

## Parent Open-Ended Comments on School Start/End Times

Consideration	Major Themes/Number of Mentions	Sample Response
Prefer Later High School Start Times (299)	Support for later high school start time (119)	<p>“ Later start times for high school students have been shown to have positive effects in a number of studies. Yes, there will be discomfort and squawking during a transition period but this is the right thing to do for future generations of kids.”</p> <p>“I am more concerned with a later start time due to the research showing students perform better when allowed a later start time.”</p> <p>“Finally, don't ignore science about teenagers and their brains - late start! If teachers need time to prep (no short Wednesdays) come in before!</p> <p>“Please look at sleep research for children in making your decision.”</p>
	Look at having elementary schools begin before, not after, high school (97)	<p>“ I'm sure you considered it and there is a reason it's not being proposed, but it seems like most districts that have started high school later have moved the elementary schools earlier.</p> <p>“I don't see this in the options and am wondering why. I think a 9:45 start time for grade school would be tough for a lot of families because little kids can't be left alone like big kids can. So parents can't go to work til they are off to school. I think that would be a show stopper for a lot of parents.”</p> <p>“Why can't high school start after the buses are done with elementary and middle schools say 9:30 or later and run later so as not to conflict with other school needs and provide the later start times that doctors recommend for high school age students?? This would seem to be a simple solution.”</p>
	Consider a high school start time later than proposed (48)	<p>“8:00AM is still before the recommendation by the American Academy of Pediatrics which recommended 8:30AM or LATER? Why are you trying to say this is research based when you are not following the recommend start time? I would like to see a proposal for 9:30 or even 10:00AM and have school run until 5:00-6:00 PM. Or allow students to pick start time and end time like colleges do.”</p>

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		<p>“When research has shown an increase in GPA, decrease in drug use and decrease in car teen accidents when high school students start later (9:00) I can't believe that we are discussing an earlier start.”</p> <p>“Delaying start times by 15 or 30 minutes, as opposed to 60 - 90 minutes later, makes no sense, and I highly doubt such a short shift will help students at all. I also highly doubt that the medical research cited supports such minor shifts in start times as having much, if any benefit to students. The planning committee should take a big step back and reevaluate the options, and come back with a more helpful set of suggestions. Doing all this to appear to help students just doesn't cut it.”</p>
	Want a later start time across levels (18)	“Kids need to have enough hours to rest at night to be able to perform at school and to succeed. School start time should NOT be early than 8 am on all levels better to start at 9 am.”
	Start high school at 8:00 a.m. (17)	“ My preference is Option 1 with an 8 a.m. start time. Gives the high school kids the greatest amount of additional sleep in the morning while shortening instructional time by the least amount.”
Don't Want Later High School Start Times (183)	Keep current schedule (65)	<p>“While I like the idea of a later HS start time, I think the impact is too great on the elem and MS schedules, especially when extending the HS day. The potential for the MS schedule to flex by 70 min has huge impact on families &amp; extracurricular activities.”</p> <p>“The change would delay high school start time for 30 minutes at the most. I don't see this is the big change. However, it will interrupt everything we have now in place. If changed, some elementary school will start at 9:30 or 9:45. This is too late! Parents need to go to work and kids need time for afterschool activities. Please, we don't have to change just because other district changed!</p> <p>“The consideration to move times to later is overwhelming to think about. It will drastically affect so many for such a small group. Single</p>

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		parents will struggle as well dual parent house holds. I think this is a horrible idea.
	Consider the hardship for working parents at elementary (42)	<p>“Pushing back high school start time greatly impacts parents' work schedules. Employers expect you to be at work on time. Many employers do not care you have children's schedules to accommodate. This is detrimental to equality &amp; respect in work place environment. I have heard SO MANY COMPLAINT FROM PARENTS DUE TO BELLEVUE PUSHING BACK START TIME. MOST HAVE BEEN ABOUT HOW THEY ARE TREATED BY EMPLOYERS &amp; FELLOW EMPLOYEES. I understand why BUT NOT PRACTICAL. Working World is typically 8 am start.</p> <p>“The elementary start times were so broad, no selection narrowed to what was being selected. Elementary schools starting after 830 have impact on working parents.”</p> <p>“Remember dual working parents struggle with transportation and before and after care for students. Leaving students home alone causes problems.”</p>
	Offer more childcare at elementary if elementary start times are moved later (33)	<p>“If a later start schedule is chosen, potential early hour care/entrance times for students who may still need to go to the school at an earlier time due to parents' work schedules. If start times are shifted by a lot, potential for there to be before-school enrichment clubs /classes (since later end times may affect after-school enrichment options).”</p> <p>“Delaying the start time affects the possible start time for working parents in Elementary and Middle school and may cause increased need for pre school care - raising costs for families.”</p>
	Look at potential negative impact of later dismissal at elementary (24)	<p>“Having elementary students get out at 4:00 is very late. I understand the need to add credits for high school and the research on adolescent sleep. However, elementary students typically go to bed earlier and the late dismissal time is to their detriment. If they get out at 4, some will not get home until 5.”</p>

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		"I really hope there are people looking at the impact of a late release for younger students. We need to have looking at what is best for ALL students not just high school age."
	Look at challenges with a later start at elementary (19)	" I also need to point out that although I agree with starting high schools later, I did not chose any of those options as it seems that the elementary schools will start far too late for most families."
Transportation (49)	Consider input on transportation related to schedules and other challenges (49)	<p>" Why isn't additional infrastructure (more busses) an option that is considered ?"</p> <p>"Perhaps getting a few more buses is the answer. Option have kids at an older age take public buses transportation."</p> <p>"As UW faculty in the College of Education it is frustrating that the empirical research that ties school start times to student performance is not automatically the main consideration in LWSD's decision. Unfortunately we have already seen that transportation/\$ has guided decisions in the past and will assume it will continue here."</p>
Overall Comments on Schedules (17)	See specific input across levels (17)	<p>"Move only high school start time to later time not elementary or middle school."</p> <p>"It would be worth considering Option #4 which adds additional 2 hours to Wed schedule with no changes to other days. That would keep the same rhythm with enough after school activity time during regular days."</p>
Middle School (13)	Consider impact at middle school (13)	<p>" if you move the start time for middle school to anything after 8:30 you will have to offer extended care before school for those of us who START WORK AT 8 AM. Not everyone has the luxury of staying at home, both of us work and it's lucky that one of us starts at 9, but even a 8:30 start time would make that parent late to work every day with the traffic in the area. You need to think of this as well vs having a bunch of parents who don't work driving the times for school starting."</p> <p>"I don't love that the middle school would be the last starting school in some of the options, I feel that when they go to high school it would</p>

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		be a huge time adjustment. I think it should be a gradual change in the start times.”
Don't Start Elementary Too Early (13)	Take into consideration not starting elementary too early (13)	“Keep in mind that not all elementary school children are early birds and that a change to an early start time can be disruptive for them as well.”
Additional information on Proposed Schedules (12)	See outstanding questions and suggestions posed by survey respondents (12)	<p>“ The time ranges for options b and c were wide that it was not possible to select these options.the task force needs to be morespecific in the survey on what particular new start time we are taking about, i cant make a decision base on a range "some time between 8:45 and 9:45".8:45works, 9:45 is too late since i have to get to work.”</p> <p>“Having taught high school (EHS) for 16 years, I am strongly in favor of starting the high school day later. I am also a working parent and understand the implications of changing the start times for all families. The more practical, tangible information you can provide about how other school districts have managed this process--specific schedule examples and testimonials from parents, etc.--the better.”</p>

<b>Student Open-Ended Comments on School Start/End Times</b>		
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Prefer Later High School Start Time (124)	Support for later high school start times (65)	<p>“1st and 2nd period Teachers often complain about lack of productivity within the class. This is often related to student sleep deprivation. However, while it is very important to remain healthy in terms of sleep, some students fall asleep at incredibly late times. I agree with moving school start times back, but students should also be held responsible for maintaining healthy habits.”</p> <p>“Please change it to a later start time- kids aren't getting sufficient sleep and it drastically affects their in-school productivity.”</p> <p>“I completely agree with the fact that students do not get enough sleep. The latest start possible is the best option.”</p>
	Start high schools at 8:00 a.m. (19)	<p>“For people who take the metro bus to or from school, it may be harder for them to find a new schedule or bus stop that accommodates to their school timings. But it might be good to start later in the day because if some people walk/bike to school in the morning, then during the winter, it is pitch-black outside before 7:30-45, making it dangerous for a student going to school alone on the streets. If school starts around 8:00, then they wouldn't have this problem.”</p> <p>“Pushing high school start times even earlier affects 0 periods. Overall, high school should start no earlier than 8 am because of sleep schedules. School is more stressful the earlier it begins.”</p>
	Look at having elementary schools start before, not after high school (17)	<p>“Reverse the start times for elementary schools and high schools. High schoolers operate on a clock that naturally runs later-- their bodies don't get tired until 10:30 or 11:00 pm, and most naturally wake up at 8:00 am. Elementary schoolers are exhausted at 8:00 pm, and many naturally wake up at 6:30 or 7:00. It would make sense for the elementary schoolers to go to school early and for the high</p>

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		schoolers to go to school late based on the natural timing of their bodies.”
	Consider a high school start time later than proposed (16)	<p>“Yes, even no earlier than 8:00am is not what the research says. 9:00 am is what helps.”</p> <p>“make high schools start later than 8:00 am. My school already starts at 8 and I'm still sleep deprived.”</p>
	Prefer 15 minutes later (7)	“Not start school too late such as past 7:45am and not to dismiss too late such as past 2:15pm.”
Don't Want Later High School Start Times (121)	Keep current schedule (68)	<p>“ No. Do not change the school day. Only a very niche amount of people could benefit from it. It will do nothing but disrupt us and make us more stressed. If people are to fail a class, they can make it up during the summer. It is not fair to most students for you to change around the schedule. DEAR GOD PLEASE DO NOT DO THIS. IT HELPS NEAR NO ONE.”</p> <p>“The task force should consider if changes will be helpful for sleep. Homework will take the same amount of time to do homework after school and will end up sleeping later with later end times.”</p> <p>“No changing the start time.”</p>
	Don't extend the day or increase the amount of time in school; need time for homework and extracurricular activities (42)	<p>“Changing start times can definitely give people more time to sleep and do homework in the morning, but the later release time will be a problem for those who do extracurricular activities or do most of their homework after school and not before.”</p> <p>“Enough time has to be left after the school day for students to comfortably get work done. A bit of extra time in the morning is not very effective for this. Many families also have routines that work because our school times are not later.”</p> <p>“Shouldn't add more time to the school day.”</p>
	Start high school earlier (8)	“Making all high schools start at an earlier time would make things significantly easier. Students will find it easier to manage evening times, making the earlier morning times more manageable. Perhaps the task force should

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		discuss making all high schools start at 7:30 or 7:45, because LWHS starts at 8:00 and that will cause great delays with a schedule change.”
	Not worth the trouble for 15-30 minutes (3)	“Even if the start time was pushed back to say, 8 o'clock, I know people (mainly girls) who get up two hours early for school to get ready. Right now, that means about 4 o'clock in the morning. A later start time could mean these people move their prep to slightly later, but basically I think the task force shouldn't expect huge changes in the amount of sleep high school students get because of the later start time.”
Transportation (7)	Consider input on transportation related to schedules (7)	“Get more buses and bus drivers! If you only change the high school start time to after 8am and hire more bus drivers, the students can get to school in a timely manner and the other schools won't have to change their times. And if transportation was provided for an OPTIONAL 7th period, then students could make up credits or add more credits if they wish and still have a way home. As stated on the plan, this is option #5 and is the cheapest. This is the best option for everyone.”