

Survey Results About Interest in Considering Later Start for High Schools

**Rocklin Unified School District
Board of Trustees Meeting
November 16, 2016**

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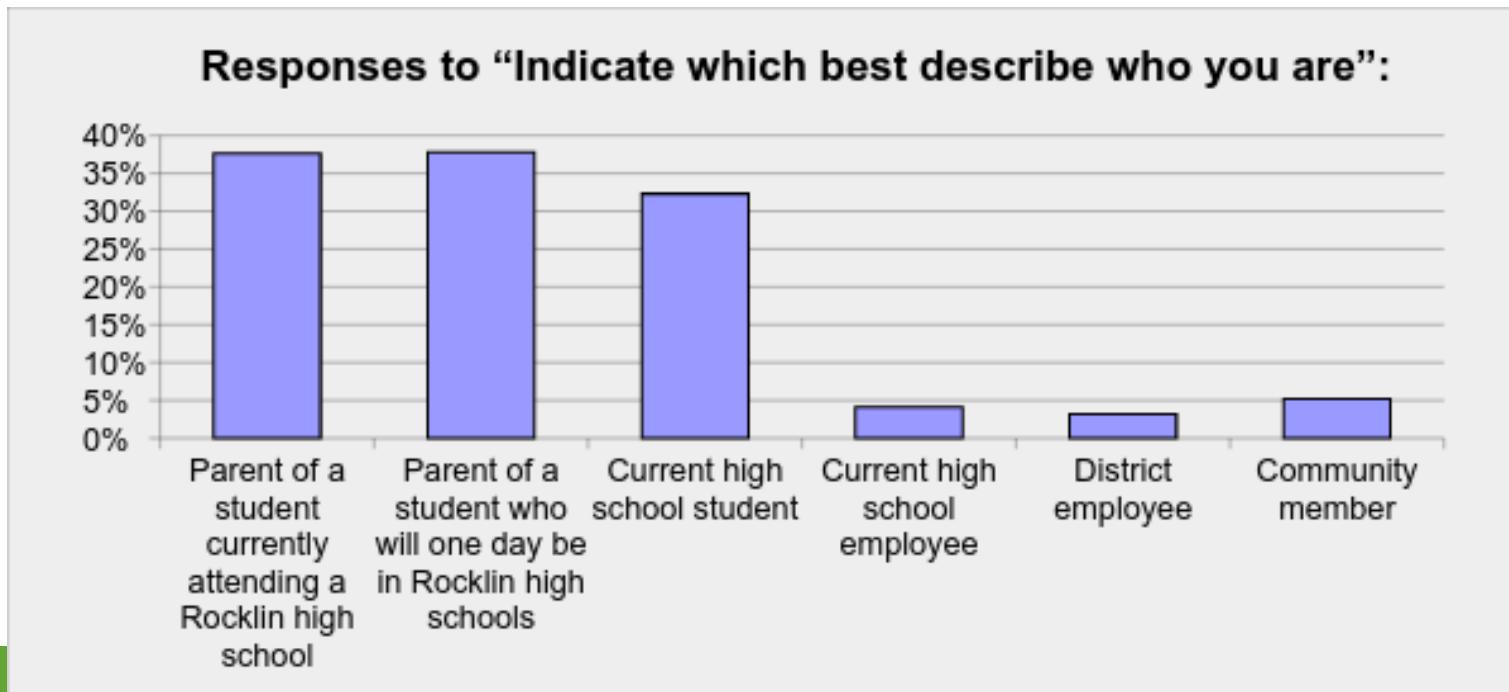


Overview of Presentation

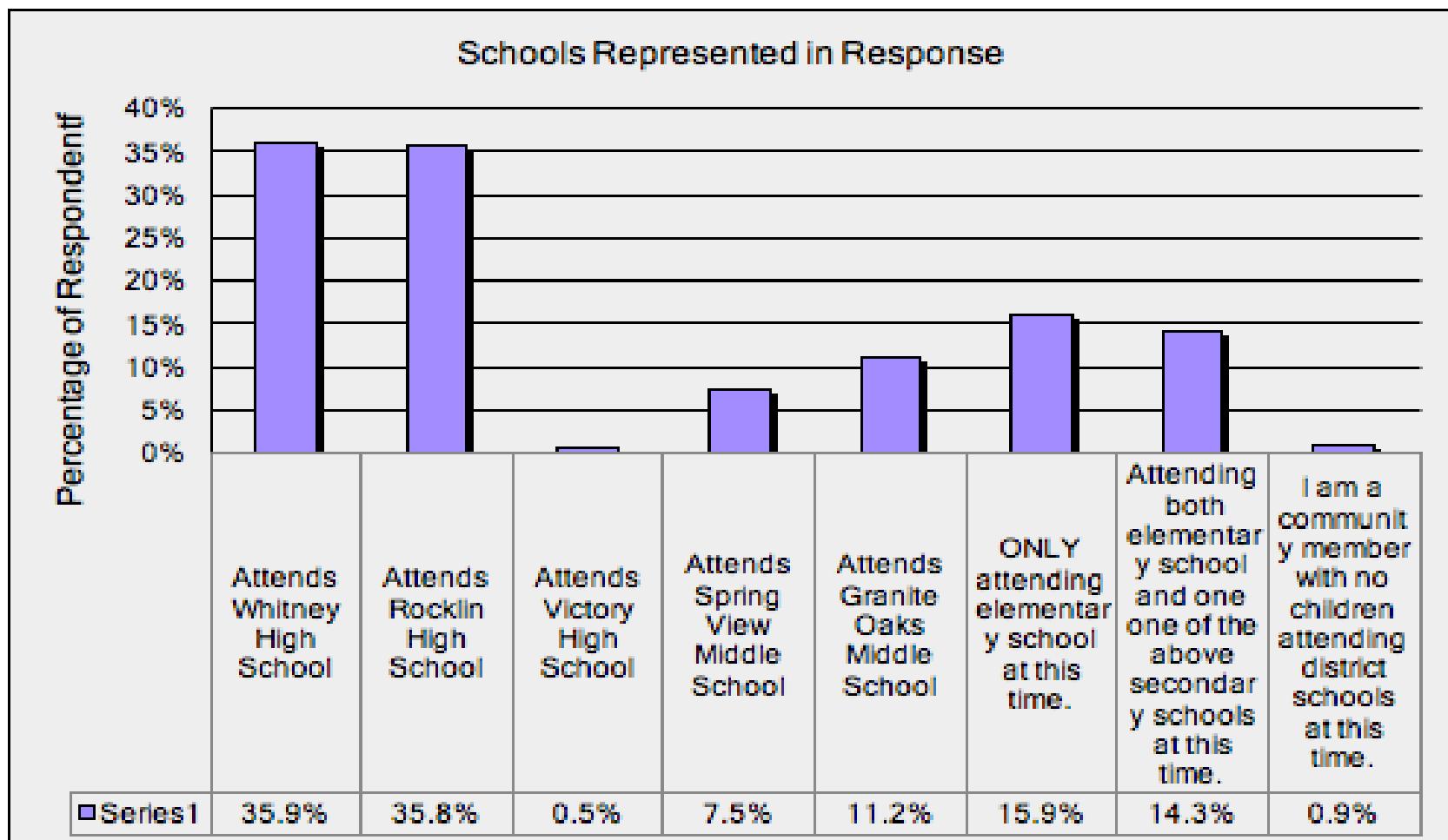
- Review results from district survey of interest to parents, staff, students and community
- Examine any trends that surfaced from constituent groups.
- Share big ideas gleaned from comments
- Recommend next steps in the process of consideration of a later start time for Rocklin Unified high schools.

Survey Responders

- There were a total of 3761 responses. Parent and employee responders checked more than one box. (Example: parent and employee.)
- 2837 were parents, 1213 were high school students, 273 were high school/district employees, and 196 were community members

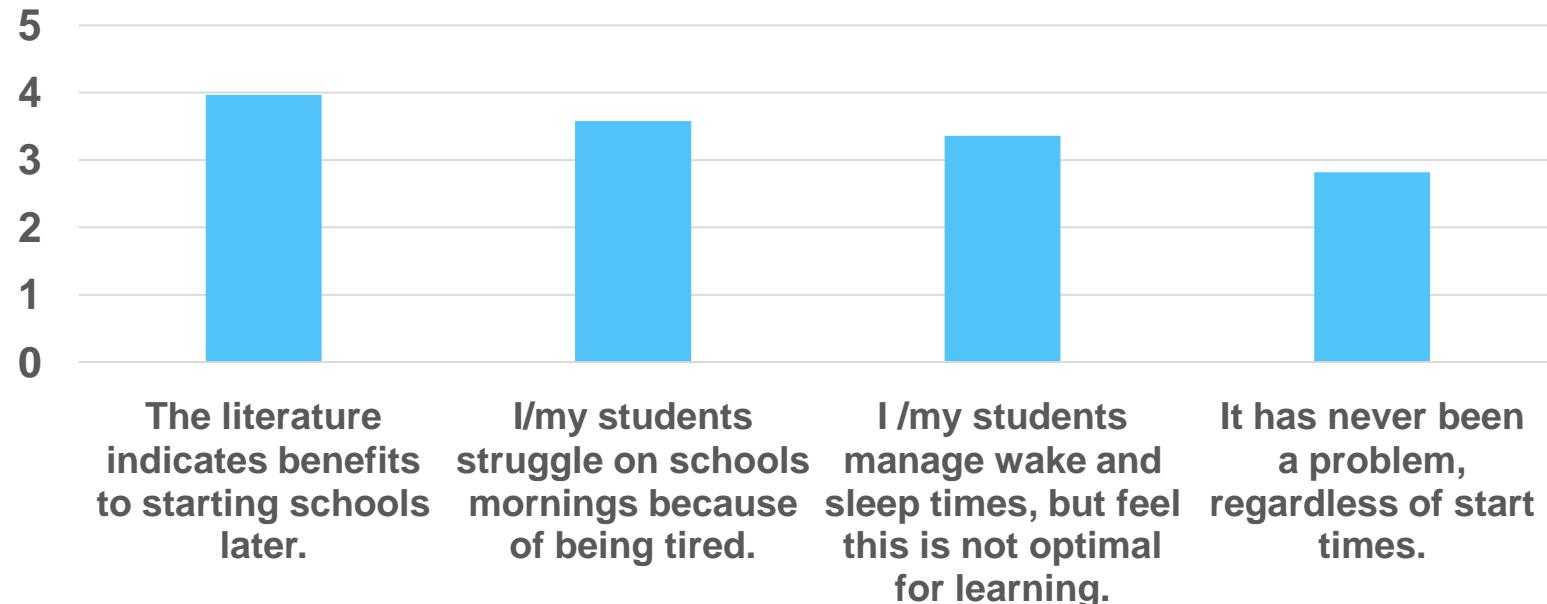


Schools Represented by Respondents



Reactions from All Responders to Basic Information About Later Start

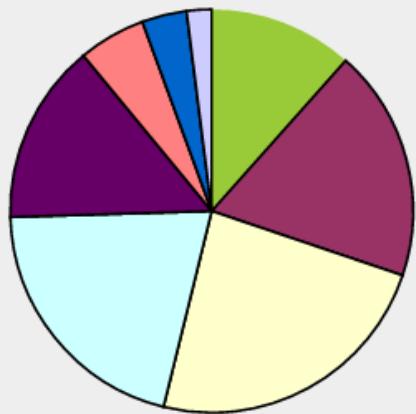
Participants' Agreement with Statements About Later Start



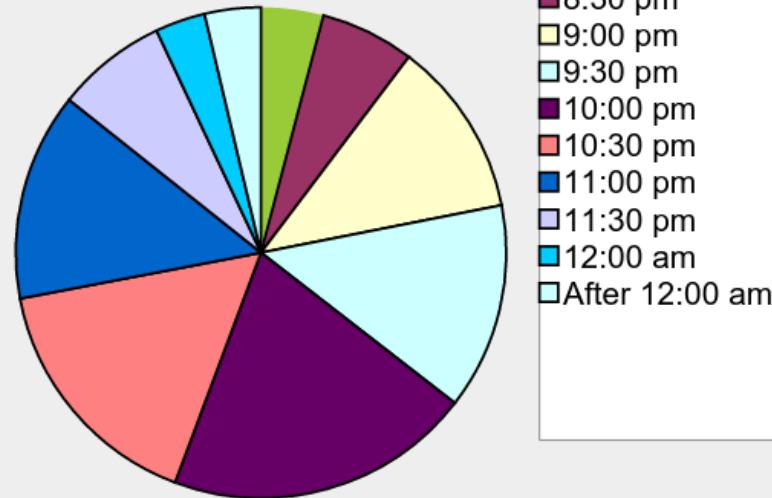
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Wake and Sleep Times Reported

Wake Times



Bedtimes



Respondent Groups' Priorities

Student Group - 1201	Ratings
Academic performance.	4.74
Health and sleep.	4.63
After school athletics/extra-curricular activities.	3.93
Parent Group - 2437	
Academic performance.	4.80
Health and sleep	4.71
After school athletics/extra curricular activities	3.78
Employee Group - 255	
Academic performance.	4.70
Health and sleep.	4.56
After school athletics/extra-curricular activities.	3.93

These were the top 3 priorities and rated as important on a scale of 1-5 by each group.

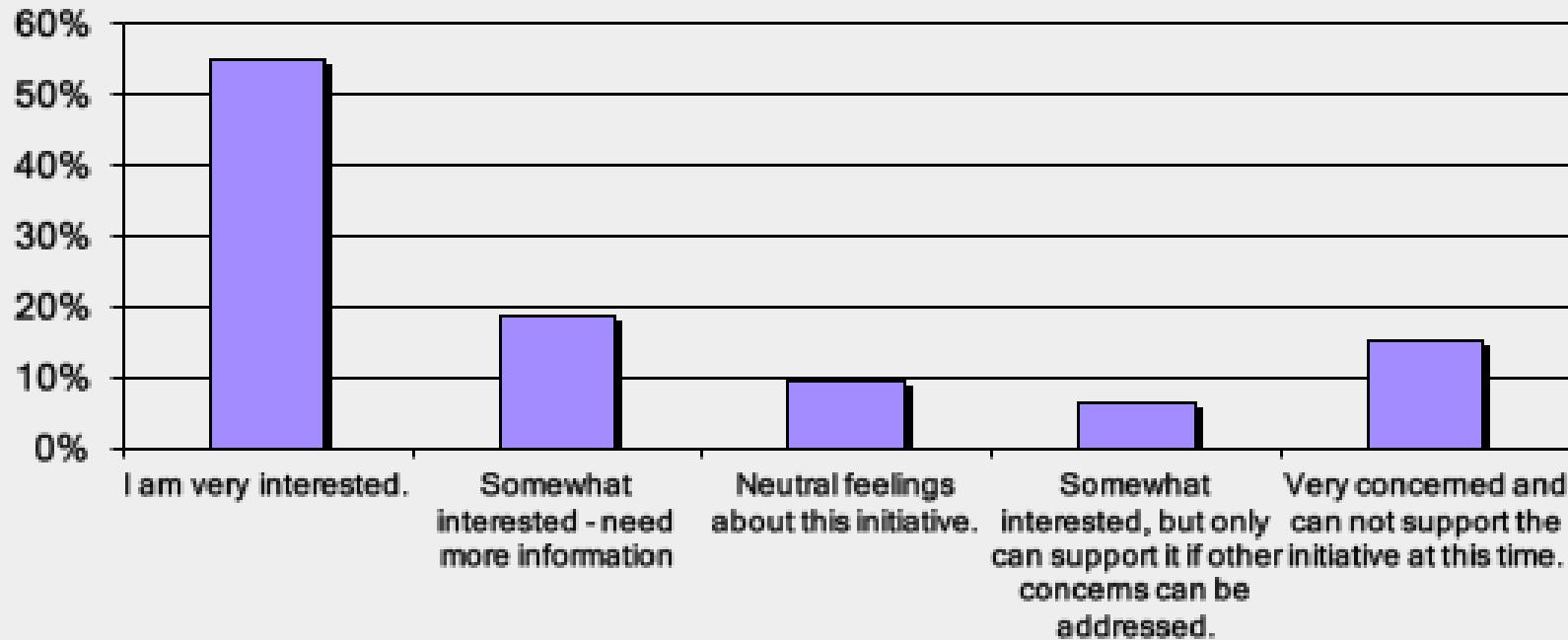
Student Reported Participation in Extra Curricular Activities

School Related	Non School Related	Hours
25.1%	21.7%	0-1
16.6%	18.8%	1-2
19.6%	25.8%	3-5
17.1%	16.4%	6-10
21.7%	17.3%	10+

A little more than 75% of reporting students indicate they spend 1-10 or more hours of time outside of school participating in extra curricular activities. This suggests that any later start time solutions should include ways to mitigate the impact on students' extra curricular schedules.

Overall Student Interest

How likely are you to support the exploration of later start and ending time for high school students?



Student Themes in Responses

Great Idea Trouble Getting Interested

Elementary and Middle Schools Release Brain Afternoon

Good Idea High School Love to Start

Morning Sports Teams Sleep

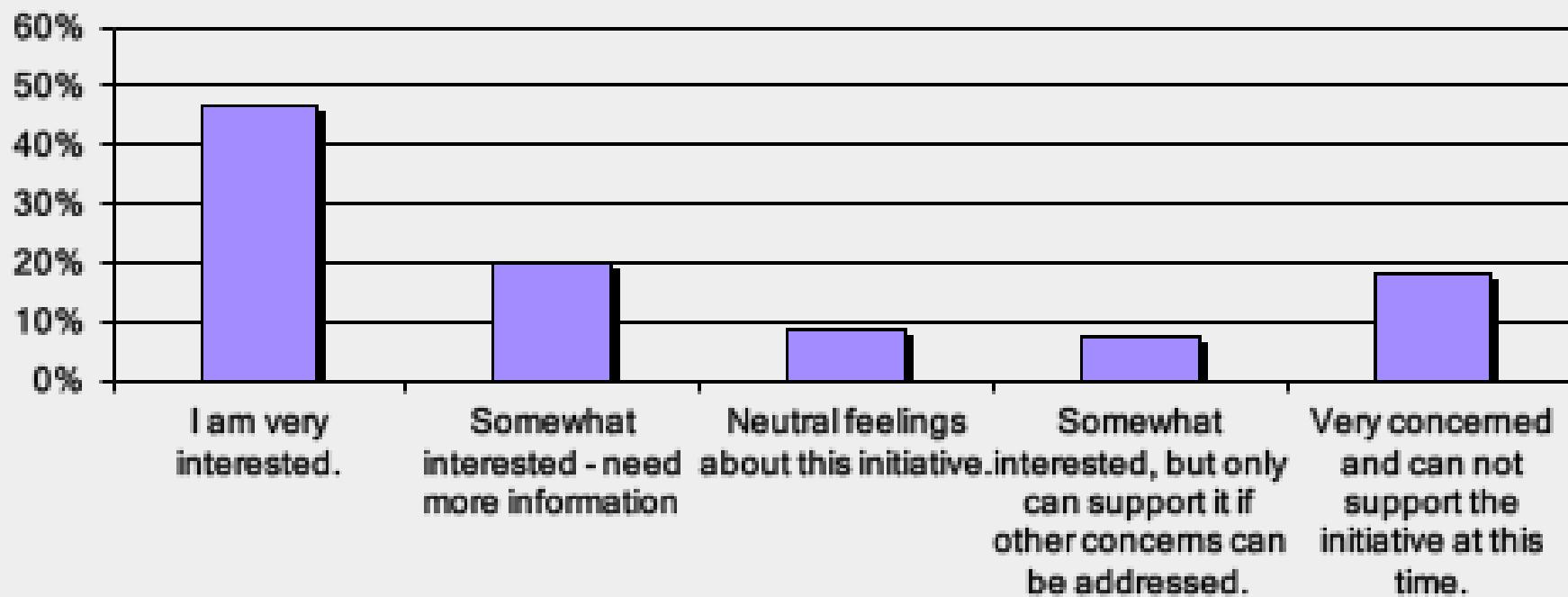
Play Sports Students Care

Homework Traffic Bed Later Football

Study Hurt Shorter Next Year Perfect Worried about Sports
Activities Outside of School

Overall Parent Interest

How likely are you to support the exploration of later start and ending time for high school students?

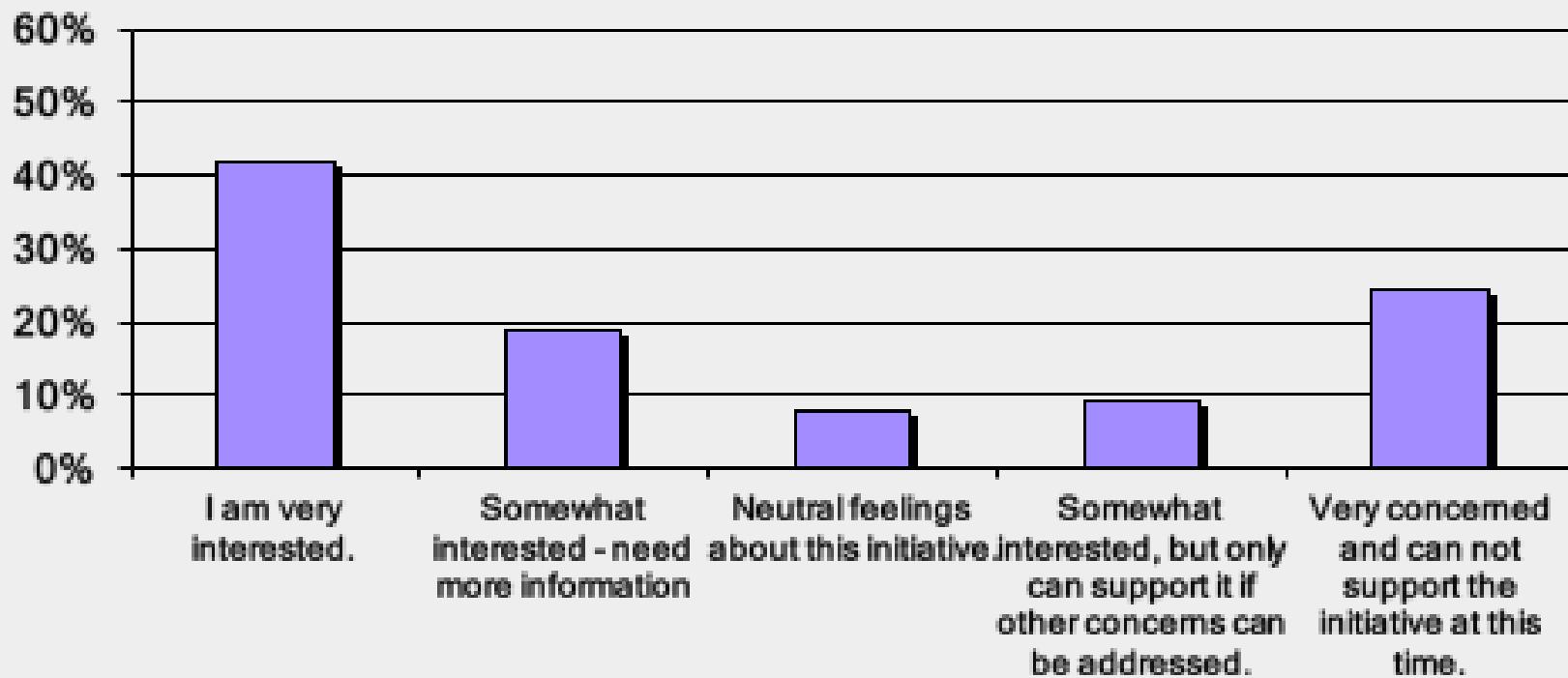


Parent Themes in Responses

Prefer Bus Stop Dinner Cutting Research Starts at 7:45
Concerned Expect Late Start Future
High School Next Year Kids Positive
Sleep High Schoolers Parents Breakfast
School Activities Bus Transportation
Work Schedule Talking Idea Never been an Issue
Exploring Cause Them to Stay up Later Reason Traffic

Overall Employee Interest

How likely are you to support the exploration of later start and ending time for high school students?



Employee Themes in Responses

Lunch Sun Option Traffic Study Real World Learn
Later Release High School Brain Schedule
Perfect Sports Decision Sleep Love
School Activities Great Idea
Bed Later Opportunity Tired HS Students
Help Students Say Middle School Negative Impact
Falling Asleep Shorter

Comments in Favor

These past years at Whitney our start time is at 7:45. At Spring View, it started at 8:30. I felt when attending Spring View I was much more rested and was more awake in my morning classes. These years at Whitney I am much more tired, anxious, and worried throughout the day and I cannot comprehend things as much. I feel with a later start time I would learn things much more thoroughly.

Thank you for exploring this issue. I always thought the start time for HS was too early. I assumed the early start was due to sports. Let's put our kids' health and education first!

I've always known kids need more sleep and this is one way to ensure kids are getting the rest that they need. Our kids are all so involved in activities beyond school that it makes it difficult to get their activities completed, do their homework/study, eat right and get over 8 hours of sleep. I really hope that this survey helps make the change that's been needed for some time.

My grades for my morning classes have always been harder to maintain and now that i am taking more advanced classes i feel the my sleep schedule is not optimal for maximum learning.

As a teacher and parent in Rocklin I feel our student's mental and physical health plays a vital role in their academic experience. Lack of sleep due to high academic content load and expectations results in an above average amount of homework. The block day does provide in "theory" an extra day to complete but due to the homework load every day - the extra day isn't really ever a viable option. Our students are busy with sports, student government, etc. before/after school in an effort to create well rounded, balanced students, This leaves little time to eat, shower and complete work. The lack of sleep is consistently compiling throughout the week so that they are irritable, unable to concentrate which leads to impaired decision making. Even an 8:00 start time is easier on them- but 8:15-8:30 is doable as well.

Comments – Concerned/Not in Favor

As a working parent a later start time means a later work day. There are already early morning meetings that have to be pushed out due to school start times. To me, the problem is not the start time but the time the child goes to bed.

Starting later will impact a child's ability to get their homework done in the evening which means they stay up later or get up early to finish it. Participation in after school activities is then impacted as they will not have as much time to get homework started before they leave for sports or after they get home from sports.

Our children have no problems waking up in plenty of time for school. I am very concerned about the impact on after school activities and feel this initiative places over emphasis on class time and doesn't consider the value of extracurricular programs. I reviewed the studies presented and did not find the evidence to be compelling.

Since both parents work 5 days a week in our family, the current schedule is more optimal for us to get our child to school and for us to get to work. Any change in start time would be a serious disruption and very inconvenient.

Although I understand the premise of wanting to optimize our children's learning potential, I do not think it is the schools responsibility to enforce family dynamics and sleep patterns. What will happen to these children once they enter the "real world" and have to take a college course at 7 am or a morning shift that starts at 6 am? Instead of changing the times (which would have a drastic effect on the rest of the community) why don't we focus our efforts on teaching children how to best adapt to the world around them (i.e. the importance of getting x amount hours of sleep, healthy living in a busy world, etc.)

Recommended Next Steps

November

- Examine options more deeply:
 - Identify “tipping point” options that might achieve the goal of a later start for high school students and also create the least amount of impact to families’ schedules/students’ extra curricular activities

December/January

- Convene focus groups to collect input about options
- Meet with employee groups to discuss workplace impact
- Cost out proposals for viability
- Update Board regarding results of focus groups

February

- Conduct a more specific survey of final options
- Bring results and a recommendation to the Board