Changing School Start Time: A Good Idea for Barrington?

Results of survey follow-up of Community Forum
Spring 2012
What was the survey asking?

- General state of sleep and activity in Barrington
- General opinion about the current start times, transportation, etc.
- General opinion about the changing school start time discussion
- General concerns around changing start times
- General guidance for future decision making
Overall numbers

- Parent/Teacher/Staff survey
  - 1245 people took survey
  - 860 parents, 139 teachers, 46 other, 78 unknown
  - 211 self identified students (filtered)

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<tr>
<th></th>
<th>Nayatt</th>
<th>Primrose</th>
<th>Sowams</th>
<th>HMS</th>
<th>BMS</th>
<th>BHS</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parents</td>
<td>126</td>
<td>168</td>
<td>101</td>
<td>261</td>
<td>319</td>
<td>393</td>
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<td>Teachers/Staff</td>
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<td>16</td>
<td>22</td>
<td>31</td>
<td>26</td>
<td>56</td>
<td>20</td>
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Teacher and staff: How do you feel about the possible start time change?

![Bar chart showing opinions of teachers and staff regarding a possible start time change. The chart includes categories for strongly in favor, in favor, no opinion/unsure, against, and strongly against. The percentages are distributed across different groups: N/PH/S teachers, HMS teachers, and MS/HS teachers.]
Student survey

106 respondents
50% BMS, 37% 9-10th, 16% 11-12th

After school sports and activities?
72% 3-5 days,
17% 1-2 days,
9% occasionally, 2% never

Concerns?
75% most concerned about effect on after school sports and activities
Parents’ perception of sleep effects:

- **Difficulty getting up?**
- **Need to “catch up” on weekends?**
- **Affect child’s function during the school year?**
- **Affect their daily activities?**
What do you think should be the most important factor(s) in the decision making process regarding possible change in starting times?
Parents: How do you feel about the possible school start time change?

- 0% Strongly in favor
- 5% In favor
- 10% No opinion/unsure
- 15% Against
- 20% Strongly against

Categories:
- N/PH/S parents
- HMS parents
- MS/HS parents
- Overall
MS/HS parents: If those concerns could be addressed....?
HMS parents: How would you feel about HMS starting earlier...for the MS and HS to start later?

How do you feel about the possible school start time change?

How would you feel about HMS starting earlier...for MS/HS to start later?
Conclusions

- Enough support from parents that the discussion should continue.

- To alleviate concerns of parents, there should be wider dispersal and discussion of:
  - actual schedule options
  - reassurance regarding overall start times
  - general information regarding research and other districts’ experiences

- Health and well-being and educational impact on children are clearly felt to be the most important determinants going forward.
  - However, most concerns are about extra-curriculars, transportation, child care, and homework.

- Addressing those logistical issues in a thoughtful and rational way would allow decisions to be made for the right reasons.
  - A structured approach to addressing these issues, to go hand-in-hand with discussions about the strategic plan and the building plans, should be developed.