

Start Time Surveys

2019

Respondents



Parents: 273

Student: 179

Faculty: 66

Survey Question Topics



— — —
First block learning

Last block learning

Alertness

Stress and anxiety

Preparation for class

Ability to receive extra help

Participation in activities before and after school

Time to learn in class

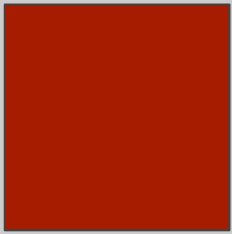
Overall student learning

Overall quality of life (students, parents only)

Early Dismissal (faculty only)

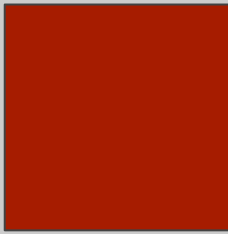
Headlines

- Bold change has significantly positive results
- Parents/Guardians report “significant” positive effects on lowering student stress and anxiety, overall student learning, and overall quality of life
- Overwhelmingly positive effect on quality of life



Considerations

- Time to learn in class
- Time to meet with faculty for extra help
- Non-Weston resident students: how to increase/maximize positive impacts
- Before and after school activities - especially early dismissal for athletics



Student Learning



Overall student learning

First block learning

Last block learning

Alertness

Preparation for class

Time to learn in class

Student Learning

Overall Learning

53% of faculty

69% of students

81% of parents

perceive a positive impact on

overall student learning.

Student Learning

First Block

71% of faculty

79% of students

86% of parents

perceive a positive impact on student learning

during the **first block** of the day.

Student Learning

Last Block

66% of faculty

perceive a negative impact on student learning during the last block of the day.

41% of students

52% of parents

perceive a positive impact on student learning during the last block of the day.

Student Learning

Alertness

70% of faculty

78% of students

79% of parents

perceive a positive impact on
student alertness in class.

Student Learning

Preparation

92% of faculty

94% of students

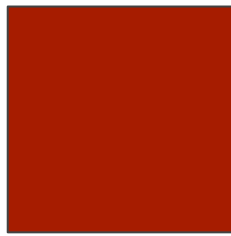
95% of parents

perceive no impact or a positive impact on

students' preparation for class.

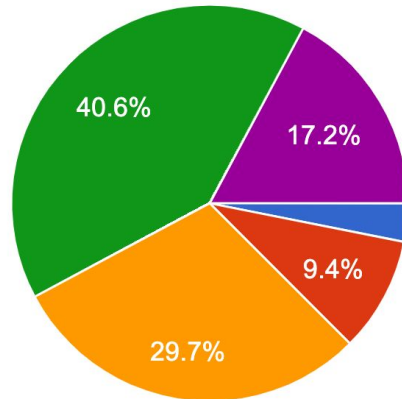
Student Learning

Time to Learn in Class



58% of faculty perceive a **negative** impact on time to learn in class.

64 responses



- Significant positive impact
- Slight positive impact
- No impact
- Slight negative impact
- Significant negative impact

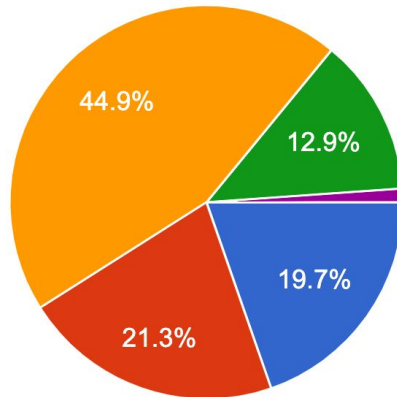
Student Learning

Time to Learn in Class



41% of students perceive a **positive** impact on time to learn in class.

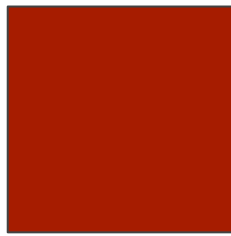
178 responses



- Significant positive impact
- Slight positive impact
- No impact
- Slight negative impact
- Significant negative impact

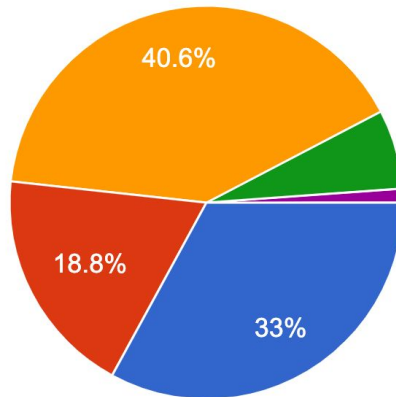
Student Learning

Time to Learn in Class



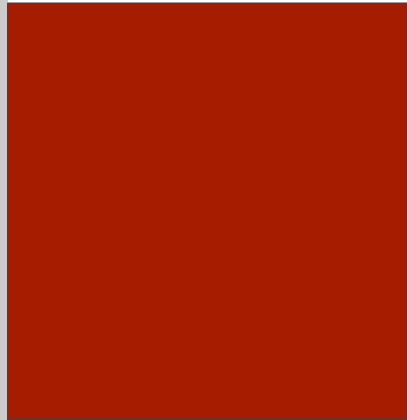
52% of parents perceive a **positive** impact on time to learn in class.

261 responses



- Significant positive impact
- Slight positive impact
- No impact
- Slight negative impact
- Significant negative impact

Beyond the Classroom



Access to Help

35% of faculty

58% of students

46% of parents

perceive a positive impact on

student ability to access help before or after school.

Activities

11% of faculty

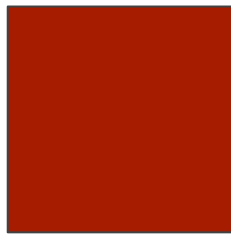
33% of students

30% of parents

perceive a positive impact on

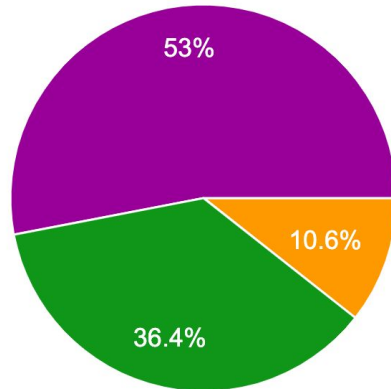
student participation in activities before or after school.

Early Dismissal



89% of faculty perceive a negative impact on early dismissals for sports and other activities.

66 responses



- Significant positive impact
- Slight positive impact
- No impact
- Slight negative impact
- Significant negative impact

Delayed start time was life changing! *-Student*

The only thing it affected was my last block class because I had to leave early for sports. But catching up was easy and the later start time overall was a very good change. *-Student*

The later start time allows me to manage my schedule like an adult and put myself into routine. *-Student*

The late start was really beneficial for me because if I had to stay up late the night before I had the chance to sleep in a little without having to sacrifice missing a class. *-Student*

I used to be miserable every morning because of how early I had to wake up. I now feel so much better going throughout the school day. *-Student*

I'm just not sure if I like having less class time. Besides this, I have no other problems with the new start time. :) *-Student*

STUDENTS

**It was fantastic for my kids.
-Parent**

**My HS child is more
awake, less sick,
happier, doing better
in school. Finding a
time in the school day
to meet teachers, get
help, would be helpful.
-Parent**

**Significantly less stress for all
three of our teens and thus for
the entire family. Thank you
for putting the kids first!
-Parent**

**My child cannot take the bus in the
mornings, so she must arrive at
school early. She does not receive
the benefit of sleeping in.
-Parent**

**For the entire school year my
spouse and I were late for work.
-Parent**

**Life changing. Wonderful. 10/10
-Parent**

PARENTS

First block classes are definitely more alert and willing to engage in learning by last block classes are often less productive. *-Faculty member*

I think the late start has a positive effect, but at a cost. Less time in classes means constantly making choices. *-Faculty member*

The negative effect is significant for students who do not live in Weston and still have to wake up at the same time as before. *-Faculty member*

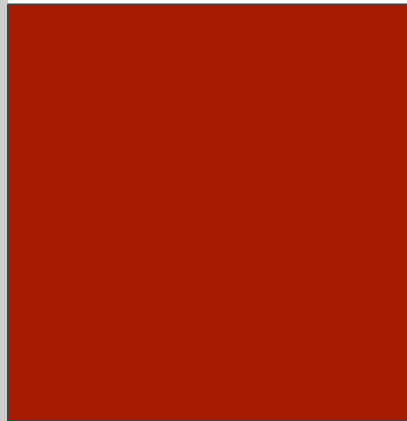
Athletic dismissals sometimes mean missing the whole class. This was very hard on some of my students. *-Faculty member*

Having the unscheduled chunk of time before classes start is very helpful for both students and teachers. *-Faculty member*

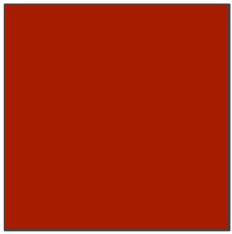
...compounded with the many assemblies, activity blocks, special meetings, etc. there were significant reductions in class time. *-Faculty member*

FACULTY

Quality of Life

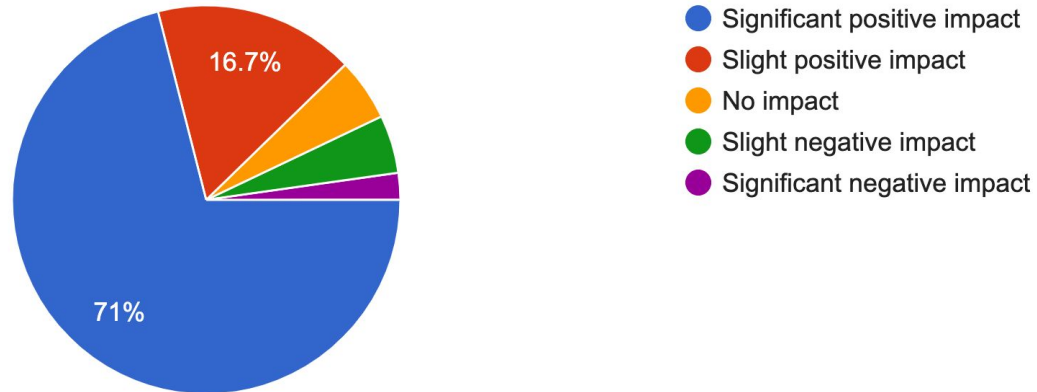


Quality of Life



88% of parents perceive a **positive** impact on their child(ren)'s overall quality of life.

269 responses

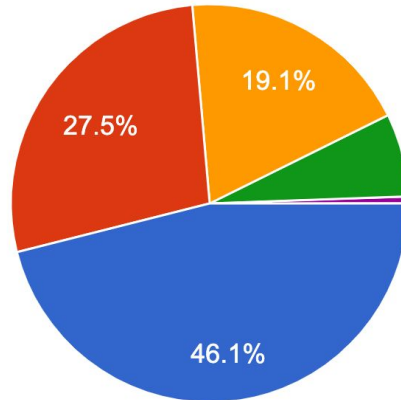


Quality of Life



74% of students perceive a **positive** impact on their overall quality of life.

178 responses



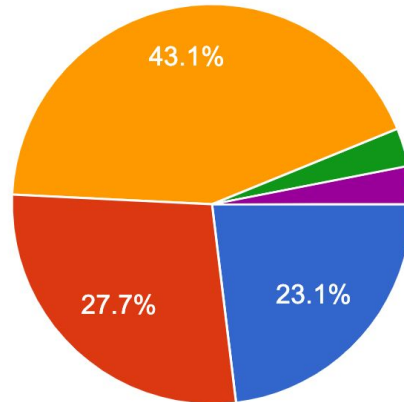
- Significant positive impact
- Slight positive impact
- No impact
- Slight negative impact
- Significant negative impact

Stress & Anxiety



51% of faculty perceive a positive impact on lowering student stress & anxiety.

65 responses



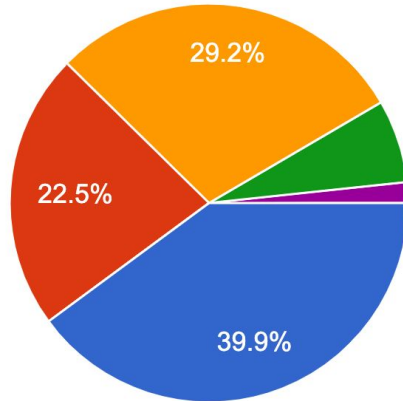
- Significant positive impact
- Slight positive impact
- No impact
- Slight negative impact
- Significant negative impact

Stress & Anxiety



62% of students perceive a positive impact on lowering their stress & anxiety.

178 responses



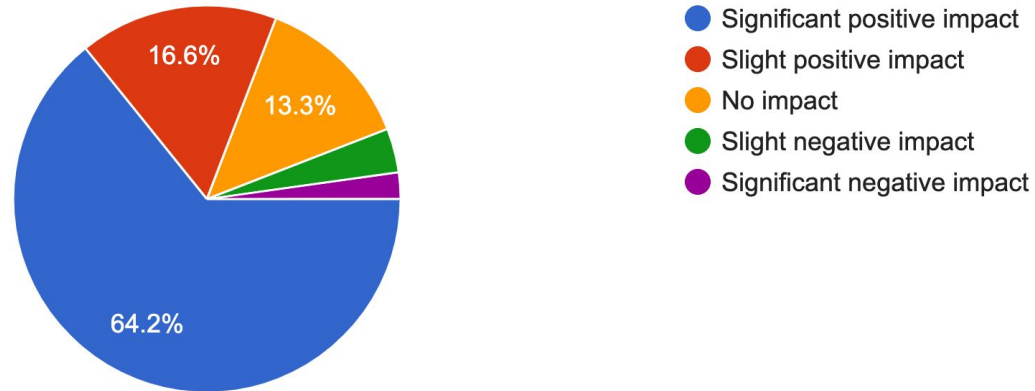
- Significant positive impact
- Slight positive impact
- No impact
- Slight negative impact
- Significant negative impact

Stress & Anxiety



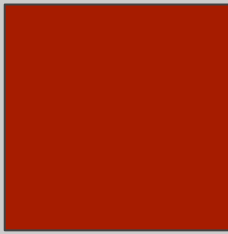
81% of parents perceive a positive impact on lowering student stress & anxiety.

271 responses



Next Steps

- Time to learn in class
- Time to meet with faculty for extra help
- Non-Weston resident students: how to increase/maximize positive impacts
- Before and after school activities - especially early dismissal for athletics



Questions?