

# Changing School Start Time: A Good Idea for Barrington?

Results of survey follow-up of  
Community Forum  
Spring 2012

# What was the survey asking?

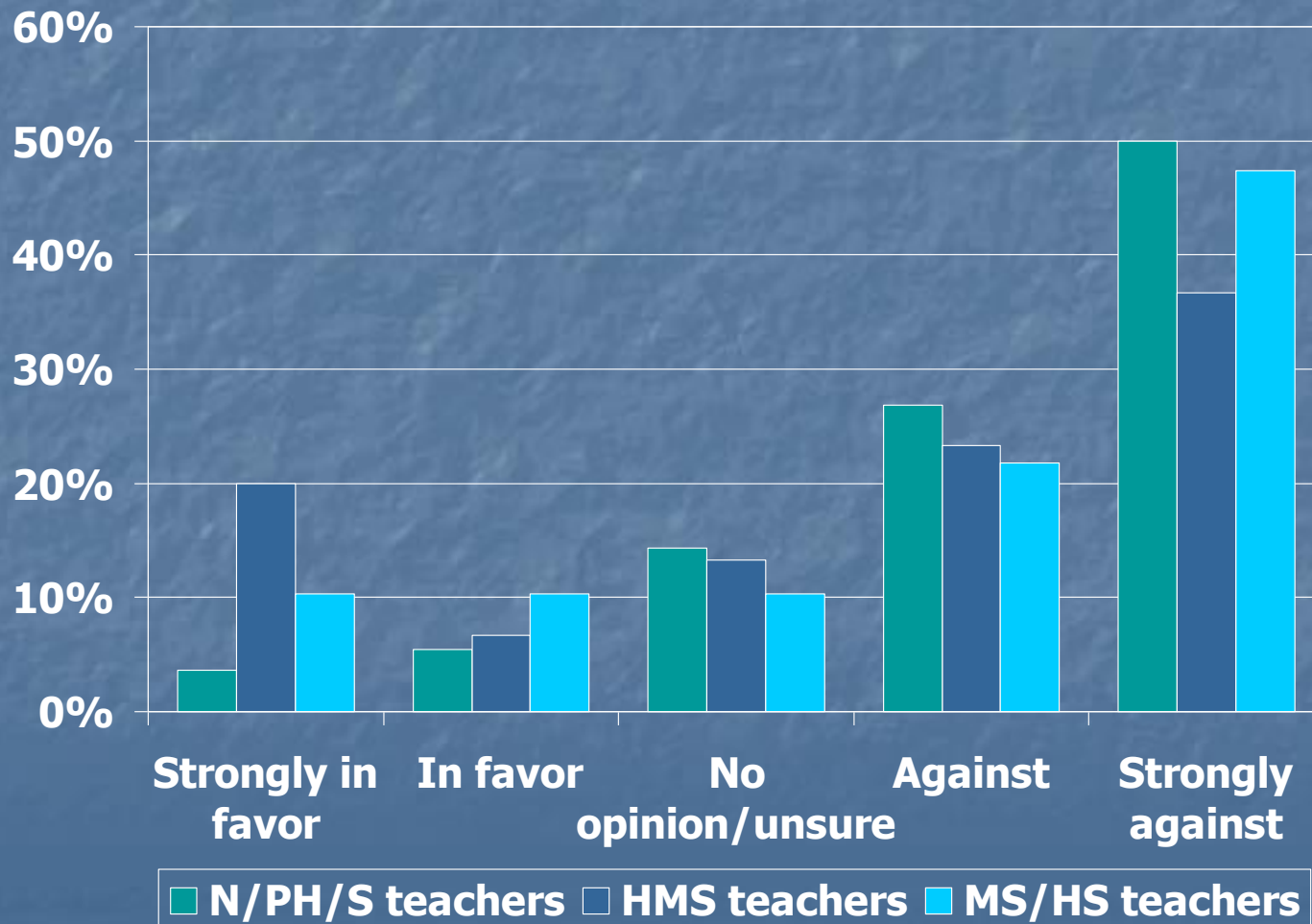
- General state of sleep and activity in Barrington
- General opinion about the current start times, transportation, etc.
- General opinion about the changing school start time discussion
- General concerns around changing start times
- General guidance for future decision making

# Overall numbers

- Parent/Teacher/Staff survey
  - 1245 people took survey
  - 860 parents, 139 teachers, 46 other, 78 unknown
  - 211 self identified students (filtered)

	Nayatt	Primrose Hill	Sowams	HMS	BMS	BHS	Other
Parents	126	168	101	261	319	393	
Teachers/Staff	28	16	22	31	26	56	20

# Teacher and staff: How do you feel about the possible start time change?





# Student survey

106 respondents

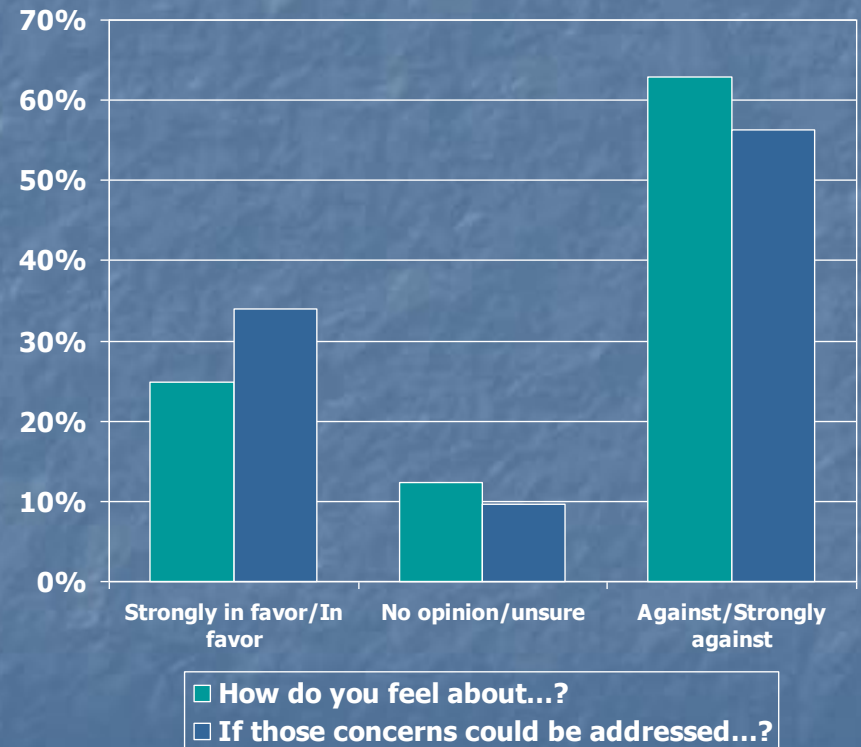
50% BMS, 37% 9-10th, 16% 11-12th

After school sports and activities?

72% 3-5 days,  
17% 1-2 days,  
9% occasionally, 2% never

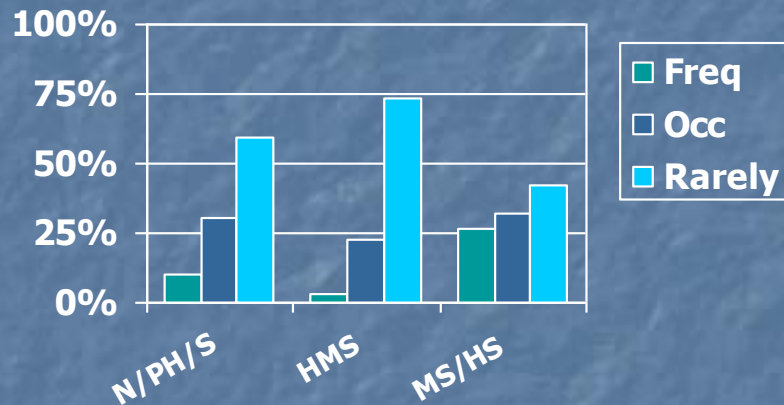
Concerns?

75% most concerned about effect on after school sports and activities

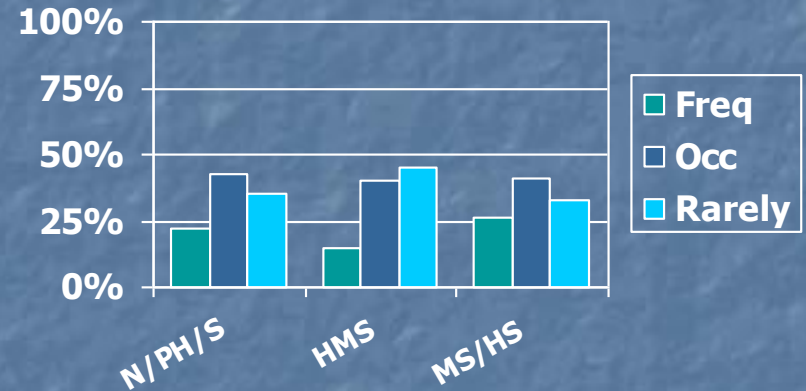


# Parents' perception of sleep effects:

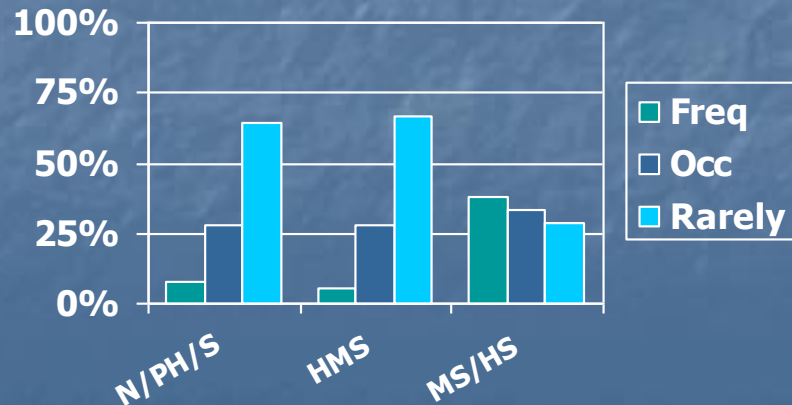
## Difficulty getting up?



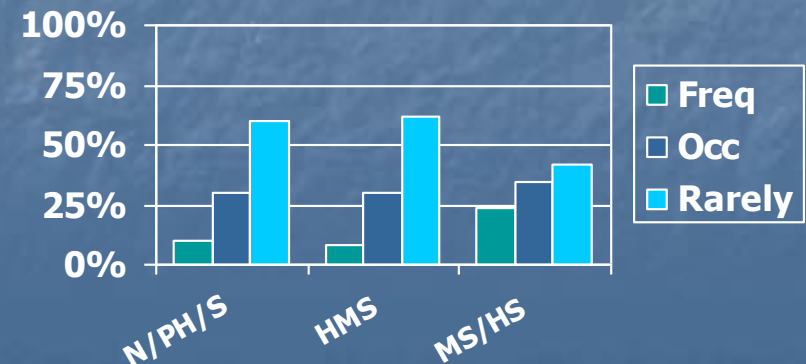
## Affect their daily activities?



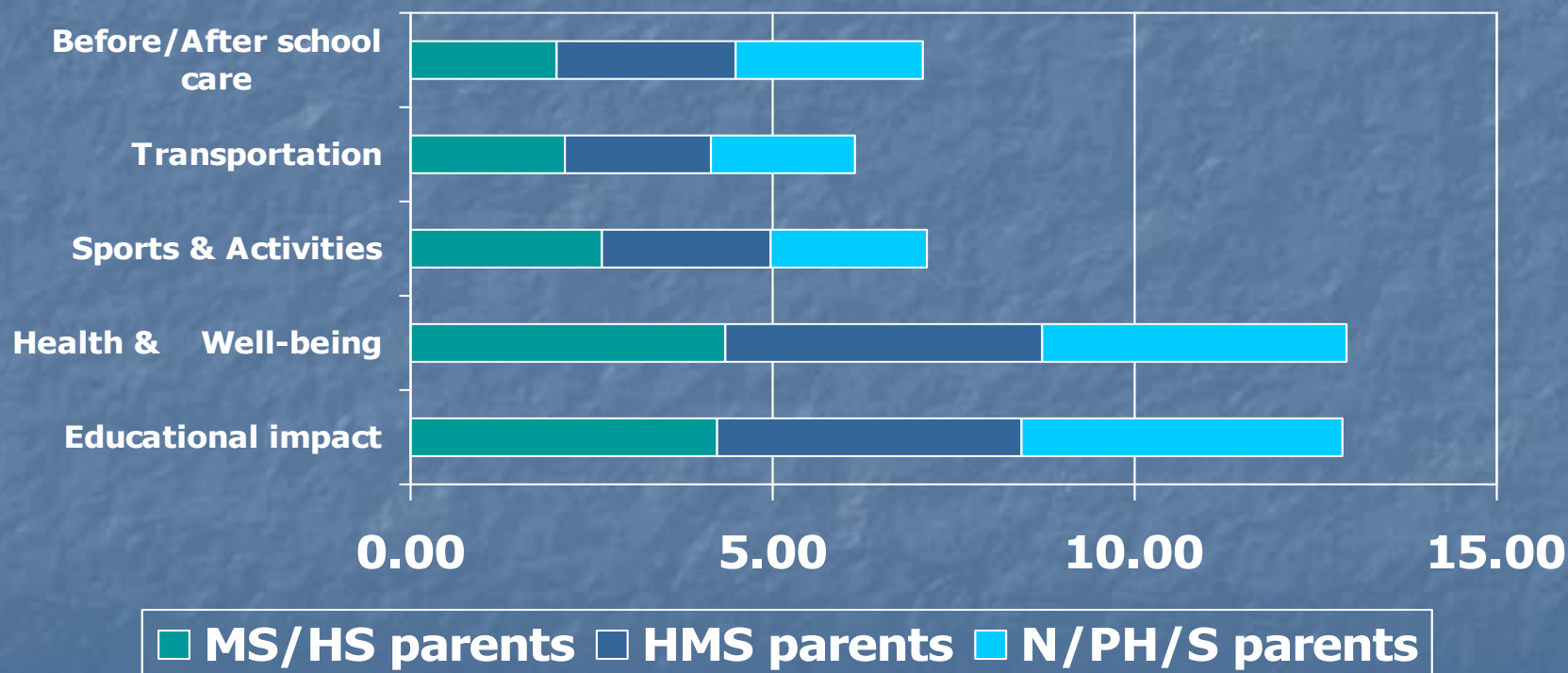
## Need to "catch up" on weekends?



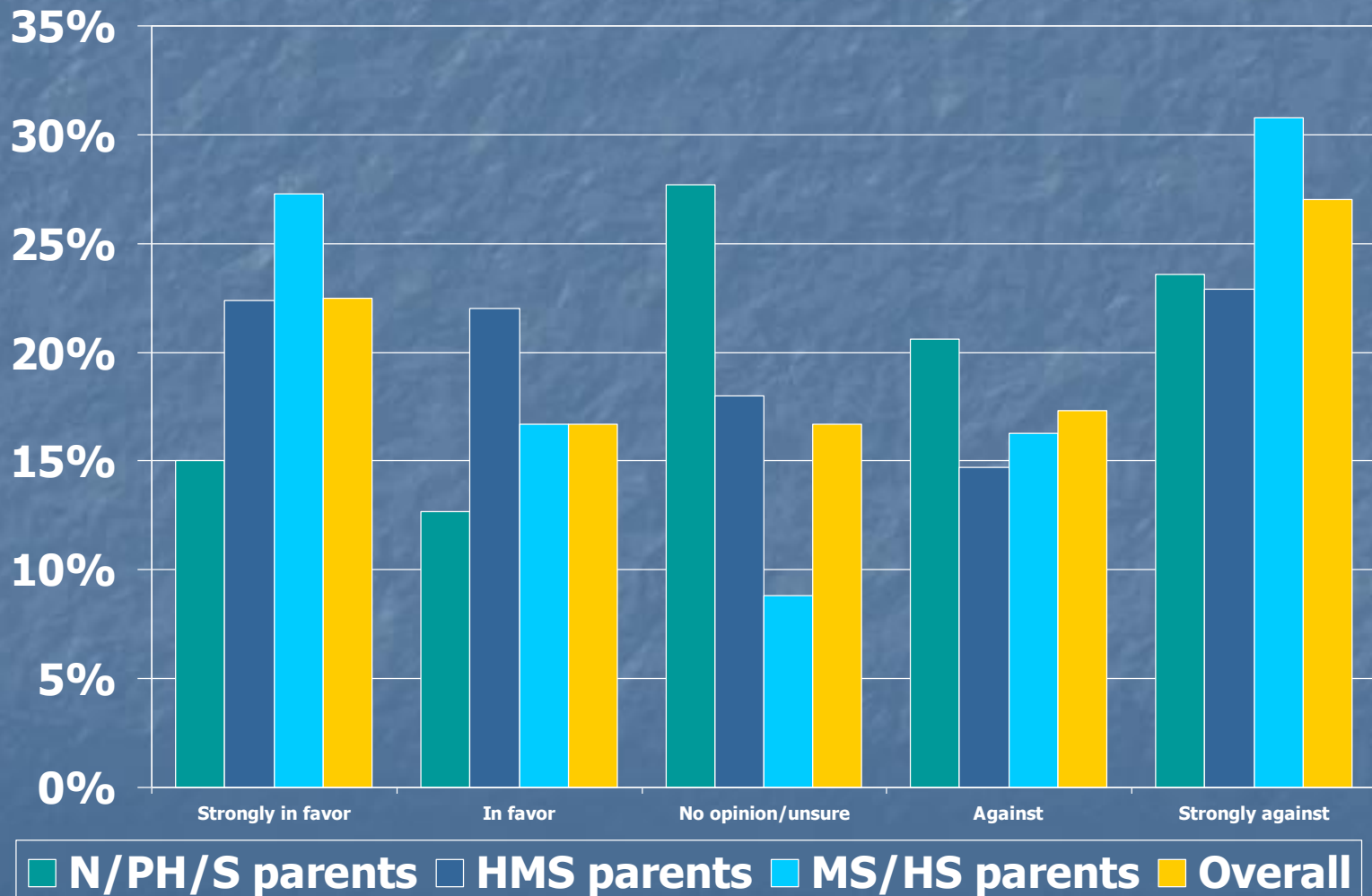
## Affect child's function during the school year?



# What do you think should be the most important factor(s) in the decision making process regarding possible change in starting times?

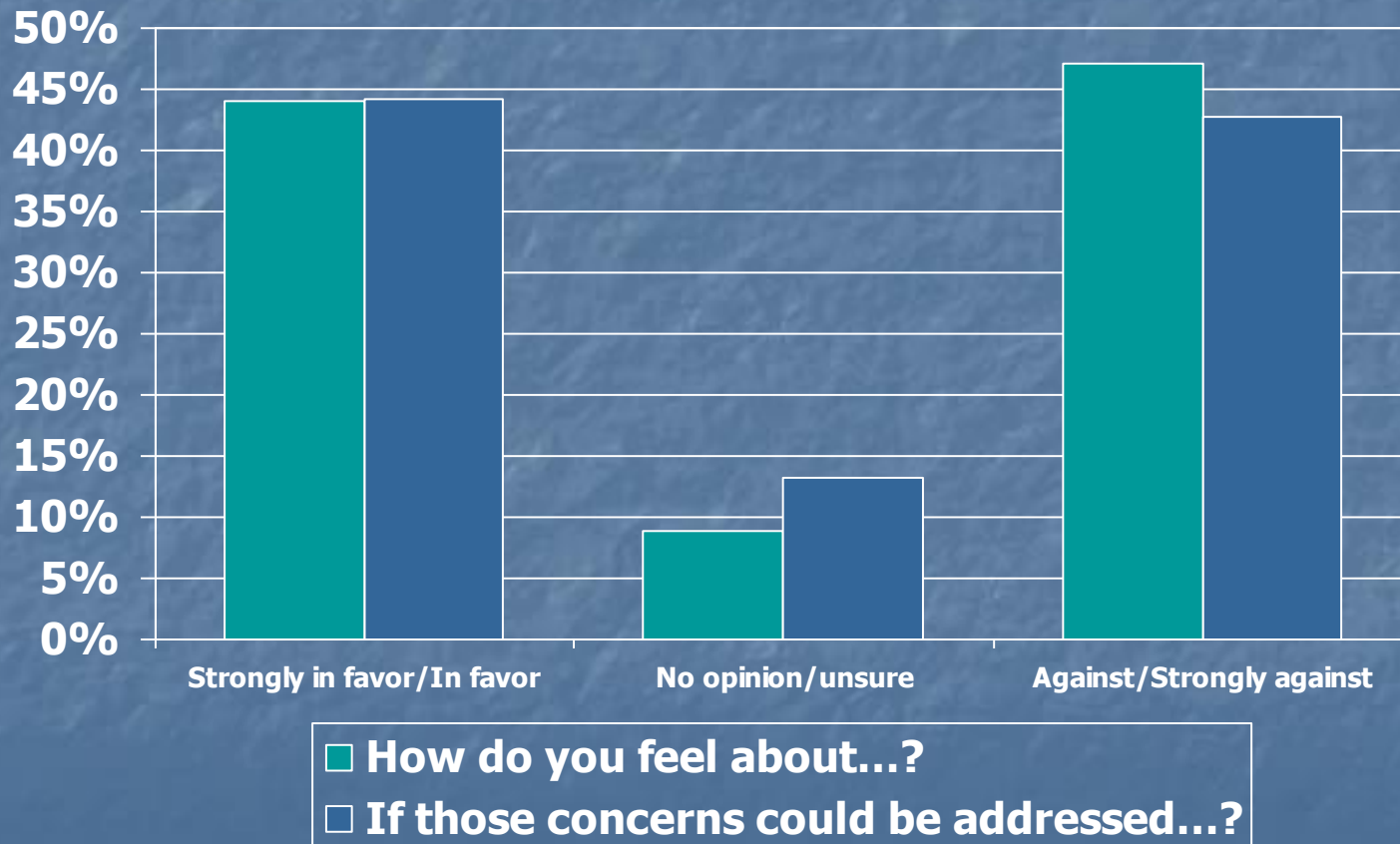


# Parents: How do you feel about the possible school start time change?

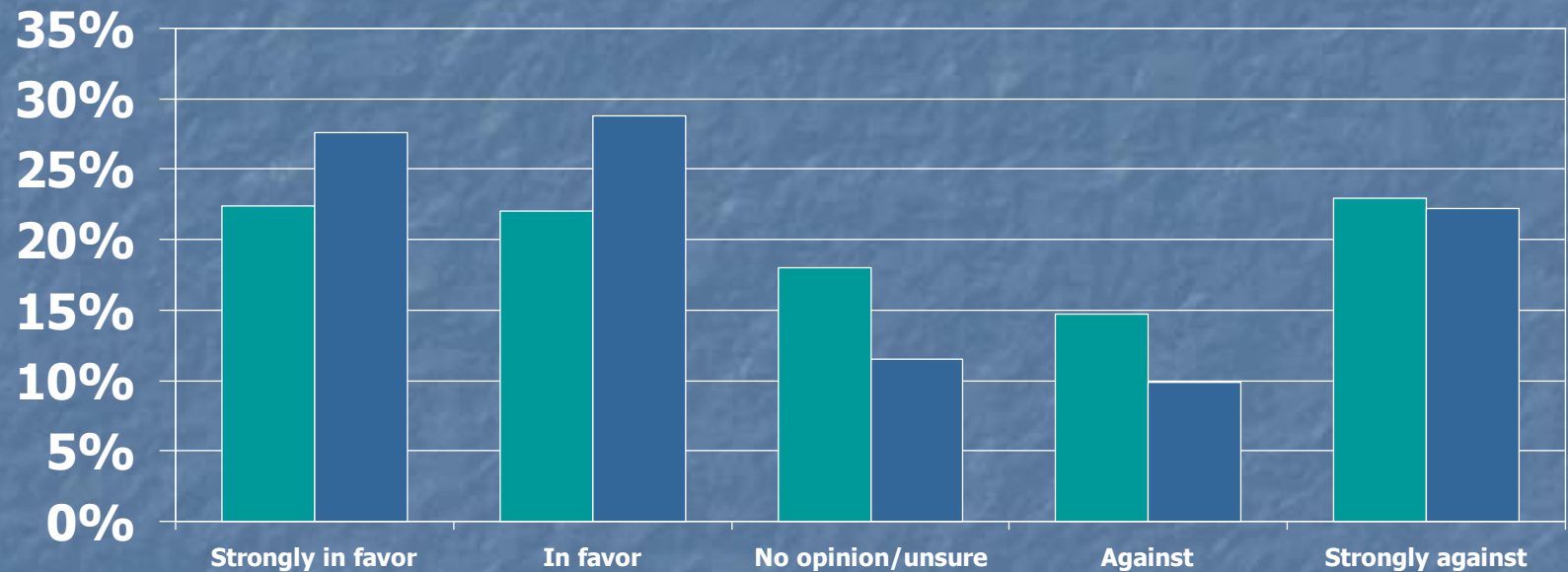




# MS/HS parents: If those concerns could be addressed....?



# HMS parents: How would you feel about HMS starting earlier...for the MS and HS to start later?



■ How do you feel about the possible school start time change?

■ How would you feel about HMS starting earlier...for MS/HS to start later?

# Conclusions

- Enough support from parents that the discussion should continue.
- To alleviate concerns of parents, there should be wider dispersal and discussion of:
  - actual schedule options
  - reassurance regarding overall start times
  - general information regarding research and other districts' experiences
- Health and well-being and educational impact on children are clearly felt to be the most important determinants going forward.
  - However, most concerns are about extra-curriculars, transportation, child care, and homework.
- Addressing those logistical issues in a thoughtful and rational way would allow decisions to be made for the right reasons.
  - A structured approach to addressing these issues, to go hand-in-hand with discussions about the strategic plan and the building plans, should be developed.