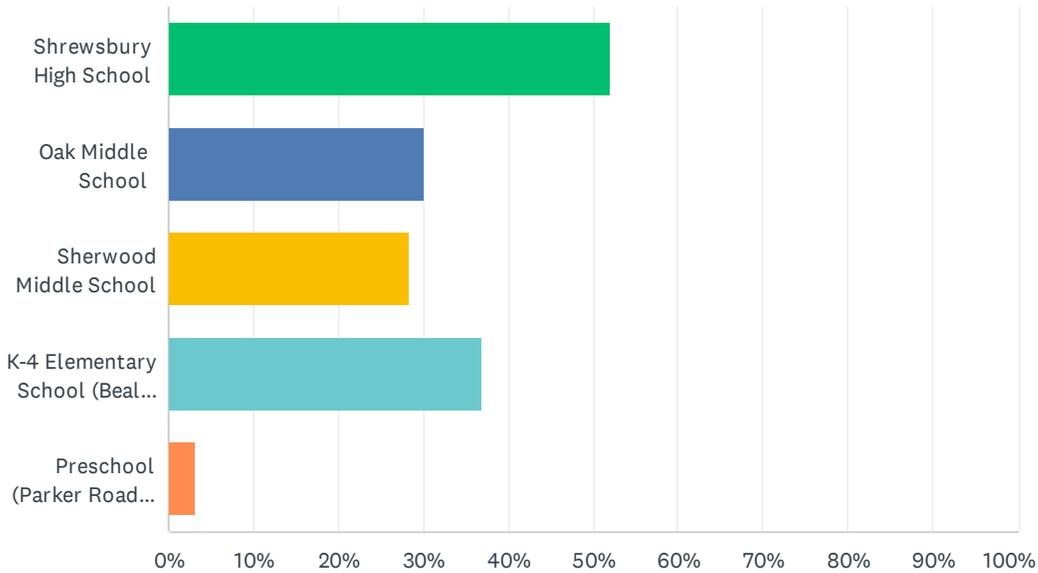


Q1 Please check all school(s) where you will have a child attending next year.

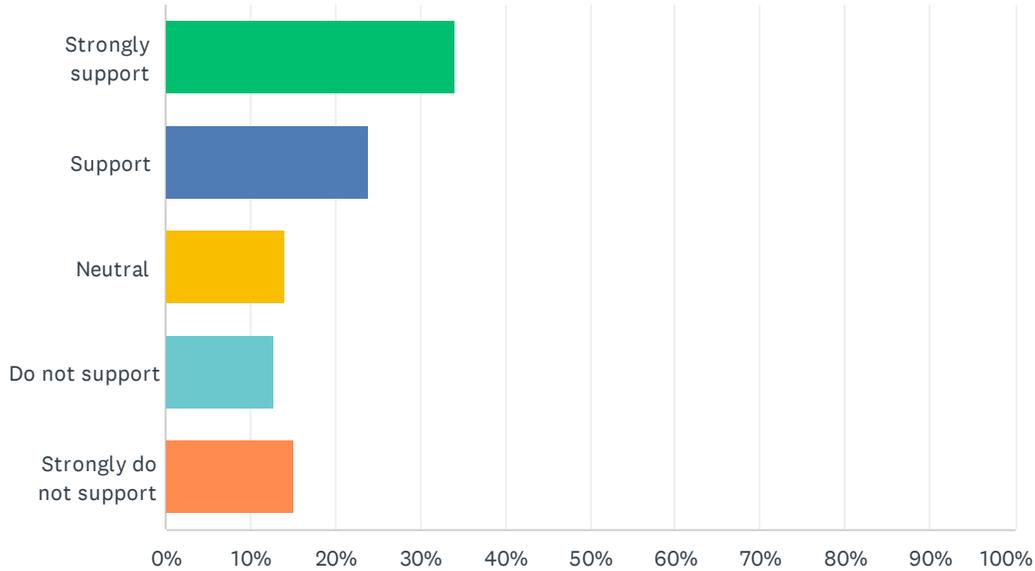
Answered: 513 Skipped: 0



ANSWER CHOICES	RESPONSES	
Shrewsbury High School	52.05%	267
Oak Middle School	30.02%	154
Sherwood Middle School	28.27%	145
K-4 Elementary School (Beal, Coolidge, Floral Street, Paton, Spring Street)	36.84%	189
Preschool (Parker Road, Beal, Little Colonials)	3.12%	16
Total Respondents: 513		

Q2 Please indicate your level of support for implementing the Option A schedule in order to provide more sleep opportunity for students.

Answered: 513 Skipped: 0



ANSWER CHOICES	RESPONSES	
Strongly support	34.11%	175
Support	23.78%	122
Neutral	14.04%	72
Do not support	12.87%	66
Strongly do not support	15.20%	78
TOTAL		513

Q3 Please share feedback regarding why you chose this level of support for the Option A schedule.

Answered: 264 Skipped: 249

#	RESPONSES	DATE
1	This change will help, but its not enough, not worth all the work and effort. If we want to help our kids, lets do it the right way!	12/23/2022 2:20 PM
2	While this is not my top choice, I would be content with this option because it does at least do something to address the issue of the high school starting too early and it would be much better than doing nothing.	12/22/2022 8:16 PM
3	Younger kids need more sleep	12/22/2022 6:46 PM
4	I understand the research and the need for more sleep. This seems like the least disruptive option for all schools (particularly because I have an afternoon preschooler at Little Colonials).	12/22/2022 5:00 PM
5	Not too different from current schedule. Should increase sleep time by 1/2 hour.	12/22/2022 2:07 PM
6	This option will give children in all three school adequate sleep	12/22/2022 1:20 PM
7	It would allow my children to sleep in longer supporting their biological sleep needs. It would also make the morning routine easier. Additionally, it would make evening childcare more manageable.	12/22/2022 11:25 AM
8	Allows school to start slightly later without impacting sports/jobs/activities	12/22/2022 9:10 AM
9	While option A is a good change, it does not provide enough of a change to be beneficial to high school students. High school students are the ones who need more sleep the most.	12/22/2022 6:21 AM
10	We like the delayed start times for high school and middle school. We hope the extra 10 minutes for elementary school will be added to lunch times to allow the kids ample time to eat. Hesitation lies with elementary school teachers having an extended day.	12/21/2022 10:28 PM
11	Other districts don't follow this model so it excludes elementary students from other extra curricular activities that aren't town sports. Shrewsbury children won't be represented as much in these companies if they are not able to make 4 pm classes. I worry that my daughter will not be able to compete on the dance team next year because she won't be able to make 4pm classes twice a week. Not all sports, language classes, tutoring etc are later in the evening. Though they might try, companies likely won't change to accommodate one town's time change when they serve many of the surrounding towns and they do NOT have students in school until 3:40. Also, elementary students go to bed earlier. Doctors recommend a 7:30pm bedtime. Changing the end time for elementary students to 3:40 means they have less time with their families. By the time they get home it's well after 4, especially if they take the bus. We want to increase the mental health and well-being of all students, not at the expense of the elementary students. These are crucial years when young children are learning to build coping and self help skills. Time spent with families plays a huge role in this. To add, elementary students are awake earlier! Many students are already awake at 7am. They will have to wait 2.5 hours to go to school, then we expect them to perform their best until almost 4pm. They get home and have 3 hours, or less, before they need to go to bed. At that point they will be exhausted. How will that affect their performance and grades?	12/21/2022 2:02 PM
12	This change will negatively impact the personal and professional lives of elementary families. Elementary students are already up earlier in the morning and are strongest learners in the morning. Starting their day later and having the day go longer will only decrease their stamina and readiness to learn. Also, many after school activities begin for students at 4pm and they would therefore be compromised in that regard. For 4 months out of the year, elementary students will be getting home, and potentially off the bus, in the darkness of winter. Please consider the implications of these changes for our youngest students.	12/21/2022 10:28 AM
13	During winter the streets in our neighborhood are very dark at 6:30 a.m., which is when our high school kids get picked up by the bus. There are not enough street lights at the corner	12/20/2022 11:37 PM

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where they wait (or the lights are broken). To me, getting them on the high school bus at a later time is a safety issue.

14	It is not saving most students much sleep it is fixing a transportation issue.	12/20/2022 8:45 PM
15	We are having our son taking bus at 6h20 today. If 35 minutes later can be achieved, this is awesome, for him but also for the rest of family, especially the ones preparing lunch boxes ! I hope this has no impact on courses : it would be nice to avoid periods splitted by lunch, especially ELA or Maths. Thanks for the very thorough research on the topic !	12/20/2022 7:28 PM
16	Elementary schools have same proposed time in both option A and B.	12/20/2022 10:23 AM
17	More sleep for my child	12/20/2022 6:47 AM
18	The time change for high school is not enough to provide adequate sleep to teens.	12/19/2022 9:14 PM
19	It's a good balance for all concerned parties, but doesn't make enough of a difference for HS students's sleep schedule.	12/19/2022 7:44 PM
20	This is better than current schedule but still too early	12/19/2022 6:05 PM
21	not aligned with sleep needs of student ages	12/19/2022 4:47 PM
22	Less change to end time	12/19/2022 3:46 PM
23	The will make it impossible for elementary children to participate in sports, music,dance activities after school. Most of these programs here in town and surrounding towns begin at 4pm. It is already challenging to make it to these programs on time. Or we eliminate the option for young children to participate in these things now there won't be a need for high school sport times because kids won't be invested the way they are now. Also, young children do better earlier in the day. My children and many of their peers fall asleep early in the evening. My child often falls asleep on the way home from school. Extending the day later in the evening would be horrible for them. This will also mean working parents can't drop off and still make the morning community before 9:00 with their elementary children. This means parents will need to arrange both before and after school to work a 9-5 job. This option definitely has benefits for older children and their sleep. It is unfortunate it is at the expense of the younger children. It seems it would make much more sense to have younger children go early as they are freshest in the morning. Instead this program has them waiting until later for the day when they are less fresh and ready. How can we accomplish the goal of giving older children sleep but still getting our elementary kids out in time to spend with family and do extracurricular activities?	12/19/2022 2:53 PM
24	I don't think that anything should change. An extra 20 minutes is not going to impact my child's sleep/mental health. In fact it will be worse by getting out later since my child will loose their job since they work 2:30-5:30 and there are no options for changing a shift. They will need to find a new job, which will keep them out later, making them get home later, complete homework later and get to bed later. My teen is not interest in the change and feels that it has more negative impacts than positive.	12/19/2022 1:30 PM
25	20 minutes may not has the impact that we expect with the change	12/19/2022 12:01 PM
26	This is pushed back by minutes. What's the point? There is no significant change	12/19/2022 10:51 AM
27	Provides only an extra 25 minutes of extra sleep time for high school students: changing logistics, etc. to deliver a de minimis sleep bonus seems to be catering more to parent schedules than the welfare of students.	12/19/2022 10:15 AM
28	Definitely will help mornings to be less stressful and have the child have a proper breakfast rather than rush	12/19/2022 9:23 AM
29	Shifting the school day later interferes with school sports, students' after school jobs, and means the students will be up later than they already are doing homework. It also disrupts parenting schedules, particularly in the morning. No student that I have spoken to supports these proposed changes at all.	12/19/2022 8:56 AM
30	I don't believe school times should be changed.	12/19/2022 8:55 AM
31	Would require a.m. child care for middle schoolers.	12/19/2022 5:26 AM
32	It works. If you make a later start time the older kids will still stay up later and get the same amount of sleep because they can "sleep in"	12/18/2022 10:27 PM

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33	Set the time elementary school ends is way too late for my liking	12/18/2022 7:06 PM
34	Many high school students need to be home for middle school students for after school. Many parents work so this option would be best for parents with children in both levels of schooling.	12/18/2022 6:14 PM
35	Our children need more sleep to ensure optimal development, that point is clear. This option seems to be the best mix of helping obtain the goal of more sleep while minimizing overall impact across staff and other operational considerations.	12/18/2022 3:19 PM
36	Childcare is very difficult to come by. We need to get kids on lists for daycares. This change would affect my 3 children the least	12/18/2022 1:01 PM
37	I think that option A allows for more sleep without making the dismissal time so late that we are completely out of sync with other schools around us. My daughter's job starts at 4 and with a 3pm dismissal that would be very challenging for her.	12/18/2022 12:35 PM
38	Both high school and middle school students can benefit	12/18/2022 11:40 AM
39	I appreciate that this option will have the most minimal impact on our day-to-day life.	12/18/2022 11:29 AM
40	Any option where our high schooler does not have to take a bus at 6:15 am while his friends only a couple of minutes away by car have a 7:00-ish bus is better!	12/18/2022 11:22 AM
41	It makes the most sense with fewer obstacles	12/18/2022 9:57 AM
42	Not much of a difference with current schedule	12/18/2022 9:45 AM
43	20 minutes does not drastically increase the high school student's sleep time. Why make all of these changes for an additional 20 minutes?	12/17/2022 11:40 PM
44	I like the idea of more morning sleep for my HS child and it still allows him to easily participate in afternoon activities he enjoys. He has adjusted "well" to the early start (e.g.: doesn't miss the 6:32am bus, ready for school, decent attitude), but he does complain of feeling tired every day despite getting to bed around 9:45pm each night (this gives him about 7 hrs. 30 mins of sleep, which for him is not enough because he needs 2 alarms-one with sound, and one with light that imitates the rising sun to wake him at 5:30am). Adding 20-35 minutes to his morning would be amazing! I like this option better than the current schedule!	12/17/2022 10:26 PM
45	Having students start later will not provide them with the necessary skills to be ready for the workforce when they are ready for it. Providing the original school hours creates a schedule in which they are already adapted to. It also will provide opportunities for them to work or volunteer after school without going against the child labor laws that are set forth in Massachusetts. By allowing students/children to sleep in we are giving into societies will to not learn how to work, keep a schedule and be a positive addition to our already underdeveloped work force. Please do not change what has been working for years for the sake of the few who are lazy.	12/17/2022 8:14 PM
46	Start time for SHS is too early. This show moderate improvement without too much disruption to childcare and after school activities.	12/17/2022 2:56 PM
47	I do not believe the science takes into account that students will stay up later and get the same amount of sleep. We are doing this for a maximum of 11 more minutes sleep. It does not take into account that elementary school children will be getting out too late. Many primary grade students lose stamina for learning by mid day and have a difficult time regulating themselves in the afternoon.	12/17/2022 2:54 PM
48	Changes the schedule of the whole day	12/17/2022 1:47 PM
49	It provides some extra time in the morning without changing things too drastically. It's not my favorite option thusly why it's not strong support. Providing that extra bit of time is better than nothing however.	12/17/2022 1:42 PM
50	This change will help kids to be in relaxed and having more sleep during winter time. They will be more active when they have enough sleep.	12/17/2022 1:30 PM
51	I believe, this option is more closer to current timing that I support. I also believe that, we need to have high school start early than other levels so they can provide child care support to younger siblings.	12/17/2022 1:12 PM
52	Don't like this time, at all I prefer option B.	12/17/2022 12:24 PM

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53	Lot of after school sports and home works .	12/17/2022 11:43 AM
54	It would be good for the older kids to get a little more sleep.	12/17/2022 10:41 AM
55	- High school students home in the afternoon to help with middle school and elementary school aged siblings - High school students are more independent to get ready in the morning on their own, giving parents more time to get middle and elementary school students ready and out for the day. - High school students have more time after school for activities, sports, jobs, etc.	12/17/2022 9:25 AM
56	Option A especially for high school kids. Great timing..	12/17/2022 8:05 AM
57	It's an ok idea, but I like option B better.	12/17/2022 7:24 AM
58	School is a child's job and responsibility. The older student should be getting ready for college or career and depending on where sometimes you are required to be in you seat or at your job ready to go by 8 am.	12/16/2022 11:38 PM
59	This proposed timing will give enough time for the kids to have a good sleep. I've read that the brain growth will be rapid during younger years only when the brain rests a lot.	12/16/2022 10:04 PM
60	I like the timing. Kids get time for extra activities.	12/16/2022 9:47 PM
61	Current schedule is good	12/16/2022 9:42 PM
62	Too early for high schoolers	12/16/2022 7:10 PM
63	Early times for high school is better for my children and for us as we have to go to work.	12/16/2022 7:05 PM
64	This works out better in the morning and afternoon having both middle schoolers and elementary students. This schedule reduces the time needed in the afternoon for sitters/after school care. Early morning care will need to be more accessible for elementary school students.	12/16/2022 5:55 PM
65	I choose this option so that the kids get good sound sleep.	12/16/2022 5:31 PM
66	Current schedule is more practical	12/16/2022 3:49 PM
67	Not a big change so should be able to handle.	12/16/2022 3:41 PM
68	1. Although High school start only 20min late, it's better than no change. 2. Middle school start time is okay for us, won't affect our routine a lot.	12/16/2022 3:35 PM
69	I don't like to see the high school kids having to wait at the bus stop at 6:30 that is way to early	12/16/2022 3:22 PM
70	Its 15 min late.	12/16/2022 3:16 PM
71	Leave schedule the way it is	12/16/2022 3:13 PM
72	an 830 start time for my middle schooler is beneficial, the elementary students typically are awake earlier - Id be OK with an earlier start time but I realize the impact of that across the board	12/16/2022 2:08 PM
73	It has some benefit, but not sure that the benefit of ~20 minutes additional sleep is enough to warrant the disruption of changing the schedule.	12/16/2022 1:48 PM
74	This is too late of an end time for Elementary School children. As it is now the afternoon bus is scheduled to drop off at 3:40, but in reality it is not until 3:55 and we are not the last stop. I do not even want to imagine how late the bus would be dropping them off if this time shift happens.	12/16/2022 1:47 PM
75	I like the later start for high school so kids can sleep longer but without affecting the after-school schedule.	12/16/2022 1:18 PM
76	I think it should be continuous across the state and not district by district. It's going to interfere too much with athletics, after school services, programs, ABA, jobs, doctor's appointments and homework is going to be pushed back even later. Most likely kids will just stay up later	12/16/2022 12:54 PM
77	Least disruptive. Seems like pushing back by 20 minutes.	12/16/2022 12:50 PM
78	This is a bandaid. This is a useless option and not worth considering. Really, nothing changing her. We are losing sight of the reason for this proposed change. Increased sleep for the 13-18	12/16/2022 12:11 PM

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group. A 20 minute changes amounts to nothing. Not worth the effort to figure out how to accomplish it.

79	Starting the High School late by 20 minutes , will give students the much needed extra time for rest	12/16/2022 12:06 PM
80	I chose late start so my kid can have more time for sleep and no rush to school in the morning.	12/16/2022 11:45 AM
81	7:55am start time for high school student and 8:35am start time for middle school students seems early still, particularly for those students who ride the bus.	12/16/2022 11:29 AM
82	Allows more sleep for high school students although ideally elementary students' schedules would remain the same as they are now. Also allows high school students to get home before middle school students.	12/16/2022 11:29 AM
83	The earlier they get out the less it interferes with sports, jobs, appointments etc.	12/16/2022 11:10 AM
84	It is a well rounded Option	12/16/2022 11:07 AM
85	As a very active student, this schedule will have minimal impact for after school activities. It also allows for the most flexibility regarding doctors appts.	12/16/2022 11:06 AM
86	pushes back all schedules slightly allowing more sleep	12/16/2022 11:02 AM
87	The juice isn't worth the squeeze. Seems like too much disruption for only 1/2 hour difference.	12/16/2022 10:46 AM
88	Sports and after school jobs (with limited hours per the state)	12/16/2022 10:42 AM
89	Not a significant benefit to high school students	12/16/2022 10:37 AM
90	I think 30 minute late is not going to change anything in my kids schedule. So, personally i do not support this.	12/16/2022 10:30 AM
91	Prefer option B but would rather see A instead of the steady state.	12/16/2022 10:00 AM
92	n/a	12/16/2022 9:54 AM
93	There is not much difference in start schedule.,as it is just hour an hour behind the current start time .	12/16/2022 9:54 AM
94	Kids need more sleep, period. While this is not ideal, but it provides them a little more time in the morning, to get up, have a decent breakfast and be ready for school.	12/16/2022 9:31 AM
95	I feel that this option has the least amount of time increase for sleep for the SHS students so I do not see much difference with the current schedule.	12/16/2022 9:30 AM
96	I personally think this is the best option. High school students compete in sports and to have a good deal of homework. This is giving them extra time to sleep in the morning, but still having them start school at a decent time. My daughter does crew and it is a really long day after practice and although she will be getting more sleep in the morning, I don't want her day to be even more delayed by getting out of school at 3 PM.	12/16/2022 9:29 AM
97	It is critical to have enough sleep time for the kids - specifically for High school students. So I would support any better option than the existing one which can provide the kids better sleep time. Option B is the best - However, I would support Option A in case Option B is not available	12/16/2022 9:23 AM
98	see below	12/16/2022 9:06 AM
99	I don't understand why this is even an issue. Prepare these kids for the real world. Seriously.	12/16/2022 9:00 AM
100	Although I feel that this is a better option than option B. I am an elementary age teacher in another district and the students are tired and don't have the stamina later in the afternoon. They would get home late and it would impact their activities which are so very important to mental health as well. This also impacts traffic as St. John's high school releases at the same time as the high school in this option, keeping students, parents, and busses held up in traffic.	12/16/2022 8:57 AM
101	This option supports mor sleep for high school students without interfering with sports. A dismissal time that is later than this would greatly affect sports such as golf and crew. As we lose daylight in the fall the golf team struggles to finish match's before it's too dark as it is.	12/16/2022 8:54 AM

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102	I feel like this has the least amount of impact on kids participating in after school activities, sports, and jobs.	12/16/2022 8:53 AM
103	As a working parent, this will delay me getting to work when I already have to plan leaving early for after school pick up. The benefit of a relatively insignificant amount of "extra sleep time" is not helpful for my children or my work/life balance.	12/16/2022 8:46 AM
104	I am so disgusted that this is even on the table. These kids need to be prepared for their futures with their lives after high school. Give me a break - wake up and toughen up.	12/16/2022 8:30 AM
105	I am a little concerned about sports and being able to meet the times for competing against other schools.	12/16/2022 8:19 AM
106	It's ok but I still think the High Schoolers need to go later.	12/16/2022 8:18 AM
107	I think elementary should start early because they wake up early and teens and tweens start later	12/16/2022 8:12 AM
108	The time is closer to the current schedule, which will allow a little extra time for sleep but will be more manageable for families who drop students off before work.	12/16/2022 8:05 AM
109	Gives students more sleep and has the smallest impact to other students/ teachers/families.	12/16/2022 7:42 AM
110	middle school kids will have more sleep if they can get up late , Thanks !	12/16/2022 7:36 AM
111	High school kids can get up bit early than middle schoolers	12/16/2022 7:11 AM
112	I feel my son (at Beal) already gets home from school too late, at 3:50 pm. It's a long day for a 6 year old but also at this time of year there is hardly any daylight left when he gets off the bus to play outside. A 3:40 dismissal would get him home after 4pm! Too late! Add more busing but give elementary an earlier schedule, please!	12/16/2022 7:10 AM
113	The negative impact on elementary school students is high in this model and the benefit to the high school students in minimal at best. I do not see the benefit in changing everything up for such a low impact.	12/16/2022 6:52 AM
114	Delayed start times are necessary. The proposed timing is appropriate for older children to arrive home before younger children.	12/16/2022 6:44 AM
115	It would require my family to have to figure out childcare in the Morning to go to work	12/16/2022 6:41 AM
116	Adolescent circadian rhythm is to wake later and stay up later.	12/16/2022 12:25 AM
117	It is too late for elementary schoolers as parents need to get to work and it is too difficult to arrange for childcare so early in the morning.	12/15/2022 11:57 PM
118	More sleep time for both high school & middle school kids, without changing the order of start/end times	12/15/2022 11:43 PM
119	Do not want elementary school time to be pushed further. They are not adults yet are asked to spend whole day in school. It is this age group that plays most outdoors outside of school. We are depriving them of playtime thinking they can not defend themselves. Good time proposed for high school timing. Fix that only and leave rest 2 groups as it is today.	12/15/2022 11:41 PM
120	Least change is best for our family due to childcare considerations for our elementary school child.	12/15/2022 11:38 PM
121	Doesn't give a late enough start for HS	12/15/2022 11:26 PM
122	Minimum impact but atleast provides 1/2 hr more of sleep.	12/15/2022 11:01 PM
123	Better sleep quality leading to better attention spans and productivity in the morning classes.	12/15/2022 11:00 PM
124	Impact seems minimal.	12/15/2022 11:00 PM
125	I do not want to see any changes to the start time. The current schedule works great for my child.	12/15/2022 10:56 PM
126	I will have 2 elementary students in SPS next year. My wife is an elementary school teacher in SPS. I am opposed to any schedule changes. My reasons for opposition: 1. Both plans take critical time from elementary students after school. My children's after school extracurriculars start at 4pm. Moving their end time to 3:40pm will prevent them from getting there on time if	12/15/2022 10:38 PM

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they are even able to participate at all. Furthermore, in order for the elementary students to get their necessary amount of sleep (9-12 hours), they need to go to bed around 7pm, which means they need to be home by 5:30-6pm to eat dinner and get through their nighttime routine, leaving them less than 2 hours to coordinate any activities outside of school. 2. Both plans disregard elementary staff after school lives and will cost our schools more money. Doctor office hours will not change just because SPS changes their hours. Based on the current contract, staff can't just leave a little early for a DR appointment, they must take a half day. This means that our elementary schools (which I believe employ the most substitute teachers currently) will require more substitute teachers so that staff can do simple things like go to the dentist. Currently, staff can get out at 3:30 and make an appointment in Worcester for 4pm, or Boston for 4:30pm. Under the new schedule, they would have a more limited timetable. 3. These time changes will not make high school students get more sleep, and it will actually cripple them right before joining the workforce. The challenges to sleep health are absolutely valid, but adjusting this schedule will not get a high school student to put down their phone at 10pm. A more effective solution would include health education for our high school students and a coordinated effort to wrap up high school extracurriculars early enough for them to get to bed by 9pm. I propose teaching students and families healthy habits to be successful in life (where many jobs start before 6:19am) instead of accommodating them in ways that are outside of societal standards. Thanks to everyone for their time and effort on this. Unfortunately, I do not agree that either of the proposed solutions are worth pursuing. This well-intentioned initiative will not yield enough benefit to justify shaking the lives of all Shrewsbury families.

127	Kids can get extra sleep time.	12/15/2022 10:34 PM
128	Extra time in the morning works for kids and parents as well. Having the high school release time before middle school helps elder siblings to be home when the younger siblings come home for working parents.	12/15/2022 10:28 PM
129	My kids think it will be challenging getting out later than 2 due to practices.	12/15/2022 10:25 PM
130	Kids will get enough sleep	12/15/2022 10:20 PM
131	Does not change much from current schedule	12/15/2022 10:11 PM
132	Later than this would conflict with my work schedule.	12/15/2022 10:08 PM
133	A 20 minute change will offer little to no effect on sleep.	12/15/2022 10:05 PM
134	Seems early for high schools as its very early after their usual long days.	12/15/2022 10:05 PM
135	Option A is storngly supported	12/15/2022 10:01 PM
136	Middle schoolers generally go to bed early unlike high schoolers and they get to wrap up their school day early so they can start their activities earlier in the evening.	12/15/2022 10:00 PM
137	As is too close to current day schedule & does not allow for my HS student to accomplish a school day, homework, after school athletics, work & have enough time to sleep or socialize without cutting 1 or more of those things out.	12/15/2022 9:52 PM
138	High-school should have the latest start time.	12/15/2022 9:50 PM
139	This would give our student more hours of sleep and would best fit our family's schedule	12/15/2022 9:47 PM
140	I think having the older kids get out of school later in the day interferes too much with sports, jobs, homework load etc... which in turn affects the time their days actually end. Therefore, they are up later at night to get everything done they need to so they aren't actually getting more sleep.	12/15/2022 9:45 PM
141	Doesn't delay HS enough	12/15/2022 9:41 PM
142	More sleeping time for middle School and elementary school student	12/15/2022 9:39 PM
143	WHY are you not having elementary kids going to school early. Will not support anything else. Too much work for very little reward	12/15/2022 9:37 PM
144	I want the current start/end times.	12/15/2022 9:33 PM
145	Extra sleep for everybody.	12/15/2022 9:31 PM
146	I support keeping the current schedule	12/15/2022 9:27 PM

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147	I support a late school start time. Any amount is better than current start time but prefer 8:35 am.	12/15/2022 9:26 PM
148	Good call	12/15/2022 9:24 PM
149	3:40 is too late a dismissal time for elementary school in my opinion. I have a hard enough time getting my child to after school activities now with the 3:15 dismissal and doctors/dental appts would be impossible to schedule that late. It also leaves less time for homework after school.	12/15/2022 9:23 PM
150	half hour wouldn't be much great of a difference for high schoolers	12/15/2022 9:22 PM
151	Kids need sleep, so they should go to bed early!	12/15/2022 9:22 PM
152	I know these start times are scheduled around bus routes, so I know there's not much flexibility. But 7:55am start time for high school students and 8:35am start time for middle school students are too early for those that need to ride the bus.	12/15/2022 9:20 PM
153	It's a good option	12/15/2022 9:19 PM
154	Not enough of a change in sleep at the targeted ages groups to warrant the change	12/15/2022 9:19 PM
155	Not a significant increase in sleep time for High school students in option A.	12/15/2022 9:19 PM
156	I feel the start and end times for elementary are way too late. This age group tends to get up early and getting home at 4pm basically eliminates the opportunity for after school activities for this age group. They are only home for 3 hours before a 7pm bath time and then in bed and asleep by 8 occur along with dinner shortly after getting home. This really isn't enough time to wind down. Also for working parents who drop off kids before heading to the office a 9:15 start time is really tough.	12/15/2022 9:16 PM
157	Yeh timing works out perfectly.	12/15/2022 9:16 PM
158	Still too early.	12/15/2022 9:16 PM
159	Gives students additional sleep time	12/15/2022 9:15 PM
160	Too late of a start to the school day Doesn't work with my work schedule and my children's after school activities	12/15/2022 9:15 PM
161	The later school day for elementary aged children is not productive. The younger kids will undoubtedly lose focus, and return home closer to 4pm. None of these options allow the younger kids to leave earlier.	12/15/2022 9:14 PM
162	I agree that later start times will improve sleep times for HS and middle school students.	12/15/2022 9:05 PM
163	Kids will get some extra sleep and they will have a better school performance.	12/15/2022 9:02 PM
164	It should be kept the way it is.	12/15/2022 8:59 PM
165	I feel completely misled. The original survey that was sent out only addressed the high school sleep issues and start times. There wasn't even the slightest hint of changing the elementary school start times. The elementary kids SHOULD NOT have to pay the price because the high school kids need a later start time. That's 100% not fair to the elementary school kids nor the elementary school staff. If you change the elementary school start time, not only are you going to lose great elementary school teachers but the K-4 students are going to go to private schools. The elementary school start time is late enough as it is and working parents are already inconvenienced enough and paying enough for before/after care. Why would we extend the amount of time these kids have to be in care other than their parents? This is completely insensitive to the elementary children and SO very wrong!	12/15/2022 8:57 PM
166	High school should start first	12/15/2022 8:47 PM
167	Kids need more sleep duration.	12/15/2022 8:44 PM
168	I need to leave for work immediately after my elementary schooler's bus arrives. I will need to arrange childcare if his school start time is delayed.	12/15/2022 8:41 PM
169	I personally feel that inexperienced drivers attending high school shouldn't be driving at the height of morning traffic and while other students are heading off to school.	12/15/2022 8:37 PM

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170	Too early for high school kids	12/15/2022 8:37 PM
171	Interferes with after school services:	12/15/2022 8:37 PM
172	This will give the students much-needed sleep time	12/15/2022 8:34 PM
173	It may be an easier adjustment from elementary to middle school. I think it would make more sense to swap the elementary and high school hours though, since young children tend to wake up earlier. Then they could have a later start time at each tier.	12/15/2022 8:34 PM
174	I believe 7:35 is a good time because the students have after school obligations and 20 minutes of extra sleep will not do much for them.	12/15/2022 8:27 PM
175	Kids get more sleep	12/15/2022 8:27 PM
176	Kids can sleep longer in the morning	12/15/2022 8:25 PM
177	There is no reason for the change . Sports get affected for the younger ones that start at 4pm	12/15/2022 8:24 PM
178	Elementary school finishing too late in the afternoon	12/15/2022 8:22 PM
179	The times are too late for elementary school. I support changing schedules to line up more with students natural sleep schedules, but this option seems to sacrifice that for the elementary level. Elementary school kids are up early and in bed early. This shift has kids getting home much too close to dinner and now any after school activities will cause people to choose between activities or dinner and late bedtimes.	12/15/2022 8:20 PM
180	I think high school should get earlier to allow time for sports and clubs, but honestly I would support both options which are better than the current start time.	12/15/2022 8:18 PM
181	Not enough additional sleep for high school students.	12/15/2022 8:16 PM
182	I have twin daughters at Sherwood and one definitely wants option A.	12/15/2022 8:14 PM
183	I prefer option A because we are early risers and would be benefited with early to school option. Also there would be activities and clubs kids need to go after school which might get delayed if the school start time is delayed. So I prefer school starting 7.55 am	12/15/2022 8:13 PM
184	Least amount of challenges while giving the children extra sleep time	12/15/2022 8:06 PM
185	The time changes are not very different in the morning but do provide a little more sleep time. More importantly the end time for schools does not cause drastic problems for people with children in middle school. Middle school students would be getting out a little later which is much more beneficial for working parents. The end time for high school still works for sports. No one has to get up at a ridiculous early time. End time for middle school & elementary still works for working parents.	12/15/2022 8:02 PM
186	Prefer Option B. Opt A is better than the current schedule where the bus arrives in the darkness at 6:30am!	12/15/2022 8:01 PM
187	I love the idea of elementary kids getting more time with parents in the AM. I got teary eyed knowing that someone is finally listening to the mental health needs of adolescents in Shrewsbury- a close friend of mine lost a 14 year old son (not from Shrewsbury) to suicide and I wonder if more sleep could have helped him.	12/15/2022 7:58 PM
188	I would prefer option B	12/15/2022 7:53 PM
189	My middle school student needs all the sleep he can get!	12/15/2022 7:52 PM
190	Better time for all students	12/15/2022 7:48 PM
191	While I know our middle schooler would appreciate a later start time, if we're trying to maximize the sleep hygiene of all the kids, Option B makes the most sense.	12/15/2022 7:43 PM
192	better of the 2 options	12/15/2022 7:43 PM
193	The elementary times are awful. Parenta need to get to work in mornings and getting our of school at 340 puts a strain on activities for afternoon/evening. Its too late. Thr littles should go first. They are up early anyway and parents need to get them off to avoid morning care.	12/15/2022 7:41 PM
194	My son can have his proper breakfast.	12/15/2022 7:41 PM

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195	High schoolers need more sleep due to more school work and busy day.	12/15/2022 7:40 PM
196	Got the elementary age kids 3:40 is far to late in my opinion. I think the way the schedule is now is just fine, don't think there needs be a change.	12/15/2022 7:40 PM
197	More sleep time for kids will lead to more productivity. Good balance between school time and extra curriculars.	12/15/2022 7:38 PM
198	More sleep time needed for physical and mental health well being	12/15/2022 7:38 PM
199	I prefer option B, but I would support option A as it would be better than no change at all.	12/15/2022 7:31 PM
200	It provides sufficient sleep time for high school students and yet does not push back the start time too much.	12/15/2022 7:28 PM
201	I don't think a 20 minute difference is going to give us the impact that we need or that will benefit the students. They might be able to get 15 minutes more sleep.	12/15/2022 7:27 PM
202	While I believe this is a better option for my family at this moment, a later start time is more important for the high schoolers than it is the middle schoolers.	12/15/2022 7:25 PM
203	It will give good time for kids to start their day	12/15/2022 7:24 PM
204	This option makes more sense as it will have minimal impact in our child care and work schedule.	12/15/2022 7:22 PM
205	It provides additional time for sleep without being overly disruptive to high school students' after school activities and commitments.	12/15/2022 7:20 PM
206	Fewest logistical challenges	12/15/2022 7:20 PM
207	It doesn't give much extra sleep time for high schoolers	12/15/2022 7:19 PM
208	As the parent of a high school student who drives to school, I don't feel that the 20 minute change in start time is meaningful. For that reason, my position is neutral; I could take it or leave it.	12/15/2022 7:18 PM
209	Looks rite for both my kids. Neither too late or too early	12/15/2022 7:17 PM
210	Outside working hours won't be affected	12/15/2022 7:16 PM
211	If we are changing the start time so high school students can get more sleep, then is seems silly to only give them an extra 20 minutes.	12/15/2022 7:13 PM
212	Middle school child has after school activities starting at 3:45. Not enough time to go home and change	12/15/2022 7:13 PM
213	Pushing the start times makes life much more difficult for working parents.	12/15/2022 7:08 PM
214	Both option A and option B cause problems for doctor appointments for my kids as well as work. It's already difficult to get after school appointments.	12/15/2022 7:07 PM
215	I prefer current schedule works with my work schedule	12/15/2022 7:04 PM
216	Don't want to change.	12/15/2022 7:03 PM
217	Children are awake early in our house. This is too late and interferes with afternoon activities. Ready to get up and go straight to school. Working and times are inconvenient.	12/15/2022 7:01 PM
218	Later start time	12/15/2022 7:01 PM
219	If the schedule had to be changed, I would opt for Option A	12/15/2022 6:59 PM
220	Seems to fall short of overall objectives while likely needing additional before care support in both middle and elementary school.	12/15/2022 6:57 PM
221	As children progress from elementary to middle to high schools, their start times should not significantly change. In this plan, they shift by 40 minutes only.	12/15/2022 6:57 PM
222	This is better than the current schedule.	12/15/2022 6:56 PM
223	Lot of work for not much gain (35min).	12/15/2022 6:55 PM

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224	This would not impact our childcare and would not be an issue for our family.	12/15/2022 6:55 PM
225	Give more sleep time for high school students	12/15/2022 6:54 PM
226	It doesn't really change anything	12/15/2022 6:53 PM
227	A later start time for my middle schooler would require before school care.	12/15/2022 6:53 PM
228	Late enough start at high school to let students sleep in a bit.	12/15/2022 6:51 PM
229	The purpose of the whole exercise was to apply the knowledge we have about biology for the benefit of our kids. Option C - mentioned but not proposed - does that best. This one does it least.	12/15/2022 6:45 PM
230	The sleep would be higher value for the younger kids	12/15/2022 6:44 PM
231	Keep it the same, this is ridiculous	12/15/2022 6:41 PM
232	It's an improvement, but option B is the better choice.	12/15/2022 6:41 PM
233	20 mins later start time for HS doesn't give the kids enough time for sleep. and additionally it adds extra time for Middle Schooler who really don't need that much additional sleep	12/15/2022 6:41 PM
234	This is barely a change. If we are going to really go by the science, we need the kids to get as much sleep as possible. This is really not much of a change.	12/15/2022 6:41 PM
235	I'd like kids to have later start but also a smooth bus schedule	12/15/2022 6:40 PM
236	Honestly , if children know they don't have to go to school until later than that means they stay out , stay up later . And parents take them on their errands later . Therefore resulting in the same amount of sleep that they usually get at the present time. Also by changing times that affects working parents and children still will have to get up early to go to before school care , neighbor or grandparents house so parents can get to work .	12/15/2022 6:38 PM
237	Its good to get an early start and have most of the afternoon for other pursuits	12/15/2022 6:35 PM
238	If the start times change, this option makes the most sense. One of the biggest issues for HS students is the fact that many have sports or jobs to consider, and changing schedule by only 20 mins should have minimal impact.	12/15/2022 6:33 PM
239	This doesn't seem like that much more sleep for high school students.	12/15/2022 6:33 PM
240	The pushed back end time for elementary is too late. Our bus currently doesn't get home until almost 4 as it is, I cannot imagine how late the bus would do drop off with the new schedule.	12/15/2022 6:33 PM
241	Support later start	12/15/2022 6:33 PM
242	This is great for all grades	12/15/2022 6:32 PM
243	This doesn't do enough for high school students. They need more sleep than middle schoolers.	12/15/2022 6:32 PM
244	There would need to be an extended morning option available to middle school...esp at sherwood	12/15/2022 6:31 PM
245	Please do not make this change in the middle of the year, My Daughter is a senior and needs to continue with her routine til the end of this year.	12/15/2022 6:28 PM
246	High school students should have more time for extracurricular activities	12/15/2022 6:27 PM
247	I like optimizing sleep time by evening out the school days for each school. I also would like my HS student home by 3:15 for activities starting by 3:30 and 4.	12/15/2022 6:27 PM
248	The students (and some parents) will be able to sleep more and better.	12/15/2022 6:26 PM
249	This is best option	12/15/2022 6:25 PM
250	Makes the most sense and is closer to current schedule however i thinks its still too early to start at 7:55	12/15/2022 6:24 PM
251	Middle schoolers shouldn't be expected in school before high schoolers and there is too much of a change when moving from elementary to middle school for Option B.	12/15/2022 6:24 PM
252	I'm good with both options. However, I much prefer school to start later than 7:55 such as	12/15/2022 6:24 PM

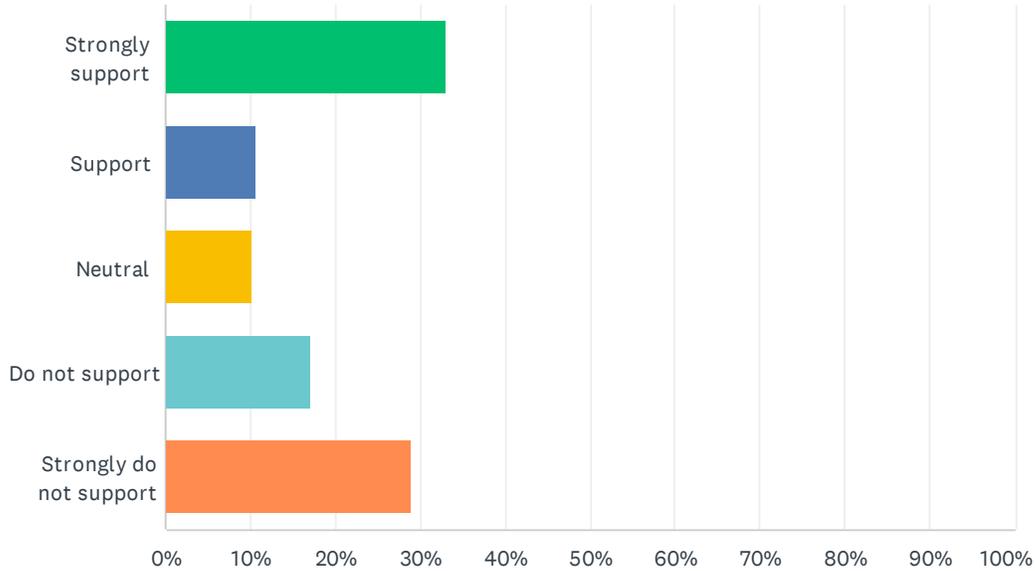
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8:15/8:30, 9 and 9:30. Sports can have practice in the morning before school starts if this is an issue.

253	My children work after school and due child labor law restrictions (they need to stop work by 7 pm) they would need to quit their jobs as well sports would run even later and rowing in the dark is not really an option so then they would move the practices to the morning and they would lose transportation	12/15/2022 6:24 PM
254	It is so important for HS students to get extra time in the morning. The science proves it. I prefer the Option B. I will take anything extra at this point	12/15/2022 6:23 PM
255	High schoolers should be able to come home earlier and be able to go to work or help watch smaller siblings	12/15/2022 6:22 PM
256	Middle school doesn't need to start later than highschool. High schoolers need to start later.	12/15/2022 6:22 PM
257	I think high schoolers should start as late as possible	12/15/2022 6:21 PM
258	For students taking the bus, it's currently difficult to get them to be able to sleep enough with having to be at the bus stop by 7:15a	12/15/2022 6:21 PM
259	Too late for elementary	12/15/2022 6:20 PM
260	Challenges involved in change not worth an extra hour of sleep & I do not believe children will change sleeping habits	12/15/2022 6:19 PM
261	High School students need more time to do home work as well as advance placement work and need to study late nights. Hence they should need some more time in the morning to rest enough.	12/15/2022 6:18 PM
262	It pushes the high school start time later to support student mental and physical health.	12/15/2022 6:18 PM
263	Option A does not maximize sleep necessary for hs students	12/15/2022 6:17 PM
264	Already close to being on this schedule.	12/15/2022 6:17 PM

Q4 Please indicate your level of support for implementing the Option B schedule in order to provide more sleep opportunity for students.

Answered: 513 Skipped: 0



ANSWER CHOICES	RESPONSES	
Strongly support	32.94%	169
Support	10.72%	55
Neutral	10.14%	52
Do not support	17.15%	88
Strongly do not support	29.04%	149
TOTAL		513

Q5 Please share feedback regarding why you chose this level of support for the Option B schedule.

Answered: 258 Skipped: 255

#	RESPONSES	DATE
1	Education is the priority, and only well rested students can be good students. Shrewsbury is known to be a good school town. Let's keep it this way and make it even better! Parents and educators are here to support the kids, so let's make the students well-being a priority!	12/23/2022 2:20 PM
2	Our teens need their sleep in order to be successful students. Health and Education come First. Extra-curricular activities Second.	12/23/2022 1:51 PM
3	This is the best option we have been given in terms of addressing the sleep deprivation of our high school students. I believe sleep deprivation is an enormously important issue and should take precedence over issues such as athletics and after school jobs because not all students participate in athletics or have after school jobs, but the vast majority of students are sleep deprived.	12/22/2022 8:16 PM
4	This feels really disruptive and a huge change for so many families. I worry about middle schoolers and sleep as well.	12/22/2022 5:00 PM
5	Very different from current schedule. Should increase sleep time by 1 hour.	12/22/2022 2:07 PM
6	This is an acceptable option	12/22/2022 1:20 PM
7	High school students will get enough amount of time to sleep.	12/22/2022 12:27 PM
8	It would present a challenge for my family. It is already difficult getting them to school for 8:00 a.m. They would get of school much earlier. Given that there are no after school options at Oak that would present a logistical nightmare for working parents.	12/22/2022 11:25 AM
9	After school sports, jobs, activities all would be impacted with later start time	12/22/2022 9:10 AM
10	I strongly support Option B as this change will be most beneficial to the high school students who need the most sleep.	12/22/2022 6:21 AM
11	My biggest question is: What are the positive benefits for elementary students? We are focusing so much on increasing sleep for high schoolers, but it is at the expense of our youngest population. We are limiting the amount of awake hours elementary students have outside of school. We are limiting their ability to try different extracurriculars AND go to bed at a reasonable time. Students who will no longer be able to participate in activities where they were previously able to make 4pm classes will have a huge sense of loss. Not to mention the fact that in the winter when it gets dark earlier, our youngest students (5 year olds) will be walking, or taking the bus in the dark. We are putting young kids on a bus during rush hour in Shrewsbury, where traffic already starts to get bad around 3:30- especially along route 9 and route 20. For the community, this time change would increase traffic. It would also increase the amount of time it takes students to get home, and therefore, increase the amount of time they are spending on the bus. Some students may not get home until close to 4:30. That would even make 5pm activities challenging if we want them to eat dinner. Overall, we would be uprooting an entire community including our most vulnerable and impressionable students. What message does this send to them and their families? If we are going to take so much time to consider how this benefits the high schooler, we should also be considering how this does, or does not, benefits elementary students. You mention that if high school was last it would limit their ability to play sports and do other extracurriculars. If that's not acceptable for high schoolers, why is it okay for elementary students? We are working to be an equitable district, and this time change certainly is NOT equitable.	12/21/2022 2:02 PM
12	Please see above. These changes do not benefit, and may in fact impede, the quality of education our students access. I have also heard from friends who are elementary teachers in town that they would be looking for jobs in other districts if this change were to happen	12/21/2022 10:28 AM

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because of the implications for childcare, ability to do their jobs during a later school day and overall disregard for elementary students in these options.

13	During winter the streets in our neighborhood are very dark at 6:30 a.m., which is when our high school kids get picked up by the bus. There are not enough street lights at the corner where they wait (or the lights are broken). To me, getting them on the high school bus at a later time is a safety issue.	12/20/2022 11:37 PM
14	My daughter does activities outside of the school district and would not be able to get there on time. It also takes away valuable time in the afternoon. This rolls into the evening/homework time.	12/20/2022 8:45 PM
15	I favor B over A because I fear bus cannot be implemented to get our Shs student 35 more minutes of sleep accounting school delay plus bus rerouting.	12/20/2022 7:28 PM
16	My child usually goes to bed by 9 PM and wakes up around 6 AM. Ending the school day early will allow him to pursue extracurricular activities.	12/20/2022 11:37 AM
17	As mentioned in the report by getting an hour late school start time for high school students, contributes to get a good night sleep and they can very well concentrate and stay awake during class hours that will positively improve their overall performance and health	12/20/2022 8:03 AM
18	Pushes after school activities to later	12/20/2022 6:47 AM
19	Enough sleep for high schoolers while minimum disruption to other grades.	12/19/2022 9:14 PM
20	While this has the biggest possible negative impact on after school activities for HS students, I think it is justified by the benefits of longer sleep times for teens.	12/19/2022 7:44 PM
21	This is a much more reasonable schedule than the current one, please make this change ASAP	12/19/2022 6:05 PM
22	also not aligned with student sleep needs based on ages	12/19/2022 4:47 PM
23	End time too late	12/19/2022 3:46 PM
24	The will make it impossible for elementary children to participate in sports, music,dance activities after school. Most of these programs here in town and surrounding towns begin at 4pm. It is already challenging to make it to these programs on time. Or we eliminate the option for young children to participate in these things now there won't be a need for high school sport times because kids won't be invested the way they are now. Also, young children do better earlier in the day. My children and many of their peers fall asleep early in the evening. My child often falls asleep on the way home from school. Extending the day later in the evening would be horrible for them. This will also mean working parents can't drop off and still make the morning community before 9:00 with their elementary children. This means parents will need to arrange both before and after school to work a 9-5 job. This option definitely has benefits for older children and their sleep. It is unfortunate it is at the expense of the younger children. It seems it would make much more sense to have younger children go early as they are freshest in the morning. Instead this program has them waiting until later for the day when they are less fresh and ready. In other districts students do not get out as late. How can we accomplish the goal of giving older children sleep but still getting our elementary kids out in time to spend with family and do extracurricular activities?	12/19/2022 2:53 PM
25	For the same reasons above-although this option allows an hour extra of "sleep" it will be worse for those kids who have after school commitments that begin at 2:30 or 3:00 (work, gymnastics, dance, karate, swimming, things not run by the school which will impact their participation as they won't be able to get there in time. Some kids HAVE to work so this takes away from that-unless they get jobs that start and end later but then what's the point?? They will have to stay up later to get homework done so not really getting any "extra" sleep at all. Please keep things the way they are!!!	12/19/2022 1:30 PM
26	Timing doesn't make sense for Middle School kids. High School sports schedules would be greatly altered.	12/19/2022 1:15 PM
27	This is a bit better in terms of more time	12/19/2022 10:51 AM
28	Delivers a meaningful bolus of a full extra hour of sleep. Best practice based on changes instituted by several other school districts in the US. 8:30am start time is consistent with recommendations from physician subject matter experts.	12/19/2022 10:15 AM

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29	Shifting the school day later interferes with school sports, students' after school jobs, and means the students will be up later than they already are doing homework. It also disrupts parenting schedules, particularly in the morning. No student that I have spoken to supports these proposed changes at all.	12/19/2022 8:56 AM
30	I don't believe school times should be changed.	12/19/2022 8:55 AM
31	Biggest impact to high school start times and keeps middle school schedule pretty much the same.	12/19/2022 5:26 AM
32	I like the middle school times but again elementary school times is way too late.	12/18/2022 7:06 PM
33	Middle school students may not have anyone home for them that early when they get off the bus. Several families depend on their older children to be home for the younger siblings after school while parents are still at work.	12/18/2022 6:14 PM
34	Again, our children need more sleep to ensure optimal development. I personally like this option more than "Option A" but it also represents the biggest change(s), and therefore incorporates changes that (more than likely) a numbers of groups will oppose, so in the spirit of compromise, I'm only "supporting" this option versus "strongly supporting" BUT if this was the option selected, I would 100% support it.	12/18/2022 3:19 PM
35	That is a tough transition for incoming 5th graders... to change from starting at 915 in elementary to 755- too big of a gap	12/18/2022 1:01 PM
36	For students transitioning from elementary to middle, that's a big time shift to adjust to.	12/18/2022 12:42 PM
37	A 3:00 dismissal is way too late for the high school given the sports and job responsibilities. This may be the goal for when more districts adopt later start times for adolescents.	12/18/2022 12:35 PM
38	My middle schooler already waits for the bus at 7:00 AM so while this option would allow high schoolers to have more sleep, middle schoolers would not be afforded an opportunity for more sleep.	12/18/2022 11:29 AM
39	Depending on the actual bus route, this looks the most optimal choice for all of our children: middle school is closer than high school, so I assume that if the same bus is used for both routes this coming year again, this will allow for the two bus times to be closer than what it currently is - one hour apart. Again, it depends on the bus routes: if our middle schooler becomes sleep deprived because her bus needs to pick her up earlier, this is only shifting the issue, not solving it.	12/18/2022 11:22 AM
40	The middle schoolers are starting 5 minutes earlier..no change for them	12/18/2022 9:57 AM
41	Afternoons for HS students will be very challenging and not solve what the mission is here. Kids will be up later at night. Not a good option at all.	12/18/2022 9:45 AM
42	This option is perfect and it aligns well with the children's natural sleep patterns. Younger kids are up earlier and this would alleviate the concern that elementary kids wouldn't have an older child to watch them after school. I strongly support this and encourage the committee to choose this option.	12/17/2022 11:40 PM
43	I very much support this option (although Option A was my first choice), as it achieves the goal of providing a significantly longer time for sleep in the morning for my HS student. It may require us to be more judicious with our afternoon activities both for my student in HS and for my student in elementary school, but for my priorities, sleep comes before "electives" so to speak.	12/17/2022 10:26 PM
44	Please stop creating lazy workers for our future. Having students start later will not provide them with the necessary skills to be ready for the workforce when they are ready for it. Providing the original school hours creates a schedule in which they are already adapted to. It also will provide opportunities for them to work or volunteer after school without going against the child labor laws that are set forth in Massachusetts. By allowing students/children to sleep in we are giving into societies will to not learn how to work, keep a schedule and be a positive addition to our already underdeveloped work force. Please do not change what has been working for years for the sake of the few who are lazy.	12/17/2022 8:14 PM
45	Mental health	12/17/2022 3:39 PM
46	This offers the most improvement to student sleep health but the most risk to late after school activities & athlete dismissal.	12/17/2022 2:56 PM

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47	See my comments for option A	12/17/2022 2:54 PM
48	High school kids have lot of homework to catch up and they go to bed late at night so very hard to wake up early at 5.45 almost to get ready catch the bus and I feel they are sleep deprived	12/17/2022 2:11 PM
49	Depending how early my child has to be outside to wait for the bus	12/17/2022 1:47 PM
50	I strongly support Option B because it gives vastly more time for high school students to sleep in, as well as have time in the morning to complete any homework they couldn't complete in the evening. I see this option being the most beneficial to my family as my child entering high school frequently misses the middle school bus already. This would ensure they catch the bus and reduce student drop off traffic from parents. Timely with snow, this would also reduce accidents for HS students running late who drive them. It would allow more time for roads to clear and more alert drivers.	12/17/2022 1:42 PM
51	I do not support this option.	12/17/2022 1:12 PM
52	The option B makes the most since for the sleep benefit and also the community.	12/17/2022 12:24 PM
53	My high schoolers prefer to not go that late.	12/17/2022 10:41 AM
54	I would LOVE for high schoolers to get this much more sleep in the morning, but middle schoolers need more parental/care giver oversight and having them home so early, especially without the potential for high school siblings already home to help, could be a problem for families	12/17/2022 9:25 AM
55	Middle school times don't change that drastically, and high schoolers get more time to sleep when they are likely up later with homework and activities.	12/17/2022 7:24 AM
56	Why should my middle school student go to school before my high school student that is preparing for a career.	12/16/2022 11:38 PM
57	This option is also not bad. Half an hour will not make lot of difference	12/16/2022 9:47 PM
58	Current time is good	12/16/2022 9:42 PM
59	Better option available	12/16/2022 7:10 PM
60	Getting out at 2:20pm for my middle schoolers does not work with my husband's and my work schedules. Early morning care will need to be more accessible for elementary school students.	12/16/2022 5:55 PM
61	It will take time for high school kids to finish their work. So late start will help them.	12/16/2022 4:35 PM
62	Current schedule is more practical.	12/16/2022 3:49 PM
63	seem to be more Reasonable times for a kid and their sleep patterns	12/16/2022 3:41 PM
64	1. This won't change middle schooler's routine, only 5 min difference. 2. Dramatically improve high schooler and their parents sleep quality!	12/16/2022 3:35 PM
65	I don't like the fact that my 10 yr old would be out of school at 2:30, and would not want her home alone for a long period of time each day	12/16/2022 3:22 PM
66	Leave the schedule the way it is	12/16/2022 3:13 PM
67	I will have a child starting middle school and one in elementary school. Option B looks to provide significant childcare challenges and logistics issues given the substantial time difference between when middle school starts and when elementary school starts and ends.	12/16/2022 3:08 PM
68	If the goal is to increase sleep time, this seems like the option that allows that to happen in a meaningful way.	12/16/2022 1:48 PM
69	This is too late of an end time for Elementary School children. As it is now the afternoon bus is scheduled to drop off at 3:40, but in reality it is not until 3:55 and we are not the last stop. I do not even want to imagine how late the bus would be dropping them off if this time shift happens.	12/16/2022 1:47 PM
70	I think the current schedule works	12/16/2022 12:54 PM
71	Less time for after school activities for high schoolers. Also tough transition for elementary to	12/16/2022 12:50 PM

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	middle.	
72	If we put the physical and mental health of our 13-18 year olds as the top priority then this makes the most sense. It barely impacts middle and elementary schools. It will effect the HS teachers but that is all logistics that can be figured out. In addition, those logistic issues now will be gone in a few years as the HS teachers children get older. We will all probably need to make changes and sacrifice something to make this happen but this change will help this age group going forward, not just the current kids. In addition, the argument that kids in sports will have to leave early doesn't hold water. That sometimes happens now. My experience over this past year is when we played a school that has a later HS start/end time meant we had to wait, not them get out or leave early. Logistics can be figured out. Sacrafices will have to be made but it shouldn't be at the expense of the HSers physical, mental and sleep health. Please gain some perspective of what is the most important component here....our kids.	12/16/2022 12:11 PM
73	I do not support this option , as the change between elementary school timings and middle school time is huge. Instead of gradually shifting to an early timing , this change is more aggressive and will stress the kids recently graduated from elementary school (5th grade)	12/16/2022 12:06 PM
74	I prefer late star so my kid can have more time for sleep and no rush to school I. The morning.	12/16/2022 11:45 AM
75	This option doesn't even make a bit of sense, with middle school students starting earlier than high school students!	12/16/2022 11:29 AM
76	High school should get out before middle school.	12/16/2022 11:29 AM
77	The later they get out the more it interferes with sports, jobs, appointments etc.	12/16/2022 11:10 AM
78	Some Middles school children still need an older high school sibling home before them, this would not allow for that.	12/16/2022 11:07 AM
79	I do not prefer the timing of this schedule and believe it will cause more of a mess.	12/16/2022 11:06 AM
80	seems like it is now negatively affecting sleep time for the middle school aged students and also effects the high school sports, extra curriculars, etc.	12/16/2022 11:02 AM
81	This option seems to provide the best benefit to "cost" ratio for high school students who are suffering most under the current schedule.	12/16/2022 10:46 AM
82	Sports and after school jobs (with limited hours per the state)	12/16/2022 10:42 AM
83	I like this option because there is not a significant impact to middle school families and there is a significant benefit for high school students with an hour of sleep	12/16/2022 10:37 AM
84	Again, right now middle school is 8 to 2;30 so what change 5 minute will do.	12/16/2022 10:30 AM
85	My child is up till midnight doing homework. So, the later, the better.	12/16/2022 10:25 AM
86	High school students need the extra time in the morning. An hour is much better than 20 minutes and Option B allows middle schoolers to have basically the same times as they do today.	12/16/2022 10:00 AM
87	n/a	12/16/2022 9:54 AM
88	My Daughter in High School stays up too late for finishing her school work and it us getting difficult to stay fresh during day., also the sleeping habits gets highly inconsistent. , hence i support a school start time around 8 am .	12/16/2022 9:54 AM
89	Definitely much better than Option A, as the high schoolers will have about an hour more in the morning for them to get enough sleep and help learning in school.	12/16/2022 9:31 AM
90	This option makes more sense since the middle school student's start time only changes by 5 minutes so the sleep schedule isn't impacted as much. The SHS starts later so the students should be able to get more sleep.	12/16/2022 9:30 AM
91	Most middle school kids are still not old enough to be at home alone (relevant for all families with working parents) and make good use of their time before after school extra curriculars start meaning they will have to get all work done at night after things end and get to bed much later. There is also no way that high school kids would actually go to bed earlier since they know school starts later. HS getting out later just pushes everything back later as well, so if they're doing extra curriculars but still have 3 hours of work a day, it all just shifts later negating any sort of push in start time.	12/16/2022 9:29 AM

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92	I don't support this option because I feel like high school students getting out at 3 PM would be a challenge for those that are involved in sports. Then couple that with the amount of homework that they have. I think option A is the best.	12/16/2022 9:29 AM
93	Option B is best for High school students	12/16/2022 9:23 AM
94	see below	12/16/2022 9:06 AM
95	The impact of after school jobs and activities, both school related and not, would be so detrimental to both students and families.	12/16/2022 8:57 AM
96	With a 3pm dismissal the golf team would only get to play matches for a few weeks. As it is now the golf team struggles to complete matches before it gets too dark. I sure this would affect other sports as well.	12/16/2022 8:54 AM
97	A later dismissal pushes activities later which ultimately pushes dinner, homework times later so kids would be getting to bed later. Seems like that would cancel out the extra sleep in the morning.	12/16/2022 8:53 AM
98	Prepare these kids for life and work. Get up and be productive. Go to bed early - be disciplined. this is absolutely ridiculous. Keep babying them and you won't prepare them for anything. I still get up early - and I'm 50.	12/16/2022 8:30 AM
99	It would be amazing for a high schooler to be able to basically sleep in and be awake at school.	12/16/2022 8:18 AM
100	This is the best option . The teens are the ones who are missing out on the most sleep so they should start the latest	12/16/2022 8:12 AM
101	The time may be too late for families who would ordinarily drop off students and head to work - given they can be dropped off at SHS, they would still arrive as close to the time that is now due to transportation issues. There would need to be morning care for the middle school students as well in some cases.	12/16/2022 8:05 AM
102	This allows extra sleep which is great but has a bigger impact on after school activities as well as middle school students, families, teachers etc..	12/16/2022 7:42 AM
103	I feel my son (at Beal) already gets home from school too late, at 3:50 pm. It's a long day for a 6 year old but also at this time of year there is hardly any daylight left when he gets off the bus to play outside. A 3:40 dismissal would get him home after 4pm! Too late! Add more busing but give elementary an earlier schedule, please!	12/16/2022 7:10 AM
104	This seems like the best option if we are to go forward with a change as it has the biggest benefit for our high school students. However, I'd be interested to see potential bus schedules for the middle school first. How much earlier will those students need to be on the bus. Hopefully we're not pushing into the 6:00 hour as the current high schoolers are.	12/16/2022 6:52 AM
105	To optimize sleep for the age group that has the biggest gap in getting adequate sleep.	12/16/2022 6:48 AM
106	Middle schoolers will be asked to arrive and depart from school earlier than high schoolers. This does nothing to address the issue young adolescents face and will result unnecessarily difficult transitions between grades.	12/16/2022 6:44 AM
107	Required amount of sleep and good breakfast both important for growing children, not only physically but mentally and emotionally.	12/16/2022 6:20 AM
108	It is too late for elementary schoolers as parents need to get to work and it is too difficult to arrange for childcare in the so early in the morning. Besides this, middle schoolers' sleep will also get impacted with this option.	12/15/2022 11:57 PM
109	Don't like new time for either high school or elementary school. Both need to leave 30 mts early.	12/15/2022 11:41 PM
110	2:20pm dismissal of middle school is very inconvenient for our family	12/15/2022 11:38 PM
111	HS is later	12/15/2022 11:26 PM
112	Middle schoolers also need more sleep.	12/15/2022 11:01 PM
113	Better sleep quality leading to better attention spans and productivity in the morning classes.	12/15/2022 11:00 PM

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114	This is going to greeting impact after school sports activity times and how this aligns with other schools.	12/15/2022 11:00 PM
115	I do not want to see any changes to the start time. The current schedule works great for my child.	12/15/2022 10:56 PM
116	I will have 2 elementary students in SPS next year. My wife is an elementary school teacher in SPS. I am opposed to any schedule changes. My reasons for opposition: 1. Both plans take critical time from elementary students after school. My children's after school extracurriculars start at 4pm. Moving their end time to 3:40pm will prevent them from getting there on time if they are even able to participate at all. Furthermore, in order for the elementary students to get their necessary amount of sleep (9-12 hours), they need to go to bed around 7pm, which means they need to be home by 5:30-6pm to eat dinner and get through their nighttime routine, leaving them less than 2 hours to coordinate any activities outside of school. 2. Both plans disregard elementary staff after school lives and will cost our schools more money. Doctor office hours will not change just because SPS changes their hours. Based on the current contract, staff can't just leave a little early for a DR appointment, they must take a half day. This means that our elementary schools (which I believe employ the most substitute teachers currently) will require more substitute teachers so that staff can do simple things like go to the dentist. Currently, staff can get out at 3:30 and make an appointment in Worcester for 4pm, or Boston for 4:30pm. Under the new schedule, they would have a more limited timetable. 3. These time changes will not make high school students get more sleep, and it will actually cripple them right before joining the workforce. The challenges to sleep health are absolutely valid, but adjusting this schedule will not get a high school student to put down their phone at 10pm. A more effective solution would include health education for our high school students and a coordinated effort to wrap up high school extracurriculars early enough for them to get to bed by 9pm. I propose teaching students and families healthy habits to be successful in life (where many jobs start before 6:19am) instead of accommodating them in ways that are outside of societal standards. Thanks to everyone for their time and effort on this. Unfortunately, I do not agree that either of the proposed solutions are worth pursuing. This well-intentioned initiative will not yield enough benefit to justify shaking the lives of all Shrewsbury families.	12/15/2022 10:38 PM
117	We regularly notice that our daughter in high school is not getting enough sleep. An hour delay in start time would truly help her be more alert and do better in school.	12/15/2022 10:32 PM
118	I would like the younger kids to get more sleep.	12/15/2022 10:28 PM
119	sports and homework hours after school	12/15/2022 10:25 PM
120	I think the later start will be more beneficial at the high school level	12/15/2022 10:20 PM
121	Healthy for kids	12/15/2022 10:20 PM
122	With the amount if homework and after school activities it will help students rest few minutes more. Be more rested,	12/15/2022 10:11 PM
123	The impact to after school activities at the high school would be significant - causing the students to have to stay up later also minimizing the benefit.	12/15/2022 10:05 PM
124	High schoolers get some extra time in the Morning to compensate with their longer nights	12/15/2022 10:05 PM
125	Option B is not supported	12/15/2022 10:01 PM
126	High schoolers will get more sleep. Less impact to the schedule for middle schoolers and Elementary kids.	12/15/2022 10:00 PM
127	This option allows the HS students more sleep time while still allowing after school time for athletics/clubs, homework time, and working time. The middle schoolers would basically remain the se which out of all the options is the least disruptive. My current middle schooler too would benefit from a delayed start time but again out of all options I suppose this is the best.	12/15/2022 9:52 PM
128	A little more sleep will really help the emotional health and development of high school students.	12/15/2022 9:48 PM
129	High school students participates in lot of after school activities like sports, clubs etc., to be competitive for their college admissions. Students who take Honors and/or AP courses spend additional 1-1.5 hr per course everyday on homework's. They end up studying extremely late	12/15/2022 9:48 PM

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hours while managing both academics as well as extra curricular activities. An hour of additional sleep that they can get in the mornings will definitely help their minds relaxed and improve focus.

130	Little to no difference with our student's schedule currently	12/15/2022 9:47 PM
131	Delays HS start without moving middle school too early	12/15/2022 9:41 PM
132	Again, this is stupid. Have you looked into other states and areas that have done this?? Elementary kids naturally wake early, have early practices. Employers can adjust a high school kids hours, sport games happen around 4/5pm for high school as well. Why are you not giving HS a chance to start later?	12/15/2022 9:37 PM
133	I want the current start/end times.	12/15/2022 9:33 PM
134	It does not make sense for middle schoolers to wake up earlier than high schoolers	12/15/2022 9:31 PM
135	This option is the least preferred option.	12/15/2022 9:27 PM
136	This is ideal time for my high schooler. Extra hour of sleep will make whole lot of difference in attitude, learning and productivity	12/15/2022 9:26 PM
137	After school activities will be effected and everything will be running late.	12/15/2022 9:24 PM
138	Same as above	12/15/2022 9:23 PM
139	kids are hardly getting 6 hours everyday this will help them get some decent sleep	12/15/2022 9:22 PM
140	Parents have to support good sleep by setting a bedtime for their kids.	12/15/2022 9:22 PM
141	The schedule doesn't even make sense with middle school students starting earlier than high school students.	12/15/2022 9:20 PM
142	Best option in my opinion	12/15/2022 9:19 PM
143	High school students get significant sleep and the changes allow for all grades to be home before dark	12/15/2022 9:19 PM
144	More sleep time will be available for Hugh school students in option B.	12/15/2022 9:19 PM
145	It makes the most sense with chronotypes and sleep needs by age	12/15/2022 9:18 PM
146	Same as noted above. I'm in favor of an earlier elementary start time.	12/15/2022 9:16 PM
147	Most benefit for the kids to get the needed extra sleep.	12/15/2022 9:16 PM
148	Harder on parents to make as they will leave before kids bus time. Kids might oversleep and miss school	12/15/2022 9:15 PM
149	Same as above	12/15/2022 9:15 PM
150	The later school day for elementary aged children is not productive. The younger kids will undoubtedly lose focus, and return home closer to 4pm. None of these options allow the younger kids to leave earlier.	12/15/2022 9:14 PM
151	I agree that later start times will improve sleep for HS and middle school students.	12/15/2022 9:05 PM
152	Should be kept the old way.	12/15/2022 8:59 PM
153	I feel completely mislead. The original survey that was sent out only addressed the high school sleep issues and start times. There wasn't even the slightest hint of changing the elementary school start times. The elementary kids SHOULD NOT have to pay the price because the high school kids need a later start time. That's 100% not fair to the elementary school kids nor the elementary school staff. If you change the elementary school start time, not only are you going to lose great elementary school teachers but the K-4 students are going to go to private schools. The elementary school start time is late enough as it is and working parents are already inconvenienced enough and paying enough for before/after care. Why would we extend the amount of time these kids have to be in care other than their parents? This is completely insensitive to the elementary children and SO very wrong! Additionally, I'm sure there are many reasons that the high school children are not getting enough sleep due to studying/playing sports/having a job. But has anyone taken any baseline data as to how much time these children are wasting on a phone/ipad? At some point, parents need to parent and	12/15/2022 8:57 PM

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set limits for their children. Enough is enough with the elementary school kids are getting pushed around and having to cater to the middle and high school kids. Elementary school kids are up at the crack of dawn and have had 9 lives by the time 8:30AM rolls around. This is just wrong. If you want a later start for the high school then switch times with the elementary school kids or figure out a way to have all the schools start at the same time! I'm livid about this.

154	This option will make such a good impact on high school students.they have huge homework for that they sleep late at night and wake-up early in the morning which affects their mental and physical health .they need a good night sleep to concentrate better in classes.	12/15/2022 8:47 PM
155	I think it would be better for the younger kids to start earlier.	12/15/2022 8:47 PM
156	High school students having lot of home work. They will wake up late night. They need more sleep. Highly recommended option B	12/15/2022 8:44 PM
157	Same as before. I do not mind delayed start times for middle and high schoolers, but elementary schoolers having late start times would mean that we are late for work/ will need childcare in the morning, which is difficult to arrange.	12/15/2022 8:41 PM
158	I personally feel that inexperienced drivers attending high school shouldn't be driving at the height of morning traffic and while other students are heading off to school.	12/15/2022 8:37 PM
159	Much better start time for high schooler	12/15/2022 8:37 PM
160	Interferes with after school services	12/15/2022 8:37 PM
161	This option will reduce the sleep time less than currently available to students	12/15/2022 8:34 PM
162	Seems like a healthier schedule for the high school kids. But that's a big change from elementary to middle. I think it would make more sense to swap the elementary and high school hours, since young children tend to wake up earlier. Then they could have a later start time at each tier.	12/15/2022 8:34 PM
163	This is way too late and leaves one less hour of time after school for students. It will affects sports, extra curriculars, and jobs.	12/15/2022 8:27 PM
164	For sports and after school jobs, this would have a negative impact	12/15/2022 8:26 PM
165	Middle school kids are too small for earlier time	12/15/2022 8:25 PM
166	Elementary should not have to start so late	12/15/2022 8:24 PM
167	Elementary school finishing too late in the afternoon	12/15/2022 8:22 PM
168	Same as my reasons for option A	12/15/2022 8:20 PM
169	Either A or B is fine, but A would allow high schoolers flexibility with sports and after school	12/15/2022 8:18 PM
170	Most desirable compromise (though I really wish elementary school would stay at 9-3:15).	12/15/2022 8:16 PM
171	I think teenagers have a lot going on academically, socially, and social-medially (is that a word?), just trying to fit in is even hard. More sleep is needed in my opinion. Can help increase their cognition throughout the school day. Puberty is also a variable in affecting the average teen's sleep.	12/15/2022 8:14 PM
172	Challenges are more, mainly the logistics for dismissal	12/15/2022 8:06 PM
173	This is an absolutely terrible option. How is it ok for high school students to get so much more sleep but middle school students now need to be at school drastically earlier? They would have to be getting up at like 6:30am!! It is ludicrous to think middle school students (as young as 10) should have to get up so early to be at school for 7:55 so high school students can sleep in more. How is this fair to young kids? Aren't they now getting less sleep? The end time for high school will not work with sports. The end time for middle school is absolutely horrible for working parents. Middle school students cannot get home at 2:30pm. Many of them are not old enough to be by themselves. What is a working parent going to do? And do we want students to be at after school programs for 3-4 hours until parents get out of work? And then they have to be at school for 7:55 the next day? This option is a slap in the face for working parents. Option B is terrible and nonsensical.	12/15/2022 8:02 PM
174	More sleep and time to do homework. This schedule is very helpful for athletes. It potentially	12/15/2022 8:01 PM

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saves time for parents and kids having to ride back home and return to school for sports / other activities.

175	This may be harder to implement at the high school level but worth it. Perhaps an activity, school wide study hall or social emotional learning block could be put at the end of the day so kids with sports and internships could leave campus without missing academic time. So glad you are taking this sleep data seriously - a close friend of mine lost her 14 year old son (not from Shrewsbury) to suicide and I wonder if more rest could have helped him. Also, it's great to give elementary kids more time to eat with Mom and Dad in the AM. Family time can happen for young kids at the breakfast table.	12/15/2022 7:58 PM
176	This is the best option for my family	12/15/2022 7:53 PM
177	Strongly believe that Option B will benefit my son as he doesn't get enough sleep on most of the week days.	12/15/2022 7:53 PM
178	This seems like more of a challenge for families with middle schoolers but if it's a benefit to high school students it doesn't really affect us directly to go with either option.	12/15/2022 7:52 PM
179	Rather have the bigger kid start first	12/15/2022 7:48 PM
180	Too early for the middle school kids	12/15/2022 7:46 PM
181	This is only a five minute difference in start time for our middle schooler right now and will pay off major dividends when he heads to high school in two years. IDEALLY, the elementary school and high school would just swap start times, but I understand the difficulties the committee found with that option. Personally, I've never understood why ANYTHING (school, work, etc.) needs to start before 10:30am and vividly remember the early start time being absolutely PUNISHING when I was in high school, so I'm delighted if it means our son won't have to fight his natural sleep cycle once he gets to 9th grade.	12/15/2022 7:43 PM
182	It will push back activities too late and they will just stay up later to get homework done.	12/15/2022 7:43 PM
183	The elementary times are awful. Parents need to get to work in mornings and getting our of school at 340 puts a strain on activities for afternoon/evening. Its too late. The littles should go first. They are up early anyway and parents need to get them off to avoid morning care.	12/15/2022 7:41 PM
184	The middle school timings is working great for us!	12/15/2022 7:40 PM
185	This will slightly reduce sleep time for middle schoolers.	12/15/2022 7:38 PM
186	No please not this	12/15/2022 7:33 PM
187	I strongly support option B because as a parent with a high schooler, it gives everyone in the house more time to sleep!	12/15/2022 7:31 PM
188	It pushes the start time for high school students slightly more than necessary especially during spring/summer/autumn months.	12/15/2022 7:28 PM
189	This will have minimal Impact on sport schedules and student work and will maximize the benefits for the kids that need it the most.	12/15/2022 7:27 PM
190	My daughter never gets enough sleep. Her body seems to be programmed to fall asleep around 10:30 PM and wake at 6:00 AM. I believe to get an extra hour of sleep with help improve her physical, mental, and emotional health.	12/15/2022 7:27 PM
191	It has the biggest sleep gain for the children who need it the most.	12/15/2022 7:25 PM
192	Will provide more sleep time for high school students, given the amount of homework they have.	12/15/2022 7:23 PM
193	Less change to current schedule but impactful	12/15/2022 7:22 PM
194	This option increases our morning time investment in getting our kids ready for middle school bus and elementary school bus.	12/15/2022 7:22 PM
195	I am in full agreement that the more sleep an adolescent child/young adult can get the better. I see how late my high school students sleep on the weekends just to catch up from the week and it is astonishing. When they were younger they would naturally wake up much earlier. It only makes sense that these two groups would swap. In those terms, it actually makes the most sense to switch the elementary age and high school times, but it is easy to make sense	12/15/2022 7:22 PM

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of why the high school schedule can't end that late in the day. This is a good compromise and I feel really good about this decision based on the due diligence from all parties. Thank you all for the fine research!

196	I feel that high school kids likely could do with more sleep at that age.	12/15/2022 7:20 PM
197	Because I would be okay with this option, but it's not my number one preference.	12/15/2022 7:20 PM
198	Too many logistical issues	12/15/2022 7:20 PM
199	It gives a greater amount of sleep time for high schoolers and is minimally disruptive to current middle and elementary school times.	12/15/2022 7:19 PM
200	I think starting SHS classes one hour later is a meaningful change that will significantly benefit my student's sleep time. I also think it's more likely that my student could get to school early to meet with a teacher. To do that now, he has to get up so early, it rarely happens. I'm optimistic this could make the time before school more productive when he needs it. He's also a SHS varsity athlete. I realize this could make his practice time later but I think the benefit outweighs any concerns I have about that.	12/15/2022 7:18 PM
201	My children go to bed by 10 and are still tired every morning. It's the biorhythms	12/15/2022 7:18 PM
202	Kids in high school have lots of work, need few hours more in the morning to compensate the sleep	12/15/2022 7:16 PM
203	High schoolers have far more work to do than Middle School and Elementary School. Along with a teenage brain, the high schoolers should go to school later because of the workload and activities they are involved in. It's very challenging for them to fulfill all of it.	12/15/2022 7:14 PM
204	If the idea is to give high school students more time to sleep, then this option affords them an extra hour and seems to better fit the intended purpose.	12/15/2022 7:13 PM
205	Older child has after school activities that already don't end until almost 5pm having a later release time would mean later end time for sports past 6pm	12/15/2022 7:13 PM
206	The late ending for high school causes conflicts with after school activities and work.	12/15/2022 7:08 PM
207	Again, my sons have special needs. It's already difficult to get after school appointments. This just further limits choices.	12/15/2022 7:07 PM
208	I prefer current schedule works with my work schedule	12/15/2022 7:04 PM
209	Just don't want to change.	12/15/2022 7:03 PM
210	As stated above	12/15/2022 7:01 PM
211	High schoolers need the later start time	12/15/2022 7:01 PM
212	Option B makes it difficult for high school students with jobs and after school activities	12/15/2022 6:59 PM
213	A significant enough move to have greater likelihood of meeting objectives at the high school level. Please consider the increased need for beforecare support that will be needed at the elementary level.	12/15/2022 6:57 PM
214	Changing from elementary to middle school start time (difference of 80 minutes) is substantially large for students to adjust to.	12/15/2022 6:57 PM
215	Of the available options this provides the best benefits while still working within the current constraints.	12/15/2022 6:56 PM
216	If a change should be made, mind as well get an extra hour of sleep out of it.	12/15/2022 6:55 PM
217	This would cause significant challenges in childcare for our family as we rely on the gap with the high school schedule for childcare.	12/15/2022 6:55 PM
218	Give more sleep time for high school students	12/15/2022 6:54 PM
219	I have kids in multiple schools and and pick-up and drop off would be a nightmare.	12/15/2022 6:53 PM
220	The later end time for my high schooler would conflict with training for club sport.	12/15/2022 6:53 PM
221	Too late of a start for high school. Students may not get up in time to meet bus as many	12/15/2022 6:51 PM

PARENT & CARETAKER Feedback on School Start Time Options for 2023-2024

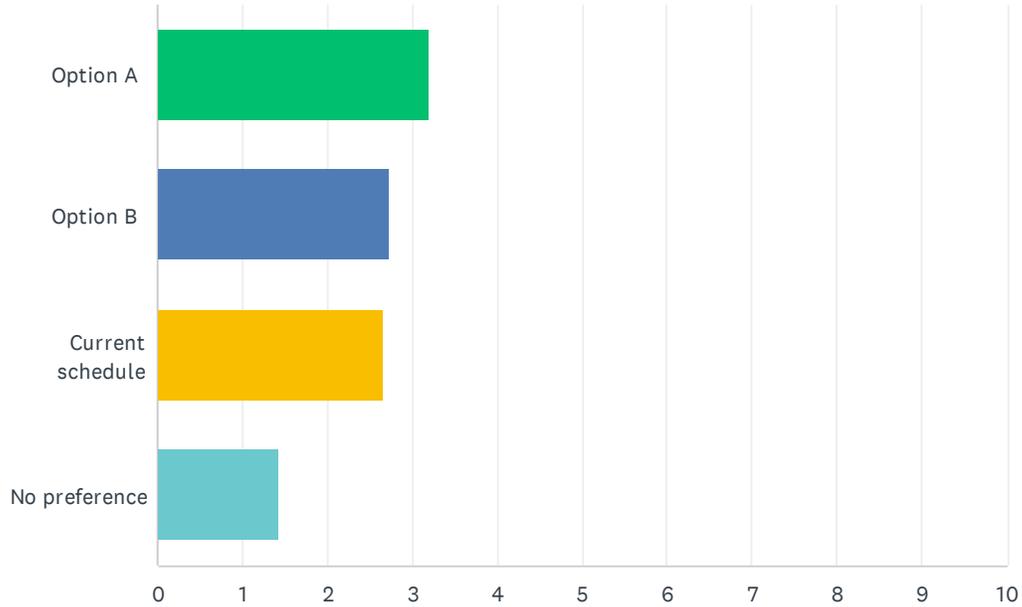
	parents have to be to work before that.	
222	Sports are after school - I know in other towns where they have altered the schedule student athletes have to get dismissed early to attend sporting events	12/15/2022 6:50 PM
223	This is the best option if we are applying the data	12/15/2022 6:45 PM
224	High school students are at an age where they can really benefit from a later start due to change in their circadian rhythm as proved by studies. Middle schoolers are still at that stage between childhood & puberty	12/15/2022 6:43 PM
225	Why do high schoolers need more sleep versus younger children in middle school. This seems like a giant waste of money and resources by even attempting to have a committee and study. Nothing like preparing high school students to sleep in and miss work schedules the year after the graduate if they decide not to go to college.	12/15/2022 6:41 PM
226	This is the best option available.	12/15/2022 6:41 PM
227	This is the best option to allow the HS to sleep in and get the recommended sleep time while not changing the middle school start to much.	12/15/2022 6:41 PM
228	Why do we not have to elementary kids starting earlier? They can handle it. Why are we pushing them later??	12/15/2022 6:41 PM
229	I like a better than b so this is my second choice	12/15/2022 6:40 PM
230	Best for the kids biologically.	12/15/2022 6:39 PM
231	Many older students are now responsible for getting siblings off bus , picking up siblings while parents and caregivers are working full time . This now presents a problem as many children will be home alone until older siblings come home.	12/15/2022 6:38 PM
232	Middle schoolers also require adequate sleep time, so we cannot trade with smaller kids, compared to high schoolers	12/15/2022 6:36 PM
233	It's too late of an end time. With after school activities, the child would not get home until later. With homework expectations and dinner, it's asking a lot of high school students	12/15/2022 6:35 PM
234	Seems to make more sense in the event there are high schoolers who take care of younger sibs	12/15/2022 6:34 PM
235	It does not make sense to have middle schoolers getting out before high schoolers. Also having HS students in school until 3 pm seems very late and will have a big impact on after school activities such as sports and work.	12/15/2022 6:33 PM
236	High school students get more than hour more sleep.	12/15/2022 6:33 PM
237	The pushed back end time for elementary is too late. Our bus currently doesn't get home until almost 4 as it is, I cannot imagine how late the bus would do drop off with the new schedule.	12/15/2022 6:33 PM
238	support later start	12/15/2022 6:33 PM
239	I think the middle schoolers would have a tough time	12/15/2022 6:32 PM
240	This option is perfect. An extra hour of sleep will make a big difference.	12/15/2022 6:32 PM
241	Gives highschool students more time to rest in the morning.	12/15/2022 6:29 PM
242	Please do not make this change in the middle of the year, My Daughter is a senior and needs to continue her routine until the end of this year.	12/15/2022 6:28 PM
243	This schedule is also okay, although I prefer my HS child home before MS. But it isn't a big deal.	12/15/2022 6:27 PM
244	It's too early and the students sleep less.	12/15/2022 6:26 PM
245	I think the middle school students need just as much sleep as high school students and its too early of a start time	12/15/2022 6:24 PM
246	Middle schoolers shouldn't t be expected in school before high schoolers and there is too much of a change when moving from elementary to middle school for Option B.	12/15/2022 6:24 PM

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247	I'm good with both options. However, I much prefer school to start later than 7:55 such as 8:15/8:30, 9 and 9:30. Sports can have practice in the morning before school starts if this is an issue.	12/15/2022 6:24 PM
248	My children work after school and due child labor law restrictions (they need to stop work by 7 pm) they would need to quit their jobs as well sports would run even later and rowing in the dark is not really an option so then they would move the practices to the morning and they would lose transportation	12/15/2022 6:24 PM
249	HS kids are so stressed about managing their time, especially athletes. They stay up late doing HW many nights and have to get up so early in the morning. The lack of sleep is not healthy	12/15/2022 6:23 PM
250	I do not support this. I can see my son going to sleep way past midnight	12/15/2022 6:22 PM
251	High school should start later.	12/15/2022 6:22 PM
252	High schoolers should have the latest start time as possible due to work, school, and extracurricular obligations	12/15/2022 6:21 PM
253	Starting school even earlier will likely result in even less sleep for our students	12/15/2022 6:21 PM
254	Challenges not worth it	12/15/2022 6:19 PM
255	High School students need more time to do home work as well as advance placement work and need to study late nights. Hence they should need some more time in the morning to rest enough.	12/15/2022 6:18 PM
256	This option pushes the start time to support student mental and physical health.	12/15/2022 6:18 PM
257	Best schedule proposed for hs students.	12/15/2022 6:17 PM
258	Middle school starting the earliest seems backwards - this is the age going through the most amount of change.	12/15/2022 6:17 PM

Q6 Please rank your preference for next year's school schedule (1 = most preferred).

Answered: 513 Skipped: 0



	1	2	3	4	TOTAL	SCORE
Option A	37.23% 191	47.37% 243	12.48% 64	2.92% 15	513	3.19
Option B	33.72% 173	21.44% 110	27.49% 141	17.35% 89	513	2.72
Current schedule	27.88% 143	23.98% 123	34.50% 177	13.65% 70	513	2.66
No preference	1.17% 6	7.21% 37	25.54% 131	66.08% 339	513	1.43

Q7 Please share feedback regarding what you see as benefits and challenges regarding the school schedule options for next year.

Answered: 209 Skipped: 304

#	RESPONSES	DATE
1	Health and wellbeing is the first priority. Education - the second. All other activities come third.	12/23/2022 2:20 PM
2	We send our kids to school every morning to primary get good education. Advancing in sports and other activities comes second. Moreover, there are special schools, including on-line, with flexible schedules for those few who need more time to pursue their goals . Let's support our children in being alert and rested students!	12/23/2022 1:51 PM
3	I sincerely hope and even beg that the school district will make changes to the schedule next year to allow our teens to get more sleep. This is such an important issue and I strongly believe changes need to be made for the mental and physical health of the students. That should be the top priority.	12/22/2022 8:16 PM
4	If high school students do t start until 8:35, they will be getting out really late. This includes preschoolers at Little Colonials. While this may not affect their sleep, it does affect after school activities that will not change their offerings based on one town. The changes and logistics feel like a lot for parents who have after school childcare that close at a certain time. This also raises a lot of equity issues for me personally. Most of the towns that can afford to make these changes are affluent places where parents can figure it out. But how does a change affect students in neighboring towns and cities that will remain on the current schedule? Athletic opponents will absolutely be impacted. Those students who compete against Shrewsbury will have later games and yet still have to wake up early for school.	12/22/2022 5:00 PM
5	Appreciate all the effort and research that has gone into this BUT am skeptical and am not on board for the change. (Dr. Owens) The speaker from the board of the Late Start group was given an hour to speak. The presentation was very one-sided - as we did not hear from the other side. There was a reference to "unpublished studies" that had more information about not making the and it wasn't represented. Other schools conducted the research - a few did NOT adopt the new schedule and 2 reverted. We need to hear more from the other side in the presentation. A WHOLE hour was given to Dr. Owens. Did we not learn anything from Dr. Faudi and closing the schools during COVID? There are other aspects/opinions/research to consider. TRAFFIC Have we looked at the traffic from the other schools in the area. i.e. St. John's? How does this affect these new school start times. I believe they dismiss about 2:30 in the afternoon and TRAFFIC is horrible on Main Street and we will be competing with that? ACTIVITIES This will ultimately make the start time of afternoon activities later. More parents may have to do school pick up to get kids to activities on time - because of the later bus times - and this will mean MORE traffic at the schools and in town. Other towns mentioned having to dismiss kids for sports games from school. Have they figured on the amount of lost school time because this will happen more often. Hockey Rinks, Gyms, Fields have limited time slots that start at early as 3 and 3:30 - and go as late as 9. ESC for MORNINGS I heard the talk of an increase in the need for before school care. I no longer need ESC this BUT was on the waitlist for ESC for a long time years ago and understand this is stressful - would the schools be able to provide enough morning ESC for those that need it. LATE BUSES Late buses currently leave Middle Schools at 4pm - If there is a late bus what time will they be dropping off kids. My stop is a a mile + from my home. This is late and dark and cold! WHAT OTHER SCHOOLS HAVE DONE It doesn't appear with all the research that has taken place over the last 30 years that that many schools have taken advantage of this later start. and a couple that have for reasons have reverted back. I just see it as another challenge. Parents + Teachers are worn out form the past few years and don't need to be coordinating this change at this time.	12/22/2022 4:26 PM
6	Since workload (homework) remains the same, the later a student gets out of school, the less time s/he has to complete homework. Hence, the least disruption to the current schedule while extending the possibility of sleep time is preferred.	12/22/2022 2:07 PM
7	Benefit: more sleep for our children Challenges: adjusting to a change in schedule and more of	12/22/2022 11:25 AM

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a need for child care.

8	As a parent of 2 SHS graduates and now will have a new SHS student next year we saw the struggles with sleep schedules first hand with our older children attending SHS. In middle and elementary schools this was not much of an issue. We fully support delaying the start time of SHS to later in the morning to allow SHS students to benefit from more sleep.	12/22/2022 6:21 AM
9	I do not feel there is that much if a difference between the current schedule and the Option A choice.	12/21/2022 7:20 PM
10	Please, I beg of you, do not make this change for elementary students. As a parent, it breaks my heart to know that my daughter would be able to be a part of her dance competition team next year. She competes with students from Grafton, Westborough and Northborough. Her dance company will not change class times to accommodate one district. This would be heartbreaking for her. At the expense of our elementary students, we are only adding 25 minutes for high schoolers.	12/21/2022 2:02 PM
11	Please, please think about the effects of this change on elementary schools, students, teachers and families. Why was no option given to have elementary start earlier? Why are the only options for elementary to be later? Please reconsider.	12/21/2022 10:28 AM
12	Option A is not saving that much sleep for most students. Option B takes away valuable time in the afternoon. Both options are not good for elementary students as they are getting to the after school activities do late.	12/20/2022 8:45 PM
13	I support time change. Time in school for elementary is increased, how would this time be spent ? 5 more minutes for lunch ? More time to socialize ? Please confirm periods would be organized identically during the day.	12/20/2022 7:28 PM
14	I think the various committees/working groups have done an excellent job coming up with reasonable solutions. There are challenges for MS students & parents having to adjust to a different schedule, but that is outweighed by overall health and expected improved performance with greater time for teens to sleep.	12/19/2022 7:44 PM
15	I would prefer a schedule with elementary students earliest, middle school second, and high school latest	12/19/2022 4:47 PM
16	I will 2 in kindergarten, so that schedule affects me most is the start of the elementary school, but i fully support a later start for high school.	12/19/2022 4:35 PM
17	possible more sleep for high school students- yes, science proves more sleep is better for older children. This will only work if parents can support that need and find ways to get their kids to bed. If we solely change the time the kids will just stay up later because they have a later start. Unfortunately I feel that taking away extracurricular opportunities for younger students and time with family after durunf evening hours, and parents needing to find more care both before and after school for young children is too high a price to pay.	12/19/2022 2:53 PM
18	I see no benefits-in fact all I see are challenges. This is NOT going to change how much sleep a student gets because they will need to adjust their after school activities, staying up later to complete homework, etc... PLEASE keep it the same!	12/19/2022 1:30 PM
19	Option B makes little to no sense. The current schedule, Option A or just cutting 10-15 mins of school make sense.	12/19/2022 1:15 PM
20	Bus pickup time need to be considered, I believe it can be delayed a bit by 10-15 minutes more. Otherwise the schedule looks good. Morning sleep is really important.	12/19/2022 11:27 AM
21	Sports teams? Kids who work? What homework policies will change-if we push back the day then they start homework later at night so does that negate the extra time in the morning??	12/19/2022 10:51 AM
22	I think giving the high schoolers more sleep time would benefit their mental health and learning abilities.	12/19/2022 10:44 AM
23	While after school care and activities may be affected, the community here can adjust and high school students will reap the benefits. If we can survive a pandemic - and all the associated virtual learning / home care challenges - we can adjust to a one hour change in school start / end times.	12/19/2022 10:15 AM
24	Shifting the school day later interferes with school sports, students' after school jobs, and means the students will be up later than they already are doing homework. It also disrupts	12/19/2022 8:56 AM

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parenting schedules, particularly in the morning. No student that I have spoken to supports these proposed changes at all.

25	I see no benefit as students will just stay up later and we are enabling the habits.	12/19/2022 8:55 AM
26	My children have after school activities including my ones in elementary, elementary schools ending at 3:40 is way too late.	12/18/2022 7:06 PM
27	Middle school students need to be home after high schools students	12/18/2022 6:14 PM
28	These options will leave many children home unsupervised before school as parents have to leave for their workday. We will still be getting our children up at the same time to ensure they have showered and had breakfast before we leave. It will be more challenging to complete homework and sports given later end times which will lead to later bedtimes for those of us parents who have bedtimes set for their children. Out of the many families we know, children are sleeping less due to no limits on their screen time during nighttime hours. Not school hours.	12/18/2022 5:05 PM
29	The biggest challenge will be getting alignment, as to what the best option is, due to competing "agendas". To be clear, we all have our own "agenda" and that's not necessarily a bad thing. Here is what we know: our children need more sleep and "change" is hard, for everyone. I hope there is general consensus that some change is needed, for the long-term betterment of our children's development. In the spirit of compromise, Option A seems to me to be a very strong option followed by Option B.	12/18/2022 3:19 PM
30	Why can't we just start high schoolers in the morning with independent study at home- log into their iPads, complete independent study assignments and then report to school via the bus later. This would allow them to get out the same time with afternoon bussing. And would alleviate the need for high schoolers to have to be up significant earlier than everyone else.	12/18/2022 1:01 PM
31	These proposed options would only cause stress and disruption to our family routine. If a change must happen, I hope it is Option A, but my preference is to maintain the current schedule.	12/18/2022 11:29 AM
32	I do not see potential challenges with Option B. The benefits for this option are too many to list. Older children, and anyone really, will experience a drastic performance improvement if they are no longer experiencing sleep deprivation. My daughter is a special needs student and struggles as it is with math and other academic aspects. Better sleep would help improve her performance in all academic and even in her motor skills. Additionally, this would enable us to spend more quality time as a family. The high school student school day ends so early and they have to go to bed early to wake up at 5 or 6. This cuts into family time during these formative teenage years and negatively impacts intra-household relationships.	12/17/2022 11:40 PM
33	All students (especially High School and Middle School) will benefit from more sleep	12/17/2022 11:35 PM
34	Benefits: More time to sleep for all students! Just as I would not be willing to regularly short change my children of an opportunity to eat meals (e.g.: for the next four years, you're going to skip breakfast because you want to play this sport/join this club), I am not willing to create a schedule that does not allow for sufficient sleep on a daily basis. Sleep (like food and water) is an essential building-block to basic physical and mental health and I believe it needs to be regarded in that way. Challenges: With Option B, we will need to be more judicious with our afternoon/evening activity choices as time will be more limited in the afternoon hours. This may be a negative for some and it may also be a positive for others to participate in a little less and rest more. My elementary school student actually prefers to come straight home after school and not have to go out to an activity, and later time in school for elementary children may provide needed afternoon childcare for some families. I imagine staff won't care for it though.	12/17/2022 10:26 PM
35	The challenges are so many. I am a vocational instructor that works diligently to make all students ready for the workforce. This is setting all students back to NOT be ready for the workforce. PLEASE do not change anything. Sports will be affected, after school jobs will be affected and family life will be affected.	12/17/2022 8:14 PM
36	I am very concerned about the mental health of my children in high school. More sleep would be great!!	12/17/2022 3:39 PM
37	Improved student sleep health has the most to gain while after school activities will need to adjust to later end times.	12/17/2022 2:56 PM
38	I do not support this. It feels like district leadership has made a decision on this. I feel that	12/17/2022 2:54 PM

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changing start times will be detrimental to our students. PLEASE DO NOT change start times. Students do not support this. Parents do not support this. Do not make changes just to be progressive.

39	I can understand that teachers with children in the system will have a hard time with childcare potentially, as well as parents of young children, with the altered timetables and order of pick up. I think students focus will improve greatly with the later start times for the HS students.	12/17/2022 1:42 PM
40	Current schedules are good. I would suggest an option of normalizing the school timing for 6 Hour and 20 mins for all. That can be option C as well.	12/17/2022 1:12 PM
41	I think high school sleeping for most kids is important.	12/17/2022 12:24 PM
42	High school kids has lot homework.so they need time after school	12/17/2022 11:43 AM
43	My 2 kids in high school do not want to end an hour later but a little later gives them a little more sleep.	12/17/2022 10:41 AM
44	I hope that the benefits will be more kids get more sleep and are able to do better academically. I don't see any challenges.	12/17/2022 7:24 AM
45	If Option A is chosen that will give ample sleep time for the children who anyways will have to work a lot when they get into high school irrespective of school times. But please don't reduce middle schoolers' recess duration	12/16/2022 10:04 PM
46	High schoolers not getting enough sleep	12/16/2022 7:10 PM
47	This is best survey done for the student benefits	12/16/2022 5:31 PM
48	Between homework, jobs and extra curricular activities after school, the current schedule works for my high schooler. Having to stay out later is not preferable for family dinners etc.	12/16/2022 3:49 PM
49	1. Most important benefit is the students get more sleep and become more healthy. 2. Definitely will improve the whole district's performance in different ways. 3. Biggest challenge is the childcare for some staff and parents.	12/16/2022 3:35 PM
50	Significant issues with childcare for working parents of younger students. Will there be plenty of available openings for extended care if needed?	12/16/2022 3:08 PM
51	my middle schooler needs more sleep, she is a night owl and allowing her an extra hour in the morning will be beneficial.	12/16/2022 2:08 PM
52	The challenge for option B, which I prefer, is that the whole day shifts later, meaning that clubs/activities will go later, homework will happen later, and students may then up going to bed later, which means less sleep....	12/16/2022 1:48 PM
53	Challenges: - The lateness of elementary school students getting out, WAY too late for most littles - What happens to the before school program. Will that still open at 7 or shift to a later start time? - Will elementary school students get a snack in the afternoon now?	12/16/2022 1:47 PM
54	Option A seems most suitable based on the needs of the kids for extra sleep and also having sufficient time for extra curricular after school.	12/16/2022 1:03 PM
55	Special needs kids are going to have a terrible time with the transition. Their after school programs are also going to be affected.	12/16/2022 12:54 PM
56	Benefit of Option B-better sleep health, physical and mental health of our kids. Better attention in early morning classes. More energy throughout the day. Setting up our kids for success in high school. We are really only talking about adjusting 1 hour. Challenges are all logistics which can be figured out. Benefits far out weigh the challenges in my opinion.	12/16/2022 12:11 PM
57	I would like Option A to be implemented , as it gives the much needed extra resting time to High Schoolers	12/16/2022 12:06 PM
58	I hope all school students can stay school at 8:35 if possible, so they can have more time to sleep and have time to eat breakfast and no rush to school.	12/16/2022 11:45 AM
59	I know there are logistical challenges caused by rotating bus routes and the low supply of bus drivers. Option A is likely the least of all evils. Offering breakfast at school has really helped us in the morning; it doesn't have to be more than fruit, muffins, and milk. I'm sure that would certainly be cheaper than buying more busses and hiring more drivers.	12/16/2022 11:29 AM

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60	Elementary students have long days already and going later may be tough for them. Elementary kids wake up early so mornings are when they thrive.	12/16/2022 11:29 AM
61	The later they get out the more it interferes with sports, jobs, appointments etc.	12/16/2022 11:10 AM
62	My biggest concern is the later the students start, causes after school activities to run later, which in the end causes the students to stay up later, getting the same amount of sleep as they are now. Many high schoolers also work after school, option B will cause some distribution to that as well.	12/16/2022 11:06 AM
63	I think the committee did a good job identifying benefits and challenges of each option.	12/16/2022 11:02 AM
64	Speaking as a parent of a high school student only - option B provides the greatest benefit and seems to be the only option where the benefit is worth the disruption.	12/16/2022 10:46 AM
65	Parents can be encouraged to control bed time for their own children but we don't need to change everyone's schedule, which has worked for decades. Ridiculous.	12/16/2022 10:42 AM
66	Some of the challenges are after school activities for high schoolers.	12/16/2022 10:37 AM
67	Neutral	12/16/2022 10:30 AM
68	n/a	12/16/2022 9:54 AM
69	It helps Students to get adequate sleep. They don't have to step out in dark before sunrise in winter months. it will certainly help students to develop a health sleep routine It will lessen the anxiety and lethargy overall.	12/16/2022 9:54 AM
70	We've known for a long time that our children are not getting enough sleep, and research does support the fact that it affects their learning, and wellbeing. Seriously considering the somewhat later start will help them tremendously.	12/16/2022 9:31 AM
71	I do wonder how this will affect after school activities for all students (not just sports).	12/16/2022 9:30 AM
72	I do think there is a benefit to kids having later start times so they don't have to get up so early. And so that it is light out when they are walking to the bus in the morning.	12/16/2022 9:29 AM
73	Its challenging for the high school kids to do time management for their school, homework, activities and it results max 5-6 hr sleep time (at least for my son). It would be great if the school time starts little bit later and its urgently required for kid's health. I strongly support it	12/16/2022 9:23 AM
74	Delaying the day imposes added stress at the end of the day. Where is the time for extra help or downtime before going to sports, a job, or other activities? I realize not every family falls into this category, but for single or two working parents with elementary kids, a delayed start must come with greater access to before-after school care. For those without a caretaker or stay-at-home parent, a delayed start adds a new layer of stress for kids and parents. This group of students won't gain any sleep benefit- they'll still be at school waiting for school to start, for a longer period of time. For some, a later start will justify later bedtimes and the delay will yield nothing. The fog of coddling has muted common sense. I 100% agree sleep is essential. I'd rather see you offer a program teaching kids about sleep, self regulation, and how to cope with being tired by going to bed early. Rather than enabling, why not teach our kids to be accountable for themselves?	12/16/2022 9:06 AM
75	Why are we changing something that has worked for hundreds of years????	12/16/2022 9:00 AM
76	I understand there is research and much time put into this, but I don't believe the impact to students in the long run would be positive. My belief that the students would have equal work and commitment after school and if released later they would be trying to fit that into their evenings therefore not getting much more sleep. They also would be limited with work opportunities which is detrimental to financial needs of families and students who need to learn to manage money and pay bills to eventually go on to college or other endeavors.	12/16/2022 8:57 AM
77	Benefit is more sleep time, the challenges is less daylight in the fall and winter for the students for sports and other after school activities.	12/16/2022 8:54 AM
78	I feel like kids that have jobs or participate in sports, or other school activities will have their events starting and finishing later. As a result, it will push out time for dinner and homework leading to going to bed later. This would result in students still getting the same amount of sleep. Also, games after school would be affected by other schools who have earlier dismissal. One example I just experienced was 3 games in a row JV, V girls, V boys. If the	12/16/2022 8:53 AM

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schedule was later the V game is pushed out to 8pm. If it lasts 1 1/2 to 2 hours and then is an away game, kids aren't getting home until 11pm or later. A situation like this negates any extra sleep in my opinion. I love the idea of more sleep but it's not an easy task.

79	Please do not change anything. Challenges outlined above.	12/16/2022 8:46 AM
80	Keep status quo. We are all used to the current schedule.	12/16/2022 8:30 AM
81	Considerations include sports and kids who participate in both high school or middle school sports at the school but also attend club sports after the middle or high school sports. Parents need to work and need time to get to work after dropping the kids off at school.	12/16/2022 8:26 AM
82	I imagine it would be more complicated for the adults of elementary school students to have them go earlier because of day care but they are the ones that are up early and ready to go. It's great that these changes are being thought out and analyzed for the greater good of our young people.	12/16/2022 8:18 AM
83	Let's listen to the science. Teens and tweens need more sleep. It is affecting their mental health. Let's make this change . It is overdue !	12/16/2022 8:12 AM
84	So my preference in the above question doesn't even matter because both elementary start times are the same. Starting even later for the younger kids is not a good option being a parent and a teacher. I'd rather just stay with what we have if we can't get an earlier start time. The option for high school and the Elementary school to switch should have been an option as well it's sad to see it's not. Lastly you're asking teachers regardless of pay to work longer days which is extremely unfair.	12/16/2022 8:11 AM
85	+additional sleep - transportation issues and child care - parent schedule may not be able to flex with the new schedule - after school activities	12/16/2022 8:05 AM
86	The important and necessary benefit is more sleep. There are no challenges for our family with either option but I understand and respect the challenges to the rest of the community.	12/16/2022 7:42 AM
87	I would strongly support the option that was dismissed, giving elementary students the earliest start. They're ready to go, full of energy in the morning, and they need down time at home in the afternoons. Add more buses to make an earlier schedule for elementary work: it's already apparent that more buses are needed. My son's bus #8 comes past our house at 3:15pm, still dropping off middle school students when it's supposed to be at Beal for dismissal there. He waits at Beal too long for his bus to even arrive.	12/16/2022 7:10 AM
88	The slide presented at SCM began to explain why an earlier elementary start was not proposed, but there is still a lot of confusion over this. It's clear our older children need the benefits of more sleep, but it seems like an oversight that no one looked into the potential benefits of younger students learning in the morning. I know when my children went to "Old Beal" and got out of school just 15 minutes later than the current schedule, they and their peers, often feel asleep on the bus ride home. Yet, they were wide awake and available for learning quite early in the morning. Why was this not researched or considered more thoroughly?	12/16/2022 6:52 AM
89	This would really help high school students to get rest between rigorous academic's extracurricular and other pressures Most students are not fully awake till around 9 am It would be better to sync the school schedule to their biological needs	12/16/2022 6:50 AM
90	Option A must be selected to correct the current issues we're experiencing. This cannot continue.	12/16/2022 6:44 AM
91	With Option B, the benefits for my high schooler that I see is not only required sleep but she will even have time for a proper breakfast and will not rush out for the school bus at 6:15 am.	12/16/2022 6:20 AM
92	Study is forgetting an important detail. Parents work. So you can make any changes you want, but it won't translate to extra sleep for kids. The idea that parents are running off to work while the kids are still sleeping in bed is laughable. We've had to endure Shrewsbury's schedule at the elementary level combined with a lack of extended day spots for years without any regard that parents work. Just let us finish in peace. Focus on something more important like a lack of opportunities at the high school. How sports are only available for an elite group. How my child has tried for two years to join different things and turned away for a lack of spots. Stop highlighting your townie superstars.	12/16/2022 6:13 AM
93	I still don't understand why elementary school starts the latest when young kids wake up the	12/16/2022 12:25 AM

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	earliest	
94	I understand that pushing the start of high school to a later time will help high schoolers get more sleep but both options A and B will put parents of elementary schoolers in a very difficult situation. Those parents who will not have the flexibility to adjust to a new elementary school schedule might have to quit their jobs. Hence school committee should consider more options wherein high schoolers get more time to sleep and parents of elementary schoolers do not have to make difficult choices impacting their income.	12/15/2022 11:57 PM
95	Please do not push elementary school release further than what it is today.	12/15/2022 11:41 PM
96	Later elementary times do eat into the work day.	12/15/2022 11:26 PM
97	Shifting the school start time especially for SHS students will lead to better sleep quality. This will lead to better attention spans and productivity over the day.	12/15/2022 11:00 PM
98	A lot of parents have to be to work between 8-9 am ... Sports schedules - this will impact game start times and return times, leaving kids less time to do their homework.	12/15/2022 11:00 PM
99	I will have 2 elementary students in SPS next year. My wife is an elementary school teacher in SPS. I am opposed to any schedule changes. My reasons for opposition: 1. Both plans take critical time from elementary students after school. My children's after school extracurriculars start at 4pm. Moving their end time to 3:40pm will prevent them from getting there on time if they are even able to participate at all. Furthermore, in order for the elementary students to get their necessary amount of sleep (9-12 hours), they need to go to bed around 7pm, which means they need to be home by 5:30-6pm to eat dinner and get through their nighttime routine, leaving them less than 2 hours to coordinate any activities outside of school. 2. Both plans disregard elementary staff after school lives and will cost our schools more money. Doctor office hours will not change just because SPS changes their hours. Based on the current contract, staff can't just leave a little early for a DR appointment, they must take a half day. This means that our elementary schools (which I believe employ the most substitute teachers currently) will require more substitute teachers so that staff can do simple things like go to the dentist. Currently, staff can get out at 3:30 and make an appointment in Worcester for 4pm, or Boston for 4:30pm. Under the new schedule, they would have a more limited timetable. 3. These time changes will not make high school students get more sleep, and it will actually cripple them right before joining the workforce. The challenges to sleep health are absolutely valid, but adjusting this schedule will not get a high school student to put down their phone at 10pm. A more effective solution would include health education for our high school students and a coordinated effort to wrap up high school extracurriculars early enough for them to get to bed by 9pm. I propose teaching students and families healthy habits to be successful in life (where many jobs start before 6:19am) instead of accommodating them in ways that are outside of societal standards. Thanks to everyone for their time and effort on this. Unfortunately, I do not agree that either of the proposed solutions are worth pursuing. This well-intentioned initiative will not yield enough benefit to justify shaking the lives of all Shrewsbury families.	12/15/2022 10:38 PM
100	Thank you for working on this change for our students!	12/15/2022 10:33 PM
101	sleep is a benefit, but more challenging on working schedules and less time after school for sports and homework	12/15/2022 10:25 PM
102	Healthy habit for kids and they will get enough sleep	12/15/2022 10:20 PM
103	More sleep, less mental health issues, better learning. Neighboring schools have done it.	12/15/2022 10:16 PM
104	Better sleep pattern and time management to allow more time for homework and after school activities. Most club practices are late for us so it helps that they can sleep more. I don't see any challenges.	12/15/2022 10:11 PM
105	Leave it alone	12/15/2022 10:05 PM
106	Option A is supported	12/15/2022 10:01 PM
107	If we remain with the current schedule we would be doing a disservice to the students & staff. Many of the HS staff arrive early to help students before school, work the day, and then stay late to help students or coach an athletic team or club. Those are incredibly long days. Students are not able to put their best efforts in to a day when they are sleep deprived. I have never seen my son as tired as he is this year as a freshman. And he is a student who tries to	12/15/2022 9:52 PM

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get to bed between 9-10pm. But after school, practice or games, & now working he is so tired. Thank you for considering this change

108	NA	12/15/2022 9:48 PM
109	I don't think there needs to be any change.	12/15/2022 9:45 PM
110	Key benefit is to HS student health. Key challenges are adjusting to the new schedule for parents and teachers (and teachers that are parents), and realigning after school programs (sports and clubs for older kids, after school care for younger ones).	12/15/2022 9:41 PM
111	Do more research!	12/15/2022 9:37 PM
112	There are so many after school events, whether school related or not, this just ends the day later. Which means homework later is done later...etc...	12/15/2022 9:33 PM
113	I just want the children to have extra time to sleep.	12/15/2022 9:31 PM
114	I prefer to keep the current schedule for next school year.	12/15/2022 9:27 PM
115	Thank you for considering the time change. Hoping this will bring a positive change and increase their productivity in children routines.	12/15/2022 9:24 PM
116	Scheduling appts and after school activities will be harder/impossible for parents to do. Kids will just have to stay up later to complete homework, they won't really get more sleep. I appreciate the time and research that has gone into this but don't feel like the schedule needs to be changed	12/15/2022 9:23 PM
117	Option B will help high school kids to have strong mental and physical health.	12/15/2022 9:22 PM
118	Too late for elementary school to be dismissed	12/15/2022 9:22 PM
119	It would be nice if all the schools could start between 830 and nine, but that would require a significant increase in the number of buses and that's probably just not feasible	12/15/2022 9:20 PM
120	Getting Elementary kids to school earlier is better for working parents	12/15/2022 9:19 PM
121	For us, no challengers with an 8:35am start. Our son will get more sleep which is needed.	12/15/2022 9:16 PM
122	Please provide alternatives that allow elementary children to be dismissed earlier from school.	12/15/2022 9:14 PM
123	Please leave the schedule as it is. Thank you	12/15/2022 9:14 PM
124	HS and middle school students need more sleep and option A and B gives them this. I worry about the adjustment to elementary getting out at 3:40 and trying to make 4:00 PM sport/activities.	12/15/2022 9:05 PM
125	I don't want the elementary school time to be later. It should stay at 9am.	12/15/2022 8:59 PM
126	The current schedule is perfect and ideal as families have already adjusted.	12/15/2022 8:59 PM
127	I feel completely misled. The original survey that was sent out only addressed the high school sleep issues and start times. There wasn't even the slightest hint of changing the elementary school start times. The elementary kids SHOULD NOT have to pay the price because the high school kids need a later start time. That's 100% not fair to the elementary school kids nor the elementary school staff. If you change the elementary school start time, not only are you going to lose great elementary school teachers but the K-4 students are going to go to private schools. The elementary school start time is late enough as it is and working parents are already inconvenienced enough and paying enough for before/after care. Why would we extend the amount of time these kids have to be in care other than their parents? This is completely insensitive to the elementary children and SO very wrong! Additionally, I'm sure there are many reasons that the high school children are not getting enough sleep due to studying/playing sports/having a job. But has anyone taken any baseline data as to how much time these children are wasting on a phone/ipad? At some point, parents need to parent and set limits for their children. Enough is enough with the elementary school kids are getting pushed around and having to cater to the middle and high school kids. Elementary school kids are up at the crack of dawn and have had 9 lives by the time 8:30AM rolls around. This is just wrong. If you want a later start for the high school then switch times with the elementary school kids or figure out a way to have all the schools start at the same time! I'm livid about this.	12/15/2022 8:57 PM

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128	High school students sleep so less they wake up tired and are not able to focus on studies or extracurricular activities.this will help them sleep well and have a very productive day at school.	12/15/2022 8:47 PM
129	It would allow high school students more sleep.	12/15/2022 8:47 PM
130	As an elementary school parent this change in time makes it harder for a workday	12/15/2022 8:41 PM
131	Most parents can leave for work after elementary buses arrive in the morning. Delaying their school start time means parents will need to arrange for morning childcare, which is next to impossible to arrange. Middle and High schoolers do not affect parent work schedules in the morning. Keep the elementary schoolers schedule as it is at present, and change it for the middle and high schoolers if need be.	12/15/2022 8:41 PM
132	I personally don't have any further feedback.	12/15/2022 8:37 PM
133	Keep it the same. It will interfere with so much for the elementary students and will make no difference for the older kids	12/15/2022 8:37 PM
134	Thank you for providing the option to have more sleep time for students	12/15/2022 8:34 PM
135	A 9:15 start time is tough for working parents. Most work days start by 9am, and elementary age children are very much dependent on parents. Most young children are accustomed to early mornings, coming from day care settings and preschools, that usually start closer to 8am.	12/15/2022 8:34 PM
136	Option A or as is because middle schools kids also need time to get good sleep.	12/15/2022 8:27 PM
137	More sleep	12/15/2022 8:27 PM
138	Benefits are good sleep and better concentration No big challenges	12/15/2022 8:25 PM
139	Elementary and middle should be out by 3:15 . 3:40 is way too late for these younger ones . A lot of activities start early for them	12/15/2022 8:24 PM
140	The benefit here seems to be exclusively aimed at the upper grade children. I see no benefit at all to elementary school kids and their families. Kids are already so tired by 3:00, I can't imagine the final hour of the day would include any productive learning time.	12/15/2022 8:20 PM
141	I'm really happy to see the hours change to allow students more sleep and attention to mental health.	12/15/2022 8:18 PM
142	I would strongly recommend option b for overall health benefits of school aged kids	12/15/2022 8:18 PM
143	The HS and MS options are good, but I wish ES times stayed the same (9:00-3:15).	12/15/2022 8:16 PM
144	Thank you for your hard work on this project, it was very informative and realistic when thinking of our youth's growth development- both academically and physically.	12/15/2022 8:14 PM
145	I am ok with the current schedule or option A. Honestly I do not know if having high school students start later is going to do anything because they will likely just stay up later because they can. Option B is absolutely ridiculous for what it would require middle school students to do. it is not fair kids as young as 10 need to have such a drastic change to their school schedule. Again it feels like this town does not care AT ALL about working parents. Option B for parents of middle school students would add a tremendous burden. It is unreasonable to think kids as young as 10 should be getting up at 6:30m to get ready for school, be home at 2:20 possibly alone, and/or be in after school programs for 3-4 hours. Option B is terrible.	12/15/2022 8:02 PM
146	Even if the HS schedule was to remain the same, it would hugely benefit to move out the start time of the middle schools. The tight 25-min window currently between the HS and MS start times means buses have to pick up high schoolers much earlier in the morning. There is no reason kids should be getting on the school bus more than one hour before the start of school.	12/15/2022 8:01 PM
147	We are in a mental health crisis and no amount of reconfiguring is too much when it comes to children's health. Many parents will willingly pay extra bus fees if it means keeping our kids alive, happy and out of the hospital.	12/15/2022 7:58 PM
148	Gives high schoolers to sleep more time.	12/15/2022 7:56 PM
149	Kids are sleep deprived, especially adolescence	12/15/2022 7:53 PM

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150	My son's biggest challenge is his homework. He taking a long time to complete his school homework and often stays up late to finish them and doesn't get enough sleep at night. Late start would definitely benefit him with his sleep and perform better in his class.	12/15/2022 7:53 PM
151	Better for all	12/15/2022 7:48 PM
152	Again, my preference would be the high school and elementary schools swap their times, but that seemed to raise the most logistical issues. With either option - A or B - high schoolers are getting more sleep, so let's optimize that as much as possible and go with Option B. It's a negligible difference for middle schoolers and not much change for elementary school kids either, so it's the least disruptive, most impactful option.	12/15/2022 7:43 PM
153	Later start/end times means possible later bed time.	12/15/2022 7:43 PM
154	The middle and high school being later makes sense, but with sports and the currnt let out times my kids already struggle to get the insane amount of hw done. Getting out later is just going to give them less time in the afternoon. The elementary kids getting out at 340 is way to late. Especially families with multiple kids juggling sports schedules. If anything switxh elementary and hs ans have the hs start last and have elementart got to school for 730	12/15/2022 7:41 PM
155	I don't see any benefits in changing the schedule. Elementary kids would be getting home to late. And I hate the way question 6 is done	12/15/2022 7:40 PM
156	Please keep as is	12/15/2022 7:33 PM
157	We would be thrilled with the latest start possible. I realize some people will have stronger pros and cons related to their work schedule, other children, etc. but we are in a position where the more sleep our family gets the better and our schedules are flexible. We have no cons.	12/15/2022 7:31 PM
158	Benefits definitely is more sleep time for students and do not have to get ready for school very early almost even before daylight during winter months. Challenges would be to coordinate the bus timings & traffic on road during school start & close times now that the time overlap between different schools are more.	12/15/2022 7:28 PM
159	Giving our high school kids more sleeping opportunity is going to set them up for success. I'm so glad SPS is listening to the experts and exploring a change.	12/15/2022 7:27 PM
160	The challenges may be for the younger families with young kids with childcare. I see it as a win win situation for my daughter. Any increase in her sleep would be a huge benefit for her.	12/15/2022 7:27 PM
161	I know this is not the question asked, but I strongly believe the elementary school students should attend first despite the challenges presented. The second option effectively leaves it to our middle schoolers to prevent the adult problems that would come with the best option based on the science of sleep needs for each age group.	12/15/2022 7:25 PM
162	I appreciate that the school district cares for the health of kids and is taking positive initiatives.	12/15/2022 7:22 PM
163	Benefits: Better sleep health and habits forming Challenges: Families and caregivers have to arrange their schedules	12/15/2022 7:22 PM
164	Change is difficult. At a time where teachers are being asked for so much, I am concerned that their voices are heard. If teachers don't want this, can we really ask them to do one more thing?	12/15/2022 7:20 PM
165	Starting later offers benefits to older students but staffing needs, extracurriculars, busing and home needs must also be taken into account	12/15/2022 7:20 PM
166	The only challenge I see for students at SHS is the potentially later practice times, especially for winter sports. There is limited gym space and some teams already practice 6:30-8:30. However, I feel the value of the later start time outweighs a potentially later practice time.	12/15/2022 7:18 PM
167	The option I chose seems more favorable for the students Gives them good amount of hours to sleep,and more focus towards their study goals	12/15/2022 7:16 PM
168	Has there been any research to determine how getting out and getting home later will affect the elementary school children? My suspicion is that they will wake up at the same time, especially if they have siblings in middle or high school, but will have a longer day. I personally don't believe there is much value added for the high school students. They will simply see this as an opportunity to go to bed later. I don't think a knee jerk reaction based on one aspect of a multifaceted issue involving multiple different cohorts makes much sense. All possible	12/15/2022 7:13 PM

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consequences need to be weighed before making this decision or we will simply be replacing one issue with another one.

169	Traffic gets worse and worse as the afternoon goes on....later release times will only compound the problem	12/15/2022 7:13 PM
170	I would much prefer to keep the current schedule	12/15/2022 7:08 PM
171	I feel that scheduling anything outside of school will be next to impossible for elementary school parents with both options a and b. Clearly, this was not considered.	12/15/2022 7:07 PM
172	I prefer current schedule works with my work schedule	12/15/2022 7:04 PM
173	School bus may not handle this change and end up delay and student may spend more time waiting and spend more time on the bus.	12/15/2022 7:03 PM
174	There is a lot to consider but having a high school child getting them to go to bed at a reasonable time is half the challenge. Would this just give them longer to stay up? Would there be any potential impact on students that work?	12/15/2022 7:02 PM
175	This would be an awful change in my opinion. Schedule should stay the same.	12/15/2022 7:01 PM
176	The proposed schedule changes make after school activities extremely challenging with only a small amount of benefit.	12/15/2022 6:59 PM
177	Overall, this seems like a good initiative. Thanks!	12/15/2022 6:57 PM
178	This schedule change- especially option B will be hugely beneficial to our family's situation.	12/15/2022 6:56 PM
179	Option B would be a significant challenge for our family because we rely on high school to help with after school care.	12/15/2022 6:55 PM
180	The times still make it difficult if you have children in multiple schools. These choices seem to be based off bus schedules.	12/15/2022 6:53 PM
181	Keep schedule the way it is. High school students are just going to stay up later - it will effect sports and afterschool jobs	12/15/2022 6:50 PM
182	Most ridiculous thing I have ever heard of . Typical for the people in charge of our schools ! Move the entire country lazy ! Actually Disgusting that we are even entertaining this	12/15/2022 6:50 PM
183	We can be confident in the data regarding adolescent biology and sleep. The challenge in doing the right thing is that it upsets the status quo, which gets everyone all bent out of shape. Time to upset the status quo and do the right thing. Everyone will adjust: kids, parents, employers, unions.	12/15/2022 6:45 PM
184	We are saying a surge in mental health issues in the high school level mostly. One of the major factors is our students not getting enough sleep for reasons beyond our or their control like hormonal changes which in turn affect their sleep habits & rhythms	12/15/2022 6:43 PM
185	Elementary can stay on current schedule. Middle school and High school should have start time off after 8am.	12/15/2022 6:41 PM
186	I see mainly benefits as there was a great research that backs up this. And kids are grown up enough to take the burls on their own if parents have to leave early to work.	12/15/2022 6:41 PM
187	Option B allows HS students to get recommended and not fluctuate the MS and Elementary school schedules to alteration in schedules.	12/15/2022 6:41 PM
188	I'm still don't understand why we can't get the elementary kids earlier. Or instead of starting later, why not reduce that rolling arrival time? Do we really need 30 minutes to wait for them to all arrive?	12/15/2022 6:41 PM
189	I prefer b over a but if that causes bus timeliness issues I'd choose a	12/15/2022 6:40 PM
190	Unfortunately not everyone will be pleased no matter what happens. Trying something new and seeing if it makes a difference is worth the minimal risk.	12/15/2022 6:33 PM
191	We need to focus on what is biologically needed first (more sleep) and come together to figure out the challenges to make that happen.	12/15/2022 6:33 PM
192	Challenge: The pushed back end time for elementary is too late. Our bus currently doesn't get	12/15/2022 6:33 PM

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home until almost 4 as it is, I cannot imagine how late the bus would do drop off with the new schedule. Another challenge, would before school care still open at 7 for Elementary school? I need the 7 am drop off in order to make it to work on time

193	Prefer that school not end too late	12/15/2022 6:33 PM
194	For my family, the negative impact is minimal, and the future positive impact for my two daughters who will go the high school will be great.	12/15/2022 6:32 PM
195	Truly, I believe there should be no changes- Rather, parents monitor the distractions that keep older kids up later, i.e. phones, social media. Adjusting your schedule to arrival time is a skill students will need throughout their lives.	12/15/2022 6:29 PM
196	Please do not make this change in the middle of the year, My Daughter is an athlete and needs to continue her routine until the end of this year.	12/15/2022 6:28 PM
197	I was dreading my HS student being out to the bus at 6:45 (assuming my neighbor's time will be the same next year). 7:15 at the bus stop is more reasonable. Both schedule A and B will be an improvement, and increase sleep. My soon to be HS student is already showing a later internal clock and will be up at 11 reading or such. Waking at 6:45 am is more reasonable.	12/15/2022 6:27 PM
198	We think high school should start the latest to allow older kids to get more sleep with their extracurricular activities, homework load, social lives and work schedules	12/15/2022 6:25 PM
199	I feel that middle school students are in need of additional sleep as well as that the elementary schools should be on the earliest start and end time	12/15/2022 6:24 PM
200	Benefits for more sleep with option A for all students	12/15/2022 6:24 PM
201	I have 2 high school student changing to later to start times will just disrupt sports, work and other extra curricular activities and will just push everything later including when they start homework which will just cause them to go to sleep later! Just leave it the way it is it works fine!	12/15/2022 6:24 PM
202	I see benefits; I went to school at 8:30 when in high school; my only recommendation is to help families figure out resources for after school programming or before school programming for kids in elementary	12/15/2022 6:24 PM
203	My children work after school and due child labor law restrictions (they need to stop work by 7 pm) they would need to quit their jobs as well sports would run even later and rowing in the dark is not really an option so then they would move the practices to the morning and they would lose transportation	12/15/2022 6:24 PM
204	I only see benefits. Children need more sleep. The science proves it. Kids are so stressed and tired these days. Let's try to lessen their stress	12/15/2022 6:23 PM
205	Leave the way it is	12/15/2022 6:22 PM
206	I think elementary aged kiddos should start earlier, they're up earlier and ready to go. I wish they could start the earliest.	12/15/2022 6:22 PM
207	1 hr extra of sleep not worth change if children even use time for sleep no change needed	12/15/2022 6:19 PM
208	High School students need more time to do home work as well as advance placement work and need to study late nights. Hence they should need some more time in the morning to rest enough.	12/15/2022 6:18 PM
209	The benefits outweigh the challenges when students are centered.	12/15/2022 6:18 PM