a time.	2/17/2017 8:59 AM
115	Before we change the school start time, we should try it out first and see how it works. Thanks.	2/17/2017 8:57 AM
116	I believe 30 minutes will not make a difference with these students. The students who are alert at 8 will also be alert at 8:30. The students who aren't alert at 8 will also not be alert thirty minutes later. If it was a significant time later (9-10) maybe, but that will never work with everyone's schedules	2/17/2017 8:53 AM
117	Pushing everything (school, sports, band, dinner, homework, bedtime) back thirty minutes does nothing to guarantee they are getting the necessary 8.5-9.25 hours of sleep that they need. Parents over-scheduling their kids needs to be addressed in this discussion. I shouldn't have to lose out on time with my own son later in the day because other parents make choices to support the over-scheduling of their child(ren). Let's discuss too many AP classes, too much extra-curricular involvement, etc. if we want to really get to the problem.	2/17/2017 8:51 AM
118	This will have a tremendous impact on staff commute. Can you publish which cities staff commute from? I presume that most of the staff live nearby their work, but I really do not know for sure.	2/17/2017 8:47 AM
119	Wednesday late start (9 am) is the worst day for tardies. Starting later will conflict with athletics, bus schedules, my commute home and make little or no difference in student sleep pattern. Most schools have the fewest sections during period 7; change that to period 1 and you will accomplish some of what you want.	2/17/2017 8:47 AM
120	I wonder if a later start would just result in the teens going to bed later.	2/17/2017 8:35 AM
121	While I would love to come to work 30 minutes later, I feel it is not the best thing for the students. 1) While it appears this would allow students more sleep, they (the students) would probably see it as an opportunity to stay up later. Does 30 minutes really make a difference when they probably need 2-3 hours more sleep? 2) Even though we have lights now to allow practice and games to go later, that will impact family dinners and homework - making the students stay up even later negating any positive effect the late start has. 3) As a parent I know how difficult it is already to have family dinners with children involved in sports and drama. Just as sleep is important, having dinner together on a regular schedule is important too! See: http://bit.ly/2kRBLDx http://wapo.st/2kG0wlc	2/17/2017 8:28 AM
122	Please make the decision to extend later start time and let's get on with it. We are deciding on schools for next year and we need to get our schedule. Later start time is important and supported by research. Let's just do it. We will have to rewrite teacher contracts. I don't believe the current contract makes sense. Give teachers flexibility to work our 8 hour day as we see fit. We are professionals and we all take work home.	2/17/2017 8:27 AM
123	I love this idea and would even support 45-60 mins. later start.	2/17/2017 8:21 AM
124	Some of these questions are difficult to answer with an "all or nothing answer" such as do students appear awake and alert in the morning. A number of my students do, but a number don't, yet the options were "yes" or "no." Same with some other questions.	2/17/2017 8:19 AM
125	I work in the AHS library beginning at 7:30 am. There are students waiting outside beginning as early as 7:00 am. Parents are dropping their students off EARLY, due to their daily church schedule and or the parents need to commute to THEIR workplace. These students are the ones who typically SLEEP in the library during their study hall period. I believe a later start time will not benefit ALL students due to the needs/wants of the parents schedules.	2/17/2017 8:19 AM
126	I attended Mills High in the 70's and school started at 8:25 and it seemed like a good start time. Personally I think 8:00 is too early. The kids are up late doing homework everynight.	2/17/2017 8:18 AM
127	Because of the lack of transportation, students who have games at 4pm are getting out of class as early as 12pm. This issue needs to be solved before we have a later day.	2/17/2017 8:17 AM
128	As a parent of 4 children, it has always my role to ensure my kids get to bed early enough to get a good amount of rest. When I hear students talking about the show they watched the night before at 11pm my question is always, "Your parents let you stay up that late?". It does not happen in many homes, and if parents starting parenting, it should not happen in too many situations.	2/17/2017 8:17 AM
129	Again- starting 1/2 hr later will do nothing . If you want to see if there is a change than it should be an hour later and after talking to the teens I teach they ALL said they would just stay up later. I totally agree with this.	2/17/2017 8:16 AM

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130	While the research shows that students need more sleep, I don't believe a later start will actually make that happen. The assumption seems to be that they will go to sleep earlier and get the needed sleep. Students at Gunn asked their students if they get more sleep with the later start there, and students responded, no they just stay up later. Also, will more buses be added to the pool to prevent athletes from leaving school at 1:15 for a 4:00 game? Unless more buses will be added to the pool, a later start will cause athletes to miss even more time - possible two block periods. When will this be made up? I understand the goal, but don't believe this is a solution that will positively address the situation. Regarding traffic, I currently leave SF at 615 to avoid traffic. It takes me between 30-35 minutes. On days when I sleep in, I leave at 650 and it takes 50-55 minutes. Pushing back the start time by 30 minutes means more time in my car, less time in my classroom.	2/17/2017 8:15 AM
131	I am completely in support of students getting more sleep. However, I do not feel that starting later and as a result having increased traffic for all of us to get here in the morning is the solution. That will only cause more stress for students, parents & staff members (many of us have 30+ minute commutes as it is & that would only get worse with a later start). What I do feel would be a helpful solution for all those affected, would be more education surrounding not only increasing the amount of sleep time for students, but also proper nutrition & exercise. Education should be directed towards students, families & staff, as we can all use reminders/new information about these topics. Everyone that I have spoken with in regards to a later start (students, parents & staff) have been opposed. Thank you for listening!	2/17/2017 8:02 AM
132	I personally don't think changing start times would make a difference in a students rest period. In my opinion I think it should be a matter of good habits within the students household. I don't think it is the responsibility of the school to assure the students sleep, but rather the parents and how they set schedules for their child. If the students starts late, they stay up later, they get up later. It all ends up the same. In our population of students it is rare that our students are falling asleep in class unless it is a very specific reason.	2/17/2017 8:02 AM
133	I don't know that a 30 minute change would make any difference. Start at 10 and finish at 5 may make a difference. Although I would not want this. Students will not get any more rest unless they turn off their electronic devices in which the majority sleep with them. This is the problem.	2/17/2017 7:51 AM
134	Please be aware that there are lots of students that like to start school early. We don't have to change the entire schedule to accommodate the students that want to start late. Just give them a free first period.	2/17/2017 7:47 AM
135	When the 7 period day was implemented about 10+ years ago in this district, it provided the opportunity for students to attend school periods 2-7, which would allow them to start nearly an hour later if they were someone who needed the additional sleep. The students who feel they would benefit from a later start already have that option, in my opinion.	2/17/2017 7:46 AM
136	I think it's ok if school start 15 minutes later, but I also think it would help if the students if school ended at the same time. This would mean 15 minutes less of school everyday.	2/17/2017 7:44 AM
137	Starting school later gives the impression students will be able to sleep longer. However, we need the families to make sure the students get to bed to sleep, not texting, watching TV, playing games, etc. AHS has three starting times, zero period, first period, and second period. Please do not limit student and teacher choices by making a top down decision in regard to all schools starting later. In addition, AHS has one entrance/exit. It is hard enough getting in and out of the school on a good day with staggered starting times.	2/17/2017 7:43 AM
138	15 to 30 minutes does not seem like it would have much of an effect. I would say to start school at 9.30 if we want to make a difference. If Hillsdale already starts at 7.45, we can look at that to see if there is a difference with all of the other schools starting 15 minutes later...are they doing better than Hillsdale? There is no question on this survey about finishing later. My morning schedule is not the issue, but my afternoon schedule is. Mainly, I don't see what difference 15 - 30 minutes will make.	2/17/2017 7:40 AM
139	Students will still have the same amount of activities regardless of what time school starts	2/17/2017 7:39 AM
140	I don't think 30 minutes would make much of a difference. Parents still have to get up at the same time to bring their kids to school due to work and also students will still be staying up late to study/finish work. I have come in to work just 30 minutes later and it takes me TWICE as long to get here as well. The traffic is getting worse on the Peninsula not better.	2/17/2017 7:37 AM
141	8 periods so families can choose when they start.	2/17/2017 7:33 AM

Later Start Time Survey (Employee) 2017

142	I 100% agree that more sleep equals a healthier student body. However, I don't agree that a later start time will lead to much more sleep. There are many students staying up until 12:30-1 in the morning, so that even with an extra half hour they are hardly getting close to the recommended amount of sleep. Personally I think a big contributor is that we have students who are being pushed so far in their school and homework commitments that staying up really late is almost avoidable. We have students who stay after school for a sport, then go home and have four AP classes they need to do homework for. This is in addition to finding time to fit in anything they may have volunteered to take care of for a club that they are in. By starting later this means we're ending later, so they will still need to stay up and do this work. If we want to help ease the student workload a little bit, we should really consider a district wide policy that would limit the number of AP courses a student could take per school year. Parents would initially be upset because they would be afraid that we're putting their children at a college disadvantage, so we'd have to really educate them on the fact that colleges will just assess students on what opportunities did they take advantage of that were offered to them. If a school only permits a student to take one or two AP courses a school year, then the college does not count it against them that they didn't take four. But since students currently can take six or seven if they want, they feel the pressure to go after all that.	2/17/2017 7:31 AM
143	I do not think the amount of sleep most teens get a night has anything to do with a school's start time. While I agree that students need more sleep and a later start time would be beneficial, it would not make a difference if students continue to stay up late, engaging in social media or streaming shows.	2/17/2017 7:18 AM
144	I agree with the research that teens do need more sleep and should start school later; however, 15 -30 mins. later will not make a difference. Research has shown that teens should start school between 9 -10 am. Because of the 7 period day, lack of PE in 11-12 grades, cell phones, and computers at home that allow teens to work until 11 pm -1 am in the morning, I doubt that the plan to start school 15 -30 minutes later will make a significant change in teen behavior. Also, remember that parents often drive their kids to school and this will effect their schedules. Teens will still come in late for 1st period no matter when class starts, and they will still stay up as late a possible to chat with friends on their phone or to finish homework assignments, as they (and all of us) procrastinate. I think this is a approach will not solve the problem.	2/17/2017 7:12 AM
145	I have seen articles that indicate high schools that start at 10 a.m. are more effective for teens than starting at 8:30. I don't believe delaying the start of school by just 1/2 hour will make a difference. The first questions asked which site I work at. I work at multiple sites but that wasn't an option.	2/17/2017 7:11 AM
146	I think that teenagers don't get a lot of sleep because they sleep in a room with their devices and are constantly checking social media. I commute and have two young children. The added traffic in the afternoon and the later release time would make picking my children up from school very difficult. The difference in the 101 Bay Area peninsula traffic would be substantial! I also feel like if the school day is later we would probably start offering a 0 period, which so many students would use as a chance to get an extra elective/course on their schedule/college resume. Then students will be waking up even earlier!	2/17/2017 7:05 AM
147	I believe that many teachers give too much homework that additionally impacts sleep time. Some of our students stay up to 2 in the am on average to complete their homework.	2/17/2017 7:03 AM
148	I believe the district is jumping ahead. As educators we need to focus on what is keeping them from sleeping. Overload of homework is a bigger issue in my opinion. In my 20 years teaching, homework is the main reason why kids lack the necessary sleep. Look up studies of schools that have decreased and/or eliminated homework. Students are less stressed and get more sleep. Athletes will be impacted as well. As of today, athletes with a 4pm game miss 1-2 classes because our transpotation department needs to come back and pick up students. Extending the day means more class time missed. I believe we are moving too fast on this issue. The internet is a powerful tool to look up any research that supports your cause - for or against. Do we have data from other districts that moved the school day in regards to academic performance?	2/17/2017 6:51 AM
149	This survey did not address why I do not support a later end time. It asked briefly about morning effects and to be honest, bc of traffic, i would leave sf around the sane time as I do currently. A later end time however would negatively affect my own schedule and commute back to SF to pick up my own children from school and/or my ability to be present for their school/after school activities.	2/17/2017 6:15 AM
150	They are up late using electronics, on the phone mainly, or playing video games - unless someone changes home nothing will change, and parents do not have desire to parent	2/17/2017 5:54 AM
151	The epidemic of video game and technology addiction is not something that can be mitigated by a later school start time. Alternative suggestions would be to investigate homework reduction policies so that students can begin the video game playing earlier, and get to bed earlier.	2/17/2017 5:43 AM
152	There is no insurance students will sleep more with a later start, thus this schedule change would only change commutes to be more impacted both before and after school thus lengthening everyone's day! We had a late Wednesday start years ago at Aragon, and students would make evening plans for Tuesdays! They didn't sleep more, they played more!	2/17/2017 5:40 AM

Later Start Time Survey (Employee) 2017

153	The impact of a later start would not only be in the morning with increased traffic but also in the afternoon. A later dismal for me would mean that I would have to arrange after school care for my children (because their school is not starting later). After school sports would also be impacted. Students would miss more of the school day to play against schools not on the late start schedule. If students had a later start they would stay up later thinking they had more time to sleep in and still wake up tired for the school day.	2/17/2017 5:37 AM
154	I do not believe that 15 - 30 minutes is a significant enough difference to affect the quality of students' sleep patterns and therefore their quality of life. The amount of sleep that they get is affected by so many other factors that would still exist: stress, dependence on technology, overloaded schedules. A shift in school scheduling brings so many negatives - worse commute times, students dropped off at closed schools in the morning to accommodate parents with younger children, more students missing class due to athletics, after school events pushed till later. Selfishly, I believe that in the end teachers would have to arrive at school at the same time they did before and have an even longer school day. Then, for teachers like me who supervise an extracurricular activity, the day would stretch out even more.	2/17/2017 5:23 AM
155	Do you really think that starting school later will make students sleep longer? They will just stay up later. When I surveyed my students, none of them wanted to stay later in school. They work, have sports, or clubs they belong to.	2/17/2017 5:13 AM
156	Students would get more sleep if they were not up so late using snap chat and playing video games	2/17/2017 1:30 AM
157	Should have 9+ hours a night - they need less homework!!!	2/16/2017 11:02 PM
158	1. This survey has design issues. Question 12 answer choice C makes no sense. The survey only asks about morning commute changes and not afternoon shifts. Having answer choices Yes, No, and IDK instead of a scale makes your data less interpretable -- unless it was written with an eye towards creating a narrative in the first place. 2. Yes, students are somewhat more tired for their first class -- and this includes seniors who are on a 2-7 schedule as well as us teachers from time to time. That being said, it was not an obstacle to success during 1st period. It is an inconvenience. I am not convinced that 830am is going to add much sleep, but mostly shift it, and everyone is still going to be a little lower first thing. Students who get 6 hours of sleep instead of 7-8 (weekdays) are taking excessively difficult schedules and/or failing to multitask online without socializing. Students take 6 hours to do 3 hours of HW and that is a parental issue. We are not so far North that we are starting school during dark hours and research shows that some exposure to natural light in the morning helps a lot; no small amount of your 'research shows' is conducted in closed environments without much natural light or fresh air. 3. Shifting a half hour will largely come out of sports and extracurricular time for the privileged, and time to put in a shift for those students who work part time. I find the entire endeavor to reflect the perceived interests of the pre-professional student without due consideration on the students who really are stressed for time. Please do not allow parents to fashion a narrative in which the school administration is responsible for the emotional health of students when the materialistic pressures of national macroeconomic trends and parental expectations are far more determinative factors.	2/16/2017 10:57 PM
159	I do not believe that we are considering all stakeholders. What about parents who have jobs out of the area who already drop their children off at school by 7a.m. late start days. What about students who are taking public transportation? Sports after school? Not every school is equitable in all sports and lights have not been successfully put in on all campuses. Swimming pools will have less daylight and the lights on the pool decks are not giving off sufficient lighting for safety around the pool. Students will stay on their technological devices no matter what time adults think they should go to bed. We are educators NOT their parents. It is amazing to think that students in the past have had stress during many times of war, having to get jobs, help support their families and take classes and still play sports, participate in extra curricular activities and did not have wellness centers, group therapy support groups and they did okay raising their families and supporting them and provided for the communities in which these schools we are working at exist today.	2/16/2017 10:45 PM
160	Many students don't get enough sleep because they stay up too late playing video games, texting etc. A later start time wouldn't help that.	2/16/2017 10:25 PM
161	I too have read about teens and sleep. I think that in order for a real impact to be made it should be a significant difference. A 9:30 or 10 start, which is when the teen naturally wants to wake up. I know that is impossible given the length of the school day and sports. I don't think 15-30 mins will make a difference.	2/16/2017 10:08 PM
162	To have a real impact, a late start would have to be significantly later. Honestly, my 7th period students are the ones who struggle the most. I can't imagine what they would be like getting out at 3:45 rather than 3:15.	2/16/2017 9:38 PM
163	Because they stay up late and waste time playing video games and stuff	2/16/2017 9:37 PM

Later Start Time Survey (Employee) 2017

164	I would support anything that would be for the benefit of my students. But for teachers and staff who commute from the East Bay, this is going to cause them more stress on themselves and their families. I live in Burlingame and half of my paycheck goes to rent. I have also lived in the East Bay because that was the only place I was able to own a home. I couldn't stand the commute so I sold my home. I know if you don't cross that bridge at a certain time, even by 5 minutes, you can be stuck in traffic for an extra hour. It's horrible. So for the East Bayers, they would still have to leave at the same time, get to school at the same time as now and it would take them an extra hour added on their current afternoon time. So two hours to get home. They're not going to be as productive as they are now. It eventually gets to you. And if your a parent who needs to pickup from daycare then your really going to have to adjust. If you have other kids attending elementary and or middle schools it's hard.	2/16/2017 9:33 PM
165	Starting 30 minutes later seems unlikely to increase the chance that teens would sleep more. The start time would need to shift to 9:30 or later to accomplish this goal. Traveling during peak commuting hours for an 8:30 start time for all district high schools seems like it would affect traffic on the Peninsula greatly.	2/16/2017 9:25 PM
166	Schedule changes w/o student/parent education are foolish.	2/16/2017 9:23 PM
167	Excessive Homework and unrestrained late night access to SmartPhones is the culprit. 30 minutes more in the am would not make a difference. This is where we as a district should put our focus.	2/16/2017 9:19 PM
168	Your questions were about the ease/difficulty of the morning. To be honest, starting a bit later is easy for me since I could still choose to arrive early to beat the traffic. Coming home in traffic is another story. I am extremely stressed about taking time off to get my daughter and myself to the dentist/orthodontist/speech therapist/doctor etc. etc. Many doctors don't have appointments after 4:00 or 4:30. I only live 30 minutes from school, but another 15 or 30 minutes would mean I couldn't make it to most afternoon appointments. This would leave me having to take multiple half-days off from school in order to make these necessary appointments.	2/16/2017 9:14 PM
169	This does not ask about the afternoon schedule. Our morning schedules would be easier, but the afternoon would be harder. A later end makes it harder with daycare and getting the kids home and ready for dinner/bed. It also makes it even harder to get to doctor/dentist appointments in the afternoon during the week without having to use sick days.	2/16/2017 9:12 PM
170	I support the later start. But my concern is about students who participate in sports may miss more instruction time.missing more instruction times	2/16/2017 9:06 PM
171	I like the idea, I just think those employees with children at SMFCUSD will have a trickier time with scheduling especially if the high school ends a lot later then the elementary and middle schools. They will most likely have to find afterschool care which is incredibly limited and pricey in San Mateo.	2/16/2017 9:01 PM
172	If school started later those who stay up late would just stay up later. 30 min does not do a thing.	2/16/2017 8:41 PM
173	Traffic would increase due to 830/845 starts at middle and elem schools. 15 minute later start would. E appropriate. 15 minute later end would allow for athletic competition.	2/16/2017 8:34 PM
174	The major community impact of a later start is not on morning routines and traffic, as this survey seems to suggest. The major impact - in my opinion - is on the afternoon/evening commute and family routines. Everything gets pushed back later, so students will have even less time for homework and other commitments.	2/16/2017 8:32 PM
175	If teens are going to use the later start to just stay up later at night to be on social media, play video games, watch tv, etc. then they will still come to school as tired as they are now. Also, I see enough of them coming to school with Starbucks in-hand which means that they are getting up early enough to get their coffee. Will this just be another way that the students learn they don't have to be responsible for their time and habits. We are slowly teaching our students they they don't have to plan or be prepared and instead, things will change for their "benefit" - good luck when you have your 8 am class in college and no one cares if you didn't get to sleep until 1 am because you were too busy Snapchatting or Facebooking with your friends.	2/16/2017 8:31 PM
176	I don't have the sense that they're staying up late because of school, though; I hear stories of getting sucked down the Youtube or video game hole. I don't think this would be ameliorated with a later start time.	2/16/2017 8:26 PM