

Sleep Health Advisory Committee Stakeholder Feedback Task Group

November 21, 2022

Dear Members of the School Committee,

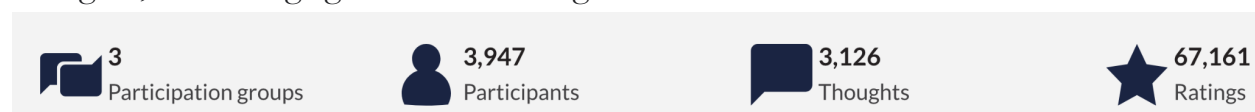
The goal of this report is to share ThoughtExchange feedback from students, staff, and parents/caretakers, as that relates to work that the **Feedback Task Group** has collected through ThoughtExchange survey data during the month of November. The information shared from all stakeholders includes individual thoughts, perspectives, questions, and ratings, as those relate to students' sleep health and the potential benefits and challenges of changing school start and end times.

Background information



The Shrewsbury Public Schools' **Sleep Health Advisory Committee** is tasked with considering how best to improve students' health and well-being through improved sleep, including the potential of changing school start and end times for the 2023-2024 school year. On December 14th, this advisory committee will present potential options for changes in school schedules to the School Committee. We are grateful to the students, staff, parents, and caretakers who helped to inform this process by sharing perspectives and questions related to students' sleep health, including the potential benefits and challenges of changing school start and end times. We are grateful to the **Research Task Group** for their exceptional work, as their findings informed survey participants and resulted in all involved to be better prepared to answer the survey questions and rate the thoughts of others.

Participation

The following screenshot shows the number of participation groups, participants, thoughts, and ratings given to the thoughts of others.



Parents/caretakers: Select all schools where you have a student. Staff: Select the school(s) where you work. Students: Select the school you currently attend.










	%		Answer (Multi-select)
 3,835 Responses	54%	(2095)	Shrewsbury High School
	34%	(1334)	Oak Middle School
	10%	(389)	Sherwood Middle School
	14%	(558)	Elementary School (Beal, Coolidge, Floral Street, Paton, or Spring Street)
	1%	(50)	Parker Road Preschool
	1%	(51)	District staff member

It is important to note that the three stakeholder groups only saw and rated thoughts made by others in the same group, i.e., only parents/caretakers saw and rated other parents'/caretakers' thoughts, staff only saw and rated other staff members' thoughts, and students only saw and rated other students' thoughts.

Feedback from Stakeholders

Student Feedback

The following are the highest rated thoughts shared by students:

I think school should start later than it dos right now. Because sleep is way more important than a lot of people think it is, without proper rest kids will not be able to focus. It's very important. <i>I am a Shrewsbury Public Schools student</i>	4.3  (24  Ranked #1 of 2060	
Some benefits to later school start times are that students can focus more in class. This is also beneficial for students who do sports. This is important because students will be less likely to fall asleep during class. This also helps since students are less likely to get injured. <i>I am a Shrewsbury Public Schools student</i>	4.3  (23  Ranked #2 of 2060	
Teens will be more energized and ready to learn. It will open them up to get the most out of their education, motivate them to pursue a better future, and seize critical opportunities. <i>I am a Shrewsbury Public Schools student</i>	4.3  (23  Ranked #3 of 2060	

Staff Feedback

The following are the highest rated thoughts shared by staff members:

<p>This will greatly impact staff and their ability to care for their own families Our own children will follow a totally different schedule <i>I am a Shrewsbury Public Schools staff member</i></p>	<p>4.3 ★★★★★ (42)</p> <p>Ranked #1 of 346</p>	<p>5 ★</p> <p>4 ★</p> <p>3 ★</p> <p>2 ★</p> <p>1 ★</p>
<p>How will this impact families whose older children help out after school for care for younger siblings Child care is expensive <i>I am a Shrewsbury Public Schools staff member</i></p>	<p>4.2 ★★★★★ (40)</p> <p>Ranked #2 of 346</p>	<p>5 ★</p> <p>4 ★</p> <p>3 ★</p> <p>2 ★</p> <p>1 ★</p>
<p>Later start time means later end time which could effect staff's schedules. Some staff members are not fortunate enough to have one job to support themselves and have two jobs. A change in times means it effects other jobs. <i>I am a Shrewsbury Public Schools staff member</i></p>	<p>4.2 ★★★★★ (39)</p> <p>Ranked #3 of 346</p>	<p>5 ★</p> <p>4 ★</p> <p>3 ★</p> <p>2 ★</p> <p>1 ★</p>

Parent and Caretaker Feedback

The following are the highest rated thoughts shared by parents and caretakers*:

<p>I would like to see my high schooler start a little later than present time. For 6:40 bus they have to be up around 5:45 and as they get older there work keeps them up late at night and I worry about barely 6 hours of sleep day <i>I am a parent/caretaker of a Shrewsbury Public Schools student</i></p>	<p>4.5 ★★★★★ (35)</p> <p>Ranked #1 of 720</p>	<p>5 ★</p> <p>4 ★</p> <p>3 ★</p> <p>2 ★</p> <p>1 ★</p>
<p>High school kids needs more sleep time. I think school timings should change <i>I am a parent/caretaker of a Shrewsbury Public Schools student</i></p>	<p>4.5 ★★★★★ (34)</p> <p>Ranked #2 of 720</p>	<p>5 ★</p> <p>4 ★</p> <p>3 ★</p> <p>2 ★</p> <p>1 ★</p>
<p>This feels overdue to me. We should be looking more at how sleep impacts mental and physical health. We have a crisis of mental health in our youth. We have to be willing to make changes. <i>I am a parent/caretaker of a Shrewsbury Public Schools student</i></p>	<p>4.4 ★★★★★ (36)</p> <p>Ranked #3 of 720</p>	<p>5 ★</p> <p>4 ★</p> <p>3 ★</p> <p>2 ★</p> <p>1 ★</p>

*These thoughts were also the highest rated out of all the thoughts shared among all three stakeholder groups when the three sets of thoughts are combined.

Summary

The highest rated thoughts for the parent and caretaker group support later school start times, while the highest rated thoughts for staff expressed concerns about childcare. The highest rated thoughts for students included the need for additional sleep in order to focus better, while feeling more energized, motivated, and ready to learn.

The thoughts with the fewest positive ratings for parents included those that included the idea that students need to wake up early because that's going to be required to be

prepared for college and career readiness. Other low-rated thoughts included the idea that students will go to bed later if given the opportunity to sleep later in the morning. Staff input that generated little to no favorability included extending school to a year-round schedule with a shortened schedule each day and making school start times a bit later to allow for more sleep for all. Student comments receiving little support included extending the school day and starting the high school day even earlier than it currently does.

We appreciate the 3,947 students, parents, caretakers, and staff members who contributed their thoughts, perspectives, questions, and ratings to this important ThoughtExchange Survey. We look forward to further discussion regarding the 3,126 thoughts shared by participants and the 67,161 ratings of those who contributed to the survey. We value and appreciate the insight of all stakeholders and are grateful for the opportunity to work together on this important effort.

Please contact us with any questions and/or considerations that you have.

Thank you for the opportunity to serve in this capacity.

Respectfully,

The Stakeholder Feedback Advisory Group

(Sarah Anane, SHS student; Hallie Burak, Principal, Oak Middle School; Jane Lizotte, Assistant Superintendent for Community Partnerships & Well-Being; and Adnan Malik, SPS Parent)