

**Sleep Health Advisory Committee
Feedback Regarding
School Start Time Options**

January 4, 2023

Objectives

- **Review statistics and summaries of feedback from three stakeholder groups:**
 - **Students**
 - **Families**
 - **Staff**
- **Next steps and timeline**

Current School Start and End Times

School(s)	Start/End Times	Length of School Day	Time Between Tiers (Morning/Afternoon)
High School	7:35 am-2:00 pm	6hr 25 min	Morning bus pick-up begins at 6:19am
Middle Schools	8:00am-2:35pm	6hr 35 min	(25 min/35 min)
Elementary Schools	9:00am-3:15pm	6hr 15 min	(60 min/40 min)

Start time is when the instructional day begins and the end time is when the instructional day ends. Currently, students may arrive up to 30 minutes prior to the start of the instructional day at the middle and elementary levels.

Guiding Principles for Developing Options

1. Provide a longer, biologically necessary and well-timed sleep opportunity for high school students.
2. Maintain or increase the length of sleep opportunities afforded to students at the middle and elementary school levels.
3. Maintain general pattern of busing tiers.
4. Equalize time between all busing tiers of 40 minutes.

Guiding Principles for Developing Options (continued)

5. Standardize length of school day across all schools.
6. Recognize and consider changes in schedule on family and staff childcare.
7. Avoid having the high school end their school day so late that it significantly impacts co-curricular activities, after school employment, or sibling care.
8. Avoid having students wait or get dropped off by the bus in the dark.

This Advisory Committee is not recommending any particular option at this time, but is rather bringing forward highly feasible possibilities and presenting their forecasted benefits and challenges.

Option A

Tier	School(s)	Start/ End Times for Students	Educator Time on Campus
Tier 1	High School	7:55am – 2:20pm	7:40am – 2:50pm
Tier 2	Middle Schools	8:35am – 3:00pm	8:20am – 3:30pm
Tier 3	Elementary Schools	9:15am – 3:40pm	8:45am – 3:55pm

Option B

Tier	School(s)	Start/End Times for Students	Educator Time on Campus
Tier 1	Middle Schools	7:55am-2:20pm	7:40am – 2:50pm
Tier 2	High School	8:35am-3:00pm	8:20am – 3:30pm
Tier 3	Elementary Schools	9:15am-3:40pm	8:45am – 3:55pm

Comparison of All Options

Orange=High School

Green=Sherwood/ Oak

Purple=Elementary

Tier	Current Student	Current Staff	Option A Student	Option A Staff	Option B Student	Option B Staff
Tier 1	7:35 am – 2:00 pm	7:20 am – 2:30 pm	7:55 am – 2:20 pm	7:40 am – 2:50 pm	7:55 am – 2:20 pm	7:40 am – 2:50 pm
	6hr 25min	7hr 10min	6hr 25min	7hr 10min	6hr 25min	7hr 10min
Tier 2	8:00 am – 2:35 pm	7:45 am – 2:55pm	8:35 am – 3:00 pm	8:20 am – 3:30 pm	8:35 am – 3:00 pm	8:20 am – 3:30 pm
	6hr 35min	7hr 10min	6hr 25min	7hr 10min	6hr 25min	7hr 10min
Tier 3	9:00 am – 3:15 pm	8:30 am – 3:30 pm	9:15 am – 3:40 pm	8:45 am – 3:55 pm	9:15 am – 3:40 pm	8:45 am – 3:55 pm
	6hr 15min	7hr	6hr 25min	7hr 10min	6hr 25min	7hr 10min

Additional Considerations for Elementary Start Time

The Sleep Health Advisory Committee strongly considered an additional option, which involved starting the elementary schools in the first tier at 7:55am, followed by the middle and high schools. While this option aligned well with biological sleep needs and rhythms for all student age groups, it was ultimately not deemed to be a viable alternative based on the following:

- Feedback received from the ThoughtExchange survey.
- Lessons considered from other districts who swapped elementary and high school start times.
- Posed the most significant impact to family and staff schedules and child care needs.
- Had the greatest likelihood of negatively affecting high school student participation in after-school athletics, co-curriculars, employment, and sibling child care.
- Necessitated the addition of a morning ESC program at Sherwood Middle School.
- Would have required lengthening the afternoon elementary ESC programs, increasing their cost.

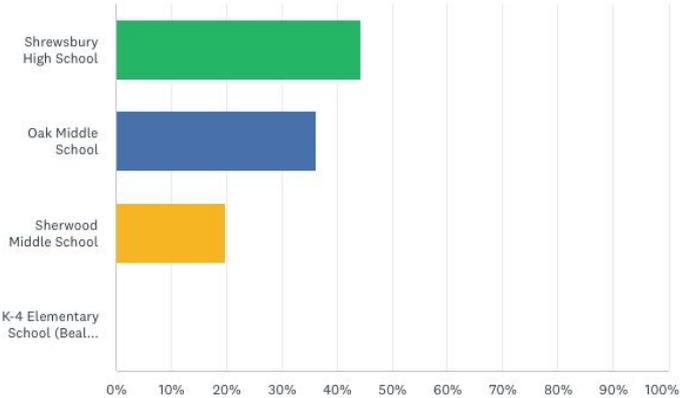
Stakeholder Feedback on Proposed Options for Potential Changes to School Start & End Times

- 3 surveys of stakeholder groups with high response rates
 - 702 students from SHS, Oak, & Sherwood
 - 513 parents and caretakers from all district schools
 - 362 staff members from all district schools
- Surveys asked to indicate their level of support for each proposed option in order to provide more sleep opportunity for students, and to rank the two proposed options compared to the current schedule
- Stakeholders also provided written feedback on each option and on what they perceived as benefits and challenges of the proposed schedule changes
- For transparency, all survey data will be posted on the district website at <https://schools.shrewsburyma.gov/district/sleep-health-advisory-committee-school-start-times>

Student Feedback re: Proposed Start Time Options

Please check the school you currently attend:

Answered: 702 Skipped: 0

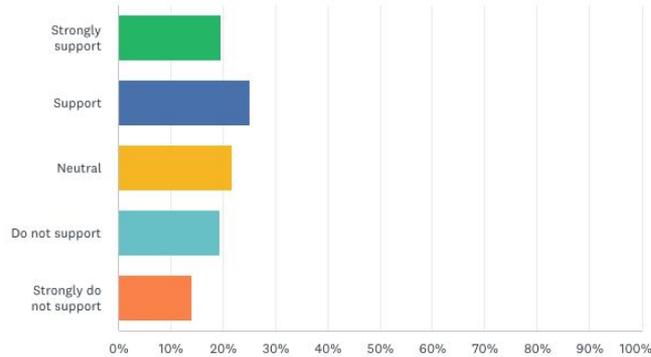


ANSWER CHOICES	RESPONSES	
▼ Shrewsbury High School	44.30%	311
▼ Oak Middle School	36.18%	254
▼ Sherwood Middle School	19.80%	139
▼ K-4 Elementary School (Beal, Coolidge, Floral Street, Paton, Spring Street)	0.00%	0
Total Respondents: 702		

Student Feedback re: Option A

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

Answered: 702 Skipped: 0



Key data points:

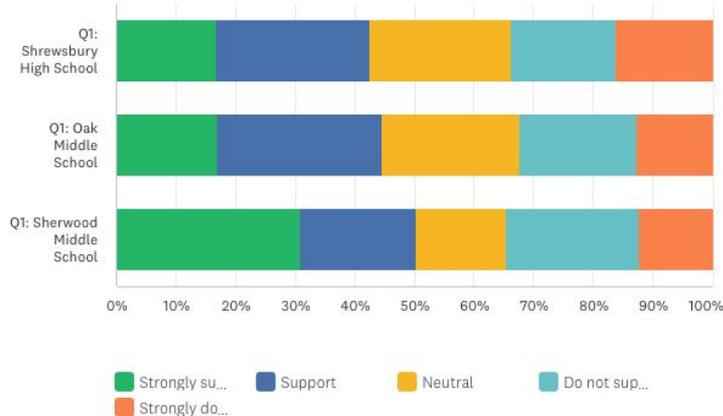
- 45% of students combined chose “Support” or “Strongly Support” for Option A
- 33% of students combined chose “Do Not Support” or “Strongly Do Not Support” for Option A

ANSWER CHOICES	RESPONSES
Strongly support	19.52% 137
Support	25.21% 177
Neutral	21.79% 153
Do not support	19.37% 136
Strongly do not support	14.10% 99
TOTAL	702

Student Feedback by Grade Span re: Option A

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

Answered: 702 Skipped: 0



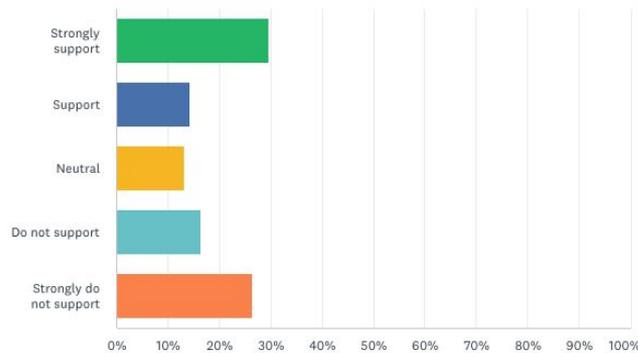
Key data points:

- More support for Option A among Sherwood students, with similar levels of support among Oak and SHS students
- Students who support/strongly support range from 42% to 50% across the three schools, while a range of 30% to 33% of students do not support/strongly do not support across these grade spans

Student Feedback re: Option B

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

Answered: 702 Skipped: 0



ANSWER CHOICES	RESPONSES
Strongly support	29.63% 208
Support	14.25% 100
Neutral	13.25% 93
Do not support	16.38% 115
Strongly do not support	26.50% 186
TOTAL	702

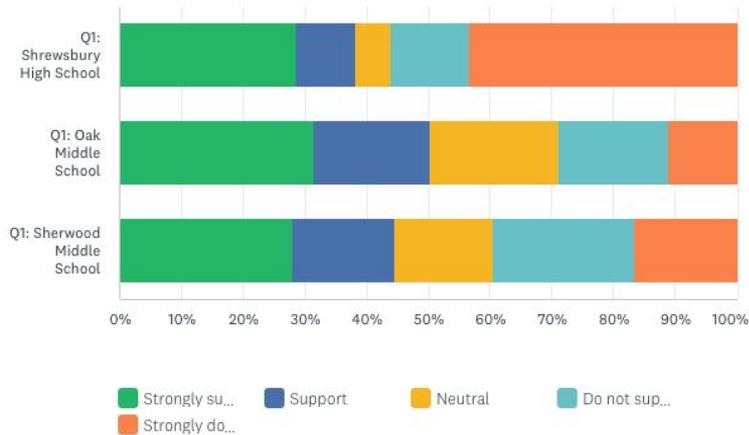
Key data points:

- 44% of students combined chose “Support” or “Strongly Support” for Option B, with more choosing “Strongly Support” compared to Option A (30% vs. 20%)
- 43% of students combined chose “Do Not Support” or “Strongly Do Not Support” for Option B, with more choosing “Strongly Do Not Support” compared to Option A (27% vs. 14%)

Student Feedback by Grade Span re: Option B

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

Answered: 702 Skipped: 0



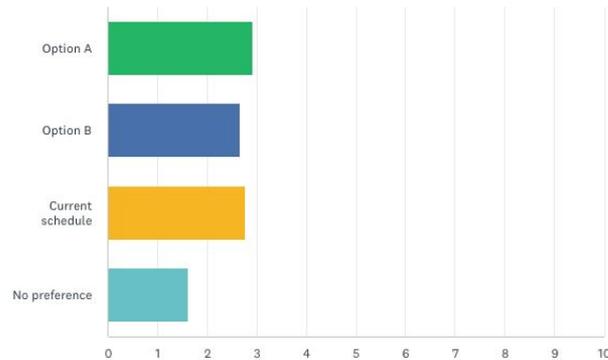
Key data points:

- More support for Option B among Oak students, followed by Sherwood and then SHS. Option B keeps the middle school start time about the same as it is currently
- Compared with Option A, significantly more students at SHS do not support Option B, which shifts the SHS hours to 8:35am - 3:00pm

Student Preferences re: Ranking Options

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

Answered: 702 Skipped: 0



	1	2	3	4	TOTAL	SCORE
Option A	29.91% 210	43.87% 308	15.81% 111	10.40% 73	702	2.93
Option B	34.05% 239	17.95% 126	28.49% 200	19.52% 137	702	2.67
Current schedule	31.34% 220	29.34% 206	25.07% 176	14.25% 100	702	2.78
No preference	4.70% 33	8.83% 62	30.63% 215	55.84% 392	702	1.62

Key data points:

- 64% of students prefer later start times, either Option A or B
- Option A was chosen by 30%, Option B chosen by 34%, and the current schedule chosen by 31% as their 1st choices
- Option A is the most preferred second choice with 44%
- The weighted overall rankings out 4.0 points, where the 1st choice = 4 points, 2nd choice = 3 points, etc., show that Option A is most preferred (2.93), followed by the current schedule (2.78) and then by Option B (2.67)

Student Comparisons by Grade Span re: Ranking Options

Option A							
	1	2	3	4	TOTAL	SCORE	
Q1: Shrewsbury High School (A)	21.54% 67 BC	60.77% 189 BC	12.54% 39 C	5.14% 16 BC	44.30% 311	2.99	
Q1: Oak Middle School (B)	33.46% 85 A	33.86% 86 A	17.32% 44	15.35% 39 A	36.18% 254	2.85	
Q1: Sherwood Middle School (C)	42.45% 59 A	24.46% 34 A	20.14% 28 A	12.95% 18 A	19.80% 139	2.96	
Option B							
	1	2	3	4	TOTAL	SCORE	
Q1: Shrewsbury High School (A)	32.48% 101	9.32% 29 BC	34.73% 108 B	23.47% 73 B	44.30% 311	2.51	
Q1: Oak Middle School (B)	38.98% 99 C	24.80% 63 A	21.26% 54 A	14.96% 38 A	36.18% 254	2.88	
Q1: Sherwood Middle School (C)	28.78% 40 B	24.46% 34 A	27.34% 38	19.42% 27	19.80% 139	2.63	
Current schedule							
	1	2	3	4	TOTAL	SCORE	
Q1: Shrewsbury High School (A)	43.41% 135 BC	21.22% 66 BC	25.40% 79	9.97% 31 B	44.30% 311	2.98	
Q1: Oak Middle School (B)	23.23% 59 A	31.89% 81 AC	24.41% 62	20.47% 52 AC	36.18% 254	2.58	
Q1: Sherwood Middle School (C)	18.71% 26 A	43.17% 60 AB	25.90% 36	12.23% 17 B	19.80% 139	2.68	

Key data points:

- 54% of SHS students preferred either Option A (22%) or Option B (32%) as their first choice, while 43% preferred the current schedule.
- Option A was ranked much higher than Option B or the current schedule as a 2nd choice for SHS students (61% vs. 9% vs. 21%).
- Middle school students ranked both schedule change options as stronger preferences than the current schedule
- Shaded sections are statistically significant differences among the levels being compared

Student Feedback Themes: Supporting Change

- *Additional sleep is very important to our mental and physical health.
- *Changing schedules for lessons, practices, etc. seems manageable and does not result in significant, negative consequences.
- *More sleep leads to more focused learning and a better attitude.

Student Feedback Themes: Opposing or Questioning Change

*Prefer to get out of school at 2:00pm due to sports, jobs and activities after school. Getting out later in the afternoon would be challenging due to after school responsibilities.

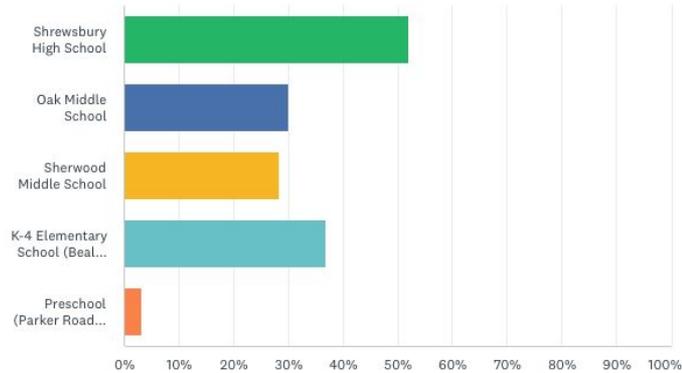
*Changing the high school schedule by 20 minutes or so really isn't worth the change for all involved.

*I am used to the current schedule and prefer not to change it.

Family Feedback re: Proposed Start Time Options

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

Answered: 513 Skipped: 0

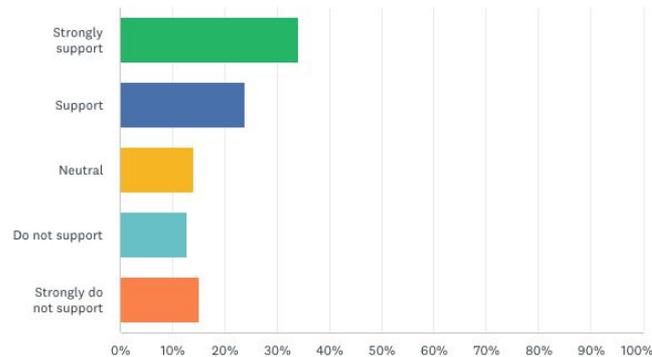


ANSWER CHOICES	RESPONSES	
▼ Shrewsbury High School	52.05%	267
▼ Oak Middle School	30.02%	154
▼ Sherwood Middle School	28.27%	145
▼ K-4 Elementary School (Beal, Coolidge, Floral Street, Paton, Spring Street)	36.84%	189
▼ Preschool (Parker Road, Beal, Little Colonials)	3.12%	16
Total Respondents: 513		

Family Feedback re: Option A

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

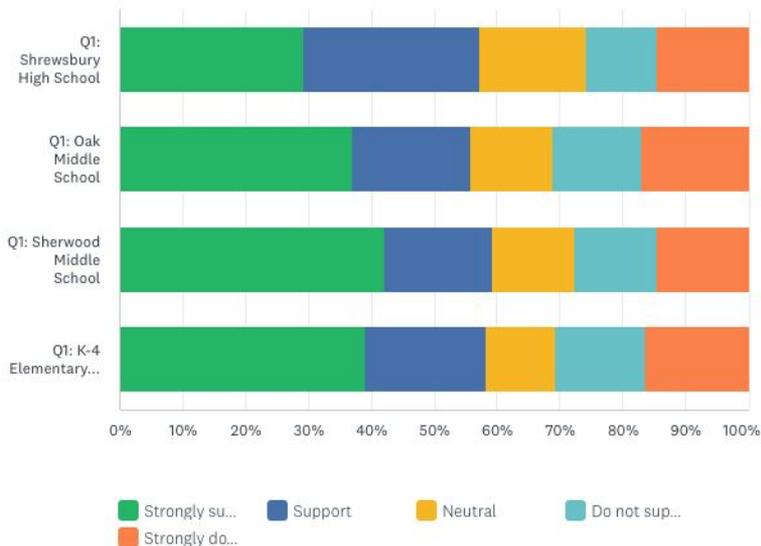
Key data points:

- 58% of families combined chose “Support” or “Strongly Support” for Option A
- 28% of families combined chose “Do Not Support” or “Strongly Do Not Support” for Option A

Family Feedback by Grade Span re: Option A

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

Answered: 510 Skipped: 0



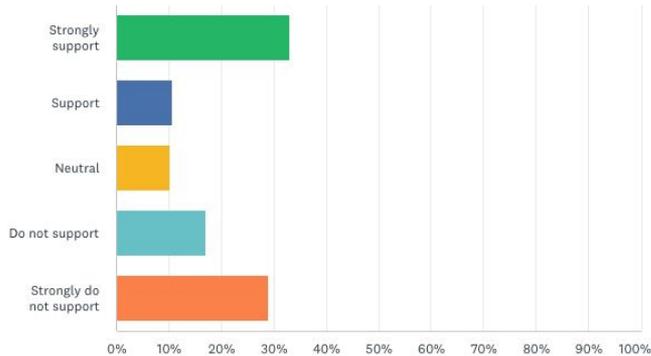
Key data points:

- Combined responses for “Support/Strongly Support” for Option A is very similar across all four groups, ranging from 57% to 59% of parents/caretakers
- Combined responses for “Do Not Support/Strongly Do Not Support” range from 26% to 30%

Family Feedback re: Option B

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

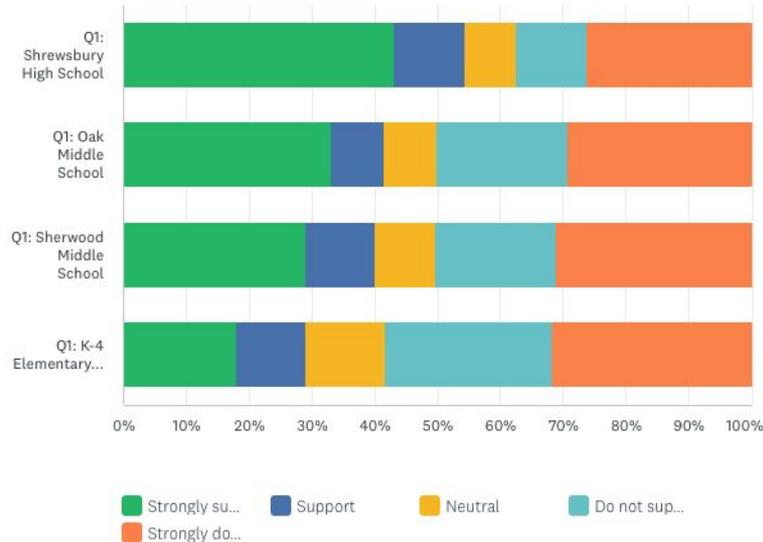
Key data points:

- 44% of families combined chose “Support” or “Strongly Support” for Option B, compared to 58% for Option A
- 46% of families combined chose “Do Not Support” or “Strongly Do Not Support” for Option B, with more choosing “Strongly Do Not Support” compared to Option A (29% vs.15%)

Family Feedback by Grade Span re: Option B

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

Answered: 510 Skipped: 0



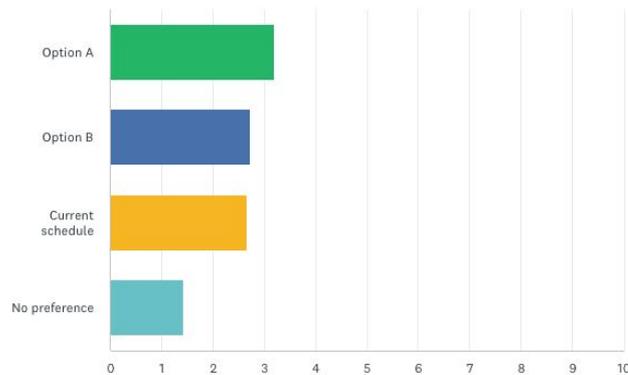
Key data points:

- More pronounced differences in choice of “Support/Strongly Support,” for Option B, with 54% for SHS, about 40% for middle level, and 29% for K-4 parents/caretakers
- 43% of SHS parents/caretakers chose “Strongly Support” for Option B, compared with 29% for Option A; this is almost exactly the opposite of Sherwood families

Family Preferences re: Ranking Options

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

Key data points:

- 71% of families prefer later start times, either Option A or B
- Option A was chosen by 37%, Option B chosen by 34%, and the current schedule chosen by 28% as their 1st choices
- Option A is the most preferred second choice with 47%
- The weighted overall rankings out 4.0 points, where the 1st choice = 4 points, 2nd choice = 3 points, etc., show that Option A is most preferred (3.19), followed by Option B (2.72) and then the current schedule (2.66)

Family Comparisons by Grade Span re: Ranking Options

Option A							
	1	2	3	4	TOTAL	SCORE	
Q1: Shrewsbury High School (A)	33.71% 90 D	58.43% 156 BCD	7.87% 21 BD	0.00% 0 BCD	52.35% 267		3.26
Q1: Oak Middle School (B)	38.31% 59	42.86% 66 A	16.23% 25 A	2.60% 4 A	30.20% 154		3.17
Q1: Sherwood Middle School (C)	41.38% 60	42.07% 61 A	11.03% 16	5.52% 8 A	28.43% 145		3.19
Q1: K-4 Elementary School (Beal, Coolidge, Floral Street, Paton, Spring Street) (D)	42.86% 81 A	35.98% 68 A	17.99% 34 A	3.17% 6 A	37.06% 189		3.19

Option B							
	1	2	3	4	TOTAL	SCORE	
Q1: Shrewsbury High School (A)	43.07% 115 BCD	17.98% 48 D	23.97% 64 D	14.98% 40	52.35% 267		2.89
Q1: Oak Middle School (B)	33.12% 51 AD	21.43% 33	28.57% 44	16.88% 26	30.20% 154		2.71
Q1: Sherwood Middle School (C)	33.10% 48 AD	22.76% 33	28.97% 42	15.17% 22	28.43% 145		2.74
Q1: K-4 Elementary School (Beal, Coolidge, Floral Street, Paton, Spring Street) (D)	18.52% 35 ABC	26.98% 51 A	32.80% 62 A	21.69% 41	37.06% 189		2.42

Current schedule							
	1	2	3	4	TOTAL	SCORE	
Q1: Shrewsbury High School (A)	22.85% 61 D	18.35% 49 BC	42.70% 114 BCD	16.10% 43	52.35% 267		2.48
Q1: Oak Middle School (B)	27.92% 43	29.87% 46 A	29.87% 46 A	12.34% 19	30.20% 154		2.73
Q1: Sherwood Middle School (C)	24.14% 35 D	29.66% 43 A	28.97% 42 A	17.24% 25	28.43% 145		2.61
Q1: K-4 Elementary School (Beal, Coolidge, Floral Street, Paton, Spring Street) (D)	37.04% 70 AC	25.40% 48	25.93% 49 A	11.64% 22	37.06% 189		2.88

Key data points:

- A change in schedule for either Option A or Option B is the 1st choice of 77% of SHS families (34% Option A, 43% Option B), while 23% of SHS parents/caretakers chose the current schedule as their 1st choice
- About 73% of middle school families prefer either Option A or B, with a slight preference for Option A (40% 1st choice) vs. Option B (33% 1st choice), with the current schedule being the 1st choice for 26%.
- For elementary families, 43% ranked Option A 1st, 19% for Option B, and 37% for the current schedule

Family Feedback Themes: Supporting Change

*These options address the issue of the high school starting too early. Either option is far better than doing nothing. Options A and B provide the opportunity for students at all levels to get adequate sleep.

*More sleep time for kids leads to healthier and happier lives. The options provide a good balance between school, extra curriculars, and time at home.

*Kids need more sleep. These options provide additional time for important morning routines.

*High school students will be available to help with elementary school aged siblings.

Family Feedback Themes: Opposing or Questioning Change

*Elementary students wake earlier in the morning and are stronger learners during the morning hours. Their stamina decreases as the day progresses.

*Concern regarding after school activities that begin at 4pm for elementary students.

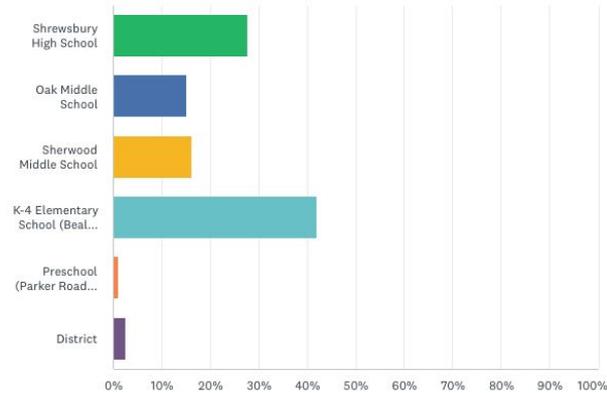
*Perceptions that some elementary students could arrive home in the dark during the winter months.

*The options have some benefits, but unsure that the benefit of 20-30 minutes of additional sleep is enough to warrant the disruption of changing school schedules at all levels.

Staff Feedback re: Proposed Start Time Options

Please check the school(s) where you currently work

Answered: 362 Skipped: 0

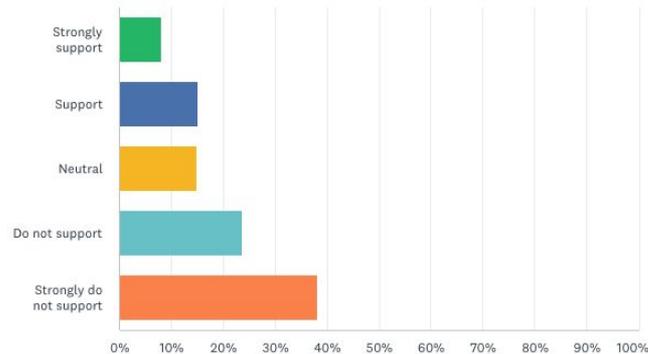


ANSWER CHOICES	RESPONSES
▼ Shrewsbury High School	27.62% 100
▼ Oak Middle School	15.19% 55
▼ Sherwood Middle School	16.30% 59
▼ K-4 Elementary School (Beal, Coolidge, Floral Street, Paton, Spring Street)	41.99% 152
▼ Preschool (Parker Road, Beal, Little Colonials)	1.10% 4
▼ District	2.49% 9
Total Respondents: 362	

Staff Feedback re: Option A

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

Answered: 362 Skipped: 0



ANSWER CHOICES	RESPONSES
Strongly support	8.01% 29
Support	15.19% 55
Neutral	14.92% 54
Do not support	23.76% 86
Strongly do not support	38.12% 138
TOTAL	362

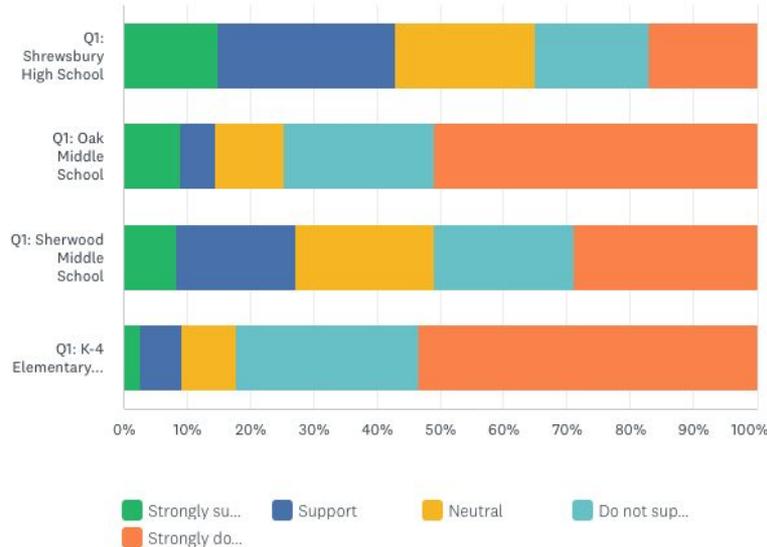
Key data points:

- 23% of staff combined chose “Support” or “Strongly Support” for Option A.
- 62% of staff combined chose “Do Not Support” or “Strongly Do Not Support” for Option A, with 38% choosing “Strongly Do Not Support”

Staff Feedback by Grade Span re: Option A

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

Answered: 352 Skipped: 0



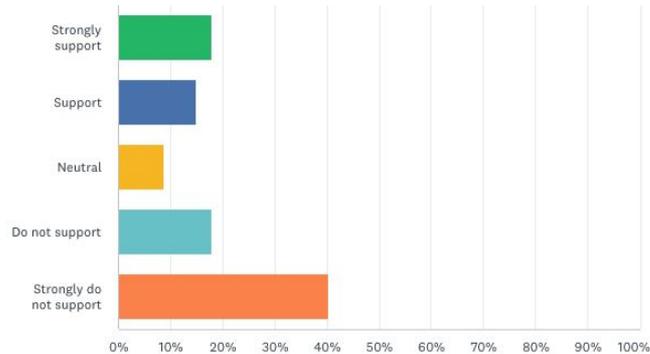
Key data points:

- Significantly more support for Option A among SHS staff compared to other levels
- Elementary and Oak staff have the least level of support for Option A

Staff Feedback re: Option B

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

Answered: 362 Skipped: 0



ANSWER CHOICES	RESPONSES
Strongly support	17.96% 65
Support	14.92% 54
Neutral	8.84% 32
Do not support	17.96% 65
Strongly do not support	40.33% 146
TOTAL	362

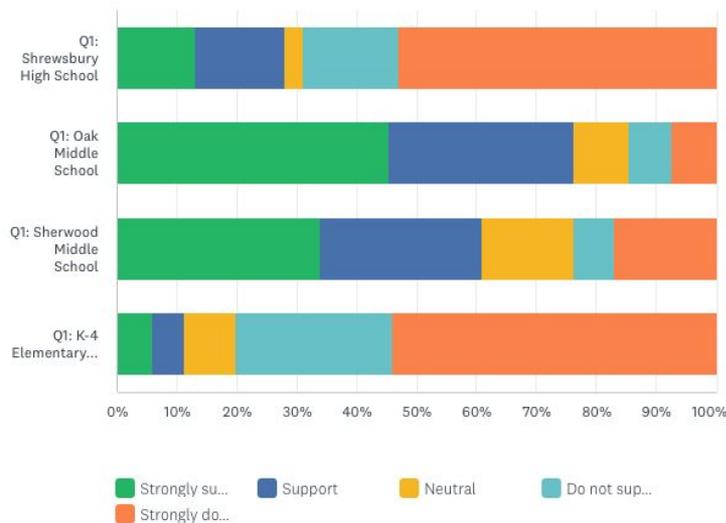
Key data points:

- 33% of staff combined chose “Support” or “Strongly Support” for Option B, compared to 23% for Option A
- 58% of staff combined chose “Do Not Support” or “Strongly Do Not Support” for Option B, with more choosing “Strongly Do Not Support” slightly less than for Option A (62%)

Staff Feedback by Grade Span re: Option B

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

Answered: 352 Skipped: 0



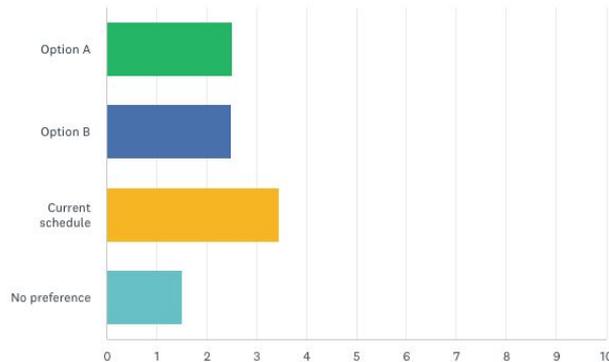
Key data points:

- Significantly more support for Option B among Oak and Sherwood staff compared to other levels
- Less support from SHS staff and the least support from elementary staff for Option B

Staff Preferences re: Ranking Options

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

Answered: 362 Skipped: 0



Key data points:

- 66% of staff prefer the current schedule as their first choice
- Option B was chosen by 21% and Option A chosen by 12% as their first choices
- Option A is the most preferred second choice with 41%
- The weighted overall rankings out 4.0 points, where the 1st choice = 4 points, 2nd choice = 3 points, etc., show that the current schedule is most preferred (3.46) and Options A & B have virtually the same ranking (2.52 & 2.50)

	1	2	3	4	TOTAL	SCORE
Option A	11.60% 42	40.88% 148	35.91% 130	11.60% 42	362	2.52
Option B	20.72% 75	26.52% 96	35.08% 127	17.68% 64	362	2.50
Current schedule	66.02% 239	16.57% 60	14.36% 52	3.04% 11	362	3.46
No preference	1.66% 6	16.02% 58	14.64% 53	67.68% 245	362	1.52

Staff Comparisons by Grade Span re: Ranking Options

Option A						
	1	2	3	4	TOTAL	SCORE
Q1: Shrewsbury High School (A)	21.00% 21 D	67.00% 67 BCD	10.00% 10 BCD	2.00% 2 BCD	28.41% 100	3.07
Q1: Oak Middle School (B)	12.73% 7 D	9.09% 5 ACD	50.91% 28 A	27.27% 15 AD	15.63% 55	2.07
Q1: Sherwood Middle School (C)	10.17% 6 D	23.73% 14 ABD	52.54% 31 A	13.56% 8 A	16.76% 59	2.31
Q1: K-4 Elementary School (Beal, Coolidge, Floral Street, Paton, Spring Street) (D)	3.29% 5 ABC	41.45% 63 ABC	43.42% 66 A	11.84% 18 AB	43.18% 152	2.36
Option B						
	1	2	3	4	TOTAL	SCORE
Q1: Shrewsbury High School (A)	17.00% 17 BC	14.00% 14 BCD	49.00% 49 BC	20.00% 20 B	28.41% 100	2.28
Q1: Oak Middle School (B)	40.00% 22 AD	45.45% 25 AD	7.27% 4 AD	7.27% 4 AD	15.63% 55	3.18
Q1: Sherwood Middle School (C)	38.98% 23 AD	40.68% 24 AD	11.86% 7 AD	8.47% 5 D	16.76% 59	3.10
Q1: K-4 Elementary School (Beal, Coolidge, Floral Street, Paton, Spring Street) (D)	9.21% 14 BC	24.34% 37 ABC	44.08% 67 BC	22.37% 34 BC	43.18% 152	2.20
Current schedule						
	1	2	3	4	TOTAL	SCORE
Q1: Shrewsbury High School (A)	62.00% 62 BCD	15.00% 15 BCD	20.00% 20 D	3.00% 3	28.41% 100	3.36
Q1: Oak Middle School (B)	43.64% 24 AD	40.00% 22 AD	14.55% 8	1.82% 1	15.63% 55	3.25
Q1: Sherwood Middle School (C)	44.07% 26 AD	30.51% 18 AD	18.64% 11 D	6.78% 4	16.76% 59	3.12
Q1: K-4 Elementary School (Beal, Coolidge, Floral Street, Paton, Spring Street) (D)	86.84% 132 ABC	2.63% 4 ABC	7.89% 12 AC	2.63% 4	43.18% 152	3.74

Key data points:

- Current schedule is the 1st choice of 62% of SHS staff, 44% of middle school staff, and 87% of elementary staff
- When comparing the two options for change, middle level staff prefer Option B (which is almost the same as their current schedule) compared to Option A, while SHS staff rank Option A higher than B and elementary staff rank them about the same
- Shaded sections are statistically significant differences among the levels being compared

Staff Feedback Themes: Supporting Change

*High school start time is too early for students. They require additional sleep.

*The extra time gives more flexibility in the morning, yet ends early enough that activities still have plenty of time to occur at a reasonable hour.

*The slightly later dismissal time will likely not impact after school jobs, sports, and activities. Shifts at the other schools feel manageable.

*Better than no change. Hopeful that SPS will truly support student wellness in the area of sleep health. Feel the change is not too drastic.

Staff Feedback Themes: Opposing or Questioning Change

*These options have the greatest negative impact on staff, students and families at the elementary level. Elementary aged children wake early, and are most productive during the morning hours. The younger the child, the more easily they tire.

*Concerns regarding elementary students' ability to make after school activities, clubs, and sports on time. Similar concerns for staff members with school aged children, and/or staff members who are interested in leading after school activities that may now start and end later in the day.

*Changes in school start and end times will negatively impact staff who work other jobs and/or who need to care for family members, including young children who need to be picked up from daycare and after school programs outside of Shrewsbury.

Key Takeaways

*A significant amount of data has been received from students, staff, and families. This data (ThoughtExchange and Survey Monkey) has been carefully reviewed and analyzed by all members of the Sleep Health Advisory Committee, including SHS students, parents, educators, and school and district leaders

*Students at the middle and high school levels reported both schedule change options as stronger preferences than the current schedule, with a preference for Option A.

*A majority of families also supported a schedule change to provide the benefits of more sleep, with responses varied depending on the age of the student (more support from parents and caretakers of older students). First choices were about the same for Options A and B, but with more strong opposition to Option B from families.

Key Takeaways continued...

*The 1st choice of 62% of SHS staff is to maintain the current schedule. This opinion is shared by 44% of middle school staff and 87% of elementary staff.

*When comparing the two proposed options for change, middle level staff prefer Option B (which closely mirrors their current schedule) compared to Option A, while SHS staff rank Option A higher than B. Elementary staff rank Options A and B about the same (times are the same for elementary)

Key Takeaways continued...

- *Members of all stakeholder groups acknowledge the mental and physical benefits of more sleep that research shows will positively affect students' health and their ability to succeed in school
- *Concerns regarding the impact that the potential changes will have on after school commitments for students, staff, and families were shared by all stakeholder groups
- *There are clear differences in support for change among the three stakeholder groups, where students and families are supportive overall of schedule changes to realize the benefits of more sleep, while a significant majority of staff members see the impact of changes as too disruptive and prefer the current schedule

Timeline

January 4, 2023: Public hearing at the School Committee meeting to listen to feedback from stakeholders

January 18, 2023: Recommendation for preferred option presented by Sleep Health Advisory Committee; discussion of options by the School Committee and potential vote

January 25, 2023: Potential additional School Committee meeting for discussion/vote (if necessary)

February 1, 2023: Last recommended School Committee meeting for discussion/vote to implement any change for the start of the 2023-2024 school year (if necessary)

Comments and Questions

