



West Chester Area School District

OUR MISSION IS TO EDUCATE AND INSPIRE OUR STUDENTS
TO ACHIEVE THEIR PERSONAL BEST



Start Time Task Force

Parent Survey Results

2,515 respondents

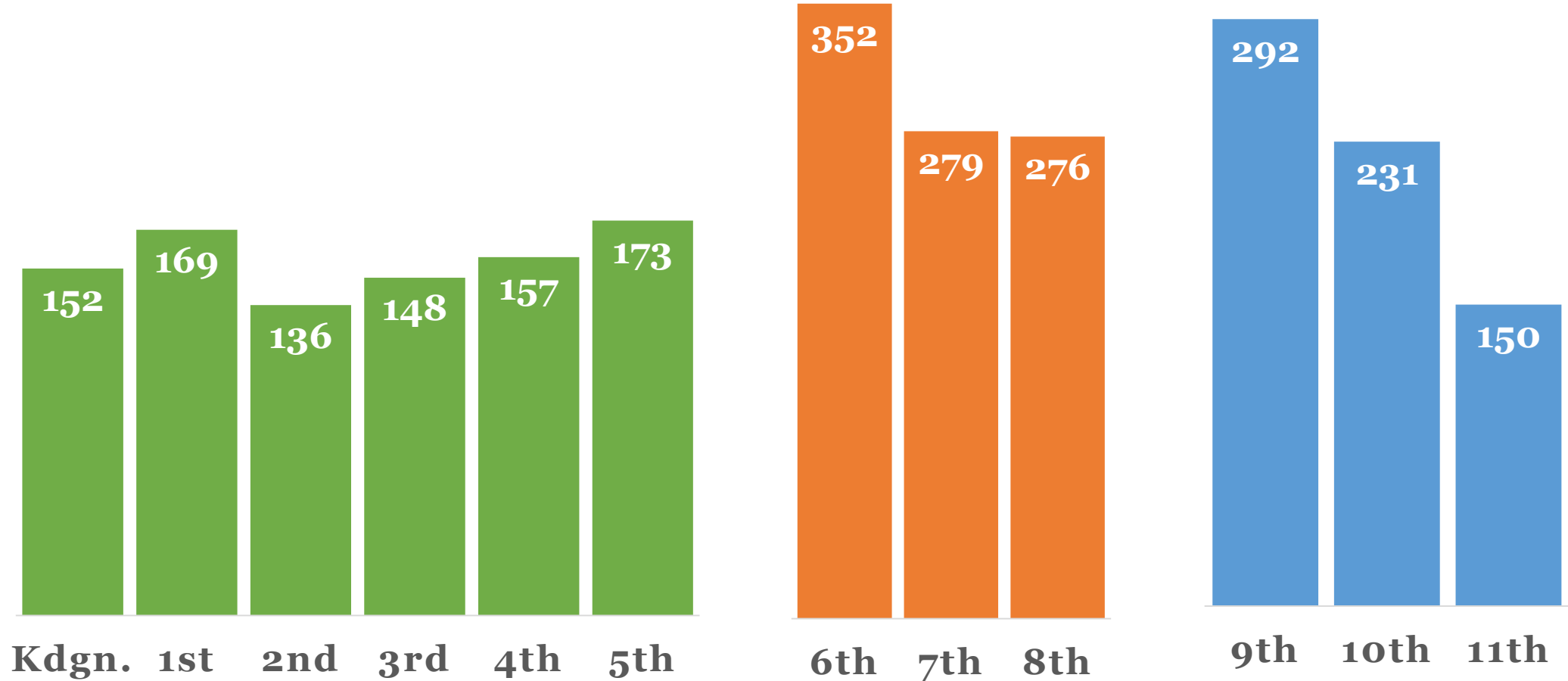


Parent Responses by Level

ELEMENTARY

MIDDLE

HIGH



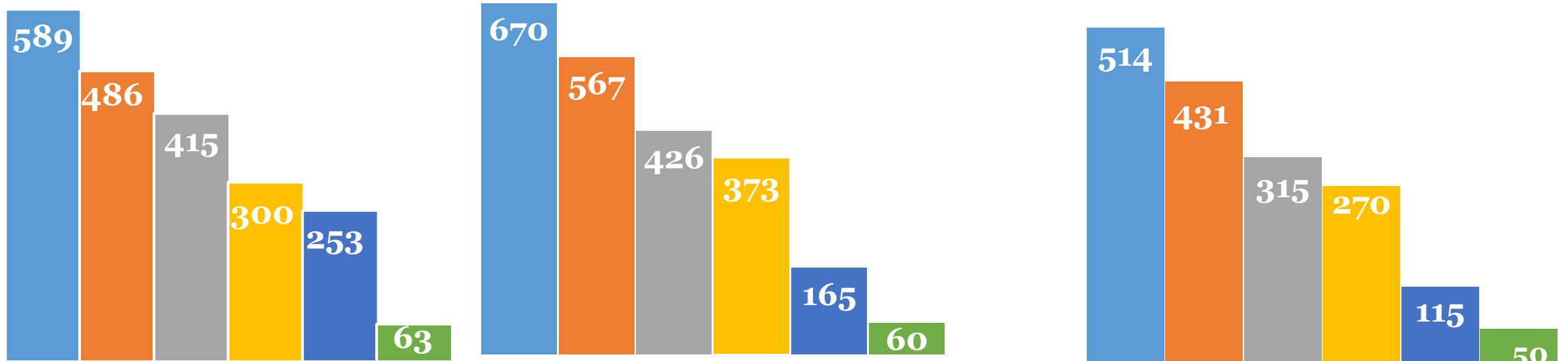


Possible Benefits of Later Start Times

Elementary

Middle

High

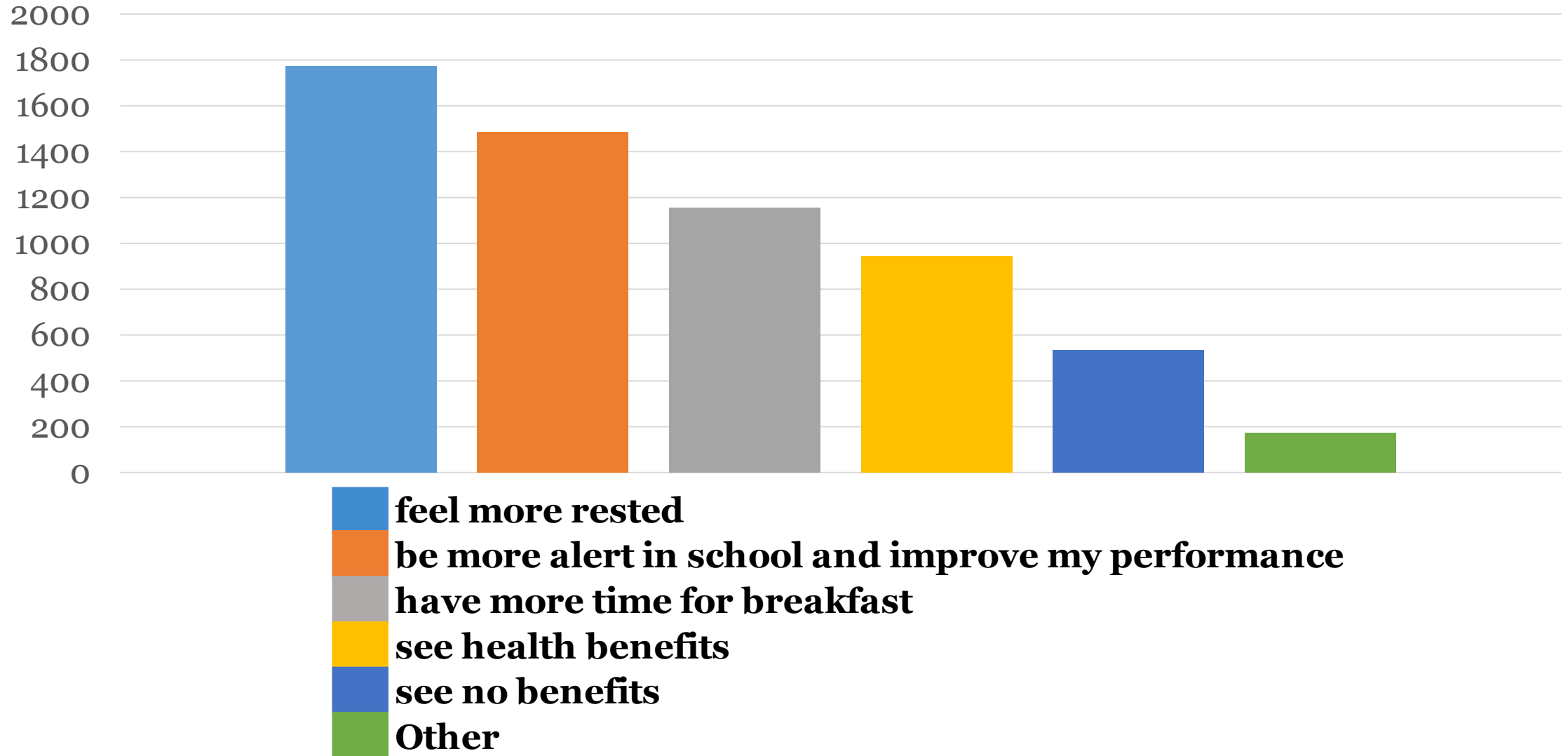


- feel more rested
- be more alert in school and improve my performance
- have more time for breakfast
- see health benefits
- see no benefits
- Other



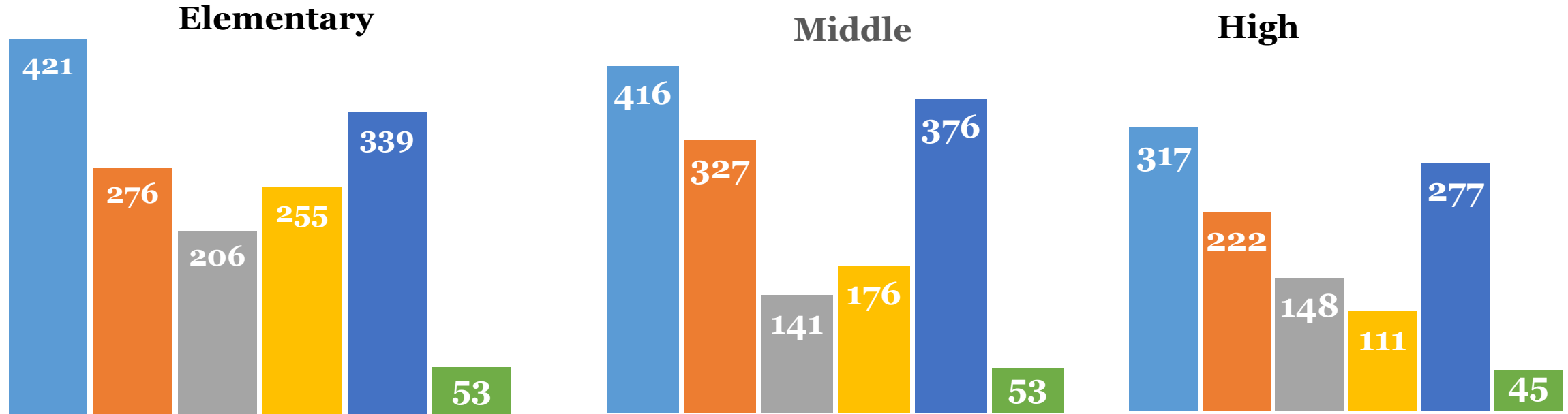
Possible Benefits of Later Start Times

Number of Comments across levels





Possible Challenges of Later Start Times

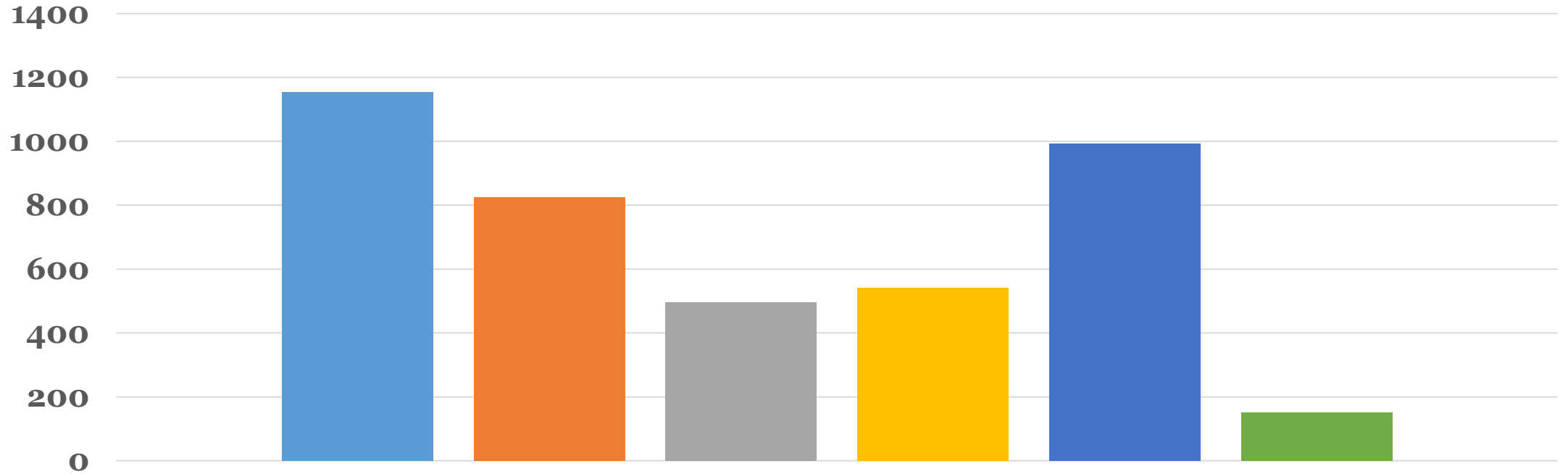


- Challenges fitting in extra-curricular activities.**
- Could be up too late finishing homework or studying.**
- Later dismissal would cut into my work time.**
- Schedule could impact family time.**
- I have no concerns.**
- Other**



Possible Challenges of Later Start Times

Number of Comments across levels

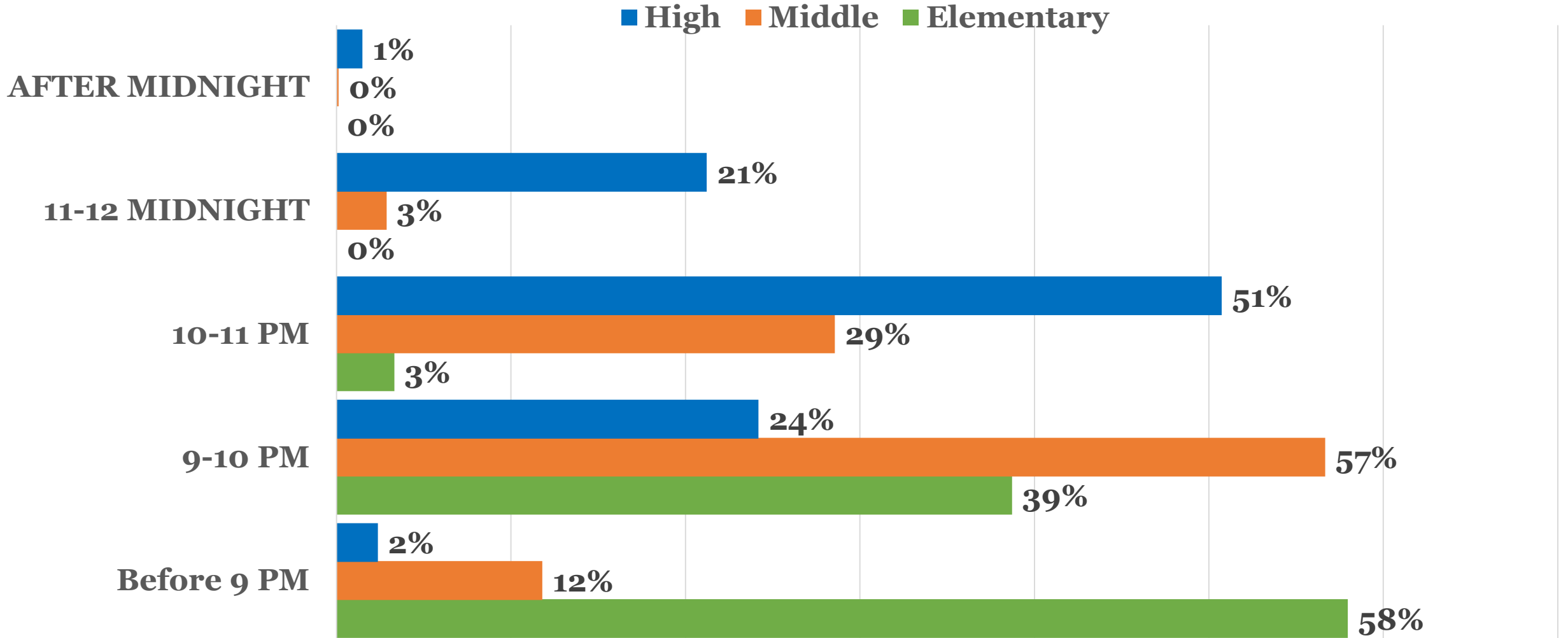


- 28%** Challenges fitting in extra-curricular activities.
- 20%** Could be up too late finishing homework or studying.
- 12%** Later dismissal would cut into my work time.
- 13%** Schedule could impact family time.
- 24%** I have no concerns.
- 4%** Other



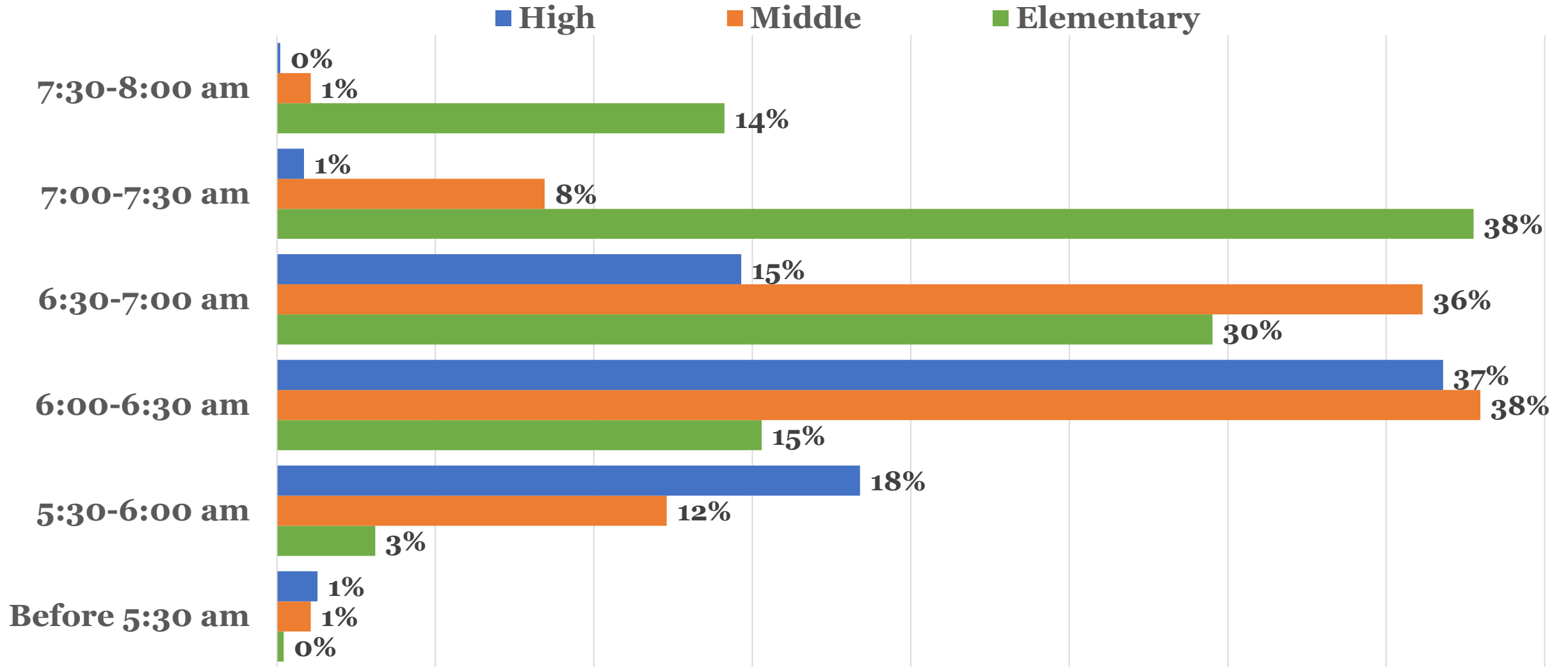
Weekday Bedtime

What time does your child usually go to bed on school days?





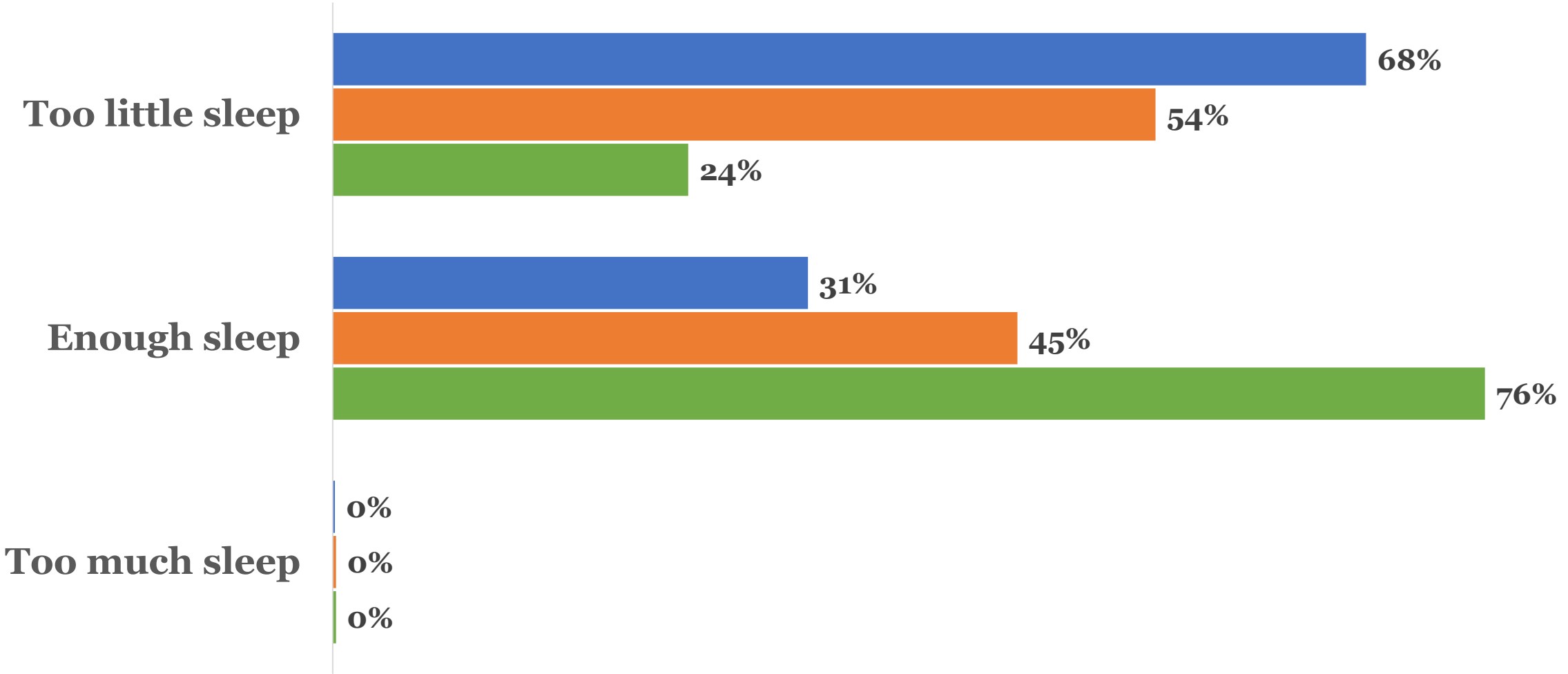
What time does your child usually wake up on school days?





In general, do you feel your child gets:

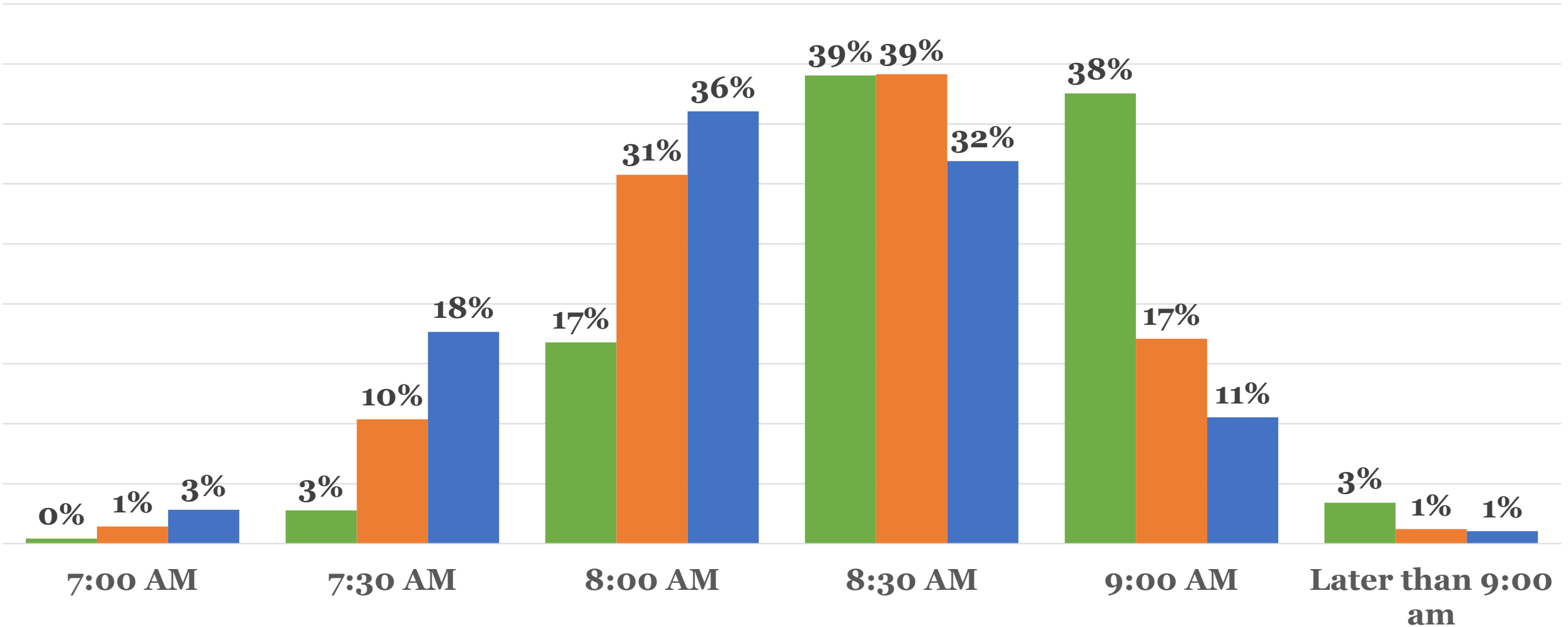
■ High ■ Middle ■ Elementary





Ideally, when would be the best time for your child for school to start?

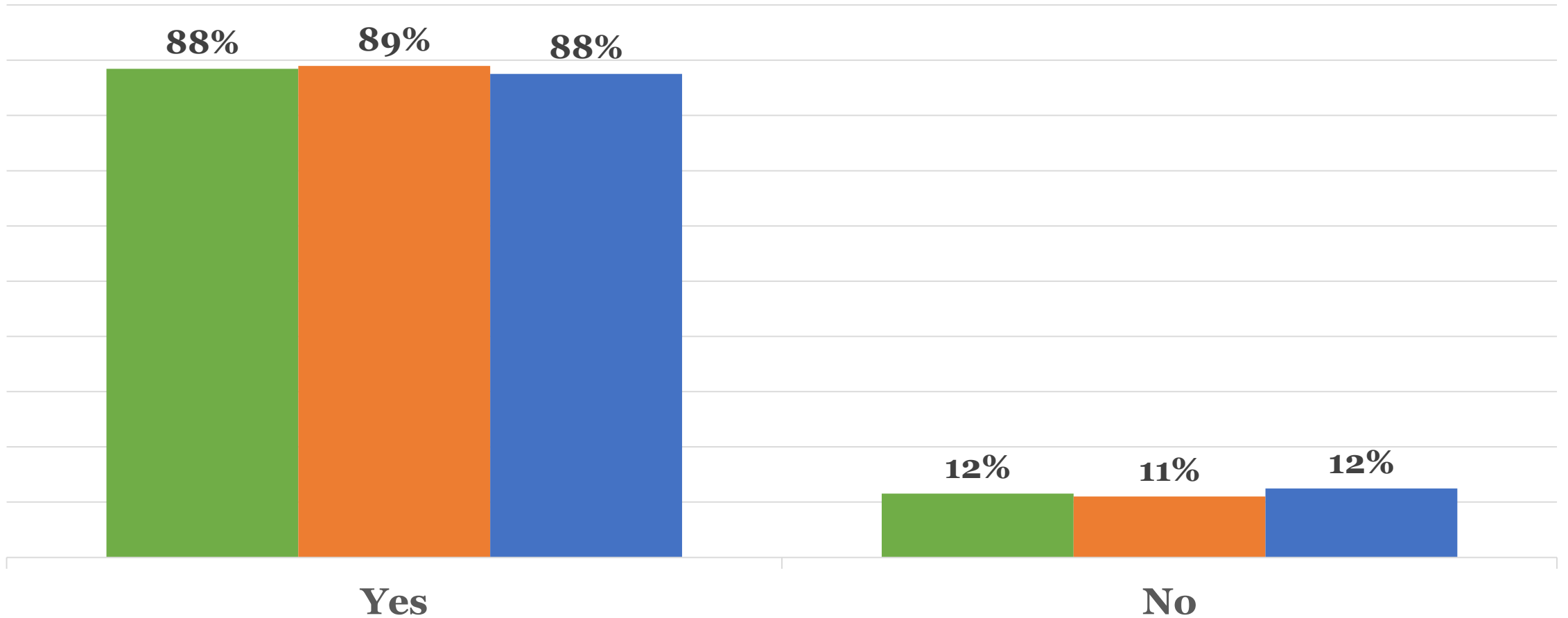
■ Elementary ■ Middle ■ High





Does your child engage in organized sports or extra curricular activities?

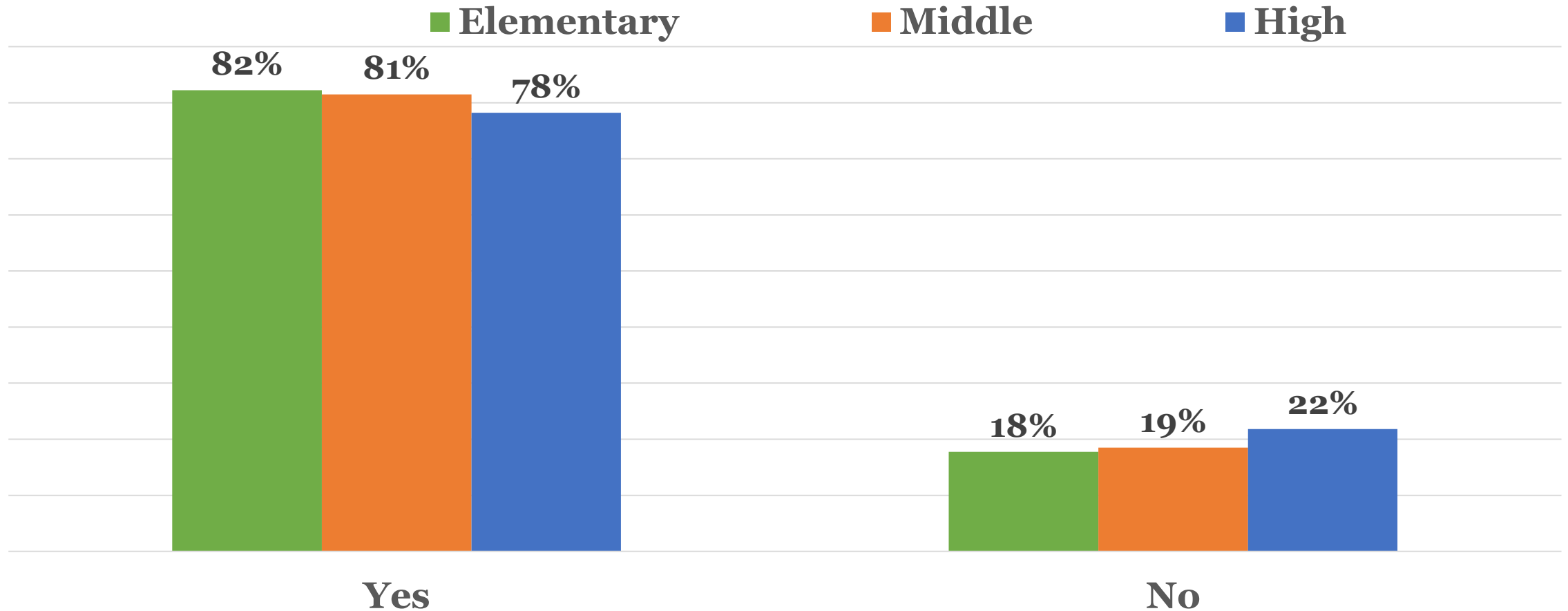
■ Elementary ■ Middle ■ High





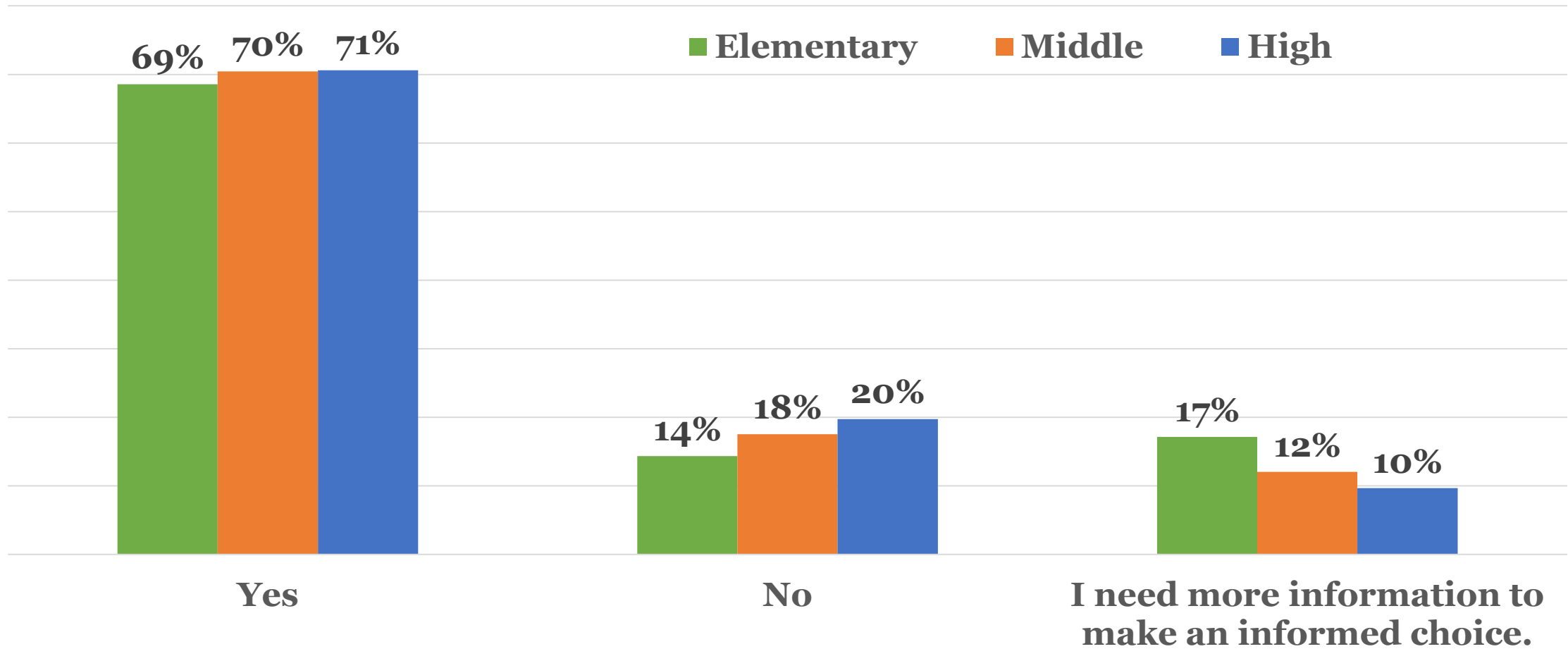
Research shows that because of the unique circadian rhythms of teens, they need 8 to 11 hours of sleep to be fully rested. For a teenager, waking up at 6 a.m. is like an adult waking up at 4 a.m. Research also shows that a lack of sleep creates a lot of stress.

Knowing this, do you support later start times, despite any concerns you may have?





Should the West Chester Area School District consider starting school later for secondary students?





Comments

- » **Most parent responses were supportive of the later start times.**
- » **Some parents were concerned that the students would not use the additional time to get more sleep.**