## Parent Start Time Survey Fall 2023

Number of Students Represented in Survey
2,014

Response Rate:
36\%

1233 completed household responses
(out of 3458 total households in district)

Total \# of
Junior High Students

Represented in Parent Survey Data

Elementary Students

Represented in Parent Survey. Data


## Household Questions

Each parent/guardian answered the following questions for the entire household.

Number of Students per Household 1,233 $\nabla$


1203

Employment Status for Parents/Guardians $1,233 \quad \nabla$


Employment Status - Other $\nabla$
single
retired
employ
parent
1 full stay
time
home working

Arrival Time for First Parent/Guardian (Used to Determine Afternoon Parent/Guardian Availability) 1,233 $\nabla$



Care for Children Before School 1,233 $\nabla$


Care for Children Before School - Other $\nabla$


Care for Children After School - Other $\nabla$


## Student Questions

Parents answered the following questions individually for each child in their household.


## Student Wake Times

School Nights and Weekends

Wake Time (School Days) - Elementary 1,015 $\nabla$


5:00 5:30 6:00 6:30 7:00 7:30 8:00 After Not Befor AM AM AM AM AM AM AM 8:00 sure $\quad$ e

Wake Time (School Days) - Junior High 510 ₹


Wake Time (School Days) - High School $489 \nabla$


Befor 4:00 4:30 5:00 5:30 6:00 6:30 7:00 7:30 8:00 Not
e... AM AM AM AM AM AM AM AM AM sure

Wake Time (School Days) 2,014


Wake Time (Weekend) - Elementary $1,015 \nabla$


Wake Time (Weekend) - Junior High 510 『


Wake Time (Weekend) - High School $489 \nabla$



## Sleep Time

School Nights and Weekends

Sleep Time (School Night) - Elementary 1,015 $\nabla$


Sleep Time (School Night) - Junior High 510 ק


Sleep Time (School Night) - High School $489 \nabla$


Sleep Time (School Night) - by Location 2,014


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Sleep Time (Weekend) - by Location 2,014


## Before School Activities

Before School Activities 2,014


Before School Activities by Location 2,014


School clubs and organizations
Club Sports teams (e.g. II

Other: (Please specify) |]
Community service clubs or
volunteer activities
$\underset{\text { Academic support }}{\text { programs/Tutoring }}$ []
Dance classes or dance team
School Sports teams (e.g.
basketball, soccer, volleyball,
Academic enrichment programs [

Part-time job

Elementary School Junior High School High School

Before School Activities - Other


Before School Activity Start Time - Elementary $346 \nabla$

$\begin{array}{llllllll}\text { Before } & 4: 30 & 5: 00 & 5: 30 & 6: 30 & 7: 00 & 7: 30 & 8: 00\end{array}$ After 4:00 AM AM AM AM AM AM AM 8:00

Before School Activity Start Time - Junior High $55 \nabla$


5:30 AM 6:00 AM 6:30 AM 7:00 AM 7:30 AM After 8:00

Before School Activity Start Time - High School 52 ק



## After School Activities




After School Activities - Other



After School Activity Return Time by Location 1,797



Dinner Time (select all that apply) - Elementary 1,015 $\nabla$ $\begin{array}{rrrrrrrrr}\text { Before } & 4: 30 & 5: 00 & 5: 30 & 6: 00 & 6: 30 & 7: 00 & 7: 30 & \text { After } \\ 4: 30 & \text { PM } & \text { PM } & \text { PM } & \text { PM } & \text { PM } & \text { PM } & \text { PM } & 7: 30 \\ \text { PM } & & & & & & & & \text { PM }\end{array}$

Dinner Time (select all that apply) - Junior High 510 『


Dinner Time (select all that apply) - High School $489 \nabla$



## Homework Duration 1,963



Less than 30 minutes
hour


1 to 2 hours -

Homework Duration by Location 1,963


## Sleep Habits

With proposed later school start times, we understand the importance of maintaining healthy sleep habits, such as regular bedtimes, a comfortable sleep environment, and avoiding screen exposure or caffeine before bedtime. Such habits will help students get the best and most restful sleep possible. How does your family plan to support and help this child improve their sleep habits? Your responses will assist us in designing programming for Parent University to provide guidance and support to families, as needed.


Sleep Habit Strategies (Currently Practiced) - by Location 1,965


Sleep Habit Strategies (Currently Practiced) - Other



Sleep Habit Strategies (Would Like to Implement in the Future) - by Location 1,634


Sleep Habit Strategies (Would Like to Implement in the Future) - Other

|  |  |  | current |  |  |  | change |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | encourage | screen |  | slee |  | routine | bedt |  |  | previous |  |
|  | nothing | continue | child |  |  |  |  |  | y | home | place |
| healthy |  | early | time |  |  | habit | school | hom | work |  |  |
|  | alt.are |  | implement |  |  | long | hygiene | asl |  | hour |  |
|  |  |  |  | emph | asize |  | old |  |  |  |  |

Sleep Habit Area(s) of Improvement to Address (Select all that apply) - All Students 2,014


Sleep Habit Area(s) of Improvement to Address (Select all that apply) - by Location 2,014


- Elementary School Junior High School High School

Sleep Habit Area(s) of Improvement to Address (Select all that apply) - Other



[^0]:    High School Junior High School Elementary School

