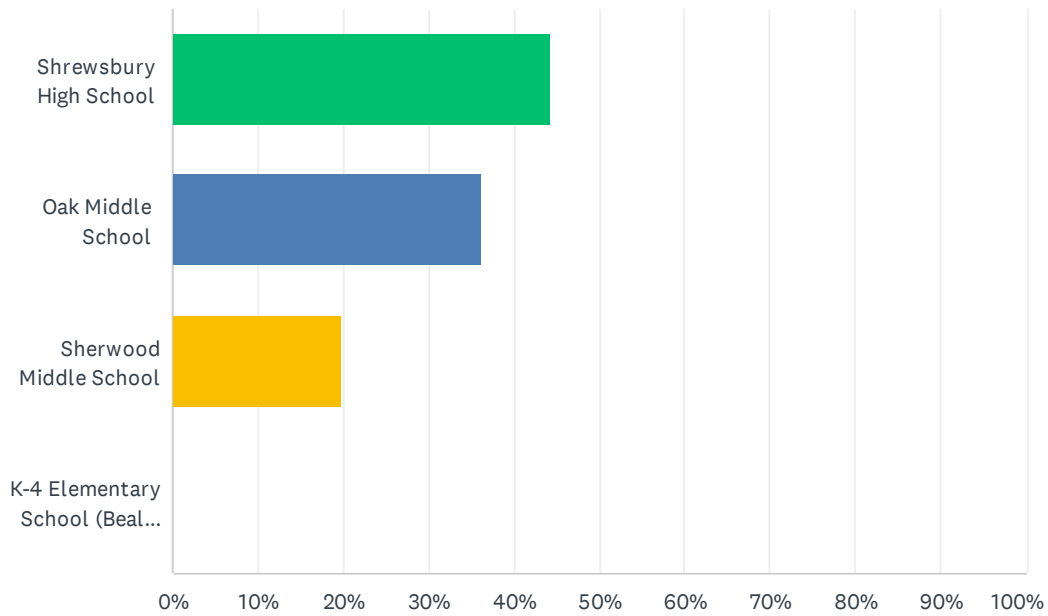


Q1 Please check the school you currently attend:

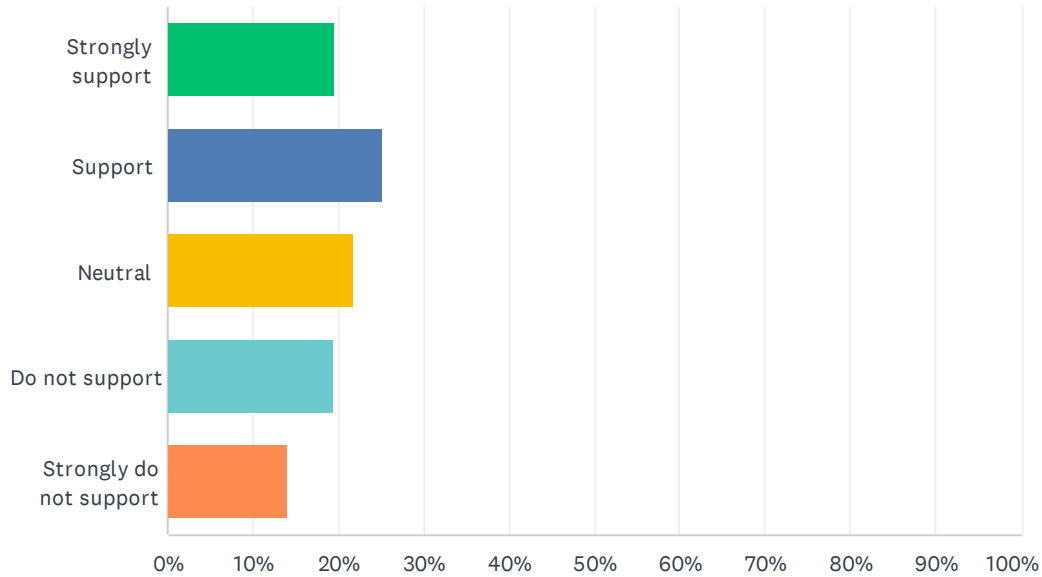
Answered: 702 Skipped: 0



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		

Q2 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



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

Q3 Please share feedback regarding why you chose this level of support for the Option A schedule.

Answered: 561 Skipped: 141

#	RESPONSES	DATE
1	This would a wonderful improvement from the current high school start time of 7:30, as it won't be as dark anymore and that extra time to sleep in the morning will make a huge difference. However, if we are implementing the change, I feel like only 25 min later wouldn't be ideal as it only allows for so much extra sleep, but changes time of dismissal anyways.	12/23/2022 2:15 PM
2	This new set time will give students more sleep so they are ready for the next day and aren't really sleepy in the first hour of school.	12/23/2022 2:09 PM
3	Because this option is not too early and not too late.	12/23/2022 10:38 AM
4	There is no guarantee that students will arrive on time because of this. I believe that since the school will start later, people will wake up later because they would develop the mentality that school doesn't start yet until 7:55 am now and the same problem will occur. Therefore, moving back, the time will not fix the problem, but cause more problems because of the later start time and the later end time (ex: after school activities).	12/22/2022 7:51 PM
5	I think the high school should start the latest, but this AT LEAST delays the start time so we can get enough sleep to just survive.	12/22/2022 3:48 PM
6	It is good to have later start times but getting out later could conflict with after school activities.	12/22/2022 12:23 PM
7	I prefer the current schedule but this is not a bad alternative. I just don't like arriving back home when the sun is setting or it's dark in the winter.	12/22/2022 11:47 AM
8	It's good	12/22/2022 10:06 AM
9	The reason I do not support Option A is because I have a lot of activities around 4:00 P.M. and since I ride a bus, I will not be able to do those activities.	12/22/2022 9:09 AM
10	I chose this because since I will be at the high school, I will get out earlier but go in earlier as well. People's activities will not be affected either. Since I will be going to the high school next year, we are only getting half an hour more of sleep, so it doesn't really make that much of a difference in my opinion.	12/22/2022 8:15 AM
11	I think that every kid needs a healthy and good sleep schedule. Most kids come into class tired with at least 20% of the students reporting this. I believe this change would benefit everyone and that changing schedules for lessons, practices, etc. would be manageable.	12/22/2022 8:01 AM
12	I think middle school could start at eight in the morning. Because then you will have a nice long rested sleep.	12/22/2022 6:40 AM
13	It isn't much of a change so it probably wouldn't help a lot	12/21/2022 11:41 PM
14	This is because I could really sue the extra sleep time	12/21/2022 9:14 PM
15	7:55 is not a bad time to start school, especially High School	12/21/2022 9:07 PM
16	I chose this because it doesn't change the order of the tiers yet gives everyone some extra sleep.	12/21/2022 8:46 PM
17	I think this option is good.	12/21/2022 3:55 PM
18	I think Option B is a better choice.	12/21/2022 1:29 PM
19	It's ok but i dont want to go home around 3:30	12/21/2022 12:13 PM
20	Because i like the normal ti e	12/21/2022 12:13 PM

STUDENT Feedback on School Start Time Options for 2023-2024

21	Don't support because it interferes with work	12/21/2022 9:45 AM
22	I get more sleep.	12/21/2022 9:44 AM
23	I chose it because I want to have more time before my siblings get home	12/21/2022 9:44 AM
24	I do think that it is good but how early would the high school students have to wake up as more sleep helps them in school but that doesn't matter if they aren't getting enough sleep.	12/21/2022 8:44 AM
25	This causes after school activities to be pushed later into the day and makes less time for homework	12/21/2022 7:54 AM
26	It makes sense but I want school to end at 2:35 still	12/20/2022 9:54 PM
27	I feel that that a start time that is 20 minutes later, than the current start time, won't be able to help students with more sleep	12/20/2022 5:55 PM
28	There is not really that much change in the schedule, so I feel that this won't be that good of an option.	12/20/2022 4:16 PM
29	I think school should start later and 30 minutes seems late enough to give us more time to get ready in the mornings, as well as not too late so that everyone would get home very late.	12/20/2022 4:08 PM
30	It is a good option and gives more time to choose, but students may start coming home late.	12/20/2022 4:07 PM
31	It ends to late	12/20/2022 1:14 PM
32	Next year I am going to be in high school and I do not want to wake up at 6 then go to school at 7 30	12/20/2022 12:55 PM
33	I want to get up earlier for middle school so I can sleep in when it's time for high school.	12/20/2022 8:36 AM
34	My start time is @ 07:35, I can barely get enough sleep and I go to bed @ 21:00, to get to the bus.	12/20/2022 8:22 AM
35	Younger kids get to start school later, which can help them sleep more and older kids start later.	12/20/2022 8:13 AM
36	You get more sleep	12/19/2022 10:31 PM
37	When I wake up in the morning I feel very tired and I feel like I need more sleep.	12/19/2022 8:51 PM
38	The reason I chose this is because I have after school things and other classes at home and also I need to finish my homework so I think it is to late for me.	12/19/2022 8:49 PM
39	I am okay with anytime	12/19/2022 8:43 PM
40	I have a lot of homework, mostly because I go to another school where I learn a different language, and making me get out of school later kinda is not good for me because I have to rush my homework and do my after school things like sports.	12/19/2022 7:27 PM
41	B I will school later	12/19/2022 7:06 PM
42	I do not like middle schools ending time as 3:00 so I do not support it.	12/19/2022 7:05 PM
43	I have many after-school activities and this schedule would not allow me to be on time.	12/19/2022 7:04 PM
44	I'm in middle school, and I feel like ending school earlier means that we have more time to do homework.	12/19/2022 6:28 PM
45	The schedule is good the way it is and I do not believe the start time of school will change how much sleep people get.	12/19/2022 6:26 PM
46	I feel that we will have a good amount of time to sleep. But at the same time, some of the after school activities will be ubstructed by some time since most of my after school activities go on from 2:30 to around 3:50, so this won't affect me so much.	12/19/2022 6:05 PM
47	I like option A because it still keeps the time of the older grades get up earlier.	12/19/2022 6:03 PM
48	It will have a ton of interference with outside school activities.	12/19/2022 5:41 PM
49	For what I see it is the same as option B so.	12/19/2022 5:36 PM

STUDENT Feedback on School Start Time Options for 2023-2024

50	Us kids really like sleep so I strongly agree with this because we get an extra hour of sleep	12/19/2022 5:20 PM
51	Now that the days are getting shorter, it is important for us to have at least a little bit of light when we get back home.	12/19/2022 4:58 PM
52	I don't support Option A because I feel like in the future when I go early and come back early for high school, it would affect my education in a bad way.	12/19/2022 4:57 PM
53	Sleep is how our (school kids of my age) bodys grow. We are in the stage of life where why grow a lot. This means we need lots of sleep time.	12/19/2022 4:31 PM
54	8:30 seems like an acceptable time for middle schoolers to start the day	12/19/2022 4:15 PM
55	The late time we get out	12/19/2022 3:28 PM
56	Allows us to get the benefits of a later start time without huge consequences.	12/19/2022 3:03 PM
57	It doesn't really affect the high schools much, especially in terms of sleep.	12/19/2022 2:00 PM
58	I like the schedule the way it is, I find this to be an inconvenience.	12/19/2022 1:47 PM
59	I like the later time	12/19/2022 1:39 PM
60	It's pointless, 20 minutes extra doesn't do anything.	12/19/2022 1:34 PM
61	It doesn't make sense.	12/19/2022 1:33 PM
62	I think that school should start an hour later, not 20 minutes later.	12/19/2022 12:44 PM
63	I don't wanna change the thing	12/19/2022 12:38 PM
64	I like that is a little bit later so we have more Time to sleep	12/19/2022 12:19 PM
65	It messes up my whole afternoon schedule	12/19/2022 10:47 AM
66	I think it helps children get a decent amount of sleep so they can preform their most exceptional work. I also think it could be a little bit earlier in all the tiers, because kids have extra curricular activities as well.	12/19/2022 10:28 AM
67	It will give all the benefits of a later start time while not pushing the end of they day back too far	12/19/2022 10:20 AM
68	I support this because everybody gets some extra sleep.	12/19/2022 10:04 AM
69	Idk	12/19/2022 9:56 AM
70	Because I want school to end early.	12/19/2022 9:47 AM
71	I feel like the students with more homework should be getting the most sleep	12/19/2022 9:47 AM
72	We have less time for our own.	12/19/2022 9:47 AM
73	I didn't	12/19/2022 9:46 AM
74	I don't like ending school later	12/19/2022 9:40 AM
75	Because it gives use more sleeping time.	12/19/2022 9:40 AM
76	Because kids won't be able to complete homework in a timely manner	12/19/2022 9:33 AM
77	I Think Sleep is very important, and the extra time in the morning to mentally prepare for school is useful.	12/19/2022 9:28 AM
78	It does not provide enough rest for high school students	12/19/2022 8:54 AM
79	I don't care	12/19/2022 8:44 AM
80	I like option A since we can go in later, but it also means we have to come out later and I have after school activities, I also want time to hang with my friends after school.	12/19/2022 8:33 AM
81	I think it's good for kids to sleep in so they can have a propped mindset for school and not a tired on	12/19/2022 8:20 AM
82	I don't want to start later because I don't want to get out later	12/19/2022 8:16 AM

STUDENT Feedback on School Start Time Options for 2023-2024

83	it's kinda pointless just makes it harder for me to get to work but i don't really care that much	12/19/2022 8:12 AM
84	Yes, I so agree with this statement	12/19/2022 8:02 AM
85	Students may not have enough time before the bus comes and that's when they are tardy for school.	12/19/2022 7:59 AM
86	High schoolers still get out at a good time and get more sleep	12/19/2022 7:58 AM
87	I like it because I don't have to wake up as early as I would have to next year.	12/19/2022 7:54 AM
88	Because everyone will be able to have slower mornings and not having to wake up at crazy hours of the morning to get ready for school.	12/18/2022 10:46 PM
89	Staying at school for 20 more minutes isn't that much of a difference from before so I would say it's fine.	12/18/2022 9:56 PM
90	High School starting 20 minutes later is optimal considering students schedules would not get pushed severely and extracurriculars would be able to still maintain their times for the most part.	12/18/2022 9:28 PM
91	My parents have work at around 8:00, and I don't think they would feel too comfortable for my sister and I to leave later.	12/18/2022 8:37 PM
92	Although students would get half an hour more of sleep, it is not a drastic change. I personally know many students wouldn't get the extra sleep anyway. I think it would benefit some students slightly and not change anything for others. I don't see any drastic benefits.	12/18/2022 8:37 PM
93	I support this option because when I go to height school in 2-3 years, I will be waking up at the same time I wake up this year. Also, I will for the next 2 years get some extra time before school.	12/18/2022 8:05 PM
94	It would give some more time in the morning	12/18/2022 7:44 PM
95	I chose this level of support because I will be getting home at around 3:30PM if I support this option, and I want to come home earlier.	12/18/2022 7:24 PM
96	Because we can sleep a little bit longer, but we don't have to sacrifice much of our afternoon.	12/18/2022 6:26 PM
97	I like the idea of starting school later, but it also means ending school later. And I have a lot extra curricular activities so that might not be as beneficial.	12/18/2022 5:40 PM
98	I really like this idea as it gives more time for high schoolers to have more time in the morning even if its not by much!	12/18/2022 1:15 PM
99	I choose option A because it gives me more time in the morning	12/18/2022 11:57 AM
100	I think started school 30 minutes late helps with more sleep.	12/18/2022 9:53 AM
101	I am a Middler Schooler, and this option gives me the opportunity to get more sleep and start the day off more fresh and more ready to learn. Another reason I considered this option is because i am going to be in middle school the next 2 years.	12/17/2022 11:11 PM
102	I feel this is a healthy amount of change in timing for school.	12/17/2022 10:41 PM
103	Due to sports and jobs after school, I much prefer just getting out at school at 2 pm.	12/17/2022 10:18 PM
104	I think option A is the much better choice because if we go to school later than we will also get home much later too. Many people have sports to attend after to school and they don't want it to get too dark. To add on, most people's brains work better early. It's good to be productive in the morning.	12/17/2022 7:23 PM
105	High schoolers are more involved with sports and jobs, and the timing of that all changes if we change the time we get out of school. I know so many students wish to not leave school any later than the already set time.	12/17/2022 7:20 PM
106	It gives me a little more time to sleep and get ready.	12/17/2022 5:20 PM
107	I am a middle schooler, and based on my experience, this schedule will allow us to get some more sleep to stay healthy and wide-awake throughout the school day.	12/17/2022 4:50 PM
108	Because I do sports in all three seasons and I want to get to practice asap	12/17/2022 2:31 PM

STUDENT Feedback on School Start Time Options for 2023-2024

109	I think the start and end time for high school is perfect for many reasons. Such as after school activity's, Homework, ect. However Elementary, and Middle school end to late for any after school activities.	12/17/2022 1:21 PM
110	Not that big of a difference	12/17/2022 1:01 PM
111	I wouldn't hate it or like it	12/17/2022 12:51 PM
112	Because i think it better to go to school at a later time so kids can learn better and understand things better.	12/17/2022 12:47 PM
113	Changing the highschool schedule by 20 minutes really isn't worth the change, especially for those who don't live particularly close to school.	12/17/2022 11:53 AM
114	While this option is not ideal, it does not dramatically affect the school schedule. Students will still have time for after school activities, homework, or jobs. There is a concern however with outside of school activities, that will NOT change their times to accommodate Shrewsbury students.	12/17/2022 10:53 AM
115	I want to sleep in more, but personally I feel like 30 minutes more of school will be hard for me. And I don't need that much time in the morning to get ready/wake myself up.	12/17/2022 10:42 AM
116	It's ok	12/17/2022 8:53 AM
117	I chose this level of support because high schoolers need more sleep than us kids do. This can effect how they perform in school and wether or not they make it to school on time.	12/17/2022 6:55 AM
118	20 minutes doesn't change much for high school students and isn't worth the schedule change.	12/17/2022 3:15 AM
119	I would like to be able to have more time to sleep or rest, but I don't want to go home that late.	12/16/2022 10:05 PM
120	Kids deserve sleep to have a better education. How do you expect students to wake up early and pay attention?	12/16/2022 10:00 PM
121	The middle and high schoolers can get around 20 to 30 more minutes of sleep with this schedule.	12/16/2022 9:37 PM
122	I chose this because it is a better option considering that a lot of people do clubs and other extracurricular activities that would get impacted by opt	12/16/2022 8:16 PM
123	High school starts very early.	12/16/2022 7:38 PM
124	People might have not related school activities at 3pm like me!	12/16/2022 7:23 PM
125	It's only a 20 minute different in sleep	12/16/2022 7:06 PM
126	I support this because I am still arriving home a bit early but I will be able to get more sleep.	12/16/2022 6:53 PM
127	Option A only gives students an added 30 minutes. That time does not change a lot and doesn't give necessary time for students to catch up on sleep etc.	12/16/2022 6:18 PM
128	I think that starting school 20 minutes later would not make as much of an impact on our sleep. If someone currently gets 5 hours of sleep, they'd only be getting an extra 20 minutes, which would not help them stay more attentive during class.	12/16/2022 5:51 PM
129	Gives more sleep to students but the middle school students might need an early drop off set up so parents can get to work.	12/16/2022 5:46 PM
130	I chose option A because then we get at least more time to sleep.	12/16/2022 5:46 PM
131	I strongly support this as it pushes schools start times by enough so that it would be easier to wake up, but also doesn't extremely delay timings for after-school activities.	12/16/2022 5:33 PM
132	I personally like the idea of starting earlier so I have more time to relax before after school activities.	12/16/2022 5:26 PM
133	I disagree because you dont need to delay middle school and elementary because they already come after school late enough and that will decrease their time at home for activit�es and homework. Only high school time is needed for delay.	12/16/2022 5:14 PM
134	I chose this level of support because I find it hard to wake up early on school days regularly,	12/16/2022 4:59 PM

STUDENT Feedback on School Start Time Options for 2023-2024

so with school starting at 8:35, I'll get a lot more sleep.

135	I would support this option because, while it only gives us a bit more sleep, we will be able to return home just 20 minutes later than normal, meaning that we will be able to have time to finish our homework. Even a little extra sleep will help us not be so tired as well.	12/16/2022 4:10 PM
136	I don't want to go to school at 8:35 and leave at 3:00.	12/16/2022 4:02 PM
137	20 min doesn't change anything	12/16/2022 3:56 PM
138	I do a lot after school	12/16/2022 3:51 PM
139	I like the current start time of 7:35 AM-2 PM.	12/16/2022 3:47 PM
140	It won't work for many people	12/16/2022 1:56 PM
141	The older you get the harder it is for you to wake up. You also have way too much homework in high school which most people barely have time to do considering people still have may sports daily. And then with a lack of sleep you'll be exhausted and wont work as well. Then you'll turn to coffee and create a habit.	12/16/2022 1:55 PM
142	I think the start time is fine and that they shouldn't be changed	12/16/2022 1:47 PM
143	I think that the start times at the moment are perfect but the 20 extra minutes is good	12/16/2022 1:45 PM
144	I get to sleep in	12/16/2022 1:38 PM
145	I think it's definitely an improvement but I feel high school should be later because teens need more sleep because of the work load and clubs and activities.	12/16/2022 1:35 PM
146	It's frustrating having to wake up that early, I often miss the bus and I find almost impossible to get from my bed everyday.	12/16/2022 1:34 PM
147	I'm perfectly fine with the current schedule, but this schedule doesn't really negatively affect me.	12/16/2022 1:33 PM
148	I want school to end as early as possible	12/16/2022 1:32 PM
149	I think option A is okay but older teenagers like to get more sleep therefore I think B would be better.	12/16/2022 1:31 PM
150	High school should start early because it helps students grow responsible and they have trouble with sleep just sleep earlier.	12/16/2022 1:27 PM
151	Would teachers still be forced to stay 30 minutes after school? If so I don't think it would be fair to teachers who have to pick up their children from other districts/ have other business to attend to. It also wouldn't leave as much time for extracurriculars and other related things like work which wouldn't be fair to students who provide for themselves. Overall it's not to big of a change so it may not cause much issue but i don't know if it is worth it with them effort to result ratio.	12/16/2022 1:25 PM
152	I prefer option A because I do not like sitting home alone when I get off of the bus.	12/16/2022 1:20 PM
153	We get to sleep in a little more and hope that students aren't as as tired when they are right now.	12/16/2022 1:12 PM
154	Just shifting time for no reason	12/16/2022 1:02 PM
155	20 minutes is not that big of a change	12/16/2022 1:01 PM
156	It isn't as different as the current schedule. But pushing the starting time pushes the ending time, which affects sports, jobs, and extracurriculars.	12/16/2022 1:01 PM
157	i'm losing my afternoon time :(12/16/2022 1:01 PM
158	This one is very good	12/16/2022 1:00 PM
159	It's really similar to our current schedule	12/16/2022 12:59 PM
160	I feel as though option A is too late and will make us have less time to do homework and after school activities.	12/16/2022 12:53 PM
161	I do not want any change to the schedule as I am so used to it.	12/16/2022 12:48 PM

STUDENT Feedback on School Start Time Options for 2023-2024

162	I don't think changing start times by 20 minutes will change much	12/16/2022 12:43 PM
163	I prefer this smaller adjustment of time in the morning, although it will still affect students who have after school activities, it is better to adjust to a small change than a greater one (one changed by an hour or more). It also gives us the sleep we need, without cutting into our afternoon too much.	12/16/2022 12:37 PM
164	I like the current times, these go too late. I like high school starting earlier	12/16/2022 12:23 PM
165	Changing the start time by 20 minutes wouldn't do anything	12/16/2022 12:23 PM
166	It's pretty good but not a big difference.	12/16/2022 12:23 PM
167	I would rather keep the times they way they are currently.	12/16/2022 12:08 PM
168	It starts too late and ends too late	12/16/2022 12:05 PM
169	I like the time now and I don't want to have practices later	12/16/2022 11:57 AM
170	Because I think we should start earlier so we get out of school at like 2:20 which makes it better for my schedule	12/16/2022 11:45 AM
171	Because I would rather come to school earlier	12/16/2022 11:45 AM
172	Because I would rather go early to school than come home late	12/16/2022 11:44 AM
173	I like getting out early	12/16/2022 11:37 AM
174	I NEED SLEEP	12/16/2022 11:33 AM
175	It will just give kids an excuse to go to bed even later	12/16/2022 11:33 AM
176	I think that high school students wont even be benefiting with more sleep cause they will just stay up later	12/16/2022 11:31 AM
177	The start time is a little later but we don't need to exist the leave time much for jobs	12/16/2022 11:23 AM
178	I think that that is a good time to start and to end but maybe a little earlier of an end time.	12/16/2022 11:23 AM
179	It's not going to solve the issue of getting more sleep, this just pushes back things like daylight savings time. And it causes more issues with how kids get to school	12/16/2022 11:19 AM
180	I like the time the day starts but the day ending at 3:00 is so not for me. Some of my practices are around 3:40-3:30 and that is not enough time. I think we should stay with our regular time or use that starting time and change the ending time to 2:00.	12/16/2022 11:15 AM
181	I just like to get school done as early as possible so I have more time to do whatever I want in the afternoon	12/16/2022 11:13 AM
182	I don't really agree because of right now waking up for school is really annoying and aggravating and I'm in 8th grade so next year it would probably be better for mercy for these next five years.	12/16/2022 11:13 AM
183	It's not a huge change but it's better than getting out of school at 3.	12/16/2022 11:07 AM
184	Because I usually wake up during that time and I feel fresh during that time	12/16/2022 11:04 AM
185	I think the times now are fine.	12/16/2022 11:00 AM
186	High school is too early for them being older	12/16/2022 10:59 AM
187	It's a good schedule and we could be more awake	12/16/2022 10:58 AM
188	It is a good schedule but there is less time to do things in the afternoon.	12/16/2022 10:52 AM
189	Kids will still be getting the same amount of sleep because our activities will be getting pushed back.	12/16/2022 10:50 AM
190	Keep the same time	12/16/2022 10:44 AM
191	Its not much of a diference	12/16/2022 10:44 AM
192	I'm gonna be in high school and I need more sleep than that.	12/16/2022 10:34 AM

STUDENT Feedback on School Start Time Options for 2023-2024

193	I will be in High School and it's only a 20 minute difference which won't really help	12/16/2022 10:33 AM
194	I think that setting the time back a little will benefit everybody and allow more sleep for students.	12/16/2022 10:31 AM
195	It's only 20 mins this is not going to do anything	12/16/2022 10:30 AM
196	I'm going to be in the high school next year and I think that we should get out of school earlier	12/16/2022 10:27 AM
197	I would rather leave school earlier, and I'm fine with getting up early.	12/16/2022 10:27 AM
198	Me no like to wake up early. Better for older kids.	12/16/2022 10:27 AM
199	Kids have things after school it will affect their after school activities	12/16/2022 10:26 AM
200	It is not much of a change for Oak.	12/16/2022 10:24 AM
201	I like this option because it allows all grade levels to sleep a little longer. Sleeping longer will reduce the chances of us developing mental illnesses.	12/16/2022 10:21 AM
202	A 20 minute start time difference will make no significant difference in the amount of sleep I get.	12/16/2022 10:04 AM
203	Not late enough for high school, as they need the most sleep.	12/16/2022 9:58 AM
204	I like that as it doesn't have a HUGE impact on after-school activities but gives us more time to sleep in the mornings.	12/16/2022 9:57 AM
205	I chose support because i like this idea	12/16/2022 9:44 AM
206	High school students need more time to sleep	12/16/2022 9:44 AM
207	Not terrible	12/16/2022 9:39 AM
208	I like the times because I am always tired at school.	12/16/2022 9:28 AM
209	I think I need more sleep in the morning, and so I don't have to rush to get ready everyday.	12/16/2022 9:27 AM
210	We should not change the schedule we already changed it enough if you done sleep enough just go to bed when we. Are older we're going to have to wake up for our jobs anyways so why not prepare us now also after school jobs will be affected by this time and parents who need to pick up. There kids	12/16/2022 9:23 AM
211	I like it because it gives an extra little 20 minutes to get ready for the day, but I feel like I'm going to be just as tired waking up 20 minutes later... so I'm not the biggest fan	12/16/2022 9:22 AM
212	ending at 3 is too late	12/16/2022 9:21 AM
213	I am going into highschool next year and I want to get out earlier so I have more time for sports, homework, and eventually if I get a job.	12/16/2022 9:19 AM
214	This is the schedule that people I would not recommend, because it is leaving later and coming back later.	12/16/2022 9:17 AM
215	It's a nice option and its not that big of a difference that before	12/16/2022 9:16 AM
216	It may delays the high school slightly.	12/16/2022 9:14 AM
217	I don't like it, first the lunch now the start time of school? No please 7:30 is fine	12/16/2022 9:14 AM
218	Because I like getting out early if not staying the same	12/16/2022 9:09 AM
219	I honestly want to come home earlier so I have more time during the day to hang out with friends, do activities, and my homework, of course.	12/16/2022 9:06 AM
220	I don't support this because I want middle to be tier 1 and end earlier	12/16/2022 9:05 AM
221	I think it's good	12/16/2022 9:02 AM
222	I like it but I think middle school should start first and high school later because V.	12/16/2022 9:02 AM
223	I think it's good but it might interfere with some after school activities	12/16/2022 9:02 AM
224	I chose Option A because we get more sleep, and option B is the same. We get more time to	12/16/2022 9:00 AM

STUDENT Feedback on School Start Time Options for 2023-2024

	rest at home, and we still get the learning time at school we need.	
225	It is only 20 minutes its not going to make a difference. Might as well keep it the same.	12/16/2022 9:00 AM
226	I am always really tired in the morning this would let me get more sleep!	12/16/2022 9:00 AM
227	I am neutral Option A because I will have more sleep, but the problem is that we will have to stay at school longer.	12/16/2022 8:56 AM
228	I dont like obtain A because its going to start a little late like feels like elementary school and i know i will get more sleep. But school will end later though.	12/16/2022 8:55 AM
229	High school students need the most sleep.	12/16/2022 8:55 AM
230	Well we do get a much bigger sleep that's why I went for strongly support but the thing is that we have to stay in school for more time but it wont affect our sleep so I am going with option A.	12/16/2022 8:55 AM
231	Because I get more sleep time.	12/16/2022 8:54 AM
232	I think some people are busy so they have to do their homework at night and that takes away their sleep time, so maybe just put in a little extra minutes so kids can get their good nights sleep. Also, in high school, everyone stays up late doing LOTS of homework, so they can wake up late.	12/16/2022 8:54 AM
233	I like going to school earlier and getting out later so then i have time to relax after school and my family has a tight schedule so it would mess our plans up	12/16/2022 8:54 AM
234	Ending earlier	12/16/2022 8:54 AM
235	I like to get out earlier	12/16/2022 8:54 AM
236	I picked option A because I need more sleep and time to get ready.	12/16/2022 8:54 AM
237	I chose to strongly support Option A because I think that kids should get more sleep, and as they progress up, they should have school a little earlier.	12/16/2022 8:53 AM
238	I chose not to do option A because kids will have less time to do homework and they might have other after school activities like sports.	12/16/2022 8:53 AM
239	It's just a little later but I think it will go a long way for sleep. Also it makes the high school time start the same as middle school currently which will make it easy to transition.	12/16/2022 8:53 AM
240	I like how the high school time was pushed forward.	12/16/2022 8:53 AM
241	Because i want to get out of school early	12/16/2022 8:52 AM
242	Because if I wake up to early I can't focus properly	12/16/2022 8:52 AM
243	It would not make a difference.	12/16/2022 8:52 AM
244	I am neutral with option A because I do not think it's a bad idea, I just strongly prefer getting dismissed earlier so I have more time to complete my homework.	12/16/2022 8:52 AM
245	I don't support it because it is too late and I don't want to stay here for long time.	12/16/2022 8:52 AM
246	I felt that when I woke up early I felt much better.	12/16/2022 8:52 AM
247	The options are ok, there just too early.	12/16/2022 8:51 AM
248	It is too late for my schedule.	12/16/2022 8:50 AM
249	its nice getting more sleep especially because i barely get sleep most times	12/16/2022 8:49 AM
250	Honestly though id appreciate the extra 10- 15 minutes of sleep the end time doesn't really work for most kids who have after schools including myself	12/16/2022 8:48 AM
251	Gives us a good level of extra sleep while leaving school early and not super late as well.	12/16/2022 8:47 AM
252	Gives a little more time in the morning and we don't get out too late. 20 min doesn't do much though.	12/16/2022 8:46 AM
253	Because it's not my favorite but it's still change	12/16/2022 8:45 AM

STUDENT Feedback on School Start Time Options for 2023-2024

254	I don't want to leave school late because it messes up everything	12/16/2022 8:44 AM
255	Starting 20 minutes later wont have any benefits towards sleep schedules. It should just stay as it is, because now we are getting out 20 minutes later.	12/16/2022 8:43 AM
256	High school sports will not be delayed to later at night, there is more time for extracurricular activities.	12/16/2022 8:41 AM
257	I don't want school to end later because I personally along with many others have complications after school that conflict with the timings.	12/16/2022 8:40 AM
258	I think that 20 minutes of more sleep in the morning will definitely be more helpful and won't mess up after school activities too much.	12/16/2022 8:40 AM
259	If we have to change this is the best option	12/16/2022 8:40 AM
260	Even though it's pushed back, the high school still starts early enough to cause sleep problems.	12/16/2022 8:40 AM
261	A 20 minutes difference doesn't change things to much	12/16/2022 8:38 AM
262	Option A can not guarantee kids will get more sleep. Teens who need the sleep could just go to bed later knowing school starts later, and not take advantage of this opportunity. It will also push sports and change bus times.	12/16/2022 8:38 AM
263	We don't get out too late from school	12/16/2022 8:36 AM
264	I want to get more sleep.	12/16/2022 8:35 AM
265	I like it but what about sports and activity's that start at three	12/16/2022 8:35 AM
266	To early	12/16/2022 8:34 AM
267	I want to keep it the same	12/16/2022 8:34 AM
268	Because I have three other siblings in the house and getting all of them ready and out the door. That would give more time to get ready for school for larger family's	12/16/2022 8:34 AM
269	It is good to have 20 mins extra of sleep and it's not too much of a change so most sports and jobs wouldn't be harmed	12/16/2022 8:27 AM
270	Based on the studies showed previously, a fraction of the change in start times would translate to the average increase in sleep, so this would only increase sleep by 10 minutes. I don't think that would do anything, but would still make it slightly more challenging to hold sports after school.	12/16/2022 8:27 AM
271	I want to get out of school more earlier. Why not go early and just get school over with.	12/16/2022 8:24 AM
272	It will throw off my after school activity's	12/16/2022 8:22 AM
273	Little difference for middle school time to start.	12/16/2022 8:22 AM
274	I would like to keep the start times the same	12/16/2022 8:21 AM
275	High schoolers need more sleep.	12/16/2022 8:19 AM
276	I think we definitely need more sleep to do well with our work I am personally going to high school next year and I think it will be difficult to do quaility work next year if we start later.	12/16/2022 8:19 AM
277	This will be good for sleep schedule but not good for after school.	12/16/2022 8:19 AM
278	I do not like that time	12/16/2022 8:19 AM
279	Good but not the best	12/16/2022 8:18 AM
280	I enjoy the idea because we can get more sleep in the mornings	12/16/2022 8:18 AM
281	Because we will get to sleep longer	12/16/2022 8:17 AM
282	Because it impacts extracurricular activities that are just after school.	12/16/2022 8:17 AM
283	This good idea	12/16/2022 8:17 AM
284	I think it will be better	12/16/2022 8:16 AM

STUDENT Feedback on School Start Time Options for 2023-2024

285	I need to get home early for my classes	12/16/2022 8:16 AM
286	I don't want to stay at school later	12/16/2022 8:16 AM
287	I need more sleep	12/16/2022 8:16 AM
288	I want to get home early	12/16/2022 8:16 AM
289	No	12/16/2022 8:15 AM
290	It allows students to get in a little more sleep without offsetting their entire schedule.	12/16/2022 8:15 AM
291	After school subjects need to change	12/16/2022 8:15 AM
292	I don't really agree with school starting later because we would leave school later too.	12/16/2022 8:15 AM
293	This is a reasonable schedule , not much changing.	12/16/2022 8:15 AM
294	I like option A more.	12/16/2022 8:15 AM
295	Because	12/16/2022 8:14 AM
296	I get tiered in the morning so i want to wake up a little late like at 8:00 and i think school should start at 9:00	12/16/2022 8:14 AM
297	The high school kids shouldn't have to wake too early because of the stress	12/16/2022 8:13 AM
298	I chose this level of support for option A because I would not mind if the schedule were to be switched like this.	12/16/2022 8:12 AM
299	If school ends at 3:00 I am probably going to get home at 4:30	12/16/2022 8:12 AM
300	It's a little more time in the morning but we still get out early	12/16/2022 8:12 AM
301	You would just stay up later and wake up early.	12/16/2022 8:11 AM
302	I believe that changing the schedule won't make teens sleep longer they will go to bed later and still be tired because the main issue is the time you go to bed. People have jobs and by making the afternoon longer will make it more difficult and less afternoon time to do homework. Which will make less productivity in school	12/16/2022 8:11 AM
303	I get home at 3:00 on the bus at Sherwood and that means i would get home at 4. I want to get out at 2:30 like every day so i do not support	12/16/2022 8:10 AM
304	We need more sleep	12/16/2022 8:10 AM
305	I don't think it will be effective because I know a lot of people who's jobs start at 2:30 and if they can't do that time anymore, then they will be in danger of losing their jobs. Most people need those jobs not only for themselves but some help their families too.	12/16/2022 8:09 AM
306	I Chose This Level Of Support For Option A Because I Won't Have To Rush When I Go To School.	12/16/2022 8:09 AM
307	It doesn't change much but it allows for more sleep.	12/16/2022 8:08 AM
308	I Don't like it	12/16/2022 8:08 AM
309	This option gives us more time to sleep and during dismissal it won't be so dark outside, we will also have time to do any afternoon activities and homework.	12/16/2022 8:07 AM
310	I don't want to get out later but at the same time I definitely want to sleep in later. I want the extra sleep time. I support this but I also don't love getting out 40 minutes later.	12/16/2022 8:07 AM
311	I think High school is good, but I also think Middle School and Elementary should get out earlier.	12/16/2022 8:06 AM
312	If the high school starts at the same time as the middle school does now, it means that I won't have to change my schedule when I go to high school next year.	12/16/2022 8:06 AM
313	I think that starting school 20 minutes later does not give students much of a sleep advantage. It really does not make a difference. Also, when schools get out at 2:20, everyone is going to rush out of the parking lot, when it already takes so long to get out, and Saint Johns gets out at 2:15, so we will get stuck going up that hill because all of Saint Johns will be getting out.	12/16/2022 8:05 AM

STUDENT Feedback on School Start Time Options for 2023-2024

314	It's better than the current schedule but it's not better than option B.	12/16/2022 8:05 AM
315	This gives more time to do extra curricular activities in high school which is important to get into college.	12/16/2022 8:04 AM
316	It would change much i would get up at same time even if i do get up late 20 mins isn't going to do anything	12/16/2022 8:04 AM
317	maybe some of us have a job this sucks	12/16/2022 8:02 AM
318	The older you are, the more tired you are when you wake up, I feel that high school should start the latest.	12/16/2022 8:01 AM
319	Because I have sleep deprivation.	12/16/2022 8:01 AM
320	It seems the most effective without messing too much time up. 2:20 sounds like a good time to end the day.	12/16/2022 8:01 AM
321	It's the same as now? I think its a bit too late for elementary.	12/16/2022 8:00 AM
322	Longer time to sleep	12/16/2022 8:00 AM
323	Because I feel that's the perfect time for school to start! And we'd like go like 40 of extra minutes!	12/16/2022 8:00 AM
324	I don't want to change the schedule we have	12/16/2022 7:59 AM
325	It should start at 8 40	12/16/2022 7:59 AM
326	I get more sleep	12/16/2022 7:59 AM
327	People have things to do after school, people need to have that time for there plans. School has to end at 2.	12/16/2022 7:58 AM
328	It's okay, but compared to option B i would choose B	12/16/2022 7:56 AM
329	There's not much of a difference and we still have to wake up around the same time.	12/16/2022 7:55 AM
330	It would allow SHS students to get more sleep, but in my opinion still not enough.	12/16/2022 7:55 AM
331	I have after school activities at 3.	12/16/2022 7:55 AM
332	This time change is so small why bother. I like the time school starts now. If we get out at 2:20 I would actually not get home until way later because this is the same time that St. John's gets out and I have to get through all that traffic to get home and to my job. I can not be late coming to my job or getting home.	12/16/2022 7:54 AM
333	School will be over sooner, but kids will have trouble waking up	12/16/2022 7:54 AM
334	There is no point in changing the start and end times. We will still get the same number of sleep, and still be tired. We as teenagers need to know how to manage our time as we approach becoming independent adults.	12/16/2022 7:52 AM
335	The school time doesn't need to change!	12/16/2022 7:51 AM
336	The actual schedule is so great. If possible do not changer	12/16/2022 7:51 AM
337	Its not that much of a difference but then we'd babe to get out later. Id rather keep the current schedule that we're all used to	12/16/2022 7:50 AM
338	I just think starting school 25 minutes later will not make a difference at all for the High school all it does is make kids get out of school later which could interfere with after school jobs and sports that kids have. I don't think we should change the times.	12/16/2022 7:50 AM
339	I selected my answer because I want school to start at the same time and not be changed.	12/16/2022 7:49 AM
340	I don't think we should change the schedule at all	12/16/2022 7:44 AM
341	It is later than currently which would help me with my sleep schedule.	12/16/2022 7:42 AM
342	I'm fine with this but I don't think 20 minuets will make too much of a difference.	12/16/2022 7:42 AM
343	Doesn't make much of a difference for high school students	12/16/2022 7:40 AM

STUDENT Feedback on School Start Time Options for 2023-2024

344	I think the time should not change	12/16/2022 7:39 AM
345	It doesn't make any sense to change the time by 20 mins	12/16/2022 7:38 AM
346	Because people have after school activities and if a parent has kids who are at different schools, it is hard to get different people to the places	12/16/2022 7:37 AM
347	I think 8 is too early and it won't make much of a difference	12/16/2022 7:31 AM
348	As a student at SHS, I find myself constantly tired or unable to wake up efficiently in the morning in order to go to school. A later start time would greatly help me to get more sleep, even if it's only an extra 20 minutes.	12/16/2022 7:30 AM
349	Pushing back the school schedule in general is not worth the extra minutes of sleep, because people with already strict schedules will have to push everything back.	12/16/2022 7:29 AM
350	This starts too late, even though it's only 20 minutes. Plus, all of us athletes now have to be up later at night because of practice and homework.	12/16/2022 7:24 AM
351	Because I like the fact that I can wake up a little later.	12/16/2022 7:24 AM
352	We are still able to end school with a good amount of time in the afternoon	12/16/2022 7:23 AM
353	20 min won't make a huge difference	12/16/2022 7:21 AM
354	I like the later start time but would prefer the greater start time change from the other schedule.	12/16/2022 7:18 AM
355	I think that there will still be time to get homework done but we also get more sleep.	12/16/2022 7:15 AM
356	Because I can get some more sleep	12/16/2022 7:07 AM
357	I'm kinda in the middle. I don't really know	12/16/2022 7:06 AM
358	I usually get almost enough sleep, so postponing the start time by 30 minutes would help me get slightly more sleep. However, if the schedule was adjusted, it might be good to have an even later starting time.	12/16/2022 7:05 AM
359	It has the least impact. And I think it's good to start slow to see how it goes.	12/16/2022 6:57 AM
360	I support this schedule because we get an extra 30 ish minutes to sleep and school ends at a reasonable timr	12/16/2022 6:50 AM
361	I personally don't think we should change the school times but this only 30 minutes later so it's not as bad.	12/16/2022 6:49 AM
362	I really don't like waking up really early to go to school but this option is a little better for me.	12/16/2022 6:38 AM
363	A good balance of more sleep and not delaying extracurriculars too much	12/16/2022 6:34 AM
364	Lesser of two evils. I don't want school to be pushed back at all, because everyone who gets enough sleep shouldn't have to be in school later in the day because others like to stay up late. This schedule would not mess too much with extracurricular activities, and that's something some people clearly aren't considering when supporting option B.	12/16/2022 6:29 AM
365	I belive the middle and high should sleep more than elemnetry as they have nothing to do and it's much easier to fit in. But either way I like option a since we get to sleep a bit more.	12/16/2022 6:26 AM
366	Students only get a little more sleep. Even though it's helpful I feel as though more could be done	12/16/2022 6:15 AM
367	I have extra classes and sports after school. I already come home late. If the school makes the day even longer, I will probably go home at 7. Which causes me to have less than an hour to do my homework, which isn't enough! I might have to stay up even after doing things at home and will mostly get even less sleep than I am already getting. I strongly do not support this idea.	12/16/2022 1:50 AM
368	What does 25 extra minutes do to our sleep? We are going to wake up at the same time nonetheless but we are just going to lay in bed longer.	12/16/2022 12:35 AM
369	High schoolers and middle schoolers can get more sleep while still not leaving school too late.	12/16/2022 12:00 AM
370	Many students in middle school have sports and other activities directly after school and would	12/15/2022 11:58 PM

STUDENT Feedback on School Start Time Options for 2023-2024

	be difficult to make it	
371	Ends earlier which means more time to do things during the day	12/15/2022 11:53 PM
372	High school is too early	12/15/2022 11:52 PM
373	I strongly feel that even a small change in the school district schedule can already improve students performances	12/15/2022 11:43 PM
374	It keeps the school opening times in the same order so that high schoolers get out earlier than the rest of the schools.	12/15/2022 11:37 PM
375	I'll be graduating next year, however giving high schoolers more time to sleep would be good.	12/15/2022 11:35 PM
376	There is little to no change in the amount of time students can gain sleep and the timings for when class ends is not a good number. At this age, everyone has phones so it makes sense in a place where everyone has the time to end on a good number.	12/15/2022 11:32 PM
377	highschool students get more sleep which is needed	12/15/2022 11:17 PM
378	The starting times are still very early and it doesn't improve sleep times.	12/15/2022 11:14 PM
379	We get more sleep. Most of my mornings are so dull because of tiredness, even when it's sunny. If it rains or it's dark out, it makes it 100x harder to get up. With more sleep, I feel even if the day is gloomy, we will be brighter, better students. Plus, who doesn't want a better mood in the morning?!?	12/15/2022 10:59 PM
380	I don't have a option really, if I'm gonna be honest	12/15/2022 10:56 PM
381	I think I'll be able to get many more hours of sleep	12/15/2022 10:46 PM
382	I think that 5th graders who sleep late by accident (like i have done on many occasions) are under stress to wake up early and go to school, so I support that they should be able to wake up and hour or so later and get the rest they need.	12/15/2022 10:44 PM
383	I prefer school starts a bit more early like how it is at the moment. If school starts a bit more late, students will take advantage and stay up later. They will also get less time on homework, so it'll be hard to manage. I think the times should stay the same, which is why I support option A, but I would very much likely support the times that the school is currently going through.	12/15/2022 10:37 PM
384	I feel this option can meet many of the schools start time needs but I feel the high school time should be a little later.	12/15/2022 10:33 PM
385	The time change isn't as long as I would want, but the end time is good so it seems fine.	12/15/2022 10:23 PM
386	Due to my own personal schedule this would greatly increase my sleep time and help me focus mentally	12/15/2022 10:20 PM
387	The high school only ends 20 minutes later, so my schedule won't be affected too badly.	12/15/2022 10:18 PM
388	It's because we get less sleep.	12/15/2022 10:17 PM
389	It gives people who need more rest more time to rest.	12/15/2022 10:17 PM
390	We'll be starting school 20mins later which means 20mins of my afternoon is taken away which isn't as big of an impact as starting an hour later, I can only get my homework done from when school ends to 3, then I go to practice and have no time for anything else, 20mins won't impact my homework as much because I'll still have 40mins to do work, if school ends at 3 I will have no time to do homework and will cause more sleep issues because I'll be up all night trying to finish it.	12/15/2022 10:16 PM
391	High school needs to be later	12/15/2022 10:16 PM
392	I very much value my sleep and would love to have school start later. I do support this option, but I'd rather have option B put in place for optimal benefits.	12/15/2022 10:14 PM
393	I find no point in only having 20 extra minutes, i would rather loose 20 minutes of sleep so i can get out at 2 and have time to do homework and sports.	12/15/2022 10:08 PM
394	I chose neutral because as a middle school student I feel school starting later for the Highschool is much more important with their level of homework, sports practices and overall	12/15/2022 10:07 PM

STUDENT Feedback on School Start Time Options for 2023-2024

	work load.	
395	I am neutral to the Option A schedule because I prefer the current start time of the high school, but if it must change I would definitely choose a 20 minute delay over a hour delay.	12/15/2022 10:04 PM
396	30 more minutes might help but it doesn't feel like it would do anything significant.	12/15/2022 10:04 PM
397	Seems like it just makes the day end later since it takes 20 minutes to settle in the morning anyways so the day usually begins at 7:55 regardless	12/15/2022 10:02 PM
398	It would allow me to have more time to be awake and ready for school. Would help a good amount.	12/15/2022 10:02 PM
399	It seems good as issues with siblings needing to pick up younger siblings, etc, is good.	12/15/2022 10:00 PM
400	I choose option A because it is the most reasonable and I think that this option does not affect the schedule very much. Which is good.	12/15/2022 10:00 PM
401	I support Option A because it would slightly make school start later which would be beneficial for sleep and the school day wouldn't end too late. The only concern I have is that elementary students in the winter would be dropped off when it is dark outside.	12/15/2022 9:58 PM
402	This would not change much for the high schoolers because the school would start 20 minutes later than right now. And it will be a 35 minutes later for the middle schoolers that already get enough sleep.	12/15/2022 9:57 PM
403	A longer and healthier sleep for us middle school and high school students.	12/15/2022 9:52 PM
404	I like it however it is only 35 minutes more of sleep	12/15/2022 9:50 PM
405	Does not effect schedule with sports and extracurriculars much, but still allows for students to get more sleep.	12/15/2022 9:50 PM
406	I think that it's a good idea but it might affect other outside of school activities.	12/15/2022 9:47 PM
407	I won't be able to make it to school and especially in high school with more homework it will be hard for me to get to bed on time and still have time to relax	12/15/2022 9:46 PM
408	I haven't been able to get enough sleep because every morning I wake up at 5 or 6 because I need to take a shower, take out my dog, and I know how important sleep is because that's how we grow.	12/15/2022 9:46 PM
409	It affects so many peoples schedules and parents might not be able to provide care for their children if they have work	12/15/2022 9:45 PM
410	I do not support because I do not think this change in the schedule will benefit me as well as others. Because if this change happens, all classes, activity's and other things will be moved and some activities can't be moved. If they can't be moved, the schedule will clash with them.	12/15/2022 9:44 PM
411	Because people need More sleep to function	12/15/2022 9:43 PM
412	Impacts schedule	12/15/2022 9:40 PM
413	This gives students more necessary sleep and doesn't affect the bus times because there is adequate time between school start times.	12/15/2022 9:39 PM
414	I'm primarily focused on the end time. It's pushed back 20 minutes, and while that might not seem like much, it adds up a lot when you consider students who have jobs, extracurriculars, and the time that you have to yourself after school. Students aren't even going to be able to meaningfully rectify their sleep schedule with this schedule, because the difference is so negligible. All it adds is an inconvenience.	12/15/2022 9:39 PM
415	I like the later start time but I don't like how late we would get out.	12/15/2022 9:36 PM
416	If we start later kids are going to think that they have more time till school starts in the morning so I'll just read one more page or play one more game and will be staying up later than they are now.	12/15/2022 9:34 PM
417	I feel like it would not change much compared to the schedule we have now.	12/15/2022 9:34 PM
418	I support option A because I think it would give students an appropriate amount of sleep and also allow time after school for sports and homework.	12/15/2022 9:33 PM

STUDENT Feedback on School Start Time Options for 2023-2024

419	I believe that Middle School students should be getting more sleep, and they should stay longer in school so they have a more supervised time.	12/15/2022 9:33 PM
420	Good start time and school doesn't end that much later	12/15/2022 9:32 PM
421	Coming from a student at Oak Middle school, I would not want to start school at 8:35 next year. It is my own responsibility to get the certain amount of sleep and develop the understanding of learning how to prioritize things like these. If I were to get out of school at 3:00 next year, that would result in me getting home around 3:30-3:45. After school I have other hobbies to do that take up around 3 hours of my time. This leaves me with very little time for homework and with this change I don't know how I would be able to manage this. Now as I move onto the high school next year, this will become more of a problem. The amount of homework will double and I will also fall behind with the activities I do outside of school. I view starting high school as getting one year closer to a real job. Still far, but before you know it I'll be there. It is so important to develop a routine early on so that it will lead you to a productive future. In the future, I will have to wake up early and arrive early to work. My sleep is to be managed on my own time because in a real life situation, others will not change something like this because of people not using their time wisely. If you don't decide to use your time wisely then there will consequences.	12/15/2022 9:29 PM
422	Elementary school normally wake up earlier	12/15/2022 9:28 PM
423	I do like the schedules for middle school and elementary, but I think 7:55 am might still be too early for high schoolers, I'm trying to think about everyone here.	12/15/2022 9:26 PM
424	Personally, I feel that for me, this would be the best time for school to start, and for which I could easily adjust my schedule.	12/15/2022 9:25 PM
425	I like the high school schedule but the middle school one will put all my activities back a lot and so I will have less time to do homework. But I should get more sleep so I will do well. Maybe just decrease the homework? I don't like the new homework rule.	12/15/2022 9:24 PM
426	I'm going to be in high school next year so I want to start later.	12/15/2022 9:23 PM
427	It doesn't affect too much	12/15/2022 9:23 PM
428	I vote neutral because even though we get a extra half and hour in the morning, I feel like 3 is a little too late to let out middle scholars.	12/15/2022 9:22 PM
429	I think this would be the better option because kids may be able to get just a few more minutes of sleep, or even up to an hour. This is good because the student athletes and club member still have time to do their sport/activity and have enough time after school to complete homework, go to their job, or take care of siblings.	12/15/2022 9:20 PM
430	It gives extra time for sleep in the morning, and time for students who work after school or for students who participate in after school activities to not be too inconvenienced by the schedule change. But, more sleep would be better.	12/15/2022 9:19 PM
431	It gives a chance to sleep a little longer.	12/15/2022 9:17 PM
432	I think that I support option A, because high school would start 5 minutes before middle school starts normally, but I'm not sure about middle school starting at that time. Maybe high school and middle school at the same time...	12/15/2022 9:17 PM
433	I'm going to high school next year and the start time would be exactly the same.	12/15/2022 9:15 PM
434	Starting school at a later time would effect after school activities in other towns	12/15/2022 9:14 PM
435	More sleep, although does not set schedule back too far to where winter sports would be negatively effected.	12/15/2022 9:14 PM
436	The extra 20 minutes for high school students allows for a later wake up. This means students will be leaving for school when the sun has risen, and therefore will have more motivation as the light wakes us up.	12/15/2022 9:14 PM
437	Not very different from what it is now.	12/15/2022 9:10 PM
438	It is to early.	12/15/2022 9:09 PM
439	Kind of screws up my schedule	12/15/2022 9:08 PM

STUDENT Feedback on School Start Time Options for 2023-2024

440	Makes sure high schoolers have enough time for their jobs	12/15/2022 9:06 PM
441	I don't mind, it would be 20 minutes later but I would prefer 8:35 am	12/15/2022 9:06 PM
442	It's really just taking 20 mins of our free time out of school. Not adding much sleep and being a major inconvenience.	12/15/2022 9:02 PM
443	It is not a significant difference between the current start time for high school	12/15/2022 9:02 PM
444	I value 35 minutes of extra sleep because I usually sleep at around 10:30 PM so I would really prefer 35 minutes of extra sleep.	12/15/2022 9:01 PM
445	Because this option would benefit me in the short term but in the long term [aka high school] it would make me wake up at the same time in the long term instead of getting more hours of sleep it would give me the same amount of time.	12/15/2022 9:01 PM
446	elementary schoolers don't get out until almost 4 PM, and especially during the winter, i feel as if that's way too late	12/15/2022 9:00 PM
447	This will be ok but for extra activity it will be harder	12/15/2022 8:59 PM
448	I don't like getting out of school to late	12/15/2022 8:58 PM
449	Doesn't make much difference especially when buses end up picking us up so much earlier like 30 to 40 min before school start time	12/15/2022 8:57 PM
450	I don't wasn't anything to change because I have other classes after school and I want to have time to do my homework before them.	12/15/2022 8:56 PM
451	Yes this kind of help, but 20 minutes of additional sleep isn't enough to change the entire schedule over.	12/15/2022 8:55 PM
452	Not enough sleeping time	12/15/2022 8:53 PM
453	I'm quite neutral about the start times because it doesn't affect me or my family much and I believe that this option is reasonable as well.	12/15/2022 8:50 PM
454	I think getting up early is good to start your day and gives you more throughout your day when you wake up to a good early start.	12/15/2022 8:48 PM
455	Please keep the same schedule — it would completely mess up things for students and teachers.	12/15/2022 8:47 PM
456	I'd rather not get out of school later in the day	12/15/2022 8:46 PM
457	It was give me more time to sleep in	12/15/2022 8:45 PM
458	I think it's great but it really doesn't change much. It's just 20 minutes later which in my opinion doesn't really matter.	12/15/2022 8:44 PM
459	I do prefer the current schedule but this is the next best option	12/15/2022 8:44 PM
460	Not super pushed back	12/15/2022 8:44 PM
461	It is just a little change and I think that's good because a big change would be too much. It is still in the right direction.	12/15/2022 8:42 PM
462	In high school it matters a lot more to do your work in an affective matter and having additional time in the morning to be more well rested a well as additional time to study.	12/15/2022 8:41 PM
463	I think that it is the best option to extend the start and end times of the school day, while keeping the high school starting the earliest and the elementary schools the latest, as it is the best option for scheduling after school activities without altering or affecting most student's current schedules.	12/15/2022 8:40 PM
464	With option A we get a fair amount of increased time to sleep in the morning while not severely increasing the time in the afternoon so it's dark when all drop-offs in the afternoon are done.	12/15/2022 8:39 PM
465	Because I'm going to shs next year and I like the time	12/15/2022 8:39 PM
466	I think it should be later for the middle schools	12/15/2022 8:39 PM
467	I believe Option A is significantly better than option B for high schoolers because even	12/15/2022 8:38 PM

STUDENT Feedback on School Start Time Options for 2023-2024

though it may seem like most will get more sleep i think that will just be seen as an opportunity to stay up later. This may also interfere with students after school activities especially work times and sports.

468	Option A is an improvement compared to what we currently have for the high school, however, it is only a 20-minute improvement.	12/15/2022 8:38 PM
469	So that we can get sleep early in the morning.	12/15/2022 8:37 PM
470	Later end times	12/15/2022 8:36 PM
471	I chose this level of support for the Option A schedule because I am a student at Sherwood Middle and I feel that we should have more time to sleep in the morning so we can be better refreshed and ready for school.	12/15/2022 8:35 PM
472	Better than what we have now, but the start time isn't being pushed back enough	12/15/2022 8:35 PM
473	I think that I get enough sleep each night (9 hours) personally and I would much rather have the high school's get more sleep then they are now.	12/15/2022 8:34 PM
474	I feel as a middle school student entering high school next year, getting school done earlier in the day is much better than starting late and ending late because in the morning my brain is very fresh and works much better. Instead of fixing the schools starting and ending time change the amount of work and pressure you put on kids in high school, which automatically fixes our sleep schedule and helps us have a better mental state.	12/15/2022 8:34 PM
475	This change is too subtle to effect everyone anyways. It would only mess up timing and schedules.	12/15/2022 8:29 PM
476	This will barely change anything about our sleep schedules. With this option we would only get 20 more minutes of sleep, so why bother changing a whole system for this?	12/15/2022 8:29 PM
477	It's not much of an improvement from the current schedule. As a high schooler, I only get 20 more minutes of sleep which won't make a noticeable difference, but the 20 less minutes will have a noticeable negative impact.	12/15/2022 8:25 PM
478	I would like to have the current schedule or as close as possible to it. There are many out of school after school things that I do when I get home so sticking to the current schedule would be best for me.	12/15/2022 8:25 PM
479	Middle school students get 35 extra minutes of sleep.	12/15/2022 8:21 PM
480	I would prefer school to start a little later, only because there is less than a 30 minute difference. School end time is okay.	12/15/2022 8:18 PM
481	This will interfere with my current schedule which I would not like at all. A lot of the stuff I have to do is early in the afternoon (3:00PM-5:00PM), so if I leave at 3:00PM then I'm not going to have a lot of time to follow my day-to-day schedule.	12/15/2022 8:18 PM
482	We get 35 more minutes in the morning. It also ends at a reasonable time	12/15/2022 8:18 PM
483	I feel as though the start time is not too late nor too early, and the dismissal late is also not too late nor too early. I feel like overall students would enjoy the later start time while not having to leave school too late, giving them time to complete what they need to.	12/15/2022 8:18 PM
484	I like option B more, but option A will get me a little more sleep	12/15/2022 8:18 PM
485	I would like the start times to stay the same because my dad drops me off in the mornings for winter and if its too late then I don't know if id be able to go in the school that early.	12/15/2022 8:16 PM
486	Because this is the current schedule, in high school I would prefer to get more sleep	12/15/2022 8:16 PM
487	Some people have things after school that require us to be there after 3	12/15/2022 8:15 PM
488	It's not too late or too early, I think it is a very reasonable time to start.	12/15/2022 8:14 PM
489	this is average which is what it is	12/15/2022 8:14 PM
490	I chose neutral because I feel like the start time is already fine and I don't want to have to get out of school any later	12/15/2022 8:13 PM
491	Although this greatly benefits the sleep schedules of high school students, it will most likely	12/15/2022 8:13 PM

STUDENT Feedback on School Start Time Options for 2023-2024

disrupt everyone's schedules and activities. This will also occur in adults' lives. Parents who have jobs may struggle to arrive to work on time, being delayed by this schedule for 30 minutes

492	I do not support this because it will mess up athletes schedules and games will have to be later. Also I feel that I would still wake up at the same time anyway since its only 20 minutes.	12/15/2022 8:13 PM
493	I like being able to have time in the afternoon for my personal stuff and I can get up early in the morning to go to school.	12/15/2022 8:10 PM
494	I don't want my school to end later, also if you make school start later then students may get as little as thirty minutes of sleep. Finally you are also maybe giving students more time to stay up because they have more time to sleep in.	12/15/2022 8:08 PM
495	The school day is not extended too long so there is time for extra curriculars. The extra 20 minutes of sleep make a big difference.	12/15/2022 8:08 PM
496	I feel the middle school and high school times should be switched here.	12/15/2022 8:08 PM
497	It's still later and better for after school sports.	12/15/2022 8:07 PM
498	We would get more sleep, but less fresh air because we get out later. This might be a good option for me.	12/15/2022 8:06 PM
499	Start times are not a huge difference for the amount of extra sleep that we could get.	12/15/2022 8:05 PM
500	i find that the 20 minute difference can amke the best, and most convenient change for all students. its not too drastic to affect extracurriculars, but not too subtle as to making no difference.	12/15/2022 8:05 PM
501	This is because if you wake up at 8 am, you don't feel sluggish for the rest of the morning. This can help people feel a good mood.	12/15/2022 8:05 PM
502	I support this because personally, I usually do not get a lot of sleep and feel tired at school.	12/15/2022 8:04 PM
503	It is not as bad as option B, butI don't see the need to change school times, all it does is inconvenience my family and in reality, not all that much is actually going to change because school start times are not the root of the problem. It is the kids decision to stay up later and it should be their problem if they are watching TikTok at midnight. As for the kids with sports and other after school activities, they are not in favor of this.	12/15/2022 8:04 PM
504	I would not be that big of a difference	12/15/2022 8:02 PM
505	I don't want the change to be to large because of after school activities, but I think having an extra bit of time to wake up in the morning is always helpful.	12/15/2022 8:02 PM
506	I think 20 mins movement won't affect a lot, but maybe something like 1 hour shift could really affect it.	12/15/2022 8:02 PM
507	When I go to the high school next year, the timing won't be as big of a change as I expected. I can keep my sleep schedule without making major changes to my body clock.	12/15/2022 8:02 PM
508	I chose it because students development at age k-grade 8 need sleep. This will let kids focus more and be in a better mood in the morning.	12/15/2022 7:59 PM
509	I strongly support option A because it gives more sleeping time for students and there would be time for students to take their time getting ready without getting up extremely early.	12/15/2022 7:59 PM
510	I have to wake up early I barley have time to get ready I almost missed my bus.	12/15/2022 7:59 PM
511	We are just gonna get to school 20 minutes later which means we're going to have to leave school later and this affects what time I get home. Decreasing the amount of time I have to do homework and after school activities.	12/15/2022 7:59 PM
512	I strongly don't think this should be the schedule because in high school, the work is generally harder and with less brain power from less sleep, we could focus less.	12/15/2022 7:58 PM
513	The extra 20 minutes to get ready or commute to school in the morning would help a lot	12/15/2022 7:57 PM
514	A 20-minute delayed start to the school day for high schoolers certainly allows for more sleep, however only by 10 or so minutes, which I feel will not make that much of a difference.	12/15/2022 7:57 PM

STUDENT Feedback on School Start Time Options for 2023-2024

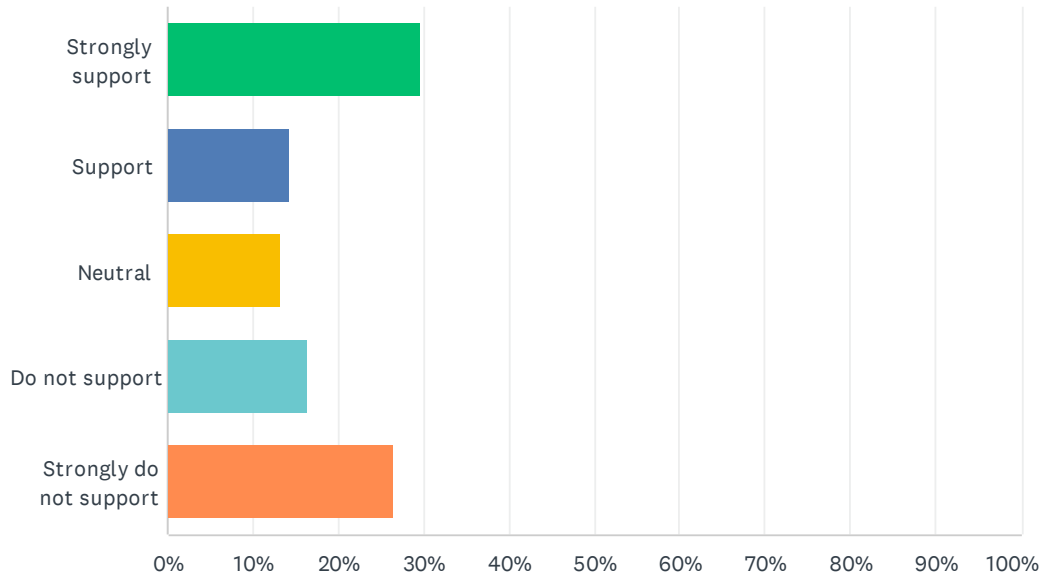
515	Looks good to me	12/15/2022 7:57 PM
516	its nice that high school starts later but doesn't end too late	12/15/2022 7:57 PM
517	Too late for my schedule.	12/15/2022 7:57 PM
518	I strongly do not support because I think that it would interfere with after school activities and parents who work from home may have meetings at that time and would have to cancel them almost every day. Adding on, I take the bus and I would arrive at 3:30 which is very late. Finally, I think a way to have more sleep might be giving less homework so kids don't stay up late to finish it.	12/15/2022 7:56 PM
519	I believe this is enough time to have an effect on our sleep. Instead of waking up at 5, now we can wake up at 6.	12/15/2022 7:56 PM
520	I like the times now	12/15/2022 7:55 PM
521	I think it would be alright to start that schedule because we won't get out as late.	12/15/2022 7:55 PM
522	I think that there wouldn't be a huge difference which is good for schedules, but also it's only pushed back a half out or so, which is perfect.	12/15/2022 7:55 PM
523	I think what students have is a good time already. Your brain works better early in the morning and it's a good practice for when you get older. However, for when I got to high school, I feel as if having school later is a good idea. But in middle school and elementary, I feel as of what we have is good. I also would have to change a lot of my schedule plans and my parents would too.	12/15/2022 7:55 PM
524	I chose Option A because as a high school i would like more sleep and a later start time, but not too much later because i also want time in the afternoons to do sports, complete homework, and still have personal time.	12/15/2022 7:54 PM
525	I think highschoolers need more sleep than the other students personally.	12/15/2022 7:53 PM
526	An issue with the time being moved back I have heard, is that some high school students would have to quit their job because they cant work long enough. I think the way it's handled in this proposed solution is very beneficial for high school students and middle school students sleep, and also protect their interests in terms of sports, or jobs.	12/15/2022 7:53 PM
527	Sleeping for an extra 20 minutes will not change anything. Higschoolers will just go to sleep at the same time, and it does not provide any change.	12/15/2022 7:53 PM
528	It helps a bit but not too much	12/15/2022 7:53 PM
529	If your gonna make high school start at 7:55. You might as well just put it at 8.	12/15/2022 7:53 PM
530	I like this because this small change works for my families schedule and it allows me to sleep more.	12/15/2022 7:52 PM
531	We get extra time to get ready.	12/15/2022 7:52 PM
532	It is really not enough time for students to get enough sleep	12/15/2022 7:52 PM
533	More time to sleep for everyone	12/15/2022 7:52 PM
534	While i wish that the scheduled time does not change, if it were this would be the best option. The change would not be enough to truly impact students the way those believe it may.	12/15/2022 7:51 PM
535	Option A will not allow high schoolers to get the most amount of sleep possible to succeed in their own academics. This restricts even more sleep than the average teen brain is getting, and since teens brains are changing to fall asleep later this can make the important tests and exams have a higher rate of lower grades, with having a withdrawal from sleep.	12/15/2022 7:51 PM
536	High school still gets out relatively early so we can still get to our jobs if we have them.	12/15/2022 7:50 PM
537	I like that Highschool students get out before the middle school students, giving them more time to complete homework before their siblings arrive home.	12/15/2022 7:49 PM
538	I like the schedule we have now.	12/15/2022 7:49 PM
539	It only increases the school time by 20 mins.	12/15/2022 7:49 PM

STUDENT Feedback on School Start Time Options for 2023-2024

540	20 minutes seems far to little and like it wouldn't affect much.	12/15/2022 7:49 PM
541	It is later and will give kids barely enough sleep nut more than usual	12/15/2022 7:47 PM
542	I like it, but it is a weird time and I have activities after school that are being pushed.	12/15/2022 7:47 PM
543	I think this makes it so that there is not a drastic change in school timing and that students get an extra 30 minutes of sleep.	12/15/2022 7:46 PM
544	I'm going to go to the high school next year and with the immense amount of work I don't want to get up that early I think the elementary students should get up earlier	12/15/2022 7:45 PM
545	I think that pushing everything back would impact parent/extracurricular schedules	12/15/2022 7:45 PM
546	Not really much of a difference from before	12/15/2022 7:45 PM
547	I am in middle school, but will be in high school next year, I think the start times should be later.	12/15/2022 7:45 PM
548	I think this is good but we should do option B and be later.	12/15/2022 7:44 PM
549	I like starting at the time we do now so pushing it back a little isn't so bad.	12/15/2022 7:44 PM
550	More sleep more enegy	12/15/2022 7:44 PM
551	I just feel like I need more time to finish work in the afternoon with all my classes, but still have a good amount of free time.	12/15/2022 7:44 PM
552	I think that high school should start at this time because it starts very early.	12/15/2022 7:43 PM
553	I think that it gives us a little more time to get ready and get a little more sleep.	12/15/2022 7:43 PM
554	I like this schedule however I would prefer for us to start a half an hour later, like plan B suggests.	12/15/2022 7:43 PM
555	The school schedule that is already in place is very comfortable for a lot of people, as people need time in their after school life. If we postpone by an hour, we will have a crucial on hour less in the afternoon, which can be used for a lot of good purposes.	12/15/2022 7:43 PM
556	there is no reason to change the time by only 20 minutes, that will not do anything	12/15/2022 7:42 PM
557	Original times better	12/15/2022 7:42 PM
558	We get more sleep	12/15/2022 7:41 PM
559	I chose this level of support because this also allows more time for students to get ready.	12/15/2022 7:38 PM
560	More sleep	12/15/2022 7:37 PM
561	I feel like kids my age need more sleep.	12/15/2022 7:30 PM

Q4 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

Q5 Please share feedback regarding why you chose this level of support for the Option B schedule.

Answered: 570 Skipped: 132

#	RESPONSES	DATE
1	This would literally be a dream come true for a "sleep deprived" high schooler that goes to bed before 10pm every night but still feels extremely tired first period. I strongly support this option as it would allow for me and many of my friends to not feel like naps are the only way for us to make it through the day without dozing off.	12/23/2022 2:15 PM
2	Because I think this time is too early	12/23/2022 10:38 AM
3	I feel like that making the high school start times earlier than middle school would serve many problems for people with younger siblings in middle school. At the same time, many times I have to stay after school for extra help and then I have sports right after that. By shifting the school time, I would have to run in the dark during the fall season sometimes which wouldn't be safe.	12/22/2022 7:51 PM
4	This makes the high school start the latest.	12/22/2022 3:48 PM
5	Getting out this late is difficult for activities and sports.	12/22/2022 12:23 PM
6	The end time is interfering with the times I have to be at my job.	12/22/2022 11:47 AM
7	People get more sleep	12/22/2022 10:06 AM
8	Since I ride a bus, I will have more time to prepare for the activities like preparing for the swim lesson in my swim team.	12/22/2022 9:09 AM
9	Although we start later, we get out later, looking at this since I'm going into my freshman year next year. I will have more time to get ready in the morning and get a little more sleep, but then I get out later. I also don't think this will have a huge impact on people's sports and activities. But, the negative part of this is that the middle schools start the earliest. In my opinion, younger kids go to sleep earlier and wake up earlier, so they should have the earliest schedule, and then middle and high school in that order.	12/22/2022 8:15 AM
10	I think that this is actually a good idea because students sleep schedules change during their youth years. I think that making the middle schools not changing, but making the high schools start later would greatly benefit everyone, as their sleep schedules would change according to the time listed.	12/22/2022 8:01 AM
11	I mean 7:55 is not much a difference from 8:00, but that means my bus schedule will get pushed back, which means that I would need to get up earlier to get to school.	12/22/2022 6:40 AM
12	Teenagers need more sleep, so this schedule would be better for high schoolers. Also middle and elementary schoolers typically have more energy in the morning than high schoolers so it would make more sense if their school start time is earlier.	12/21/2022 11:41 PM
13	I won't be able to wake up that early to catch the bus	12/21/2022 9:14 PM
14	Too late of a start time	12/21/2022 9:07 PM
15	I find this crazy. Make the middle schoolers start five minutes earlier yet give the bloody high schoolers and extra hour! No just no. Keep it equal for everyone.	12/21/2022 8:46 PM
16	I would get home way too late and wouldn't be able to do my after school activities.	12/21/2022 3:55 PM
17	Students need more time to sleep in the morning, especially high schoolers because they stay up late studying.	12/21/2022 1:29 PM
18	I do like it because we get home earlier	12/21/2022 12:13 PM
19	I like normal	12/21/2022 12:13 PM

STUDENT Feedback on School Start Time Options for 2023-2024

20	Same reason	12/21/2022 9:45 AM
21	It's not that bad, but I don't get much sleep	12/21/2022 9:44 AM
22	I just want to have a lot of time before my siblings get home from school	12/21/2022 9:44 AM
23	I do like this but still same situation for middle school kids, how early will they have to wake up.	12/21/2022 8:44 AM
24	This is a schedule that gives more sleep to high schoolers but pretty much the same to middle schoolers who also need almost the same amount of sleep as high schoolers	12/21/2022 7:54 AM
25	Since I'm in middle school my school starts at this time but ends a little bit earlier so I'm okay with that	12/20/2022 9:54 PM
26	I feel that if school starts at 8:35, then students will be able to get an extra hour of sleep.	12/20/2022 5:55 PM
27	Because I feel that is sure (good) for both middle and high school, the elementary schools timing is also pretty good. As you can see, this timing can work out for (almost) everyone.	12/20/2022 4:16 PM
28	I don't think there's any reason why the middle schools should start and end before the high school. The high school has more clubs, activities, and sport practices after school than the middle schools, so making the high schools end later would push all those things back too much.	12/20/2022 4:08 PM
29	Same reason as A	12/20/2022 4:07 PM
30	Because it ends earlier	12/20/2022 1:14 PM
31	Because I am here by this time so I get more time at the end of the day.	12/20/2022 1:13 PM
32	I do not want to be at school for a long time like after school	12/20/2022 12:55 PM
33	I really like this because I can sleep in for high school and middle school only starts 5 minutes earlier.	12/20/2022 8:36 AM
34	I feel Option A is better, its start time is later, as I had explained in my last option preference.	12/20/2022 8:22 AM
35	High schools start later in the day, even though they are the oldest and should start the earliest than the younger kids.	12/20/2022 8:13 AM
36	I feel like I need more sleep in the morning.	12/19/2022 8:51 PM
37	It is the same reasoning I put for my first one.	12/19/2022 8:49 PM
38	I like the time.	12/19/2022 8:43 PM
39	I like getting out of school more earlier, it keeps my body running and I am kinda those people who like waking up early so this is a perfect fit for me.	12/19/2022 7:27 PM
40	Because kids can. Sleep in	12/19/2022 7:06 PM
41	I like this one because middle school ends at 2:20	12/19/2022 7:05 PM
42	I would have time to prepare for my afternoon activities and would give me more time in the afternoon to do my homework.	12/19/2022 7:04 PM
43	High school will be really stressful, and a huge amount of teens do not get good sleep with homework and extra curriculars, so starting school at 8:35 will allow us to get at least 8 hours of sleep.	12/19/2022 6:28 PM
44	I would rather have more time after school than start a little later.	12/19/2022 6:26 PM
45	I don't want to wake up earlier than I usually do because it will mess up my waking and sleeping time.	12/19/2022 6:05 PM
46	I don't like option B because it makes middle schoolers wake up the earliest.	12/19/2022 6:03 PM
47	I really like it because it will help middle schoolers stay on track and for us middle schoolers it not that big of a change.	12/19/2022 5:41 PM
48	As a middle school student at oak, I think get more sleep is necessary. I think it is important for kids to get the right amount of sleep for learning.	12/19/2022 5:36 PM

STUDENT Feedback on School Start Time Options for 2023-2024

49	If the middle schoolers have to start school ten minutes earlier when high school gets an extra hour of sleep	12/19/2022 5:20 PM
50	It is better for high schoolers and middle schoolers, since the high schoolers need more sleep, and the middle schoolers need more light.	12/19/2022 4:58 PM
51	I feel like going late and coming back late is very effective to my schedule and productivity.	12/19/2022 4:57 PM
52	It is ok, but option a gives more time.	12/19/2022 4:31 PM
53	The middle schools should not start this early	12/19/2022 4:15 PM
54	Most people are in school by 7:55, and getting out earlier would be a big help	12/19/2022 3:28 PM
55	I want as much time as possible after school and this schedule does not provide that.	12/19/2022 3:03 PM
56	I like this because it gives high schoolers more time to sleep.	12/19/2022 2:26 PM
57	This definitely ensures that high school students get more sleep, but it pushes back end times and after school activities.	12/19/2022 2:00 PM
58	It barely changes	12/19/2022 1:39 PM
59	The high schoolers would get out an hour late and this would interfere with after school activities	12/19/2022 1:34 PM
60	After school activities will clash, then any jobs.	12/19/2022 1:33 PM
61	I think this school time is much more realistic for people who get to bed too late	12/19/2022 12:44 PM
62	No thanks	12/19/2022 12:38 PM
63	It to early	12/19/2022 12:19 PM
64	This is fine because middle school is the same	12/19/2022 10:47 AM
65	I think elementary schools are good here. Middle schools are perfect. And high school could be earlier.	12/19/2022 10:28 AM
66	It will push the end of the day back too far, meaning people that do clubs or athletes will be getting home at 630-7 or later which leaves little time for eating dinner and homework much less spending time with friends and family	12/19/2022 10:20 AM
67	I strongly support this because the middle school students won't be as effected by the change in the schedule as the high school students who will get around an hour of extra sleep.	12/19/2022 10:04 AM
68	Good	12/19/2022 9:56 AM
69	Because school end earlier.	12/19/2022 9:47 AM
70	Because the high schoolers get the extra sleep that they need because they are going to sleep so late	12/19/2022 9:47 AM
71	We have more time after school.	12/19/2022 9:47 AM
72	Because in high school we need more sleep so I chose this since we have 1 more year of middle school but four more of high school	12/19/2022 9:46 AM
73	I'd like this better because for my middle school years my school time stays the same, also I think in high school we have more responsibilities so we need more sleep.	12/19/2022 9:40 AM
74	Because we don't have enough sleep.	12/19/2022 9:40 AM
75	Because it will be quiet and oak kids don't like to have a quiet house	12/19/2022 9:33 AM
76	We tarde 5 minutes extra in the morning for 15 minutes less in the afternoon.	12/19/2022 9:28 AM
77	It provides 1 hour extra of sleep or rest for high school students and the other grades don't change too much.	12/19/2022 8:54 AM
78	People are going to have the same amount of homework, just less time to do it, causing people to still go to bed late, even though we can wake up later, we are virtually getting the same amount of sleep.	12/19/2022 8:51 AM

STUDENT Feedback on School Start Time Options for 2023-2024

79	Later start times give more time to get ready for the day.	12/19/2022 8:46 AM
80	I don't care	12/19/2022 8:44 AM
81	Same as I said for option A	12/19/2022 8:33 AM
82	I think 7:55 is a little early for middle schoolers. I think middle and high school should have a close starting time since you will have to transition into the new one when you go to high school and with a like 15-10 minute difference it wont be to hard to transitions	12/19/2022 8:20 AM
83	I don't really care how early it is I just want to get out early	12/19/2022 8:16 AM
84	makes it very hard for me to get to work	12/19/2022 8:12 AM
85	Nope	12/19/2022 8:02 AM
86	Once again students may get less sleep and they might miss the bus.	12/19/2022 7:59 AM
87	Middle school has to start earlier and high school gets out a lot later	12/19/2022 7:58 AM
88	I like but it's the same as the last one.	12/19/2022 7:54 AM
89	Because it's way to early and everyone needs there Beauty sleep	12/18/2022 10:46 PM
90	Getting released from school at 3 is WAY too late	12/18/2022 9:56 PM
91	From a high school point of view, this appears to be ideal. However, one thing to consider is how extracurriculars would be restructured in the school.	12/18/2022 9:28 PM
92	I am going to high school very soon so it seems like a better choice	12/18/2022 9:12 PM
93	The middle school change to five minutes earlier doesn't really improve anything. The elementary school is alright, and the high school one might be a little bit too late because high schoolers have events and jobs in the afternoon.	12/18/2022 8:37 PM
94	I think this option would mess up after school schedules too much. People have jobs and other activities that they would have to move. Also, the extra sleep would not apply for many people I know, since this schedule would just make them do their homework later in the night. This schedule would benefit only a few people in my opinion. Not enough to make the change worth it.	12/18/2022 8:37 PM
95	I am neutral about this option because even though the high school gets more time, kids in the middle schools get lesser time to wake up. This will affect me for the next 2-3 years before I can go to high school.	12/18/2022 8:05 PM
96	It might give students more time in the morning, but it makes after school activities end later, giving us less time at night	12/18/2022 7:44 PM
97	I chose this level of support because I have to wake up only 5 minutes earlier and I get home much earlier. Also, when I get to high school, I can wake up earlier and come home at a good time.	12/18/2022 7:24 PM
98	We can sleep a lot longer, but we have to sacrifice a bit more of our afternoon.	12/18/2022 6:26 PM
99	I can usually get to school around 7:55, plus that means I can get off school later so I can have more time to finish homework and do extra curricular activities.	12/18/2022 5:40 PM
100	I chose this level because I don't think that having Middle school starting before high school is going to change anything. This just causes more challenges to the already challenging situation!	12/18/2022 2:46 PM
101	Next year I'll need as much sleep as I can get.	12/18/2022 1:30 PM
102	This idea just seems illogical as when high schools have sport practices or club meetings, we will be at school till 5. Plus middle schoolers having to get to school so early seems pretty bad	12/18/2022 1:15 PM
103	I do not like Option B because it gives me even less time in the morning than normal	12/18/2022 11:57 AM
104	I think 8:30 is good and middle school starting before high school is ok.	12/18/2022 9:53 AM
105	I am a Middler schooler and this option is going to give me less time to sleep and affect my morning schedule to getting ready, and being able to learn eagerly in the morning.	12/17/2022 11:11 PM

STUDENT Feedback on School Start Time Options for 2023-2024

106	This could work as well, as it is the same change just for different levels of the school system.	12/17/2022 10:41 PM
107	Due to extra curriculars, getting out this late would be unbeneficial.	12/17/2022 10:18 PM
108	I don't agree to this option because it doesn't make sense. The older kids should go to school early and get out of school first. I don't like the idea of high schoolers going to school after middle schoolers.	12/17/2022 7:23 PM
109	I just think it is ok.	12/17/2022 5:20 PM
110	I am a middle schooler, and based on my experience so far, I think this schedule will not allow students to sleep long enough.	12/17/2022 4:50 PM
111	Because I would get home very late and then not go to bed until later because of homework	12/17/2022 2:31 PM
112	I think this schedule is this more beneficial for everybody because High schoolers get less sleep usually. However, this schedule would change that.	12/17/2022 1:21 PM
113	It's nice because more sleep. I feel like most people don't do work when they get home because it's like bright out, but with this change more people will feel inclined to do work.	12/17/2022 1:01 PM
114	Become we get an extra hour of sleep and i think that is going to help a lot of people including me.	12/17/2022 12:51 PM
115	I don't think this is a good idea just because high schoolers have more homework than middle school doesn't mean that middle schools should get less sleep if anything student should go to school at all the same time	12/17/2022 12:47 PM
116	Students will not have time for extracurricular activities, sports, or jobs in addition to homework. Also, students that participate in activities outside of school will be unable to attend because the start times of those activities will NOT accommodate the time change for Shrewsbury students. This is an issue I believe has to be considered.	12/17/2022 10:53 AM
117	We only would start 5 minutes earlier + get out of school earlier. And I personally don't need a lot of time to get ready.this is perfect.	12/17/2022 10:42 AM
118	Good	12/17/2022 8:53 AM
119	I don't support because i like getting out around 2	12/17/2022 8:17 AM
120	I strongly support option B, because the high school students are getting more sleep, and because of the time difference in dismissal for the middle school. I've always wanted to get out a little earlier to do more after school. I usually only have time for homework and then some screen time before it gets dark.	12/17/2022 6:55 AM
121	Given that the schedule is made to give students more time to sleep it would make sense to pair this option with an hour less of homework each night. This option would serve no purpose if students had to sleep later because of the delayed school hours and still end up getting the same amount of sleep while rushing to school because of oversleeping.	12/17/2022 3:15 AM
122	I think I like this option a little more because I get to sleep more, but I would have to go home late.	12/16/2022 10:05 PM
123	The high schoolers are generally more likely to be sleep deprived than the middle schoolers, so it's important for them to have more time before the day starts. The time for the middle school is about the same as the current one.	12/16/2022 9:37 PM
124	This will impact outside activities which include clubs, sports and other activities. Option A is better in this regard.	12/16/2022 8:16 PM
125	People get sleep and get to prepare for not related school activities.	12/16/2022 7:23 PM
126	I do want to get home so late because I still have after school activities and other things to do.	12/16/2022 6:53 PM
127	This plan gives a large benefit to the high school students. My only concern in how the middle schoolers will be able to shift time and wake up earlier.	12/16/2022 6:18 PM
128	I think that this will negatively impact lots of after school activities and sports because everything will have to be delayed by an hour. Although we'll have more time to sleep in the morning, our sleep technically won't increase at all because it'll take longer to do our homework if we leave school so late and we'll only end up going to sleep later.	12/16/2022 5:51 PM

STUDENT Feedback on School Start Time Options for 2023-2024

129	High school students would have the opportunity to get more sleep but extra curricular activities would start on the later side.	12/16/2022 5:46 PM
130	Well, then the middle school students get even LESS sleep!	12/16/2022 5:46 PM
131	I like this because we get more sleep however, after school activities would wrap up very late.	12/16/2022 5:33 PM
132	I love this option! It gives high schoolers more time to fully wake up so their not cranky.	12/16/2022 5:26 PM
133	High school kids have clubs and if school ends at 3 then clubs will go on for more duration and then reducing the amount of time students have to complete assignments and study. Especially if they play sports.	12/16/2022 5:14 PM
134	I don't really support Option B because this means school will start earlier for me, which means I will have to get up earlier. But since it's only earlier by five minutes, I don't really mind Option B.	12/16/2022 4:59 PM
135	I do not support this option because, while it will give us an additional hour in order for us to sleep, we will be getting home at 3:00, which is very different than what I have experienced in high school. Also, it will give less time for students to work on their homework at home, as they would want to get as much sleep as possible. The more time students have to finish their homework, the better they will feel when a test or quiz comes up and they have to study.	12/16/2022 4:10 PM
136	I want to go to school at 7:55 and leave at 2:20.	12/16/2022 4:02 PM
137	I have a job, I would get less hours and people play sports	12/16/2022 3:56 PM
138	To late	12/16/2022 3:51 PM
139	I would rather the normal start/end times (7:35 AM- 2 PM)	12/16/2022 3:47 PM
140	Only like 15 mins off from normal	12/16/2022 1:56 PM
141	I think we should do option B because in high school you have more work to do so you would probably need more sleep. Right now in middle school Im already struggling to wake up every morning. I can't imagine in high school having way more work and waking up even earlier. I would rather do option B even though it'll be really hard right now.	12/16/2022 1:55 PM
142	In high school i will have more homework and if i dont have enough sleep i will fall behind in class. While in middle school i still have some free time and teachers are less strict about work.	12/16/2022 1:55 PM
143	I am already in routine in the morning and getting up so pushing my start time pushes the time i stay up till	12/16/2022 1:47 PM
144	Starting later will affect so many people and their schedules are going to have to go around that	12/16/2022 1:45 PM
145	Wake up early	12/16/2022 1:38 PM
146	I feel that this will greatly benefit our schools because we all get later start times and especially in high school you need more of a later time for all work and a better high school experience.	12/16/2022 1:35 PM
147	God tier idea.	12/16/2022 1:34 PM
148	I go to the gym directly after school and then afterwards go to an MMA class. With this schedule, I won't have time to get a good workout in and I will have to also change my sleep schedule in order to have time for school work.	12/16/2022 1:33 PM
149	Option B is absolutely perfect	12/16/2022 1:32 PM
150	I believe option B would be better because older teens like to sleep in more.	12/16/2022 1:31 PM
151	High school shouldn't end that late because that when people start jobs and elementary kids don't need to wake up that early.	12/16/2022 1:27 PM
152	Too little time left for extracurriculars at the high school and again if teachers at the highschool still need to stay after school for 30 minutes it wouldn't be fair to them at all.	12/16/2022 1:25 PM
153	I don't support option B because I would have stay alone for a longer amount of time.	12/16/2022 1:20 PM

STUDENT Feedback on School Start Time Options for 2023-2024

154	It starts later but ends later. I like how it started Later because students have more time to get ready and won't be tired as much. Students may have a club or errands right after school so I feel like school should end a little later maybe 2:10 because students could have clubs, errands and practice for sports	12/16/2022 1:12 PM
155	DO NOT DO THIS PLEASE GOD NO	12/16/2022 1:02 PM
156	I like having time after school.	12/16/2022 1:01 PM
157	It's way too late to start school and it would be harder to include after school activities.	12/16/2022 1:01 PM
158	3:00 is dead	12/16/2022 1:01 PM
159	This one is awful	12/16/2022 1:00 PM
160	To early	12/16/2022 1:00 PM
161	This can mess up high schoolers after school life and responsibilities	12/16/2022 1:00 PM
162	High school students need more sleep	12/16/2022 12:59 PM
163	I feel like this is a better because I will get home earlier but there's not much of a difference.	12/16/2022 12:53 PM
164	I do not want any change to the schedule as I am so used to it.	12/16/2022 12:48 PM
165	This will allow high schoolers to get more sleep but it could be difficult to coordinate getting out later with after school activities.	12/16/2022 12:43 PM
166	As an student athlete who has talked to other student athletes, many students have been stressed about having to do sports later, getting home later, working later and sleeping later. Although we wake up earlier, everything gets pushed back. No matter how awake I am in the morning, I'll still be more tired in the afternoon after a long day, regardless of when I woke up. I think the earlier start time does not solve the problem of needing more sleep, as it will all just get pushed back later into the night, where I'm already tired enough.	12/16/2022 12:37 PM
167	High school should NOT start this late.	12/16/2022 12:23 PM
168	An extra hour in the morning would be so beneficial as it would permit for an extra hour of sleep in the morning.	12/16/2022 12:23 PM
169	It would be much better for our health.	12/16/2022 12:23 PM
170	I do not want to get out later then middle school. This would also provide a problem because some kids pick up there younger siblings from the middle school. They wouldn't be able to do that anymore. This provides a problem for parents.	12/16/2022 12:08 PM
171	I think that extra sleep for high schoolers will highly benefit them.	12/16/2022 12:07 PM
172	Because less school time and more time for rest and homework.	12/16/2022 12:05 PM
173	This is only a little later and practice would end around the same time	12/16/2022 11:57 AM
174	Because it wouldn't to anything getting up later because it would still feel like getting up early and you just would have more class	12/16/2022 11:47 AM
175	I think this is the best option it's easiest for everyone and it's better for the high schoolers and middle school	12/16/2022 11:45 AM
176	Because I like waking up early and getting home earlier in the afternoon	12/16/2022 11:45 AM
177	Because I like the time schedule	12/16/2022 11:44 AM
178	Definitely not getting out at 3	12/16/2022 11:37 AM
179	THATS LESS SLEEP	12/16/2022 11:33 AM
180	That is too late to get home	12/16/2022 11:33 AM
181	That it too late for high school students it will interfere with after school activities	12/16/2022 11:31 AM
182	To late for jobs	12/16/2022 11:23 AM
183	It starts a little early but it ends at a really good time	12/16/2022 11:23 AM

STUDENT Feedback on School Start Time Options for 2023-2024

184	Changing the times back creates more issues with how late kids will be up but “sleeping later” but the same amount of sleep. It also affects their after school lives like work and other scheduled activities	12/16/2022 11:19 AM
185	the starting time is ok and the ending time is fine. I have enough time to get ready and get enough sleep.	12/16/2022 11:15 AM
186	Since my bus ride takes 40minutes, that combined with the hour late end would really throw off my after school activity schedule.	12/16/2022 11:13 AM
187	This would be a amazing schedule because we get sometime in the morning to make up missing homework and extra sleep time	12/16/2022 11:13 AM
188	I do not want to get out of school so late.	12/16/2022 11:07 AM
189	I'm fine with this because I'm fine with the time right now	12/16/2022 11:04 AM
190	It doesn't make sense for middle schoolers to wake up earlier than highschool students.	12/16/2022 11:00 AM
191	This helps everyone	12/16/2022 10:59 AM
192	Don't want to get out of school at 3 or later	12/16/2022 10:58 AM
193	It's seems the same at the first one	12/16/2022 10:52 AM
194	Kids will still be getting the same amount of sleep because our activities will be getting pushed back.	12/16/2022 10:50 AM
195	Not much time before work after school.	12/16/2022 10:47 AM
196	Keep the same times	12/16/2022 10:44 AM
197	This would help because I rarely get 7-8 hours of sleep and that makes an extra hour	12/16/2022 10:33 AM
198	I feel that option B would make high school students start and get out too late. Especially for after school activities, they would have to be pushed back a lot.	12/16/2022 10:31 AM
199	Way too late. Extracurricular would be weird	12/16/2022 10:30 AM
200	Yes people would get a little more sleep but even so it won't change the time people have to wake up for high school but we are also in school later which is bad	12/16/2022 10:27 AM
201	I'm ok with this since we can get more sleep, but we get home later which I don't like.	12/16/2022 10:27 AM
202	I don't like	12/16/2022 10:27 AM
203	I'll be at High School next year and I think the time is good	12/16/2022 10:26 AM
204	I feel like high school students need more rest.	12/16/2022 10:24 AM
205	I like how the high schoolers get more time, but we, middle schoolers, don't get more sleep time.	12/16/2022 10:21 AM
206	Way too late and it will mess up after school schedule	12/16/2022 10:20 AM
207	If the high school start time is pushed back one hour, I will be able to get more sleep each night and eat breakfast.	12/16/2022 10:04 AM
208	I believe sleeping in is very important for a child's health, and seeing the sun in the morning is important for mental health.	12/16/2022 9:58 AM
209	Yes because I get more sleep!	12/16/2022 9:57 AM
210	I wanna go home early	12/16/2022 9:47 AM
211	Because i am in middle school so for me i will get no changes in my schedule	12/16/2022 9:44 AM
212	High school starts at a later time and still ends earlier than elementary/middle, allowing for younger sibling care after school.	12/16/2022 9:44 AM
213	We might start late but we get out a hour later	12/16/2022 9:39 AM
214	I'd rather sleep later then having to wake up earlier also if we did have to be at school by 7:55 there wouldn't be a difference now.	12/16/2022 9:27 AM

STUDENT Feedback on School Start Time Options for 2023-2024

215	I don't want to get home around 3, I like getting home around 2	12/16/2022 9:22 AM
216	starting at 755 is too early but leaving earlier is nice	12/16/2022 9:21 AM
217	Same reason as before.	12/16/2022 9:19 AM
218	I would like this because you are leaving earlier and coming back earlier.	12/16/2022 9:17 AM
219	It's too late of a start time and we would get out really late. It would probably effect after school activities	12/16/2022 9:16 AM
220	Because it good rest to those in next in high school as me.	12/16/2022 9:14 AM
221	I don't like it, first the lunch now the start time of school? No please 7:30 is fine	12/16/2022 9:14 AM
222	Getting out early	12/16/2022 9:09 AM
223	I admit that it would be pretty nice to go to school later but that would mean that I'm coming home much later.	12/16/2022 9:06 AM
224	I really love this because when I am in middle I want to end earlier	12/16/2022 9:05 AM
225	I'd rather have 30 more minutes	12/16/2022 9:02 AM
226	I don't like the high school one.	12/16/2022 9:02 AM
227	Option B is basically the same as the Time now. It's only a 5 minute difference, and much cannot change.	12/16/2022 9:00 AM
228	The people that want this change don't play sports. I do and I don't get home until 10:30 and I still have homework to do. With this change I wont get back until 11:30 and yeah you get an extra hour. But whats the point people are just going to stay up an extra hour and get the same amount of sleep. If this changes the middle schoolers will be getting less sleep and it isn't as bad for high schoolers because 1/4 of the students are 18 so legal adults.	12/16/2022 9:00 AM
229	This wouldn't be a big change from what we have now.	12/16/2022 9:00 AM
230	I am supporting Option B because it is almost the same to the schedule we have right now.	12/16/2022 8:56 AM
231	I like option B because it starts like at a good time and i also get good amount of sleep.	12/16/2022 8:55 AM
232	Elementary school students need to go the early time.	12/16/2022 8:55 AM
233	I so do not support this because we ritterally have to wake up earlier then high school NO NO NO!!!!!!!!!!!!!!	12/16/2022 8:55 AM
234	If I have more school work everyday at high school, then I have to sleep late so I need the extra time.	12/16/2022 8:55 AM
235	Because if I get out at 3:00 I might be able to do more programs.	12/16/2022 8:54 AM
236	No, I do not agree.	12/16/2022 8:54 AM
237	So i can to school earlier and get out earlier so i have more time after school	12/16/2022 8:54 AM
238	Ends at 3	12/16/2022 8:54 AM
239	Highschool students get out later which I don't like	12/16/2022 8:54 AM
240	I don't like this option because I can't get enough sleep	12/16/2022 8:54 AM
241	I would prefer Option A over Option B, and I chose to strongly support Option A, so I'm neutral towards Option B	12/16/2022 8:53 AM
242	I chose yes because option B only starts 5 minutes earlier. We will have enough time to sleep and get to after school activities.	12/16/2022 8:53 AM
243	I think more sleep would be a lot better and it will be lighter outside making it easier to wake up.	12/16/2022 8:53 AM
244	I like how far the high school's start time was pushed forward. It will allow students to get more sleep.	12/16/2022 8:53 AM

STUDENT Feedback on School Start Time Options for 2023-2024

245	Because i get out of school early	12/16/2022 8:52 AM
246	Because it doesn't give me enough sleep	12/16/2022 8:52 AM
247	This is a horrible idea. Getting out at three will mess up peoples work schedules so much. Along with this, making the start time later will just give people more of a reason to stay up.	12/16/2022 8:52 AM
248	I do not support option B, because I like getting dismissed later, but I think getting to the bus stop slightly earlier may be more difficult for me.	12/16/2022 8:52 AM
249	I support this because i still get a little more time to sleep and its still the same time to leave.	12/16/2022 8:52 AM
250	This is I a little bit later and this makes me feels a bit better about he time because now I can get more sleep.	12/16/2022 8:52 AM
251	I do not support. Middle schoolers are younger than high schoolers and it would make them wake up earlier than high schoolers no, that is not correct.	12/16/2022 8:51 AM
252	I chose this level of support because it is better for my schedule.	12/16/2022 8:50 AM
253	It would fit nicely with my schedule and i would get a lot more sleep time	12/16/2022 8:49 AM
254	The end time is too late	12/16/2022 8:48 AM
255	I want to come back form school early.	12/16/2022 8:47 AM
256	High school gets out too late but the morning is very good for us.	12/16/2022 8:46 AM
257	Because I feel I would be more engaged later in the morning because I will be more rested	12/16/2022 8:45 AM
258	It's literally the same as option A, if school starts later than people will still go to sleep late and won't get enough sleep either way	12/16/2022 8:44 AM
259	Starting later just means that students will stay up later, and there will be no benefits in the long run. Later ending times also affects sports schedules, after school commitments, and is just inconvenient.	12/16/2022 8:43 AM
260	High school will be getting out of school too late in my opinion. If the day ends earlier, the students will have more time for their personal schedules.	12/16/2022 8:41 AM
261	I prefer these timing because they don't end too late.	12/16/2022 8:40 AM
262	Getting out of school at 3pm would be too late and I would not like that. It would mess with work and other co-curricular activities.	12/16/2022 8:40 AM
263	No	12/16/2022 8:40 AM
264	I think this is the smartest because the high school starts at a good time so people get good sleep, and the middle school gets to keep almost the same schedule which is good. With these timings I believe sleep schedules can improve.	12/16/2022 8:40 AM
265	We need more sleep it's so hard to get up at 6 each day	12/16/2022 8:38 AM
266	Pushing school start times up 10 minutes will do little to nothing for sleep and only effect buses and child care. Parents will have to think about there kid being home alone or paying for extended day because they can't be there in time.	12/16/2022 8:38 AM
267	I don't want to get out at 3 o'clock, and I have a life outside of school.	12/16/2022 8:35 AM
268	Because going home ten minutes early is no difference	12/16/2022 8:35 AM
269	Perfect amount of time	12/16/2022 8:34 AM
270	Don't like this	12/16/2022 8:34 AM
271	I think it could help people in high school with their morning and sleep but it also makes people in middle school wake up earlier and from my experience, late students are between 9 (almost every day) and 40 (maybe 1 or 2 days a year) students in middle school from parent pick up. I think that number would rise if they had to get out the door 5 minutes earlier.	12/16/2022 8:34 AM
272	It ends way too late and starts way too early, jobs and sports would be strongly affected	12/16/2022 8:27 AM
273	We need the limited amount of daylight for track practice; currently practice starts at 2:30, we	12/16/2022 8:27 AM

STUDENT Feedback on School Start Time Options for 2023-2024

warmup for 15 minutes, and have just enough time for an hour workout before the sun goes down. If school ended at 3:00, we'd have no chance at getting in a full practice before sunset at 4:15. Even in the second half of the fall, soccer practices go until sunset. In the spring, track meets go until sunset. Our sports teams can't afford to lose an hour of daylight, and our athletes with busy schedules wouldn't be able to get an extra hour of sleep with this change.

274	I get to get out of school early.	12/16/2022 8:24 AM
275	It will throw off my after school activity's	12/16/2022 8:22 AM
276	Same timing for middle school	12/16/2022 8:22 AM
277	I would like earlier or the same time	12/16/2022 8:21 AM
278	I want to sleep longer so I can focus in school better and I don't have eye bags and get made fun of	12/16/2022 8:19 AM
279	I don't know maybe it a good idea though.	12/16/2022 8:19 AM
280	This will be good since it will provide high schoolers with more sleep and the schedule wont change a lot.	12/16/2022 8:19 AM
281	I do like that time	12/16/2022 8:19 AM
282	Spectacular, love it, put it on a Milanese runway and it'd be raking in the \$\$\$	12/16/2022 8:18 AM
283	I AM NOT STARTING EARLIER!!	12/16/2022 8:18 AM
284	I like it and it's the same as A	12/16/2022 8:17 AM
285	Honestly it doesn't really matter for me if we get out of school early.	12/16/2022 8:17 AM
286	No out at 3pm	12/16/2022 8:17 AM
287	I dont like it	12/16/2022 8:16 AM
288	My class starts at 3	12/16/2022 8:16 AM
289	I don't want to stay at school later	12/16/2022 8:16 AM
290	Idk	12/16/2022 8:16 AM
291	I don't want to get no sleep	12/16/2022 8:16 AM
292	No	12/16/2022 8:15 AM
293	This would give students much needed rest and wouldn't end too late.	12/16/2022 8:15 AM
294	After school subjects don't need to change	12/16/2022 8:15 AM
295	Since I'am going to high school next year I want to start earlier and end school earlier.	12/16/2022 8:15 AM
296	Too much of a change	12/16/2022 8:15 AM
297	Bad idea.	12/16/2022 8:15 AM
298	I have classes after school. The sooner school ends, the more time I get to actually relax after school.	12/16/2022 8:14 AM
299	Because	12/16/2022 8:14 AM
300	I feel like middle schoolers should get a lot more sleep we need rest for our brains to work	12/16/2022 8:14 AM
301	I get tired	12/16/2022 8:13 AM
302	I chose this level of support for option A because I am in middle school and I would like to wake up early and end school earlier.	12/16/2022 8:12 AM
303	More time in the morning is nice but school ends late	12/16/2022 8:12 AM
304	I find this schedule worst for people who has after school activities or jobs, this wont facilitate the students it will make them go to bed later and have less time for homework and studying., afternoons are important and making it late wont impact any lack of sleeping because that's on students not school crew	12/16/2022 8:11 AM

STUDENT Feedback on School Start Time Options for 2023-2024

305	I would like to end at 2:20 and i would get home early like everyone else instead of get home at 3:00 like i was in elementary	12/16/2022 8:10 AM
306	We need more sleep	12/16/2022 8:10 AM
307	There are so many students with a job that starts at 2:30 or 3 and that would mess up literally everyone. Not only do people have jobs, a lot of people also have either school sports and games won't work the way it does now because not every school leaves at 3. There are also club sports and although the extra time will be added to the beginning of the day, we wont have to do homework after school because instead of leaving at 2, getting homework done by hopefully 3, we will rush our homework so we aren't late to our other engagements and it will affect us more than it will benefit.	12/16/2022 8:09 AM
308	I chose this level of support because even though they is an early homeroom time, it's balanced out by the early leaving time.	12/16/2022 8:09 AM
309	I want to get out of school because I think it is very boring	12/16/2022 8:09 AM
310	It allows high school students to get more sleep in the morning. All students get some more sleep, but mainly the high school students.	12/16/2022 8:08 AM
311	I like it	12/16/2022 8:08 AM
312	Too early students barely get sleep we should not make the time earlier.	12/16/2022 8:07 AM
313	It would mean I get less sleep in the morning and I don't love that to be honest. But getting out earlier would be kinda nice.	12/16/2022 8:07 AM
314	I think all either start to early, too late, or no beneficial change.	12/16/2022 8:06 AM
315	I don't want to be in school until 3.	12/16/2022 8:06 AM
316	I think that this is a really bad idea. Being a junior in high school, we have already adjusted to the schedule and have all our extra curricular planned around the school day. If school ends at 3, this messes up my whole after school plan. I have work at 2:30 after school. The issue is not that I will be late to work, because people with jobs can talk to their bosses and tell them they can't come in until later, but the issue is that I would probably only get to work at 3:30 because of the traffic coming out of the parking lot. I work for 2:30-5/5:30. I will be getting payed an hour less, which for some people isn't an issue, but not everyone is as fortunate to not need to work. Not only is a job important for college applications, personally, I need to pay for my own car to get me places because my family is not in the financial position to be able to do that. Everything right now is perfectly calculated so that I work a reasonable amount of hours over the week and weekend so that I still have time for school work. I don't want to fill my weekends with all work, but I am going to have to if we have the schedule change. Not only does it interfere with that, but I take multiple AP classes and the rest all honors. I genuinely need time to study and stay for help with the teachers after school. I am not going to be able to do that because I am going to need to leave a school as soon as possible. This schedule change is not giving students more sleep, but instead pushing everyone's lives back by an hour, and I will just be going to bed later than usual. I don't think this plan is looking out for students best interests and actually interferes with the already busy and full lives of students, especially the ones who do many extra curriculars, sports, clubs, and after school jobs which the school actually encourages us to join.	12/16/2022 8:05 AM
317	Because I need more sleep.	12/16/2022 8:05 AM
318	This time would be fine because it gives more time for high schoolers to sleep which is important because many high schoolers stay up late to finish their homework.	12/16/2022 8:04 AM
319	Not bad i don't like being dismissed after middle school but i do like the times and how its a big change	12/16/2022 8:04 AM
320	This is unnecessary to change the start time just leave it alone por favor	12/16/2022 8:03 AM
321	i have a job bro	12/16/2022 8:02 AM
322	It doesn't effect the middle schoolers, but the high schoolers get more sleep.	12/16/2022 8:01 AM
323	Because I need more sleep.	12/16/2022 8:01 AM
324	I don't know, but i think 3:00 is too late for High School to get out.	12/16/2022 8:01 AM

STUDENT Feedback on School Start Time Options for 2023-2024

325	I chose this level of support as school ending earlier is better in my opinion as we can do more stuff after school. The more time before school doesn't really count in my eyes.	12/16/2022 8:00 AM
326	I do not want to start at 7:55 and end 2:20	12/16/2022 8:00 AM
327	It's too early	12/16/2022 8:00 AM
328	I'd get out earlier	12/16/2022 7:59 AM
329	I don't like it	12/16/2022 7:59 AM
330	Because I'm gonna get less sleep.	12/16/2022 7:59 AM
331	Absolutely not.	12/16/2022 7:58 AM
332	This would give me more sleep, but I'm concerned about my after school activities	12/16/2022 7:56 AM
333	It gives us way more time to sleep and get ready. Also students won't be as tired in the morning so we can learn better.	12/16/2022 7:55 AM
334	It allows SHS students to get a lot more sleep which is what they need	12/16/2022 7:55 AM
335	We get more time in the afternoon to do work.	12/16/2022 7:55 AM
336	High school start time is much later	12/16/2022 7:54 AM
337	As a high school student I need to start my day early and start getting things done. I work, do sports and take AP classes. If school starts earlier everything would be pushed later after school. I already stay up until 11 or 11:30 doing my homework so if school started later all my activities after school would go later. I would have even less time in my afternoon to get my school work done. In the spring I do track and the meets go very long already. If the school times changed we would not get out of track meets till very late at night. After that I have more than three hours of homework and would have to stay up to get it done. I would not actually be getting anymore sleep. I also have to go to extra help for my classes so if school ends later I would not be able to go to extra help and get to my after school activities. My teachers also have to get home so they would not be able to stay after as long. I actually can not get home at 3:30 during the week, right now I start my homework at 3, go to club volleyball after school, get right back to homework, shower and eat then do not get to bed until 11:30. If this got pushed back I would not be sleeping until 12 or 12:30 if I needed to get all my work done and study for all my tests.	12/16/2022 7:54 AM
338	This option will disrupt a lot of our schedules. Some of us have jobs and sports, this will only have a negative affect on us. As I have said before, there is no point in changing the start and end times. We will still get the same number of sleep, and still be tired. We as teenagers need to know how to manage our time as we approach becoming independent adults.	12/16/2022 7:52 AM
339	This will screw with sports and parents may be unable to pick up the younger kids from school	12/16/2022 7:51 AM
340	our life is not taken only by school... we have a life that is more like school... work, social life, time spent with family	12/16/2022 7:51 AM
341	It doesn't make sense for middle schoolers to be getting up earlier and leaving for school before the older kids and that's just gonna create the same problem but even worse since they're a lot younger	12/16/2022 7:50 AM
342	It's the same as what I said for option A no difference	12/16/2022 7:50 AM
343	I selected my answer because there will be less time for homework and sports as you get older and people will end up staying up late to finish.	12/16/2022 7:49 AM
344	I don't think we should change the schedule at all	12/16/2022 7:44 AM
345	It is later than option A for me since I'm in high school, and would benefit my sleep schedule.	12/16/2022 7:42 AM
346	I do not want to stay at school until 3:00	12/16/2022 7:42 AM
347	School would end way too late, which would change everyone's after school schedules with sports and jobs.	12/16/2022 7:40 AM
348	I don't want it to be dark when I get home	12/16/2022 7:39 AM
349	No	12/16/2022 7:38 AM

STUDENT Feedback on School Start Time Options for 2023-2024

350	I like ending early in high school and i can already wake up early	12/16/2022 7:37 AM
351	Getting an extra hour of sleep in the morning will be very helpful for me so I would really like to see this implemented. I'm not part of too many after school or extra curricular activities so potential schedule difficulties do not apply to me.	12/16/2022 7:30 AM
352	I do not want to go home at around 3. Personal schedules being pushed back is not worth the extra sleep, besides everyone is always tired no matter when school starts.	12/16/2022 7:29 AM
353	Way too late!!! Now for athletes and club members this screws us over. And many athletes have morning practices too, so this would not make a change!	12/16/2022 7:24 AM
354	Because when I get to high school I might need more time to sleep.	12/16/2022 7:24 AM
355	Since we end later, we will have less time to do stuff in the afternoon which can cause us to sleep later than we do now	12/16/2022 7:23 AM
356	A one hour pushback for High Schoolers would be great for sleep, but would be bad for homework completion time and extracurriculars.	12/16/2022 7:21 AM
357	I like the later start time and would enjoy feeling much more rested throughout the day.	12/16/2022 7:18 AM
358	I will have less time to do homework and plus the ride home on the bus that time will be cut even shorter	12/16/2022 7:15 AM
359	It gives high schoolers more sleep i think that's very good. Plus, it's only like 15 minutes earlier for middle school	12/16/2022 7:06 AM
360	I think I would benefit greatly from an extra hour of sleep every night.	12/16/2022 7:05 AM
361	It does give more time for sleep but it has a lot of cons.	12/16/2022 6:57 AM
362	I support this schedule because we get an extra 30 ish minutes to sleep and school ends at a reasonable timr	12/16/2022 6:50 AM
363	I think this is better because I think high schoolers could use more sleep then middle schoolers. If I had to chose I think we should just keep the start and end times of school that we have right now.	12/16/2022 6:49 AM
364	This makes it so I can sleep in more and do better in my classes.	12/16/2022 6:38 AM
365	Too late, not enough time for extracurriculars and better to have the sunlight when not in school	12/16/2022 6:34 AM
366	This is by far the worst possible schedule. For those of us who are responsible and make sure to get proper amounts of sleep, this does nothing but make us leave school later. Students should be able to manage their sleep, and not be up at 12AM complaining about how school starts "too early". With this new schedule, my outside of school activities as well as many others will have to be adjusted into times that may nit be available, which is so unfair.	12/16/2022 6:29 AM
367	Some middle schooler won't be able to go to school at that time.	12/16/2022 6:26 AM
368	The middle school doesn't get more sleep at all. Maybe only 5 extra minutes. It's very helpful for the high school students though.	12/16/2022 6:15 AM
369	Although I do not like the fact that middle schools will start earlier than high schools, at least I will be getting home earlier.	12/16/2022 1:50 AM
370	Pushing the start time so far back will make our lives harder with the amount of work we have in the end of the day.	12/16/2022 12:35 AM
371	High school starts later but middle school leaves earlier.	12/16/2022 12:00 AM
372	I would like this right now but once I get into high school I would not enjoy it because many high schoolers have after school jobs and need to do other activities	12/15/2022 11:58 PM
373	Other students may have trouble balancing school with activities that have been built around the school schedule	12/15/2022 11:53 PM
374	High schoolers need more sleep time	12/15/2022 11:52 PM
375	Since the middle schoolers are younger than the high schoolers they need around the same	12/15/2022 11:43 PM

STUDENT Feedback on School Start Time Options for 2023-2024

amount of sleep and starting at the same time is better than starting earlier

376	I mean as a highschooler I would love to get up at 8 am and get to school on time but it also takes away from the time I have at the end of the day when I come home from school. I would also feel bad for making the middle schoolers (aka my younger sister) wake up earlier than me. It would also be unsettling for her to already be home when I get back from school.	12/15/2022 11:37 PM
377	This would be great for highschoolers as they are up late studying and would give them more time to sleep in the mornings, however I feel like this is a little too early for middle schoolers and also high schoolers may be arriving very late at home.	12/15/2022 11:35 PM
378	A big increase in sleep is promoted with this schedule. Additionally, the time ends on a good number.	12/15/2022 11:32 PM
379	highschool students get even more sleep than in option a which is spectacular	12/15/2022 11:17 PM
380	It makes the middle school times start earlier and doesn't affect the schedule much at all	12/15/2022 11:14 PM
381	Yes, I do support Option A, but the reason I don't fully disagree with Option B is because we will get dismissed later in the day. This could interfere with our time for after-school clubs, classes or even homework.	12/15/2022 10:59 PM
382	I don't have a option really, if I'm gonna be honest	12/15/2022 10:56 PM
383	I think it will put more stress on middle schoolers.	12/15/2022 10:46 PM
384	This is the same thing. If a person sleeps late by accident, they are under stress to wake up early in the morning.	12/15/2022 10:44 PM
385	Because as mentioned as above, students will take advantage of it and stay up later, and it also reduces time for homework. Some students actually want to have more time to do homework if they plan on focusing on academics.	12/15/2022 10:37 PM
386	I choose support because I feel the middle school and high school students should be starting around the same time but all the start times are reasonable. The elementary kids have a lot of energy and are going to be able to work even at an earlier start time so I think elementary should be the earlier time and the older kids should get a later time.	12/15/2022 10:33 PM
387	I don't want to start incredibly late, and end incredibly late. I row crew, so this would mean I'd get home by around 7 and then have to do homework for 2 hours. I'd get less sleep from this.	12/15/2022 10:23 PM
388	It's also a good option but would feel strange that middle Schoolers would need to wake up earlier	12/15/2022 10:20 PM
389	This would heavily interfere with my schedule and I'd have significantly less time to study after school.	12/15/2022 10:18 PM
390	We get more sleep.	12/15/2022 10:17 PM
391	It lets high schoolers rest more and middle schoolers get to leave early.	12/15/2022 10:17 PM
392	I don't agree because 1 I hate change 2 I like our schedule now, it gives me time to get homework done before I go to practice and my busy life outside of school 3 I don't want to start school an hour later that's just dumb and won't help sleep insomnia	12/15/2022 10:16 PM
393	High school times are later	12/15/2022 10:16 PM
394	Option B works perfectly with my schedule and allows me to get enough sleep to nourish my growing brain and body. I fully support this option and am thankful for this opportunity!	12/15/2022 10:14 PM
395	it makes no sense for the middle schoolers to be leaving first. leaving school at 3 would make it impossible for me to have time to do homework, study, and have sports.	12/15/2022 10:08 PM
396	I choose this option because, as a student getting enough sleep with sports and homework has always been very stressful. By school starting later that would give more time for students like me, to sleep and not worry about getting enough sleep every night.	12/15/2022 10:07 PM
397	I strongly do not support the Option B schedule because although it would theoretically allow for more sleep, the high school start time would be pushed back one hour which would cause the end time to be pushed back one hour as well. As a student who is an active participant in	12/15/2022 10:04 PM

STUDENT Feedback on School Start Time Options for 2023-2024

clubs and sports after school, my meetings and practices would be pushed back later as well and I would end up getting home close to 6 at night.

398	I feel as if it is an equal balance because if the time we're to change the middle schoolers would appreciate the time the high school start when they start highschool.	12/15/2022 10:04 PM
399	2:45 would be preferred but if we have to then 3 works. Gives much more sleep.	12/15/2022 10:02 PM
400	Similarly to the last one it allows for more time and has mostly same attributes as the last one.	12/15/2022 10:02 PM
401	This option has many issues in it	12/15/2022 10:00 PM
402	I do not support option B because it changes the whole schedule. Also, most middle schoolers have other out side of school activities and this schedule effects that very much.	12/15/2022 10:00 PM
403	I do not support Option B because it would make the school day start earlier at the middle school level and have high school start an hour later then the current start time. I believe that all students should have some kind of a delayed school start time but an hour sounds a bit absurd for high schoolers who may just end up sleeping later if the school day will start that late.	12/15/2022 9:58 PM
404	This would actually help high schoolers get enough sleep by starting an 1 hour later from what we have now. It would not be that big of a change for middle schoolers, middle school will just start 5 minutes from when they start today. And high schoolers would come before elementary schoolers so high school students would be able to take care of any elementary schoolers.	12/15/2022 9:57 PM
405	As a young teenager in middle school, setting the starting time for school earlier than my current schedule would bring not bring me many important benefits	12/15/2022 9:52 PM
406	I like the idea of 1 hour more of sleep however I have a brother in middle school and I need to be home before him	12/15/2022 9:50 PM
407	More sleep for students, but less time for extracurriculars, however, I still think it's a good option.	12/15/2022 9:50 PM
408	I think that the kids at oak middle will not have enough sleep.	12/15/2022 9:47 PM
409	I will have more time to sleep	12/15/2022 9:46 PM
410	I haven't been able to get enough sleep because every morning I wake up at 5 or 6 because I need to take a shower, take out my dog, and I know how important sleep is because that's how we grow.	12/15/2022 9:46 PM
411	I am neutral with this because this schedule does not affect me as I am in middle school and this is what we currently have. But when I am in high school I still would not support this because this will move everything back and will clash with other classes.	12/15/2022 9:44 PM
412	Because middle schoolers can function more than highschoolers because they need more sleep	12/15/2022 9:43 PM
413	Same thing	12/15/2022 9:40 PM
414	With this amount of time to sleep or do something other than rush to school in the morning, I will be much happier. I don't mind leaving an hour later because it's the same amount of time.	12/15/2022 9:40 PM
415	This gives students more necessary sleep and I think it's perfect for any 8th graders going into Shrewsbury Highschool next year because their sleep schedule won't be messed up like it is every time you graduate a school.	12/15/2022 9:39 PM
416	Admittedly, this might have slightly more of an effect on sleep time, but only slightly. It will have a far worse and for more noticeable effect on everything that happens after school (jobs, sports, clubs, etc). With less time after school, you also have to consider that students will have to spend more time on homework, and ultimately see no change in how much sleep they get.	12/15/2022 9:39 PM
417	As a student who does activities out of school this will change the times of everything I do. Like dance if a class starts at 3:45 and I want to get there 15 minutes early I need to leave 30 minutes ahead giving me 15 minutes but drive home so like 5 - 10, and that's not enough time.	12/15/2022 9:34 PM
418	I would not want to get out at 3 in the afternoon.	12/15/2022 9:34 PM

STUDENT Feedback on School Start Time Options for 2023-2024

419	I don't support Option B because although I agree that high school kids should be able to sleep in longer, if school ends later for them, they will have very little time to finish homework and do after school activities.	12/15/2022 9:33 PM
420	The students in middle school would get even less sleep than usual, and early release for the middle school students will allow them to have more idol time without supervision.	12/15/2022 9:33 PM
421	It would be nice to get the extra sleep, but school ends too late and we would only have around 40 minutes of daylight left in the winter after the bell, taken away by transportation	12/15/2022 9:32 PM
422	Coming from a student at Oak Middle school, I would not want to start school at 8:35 next year. It is my own responsibility to get the certain amount of sleep and develop the understanding of learning how to prioritize things like these. If I were to get out of school at 3:00 next year, that would result in me getting home around 3:30-3:45. After school I have other hobbies to do that take up around 3 hours of my time. This leaves me with very little time for homework and with this change I don't know how I would be able to manage this. Now as I move onto the high school next year, this will become more of a problem. The amount of homework will double and I will also fall behind with the activities I do outside of school. I view starting high school as getting one year closer to a real job. Still far, but before you know it I'll be there. It is so important to develop a routine early on so that it will lead you to a productive future. In the future, I will have to wake up early and arrive early to work. My sleep is to be managed on my own time because in a real life situation, others will not change something like this because of people not using their time wisely. If you don't decide to use your time wisely then there will consequences.	12/15/2022 9:29 PM
423	Middle schoolers need more sleep	12/15/2022 9:28 PM
424	I think A is better :)	12/15/2022 9:26 PM
425	Although this is also a viable solution to the sleep problem of students, I as a student feel that the ending time is a bit too late for me personally, as I may have other after school commitments to attend to. As a result of a later ending time, I will also have less time to finish my homework.	12/15/2022 9:25 PM
426	I love the middle school schedule. It is perfect. However the high school is a big no. In high school, you're gonna be twice as busy as you are in middle school. I'm already busy enough so I would rather not sleep then missing out on work.	12/15/2022 9:24 PM
427	I'm going to be in high school next year so I want to start later, win win in both situations honestly	12/15/2022 9:23 PM
428	I get more sleep that I really need	12/15/2022 9:23 PM
429	I do not agree because I feel like that high school should start before middle school, and that having middle school earlier wouldn't help.	12/15/2022 9:22 PM
430	I do not support this. From a student athlete standpoint, many of our scheduled games are for 3:00. With games lasting up to two hours, this would already have us finish at 5. With the new end time, we may not have games until 4. Additionally, for away games teams may have to travel very far and end up returning home from 8-10pm (this is from my personal experience). There is no time to do homework from leaving immediately after school, getting off the bus to warm up and play a game, and help out/support varsity/jv teams. Also, with the start time being an hour later, students may think they have more time in the morning and in turn stay up later than they normally do.	12/15/2022 9:20 PM
431	It gives an adequate amount of time for extra sleep in the morning, but students with after school activities (such as work, clubs, sport, etc) would likely be very inconvenienced by the schedule change.	12/15/2022 9:19 PM
432	Less time to sleep.	12/15/2022 9:17 PM
433	I think that it's not really that fair, because middle schoolers have to wake up before high schoolers.	12/15/2022 9:17 PM
434	High schoolers need much more sleep with all the studying that they do on a daily basis.	12/15/2022 9:15 PM
435	This is not very different from start time currently so won't effect middle school to much	12/15/2022 9:14 PM
436	An extra hours gives students the opportunity to sleep in for longer. Most students naturally go to bed around 11-12, being able to wake up later in the day allows for extra sleep and a higher	12/15/2022 9:14 PM

STUDENT Feedback on School Start Time Options for 2023-2024

	attention span.	
437	I think that giving the older kids more time to sleep and letting back a little on the younger ones is a perfect idea.	12/15/2022 9:12 PM
438	I can sleep a little more and it's not too late of a dismissal.	12/15/2022 9:10 PM
439	Because it will let me sleep in high school	12/15/2022 9:09 PM
440	I don't like thinking that middle schoolers are out earlier than me, as well as scrambles my schedule.	12/15/2022 9:08 PM
441	It will set everyone's schedule to being all over the place	12/15/2022 9:06 PM
442	I chose this option because it gives students enough time to be able to wake up in the morning. While students would just go to bed later, that is on them for not taking advantage. If this was in place I would continue to go to bed at 9:30pm. Middle school students would only start school 5 minutes earlier	12/15/2022 9:06 PM
443	This takes way to much time from our free time in the after noon. Also bear in mind that many high schoolers pick up their siblings and getting out this late and after the middle school would make it almost impossible.	12/15/2022 9:02 PM
444	Gives us way more time to sleep	12/15/2022 9:02 PM
445	I do not support the decision of decreasing the amount of sleep by 5 minutes for Middle school students because I really need more sleep hence I would prefer Option A over Option B.	12/15/2022 9:01 PM
446	Because in the long term [aka high school] it would give me 30 more minutes of sleep. Even though at oak it would give me the same amount.	12/15/2022 9:01 PM
447	It would help me with my schedule and I think it would many others with theirs	12/15/2022 9:01 PM
448	high schoolers start and end an hour later, which is a big adjustments, and will conflict with extra-curriculars and sports outside of school	12/15/2022 9:00 PM
449	It would give us time to sleep in, and take our time to get ready in the moring	12/15/2022 9:00 PM
450	This is something that I like	12/15/2022 8:59 PM
451	It ok but don't like waking up so early	12/15/2022 8:58 PM
452	This gives students with all transportations and jobs to be able to get enough sleep and actually makes a considerable change for students	12/15/2022 8:57 PM
453	I think this is a better idea because them middle schoolers going into highschool don't have to worry that much about waking up early.	12/15/2022 8:56 PM
454	Need to get more sleep and don't need to wake very early sometimes we don't breakfast	12/15/2022 8:55 PM
455	Changing the start times by one hour allows for a good amount of additional sleep. Furthermore, this one additional hour of sleep allows for improved academic performance because personally I can barely get through P1, but I am generally fine for P2 and beyond.	12/15/2022 8:55 PM
456	Not enough sleeping time	12/15/2022 8:53 PM
457	I feel like that will cause the students who attend the middle to begin complaining about how early the start time is but also taking into consideration of extracurricular activities like sports, practices and game days might cause students to not have enough time to finish homework when they get home.	12/15/2022 8:50 PM
458	I like this schedule because it is very close to our urgent schedule which means things wouldn't change all that much.	12/15/2022 8:48 PM
459	Please keep the same schedule — it would completely mess up things for students and teachers.	12/15/2022 8:47 PM
460	I don't want to get out even later and after the middle schoolers	12/15/2022 8:46 PM
461	I would rather not wake up earlier then I do now	12/15/2022 8:45 PM
462	I think it's good because it makes a sizable difference. 8:30 start time means that if highschool	12/15/2022 8:44 PM

STUDENT Feedback on School Start Time Options for 2023-2024

era fall asleep around 12:00 (which most do) they will still get almost 8hrs of sleep which is much better than the less than 7 previously.

463	I don't want school to end later	12/15/2022 8:44 PM
464	Indifferent about 3pm endtime	12/15/2022 8:44 PM
465	This leaves us with an hour extra sleep in the morning along with getting out in time to begin sports at 3;30 pm.	12/15/2022 8:43 PM
466	Middle school should not have the earliest starting time.	12/15/2022 8:42 PM
467	I really hope this is implemented because I utilize time in both the afternoon and morning and because of the pressure of being a high school student, i have to sleep very late to finish work as well as wake up early to go to school and i do not want to spend the rest of y high school experience waking up so early when there is an alternative option.	12/15/2022 8:41 PM
468	I think having the high school start after 8:00 is not optimal because ending at 3:00 will affect a lot of student's schedules. For example many students may not have as much time to do homework as usual.	12/15/2022 8:40 PM
469	I think Option B provides a much greater time to sleep for high school students allowing them to get necessary sleep and even though it's a big difference in drop-off time in the afternoon, you would still have plenty of time left on your hands. Further more a 5 minute earlier start in middle school is not much.	12/15/2022 8:39 PM
470	Same as a	12/15/2022 8:39 PM
471	This one is be is better because we get off school earlier	12/15/2022 8:39 PM
472	Already explained above	12/15/2022 8:38 PM
473	I strongly support option B because high schoolers will be able to get significantly more sleep in the mornings.	12/15/2022 8:38 PM
474	This will cause even less sleep time, and I need more of it.	12/15/2022 8:37 PM
475	Later end times end later than middle school	12/15/2022 8:36 PM
476	Even though I feel it is good for SHS students to get sleep, they get at least 30 minutes extra on Option A if they are on a bus and 20 minutes extra if they are on a car. I also feel it is not fair to Sherwood Middle and Oak Middle students if nothing changes and school starts 5 minutes earlier than normal.	12/15/2022 8:35 PM
477	Option B allows students to get the most rest possible. I don't think extracurriculars will be an issue, since most don't start earlier than 3. I know that at least for me, I would get a lot more sleep and feel much more rested if I didn't have to wake up at 6:00	12/15/2022 8:35 PM
478	I have enough sleep each day and would much rather give high school's more time to sleep.	12/15/2022 8:34 PM
479	Option B is very nice, you get to wake up late and stay in school the same amount of hours but since I am more of a morning person me personally prefers option A better.	12/15/2022 8:34 PM
480	I do not believe that changing the school schedule would be a positive change. First of all, with the school day getting pushed back an hour, students would most likely result to going to bed later. Meaning, most students would not get more sleep anyways. Also, it would strongly effect after school activities (school sports and outside of school commitments). For school sports specifically, most schools have the same game schedules in regards to game start times. By school ending an hour later, this would change game times. For outside of school commitments that will not change their times, it would be difficult for some people to make it on time.	12/15/2022 8:29 PM
481	Since it's easier for younger students to wake up earlier, this won't make school harder for them. However as a high school student it is often really hard for me to wake up, so this extra hour of sleep would really make focusing in school a better and easier experience.	12/15/2022 8:29 PM
482	I like this system because I don't have to leave school too late compared to the elementary schoolers but I still get to sleep more because the start time is later.	12/15/2022 8:25 PM
483	I definitely would like to stick to the current schedule or as close to it as possible.	12/15/2022 8:25 PM

STUDENT Feedback on School Start Time Options for 2023-2024

484	This schedule is causing middle school students to have to wake up earlier which messes up our sleep.	12/15/2022 8:21 PM
485	The start time is much more preferred, allowing students both on buses and drop off to get more sleep. I prefer this option	12/15/2022 8:18 PM
486	This schedule will leave me with more time to to what I want later in the day, thus allowing my day to become more productive and efficient.	12/15/2022 8:18 PM
487	There's not much of a change from now.	12/15/2022 8:18 PM
488	I support this because of the later start time, although I feel like a dismissal at 3 would be very controversial due to homework, sports, clubs, etc but the sleep would be much appreciated.	12/15/2022 8:18 PM
489	I like option B the best because I will get an extra hour of sleep which will prepare me better for the day and allow me to put more focus into my school work. Right now, I have trouble focusing on some classes because I am tired, even through I go to bed a a reasonable time (10pm)	12/15/2022 8:18 PM
490	This is the same reason as the reason for option A but i would like option A better since it isnt too far off schedule	12/15/2022 8:16 PM
491	Because this will allow for more sleep for the high schooler who have too much work and not enough time	12/15/2022 8:16 PM
492	High school students should get out first, they are older and have responsibilities and work after school. They need to wake up and have that as one of their responsibility's	12/15/2022 8:15 PM
493	I feel like this is also a good option for us.	12/15/2022 8:14 PM
494	Because I get to do and wake up later	12/15/2022 8:14 PM
495	I chose this because I feel like even though we are starting 5 minutes earlier, that will affect my sleep schedule no matter how many minutes more or less and getting up isn't always the easiest but I would rather wake up at the time we have for school right now rather than 5 minutes earlier	12/15/2022 8:13 PM
496	My case with Option A, but it will disrupt schedules much more.	12/15/2022 8:13 PM
497	This would be terrible for the high school because sports will be greatly impacted. Especially sports like golf and baseball will be affected a lot because there is no lights. Golf matches will be stopped in the middle of the match, and baseball games will not be finished due to the darkness.	12/15/2022 8:13 PM
498	2:20 is good time to leave	12/15/2022 8:10 PM
499	High school students need more time in the afternoon for activities and personal stuff.	12/15/2022 8:10 PM
500	I don't think I will be ready in time at 7:55	12/15/2022 8:08 PM
501	Extra curriculars, especially sports, will go until 6-6:30. It can be too late for some students. However, students will not sleep later due to it	12/15/2022 8:08 PM
502	This is perfect because it allows for high school students to prep up for the morning before school and allows for the middle school students to do study more since this is a busy time for them.	12/15/2022 8:08 PM
503	I have after school sports that can't go too late and starting school later won't make a difference because we would be getting home late, especially on game days.	12/15/2022 8:07 PM
504	I want to get out earlier even if it means less sleep, I can just change my bed time schedule. This is an awesome option for me :)	12/15/2022 8:06 PM
505	i find that with extra curricular activities, such as sports, clubs, organizations, etc, this time frame is simply inconvenient; especially with sports. As a student athlete, my practices occurred roughly an hour and a half after the school day ends. 3:30-5:30. However, if the times were to be drastically changed after school, I could then start staying after until 6:40 or even later. Not even to mention, with home games and away games, i would be away from my home 1-2 hours later than before. It would also be dark when on my way home, which is rather impractical. Therefore, I oppose this idea.	12/15/2022 8:05 PM

STUDENT Feedback on School Start Time Options for 2023-2024

506	Middle school is a very hard time and sleep is a very necessary part of puberty as stated in health class	12/15/2022 8:05 PM
507	I think that current schedule is better, but this one doesn't change much though	12/15/2022 8:04 PM
508	I don't see the need to change school times, all it does is inconvenience my family and in reality, not all that much is actually going to change because school start times are not the root of the problem. It is the kids decision to stay up later and it should be their problem if they are watching TikTok at midnight. As for the kids with sports and other after school activities, they are not in favor of this.	12/15/2022 8:04 PM
509	It gives student more time each day to get home and more time to do homework.	12/15/2022 8:03 PM
510	I don't love this option but I don't hate it either, I'd rather option A.	12/15/2022 8:02 PM
511	This really helps because it shifted one hour which could potentially mean more sleep time.	12/15/2022 8:02 PM
512	If the high school ends at 3:00pm, the timing will mess up my schedule because I won't have enough time for after school activities at school as well as outside of school.	12/15/2022 8:02 PM
513	I disagree because this is to early for kids k-grade 8.	12/15/2022 7:59 PM
514	I do not want to end school at 3:00 because it would force all of the extracurriculars to end later which can already get out late and force people to stay up even later to finish homework.	12/15/2022 7:59 PM
515	I feel neutral about option B because it gives more sleep time than the current schedule but still seems a little unreasonable	12/15/2022 7:59 PM
516	Student will focused more if they get enough sleep.	12/15/2022 7:59 PM
517	It is disappointing to have less time to do homework when arriving after school, but the extra hour in the morning means I get to sleep.	12/15/2022 7:59 PM
518	This option is really good because it is giving high schoolers more sleep and more room to function during the day	12/15/2022 7:58 PM
519	I strongly believe that high schoolers should start prioritizing sleep more. With the amount of work, clubs, and activities that high schoolers have, I think having a better sleep schedule would certainly benefit them. As an incoming high schooler, if this change does occur, it would benefit me greatly.	12/15/2022 7:58 PM
520	This would be good for my sleep	12/15/2022 7:57 PM
521	A 1 hour later start would allow for a significant amount of more sleep for students when compared to Option A.	12/15/2022 7:57 PM
522	School ends to late	12/15/2022 7:57 PM
523	I really like the high school start time but ending at 3 is a bit late	12/15/2022 7:57 PM
524	This will most likely fit my schedule.	12/15/2022 7:57 PM
525	I don't really care if we have this schedule or our normal one because high schoolers have much more homework than middle schoolers and they should get more sleep.	12/15/2022 7:56 PM
526	This will totally increase our sleep for highschools who need it most.	12/15/2022 7:56 PM
527	School ends too late	12/15/2022 7:55 PM
528	I don't support this schedule because high school students will be getting out later causing us to not have as much time to do homework, after school activities, and maintain a good balance between school and social lives.	12/15/2022 7:55 PM
529	Having Highschool the earliest is better for keeping a normalized schedule	12/15/2022 7:55 PM
530	I think that what middle schoolers have is a good idea. It gets you prepared for future times and brains are working and good. None of my family's plans would have to change and high schoolers would get the sleep they need to prepare for a long days.	12/15/2022 7:55 PM
531	I don't want my school to start too late so that i don't have as much time after school for other activities.	12/15/2022 7:54 PM

STUDENT Feedback on School Start Time Options for 2023-2024

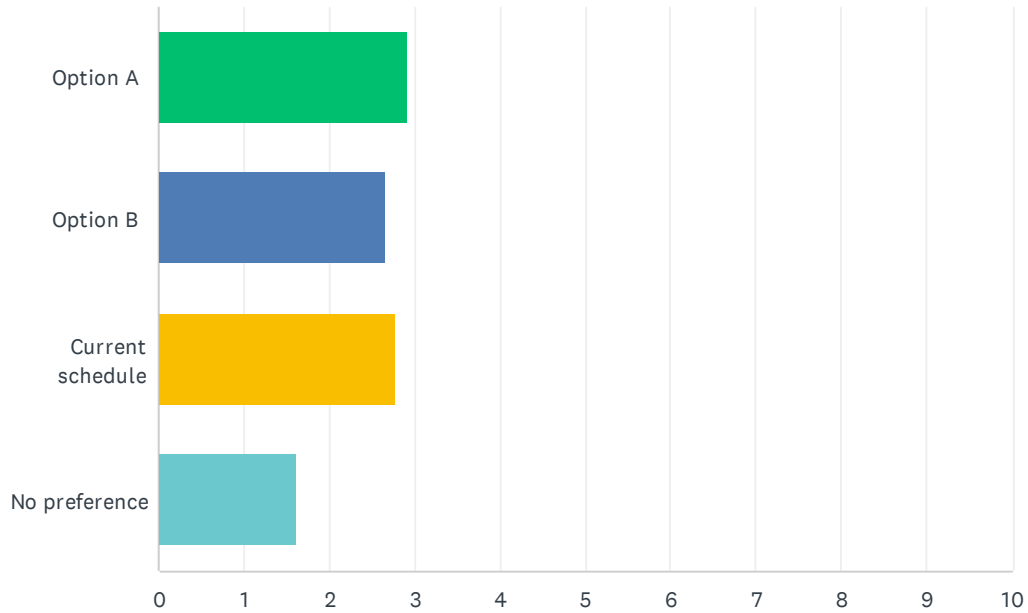
532	The school time is already good.	12/15/2022 7:54 PM
533	I love this option- it gives the highschoolers much more sleep and rest time.	12/15/2022 7:53 PM
534	I think moving the start and end time for the highschool to 8:35 - 3:00 is a bit too far. Some of the concerns based on sports and jobs high schoolers have are valid. I am a middle school student right now, and changing the schedule like this would be beneficial for me, but other than that I think the way option A has been made is far more forgiving for students in the highschool	12/15/2022 7:53 PM
535	This will allow high school students to have more time to complete their homework and get enough sleep for the day!	12/15/2022 7:53 PM
536	Gives more sleep	12/15/2022 7:53 PM
537	High schoolers need more sleep.	12/15/2022 7:53 PM
538	I like this because it allows me a lot of sleep which I really need.	12/15/2022 7:52 PM
539	Neutral	12/15/2022 7:52 PM
540	Every 30 or 40 minutes can make a huge difference	12/15/2022 7:52 PM
541	Students in high school have more time to sleep. This helps because they have more work and probably need more rest. This will also make middle schoolers look forward to high school.	12/15/2022 7:52 PM
542	To many this is highly impossible based off times that parents are dropping students off and even after school activities.	12/15/2022 7:51 PM
543	Option A will give high schoolers the most possible sleep, which is necessary for the development of the teenage brain. I am starting high school next year and I can guarantee that having that extra time in the morning will help me get my supplies together, and allow me to have more time with my family, and to get my self ready for the day. So this is why I think we should push back the start of the school day.	12/15/2022 7:51 PM
544	High school student won't be able to reach jobs and clubs and after school will take us till 8 to get done.	12/15/2022 7:50 PM
545	Middle school students would have to adjust to waking up earlier than their highschool siblings. Plus, some middle school students wont have a ride home if their highschool sibling is still in school.	12/15/2022 7:49 PM
546	I would rather start earlier so we can get out earlier	12/15/2022 7:49 PM
547	I'd rather go home at 2:20 instead of 3:00	12/15/2022 7:49 PM
548	Out of the 2 options this seems like the only one that would really make change.	12/15/2022 7:49 PM
549	More sleeeep is givien	12/15/2022 7:47 PM
550	Option A pushed my after school activities, but with this it pushes it even more.	12/15/2022 7:47 PM
551	This schedule is fine too but ending school at 3:00 is not the best and I don't want to be at school till 3.	12/15/2022 7:46 PM
552	I think this is ok but I think the elementary students should start at 7:55. I know that there is concern that the young kids will be out in the dark and I think this is something they can overcome	12/15/2022 7:45 PM
553	Again, I think the impact on schedules outside of school would be huge. Also students would just feel more comfortable with staying up later and sleeping in more, so it would have no effect	12/15/2022 7:45 PM
554	Gives more time in the morning to wake up, makes getting to school less taxing because you don't have to wake up as early	12/15/2022 7:45 PM
555	I am in Gonna be in high school next year so I want extra time to sleep.	12/15/2022 7:45 PM
556	This is the best option because the high school is much later with only a 1 hour afternoon change.	12/15/2022 7:44 PM
557	I would not like starting school at 8:35am. It seems late for high schoolers.	12/15/2022 7:44 PM

STUDENT Feedback on School Start Time Options for 2023-2024

558	I go middle school don't want to get up that early	12/15/2022 7:44 PM
559	I want more time to finish homework and have free time in the afternoon.	12/15/2022 7:44 PM
560	I don't want to wake up earlier.	12/15/2022 7:43 PM
561	It takes away more time in the morning. Also, I am only going to be in middle school for two more years	12/15/2022 7:43 PM
562	I like this because this maximizes the amount of sleep we are getting and we don't get out too late	12/15/2022 7:43 PM
563	If shs ends at 3, most kids will get home at 3:30 if they are on bus. This gives them not a lot of afternoon time, which restricts us from being flexible.	12/15/2022 7:43 PM
564	sports for the high school will be all messed up	12/15/2022 7:42 PM
565	People cant work. After school and practices we have no time left for homework or free time.	12/15/2022 7:42 PM
566	High school, students are stressed and they need more sleep	12/15/2022 7:41 PM
567	I chose this support level because this helps us middle school students to have more time for homework and to help us be more prepared for when we are older and need to wake up very earlier but alas given us less time to get ready.	12/15/2022 7:38 PM
568	Less sleep	12/15/2022 7:37 PM
569	So I can get out of school earlier.	12/15/2022 7:32 PM
570	This schedule could be ok, but it is just 5 minutes earlier than usual and wouldn't be much of a difference.	12/15/2022 7:30 PM

Q6 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

Q7 Please share feedback regarding what you see as benefits and challenges regarding the school schedule options for next year.

Answered: 438 Skipped: 264

#	RESPONSES	DATE
1	I feel that the benefits overrule any of the drawbacks of concerning the change of school start time. Primarily because so much of the Shrewsbury Community revolves around teens as they work, volunteer, drive, etc. Therefore, making their mental and physical health a priority when considering the options, Option B would be the most ideal in my eyes.	12/23/2022 2:15 PM
2	The benefits from this new school schedule is getting more sleep, your are not sleepy. The challenge will be getting used to the new time since all of the students are used to the schedule.	12/23/2022 2:09 PM
3	I think that if we go with option a) then most students will be able to pay attention in class. Whereas, if we stay with our current timeline or earlier, then most students will not be able to ace tests and pay attention in class.	12/23/2022 10:38 AM
4	We would all get much better sleep. We know that the school wants us to be healthy, but they don't allow it. Plus, sleep has been linked to better social behavior (including at school) and better grades. It is a struggle to just stay awake in school.	12/22/2022 3:48 PM
5	Benefit: more sleep Challenge: later end time	12/22/2022 12:23 PM
6	I think that the main problem is that students are up at night studying and doing homework, which results in them losing sleep. Moving the start times of school will do limited help in that problem as the students still have the same amount of time to do the homework. In the end students are still going to stay up at night doing homework no matter what time school starts, and moving the start time back won't make them get more sleep. Further by moving the start time back it's messing up after-school activities such as jobs, clubs and sports which will result in students getting home at a later time, which leads to them starting homework at a later time which ultimately leads to students not getting enough sleep. In conclusion the current schedule works and unless the amount fo homework is going to decrease, students are still going to be up at night studying instead of sleeping.	12/22/2022 11:47 AM
7	Good	12/22/2022 10:06 AM
8	I think the benefits are that on Option A, I could sleep more but Option B allows me to prepare more for the sports and activities I am supposed to do around 4:00 P.M.	12/22/2022 9:09 AM
9	People would get more sleep with a later schedule, but activities may be affected in a later schedule.	12/22/2022 8:15 AM
10	I think the benefits of these options are that students are able to be more healthy, active, and are more likely to pay attention and get better grades in class. I think some challenges are students' afternoon schedules would have to change and could be awkward in the beginning of this change.	12/22/2022 8:01 AM
11	My challenges would be I would have less time of homework to do, so I have possibility's of not finishing it.	12/22/2022 6:40 AM
12	I think that the schedule options will benefit the sleep schedule of all the people	12/21/2022 9:14 PM
13	More Sleep	12/21/2022 9:07 PM
14	A benefit is that all teachers have to stay in school the same amount of time. A challenge is bus problems.	12/21/2022 8:46 PM
15	I think the schedule is good how it is now. If the schedule changes, not only will kids' routines be messed up, but parents will have to change their work times to be able to pick up and drop off their child. Also, the kids who work after school won't be able to anymore, and the same goes for sports or other activities.	12/21/2022 3:55 PM

STUDENT Feedback on School Start Time Options for 2023-2024

16	Normal shecdule	12/21/2022 12:13 PM
17	Not help;ful	12/21/2022 9:45 AM
18	Sleep and getting home times	12/21/2022 9:44 AM
19	Just getting a little more time and sleep but getting home before my siblings	12/21/2022 9:44 AM
20	Even though option B has a very good choice I do not think the middle schoolers should have school ended earlier then the high schoolers.	12/21/2022 8:44 AM
21	Keep the same for option b if it gets chosen	12/20/2022 9:54 PM
22	I think that an other thing that needs to be addressed is athletic practices a not respecting the time limits that coaches put in place. For example, I play a sport that has practices that are from 3-5. However, in reality on most days, practices go from 2-6, which is 2 hours over the time for practice. Additionally, because my other teammates and I are taking more vigorous classes, that's leads to us losing a lot of sleep each night, because we are losing 2 additional hours at practice. Essentially, I think that the work that the sleep health advisory committee is doing to help students get more sleep is great; but I feel that you also need to create regulation more time-intensive extra curriculars, like athletics.	12/20/2022 5:55 PM
23	- waking up will be hard - school might end later in the day, so less time to get things done.	12/20/2022 4:16 PM
24	Both options would mean that some parents would have to change their shifts to later in the mornings, and also clubs and activities would have to be pushed back later which could cause some inconvenience. However, students could be more ready to learn since they could have a bit more time in the mornings to do things like eating breakfast.	12/20/2022 4:08 PM
25	Classes after or before school may have to change, but our sleep schedule will be more relaxed.	12/20/2022 4:07 PM
26	I want school time to start at 8 for high school next year	12/20/2022 12:55 PM
27	There wouldn't be a challenge for me and a benefit is that next year will be basically the same time just a 5 minute earlier difference.	12/20/2022 8:36 AM
28	I see benefits of students getting more sleep, the bus drivers get more time to get setup for their day of bus routes, and no real challenges.	12/20/2022 8:22 AM
29	Some challenges are the older kids would have less time to sleep, and a benefit is younger kids and middle school kids would have more hours in their sleep schedule.	12/20/2022 8:13 AM
30	If I can get more sleep for the day I can probably do better in school and I will not always want to stay in bed.	12/19/2022 8:51 PM
31	I think it is early but I have time for me in the end of the school day for me to do my things. I really want the schedule to stay the same for middle school. You can change the other times but I would like the middle school time to remain the same.	12/19/2022 8:49 PM
32	I would like to have school a bit earlier in the morning and have school end early as well.	12/19/2022 7:27 PM
33	No	12/19/2022 7:06 PM
34	I see some challenges as waking up early enough	12/19/2022 7:05 PM
35	I would not want school to end later because I already don't have much time to prepare for my afternoon activities. I wouldn't mind it it started earlier, because I could just sleep earlier.	12/19/2022 7:04 PM
36	I see that after school activities are benefits to our growth so I prefer the present time to stay because the after school activities will have to be pushed forward or back either way messing up my schedule throughout the day.	12/19/2022 6:05 PM
37	Benefits are definitely more sleep, being more energetic at school, and overall having a better day. Some challenges would be after school classes and things like that,	12/19/2022 5:36 PM
38	None right now	12/19/2022 5:20 PM
39	I think the benefits would be more sleep in high school and better grades for quizzes because of more sleep. The challenges might be related to after school activities and how that would change our day after school coming back late.	12/19/2022 4:57 PM

STUDENT Feedback on School Start Time Options for 2023-2024

40	Sports and clubs might need to meet later, and parents might not have the ability to change their schedules accordingly.	12/19/2022 4:31 PM
41	I do not like how the bus comes early.	12/19/2022 2:26 PM
42	Even though we don't get much sleep right now, I think it's better we keep it this way.	12/19/2022 2:00 PM
43	The schedule change would give me more time in the morning	12/19/2022 1:39 PM
44	Benefits: A little extra sleep. Challenges: Interferes with after school activity's, makes school day feel longer. Keep the normal schedule and let the juniors have a normal senior year next year, no more changes until we graduate	12/19/2022 1:34 PM
45	I feel like we shouldn't change the time because it's students own faults that they are not getting enough sleep.	12/19/2022 1:33 PM
46	I have no feedback	12/19/2022 12:44 PM
47	Don't change the thing please	12/19/2022 12:38 PM
48	If we start later it would throw off everything, sports, going home, clubs, my whole schedule	12/19/2022 12:37 PM
49	I don't have any.	12/19/2022 10:28 AM
50	I think it will be great to have a bit more time in the morning to wake up and get ready as opposed to waking up early and rushing out the door but I don't want the end time to get pushed back too far.	12/19/2022 10:20 AM
51	The only challenge I see is having after school activities shifted.	12/19/2022 10:04 AM
52	No	12/19/2022 9:56 AM
53	School will end early and we will have more time to do after school activities.	12/19/2022 9:47 AM
54	I think the challenges might be extracurriculars going later but the extra sleep is worth it	12/19/2022 9:47 AM
55	I like option B and our current schedule better then all.	12/19/2022 9:47 AM
56	We get more sleep	12/19/2022 9:46 AM
57	I think if the middle students time stay the same it will be ok there won't be a change, and the high schoolers should get more sleep because they need to do more.	12/19/2022 9:40 AM
58	Kids homework, and their band practice	12/19/2022 9:33 AM
59	I think less sleep and more afternoon is very important for our bodies.	12/19/2022 9:28 AM
60	I don't want out later	12/19/2022 8:16 AM
61	i just do not want option b.	12/19/2022 8:12 AM
62	I will have more time to work on school.	12/19/2022 8:02 AM
63	Challenge's might be waking up even more earlier but also getting released early is good.	12/19/2022 7:59 AM
64	Kids need extra sleep but getting out of school later isn't great	12/19/2022 7:58 AM
65	Benefits is that people can sleep in more, challenges is that it gives less time for homework or sports. But I like it.	12/19/2022 7:54 AM
66	Most students and teachers will have a more positive mood in the mornings. More sleep.	12/18/2022 10:46 PM
67	Benefits include students being able to effectively get more sleep and match the circadian rhythm; however, this would have a drastic effect on how activities between middle schoolers and high schoolers participate in activities.	12/18/2022 9:28 PM
68	For option A, middle school student's and elementary school student's guardians would most likely not want their child to be home alone. If the time was later, their work might start before school starts or end after school ends.	12/18/2022 8:37 PM
69	Benefits: More sleep for some students. Encourages a more natural sleep schedule for teenagers. Challenges: Conflicts with after school activities and jobs. Some people would not	12/18/2022 8:37 PM

STUDENT Feedback on School Start Time Options for 2023-2024

actually get more sleep. Option B does not benefit enough people to be worth it. Option A isn't enough of a change to be worth it.

70	I think some of the benefits regarding the school schedule is that the kids in the high school get more time to rest than under normal circumstances. No mater which option the schools pick, the high school students will still benefit from it.	12/18/2022 8:05 PM
71	One benefit for me is that I will get home much earlier and e will have more time to play outside since all my homework will be done earlier. There will be no challenges for me for Option B.	12/18/2022 7:24 PM
72	We get to sleep more in the morning, but we will probably sleep earlier since we go home later. We will also have to stay longer in school if we have extra curriculars.	12/18/2022 6:26 PM
73	I think starting at 7:55 is better because it's only 5 min later than we usually start. But we let of at 2:10 which makes more time for homework and other activities or homework outside of school.	12/18/2022 5:40 PM
74	Just keep it as it is!	12/18/2022 2:46 PM
75	I think it will only be better.	12/18/2022 9:53 AM
76	If changing to later times, people would simply stay up later than they do now, and if the time school ends moves, those who participate in extra curriculars would be pushed further back. Even if it is only 20 minutes, I believe it's unnecessary and not in the slightest beneficial.	12/17/2022 10:18 PM
77	The benefits of option A is that it makes more sense when it comes to age and education. The challenges of option B is that high schoolers will be getting out of school much later.	12/17/2022 7:23 PM
78	Parents work schedules can affect when a child gets home, teenagers work and take sports very seriously, everything changes with a negative output if we change the time for when shrewsbury highschool gets out.	12/17/2022 7:20 PM
79	Benefits: More sleep Challenges: IDK	12/17/2022 5:20 PM
80	Students need their sleep so they can learn better	12/17/2022 3:09 PM
81	I feel like the benefits for the whole schedule changing would be me getting more rest, being less stressed, and ect. However, I do think this schedule is going to make me adapt to the changes for example waking up, sleeping, this also changes how my parents wake me up and ect.	12/17/2022 1:21 PM
82	The day will go on later, people will sleep later. However, I do believe this is a beneficial change.	12/17/2022 1:01 PM
83	I think maybe the challenge would be people who have extra clubs or practice they would probably be hard for them.	12/17/2022 12:51 PM
84	Benefits- having more sleep Challenges- having a new schedule	12/17/2022 12:47 PM
85	As tempting as more sleep is, I do not believe it will have any benefits. Students will stay up latter because they get to get up latter, meaning they will get the same amount of sleep if not less than in the current schedule. Also, it should be noted the amount of after school obligations that high school students have to fulfill. It is impossible under Option B for students to work, participate in extracurricular activities, and complete homework and study for tests in the limited hours before they go to sleep. They will have to stay up latter to fulfill these obligations. Option A also poses the same challenge. Additionally, outside of school activities also will not accommodate students getting out of school latter, so those students will no longer be able to participate. Finally, for high school students who have parents working in the school district, these changes could pose challenges for pick up and drop off times and mode of transportation. For example, students who have never taken bus before will be forced to take the bus because their parents are at work, adding another challenge, cost. Parents will have to pay more for transportation such as buses, money they may not have. There are so many logistical challenges and cons to these school schedule options for next year that I fell it is best to stay with the current schedule.	12/17/2022 10:53 AM
86	N/A	12/17/2022 10:42 AM
87	I think we will not get to go to as many sports	12/17/2022 8:53 AM

STUDENT Feedback on School Start Time Options for 2023-2024

88	Option B is bad	12/17/2022 8:17 AM
89	I think that some challenges could be a lot of peoples schedules. This could make it hard for people to get their kids to school or making sure they get on the bus. But, one benefit would be the amount of sleep students will be getting. They will perform better in the early hours of the day and will possibly up their grades.	12/17/2022 6:55 AM
90	If there was less homework then option b would be preferable since I could enjoy a full meal in the morning as a senior before having to attend school	12/17/2022 3:15 AM
91	The sleep cycles for middle and/or high schoolers are either improved or generally the same, and afternoon activities can be given little impact. However, afternoon activities for high schoolers may be impacted, and dismissal traffic at the middle school may need to be reconfigured.	12/16/2022 9:37 PM
92	I see that one challenge with the new schedules is that there is no set time at SHS.	12/16/2022 8:16 PM
93	Changing peoples schedules and kids extracurricular activities is a challenge and a problem.	12/16/2022 7:38 PM
94	I think our current schedule is perfect. Please do not change it. Kids just need to sleep on time. We have enough after school time, we can relax and sleep or do not related school activities. Please do not change it, we need to teach kids to sleep on time. People on my team watch tik tok or YouTube on a school night till 1am. We should not change it because of the kids. We need to change there habits. They will go to college and do what? Watch tik tok till 1am? We need to change there habits. Please do not change the time.	12/16/2022 7:23 PM
95	I really don't have a problem with the start and end time for Shrewsbury High School right now, but the problem I have is that school starts at 7:30 and my bus comes at 6:30. It would be much better if busses came later around 6:50-7ish so that I would be able to get more sleep.	12/16/2022 6:53 PM
96	After school activities are a major challenge, and the time it'll take to do homework as well. I don't think we need to change the schedule, because even though we don't get as much sleep in the morning we are still able to finish all our homework without having to stay up too late like we'd have to if we delayed the start time.	12/16/2022 5:51 PM
97	More sleep for many students but parent schedules may have to be altered.	12/16/2022 5:46 PM
98	I just feel this is right for me	12/16/2022 5:46 PM
99	Benefits -School gets out earlier -See my Friends sooner Challenges -Being more tired when I wake up	12/16/2022 5:26 PM
100	What I depicted above still stands. Respectfully, change high school, don't delay middle school and elementary.	12/16/2022 5:14 PM
101	I think that the new schedule could benefit the school because it can increase the amount of sleep students get. I'm pretty sure that many students like to sleep in, especially after staying up late for doing homework, so this can really impact the students. Some challenges are that if the schedule by any chance gets to Option B, this can decrease the amount of middle schoolers' sleep time, which can leave students feeling tired. But, Option B can be good for people who just love the morning, and also to high school students, since they get more sleep. These are the pros and cons of the new school schedule.	12/16/2022 4:59 PM
102	I see that the benefits of Option A are that students would get home at a similar time to when they are getting home now, and they would have more time to do homework. Also, they can adapt to seeing the bus at a similar time and teachers can adapt to waking up at a similar time. Finally, they would be able to have time to do extracurriculars. However, it will not give teachers or students a lot of extra sleep time. Option B benefits those who want a lot of additional sleep time, as they will be given at least one more hour. They might also not be so tired and groggy in the morning as a result. On the downside, however, teachers and students will have to stay in the school for much longer, and students won't be able to do extracurriculars. They will also get home very late, and may not be able to complete their homework. In addition, buses may not adapt as well to the change early on, considering that it is a very different time than they usually leave.	12/16/2022 4:10 PM
103	I feel that option B is a good choice because I don't mind waking up early and we would get out of school earlier.	12/16/2022 4:02 PM
104	KEEP IT THE SAME!! NO ONE NEEDS THIS MUCH CHANGE	12/16/2022 3:56 PM

STUDENT Feedback on School Start Time Options for 2023-2024

105	I have a lot to do every day	12/16/2022 3:51 PM
106	As a high school student, I prefer being out of school at 2 PM. All activities, homework, and relax time is able to fit in the time slot of 2PM-9:30PM.	12/16/2022 3:47 PM
107	I'm always tired at the end of the day	12/16/2022 1:56 PM
108	Benefits would be if the schedule didn't change we would all be energized and challenges are homework and classwork completion rates	12/16/2022 1:47 PM
109	The benefits will be more sleep but the challenges will be shaping a new schedule around the new start times	12/16/2022 1:45 PM
110	Please option A	12/16/2022 1:38 PM
111	I feel that we will all benefit.	12/16/2022 1:35 PM
112	The B schedule would really screw up my current schedule in my life and I would have to change many things about how I live. It would also affect people who have part time jobs. The vast majority of people who don't get enough sleep are people who are irresponsible, and I believe it is unjust to negatively affect the responsible people who get enough sleep.	12/16/2022 1:33 PM
113	School earlier would be so good	12/16/2022 1:32 PM
114	High school should definitely be later then some other schools because younger students are known to wake up earlier. Where high school students would rather sleep in later and would make the "high school experience" so much better and that's what we want for the town of shrewsbury.	12/16/2022 1:31 PM
115	I doubt the benefits will apply to many students as most will just use this as an opportunity to sleep later, and for those who will take advantage of it the pros would be out weighed by the cons of less time to actually work and do other non-school related things in a day.	12/16/2022 1:25 PM
116	I don't have any feedback right now	12/16/2022 1:12 PM
117	Keep it the same please. Shifting time is unnecessary and will give people the same amount of sleep and less sunlight hours	12/16/2022 1:02 PM
118	If we keep this schedule we will get no sleep but ton of time for extra activities. Change it means a little more sleep but no time for extra activities	12/16/2022 1:01 PM
119	We would also sleep later because of homework. Delaying the starting time wouldn't change anything because everything else would just be pushed back as well (sleep time, starting homework, etc.)	12/16/2022 1:01 PM
120	heehee hawhaw	12/16/2022 1:01 PM
121	I think we should just keep it the same	12/16/2022 1:00 PM
122	- peoples schedules - after school sports and clubs -adjustment	12/16/2022 1:00 PM
123	I think school schools start at 7:45 and then end at 2:00, allowing us to have more time to do homework and after school activities. With the schedule now I get home (from the bus) at 3:00, leaving me little time to do homework because more of my programs/activities start at 4 or 5. Also pushing school back will disturb everyone's schedules. Most kids do things out of Shrewsbury and it wouldn't be fair because 1 person in a group has to change all the meanings because of my school times.	12/16/2022 12:53 PM
124	If there is a change, I do not think most students will utilize the extra time well. Rather, I think the amount of time students stay awake will be the same.	12/16/2022 12:48 PM
125	I think it's important to change school start times to support student's sleep. However it could make after school activities difficult to get to	12/16/2022 12:43 PM
126	My first choice would be for the current schedule. If the current schedule will not be kept under any circumstances, then option A is the best for students. Regardless of when I woke up, my tiredness after school comes from going through a 6 hour school day. A later start would only push homework, jobs, sports, extra help, and eating time back. It does not change anything	12/16/2022 12:37 PM
127	Getting to school early will be hard, but people have sports at the end of the day, and it will mess up that schedule	12/16/2022 12:23 PM

STUDENT Feedback on School Start Time Options for 2023-2024

154	If school ends later some people won't have time for their after school activities.	12/16/2022 10:27 AM
155	People be more awake in school.	12/16/2022 10:27 AM
156	After school activities will be changed and hectic	12/16/2022 10:26 AM
157	I think that the sleep time is great but it also results in the day ending really late.	12/16/2022 10:24 AM
158	Benefits: Lower chances of mental illness (anxiety, depression, etc) Potential increase in grades More attention in class = better HOWLS Challenges Schedules may be disrupted	12/16/2022 10:21 AM
159	If the high school start time is pushed back one hour, I will be able to get more sleep each night and eat breakfast.	12/16/2022 10:04 AM
160	I believe option B would be very good.	12/16/2022 9:58 AM
161	The biggest challenges are definitely after school activities as this schedule change can heavily affect it, but looking at the presentation there wont be much difference in that	12/16/2022 9:57 AM
162	Option a	12/16/2022 9:44 AM
163	When you are older need more sleep for your body to be able to function at school.	12/16/2022 9:28 AM
164	When your older you need more sleep so you can process your brain everyday.	12/16/2022 9:27 AM
165	As I said before dont change it	12/16/2022 9:23 AM
166	I like the schedule right now, because it gives me a chance to wake up early and start my day fresh	12/16/2022 9:22 AM
167	i think earlier releases times are better	12/16/2022 9:21 AM
168	I know I complain about waking up early but it's not that bad if I get more time after school.	12/16/2022 9:19 AM
169	I think this would be better for our school because kids would leave earlier but finish earlier than a regular schedule.	12/16/2022 9:17 AM
170	The bus drop off at Oak and Sherwood need to become more fair.	12/16/2022 9:14 AM
171	I can't be getting out of school at 3, I got homework, work, sports, never mind it would get dark in an hour. No. Just keep it the way it is, it's the kid's fault they are going to bed at 12, just go to bed earlier, problem solved.	12/16/2022 9:14 AM
172	It will be better for ever	12/16/2022 9:09 AM
173	Benefits - waking up earlier, less sleepy? Challenges - less time to do stuff during the day	12/16/2022 9:06 AM
174	I think either we keep it the same or make the time earlier	12/16/2022 9:05 AM
175	I liked option a	12/16/2022 9:02 AM
176	New kids coming in the middle schools can have more rest, and it helps them because of their schedule in Elementary schools. Getting more rest can also help focus for people. Most people are always usually tired and sleepy.	12/16/2022 9:00 AM
177	Don't change it.	12/16/2022 9:00 AM
178	Option A is probably the most interesting to me because I think we all need more sleep and this would be a massive improvement for ev	12/16/2022 9:00 AM
179	Doesn't matter.	12/16/2022 8:56 AM
180	What i see a challenge is that he school will end a little bit later.	12/16/2022 8:55 AM
181	We have to stay in school more	12/16/2022 8:55 AM
182	Nothing really I am more focused on the schoolwork for high school and my sleep.	12/16/2022 8:55 AM
183	Benefits are that I can spend time with family, have and do other programs. I don't know for challenges	12/16/2022 8:54 AM
184	I think next year won't be that hard, but the homework will be stressful.	12/16/2022 8:54 AM
185	I dont want any change to the schedule because i like going to school earlier and getting out	12/16/2022 8:54 AM

STUDENT Feedback on School Start Time Options for 2023-2024

earlier because sometimes I have to go to family events or sports i have to go to and this schedule is perfect for that so i really need the schedule to not change.

186	None	12/16/2022 8:54 AM
187	A benefit is I get to spend more time with my family in the morning A challenge is we will be in school later	12/16/2022 8:54 AM
188	I think some benefits would be that kids get more sleep, they feel more refreshed, they study and learn better, and they would be more focused. Challenges would be less homework time.	12/16/2022 8:53 AM
189	Option A makes you have less time to finish after school tasks. Option B will let you finish those tasks and have more free time. The current schedule is my favorite because High School should be first, not second.	12/16/2022 8:53 AM
190	Benefits: More sleep/better rested Brighter outside when waking up Better work in school Challenges: Sleep time pushes back Pick up times for parents	12/16/2022 8:53 AM
191	People will need to adjust to the times, but students will be able to get more sleep, meaning they will be more attentive. Another problem could be that students get out later, so it could conflict with other things, and students might be working later.	12/16/2022 8:53 AM
192	I want to get out of school early	12/16/2022 8:52 AM
193	I think my choice would give me more time to get ready and the challenge is that I will have sports after school and religious classes	12/16/2022 8:52 AM
194	I see benefits for option B because i get 30 more minutes to sleep and i still go home at the same time. One con is that school starts at 8:00 and you get 5 minutes to not be late	12/16/2022 8:52 AM
195	The benefits is we can get better sleep.	12/16/2022 8:52 AM
196	I don't have any ideas.	12/16/2022 8:51 AM
197	I would prefer option B for next year.	12/16/2022 8:50 AM
198	more traffic and maybe getting in the way of the schedule for some parents	12/16/2022 8:49 AM
199	I feel like our current schedule or option A is much better because we can finish our school early and head to work or some of us have sports after school as well.	12/16/2022 8:47 AM
200	It will be nice to sleep in but some of my after school activities might have to be canceled or changed	12/16/2022 8:45 AM
201	It won't help people will just go to sleep late knowing school starts later it WONT HELP. Plus nobody wants to get home at 3 that's too much	12/16/2022 8:44 AM
202	I believe that there would be challenges and benefits. Specifically for SHS, which I will be attending next year. Some benefits would be getting a better sleep and being more awake in the morning for first period. However, there are challenges too. For students with extracurricular activities (ex. sports, arts), there is less time in the day to get those activities accomplished before it gets too late.	12/16/2022 8:41 AM
203	Some benefits are that people get more sleep but some drawbacks are that people have other complications such as sports and such that may conflict with the schedules.	12/16/2022 8:40 AM
204	- work schedules - after school activities - sleeping later to finish all the work	12/16/2022 8:40 AM
205	Days with double practice, less time for things after school	12/16/2022 8:40 AM
206	I really don't see any problem with option b, elementary school kids can be accompanied by and older sibling, and since high schoolers have lots of work, they need more sleep and with option b that can be provided.	12/16/2022 8:40 AM
207	I don't see any solutions to the main issue: sleep, because the push back time is only about a half an hour. Challenges in both options are school sports, buses and pickup. We should have the same schedule next year.	12/16/2022 8:38 AM
208	Our whole day will be consumed by school.	12/16/2022 8:36 AM
209	Option A presents no difficulties; its advantages are that students get more sleep, which leads to improved academic performance. Option B has no benefits; the challenges are that people	12/16/2022 8:35 AM

STUDENT Feedback on School Start Time Options for 2023-2024

	have lives after school and don't want to be in school until 3 o'clock.	
210	More time for larger family to get ready	12/16/2022 8:34 AM
211	If option 1 happened, we would get a bit more sleep and school wouldn't end too late.	12/16/2022 8:27 AM
212	Students with busy schedules wouldn't be able to convert later start times to more sleep, and getting out of school later has too many negatives.	12/16/2022 8:27 AM
213	Getting out of school	12/16/2022 8:24 AM
214	I like the current schedule because it's perfect with my after school activity's	12/16/2022 8:22 AM
215	Start time 9:00am end time 3:50	12/16/2022 8:22 AM
216	Please keep them the same	12/16/2022 8:21 AM
217	I just want to be able to sleep.	12/16/2022 8:19 AM
218	Better work quality.	12/16/2022 8:19 AM
219	I don't have any	12/16/2022 8:19 AM
220	Make school start as late as possible	12/16/2022 8:18 AM
221	We can be less tired during the school day If we stick to option A	12/16/2022 8:18 AM
222	I think a benefit will be students being for productive and alive at school but I think it could be a challenge for students to attend sports after but must likely not	12/16/2022 8:17 AM
223	I think we should just keep it the same. We literally have no homework, so if they can't sleep enough, they don't really have an excuse. I know a bunch of high school students who can sleep at 9:30, so if they can sleep early, we, middle schoolers have no excuse.	12/16/2022 8:17 AM
224	parents issue with daycare	12/16/2022 8:17 AM
225	I think it depends on the school	12/16/2022 8:16 AM
226	Current schedule	12/16/2022 8:16 AM
227	Idk	12/16/2022 8:16 AM
228	CURRENT SCHEDULE!!!!!!!!!!!!!!!!!!!!!!	12/16/2022 8:16 AM
229	No	12/16/2022 8:15 AM
230	Benefits: Highschool students can get more sleep Either way, high schoolers can pick up their younger elementary siblings from school Performance in class will improve Challenges: Teachers will need to be understanding of students having less time in the afternoon to do homework sports and extracurricular will run later into the afternoon/evening	12/16/2022 8:15 AM
231	I don't really like the change in schedule because we will need to stay in school later. This is be hard for people who does things after school.	12/16/2022 8:15 AM
232	I need my sleep and want to go home early	12/16/2022 8:14 AM
233	Im tired	12/16/2022 8:13 AM
234	I think the sleep schedule we have now is good, but it would be nicer if we had more sleep	12/16/2022 8:13 AM
235	I believe changing the time wont affect anyones hours of sleep and will make students more stressed by having less time in the afternoon mostly in the winter that it darkens early you don't really want to study at or do homework at 8 because you had work from 4-8 going to bed late because you don't have time and impacting your grade	12/16/2022 8:11 AM
236	I see high schools get more time for mental heath and homework and middle schoolers get more time for homework	12/16/2022 8:10 AM
237	I need more sleep	12/16/2022 8:10 AM
238	I dont see any benefits. I already summed up what I thought on the other things i wrote. It will affect our school in ways that wont make it worth the schedule change. Yes, we need more sleep, but that's what after school naps are for. If people cannot take those, then they will	12/16/2022 8:09 AM

STUDENT Feedback on School Start Time Options for 2023-2024

probably sleep earlier. There is no point in changing our schedules more than it already has. In the past three years that I have been at this school, the schedule has changed almost 2 times every year.

239	None.	12/16/2022 8:09 AM
240	Next year is going to be the same schedule so	12/16/2022 8:09 AM
241	One benefit is more sleep between all students in the district. A challenge is changing the bus schedules.	12/16/2022 8:08 AM
242	Waking at.6:30	12/16/2022 8:08 AM
243	Can we make school time shorter?	12/16/2022 8:07 AM
244	I don't really have input but I definitely want more sleep.	12/16/2022 8:07 AM
245	Some people might get the same amount of sleep regardless, and I would rather spend my afternoons at home.	12/16/2022 8:07 AM
246	I think Elementary School should have the same times, and middle school should stay the same, but high school is moved up to the same time as the middle, or bump each one up by 30 minutes except elementary schools.	12/16/2022 8:06 AM
247	I won't have to change my sleep schedule if the high school start time becomes the middle school start time. I also don't want to be in school until 3. But I don't want to wake up earlier for the bus like the current start time.	12/16/2022 8:06 AM
248	I understand why this is a proposal. It is a good idea, but in reality, with the busy life of most high school students, everyone will just need up going to bed later and not get more sleep, which just causes more problems than we began with.	12/16/2022 8:05 AM
249	Benefit: High schoolers get more sleep because we need it the most.	12/16/2022 8:05 AM
250	Benefits are more sleep for kids who stay up late to do homework but less times for extra curricular activities and other activities kids care about.	12/16/2022 8:04 AM
251	I think that it is super super unnecessary to change the schedule and also students should be responsible and go to bed earlier and that if you want us to have a good sleep do Not give us homework to stress about. But the schedule better stay the same. And the waterfall schedule has already made so many changes to the times.	12/16/2022 8:03 AM
252	please do not change the schedule i have a job i go to straight after school. this is idiotic and inconvenient. some of us aren't privileged and we have things to worry about after school. if you people care about our health and sleep so much stop assigning pounds of homework it's not that hard	12/16/2022 8:02 AM
253	I think that for us, it won't really change anything, but for the high schoolers it will be very helpful. I feel there wouldn't be any issues with that.	12/16/2022 8:01 AM
254	Some people might not like it but we need sleep	12/16/2022 8:01 AM
255	I don't like the waterfall schedule. I would much rather last year's schedule.	12/16/2022 8:01 AM
256	Waking up is a challenge	12/16/2022 8:00 AM
257	I don't want to get out later	12/16/2022 7:59 AM
258	I think beginning later is good but ending later is bad	12/16/2022 7:59 AM
259	School ends at 2:20	12/16/2022 7:59 AM
260	I like that I can get more sleep, but how will after school activities work?	12/16/2022 7:56 AM
261	Benefits is that there will be less tardies for the high schoolers because we have more time to get ready, students will be more actively learning since they are not tired during the morning periods, and after school activities wont be affected by theses times.	12/16/2022 7:55 AM
262	Nar	12/16/2022 7:55 AM
263	I have been at this school for three years already and it is not that I do not like change it is that this change would not work. I have created a schedule and figured out what works for me	12/16/2022 7:54 AM

STUDENT Feedback on School Start Time Options for 2023-2024

so I can get everything done and I do not need it switched now. Everyone says we would get more sleep but I honestly would just have to go to bed later and not get anymore sleep that I do right now.

264	Benefits: high schoolers will get more sleep, but incoming middle schoolers might have a tougher time	12/16/2022 7:54 AM
265	These are not good options, we should stick to the current schedule. We as high schoolers need to be able to manage our day and sleep, if we don't know now we will never know how to. This schedule might not even work with all of us. Some of us have jobs and sports, this will give us less time to complete our work and actually have us lose sleep.	12/16/2022 7:52 AM
266	This is a terrible idea. Changing the school start time will RUIN a lot of stuff. For example for the younger kids a lot of parents will be unable to get there kids from school this means that tons of young kids will be at after school for so much longer then they should if parents can't get them until 3 then nothing changes they will still leave at the same time like before. It will also mess up sports teams and theater, not all the schools are changing so if St. John's is ready at 4 and we are not then we cannot go. This whole thing is stupid!! The kids who complain off OOO IM TIRED 😩 are the SAME kids who are up at 12am. It won't fix anything	12/16/2022 7:51 AM
267	if that happens there will be many young people who may give up studying	12/16/2022 7:51 AM
268	I think the times should stay the same. It's worked out well for the past years why change it now? It would definitely mess things up and not even make a big difference	12/16/2022 7:50 AM
269	I feel like the current schedule is fine and works and if we went with option B then there wouldn't be enough time for sport, homework, and other activities. So kids would stay up late to get everything done and they will get the same amount of sleep anyways.	12/16/2022 7:49 AM
270	I really do not think any high schooler wants to stay at school until 3:00. Most of us have jobs/extra curriculars and that is just taking time away from doing our homework. Even though we have more time in the morning no one is going to wake up in the morning to finish their homework just because there is "more time". Also, for high school students if the start time of school is later students will just stay up later.	12/16/2022 7:42 AM
271	I think the current one works fine. If people want to get more sleep they should go to bed earlier.	12/16/2022 7:40 AM
272	Keep schedule same	12/16/2022 7:38 AM
273	Just stop changing the schedule please it's already fine the way it is	12/16/2022 7:37 AM
274	As much as everyone would appreciate the extra time for sleeping in, both school options would push everything back more and for people who already have a very busy schedule, this just makes it worse since we end later and everything has to be pushed back. Not worth it. Besides, everyone is always tired cause no one goes to bed early.	12/16/2022 7:29 AM
275	Many students on this schedule will get less sleep. This will not help us at all, as many of us will be up later to get homework done and other things. None of these will help.	12/16/2022 7:24 AM
276	Benefits for me is that I can wake a little later and I won't feel tired at school.	12/16/2022 7:24 AM
277	If we do go home later I feel we will have less time to do what we want and we will have to go to sleep later which makes us gain the same amount of sleep. A works as we wake up later but don't end school to late.	12/16/2022 7:23 AM
278	Extracurriculars will be affected the most, but I'll be able to sleep a bit more if either of the new options are implemented.	12/16/2022 7:21 AM
279	Both options will cause challenges to after school activities.	12/16/2022 7:18 AM
280	I think that we should have enough time to sleep but also have enough time to get homework done	12/16/2022 7:15 AM
281	Benefits: more sleep for highschool Challenges: no clue	12/16/2022 7:06 AM
282	If Option B is chosen, middle school students would not have much change. I do not know how much sleep middle schoolers are getting or need to get, but that might be a concern.	12/16/2022 7:05 AM
283	I think both will help give people more time to sleep but I am worried about how it will affect bus times.	12/16/2022 6:57 AM

STUDENT Feedback on School Start Time Options for 2023-2024

284	If we get out of school later that won't make us get more sleep. Our activity after school will be even closer time to when we get home and we will get home from our activities tired and get our homework done not as good because we're tired, I also think that we'd just be getting the same amount of sleep as before. Since school starts earlier we'd be going to sleep later.	12/16/2022 6:49 AM
285	People would have more energy in class to do their work and there would be more participation.	12/16/2022 6:38 AM
286	Leave it the same, because pushing it later screws up so many of our lives. We have jobs, sports, and hobbies outside of school which can be ruined just because some kids decide to stay up late and whine about how tired they are. I shouldn't be penalized for others mistakes.	12/16/2022 6:29 AM
287	I would be able to sleep more though I do have extra curricular class and ending later means the clsss also end and start later onwards.	12/16/2022 6:26 AM
288	If you change schedules, think about the students and their after school activities. Not all activities are related to school and it will cause a lot of problems.	12/16/2022 1:50 AM
289	The problem within our sleep IS NOT that school starts too early, its that we SLEEP too LATE because of the amount of work we have. No matter how far you push back the start and end time of school, students athletes still have sports practice for hours, students still have work and volunteering for hours, students still have friend and family relationships to maintain, and most importantly we have hours of work to complete at home. Making school end later not only jeopardizes our work and sport schedules, however it only means we will stay up later doing work and homework and end up sleeping the same amount of time. If you actually want to help with the amount of sleep we get, there needs to be policies in place which restrict the number of test or quizzes we can have per week as well as policies which ensure we don't have hours of homework. Even if theres a new homework policy, students are still pressured into doing their homework on time and if they don't, our teachers take off points. And they say that we shouldn't spend more than 40 minutes on one homework, but we still do anyways because our teachers don't give us credit if we don't finish.	12/16/2022 12:35 AM
290	I do not see any benefits because most kids will just end up sleeping later and won't get as much sleep and there are also many cons to changing school times	12/15/2022 11:58 PM
291	I can see students definitely being annoyed since they have schedules that sort of rely on the school hours.	12/15/2022 11:43 PM
292	Major benefit is obviously more sleep but who's to say just because school starts later means students won't start sleeping later as well thinking they have more time? That's a challenge I think.	12/15/2022 11:37 PM
293	Benefits and negatives for A: slight increase in sleep but that gets outweighed by the extra activities care takers may make their child do because of the time difference. Benefits and negatives for B: You get a lot of extra sleep and can get home before elementary to help with childcare but, this major shift may cause a bus scheduling conflict.	12/15/2022 11:32 PM
294	more sleep for adolescents, increasing academic performance (kids won't be falling asleep in class so they can actually listen in class and won't need to go home and relearn what was taught in class because they fell asleep), increasing immune systems, bettering mental health	12/15/2022 11:17 PM
295	I feel that high school should start latest because it contains the most amount of teenagers that stay up later, the middle schools should start in between because they have youger kids in 5th and 6th grade but also have 7th and 8th graders, and the elementary schools should start first because they wake up sooner anyways.	12/15/2022 11:14 PM
296	One benefit would be more sleep, even if it's 30 minutes. It still counts. One challenge would be school clubs, classes and homework, we would return home late or get a late start on homework. The extra 30 minutes in the morning do make up for that though.	12/15/2022 10:59 PM
297	If school starts later technically it would be really helpful for me because I usually have sports after school then I have to do school work and it gets pretty late and I don't get enough sleep and wake up then I'm half awake in the morning.	12/15/2022 10:56 PM
298	As a benefit I can see us getting more sleep, but on the down side other schools might not get enough.	12/15/2022 10:46 PM
299	I see a benefit in being able to sleep well next year.	12/15/2022 10:44 PM

STUDENT Feedback on School Start Time Options for 2023-2024

300	Please leave the schedule as it is. Just adding 1 hour of sleep won't affect much. I've personally slept at 11, and slept at 12, and I found that there isn't much difference. It will also reduce time for academics (homework), so I believe the current schedule is the best solution.	12/15/2022 10:37 PM
301	As a benefit, I feel that the later start time is going to increase everyone's work rate and effort, people will be more energized, it will be easier to wake up if we are given more sleep. Some challenges though are going to be balancing sports and homework or other outside of school activities. The later the end the end time, the later sports practice/music rehearsals will get out, the later students come home and the more time spent on completing homework. This will result in a later bedtime.	12/15/2022 10:33 PM
302	I like the idea of starting a little bit later, but the cons to it is how late we finish school. Those of us that do extra-curriculars will get less free time in our day because of finishing late.	12/15/2022 10:23 PM
303	The elephant in the room for me is extra Curricular activity	12/15/2022 10:20 PM
304	Personally, I can get by fine with the current schedule. Sure, I might not always get as much sleep as I need but it doesn't affect my ability to focus in class as long as I get 6 hours of sleep at the least. Moving the schedule to end later just feels like a hassle and a change not everyone will be willing to accept. Those with especially tight schedules will feel even more uncomfortable and difficult to navigate. The only real benefit I see for changing schedules like this is for people to get more sleep. There seems to be more worry than legitimate benefits.	12/15/2022 10:18 PM
305	I think less class time might be problem but we will get and entire extra hour of sleep which is great.	12/15/2022 10:17 PM
306	I think the change is schedule would be confusing because of what time people wake up now.	12/15/2022 10:17 PM
307	I'm very busy outside of school for example I didn't get home until 8:45 tonight, changing the schedule to an hour later will in fact impact me negatively because I'll be staying up later to do homework and other things	12/15/2022 10:16 PM
308	I think that middle schoolers will be more tired, but high schoolers will do better	12/15/2022 10:16 PM
309	I do think that managing the challenges, especially with buses, will be hard. I do think it's better to go with option B as it lets high schoolers get the most sleep and to go through all the work of rearranging the buses and how they work to only get 30 more minutes of sleep doesn't seem worth it. I would much rather have option B!	12/15/2022 10:14 PM
310	I see no befits in changing the schedule. especially mid year. you already did it for lunch just leave this alone.	12/15/2022 10:08 PM
311	I definitely think by school starting later it will give students less stress about "will I get enough sleep tonight/will I wake up in time tomorrow?" For students who take the bus, like myself, waking up on time is almost always crucial to getting to school since getting a ride isn't always an option.	12/15/2022 10:07 PM
312	A major benefit is more sleep but sports might interfere with the schedule. Mornings practice might be the norm for sports.	12/15/2022 10:04 PM
313	I think it would be beneficial to have more time in the morning as it would allow me to be awake and ready for school.	12/15/2022 10:02 PM
314	I see benefits regarding the delayed start times because it would give students a bit more sleep. A challenge however would be the logistics and child care which I understand. However, I believe that the buses are not very efficient on getting to school. For example, my bus arrives at school at 7:35 AM, when the school day starts at 8 because we are picked up way too early. Meanwhile, some buses arrive 2-3 minutes before the school day begins. There is quite a large variation in the bus pickup times which is inefficient.	12/15/2022 9:58 PM
315	The benefits of a longer starting time would give me a much healthier amount of sleep and I would still have a lot of time to prepare for school. I see no challenges to this new school schedule for next year.	12/15/2022 9:52 PM
316	I don't understand why middle school will start before high school. I like the idea of being able to sleep 1 more hour however I have a brother in middle school that I need to be home before him	12/15/2022 9:50 PM
317	I don't know	12/15/2022 9:47 PM

STUDENT Feedback on School Start Time Options for 2023-2024

318	The benefit is I will be able to get a bit more sleep and rest, but the challenges will definitely by the schedule clashing with other classes and activities.	12/15/2022 9:44 PM
319	Busy schedule	12/15/2022 9:40 PM
320	I believe the only challenge would be the problems with after school activities. It's possible some peoples obligations are around 3pm and they won't be able to get there in time.	12/15/2022 9:40 PM
321	There is no need for the school schedule to change whatsoever. The new homework policy was far more effective in curbing reasons for why students stay up late. Also, a lot of students are going to be sleep deprived no matter what you do, because of their own choices regarding their time management, or because they have to work late or some other reason. The only way this could be implemented in a way that it does more good than harm is if somehow the 2:00 pm end time was maintained while at the same time the start time was pushed up. And this would obviously cause its own problems. The best way to address concerns of sleep deprivation, possibly the only way, is to monitor the workload students receive. And this is already being done to an extent, which is good. A schedule change is very detrimental.	12/15/2022 9:39 PM
322	Benefits are more time to sleep for some but a challenge is that others will just stay up later.	12/15/2022 9:34 PM
323	I think starting school later is a good idea, but it will affect after school activities. If students have activities that are a few hours long and start right after school, they won't be able to finish their homework on time and will be working on it until late at night. As a result, they will end up sleeping the same amount as they normally would if the school's start time remained the same.	12/15/2022 9:33 PM
324	Students would get more sleep and will not come to class sleep deprived.	12/15/2022 9:33 PM
325	Kids will just sleep later instead of taking advantage of the extra start time just making it so people get the same amount of sleep.	12/15/2022 9:32 PM
326	Do not agree	12/15/2022 9:29 PM
327	Students need more sleep	12/15/2022 9:28 PM
328	I think the benefits of starting school later for high school and middle school will be a great opportunity for older kids to get a better education as their studies get harder, if they have a good sleep schedule, they will to good in school and understand the material better.	12/15/2022 9:26 PM
329	Benefits, of course, include the longer sleep/rest time, which definitely plays a part in staying healthy and growing. As for some challenges, later school dismissal times shorten the span of time between dismissal and our bedtimes, forcing us to complete our homework in a lesser amount of time. (This might be especially difficult for future high schoolers like me, who need some time to adjust to the higher workload) Aside from this, many may have other after-school activities to attend to, which further decreases the amount of time reserved for finishing homework. Overall however, I do support the presented school schedule options.	12/15/2022 9:25 PM
330	Can we just do middle school and high school start at 7:55 AM?	12/15/2022 9:24 PM
331	I need more sleep	12/15/2022 9:23 PM
332	I feel like the reason kids don't get enough sleep is that they have much homework to do, but me personally I right now get enough sleep in the morning and that the current schedule is fine.	12/15/2022 9:22 PM
333	It will be really hard for students that are not used to change or have anxiety about time changes. People have already developed routines that will completely be broken. The only benefit I see is that students may get to sleep in, but only if they are able to get their homework done or other tasks they need to do out of school.	12/15/2022 9:20 PM
334	One is barely extra sleep but more convenient. The other is good amount of extra sleep but less convenient for students with after school activities.	12/15/2022 9:19 PM
335	I would like the time to be the same for middle and elementary school, but the time could be later for high schoolers.	12/15/2022 9:17 PM
336	Much more sleep.	12/15/2022 9:15 PM
337	Benefits would be able to sleep for a longer time and getting more rest every night. Some challenges that I can think of are activities in other towns being effected and having to come	12/15/2022 9:14 PM

STUDENT Feedback on School Start Time Options for 2023-2024

home in the dark during the winter months if you have a third set bus it, since it would leave school really late if it were option A

338	I think there are a number of benefits but the most important is that with more sleep is more productivity. The more you get the more you can stay on task while in school, and this would very positively affect the average Gpa of the school district. The only con is that after school activities might be a little bit intruded but people can always make arrangements with their boss or coach on why it has to be delayed.	12/15/2022 9:12 PM
339	Changing the time for high school is important since the students might need more sleep.	12/15/2022 9:10 PM
340	It will give kids more energy	12/15/2022 9:09 PM
341	Scheduling at home, nothing will change. Peoples' sleep schedule will adjust with the time change making the change worthless as they will still wake up 10 minutes before start of school.	12/15/2022 9:08 PM
342	Keep it the same it doesn't matter what time you wake up you will be tired no matter what	12/15/2022 9:06 PM
343	Starting school later would be very beneficial to be able to go to school more comfortably.	12/15/2022 9:06 PM
344	Realistically students will be getting the same amount of sleep as they always did because they would be forced continue their activities later into the night. High school and Middle school sports practices will still continue later into the night. Also assigned homework will stay the same. The real issue here is the busing not the start time. Students taking the bus at the beginning of the route have to wake up absurdly early just to get to the high school 35 mins before the first bell. Would having more busses alleviate the early wake up times for Bus students? I luckily don't have to deal with the bus anymore but I very well remember waiting to be picked up an hour before school started. Also extra non school curricular's will still be held at normal times and making it extremely difficult for Students to participate in Jobs and other activities. Good sleep is subjective and will not be accomplished by changing the start times.	12/15/2022 9:02 PM
345	The schedule for option A gives students more sleep time and sleep time is important since many of us need to do a lot of homework but the school will end a little late though which is fine for me. Option B is kind of the opposite hence I prefer Option A.	12/15/2022 9:01 PM
346	I don't think that setting the start time back by 30 minutes from high school to middle school to elementary school is going to help students. Sometimes when I go to school I am tired even though every night I get 8 hours of sleep. I think I wake up to early at 6 and fall asleep at 10. Since I wake up so early I don't get enough sleep on the weekends because I get used to waking up so early. I have so much homework I can't fall asleep any earlier. And the only way I could fall asleep earlier is if I cut my extracurricular activities. I think if we want to change the schedule now we should change it more. School is cutting into my friendships because some of my friends in the other lunch period I never see unless I know them outside of school. And if I am playing with friends I have to leave early to do my homework.	12/15/2022 9:01 PM
347	I don't want to stay for a long time till a long time	12/15/2022 8:59 PM
348	I don't really have any feedback	12/15/2022 8:58 PM
349	Challenges is kids that have a having a job and leaving school so early and sports but gives the whole population of high school and lot better sleep and ther for better focus and mental health	12/15/2022 8:57 PM
350	Mostly, I don't want school to end late.	12/15/2022 8:56 PM
351	Ummm	12/15/2022 8:55 PM
352	Have high school start time at 10:05am	12/15/2022 8:53 PM
353	I personally feel like if the start and end times were to change, people would be happy about getting more time in the morning but might complain about not having enough time to complete homework after extracurricular activities causing them to stay up later than the recommended time to go to sleep.	12/15/2022 8:50 PM
354	I like the current times that school starts and ends and its option b is the closest to that.	12/15/2022 8:48 PM
355	Teachers have kids whose child care and extracurriculars depend on specific time windows, as well as students' tight schedule and social life. I urge you not to change anything please.	12/15/2022 8:47 PM

STUDENT Feedback on School Start Time Options for 2023-2024

356	While we'd get more sleep I would not like to get out of school later and it could mess with things people do after school like sports or jobs	12/15/2022 8:46 PM
357	I think there will be an adjustment period for all the people and students who are used to the previous time table. But for the future past the next measly 2 years, I think this is strictly a net positive. I think kids will still be going to highschool in 2 years so it's a good change for the future.	12/15/2022 8:44 PM
358	Maybe 8:15 to 2:45 or so	12/15/2022 8:44 PM
359	I see it as a huge benefit to get an hour more sleep in the morning. It would laso give us the option to make appointments in the morning vs getting dismissed early always.	12/15/2022 8:43 PM
360	We need more sleep.	12/15/2022 8:42 PM
361	I think middle schoolers wont think about their future when they are filling out these surveys and will instead pick a later option for their current benefit	12/15/2022 8:41 PM
362	The benefits of the current schedule are that it wouldn't mess up other peoples timings for waking up and going to sleep. The benefits of Option A are that each school will have a little more sleep time and minimal impact on the afternoon schedule. For Option B middle school won't really have much of a change, however for high school it'll be a major change that could discourage afternoon activities because of how dark it is.	12/15/2022 8:39 PM
363	More sleep	12/15/2022 8:39 PM
364	I don't have any feedback	12/15/2022 8:39 PM
365	High schoolers will potentially be able to get more sleep. This extra sleep is vital to our health and ability to do well in school.	12/15/2022 8:38 PM
366	I mainly care about the sleep time, so that is why I want Option A.	12/15/2022 8:37 PM
367	I have no extra feedback. Thank you for considering my opinion!	12/15/2022 8:35 PM
368	I wish middle school stated earlier because I wake up early anyways	12/15/2022 8:32 PM
369	I believe that we should keep the schedule the same. Also, for highschool students who have to pick up their middle school siblings, a schedule change would be very inconvenient.	12/15/2022 8:29 PM
370	I see so many people arguing that they wouldn't have time for sports, but what about people who prioritize school over extracurriculars? I barely get any sleep on a daily basis, not just because of the workload but because it is often physically difficult for me to fall asleep early enough. This isn't some personal responsibility issue, it's a proven fact that it's much harder for us to go to sleep and wake up early. Going to sleep before midnight is practically a miracle, and I'm never the only one struggling to stay awake during class. And yes, I do sports so it's not like this won't affect my schedule. But if we will continue to stay up late due to scientific reasons, why not get the extra hour of sleep to improve performance at school? Please consider this opinion, even if it is a minority.	12/15/2022 8:29 PM
371	I think many people will have challenges with extracurriculares but I think that if people manage their time well they will get more sleep which will definitely benefit people.	12/15/2022 8:25 PM
372	Honestly it would be awesome to keep the schedule the same. No one that I know actually needs that time in the morning, however it can be a lot more useful in the afternoon.	12/15/2022 8:25 PM
373	I think that pushing back start times is very unnecessary. After school sports jobs and other activities will get pushed back and people will just end up going to sleep even later then they do now so it's not like people are getting any more sleep than without a schedule change.	12/15/2022 8:23 PM
374	Benefits would be waking up later and having less school time.	12/15/2022 8:21 PM
375	The only problem with school ending at 3, is sports practice after because we would be at school until a really late time, especially if we have games.	12/15/2022 8:18 PM
376	Benefits are more sleep = more energy and productivity which would also increase peoples moods making them happier, and I feel as though people can also do better academically with this. Challenges are the conflicting activities at the end of the, especially with the amount of homework assigned and other activities to do, how might one be able to finish and complete these activities in a timely manner.	12/15/2022 8:18 PM

STUDENT Feedback on School Start Time Options for 2023-2024

377	A challenge could be younger siblings, but most middle school students are self sufficient. I think there are more benefits than drawbacks	12/15/2022 8:18 PM
378	Students might be more awake but i feel like if they know that they'll get more sleep, they would just stay awake longer and it wouldn't make a difference from our current schedule	12/15/2022 8:16 PM
379	I think students need to be more responsible and wake up at the required time and go to bed earlier. It's part of their responsibility	12/15/2022 8:15 PM
380	Mental health is extremely important and sleep is part of that so starting later with help lots of students mental heath	12/15/2022 8:14 PM
381	Option B will only give advantages. Sleep! Sleep! Sleep! I can practically see it now. Ohhh it's beautiful. No sickness. No suffering. Only learning.	12/15/2022 8:14 PM
382	I think that will make this better	12/15/2022 8:14 PM
383	I think we should keep our regular schedule because a challenge that will be faced if the middle school starts later is that we will have to get out later and that could affect our after school activities and everybody is already getting used to the schedule and the thing with getting out earlier means losing sleep and when you get home it will be early so you can gain it back by taking a nap but like i said again kids have after school activities so I feel it would be Best if we kept our schedules the same	12/15/2022 8:13 PM
384	If changes take place sports will be affected a lot. Also kids will just end up going to bed later and waking up later so it wont make up for any time.	12/15/2022 8:13 PM
385	I have been really fond of the schedule this year and it suits me very well. I don't think starting earlier or later will be beneficial to anyone.	12/15/2022 8:08 PM
386	Getting more sleep is definitely ideal and will help student in the long run. A schedule change is definitely necessary, a 30-45 min pushback may be a better option.	12/15/2022 8:08 PM
387	This would help high school students A LOT and will improve their grades and body. This will be good for middle schools because it is near their start times and will benefit them to end school earlier.	12/15/2022 8:08 PM
388	It might be hard for parents to get their kids to school.	12/15/2022 8:07 PM
389	Option A would be hard because you get less sleep, but good because you get out earlier. Option B would be hard because you get out later, but good because can get more sleep. Overall, I think option A is better because you can change you sleep schedule and make room for more time with fresh air.	12/15/2022 8:06 PM
390	i feel like it is challenging to meet the needs of all students, given that some students may feel different than others do when given the topic of school hours.	12/15/2022 8:05 PM
391	Sleep is the main thing that I need.	12/15/2022 8:05 PM
392	I think we should have a later school start time because it will give us more time to prepare for the school day in the morning and we will be less tired	12/15/2022 8:04 PM
393	The current schedule is perfectly fine, it is phones and other at home issues that is the problem. In fact, I rather love this current schedule. It gives me a lot of afternoon time i can use, morning time I cannot	12/15/2022 8:04 PM
394	I don't have any.	12/15/2022 8:02 PM
395	Some benefits are that I can see that students(especially in high school) will get the essential sleep needed to participate well in school. A challenge I see is the timings of clubs and activities and how that may affect our school and also other schools as well.	12/15/2022 8:02 PM
396	I see our current school times as a challenge because for me, waking up earlier than 6:00 every morning while still having time to study and complete homework is almost impossible. I am glad these changes are being made because when I go to the high school, I don't want to be getting only 4 hours of sleep every night because I am too busy.	12/15/2022 8:02 PM
397	I see benefits of students leaning better, developing better and there is also a study that teenagers that do not have enough sleep will most likely have thoughts of passing away.	12/15/2022 7:59 PM
398	So kid can be fresh in the morning and be ready for school.	12/15/2022 7:59 PM

STUDENT Feedback on School Start Time Options for 2023-2024

399	The challenge would definitely be with the B schedule is that getting to school later means leaving later, which ultimately ends up and having less time to do homework. Personally, I have afterschool activities that have a specific time, but I have to have my homework done. But the extra hour in the morning to sleep does seem nice.	12/15/2022 7:59 PM
400	I just really strongly want more sleep for high schoolers	12/15/2022 7:58 PM
401	None	12/15/2022 7:57 PM
402	All my after-school activities will have to be moved later, and I still have all my homework after those, so it's just going to be the same thing. The only difference will be just waking up later and going to sleep later.	12/15/2022 7:57 PM
403	If option B occurs, my schedule will fit my after school activities. If option A occurs, my schedule will be thrown off. These are my benefits and negatives about the start times next year.	12/15/2022 7:57 PM
404	Benefits: we will get our sleep. Challenges: Afterschool schedules and work start times.	12/15/2022 7:56 PM
405	I think we should keep the same times	12/15/2022 7:55 PM
406	I think highschool starting the earliest and then elementary starting the latest is perfect. also not dragging out the school until late works for sports!	12/15/2022 7:55 PM
407	I think that it is better for us to have a early time for when we are in middle school. Our brains can work properly and be refreshed more. However many people would probably think of it as too early. But I think high school starting late is a good time.	12/15/2022 7:55 PM
408	i think it will be beneficial for high schoolers to get more sleep while having enough time after school. I can't think of any downsides.	12/15/2022 7:54 PM
409	Benefits: sleep = better performance and better mindset Challenges: after school activities and homework time	12/15/2022 7:53 PM
410	I personally think the schedule should be changed. I will be moving to high school next year, and I think moving the schedule back in the way plan A proposes would be highly beneficial for high school students, and middle school students. The extra time to sleep would assist me personally very positively, and I think going through with plan A would a good choice	12/15/2022 7:53 PM
411	Option b would be good for providing students with more time to complete homework and get sleep, but it would be challenging to upperclassmen who have jobs, and people who do sports.	12/15/2022 7:53 PM
412	Just change it so we get more sleep.	12/15/2022 7:53 PM
413	I just think it's hard for my family since when I get home my mom has to leave for work and I have to take care of my baby sister since she leaves at 2:20 but if I were to get home at 3 it would be very very challenging that my parents would have to change their work schedules to support this new start time.	12/15/2022 7:52 PM
414	.	12/15/2022 7:52 PM
415	Personally i need to pick up students at Sherwood immediately after the high school gets out and more work after that would be impacted. If these were to continue, the reality is that many students wouldn't participate in after school activities.	12/15/2022 7:51 PM
416	I think a challenge with pushing the school day back restricts kids to get jobs after school or a outside of school sports team. I think a benefit may be that kids will have more time to better prepare themselves for the day ahead, physically and mentally.	12/15/2022 7:51 PM
417	We will get some more sleep but a lot less time after school.	12/15/2022 7:50 PM
418	If we change the schedule, then it may be a bit challenging to get used to it next year. Otherwise, option a and option b are both fine for me!	12/15/2022 7:50 PM
419	The only thing I think students will have to adjust to is getting out of school half an hour later.	12/15/2022 7:49 PM
420	I would love to start earlier but I really don't want it to start later	12/15/2022 7:49 PM
421	I see no benefits or drawbacks.	12/15/2022 7:49 PM
422	More sleep-more focus	12/15/2022 7:47 PM

STUDENT Feedback on School Start Time Options for 2023-2024

423	Personally I think it should stay the same because of after school activities.	12/15/2022 7:47 PM
424	It would definitely help many of the students attending Shrewsbury high school and there wouldn't be a drastic change in timing. More sleep means that students can be better prepared and focused for school.	12/15/2022 7:46 PM
425	I think that next year there will be change when it at the high school and I think I'll get up to early and that it will exhaust me. I think that if do change in the start time there will be exspenetual change in student attitude	12/15/2022 7:45 PM
426	If high school was later then people would be up later doing homework and other activities, which would just make them get even less sleep	12/15/2022 7:45 PM
427	I see that some people might not want later start times, but sleep is important in a student.	12/15/2022 7:45 PM
428	The benefits of a later smart time would put way the time change in the afternoon drastically. The downside would obviously be the effect on sports but that wouldn't be that bad.	12/15/2022 7:44 PM
429	I think even with both options students might not change their sleep schedule.	12/15/2022 7:44 PM
430	More energy and focus	12/15/2022 7:44 PM
431	I don't know	12/15/2022 7:44 PM
432	If we start later, we might get better sleep and learn better.	12/15/2022 7:43 PM
433	A benefit I see is that some students get more sleep time. Some challenges are that some options require more time in school.	12/15/2022 7:43 PM
434	I think that some benefits would be improved mental health for us students, this is because I see that on days that I have time to sleep more than 8 hours I feel much better and even happier. I think some of the main challenges will be working out sports and after school activities' scheduling.	12/15/2022 7:43 PM
435	yes we would get more sleep but starting later would mean that we would get home later which would make sports times more challenging so everything will be later making us have to stay up later to do homework and for sports.	12/15/2022 7:42 PM
436	Something I see as a challenge regarding school schedule for next year is that although it's still going to be the same beginning and ending time because next year there won't be as much breaks in school to let us be not as pressured for so long.	12/15/2022 7:38 PM
437	Make the busses come earlier	12/15/2022 7:37 PM
438	Option A would be the best. I think this because I would be able to get more sleep and do my best work in school.	12/15/2022 7:30 PM