



Student Start Time Survey Fall 2023

Number of Students Represented
in Survey

2,253

Total # of

Students

Represented in Student Survey Data

Total # of

**Junior High
Students**

Represented in Student Survey Data

Total # of

**High School
Students**

Represented in Student Survey Data

Response Rate:

80%

2,253 completed student
responses

(out of 2,821 total secondary student
enrolled)



2,253



1,084

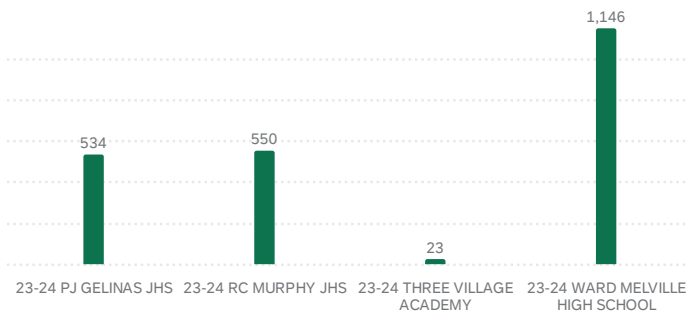


1,169

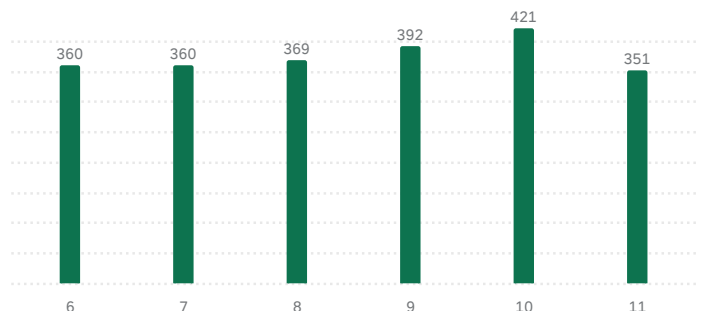
Student Questions

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

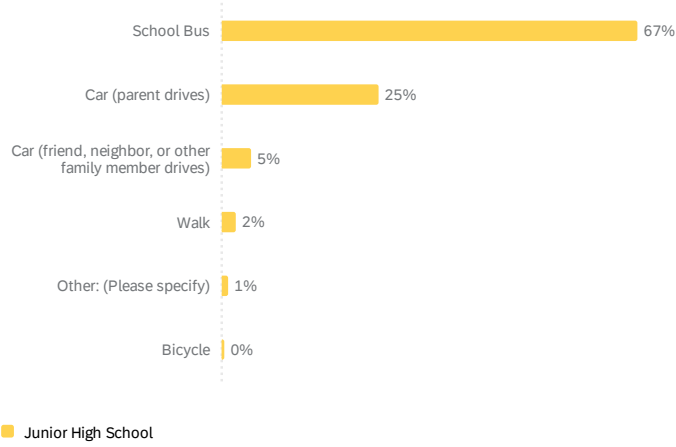
Number of Students per School 2,253



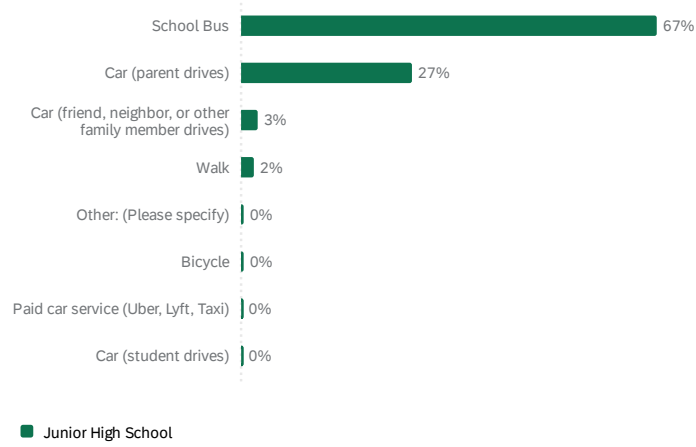
Students by Grade Level 2,253 ⓘ



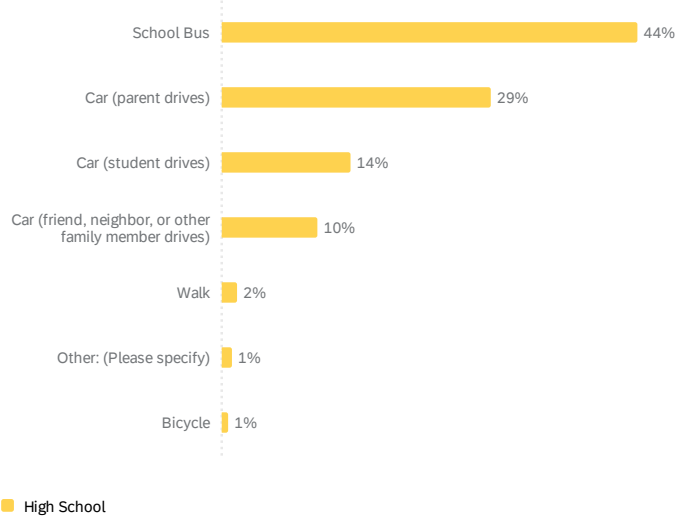
To School Commute - Junior High Parent View 510



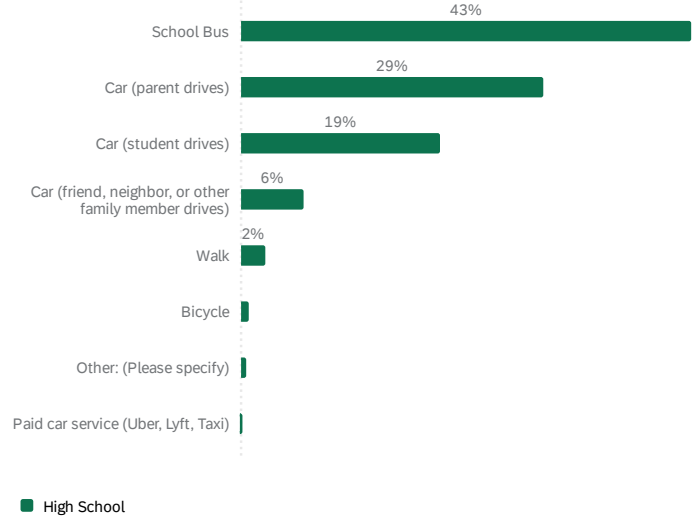
To School Commute - Junior High Students 1,084



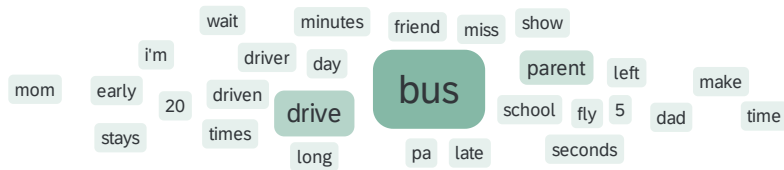
To School Commute - High School Parent View 489



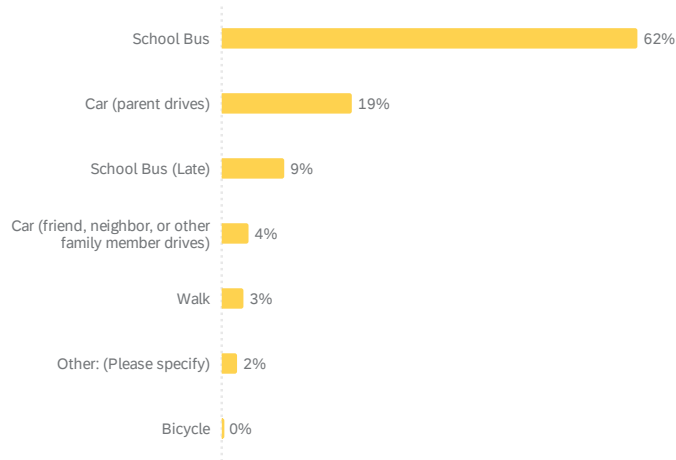
To School Commute - High School Students 1,169



To School Commute - Other

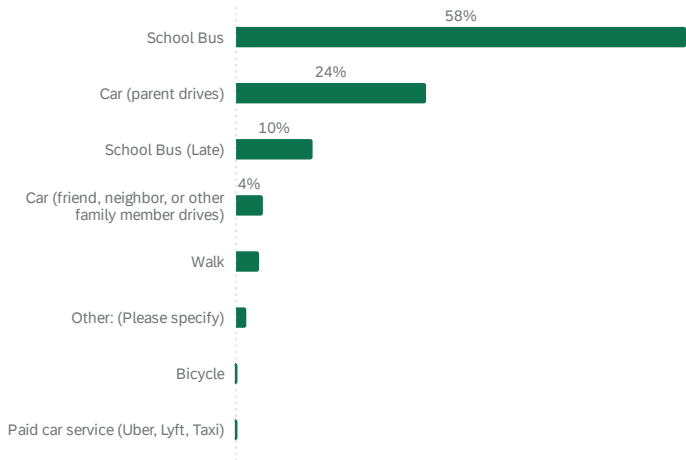


From School Commute - Junior High Parent View 510



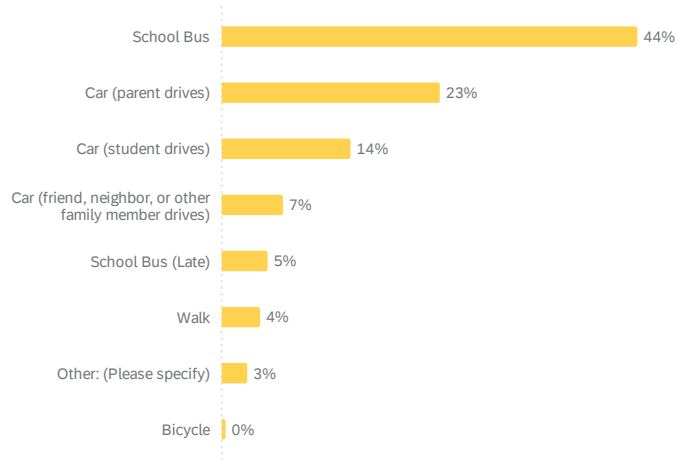
Junior High School

From School Commute - Junior High Students 1,084



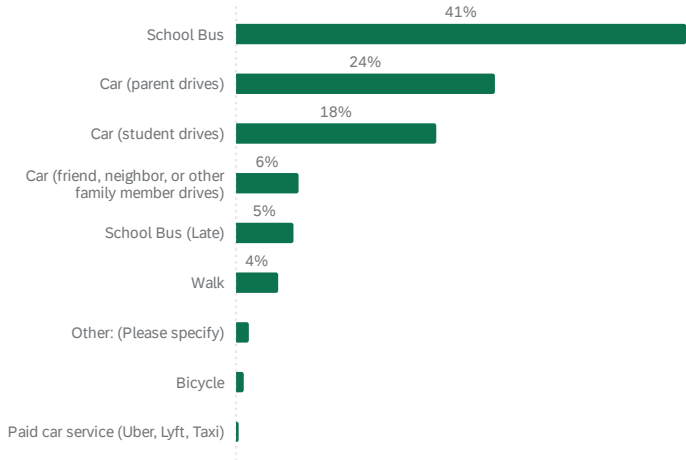
Junior High School

From School Commute - High School Parent View 489



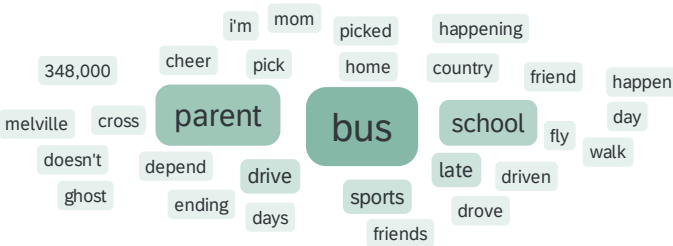
High School

From School Commute - High School Students 1,169



High School

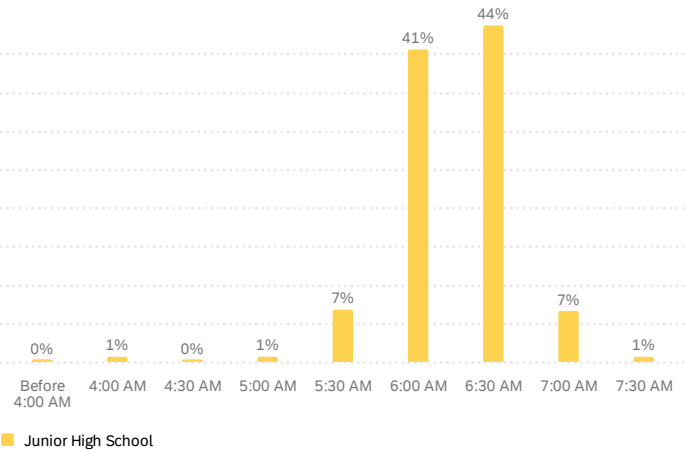
From School Commute - Other



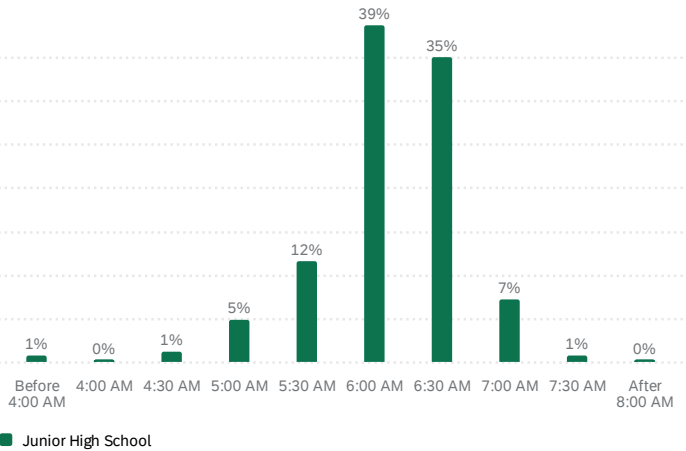
Student Wake Times

School Nights and Weekends

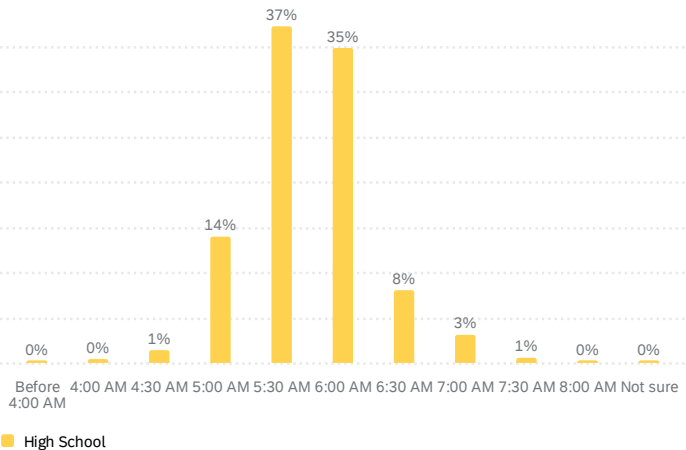
Wake Time (School Days) - Junior High Parent View 510



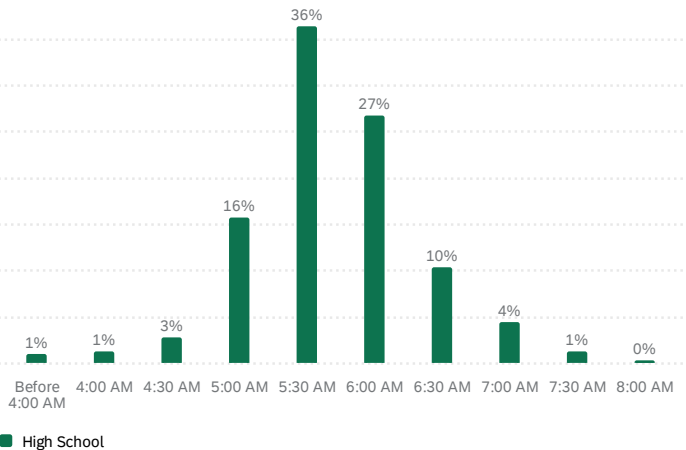
Wake Time (School Days) - Junior High Students 1,084



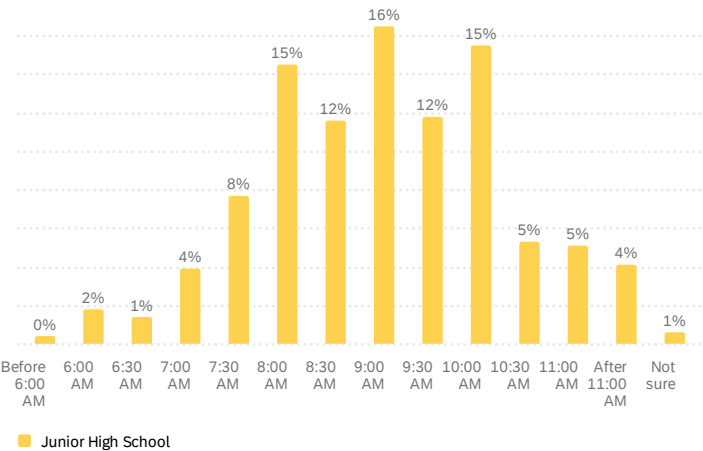
Wake Time (School Days) - High School Parent View 489



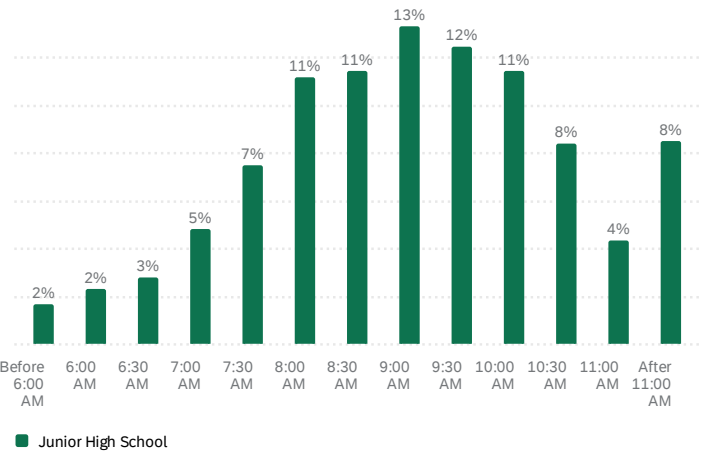
Wake Time (School Days) - High School Students 1,169



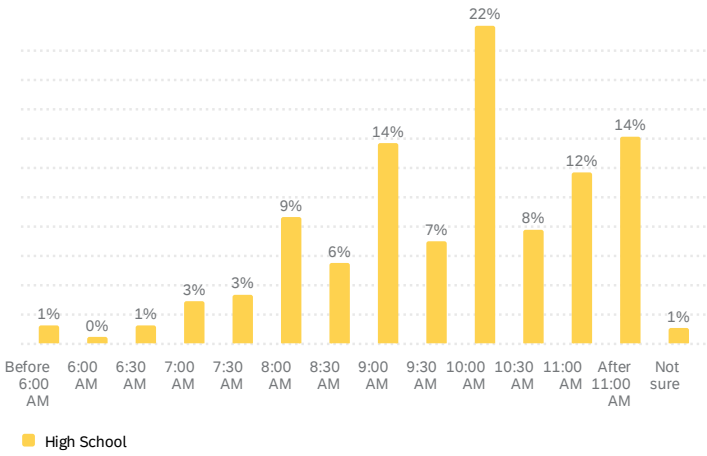
Wake Time (Weekend) - Junior High Parent View 510



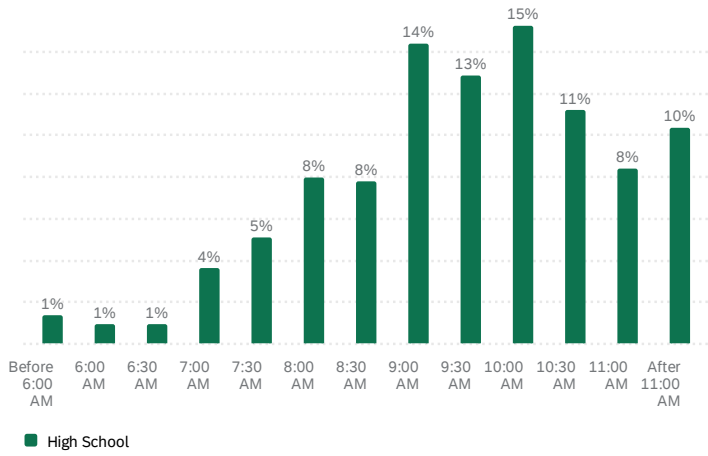
Wake Time (Weekend) - Junior High Students 1,084



Wake Time (Weekend) - High School Parent View 489



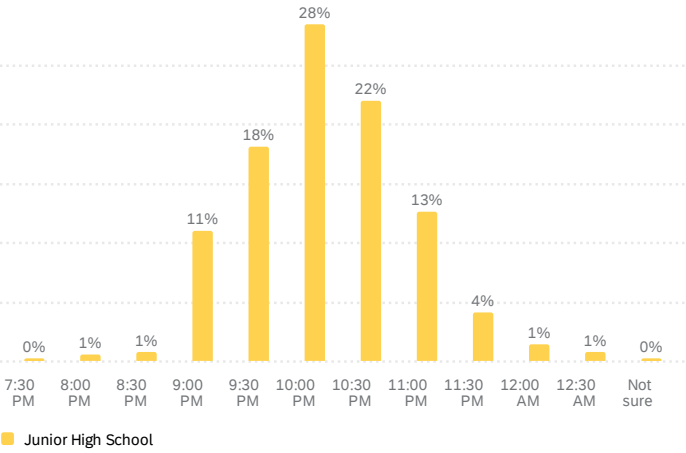
Wake Time (Weekend) - High School Students 1,169



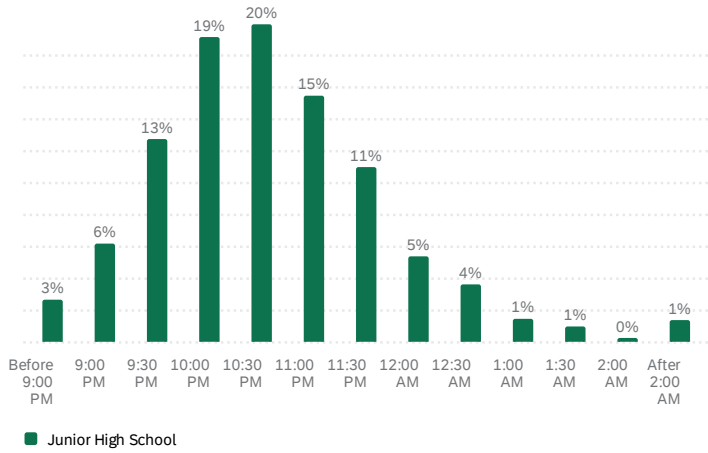
Sleep Time

School Nights and Weekends

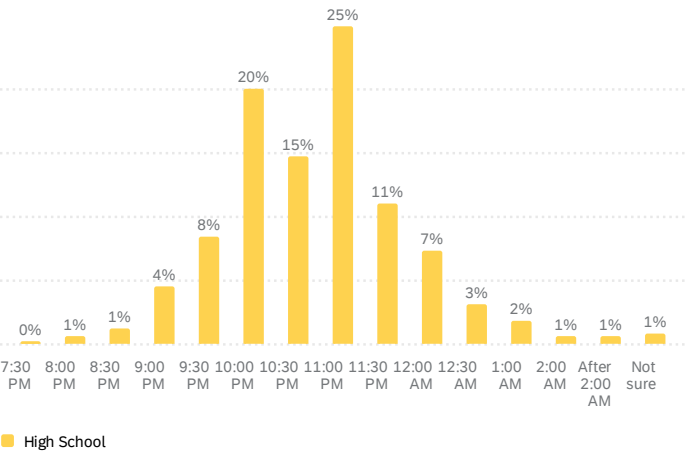
Sleep Time (School Night) - Junior High Parent View 510



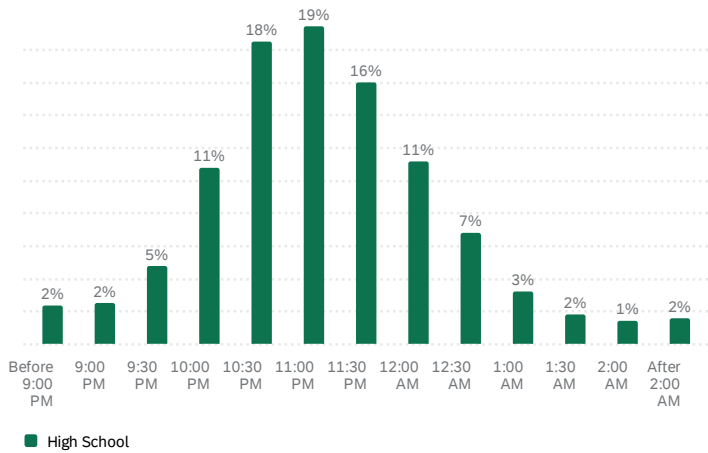
Sleep Time (School Night) - Junior High Students 1,084



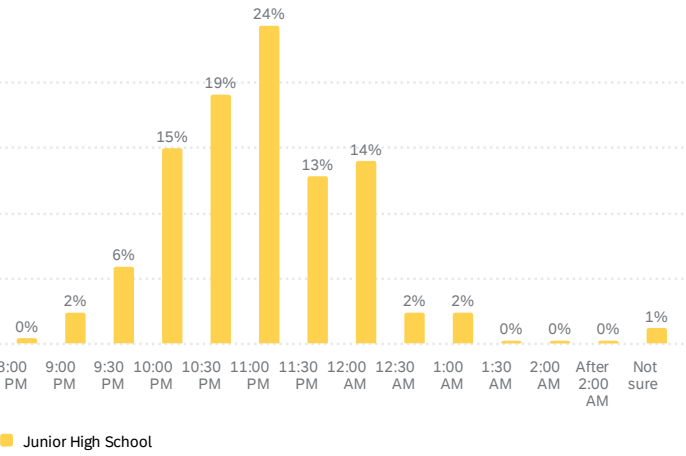
Sleep Time (School Night) - High School Parent View 489



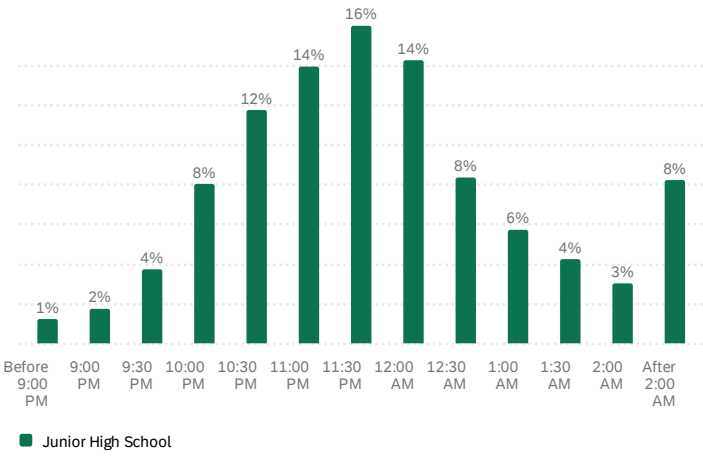
Sleep Time (School Night) - High School Students 1,169



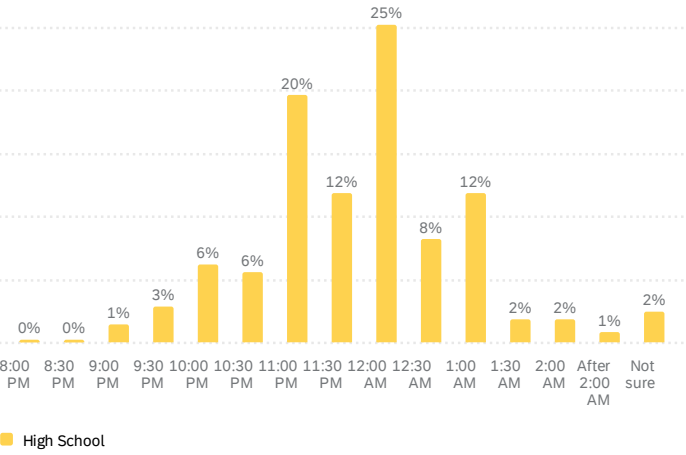
Sleep Time (Weekend) - Junior High Parent View 510



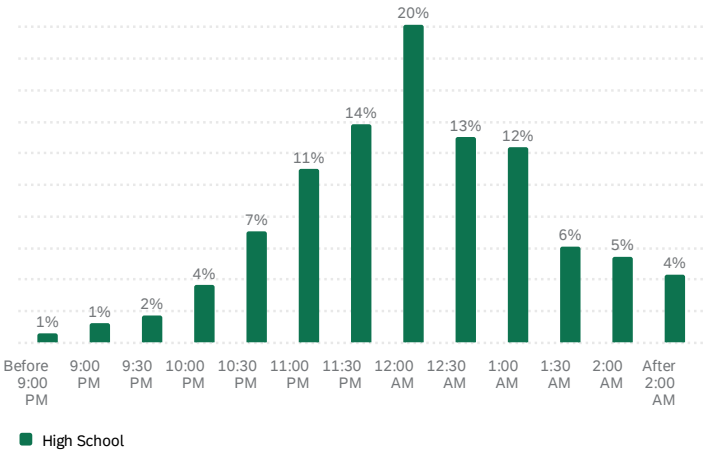
Sleep Time (Weekend) - Junior High Students 1,084



Sleep Time (Weekend) - High School Parent View 489

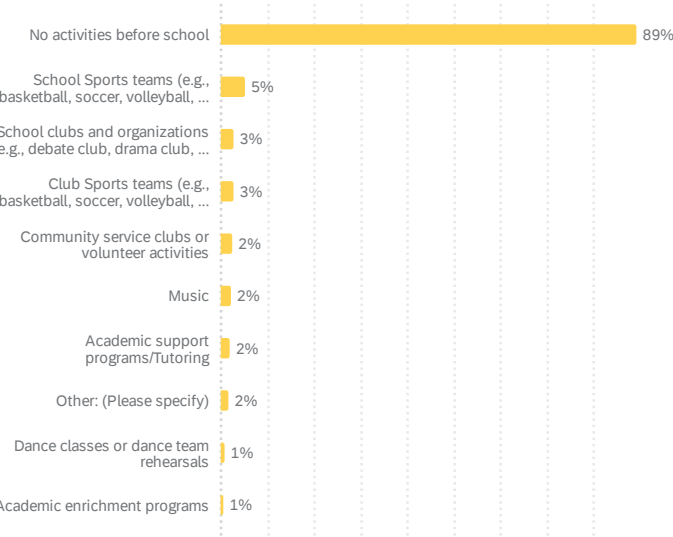


Sleep Time (Weekend) - High School Students 1,169



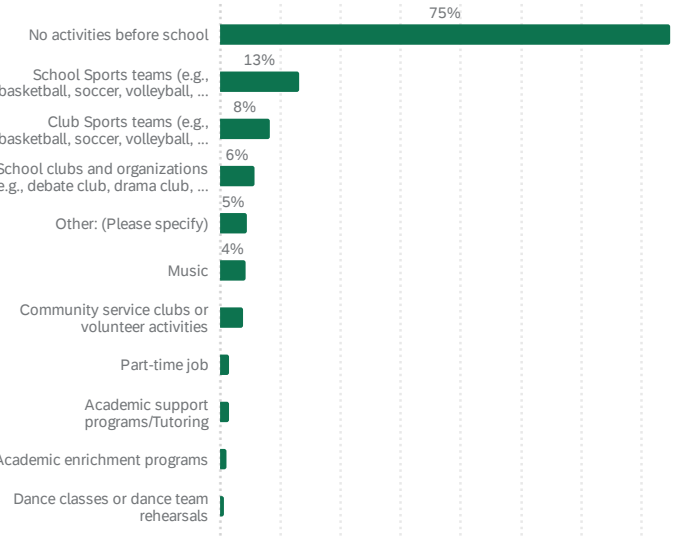
Before School Activities

Before School Activities - Junior High Parent View 510



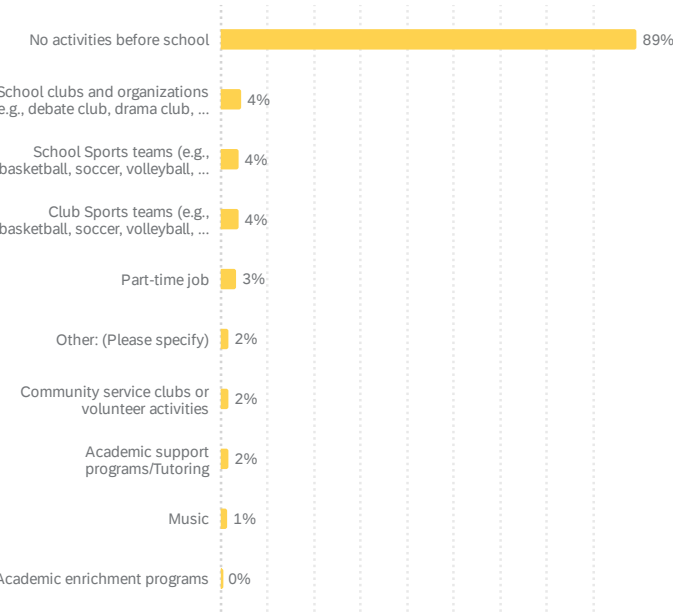
Junior High School

Before School Activities - Junior High Students 1,084



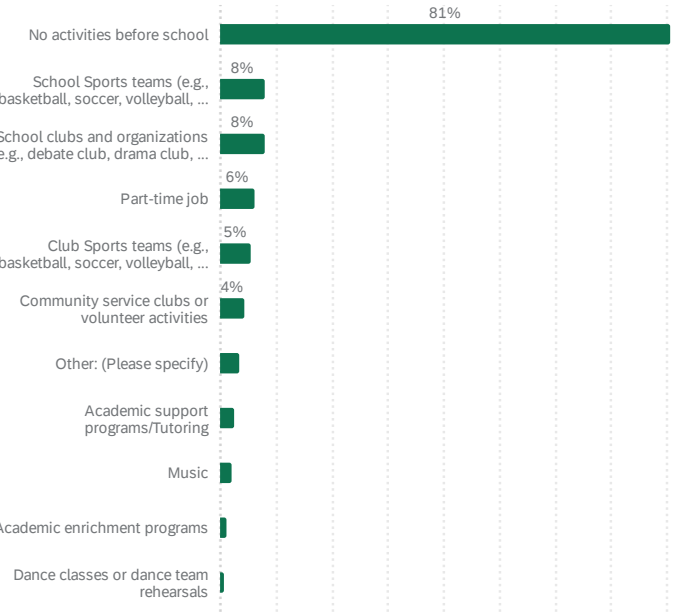
Junior High School

Before School Activities - High School Parent View 489



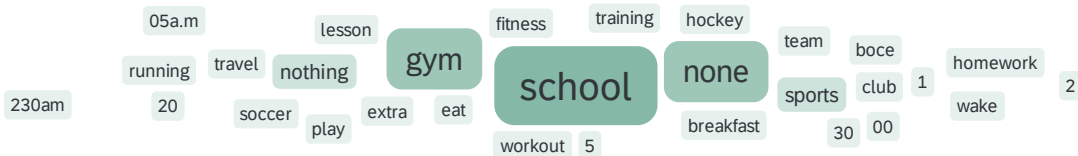
High School

Before School Activities - High School Students 1,169

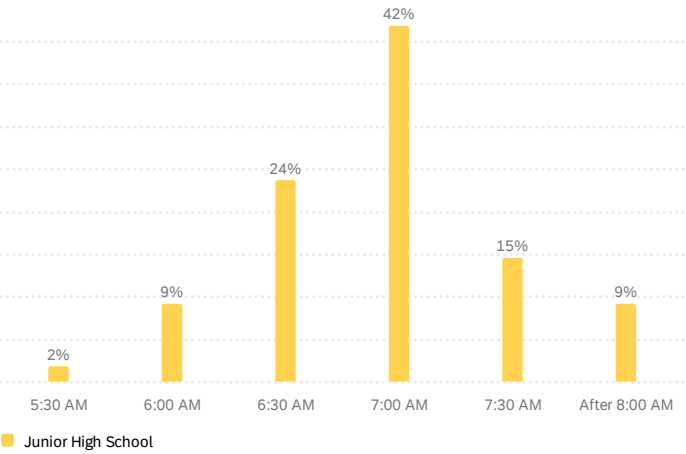


High School

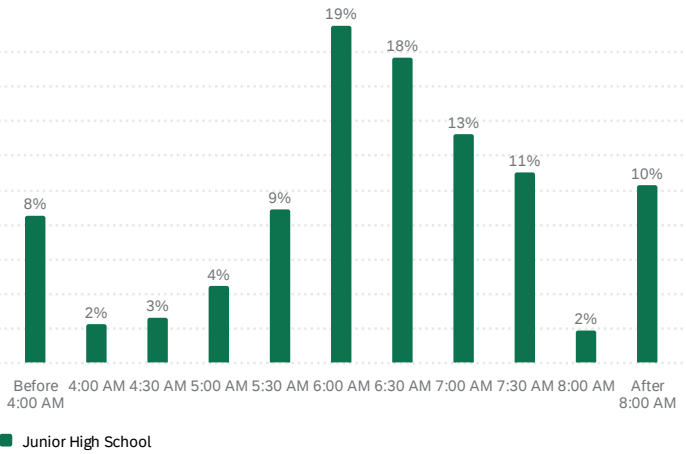
Before School Activities - Other



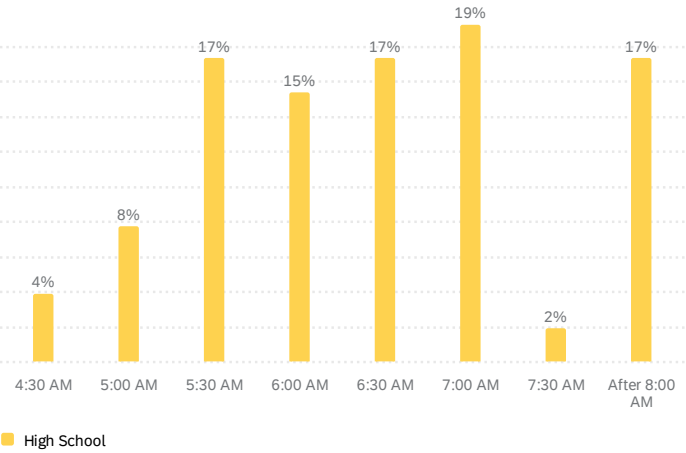
Before School Activity Start Time - Junior High Parent View 55



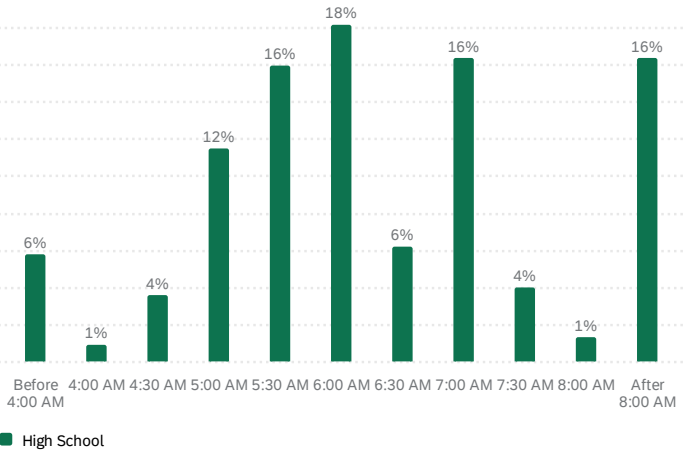
Before School Activity Start Time - Junior High Students 272



Before School Activity Start Time - High School Parent View 52

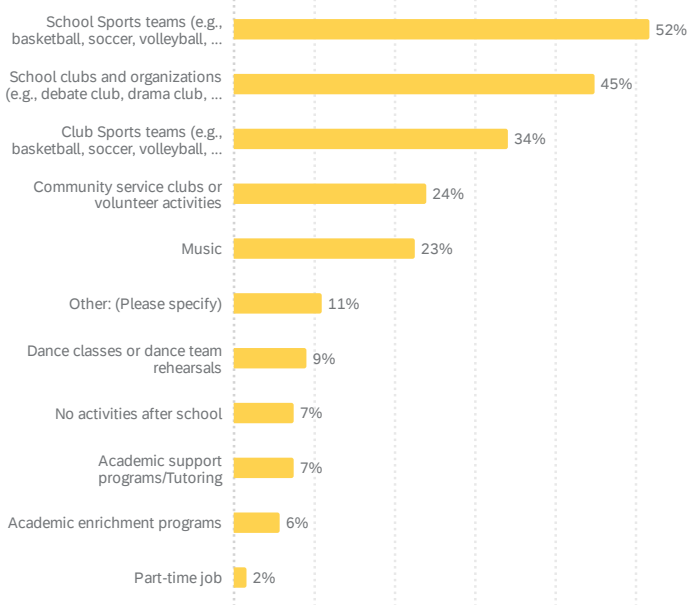


Before School Activity Start Time - High School Students 226



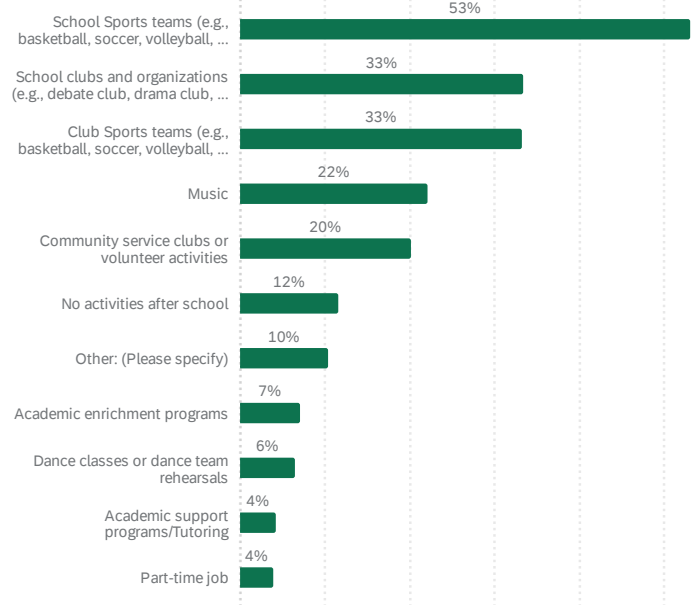
After School Activities

After School Activities - Junior High Parent View 510



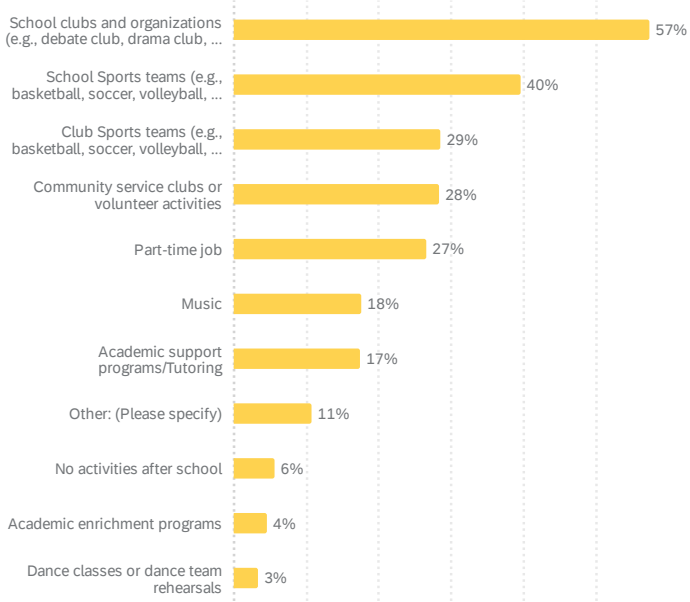
Junior High School

After School Activities - Junior High Students 1,084



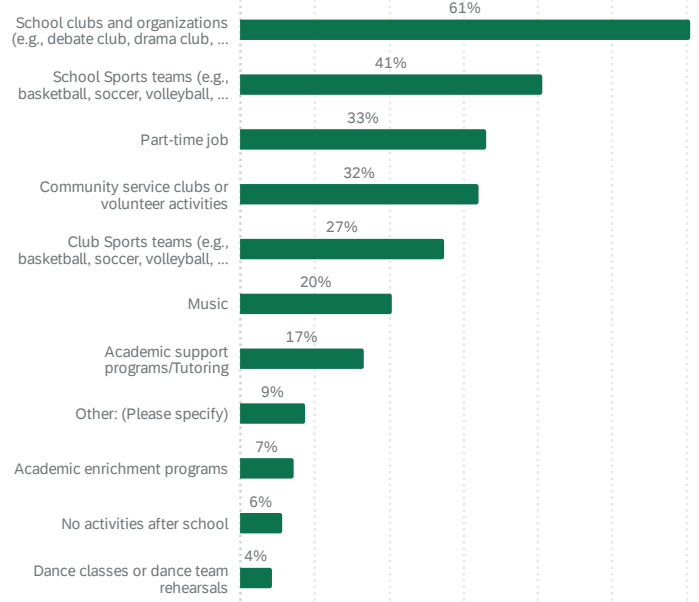
Junior High School

After School Activities - High School Parent View 489



High School

After School Activities - High School Students 1,169



High School

After School Activities - Other

A word cloud visualization for the category 'After School Activities - Other'. The words are contained within light green rounded rectangular boxes of varying sizes, arranged horizontally. The largest and most central word is 'school'. Other prominent words include 'gym', 'class', 'sports', 'club', 'friends', 'climb', 'religion', 'team', 'art', 'lesson', 'tennis', 'music', 'sport', 'homework', 'home', 'soccer', 'therapy', 'boy', 'boce', 'karate', 'band', 'riding', 'football', '2', 'scout', 'driver', 'basketball', 'hockey', and 'horseback'.

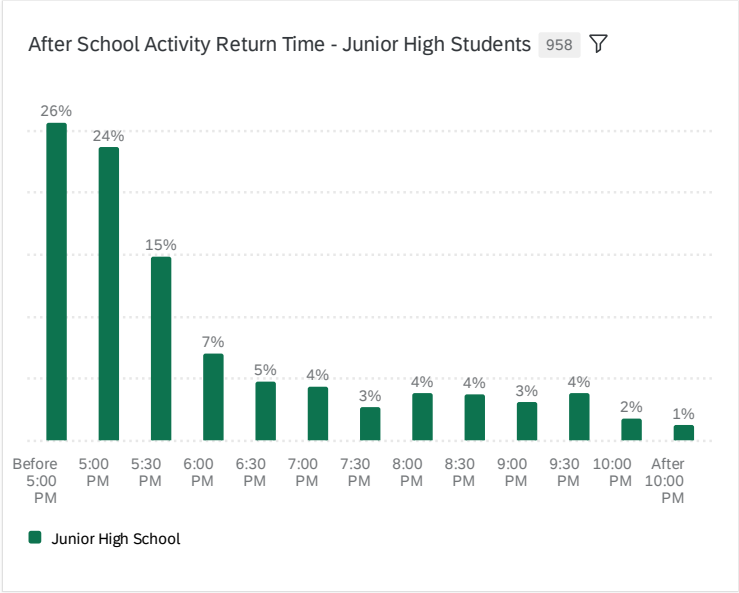
Activity
karate
band
music
sport
homework
home
soccer
therapy
boy
boce
lesson
tennis
gym
school
climb
religion
team
art
club
friends
class
sports
riding
football
2
scout
driver
basketball
hockey
horseback

After School Activity Return Time - Junior High Parent View

472

Return Time	Percentage
Before 5:00 PM	32%
5:00 PM	24%
5:30 PM	11%
6:00 PM	7%
6:30 PM	3%
7:00 PM	6%
7:30 PM	3%
8:00 PM	4%
8:30 PM	3%
9:00 PM	5%
9:30 PM	1%
10:00 PM	0%

Junior High School

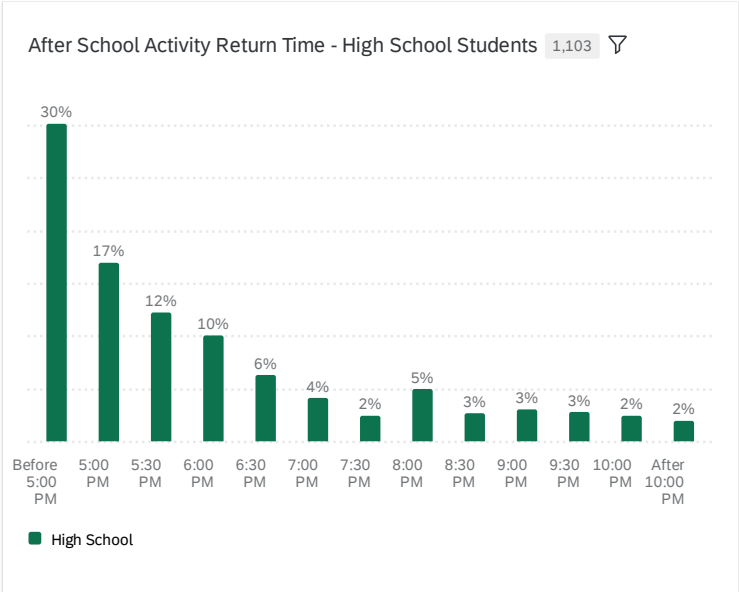


After School Activity Return Time - High School Parent View

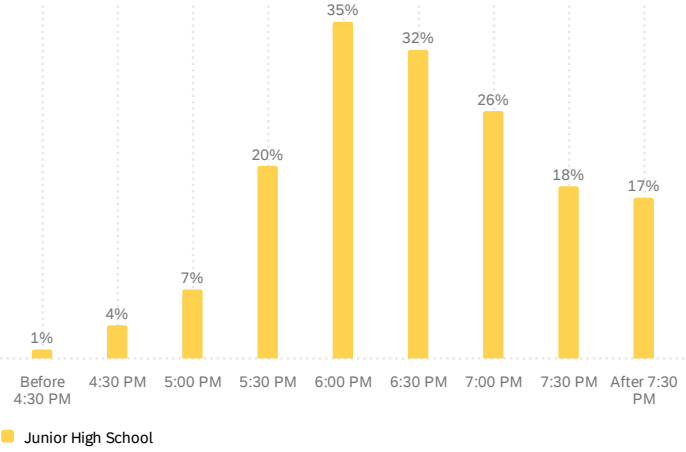
461

Return Time	Percentage
Before 5:00 PM	36%
5:00 PM	13%
5:30 PM	12%
6:00 PM	8%
6:30 PM	6%
7:00 PM	5%
7:30 PM	3%
8:00 PM	6%
8:30 PM	3%
9:00 PM	2%
9:30 PM	3%
10:00 PM	2%
After 10:00 PM	0%

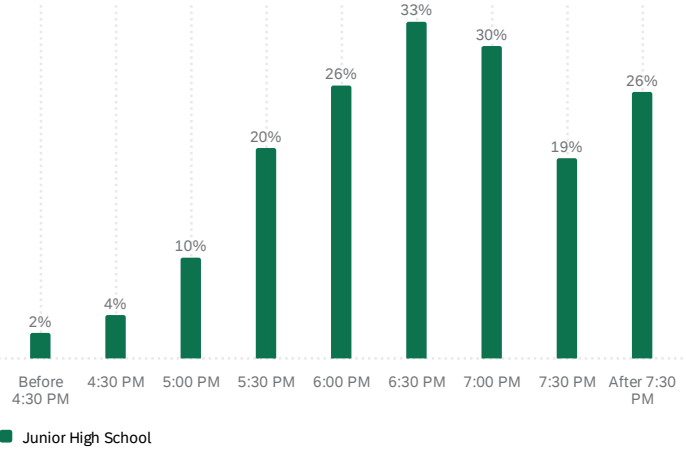
High School



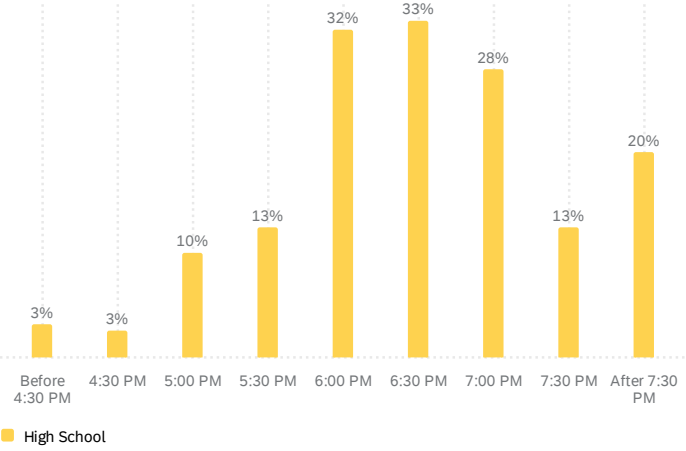
Dinner Time (select all that apply) - Junior High Parent View 510



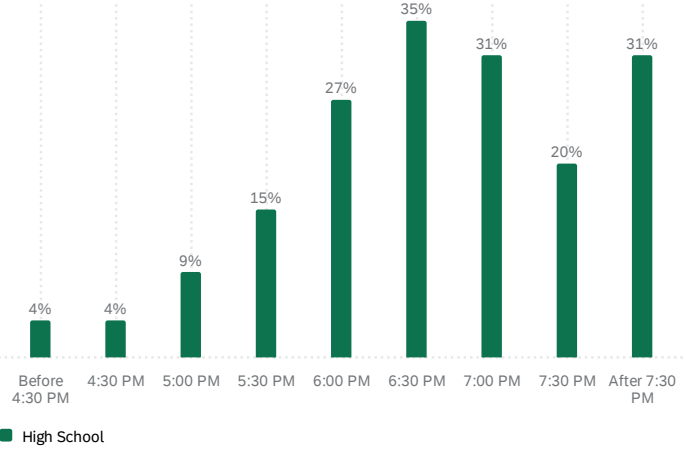
Dinner Time (select all that apply) - Junior High Students 1,084



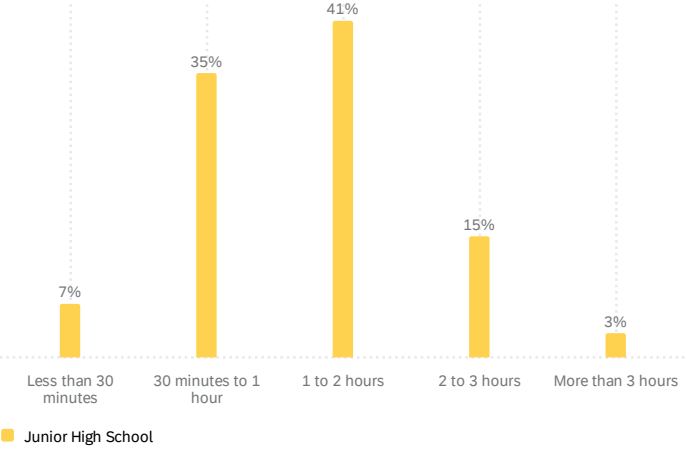
Dinner Time (select all that apply) - High School Parent View 489



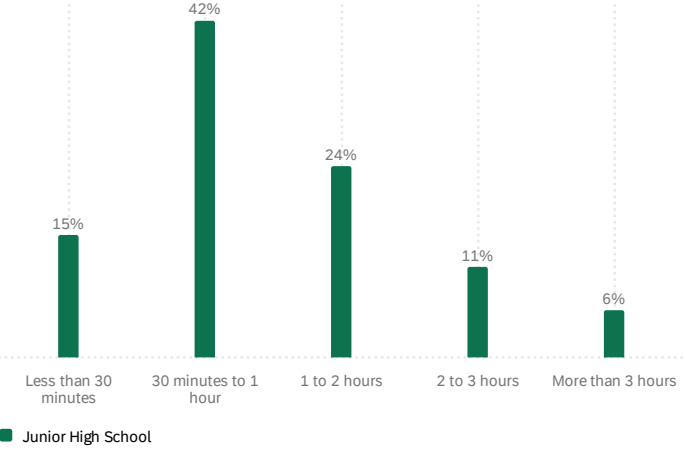
Dinner Time (select all that apply) - High School Students 1,169



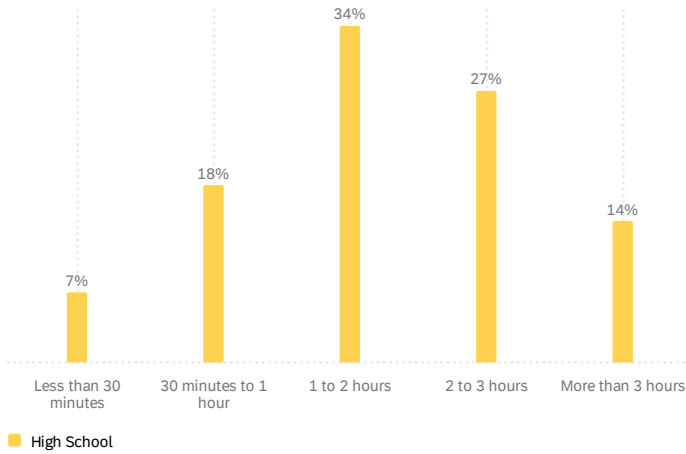
Homework Duration - Junior High Parent View 500



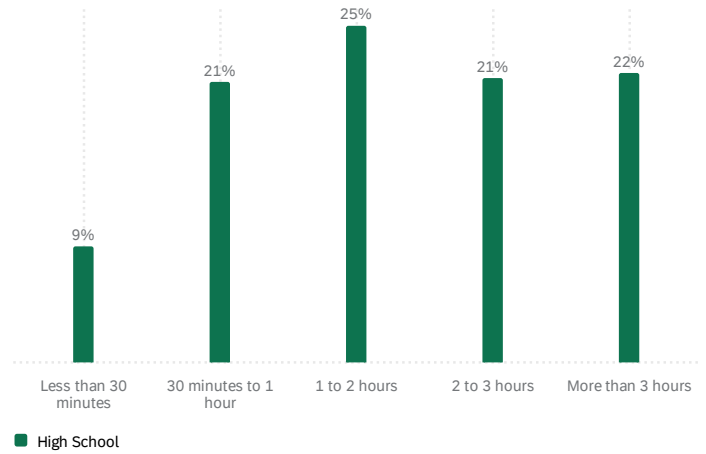
Homework Duration - Junior High Students 1,084



Homework Duration - High School Parent View 480 ⓘ ↕



Homework Duration - High School Students 1,169 ↕

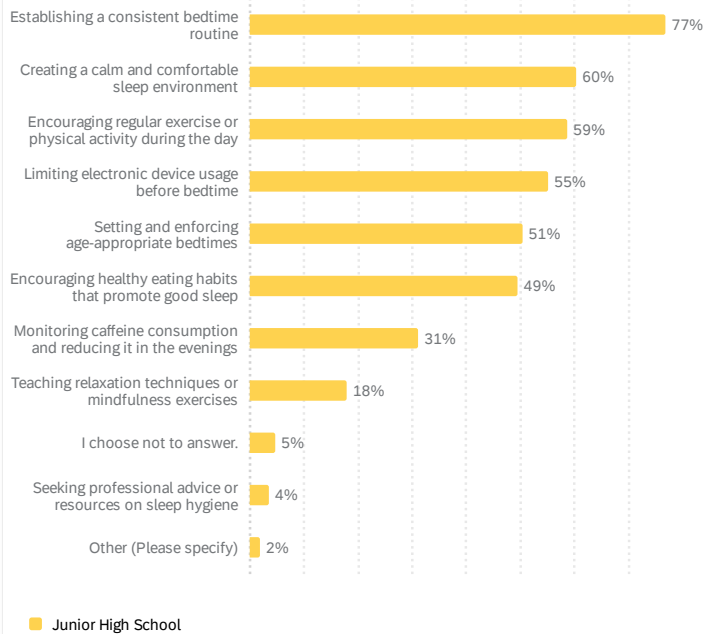


Sleep Habits

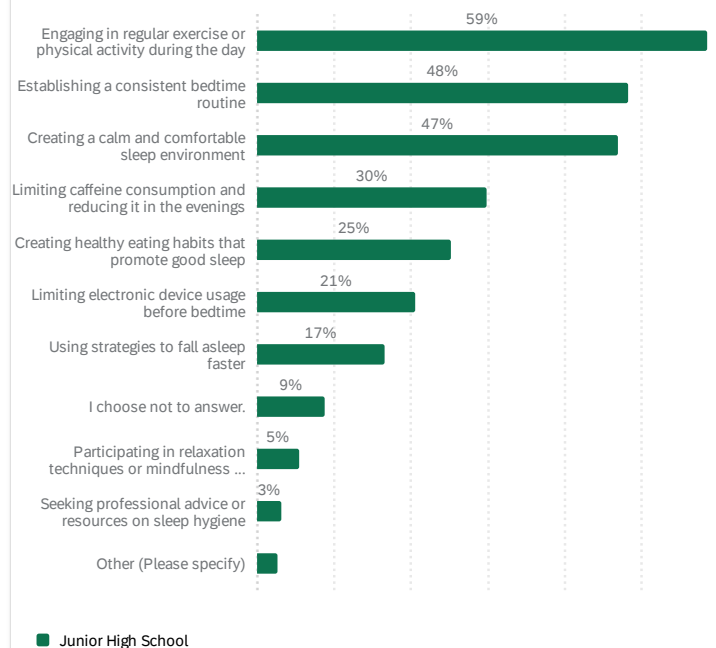
With proposed later school start times, we understand the importance of maintaining healthy sleep habits, such as regular bedtimes, a comfortable sleep environment, and avoiding screen exposure or caffeine before bedtime. Such habits will help students get the best and most restful sleep possible. How 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) - Junior High Parent View

499 ⓘ ↕

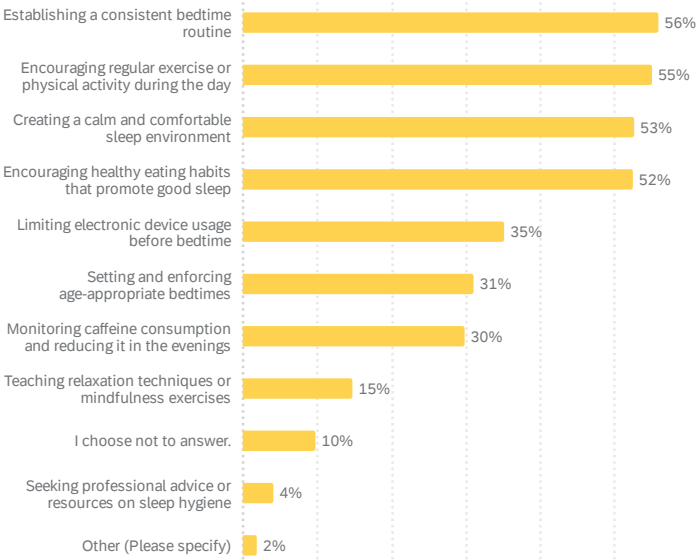


Sleep Habit Strategies (Currently Practiced) - Junior High Students 995 ⓘ ↕



Sleep Habit Strategies (Currently Practiced) - High School Parent View

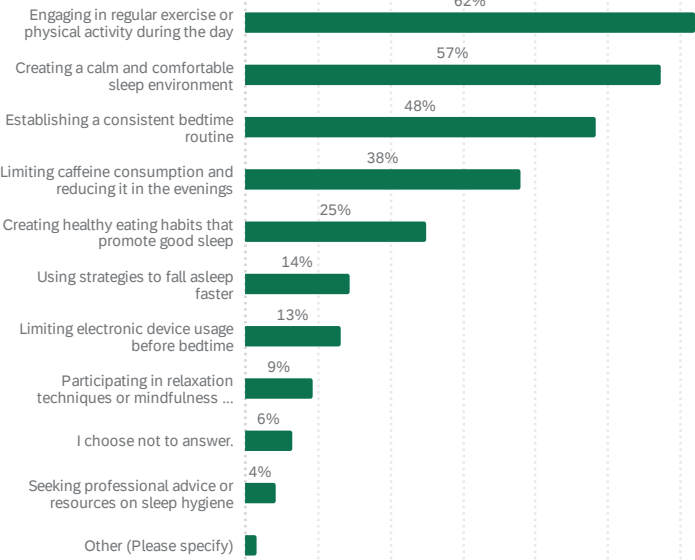
463



High School

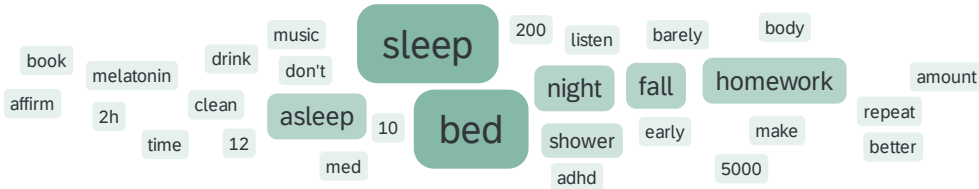
Sleep Habit Strategies (Currently Practiced) - High School Students

1,063



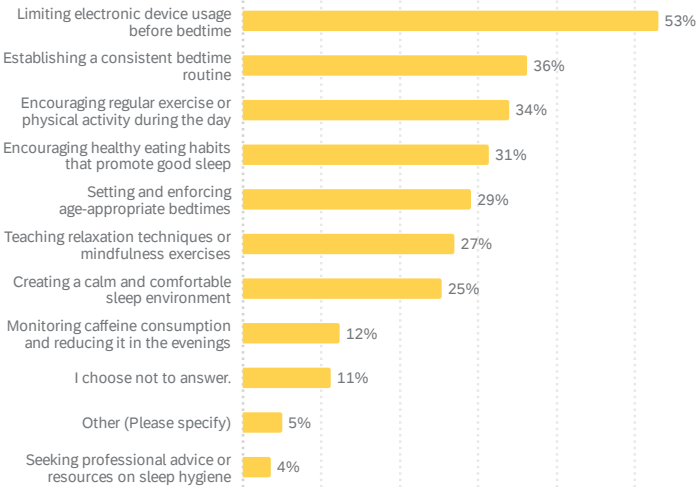
High School

Sleep Habit Strategies (Currently Practiced) - Other



Sleep Habit Strategies (Would Like to Implement in the Future) - Junior High Parent View

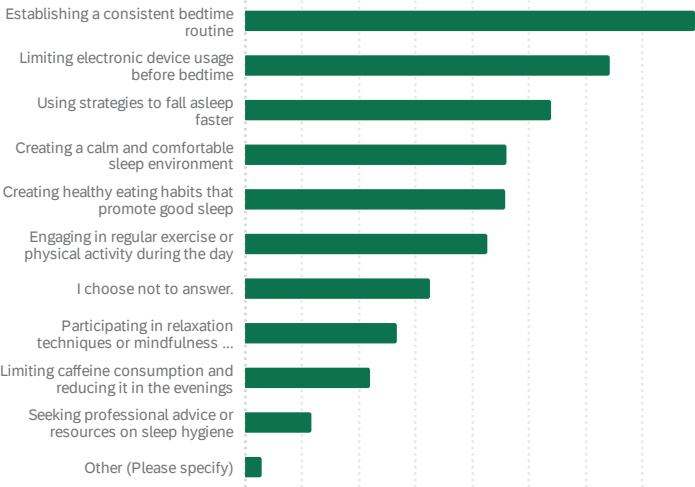
411



Junior High School

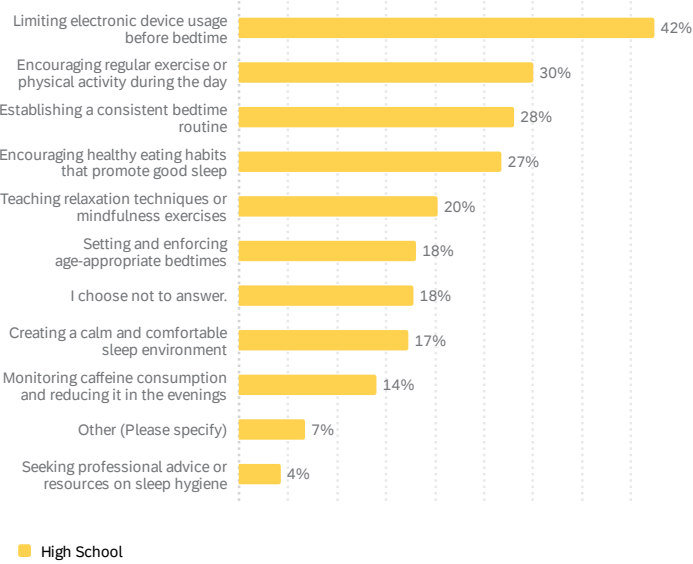
Sleep Habit Strategies (Would Like to Implement in the Future) - Junior High Students

894

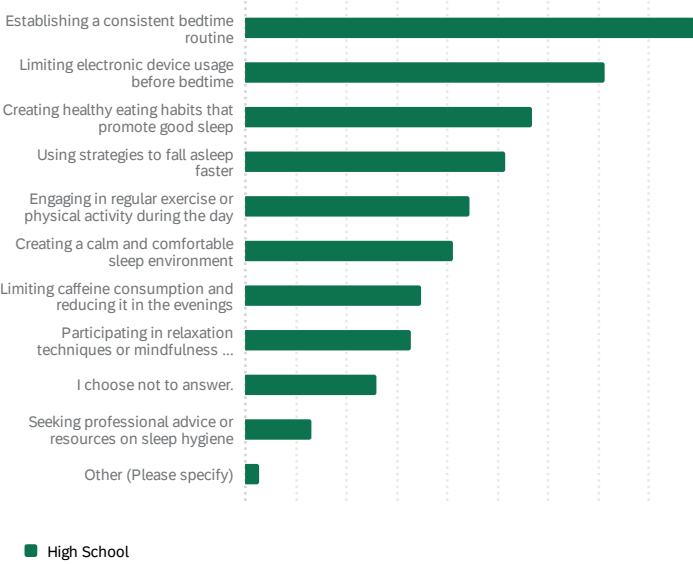


Junior High School

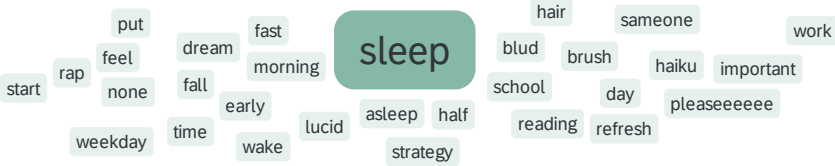
Sleep Habit Strategies (Would Like to Implement in the Future) - High School Parent View 398



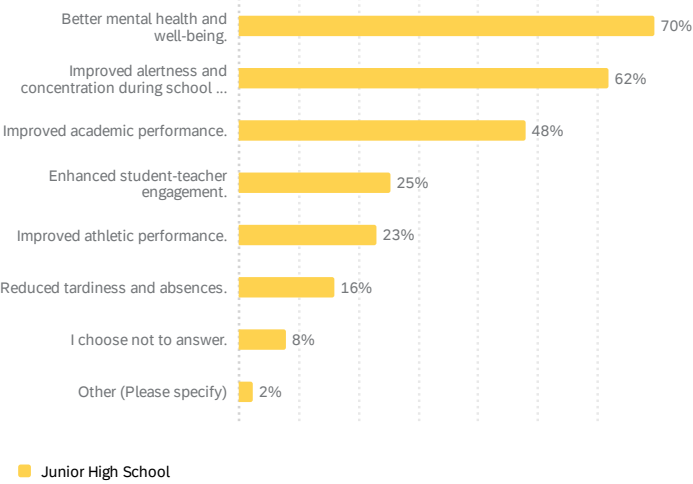
Sleep Habit Strategies (Would Like to Implement in the Future) - High School Students 974



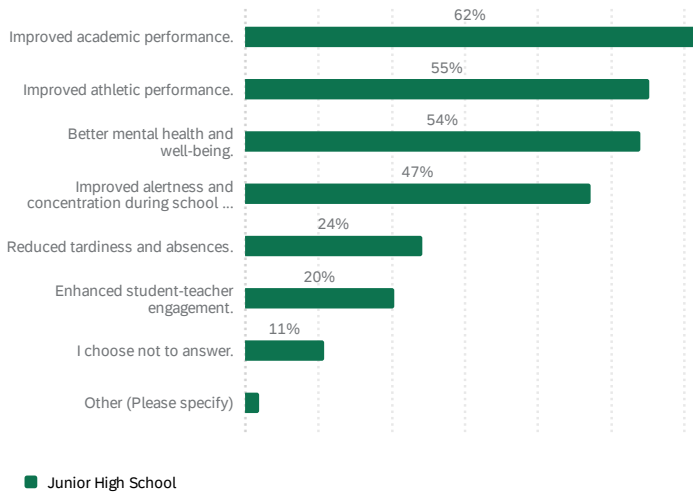
Sleep Habit Strategies (Would Like to Implement in the Future) - Other



Sleep Habit Area(s) of Improvement to Address (Select all that apply) - Junior High Parent View 510

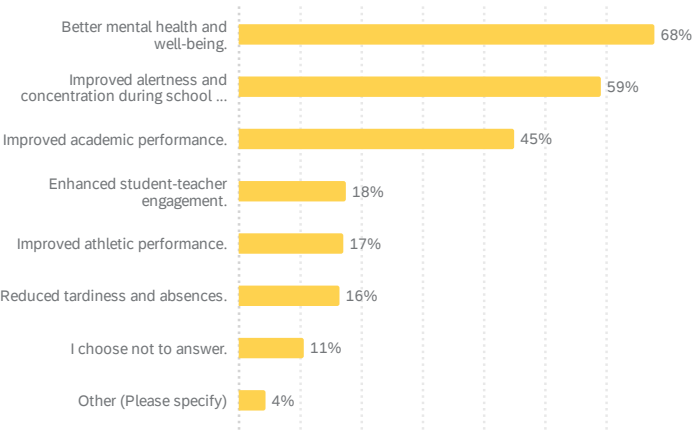


Sleep Habit Area(s) of Improvement to Address (Select all that apply) - Junior High Students 1,084



Sleep Habit Area(s) of Improvement to Address (Select all that apply) - High School Parent View

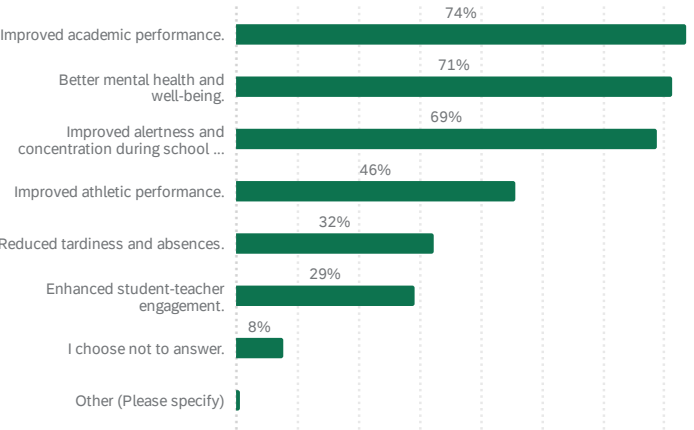
489



High School

Sleep Habit Area(s) of Improvement to Address (Select all that apply) - High School Students

1,169



High School

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

