

Timestamp	1. Do you favor a later start time (8:30 am) at least one day a week?	2. Would you prefer a later start time (8:30 am) 2-3 days a week?	3. Would you prefer a later start time (8:30 am) 5 days a week?	4. What days of the week would be better for later start times? (check all that apply)	5. Please add any other comments in the box below:
6/3/2019 17:50:12	No	No	No	Monday	
6/3/2019 17:51:25	No	No	No	Monday	
6/3/2019 17:51:31	Yes	Yes	Yes	Monday, Tuesday, Friday	
6/3/2019 17:52:08	Yes	Yes	Yes	Monday, Tuesday, Wednesday, Thursday, Friday	
6/3/2019 17:52:29	Yes	Yes	Yes	Monday, Tuesday, Wednesday, Thursday, Friday	I think it's better to have even start times across the week. However, it might make sense just to start Block B days later since a lot of people don't have 1st period. I would be down for something like MTR starting at 8:30 and WF starting at 9. (We also have an earlier release by about an hour on WF so that would even out the end times too.)
6/3/2019 17:53:49	Yes	Yes	Yes	Monday, Tuesday, Wednesday, Thursday, Friday	
6/3/2019 17:55:18	Yes	Yes	Yes	Monday, Tuesday, Wednesday, Thursday	

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6/3/2019 17:56:47	Yes	Yes	Yes	Monday, Tuesday, Wednesday, Thursday, Friday	I think sleep is very important for the anxiety of our students, but if we are also talking about anxiety and academic pressures of our students I think we also need to address the amount of AP courses student take, outside courses to raise their G.P.A. etc... Students and parents need to look at their student's academic caseload also in order to allow balance time for their student. We also should look at the calendar and see if possible to end first semester at winter break. Our students do not have any break once they start because our finals go until end of January. They end on a Friday and jump back in Monday of second semester.	

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6/3/2019 17:58:15	No	No	No	Wednesday	The reason I am not in favor of pushing the start time even later is that I teach a lot of athletes after lunch. The later start time will mean that they will miss even more class. An even later start time will be difficult for any student who has an after school obligation.	
6/3/2019 17:58:27	No	No	No	Friday		
6/3/2019 18:08:03	No	No	No	Monday, Tuesday, Wednesday, Thursday, Friday	NO	
6/3/2019 18:09:37	Yes	No	Yes	Monday, Tuesday, Wednesday, Thursday, Friday		
6/3/2019 18:10:42	Yes	Yes	Yes	Monday, Tuesday, Wednesday, Thursday, Friday		
6/3/2019 18:21:14	Yes	Yes	Yes	Monday, Tuesday, Wednesday, Thursday, Friday		
6/3/2019 18:22:43	Yes	Yes	Yes	Monday, Tuesday, Wednesday, Thursday, Friday		
6/3/2019 18:23:24	Yes	Yes	Yes	Monday, Tuesday, Wednesday, Thursday, Friday		
6/3/2019 18:29:39	No	Yes	No	Monday, Tuesday, Wednesday	I am concerned about traffic congestion around the high school with the Oceanview 3-5 graders coming at the same time	

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					<p>I am ambivalent about question #3. Not sure if a later start time is necessary 5 days a week, and it might provide more flexibility in scheduling for both school and families. I am totally UN-ambivalent about another related concern, however: the issue of athletes being excused early for practice/games/attending events. Every afternoon teacher deals with the extra management of helping athletes stay on track in their classes. We can say it's the students' responsibility to make up the work and keep up, but the reality is that it is more work for the teacher to help most (not all) athletes be successful in both. Most teachers do this without hesitation because we want to help our students succeed. It is just a part of our job.</p> <p>But if later start times in the morning doesn't also mean later sporting events, it will increase the frustration and</p>	

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6/3/2019 18:39:39	Yes	Yes	Yes	Monday, Tuesday, Thursday		
6/3/2019 18:40:05	Yes	Yes	Yes	Monday, Tuesday, Thursday, Friday	You state, "AHS' own attendance data from before and after the start time changes demonstrated that the change increased 1st and 2nd period attendance and reduced tardies." This is the false assumption that association implies causation	
6/3/2019 18:40:25	Yes	Yes	Yes	Monday, Tuesday, Wednesday, Thursday, Friday		
6/3/2019 18:49:20	Yes	Yes	Yes	Monday, Tuesday, Wednesday, Thursday, Friday		
6/3/2019 18:59:32	Yes	Yes	Yes	Monday, Tuesday, Wednesday, Thursday, Friday		
6/3/2019 19:06:47	Yes	Yes	Yes	Monday, Thursday		
6/3/2019 19:16:06	No	No	No	Monday	question 4 does not allow for 'no response" to late starts, will not let you complete the questionnaire without checking at least one day	

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6/3/2019 19:20:49	Yes	Yes	Yes	Monday, Tuesday, Wednesday, Thursday, Friday	Modern biology has pretty clearly shown that teen bodies are primed by hormones to go to bed later and wake up later. (A good explanation of teen circadian differences here: https://www.neurologytimes.com/blog/teenage-circadian-rhythm) Of course, it's not practical or even necessarily healthy to have school hours operate according to teens' circadian rhythms rather than the more sun-based rhythms that adults and kids operate on... but given a lot of teenagers just plain CAN'T fall asleep before 11 or midnight, I think it makes sense to try and give them at least 8 hours of sleep by starting school more like 8:30 or 9.	
6/3/2019 19:23:27	Yes	Yes	Yes	Monday, Tuesday, Wednesday, Thursday, Friday		
6/3/2019 19:28:13	Yes	Yes	Yes	Monday, Tuesday, Wednesday, Thursday, Friday		

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6/3/2019 19:42:17	No	No	No	Wednesday	If the district is serious about putting effort behind this, switch our staff meetings from Wednesday afternoon to Wednesday mornings. Tons of people will complain about childcare/school dropoff issues as a result of the change, but you can't get something for nothing.	
6/3/2019 19:45:59	Yes	Yes	No	Monday	When would the end time be?	
6/3/2019 20:03:45	Yes	Yes	Yes	Monday, Tuesday, Wednesday, Thursday, Friday	Love this idea. I would support a 9a. m. start as well. Looking at attendance the worst period attendance (including tardies) at AHS is 1st and 2nd periods. Another idea is to move Wednesday staff meetings to mornings, before school and have a late start on Wednesdays. St. Mary's HS does this.	
6/3/2019 20:05:36	Yes	Yes	Yes	Monday, Tuesday, Wednesday, Thursday, Friday		
6/3/2019 20:06:51	Yes	Yes	Yes	Monday		

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6/3/2019 20:35:45	Yes	Yes	Yes	Monday, Tuesday, Wednesday, Thursday, Friday		
6/3/2019 21:22:32	No	No	No	Wednesday, Friday		
6/3/2019 21:32:49	Yes	No	Yes	Monday, Tuesday, Wednesday, Thursday, Friday	The concern is starting 20 mins later means ending each day 20 mins later. Kids with sports, work and other after school activities that start at 4pm or earlier will be hard pressed to get out in time. Also activities like golf might end at 9pm due to later start time. Many students like the 8:10 start and suggested 8:15 or 8:20 instead of 8:30. Thanks!	

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6/3/2019 21:49:23	Yes	Yes	No	Wednesday, Friday	<p>I have questions about maintaining the Wednesday staff Professional Development meetings with a later release time given the current contract of a 4:00 end to the professional day. Also, please note that roughly 2/3 of our student body takes first period currently and a majority of students are requesting schedules with no 6th or 7th. A later start time may impact some of these after school obligations such as students who are working. Work permits only allow students to work a given number of hours in a day so a later start time impacts those working students.</p>	

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6/3/2019 21:51:19	Yes	Yes	Yes	Monday, Tuesday, Wednesday, Thursday, Friday	Aside from the research about teenagers and sleep, many staff members are negatively impacted by early start times. People have genetic dispositions towards "morningness" or "eveningness" that are innate to their natural body clocks. The chronic "social lag" that comes from fighting their biology to wake up earlier in the morning can cause weight gain, depression, and other serious health concerns.	
6/3/2019 22:14:10	No	No	No	Monday		

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					<p>Most of the "research" on which this trend is based are uncontrolled studies with small ample sizes. Almost all of those studies also suggest that the effects on attendance and punctuality of moving the starting time dissipate after a year or two. That has certainly been my experience at Albany High. In other words, the long-term benefits are negligible, and not worth the negative consequences that are never considered: the increase in the amount of class hours missed by students in such sports as Track, Swimming and Cross-Country, the fewer opportunities for students (especially low-income students) to find after-school jobs, and the lost opportunity for students to participate in non-school related activities such as Ballet and Crew. If parents want their high school aged children to sleep more they need to</p>	

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6/3/2019 22:25:09	Yes	Yes	Yes	Monday, Tuesday, Wednesday, Thursday, Friday		
6/3/2019 22:41:23	No	No	No	Wednesday	<p>If every school in our athletic league does not have a late start time and adjusts their schedules accordingly, student athletes will be missing whole block periods on block days and a couple of periods on Mondays. We need to do parent education on electronics use (putting all phones in a charging station in a non sleeping area for the night and limits on electronics use), and reasonable class and extracurricular schedules (limit on AP classes might be a start.) I would like to concentrate on looking for solutions to the lack of sleep, as opposed to making school start 20 minutes later which seems more of a band aid.</p>	

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6/3/2019 22:53:30	Yes	Yes	Yes	Tuesday, Wednesday, Thursday, Friday	The significant problem is sports early release. How can we reduce the number of early releases required so that the change doesn't hurt students performance in their 6th and 7th period classes? A second issue is making it a school wide goal to encourage parents and students to maintain good sleep hygiene. An extra half hour does not help unless parents make sure phones and computers are off at 10pm or earlier.	
6/3/2019 23:21:01	Yes	Yes	Yes	Monday, Wednesday, Friday	I am okay with a later start time as long as the school day never goes past 3:40	
6/4/2019 0:01:13	Yes	Yes	Yes	Monday, Tuesday, Wednesday, Thursday, Friday		

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6/4/2019 0:23:24	No	No	No	Wednesday	<p>Students already miss all of 7th and 6th periods at times due to AHS sports - pushing later means they miss even more.</p> <p>(also #4 is required, but if you say no start times you can't leave it blank)</p>	
6/4/2019 5:14:46	No	No	No	Monday	<p>Had to check a day. No days is what is required. This is a ridiculous idea. All it will do is shift sleep pattern. The only way to increase sleep is to lessen the homework load for students.</p>	
6/4/2019 5:52:48	Yes	No	Yes	Monday, Tuesday, Wednesday, Thursday, Friday		

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6/4/2019 15:46:27	Yes, No	Yes, No	Yes	Monday, Tuesday, Wednesday, Thursday, Friday	I would either want a flat start time (same time every day) or possibly a morning staff meeting later in the week (Thursday or Friday) where the kids come later. I think 8:20 - 8:35 would be good start times. If we moved to 8:20 for a few years, it would be easier to transition to 8:30 if/when the state decides to adopt that. I would want to be thoughtful about the start times of other schools in the district & traffic esp. @ AMS.	
6/4/2019 15:52:10	Yes	Yes	Yes	Monday, Tuesday, Wednesday, Thursday, Friday		
6/4/2019 16:21:58	Yes	No	Yes	Monday, Tuesday, Wednesday, Thursday, Friday	Thank you for attending to the best interests of our students!	
6/4/2019 17:13:39	Yes	Yes	Yes	Monday, Tuesday	Would a later start time come with a later stop time or more school days?	

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6/4/2019 17:59:19	No	No	No		Question 4 does not have an option to select No to all of above and forces you to select a late start day even when you would not want any day as a late start time	
6/4/2019 18:08:57	No	No	Yes		In order to really effect students sleep cycle it is important the we have consistent start times so if we start later we need to do it every day for it to be effective.	
6/4/2019 20:47:44	Yes, No	Yes, No	Yes, No		The data about what times schools start, while interesting, may be less relevant than what time schools END at. How can students arrive at after-school activities that often start at 4pm if they don't get out of school until 4pm? There isn't enough light during late fall/winter to push the start times for after-school activities back any further. These extracurricular experiences may be helpful in fostering growth of the whole child/person.	
6/5/2019 18:43:54	No	No	No	Wednesday, Friday		
6/6/2019 3:01:18	No	No	No	None		
6/6/2019 18:42:08	Yes	No	No	Monday		

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6/7/2019 17:44:02	Yes	No	No	Monday	Change needs to be discussed at AHS more before vote. Starting 20 minutes later will add 20 minutes to end of day and later release of students. This will make it difficult for kids who need to work, do sports, or participate in other after school activities. Also, drop off times and pick up times for parents with children in AMS or elementary schools will be difficult. Lastly, faculty meetings are supposed to end at 4pm, so they will have to be moved to the beginning of the day, creating even later start time once a week. Only 5 students per class liked the idea of a later start time. They are happy with 8:10 and said they like to get out at the times we already have. Ending classes on times with 0 or 5 are preferred instead of our oddball times. Kids with younger siblings will have to be dropped off early and later start time will mean they will be on campus waiting for classes to start and might be tempted to do things they should not be doing--pulling fire alarms, etc. Thanks!	
6/7/2019 17:46:42	Yes	Yes	Yes			
6/7/2019 22:19:55	No	No	No	None		