

School Schedule Changes Survey

Extensive research shows that later start times improve academic, health, and safety outcomes for middle and high school students. A survey last spring by the Citizens Advisory Committee on School Year Calendar/Start Times showed that our community strongly supports implementing later school start times for adolescents. The OSD Transportation department has developed a proposed schedule that could work for our district. If adopted, changes would take effect in the 2020-21 school year.

Your feedback on the following proposed new start and end times is important! The deadline to complete this survey is 5 p.m. on Friday, November 15, 2019. Please complete this survey only one time per person.

Proposed school times are:

HIGH SCHOOLS: 8:50 am to 3:27 pm

MIDDLE SCHOOLS: 9:00/9:05 to 3:32/3:37

ELEMENTARY SCHOOLS:

Five schools from 7:30 am to 1:52 pm.

Four schools from 8:00 am to 2:22 pm.

Three schools from 8:30 am to 2:52 pm.

* Required

Question 1:

Describe your role with the Olympia School District. *

- I am a student in the Olympia School District.
- I am a parent/family member/guardian of a current student in the OSD.
- I am both staff and a parent/family member/guardian of a student in the OSD.
- I am staff in the OSD.
- I am a parent/family member/guardian of a future student in the OSD.
- I am a community member in the OSD.

Student Questions

Question 2:

What school(s) are you affiliated with? *

- Boston Harbor ES
- Centennial ES
- Garfield ES
- Hansen ES
- Lincoln ES
- LP Brown ES
- Madison ES
- McKenny ES
- McLane ES
- Pioneer ES
- Roosevelt ES
- Jefferson MS
- Marshall MS
- Reeves MS
- Washington MS
- Avanti HS
- Capital HS
- Olympia HS
- ORLA Montessori
- ORLA iConnect
- ORLA hConnect
- ORLA MAST
- Griffin School District
- Not currently enrolled

Question 3:

Do you qualify for free or reduced-price lunch? (this survey is anonymous) *

- Yes
- No
- Not sure

Question 4:

Please mark your level of agreement with the following statements. In middle or high school, if start times were moved later:*

- Agree

- Somewhat agree
 - Neutral/No opinion
 - Somewhat disagree
 - Disagree
 - Does not apply
-
- I will get more sleep.
 - I will be able to get to school on time more easily.
 - I will be able to focus better in early morning classes.
 - I will be concerned about having enough time to complete my homework.
 - Being better rested will allow me to complete my homework more efficiently.
 - I will be more awake when driving to school.
 - I will do better in school.
 - I will have less time for extracurriculars.
 - I will do better in sports.
 - I will be able to participate in zero-hour classes in high school since they would start at 7:50 am instead of 6:45 am.
 - I will be concerned about leaving school early for away games/extracurricular activities.
 - I will be happier and have a more positive attitude.
 - I will like school more.
 - I will have less time for a job.
 - I won't be able to watch my sibling(s) after school.
 - It will be easier to meet graduation requirements if school starts later.

Question 5:

Do you think any areas of concern checked above would be offset by the benefit of being able to sleep later on school days?*

- Yes
- No
- Not sure

Parent/Family member/Guardian Questions

Question 6:

Does your child qualify for free or reduced-price lunch? (this survey is anonymous) *

- Yes

- No
- Not sure

Question 7:

How important to you is each of these benefits from moving start times later and increasing sleep for middle and high school students? *

- Very important
- Somewhat important
- Neutral/No opinion
- Somewhat unimportant
- Very unimportant
- Improved mental health/less depression
- Improved physical health
- Improved academic performance and attendance
- Improved safety
- Improved athletic performance

Question 8:

Would later start times have helped you as a middle or high school student? *

- Yes
- No
- Maybe/Don't know

Question 9:

Do you think later start times will help students meet graduation requirements? *

- Yes
- No
- Maybe/Don't know

Question 10:

Do you have an elementary school student? *

- Yes
- No

Staff and a Parent/Family member/Guardian Questions

Question 11:

Does your child qualify for free or reduced-price lunch? (this survey is anonymous) *

- Yes
- No
- Not sure

Question 12:

How important to you is each of these benefits from moving start times later and increasing sleep for middle and high school students? *

- Very important
 - Somewhat important
 - Neutral/No opinion
 - Somewhat unimportant
 - Very unimportant
-
- Improved mental health/less depression
 - Improved physical health
 - Improved academic performance and attendance
 - Improved safety
 - Improved athletic performance

Question 13:

Please mark your level of agreement with the following statements. In middle or high school, if start times were moved later:*

- Agree
 - Somewhat agree
 - Neutral/No opinion
 - Somewhat disagree
 - Disagree
 - Does not apply
-
- Students will get more sleep.
 - Students will be able to get to school on time more easily.
 - Students will be able to focus better in early morning classes.
 - I will be concerned about students having enough time to complete their homework.
 - Students being better rested will allow them to complete their homework more efficiently.

- Students will be more awake when driving to school.
- Students will do better in school.
- Students will do better in sports.
- Students will be able to participate in zero-hour classes in high school since they would start at 7:50 a.m. instead of 6:45 a.m.
- I will be concerned about students leaving school earlier for away games/extracurricular activities.
- Students will be happier and have a more positive attitude.
- Students will like school more.

Question 14:

Would later start times have helped you as a middle or high school student? *

- Yes
- No
- Maybe/Don't know

Question 15:

Do you think later start times will help students meet graduation requirements? *

- Yes
- No
- Maybe/Don't know

Question 16:

Do you have an elementary school student? *

- Yes
- No

Staff Questions

Question 17:

Please mark your level of agreement with the following statements. In middle or high school, if start times were moved later:*

- Agree
- Somewhat agree
- Neutral/No opinion
- Somewhat disagree
- Disagree
- Does not apply

- Students will get more sleep.
- Students will be able to get to school on time more easily.
- Students will be able to focus better in early morning classes.
- I will be concerned about students having enough time to complete their homework.
- Students being better rested will allow them to complete their homework more efficiently.
- Students will be more awake when driving to school.
- Students will do better in school.
- Students will do better in sports.
- Students will be able to participate in zero-hour classes in high school since they would start at 7:50 am instead of 6:45 am.
- I will be concerned about students leaving school earlier for away games/extracurricular activities.
- Students will be happier and have a more positive attitude.
- Students will like school more.

Question 18:

Would later start times have helped you as a middle or high school student? *

- Yes
- No
- Maybe/Don't know

Question 19:

Do you think meeting graduation requirements would be easier for students who are more well-rested because of later start times? *

- Yes
- No
- Maybe/Don't know

General School District Questions

Question 20:

Could being a leader in this area (start/end time adjustments for adolescent sleep health) boost our school district's reputation for excellence? *

- Yes
- Probably

- Neutral/Don't know
- Probably not
- No

Question 21:

Some school districts across the state have already adopted this change to school start times. How important is it that our School District move forward with this proposed change to school start times now? *

- Very important
- Somewhat important
- Neutral/Don't know
- Somewhat unimportant
- Very unimportant

Question 22:

Would eliminating the 7:30 start times so that all elementary schools would start after 8:00 am be worth considering an increase in spending for transportation?

- Yes
- Probably
- Neutral/Don't know
- Probably not
- No

Question 23:

Are there any traffic concerns that you would like the School District and/or the City to consider if they implement a change in start times?

Elementary Schools

Question 24:

What school(s) is your student affiliated with? *

- Boston Harbor ES
- Centennial ES
- Garfield ES
- Hansen ES
- Lincoln ES
- LP Brown ES
- Madison ES

- McKenny ES
- McLane ES
- Pioneer ES
- Roosevelt ES
- ORLA Montessori
- ORLA iConnect
- ORLA hConnect
- Griffin School District
- Not currently enrolled

Elementary Schools

Question 25:

Below are three possible start times for elementary schools under a new schedule: 7:30 am, 8:00 am, or 8:30 am. The changes your family would need to make if your student's elementary school starts at the below times would be: *

- Manageable
- Somewhat manageable
- No Impact
- Somewhat unmanageable
- Unmanageable
- Does not apply
- 7:30 am
- 8:00 am
- 8:30 am

Question 26:

I would have safety concerns for my child riding the bus in the morning if the school started at: *

- Agree
- Somewhat agree
- No impact
- Somewhat disagree
- Disagree
- 7:30 am
- 8:00 am
- 8:30 am

Question 27:

I would benefit by starting work earlier if my student's school started at: *

- Agree
- Somewhat agree
- No impact
- Somewhat disagree
- Disagree
- 7:30 am
- 8:00 am
- 8:30 am

Question 28:

I would benefit from being present for my child's transition to school in the morning if school started at: *

- Agree
- Somewhat agree
- No impact
- Somewhat disagree
- Disagree
- 7:30 am
- 8:00 am
- 8:30 am

Question 29:

My elementary student(s) would have less need for or no need for before-school care if school starts at: *

- Agree
- Somewhat agree
- No impact
- Somewhat disagree
- Disagree
- 7:30 am
- 8:00 am
- 8:30 am

Question 30:

It will be challenging to arrange for after-school childcare for my elementary student(s) if school ends at: *

- Agree
- Somewhat agree

- No impact
- Somewhat disagree
- Disagree
- 1:52 pm
- 2:22 pm
- 2:52 pm

Question 31:

The benefit of having less childcare in the morning outweighs the challenge of needing more after-school childcare if school runs from: *

- Agree
- Somewhat agree
- No impact
- Somewhat disagree
- Disagree
- 7:30 am to 1:52 pm
- 8:00 am to 2:22 pm
- 8:30 am to 2:52 pm

Question 32:

The proposed schedule will result in family transportation challenges in the morning if school runs from: *

- Agree
- Somewhat agree
- No impact
- Somewhat disagree
- Disagree
- 7:30 am to 1:52 pm
- 8:00 am to 2:22 pm
- 8:30 am to 2:52 pm

Question 33:

The proposed schedule will result in family transportation challenges in the afternoon if school runs from: *

- Agree
- Somewhat agree
- No impact
- Somewhat disagree

- Disagree
- 7:30 am to 1:52 pm
- 8:00 am to 2:22 pm
- 8:30 am to 2:52 pm

Question 34:

I can adjust to the logistical challenges of elementary schools starting and ending earlier knowing it means my children will benefit academically and mentally from getting more sleep when they are middle and high schoolers. *

- Agree
- Somewhat agree
- No impact
- Somewhat disagree
- Disagree

Question 35:

Do you have a middle school student? *

- Yes
- No

Middle Schools

Question 36:

What school(s) is your student affiliated with? *

- Jefferson MS
- Marshall MS
- Reeves MS
- Washington MS
- ORLA Montessori
- ORLA iConnect
- ORLA hConnect
- ORLA MAST
- Griffin School District
- Not currently enrolled

Question 37:

If the middle school day runs from approximately 9:00 am to 3:32 pm, how would you rate each of these statements? *

- Agree

- Somewhat agree
 - No impact
 - Somewhat disagree
 - Disagree
 - Does not apply
-
- It will be a benefit that my middle school student will be in school and supervised in the afternoons.
 - My middle schooler will benefit from additional sleep in the mornings.
 - The proposed schedule will result in family transportation challenges in the morning.
 - The proposed schedule will result in family transportation challenges in the afternoon.
 - I will be concerned that my student will not have enough time to participate in all of their extracurricular activities.
 - Mornings will be more manageable for me.
 - Mornings will be more manageable for my student.
 - I believe that my student will be more awake/alert in school.
 - I believe that my student will be happier/have a more positive attitude about school.
 - I believe that the stress level in my household would be reduced.
 - I believe my student will be less likely to be absent or tardy.

Question 38:

Do you have a high school student? *

- Yes
- No

High Schools

Question 39:

What school(s) is your student affiliated with? *

- Avanti HS
- Capital HS
- Olympia HS
- ORLA iConnect
- ORLA hConnect
- Not currently enrolled

Question 40:

If the high school day runs from approximately 8:50 am to 3:27 pm, how would you rate each of these statements? *

- Agree
 - Somewhat agree
 - No impact
 - Somewhat disagree
 - Disagree
 - Does not apply
-
- I will be concerned about my student missing additional class periods for away games and activities.
 - I believe my student will be more well rested, which could help their athletic performance.
 - I will be concerned that my student will not be able to fully participate in extracurricular activities.
 - My student will be better able to participate in zero hour classes because these classes will start at 7:50 am instead of 6:45 am.
 - The proposed schedule will result in family transportation challenges in the morning.
 - The proposed schedule will result in family transportation challenges in the afternoon.
 - I believe that my student will be more awake/alert in school.
 - I believe that my student will be happier/have a more positive attitude about school.
 - I believe that the stress level in my household will be reduced.
 - My student will be less likely to be absent or tardy.

High School Question**Question 41:**

Do you have a high school student? *

- Yes
- No

Middle School Question**Question 42:**

Do you have a middle school student? *

- Yes

- No

Opportunity for additional comments and questions, and Thank You!

Question 43:

After answering the survey questions, how important do you think it is for the School District to move start times later for middle and high school students?

- Very important
- Somewhat important
- Neutral/No opinion
- Somewhat unimportant
- Very unimportant

Question 44:

Please provide additional comments or suggestions. We appreciate your feedback.

Question 44:

I have completed this survey only one time.*

- Yes
- No