



# West Chester Area School District

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



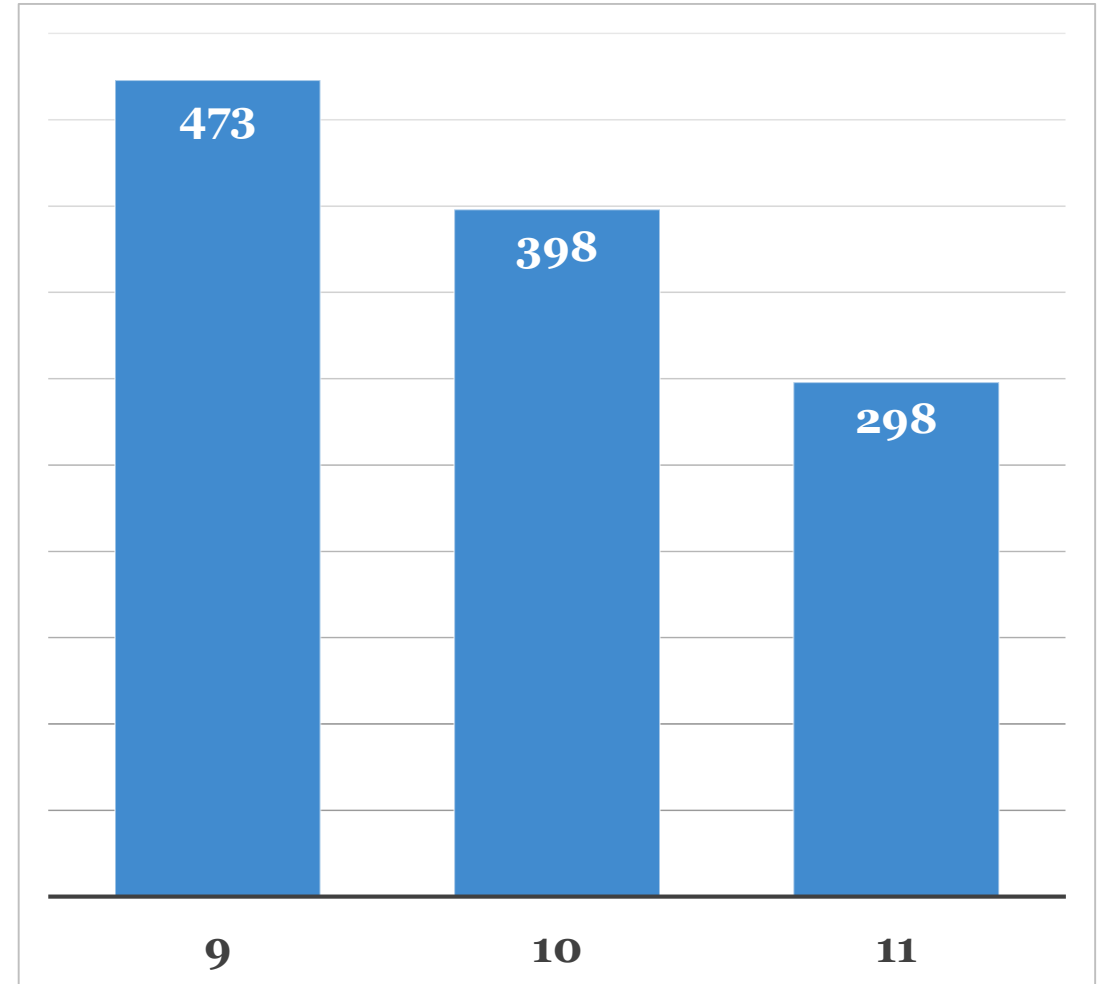
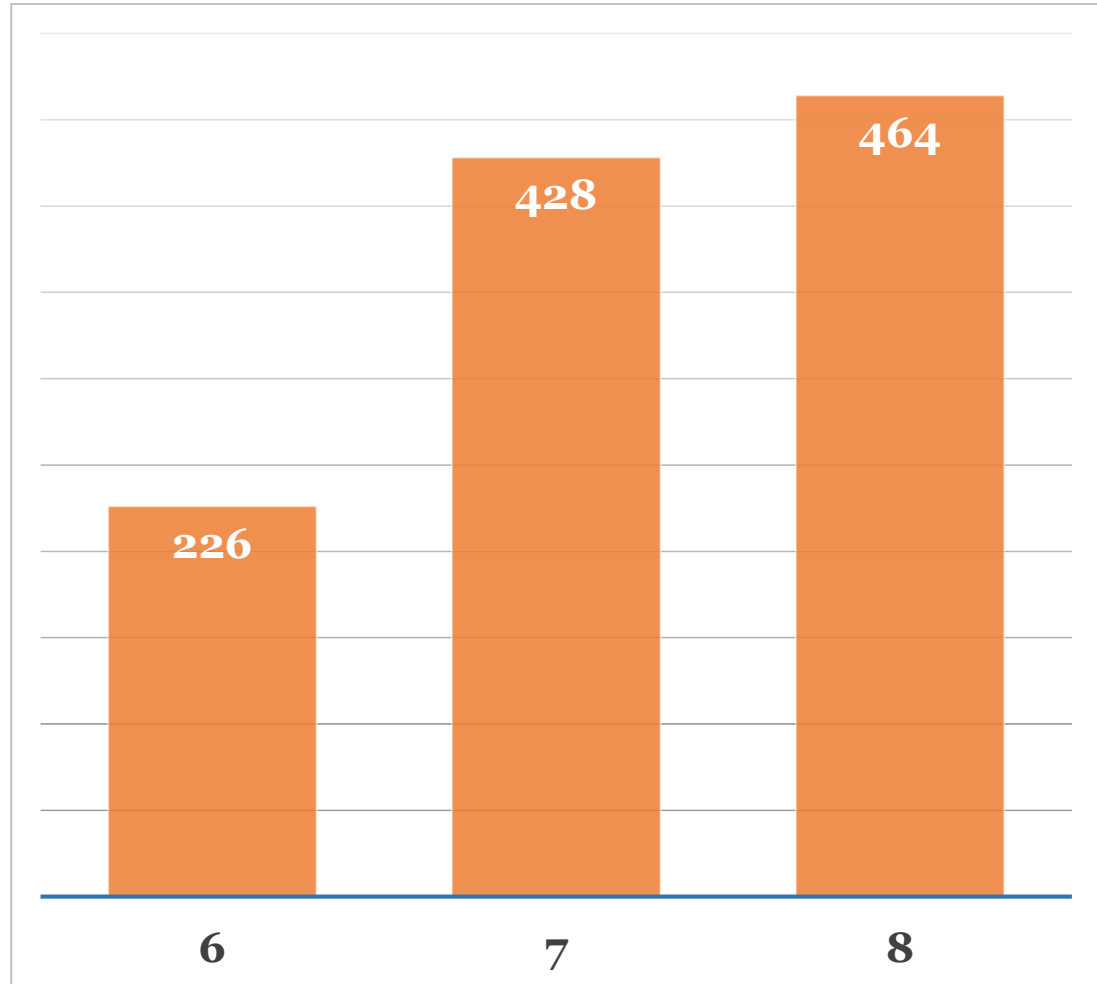
# Start Time Task Force

Student Survey Results

2,287 respondents

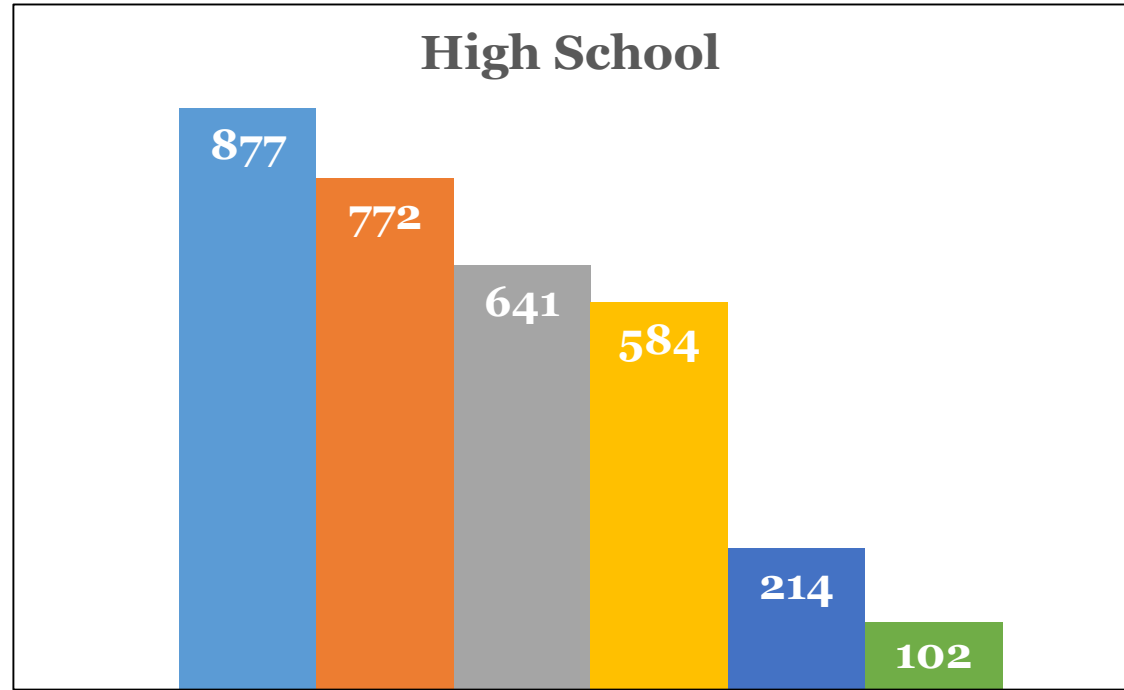
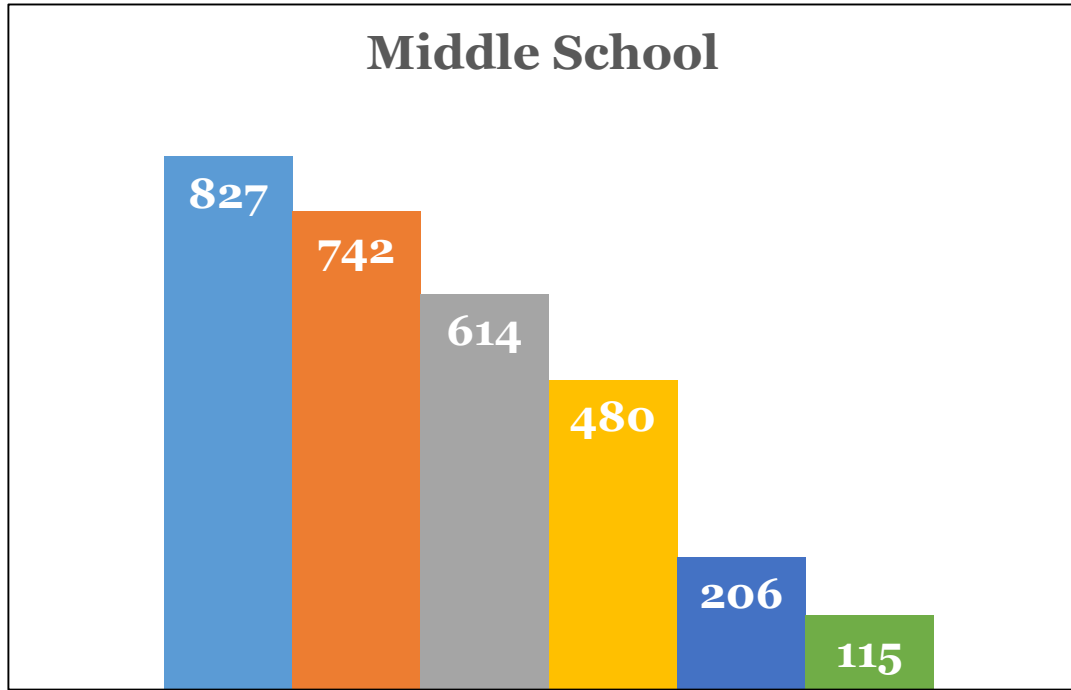


# Student Responses by Grade





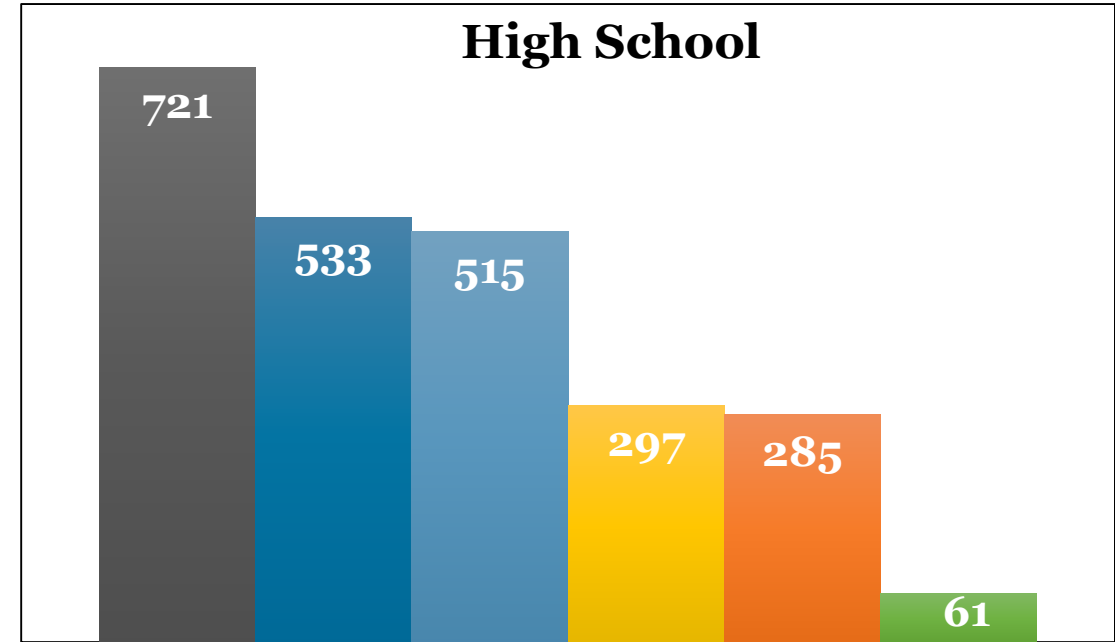
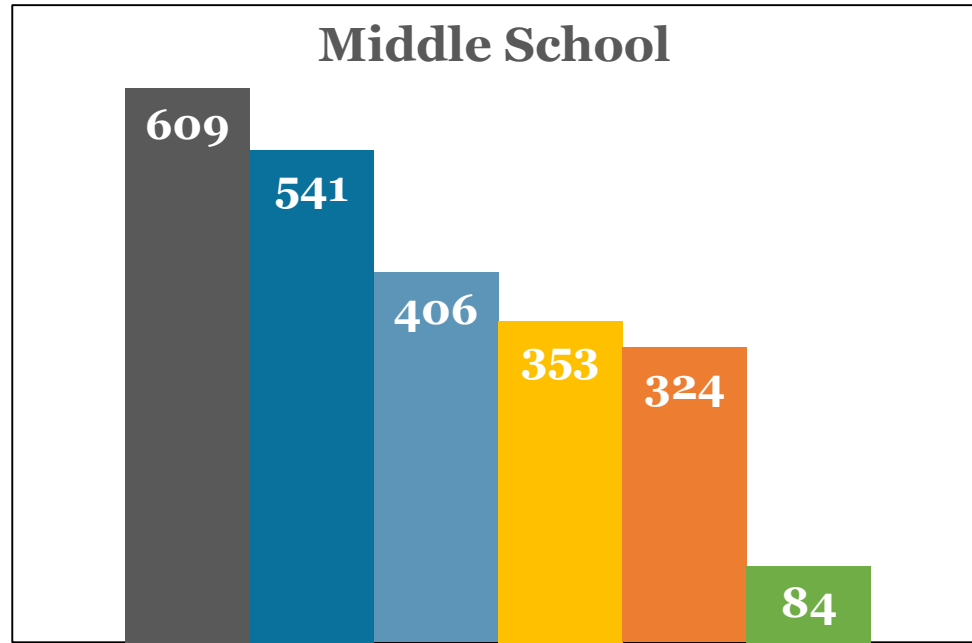
# Possible Benefits of Later Start Times



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



# Possible Challenges of Later Start Times

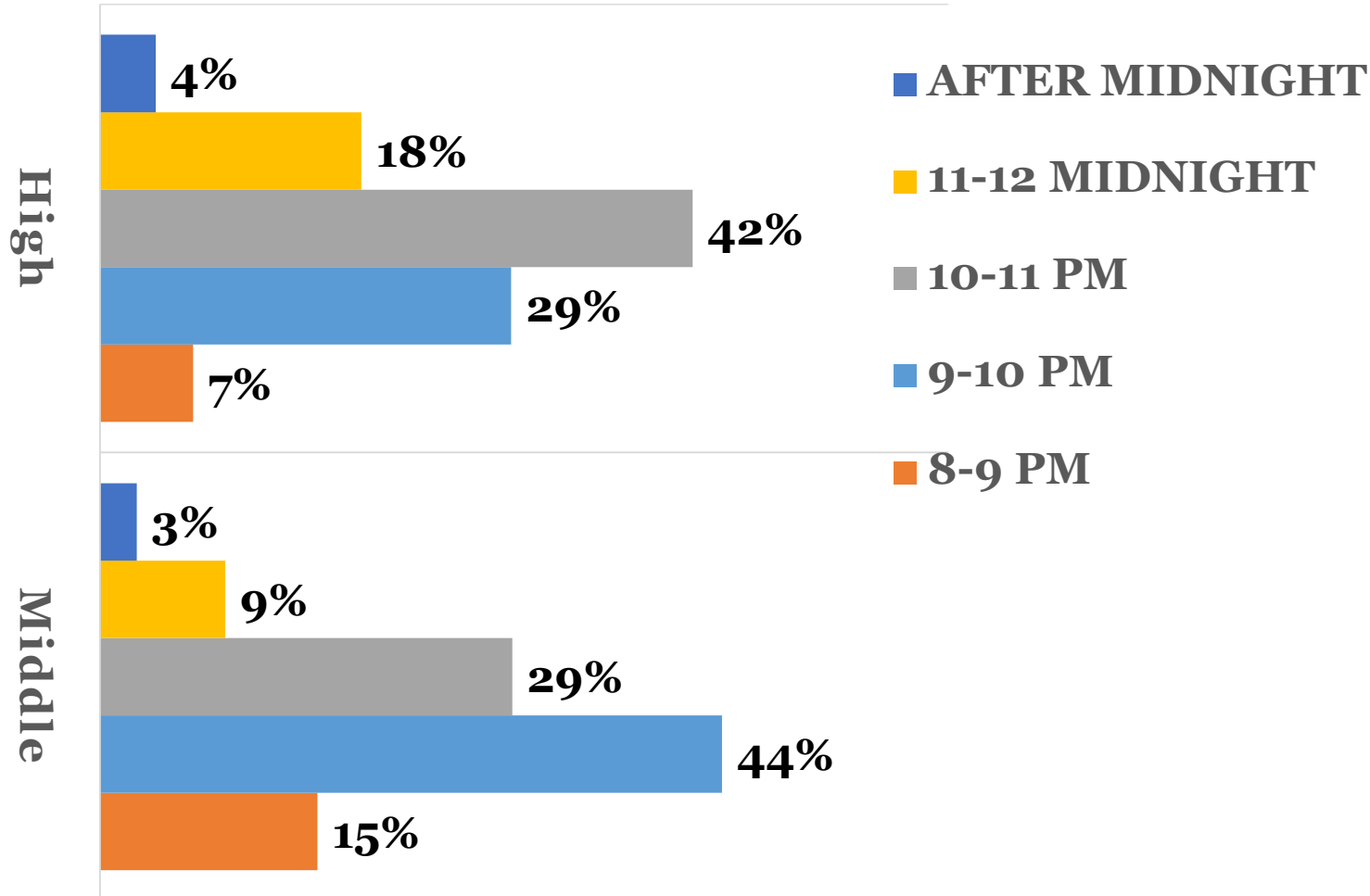


- Challenges fitting in extra-curricular activities.
- Could be up too late finishing homework or studying.
- Later dismissal would cut into my work time.
- Schedule could impact family time.
- I have no concerns.
- Other

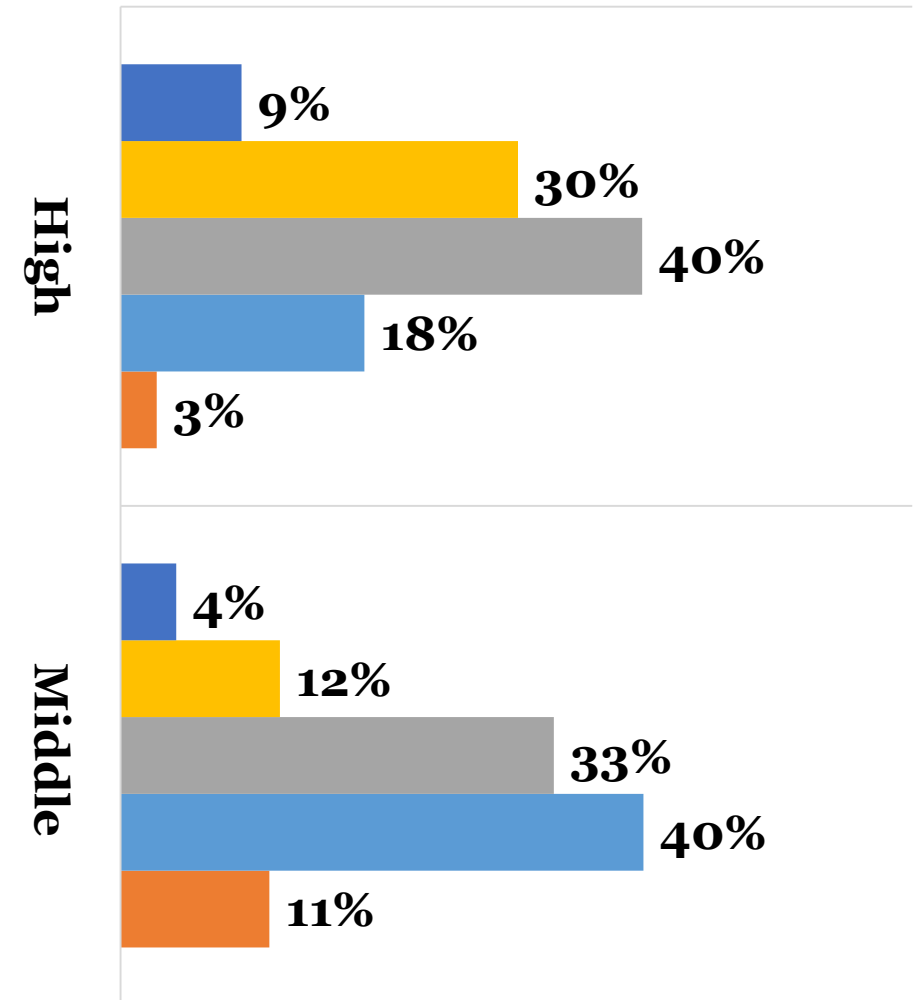


# Weekday Bedtime Comparison

## When does your body start to tell you it's time for bed?

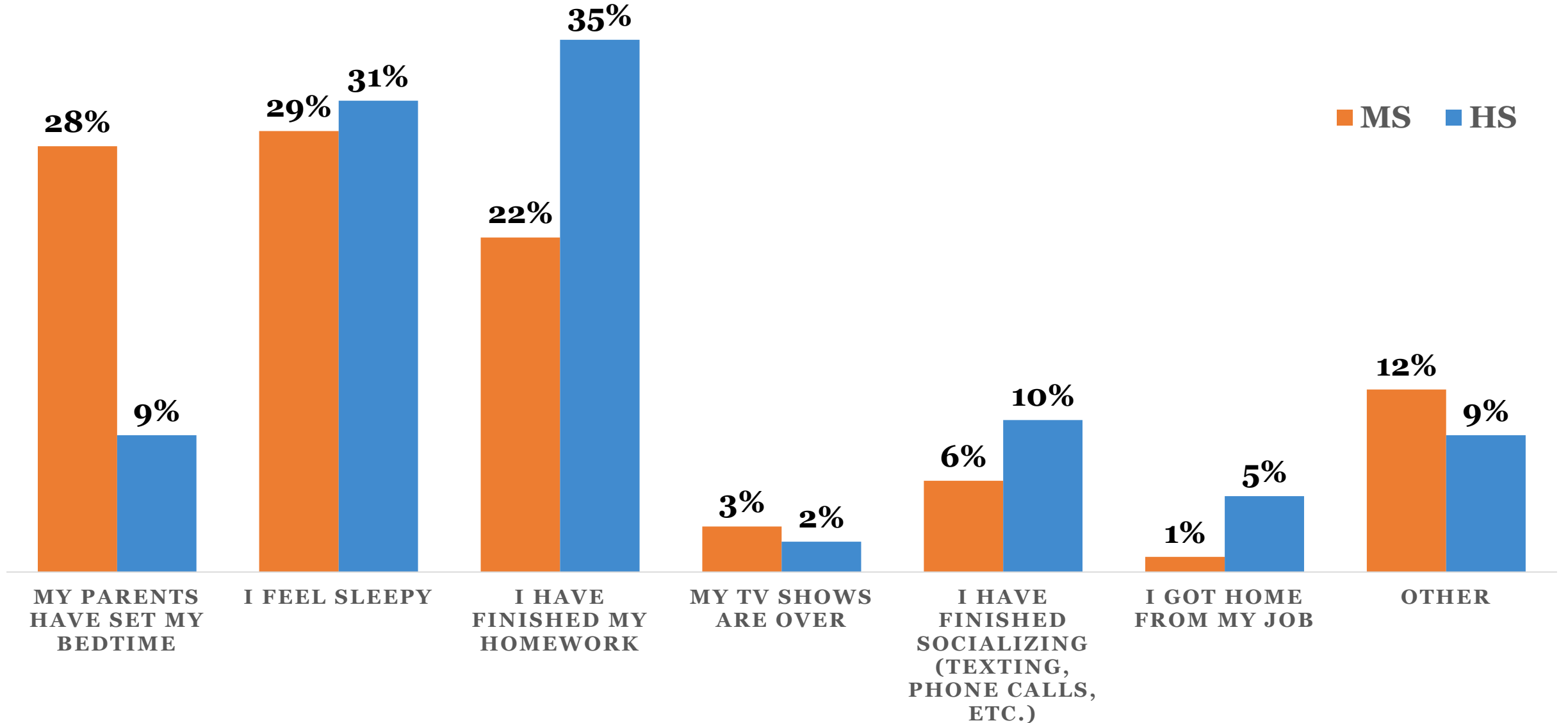


## When do you actually go to bed?

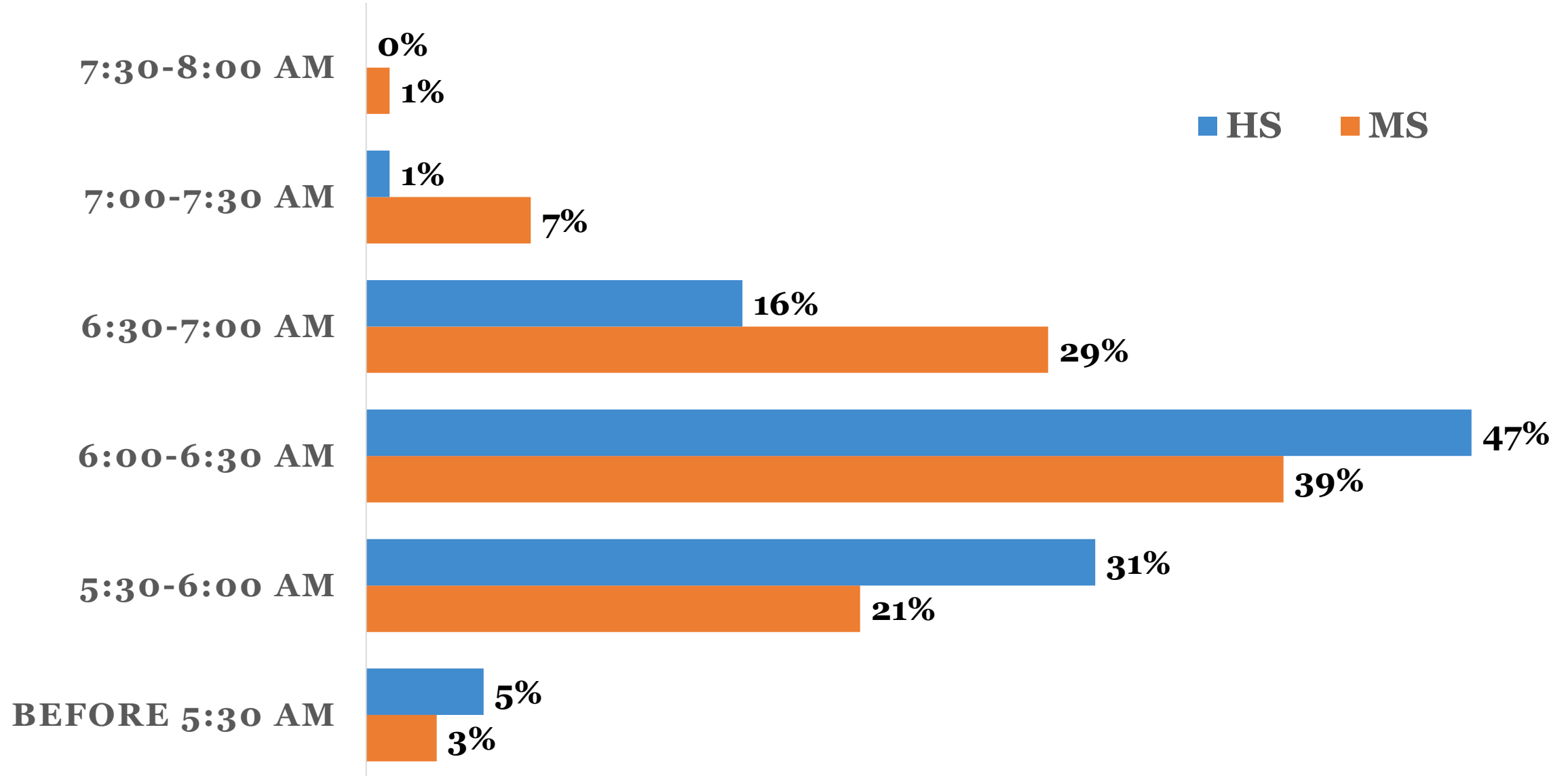




# What is the main reason you usually go to bed at this time on school days



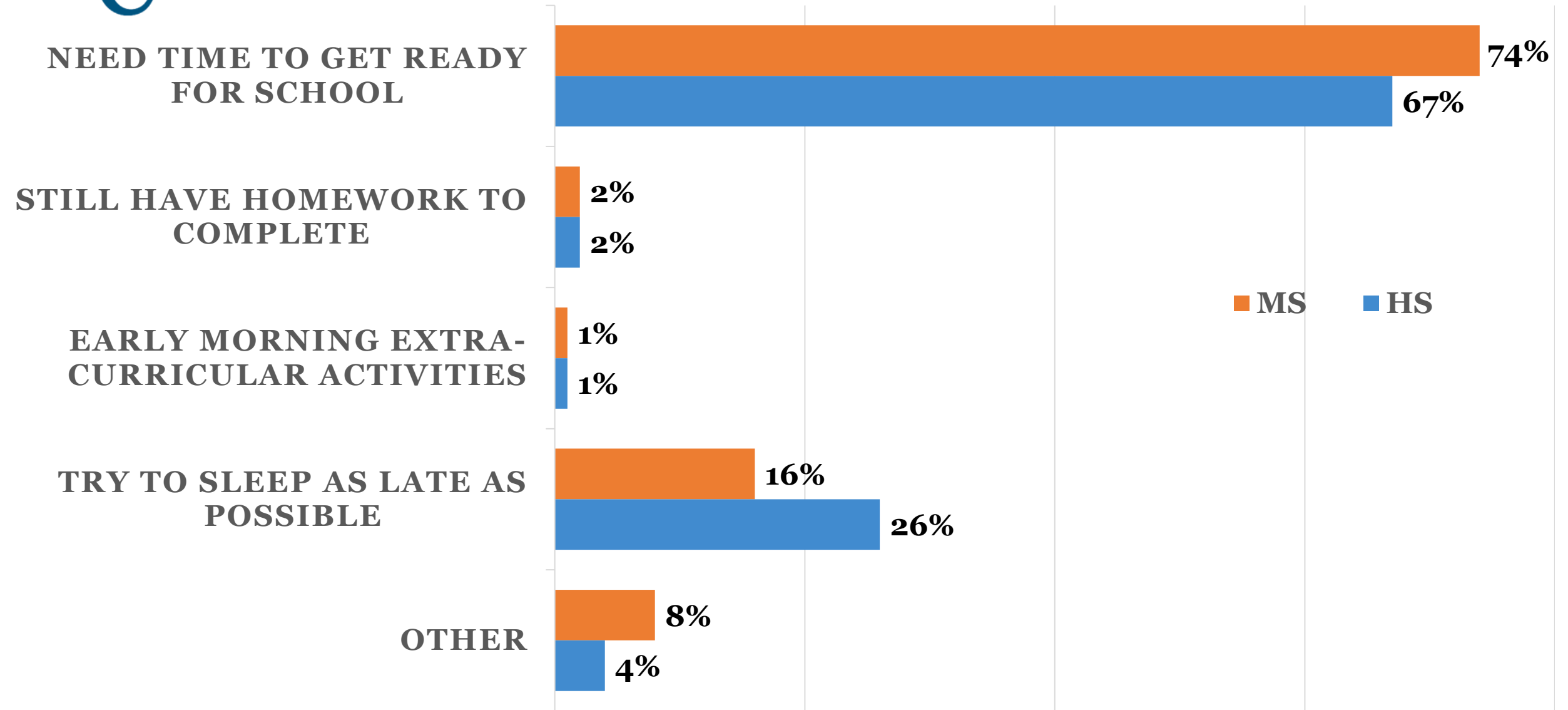
# WC What time do you usually wake up on school days?





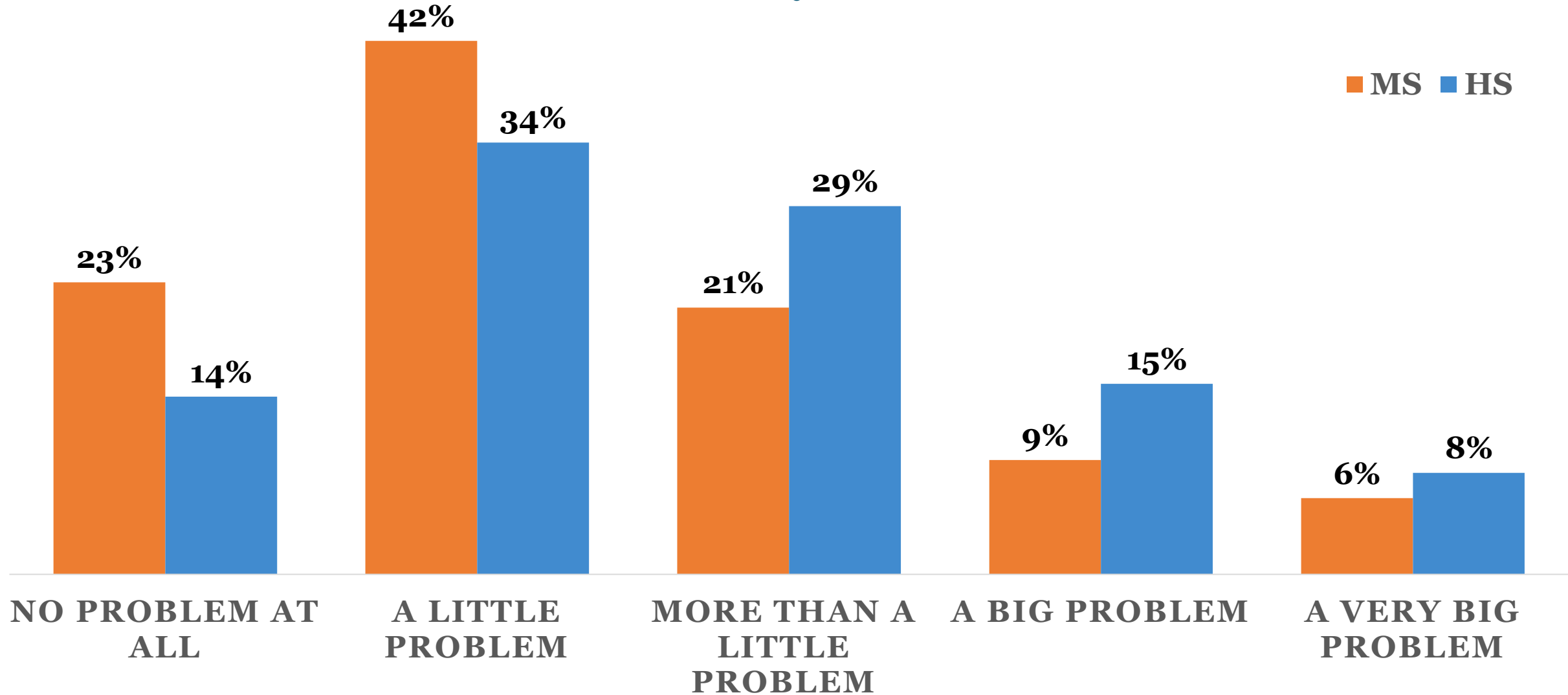


# What is the main reason you wake up on a school day?



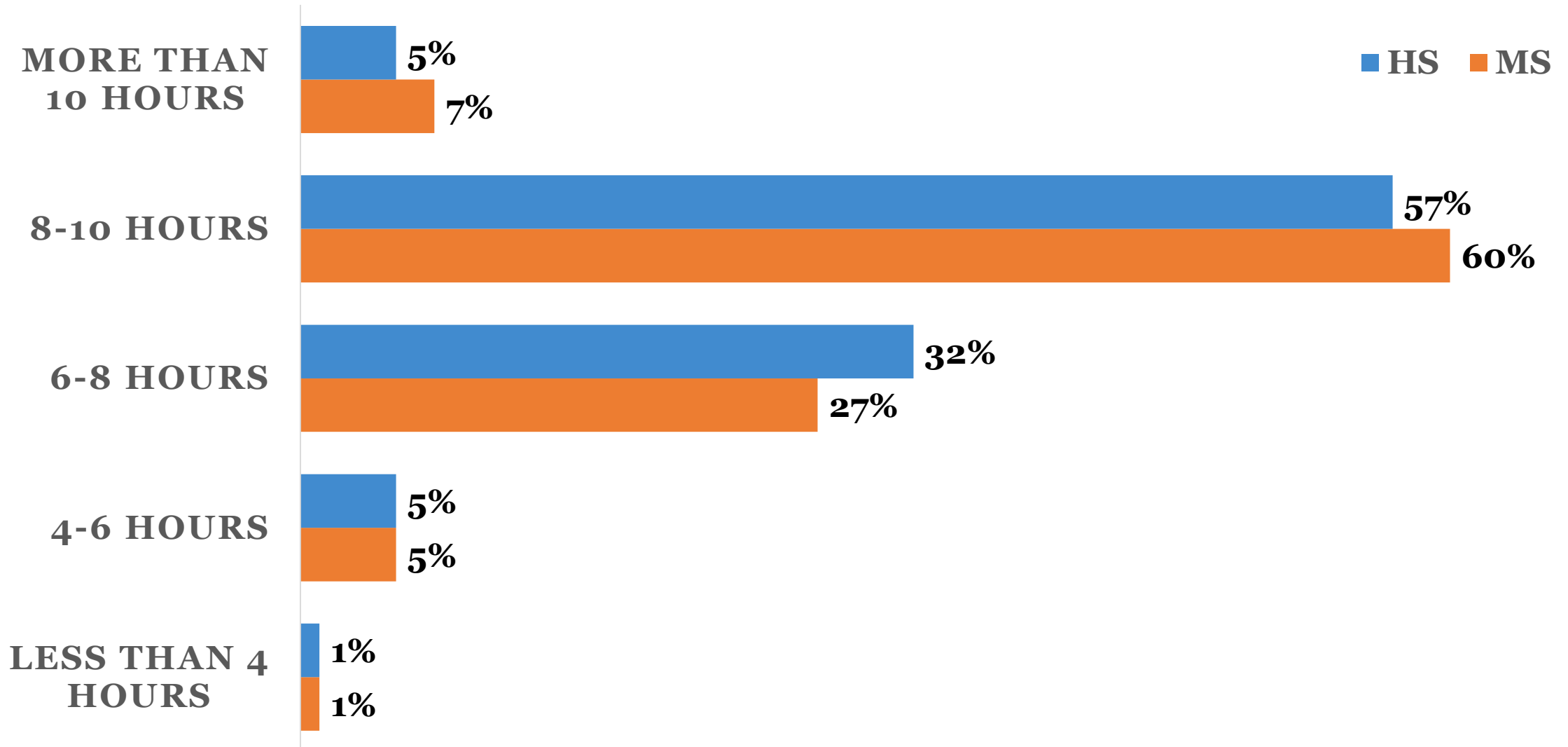


# During your daytime activities, how much of a problem do you have with sleepiness (feeling sleepy, struggling to stay awake)?





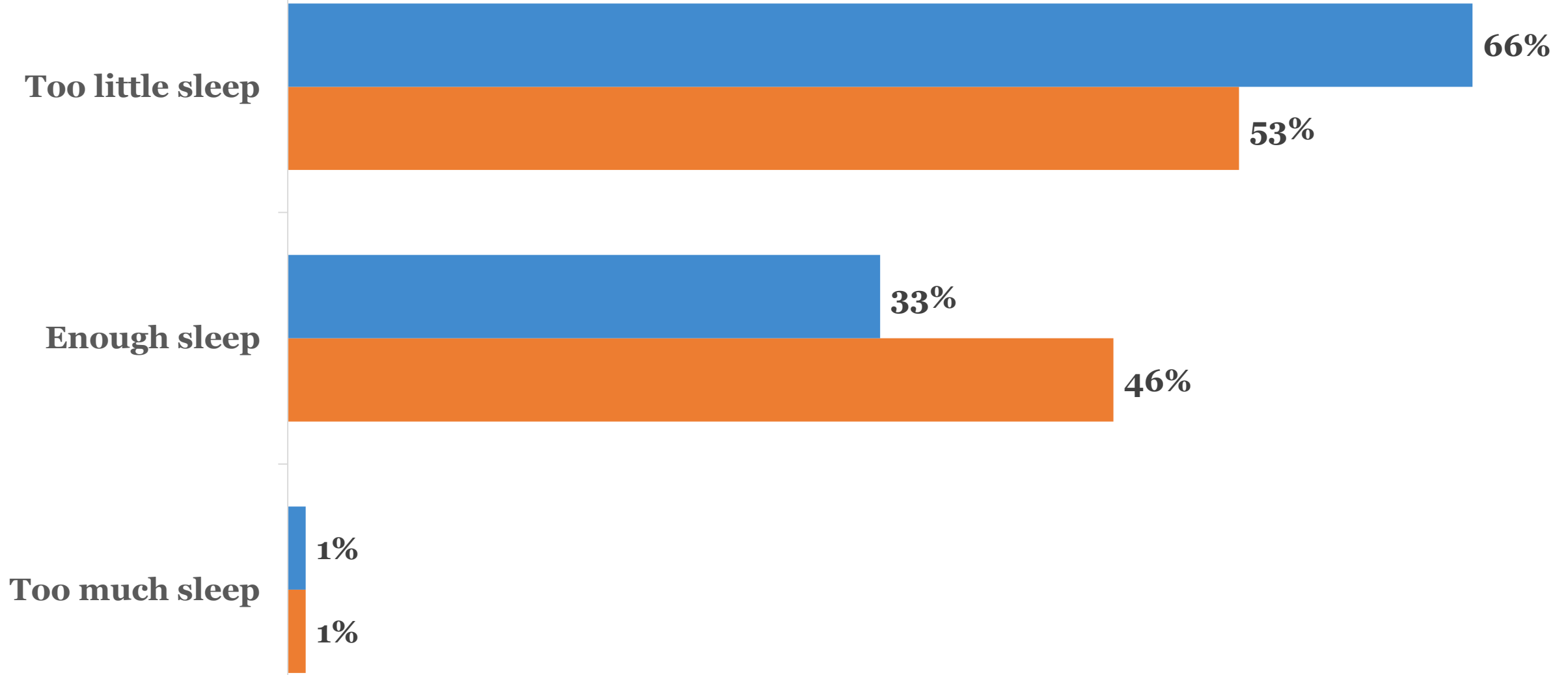
# How much sleep do you need? Fill out below how much sleep you think you would need each night to feel your best every day.





# In general, do you feel you usually get:

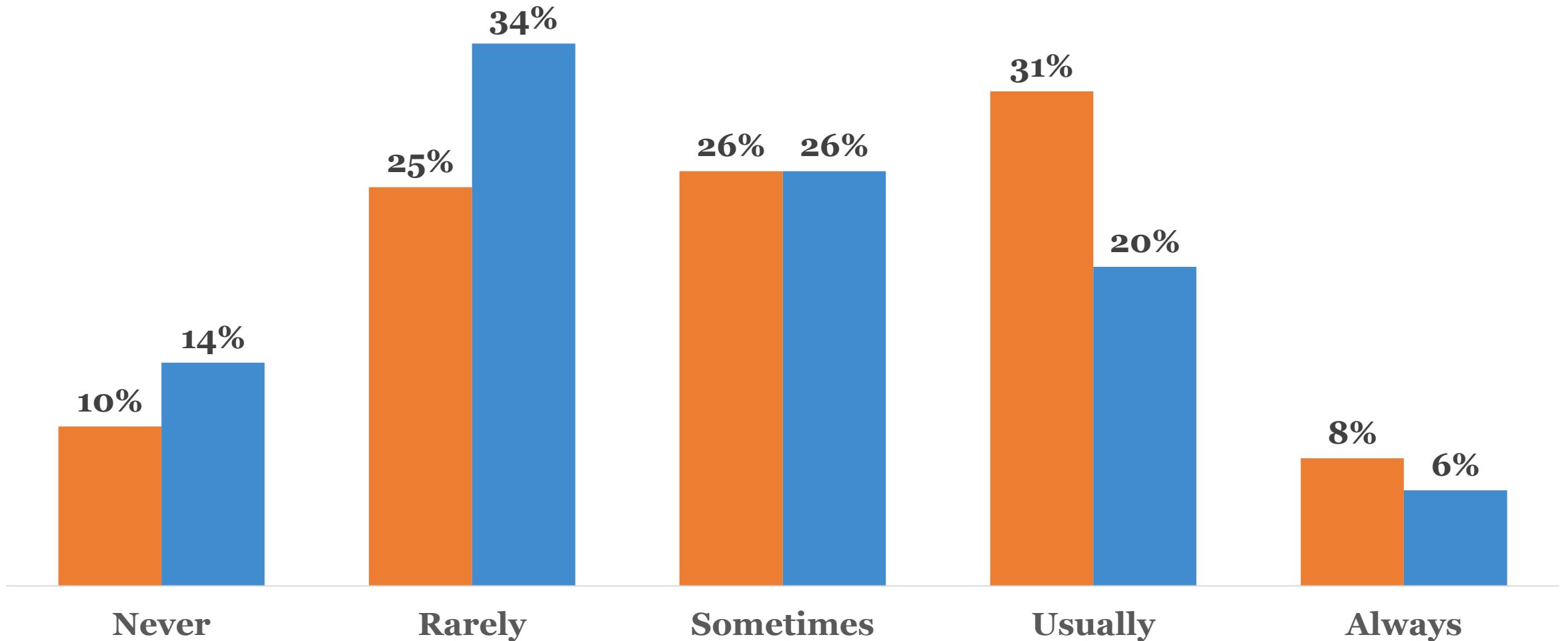
■ HS ■ MS





# How often do you think you get enough sleep during the school week?

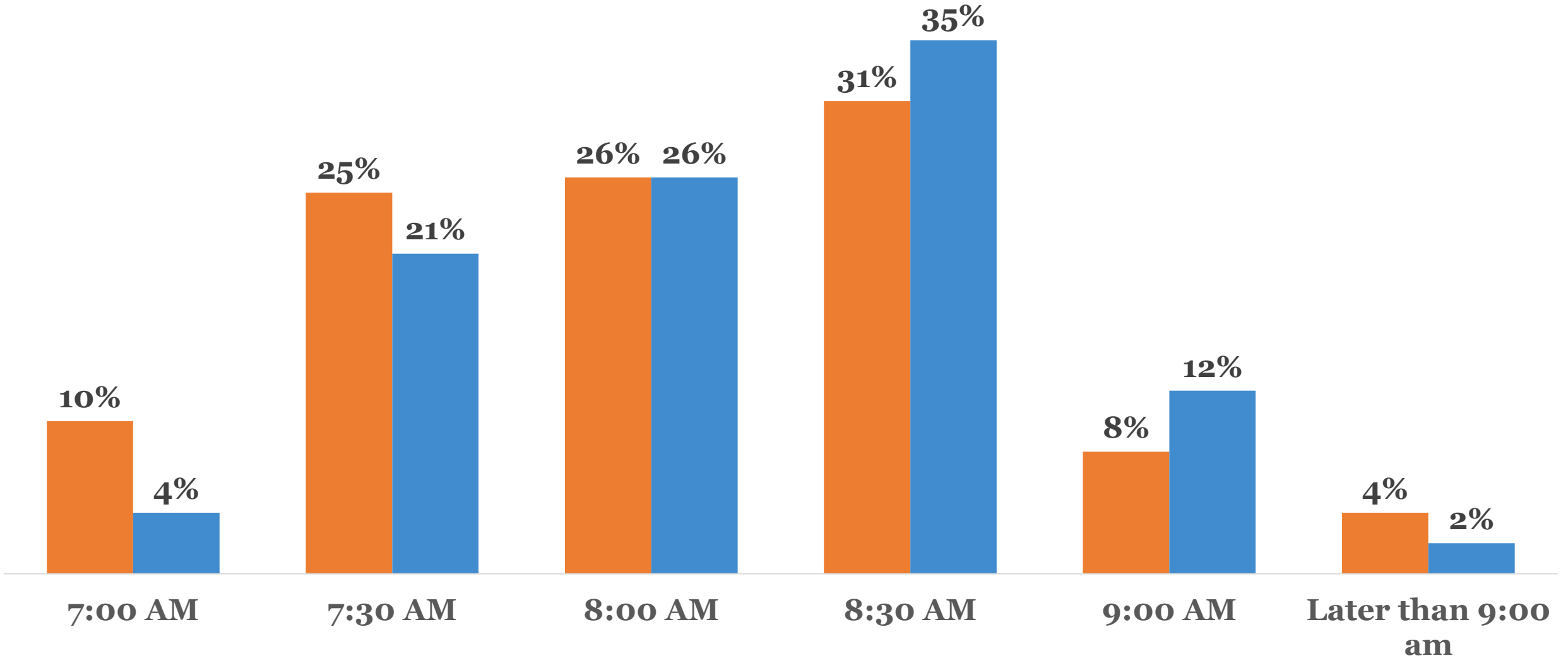
MS HS





# Ideally, when would be the best time for you for school to start?

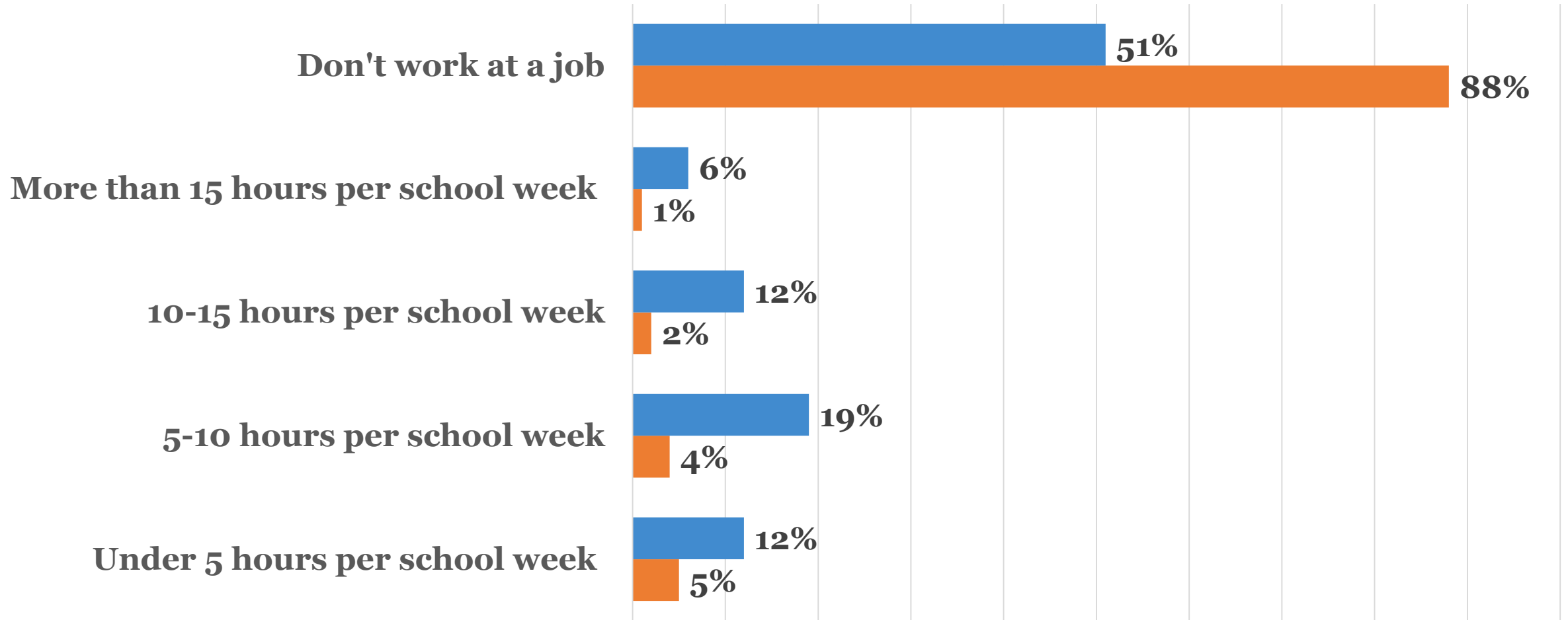
MS HS





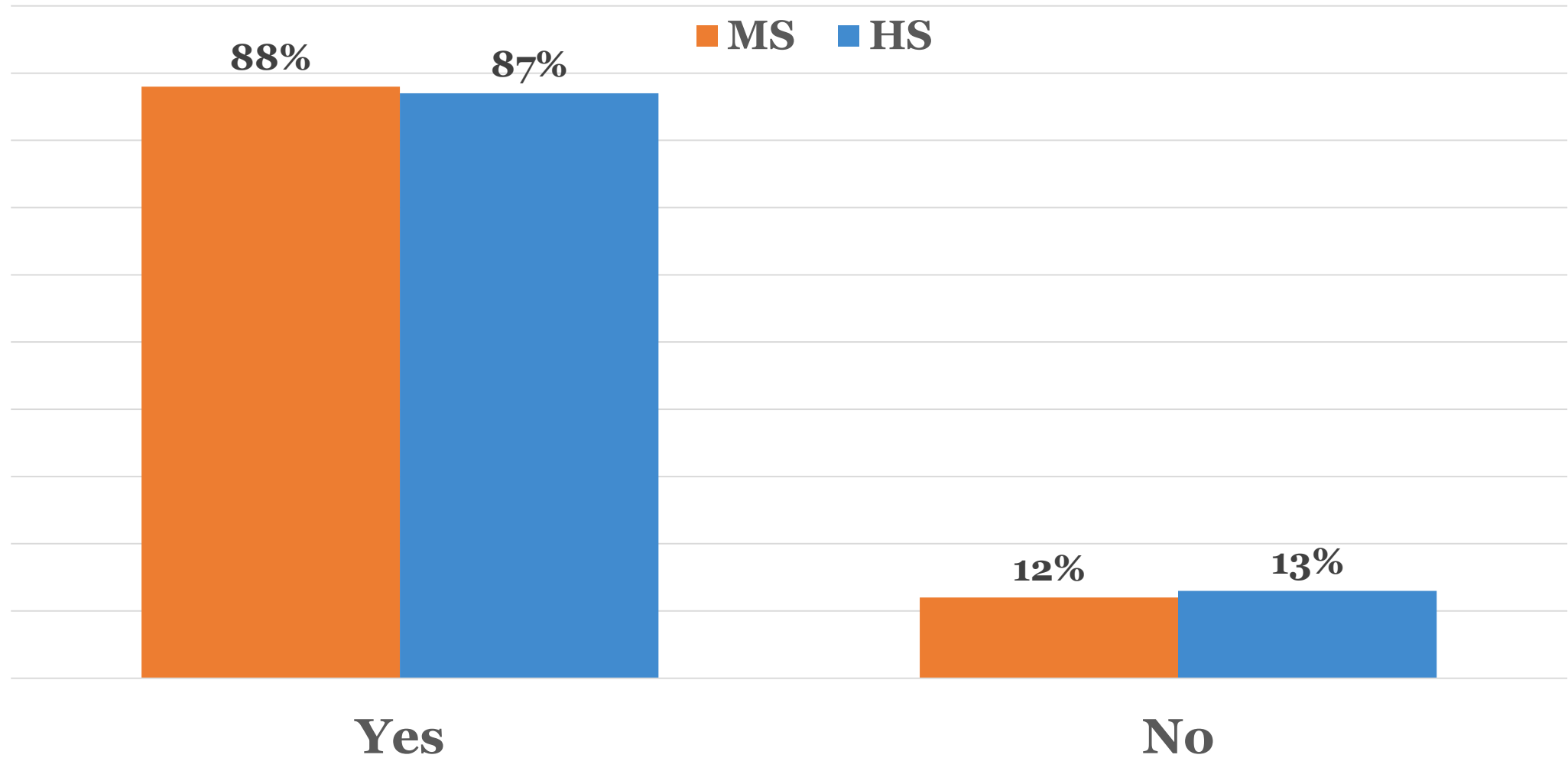
# How many hours do you work at your paying job during the school week?

■ HS ■ MS





# Do you engage in organized sports or extra curricular activities?

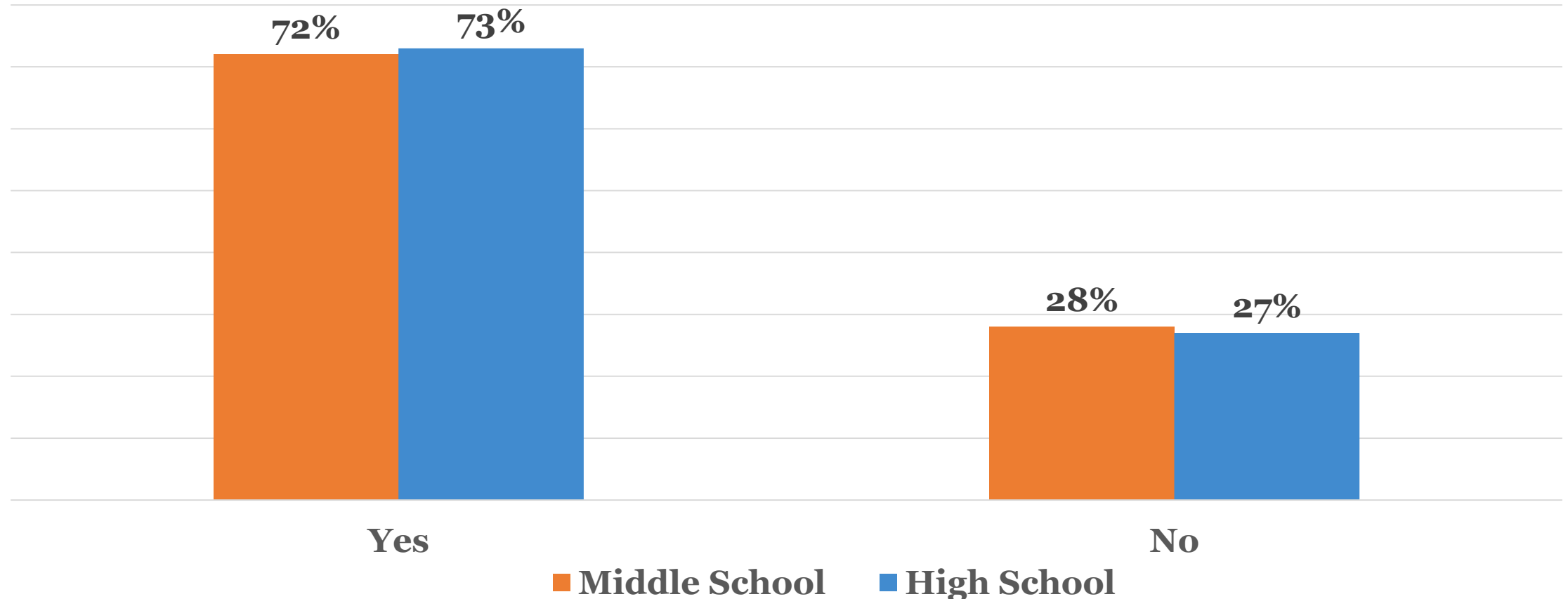






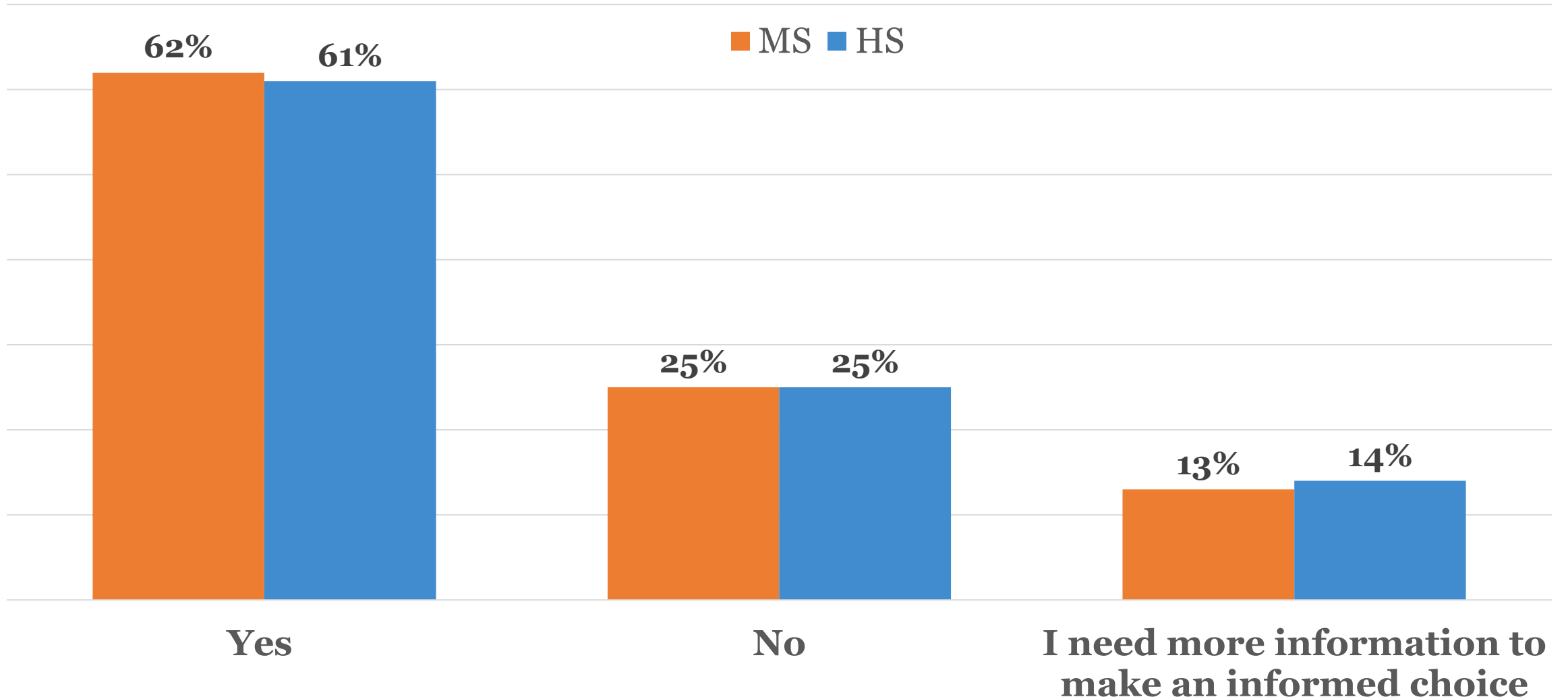
Research shows that because of the unique circadian rhythms of teens, they need 8 to 11 hours of sleep to be fully rested. For a teenager, waking up at 6 a.m. is like an adult waking up at 4 a.m. Research also shows that a lack of sleep creates a lot of stress.

## 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

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- » **Most student responses were supportive of the later start times.**
- » **Some students wondered how the later start times would impact extra curricular activities.**
- » **Some students worried about how the change would affect part time employment.**