School Start Time Survey Results, Observations and Adjusted Scenarios

Anchorage School District
Board Work Session – 5/7/18
Potential School Start Time Changes - Chronology

- Summer 2017 – Request to explore issue
- Fall 2017 – February 2018 – Internal analysis and stakeholder process development
- March 2018 – Focus group meetings
- April 2018 – Open house meetings, Chamber meeting
- May 2018 Adjusted scenario development, Hayes Research survey
### Current Start Times

<table>
<thead>
<tr>
<th>Scenario</th>
<th>Level</th>
<th>Start</th>
<th>Release</th>
</tr>
</thead>
<tbody>
<tr>
<td>Current</td>
<td>High</td>
<td>7:30</td>
<td>2:00</td>
</tr>
<tr>
<td></td>
<td>Middle</td>
<td>8:15</td>
<td>2:45</td>
</tr>
<tr>
<td></td>
<td>Elementary</td>
<td>9:00</td>
<td>3:30</td>
</tr>
</tbody>
</table>

### Potential Adjusted Scenarios Developed After Stakeholder Process

<table>
<thead>
<tr>
<th>Scenario</th>
<th>Level</th>
<th>Start</th>
<th>Release</th>
</tr>
</thead>
<tbody>
<tr>
<td>Current Plus 30</td>
<td>High</td>
<td>8:00</td>
<td>2:30</td>
</tr>
<tr>
<td></td>
<td>Middle</td>
<td>8:45</td>
<td>3:15</td>
</tr>
<tr>
<td></td>
<td>Elementary</td>
<td>9:30</td>
<td>4:00</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Scenario 3 Plus 15</th>
<th>Level</th>
<th>Start</th>
<th>Release</th>
</tr>
</thead>
<tbody>
<tr>
<td>Elementary</td>
<td>8:00</td>
<td>2:30</td>
<td></td>
</tr>
<tr>
<td>High</td>
<td>8:45</td>
<td>3:15</td>
<td></td>
</tr>
<tr>
<td>Middle</td>
<td>9:30</td>
<td>4:00</td>
<td></td>
</tr>
</tbody>
</table>
Overall Observations of Survey Results

• There were 440 focus group surveys received and 223 open house surveys received – slightly more people attended and did not submit a survey
• The focus groups had higher teacher and student participant counts while the open house meetings were more exclusively parents
• The focus group meetings were relatively balanced between elementary and secondary school-focused participants, while the open house meetings had a higher percentage of elementary school-focused participants
• Focus group participants were generally in favor of change at all levels and agreed with research asserting benefits to student performance and wellness with stronger benefits assigned to secondary students
Overall Observations (Continued)

• Open house meetings were attended by more families representing preschool and elementary-students 54% to 40% secondary

• Open house participants were more in favor of retaining the current schedule 45% to 41% including those favoring change who wanted further demonstration of benefits

• Secondary participants tended to be in favor of change, while participants representing elementary were against

• Expected concerns reinforced during open house meetings:
  – Elementary concerns
    • Pedestrian safety in morning darkness and cold
    • Mid-afternoon release
    • Lack of before / after child supervision and programs
  – Secondary concerns
    • After school extra-curricular and childcare issues
    • After school employment
Detailed Survey Results - Focus Groups

• Baxter Elementary
• JBER-1
• JBER-2
• Bayshore Elementary
• Springhill Elementary
• Abbott Loop Elementary
• Eagle River Elementary
• Goldenview Middle School Faculty
• Mears Middle School Faculty
• King Tech - Middle School / High School Student Government Council
• West High School Faculty
• East High School Faculty
• Eagle River High School Student Leadership
• Elementary Leadership
• Secondary Leadership
• AEA
• Childcare Providers
• Multicultural / Faith-based
• King Tech - Open House
• School Resource Officers
• District and Municipal Safety Officials

Anchorage School District
Educating All Students for Success in Life

May 7, 2018
How would you describe your role?

- A. Parent or Grandparent: 8%
- B. Teacher: 35%
- C. Parent and Teacher: 30%
- D. Administrator: 1%
- E. Other or does not apply: 26%
Prior to being invited to the focus group, how aware were you aware that ASD is considering a change to school start times?

- **A. Not aware**: 19%
- **B. Somewhat aware**: 32%
- **C. Aware**: 27%
- **D. Very aware**: 21%
- **E. Other or does not apply**: 1%

Focus Groups

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May 7, 2018
How would you describe the frequency of challenges with your family’s school schedule and student sleep issues if any?

A. Never 16%
B. Occasional 31%
C. Frequent 19%
D. Very frequent 15%
E. Other or does not apply 19%
How frequently is device usage impact on sleep a concern in your family?

A. Very frequently: 11%
B. Frequently: 29%
C. Infrequently: 22%
D. Very infrequently: 22%
E. Other or does not apply: 16%
How frequently is social networking impact on sleep a concern in your family?

- A. Very frequently: 8%
- B. Frequently: 24%
- C. Infrequently: 22%
- D. Very infrequently: 27%
- E. Other or does not apply: 19%
What are your thoughts on the idea of changing school start times now that you have seen the research?

A. I have no opinion on the change
   - 4%

B. I would like to see a change
   - 42%

C. I would be open to a change if benefits could be demonstrated
   - 35%

D. I like the current schedule and prefer not to change
   - 18%

E. Other or does not apply
   - 1%

Focus Groups

May 7, 2018
How would you respond to earlier elementary school start times?

- A. Very favorably: 21%
- B. Favorably: 37%
- C. Unfavorably: 18%
- D. Very unfavorably: 10%
- E. Other or does not apply: 14%
How would you respond to later middle school start times?

- A. Very favorably: 13%
- B. Favorably: 48%
- C. Unfavorably: 11%
- D. Very unfavorably: 7%
- E. Other or does not apply: 21%

Focus Groups
How would you respond to later high school start times?

- A. Very favorably: 38%
- B. Favorably: 35%
- C. Unfavorably: 11%
- D. Very unfavorably: 9%
- E. Other or does not apply: 7%
Do you agree that earlier start time will result in better elementary school academic performance?

A. Strongly agree 13%
B. Agree 44%
C. Disagree 19%
D. Strongly Disagree 10%
E. Other or does not apply 14%

May 7, 2018

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16
Do you agree that later start time will result in better middle school academic performance?

A. Strongly agree 20%
B. Agree 48%
C. Disagree 13%
D. Strongly disagree 5%
E. Other or does not apply. 14%

Focus Groups

May 7, 2018
Do you agree that later start time will result in better high school academic performance?

- **A. Strongly agree**: 41%
- **B. Agree**: 40%
- **C. Disagree**: 9%
- **D. Strongly disagree**: 5%
- **E. Other or does not apply**: 5%

Focus Groups
How comfortable are you with morning pedestrian / safety issues associated with earlier elementary start time?

- A. Very uncomfortable: 23%
- B. Uncomfortable: 34%
- C. Comfortable: 32%
- D. Very comfortable: 7%
- E. Other or does not apply: 4%

Focus Groups

19 May 7, 2018

Anchorage School District
Educatings All Students for Success in Life
Do your students participate in group childcare (before / after school) operated by a service provider other than your family?

- A. Yes - Morning only: 7%
- B. Yes - Afternoon only: 5%
- C. Yes - Morning and afternoon: 11%
- D. No: 40%
- E. Other or does not apply: 37%

Focus Groups

Anchorage School District
Educating All Students for Success in Life

May 7, 2018
How comfortable are you about childcare issues associated with earlier elementary start time?

- Very uncomfortable: 22%
- Uncomfortable: 19%
- Comfortable: 34%
- Very comfortable: 7%
- Other or does not apply: 18%
What do you think is the best time for elementary school to start?

- A. 7:30: 29%
- B. 7:45: 22%
- C. 8:00: 22%
- D. 8:30: 14%
- E. 9:00: 13%

Focus Groups
What do you think is the best time for high school to start?

- A. 7:30 (15%)
- B. 7:45 (15%)
- C. 8:15 (27%)
- D. 9:00 (35%)
- E. 9:15 (15%)

Focus Groups

B. 7:45 (8%)

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Educating All Students for Success in Life

May 7, 2018
How would you describe your thoughts on elementary students attending earlier and walking in darkness during a longer period of the year?

- **A. Very uncomfortable**: 27%
- **B. Uncomfortable**: 31%
- **C. Comfortable**: 32%
- **D. Very comfortable**: 5%
- **E. Other or does not apply**: 5%

Focus Groups
How comfortable are you with extra-curricular scheduling issues associated with later high school end times?

- C. Comfortable 44%
- B. Uncomfortable 14%
- A. Very uncomfortable 13%
- D. Very comfortable 10%
- E. Other or does not apply. 19%
Do you agree that later school start time will result in safer driving conditions for high school student drivers?

- Strongly agree: 20%
- Agree: 52%
- Disagree: 14%
- Strongly disagree: 2%
- Other or does not apply: 12%

Focus Groups

May 7, 2018
Open House Events - Locations

- Service High School
- Wendler Middle School
- Lake Hood Elementary School
- Tyson Elementary School
- Romig Middle School
- Bartlett High School
- Eagle River High School
- Fairview Elementary School
How would you describe your role?

A. Parent or Grandparent: 71%
B. Teacher: 6%
C. Parent and Teacher: 9%
D. Administrator: 0%
E. Other or does not apply: 14%

Open Houses

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May 7, 2018
What levels are your students?

- A. Preschool: 11%
- B. Elementary: 43%
- C. Middle: 20%
- D. High School: 20%
- E. Other or does not apply to me: 6%
What are your thoughts on changing start times now that you have seen the research?

A. I have no opinion on the change 10%
B. I would like to see a change 25%
C. I would be open to a change if benefits could be demonstrated 16%
D. I like the current schedule and prefer not to change 45%
E. Other or does not apply 4%

May 7, 2018
Which start time changes do you favor?

A. I am in favor of earlier elementary start times 19%
B. I am in favor of later middle school start times 11%
C. I am in favor of later high school start times 33%
D. I am not in favor of changes or does not apply to me 37%

May 7, 2018
Do your students participate in group childcare (before / after school) operated by a service provider other than your family?

A. Yes - Morning only 3%
B. Yes - Afternoon only 10%
C. Yes - Morning and afternoon 12%
D. No 59%
E. Other or does not apply 16%
How students in your family get to school? (typically)

- **A. They walk**: 10%
- **B. I drive them or a family member drives them**: 43%
- **C. School Bus**: 20%
- **D. The student drives**: 6%
- **E. A combination of these depending upon the weather or other circumstances**: 12%
- **F. Other or does not apply**: 9%

Open Houses

Anchorage School District
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33

May 7, 2018
If you oppose a change in start time, what is your primary concern?

- A. Elementary students walking in the early morning when it could be cold or dark (23%)
- B. Earlier elementary school afternoon release (18%)
- C. Ability of high school students to pick up elementary students and provide supervision (13%)
- D. High school student after school activities (14%)
- E. Potential schedule issues for high school employees (11%)
- F. Other or I do not have concerns (21%)

Open Houses

Anchorage School District
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34

May 7, 2018
What is your preferred scenario?

- A. Current start times (48%)
- B. Scenario 1 (9%)
- C. Scenario 2 (12%)
- D. Scenario 3 (22%)
- E. Other or I do not have a preference (9%)

Open Houses

Anchorage School District
Educating All Students for Success in Life

35

May 7, 2018
Chamber of Commerce Event – Approximately 60 Additional Participants – 4/30/18

1. How would you describe your role? (check all that apply)
   - A. General business owner or leader: 27
   - B. Business owner or leader employing middle or high school students: 4
   - C. Business owner or leader in the childcare sector: 1
   - D. Business owner or leader employing large numbers of parents affected by school start times and childcare needs: 8
   - E. Other or does not apply: 20

2. If you have students in school, what levels are they in? (check all that apply)
   - A. Preschool: 8
   - B. Elementary School: 28
   - C. Middle School: 8
   - D. High School: 11
   - E. Other or does not apply to me: 22

3. What are your thoughts on changing start times now that you have seen the research?
   - A. I have no opinion on the change: 5
   - B. I would like to see a change: 26
   - C. I would be open to a change if benefits could be demonstrated: 16
   - D. I like the current schedule and prefer not to change: 4
   - E. Other or does not apply: 1

4. Which start time changes do you favor? (check all that apply)
   - A. I am in favor of earlier elementary start times: 22
   - B. I am in favor of later middle school start times: 21
   - C. I am in favor of later high school start times: 44
   - D. I am not in favor of changes or does not apply to me: 5
### Chamber of Commerce Event

#### 5. What are your thoughts on student employees?

<table>
<thead>
<tr>
<th></th>
<th>Opinion</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>I believe that students getting adequate sleep while they are in school is important to their long-term success, and later start time could help</td>
<td>36</td>
</tr>
<tr>
<td>B</td>
<td>I believe that students getting adequate sleep while they are in school is important to their long-term success, but later start time will not help</td>
<td>2</td>
</tr>
<tr>
<td>C</td>
<td>I believe that students getting up early is an important life lesson and does no harm</td>
<td>6</td>
</tr>
<tr>
<td>D</td>
<td>I am concerned that working students will be less able to get appropriate part-time jobs if start times are later</td>
<td>5</td>
</tr>
<tr>
<td>E</td>
<td>Other or does not apply</td>
<td>1</td>
</tr>
</tbody>
</table>

#### 6. What effects would changes in start times have on child care businesses?

<table>
<thead>
<tr>
<th></th>
<th>Effect</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>I feel that child care businesses will shift hours of operation and programs and will be just fine</td>
<td>29</td>
</tr>
<tr>
<td>B</td>
<td>I feel that the childcare providers will have trouble making adjustments</td>
<td>7</td>
</tr>
<tr>
<td>C</td>
<td>I believe that the affordability of the programs is the primary issue</td>
<td>14</td>
</tr>
<tr>
<td>D</td>
<td>Other or does not apply</td>
<td>4</td>
</tr>
</tbody>
</table>

#### 7. How do you believe school start times might impact the Anchorage economy?

<table>
<thead>
<tr>
<th></th>
<th>Impact on economy</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>Negative impact on economy</td>
<td>5</td>
</tr>
<tr>
<td>B</td>
<td>Nominal or (no) impact on economy</td>
<td>31</td>
</tr>
<tr>
<td>C</td>
<td>Positive impact on economy</td>
<td>8</td>
</tr>
<tr>
<td>D</td>
<td>Other or I am unsure</td>
<td>8</td>
</tr>
</tbody>
</table>
### Chamber of Commerce Event

8. If you oppose a change in start time, what are your primary concerns?

<table>
<thead>
<tr>
<th>Option</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. Elementary students walking in the early morning when it could be cold or dark</td>
<td>9</td>
</tr>
<tr>
<td>B. Earlier elementary school afternoon release</td>
<td>10</td>
</tr>
<tr>
<td>C. Ability of high school students to pick up elementary students and provide supervision</td>
<td>12</td>
</tr>
<tr>
<td>D. High school student after school activities</td>
<td>9</td>
</tr>
<tr>
<td>E. Potential schedule issues for high school employees</td>
<td>5</td>
</tr>
<tr>
<td>F. Traffic</td>
<td>5</td>
</tr>
<tr>
<td>G. Other or I do not have concerns</td>
<td>19</td>
</tr>
</tbody>
</table>

9. What is your preferred scenario?

<table>
<thead>
<tr>
<th>Option</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. Current start times</td>
<td>4</td>
</tr>
<tr>
<td>B. Scenario 1</td>
<td>4</td>
</tr>
<tr>
<td>C. Scenario 2</td>
<td>17</td>
</tr>
<tr>
<td>D. Scenario 3</td>
<td>20</td>
</tr>
<tr>
<td>E. Other or I do not have a preference</td>
<td>8</td>
</tr>
</tbody>
</table>
### Anecdotal Comments Recorded on Survey Forms at Focus Group / Open House Meetings – Descending Order

<table>
<thead>
<tr>
<th>Anecdotal concern</th>
<th>Approximate count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Challenges to the before and after school childcare</td>
<td>22</td>
</tr>
<tr>
<td>School should start after 8 o'clock</td>
<td>15</td>
</tr>
<tr>
<td>Challenges scheduling for after school activities and sports</td>
<td>15</td>
</tr>
<tr>
<td>This is overdue, thanks</td>
<td>14</td>
</tr>
<tr>
<td>Elementary students challenged by darkness and pedestrian issues</td>
<td>14</td>
</tr>
<tr>
<td>Elementary research isn't cohesive</td>
<td>14</td>
</tr>
<tr>
<td>Starting school early is a life lesson</td>
<td>13</td>
</tr>
<tr>
<td>Affordability of childcare</td>
<td>13</td>
</tr>
<tr>
<td>Combine middle and high school into one start time</td>
<td>11</td>
</tr>
<tr>
<td>We prefer scenario three</td>
<td>10</td>
</tr>
</tbody>
</table>
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<table>
<thead>
<tr>
<th>Anecdotal concern</th>
<th>Approximate count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diverse students have unique challenges</td>
<td>9</td>
</tr>
<tr>
<td>Bad for student employees</td>
<td>9</td>
</tr>
<tr>
<td>Favor a strictly student wellness / research-based decision</td>
<td>9</td>
</tr>
<tr>
<td>Impact to family time</td>
<td>8</td>
</tr>
<tr>
<td>Later start results in elementary students sleeping less</td>
<td>7</td>
</tr>
<tr>
<td>I'm a high school student this would be better for me</td>
<td>7</td>
</tr>
<tr>
<td>Challenges high school students responsible for younger siblings</td>
<td>7</td>
</tr>
<tr>
<td>Don't agree with the research</td>
<td>4</td>
</tr>
<tr>
<td>Students will just stay up later</td>
<td>4</td>
</tr>
<tr>
<td>Special education students have unique challenges</td>
<td>3</td>
</tr>
<tr>
<td>Elementary students exposed to crime in the morning</td>
<td>3</td>
</tr>
<tr>
<td>Elementary students in my class are exhausted after noon</td>
<td>3</td>
</tr>
<tr>
<td>Elementary school tardiness will increase</td>
<td>3</td>
</tr>
<tr>
<td>Device usage complicates everything</td>
<td>3</td>
</tr>
</tbody>
</table>

May 7, 2018
Anecdotal Comments Recorded on Survey Forms at Focus Group / Open House Meetings – Descending Order

<table>
<thead>
<tr>
<th>Anecdotal concern</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Low income students have unique challenges</td>
<td>2</td>
</tr>
<tr>
<td>Difficult for dual income parents</td>
<td>2</td>
</tr>
<tr>
<td>Alaskan circadian rhythm not the same</td>
<td>2</td>
</tr>
<tr>
<td>Rush hour</td>
<td>2</td>
</tr>
<tr>
<td>Start high school at 9 o'clock</td>
<td>2</td>
</tr>
<tr>
<td>Disagree with funding this kind of work</td>
<td>2</td>
</tr>
<tr>
<td>I'm tired of fighting with my high school student over sleep issues</td>
<td>1</td>
</tr>
<tr>
<td>Diversify the start times among many schools</td>
<td>1</td>
</tr>
<tr>
<td>Afternoon childcare will be better with more time</td>
<td>1</td>
</tr>
<tr>
<td>Will complicate elementary sleep schedules</td>
<td>1</td>
</tr>
<tr>
<td>We need more research before making a decision</td>
<td>1</td>
</tr>
<tr>
<td>More elementary school students will become latchkey after school</td>
<td>1</td>
</tr>
<tr>
<td>Considerations are driven by adult concerns and don't have the best interest of students in mind</td>
<td>1</td>
</tr>
</tbody>
</table>
## Adjusted Scenarios

<table>
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<td><strong>Current Plus 30</strong></td>
<td>High</td>
<td>8:00</td>
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<td>9:30</td>
<td>4:00</td>
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</tbody>
</table>

| **Scenario 3 Plus 15** | Elementary | 8:00 | 2:30 |
|                       | High       | 8:45 | 3:15 |
|                       | Middle     | 9:30 | 4:00 |
Next Steps

• Conduct a random sample survey using Hayes Research to identify parent preferences among the alternatives
• Make a final decision on start times
• Develop an implementation plan for the 2019 – 20 school year

Discussion and Questions