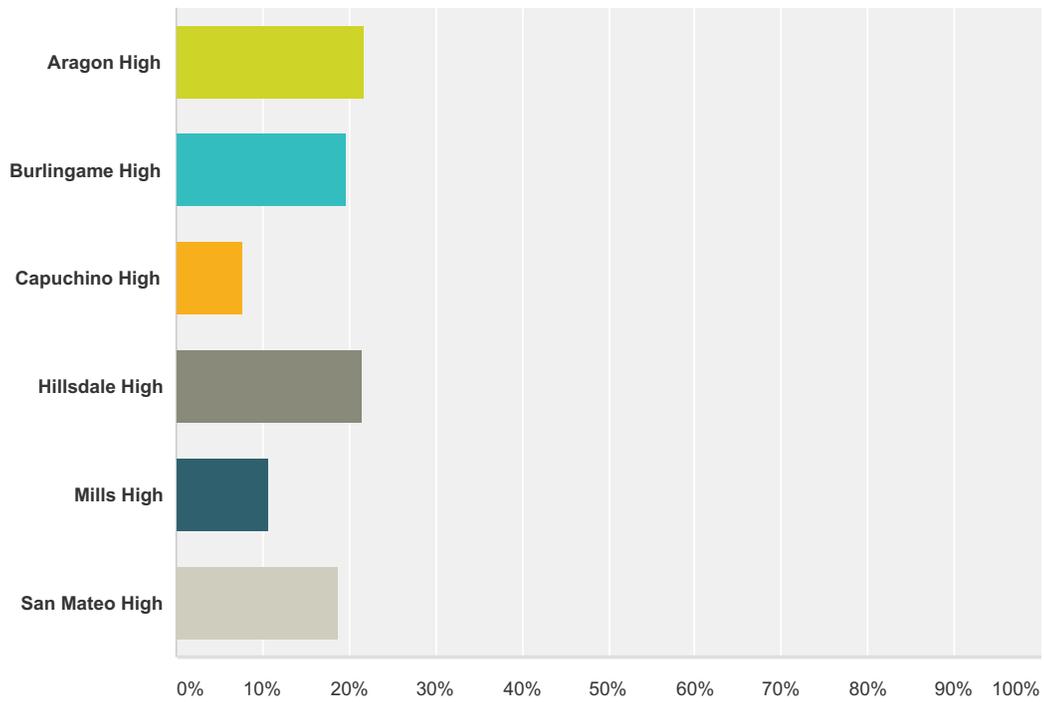


### Q1 Which high school does your student attend?

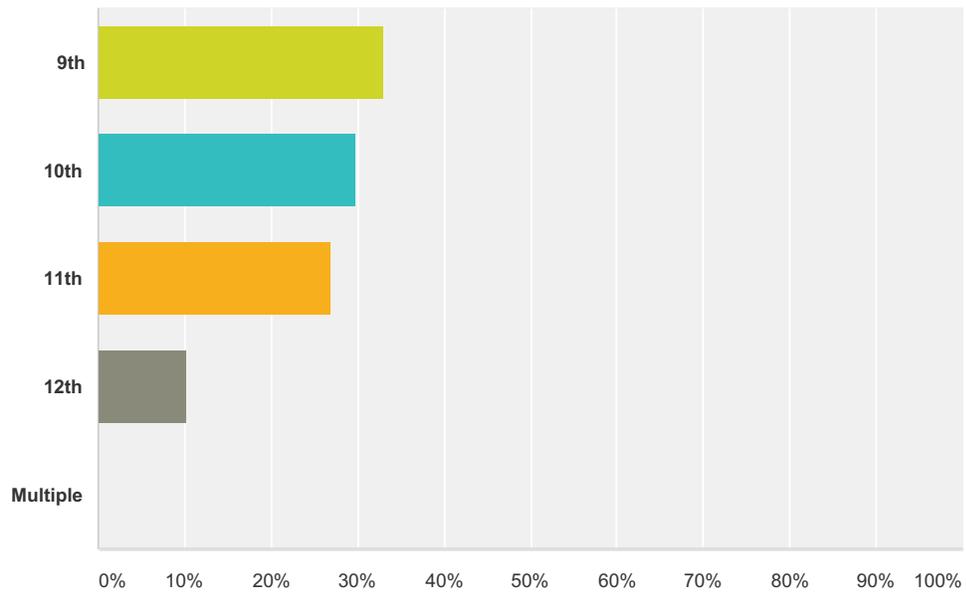
Answered: 2,549 Skipped: 0



Answer Choices	Responses
Aragon High	21.73% 554
Burlingame High	19.69% 502
Capuchino High	7.77% 198
Hillsdale High	21.42% 546
Mills High	10.63% 271
San Mateo High	18.75% 478
<b>Total</b>	<b>2,549</b>

## Q2 What grade is your student?

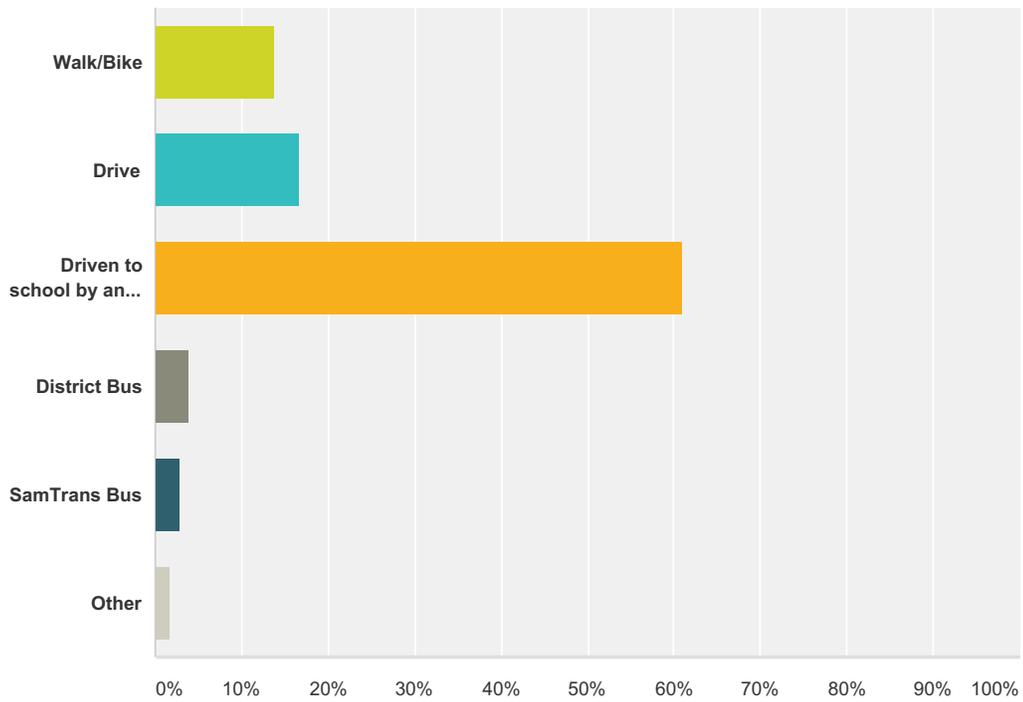
Answered: 2,549 Skipped: 0



Answer Choices	Responses
9th	32.91% 839
10th	29.85% 761
11th	27.03% 689
12th	10.20% 260
Multiple	0.00% 0
<b>Total</b>	<b>2,549</b>

### Q3 How does your student usually get to school?

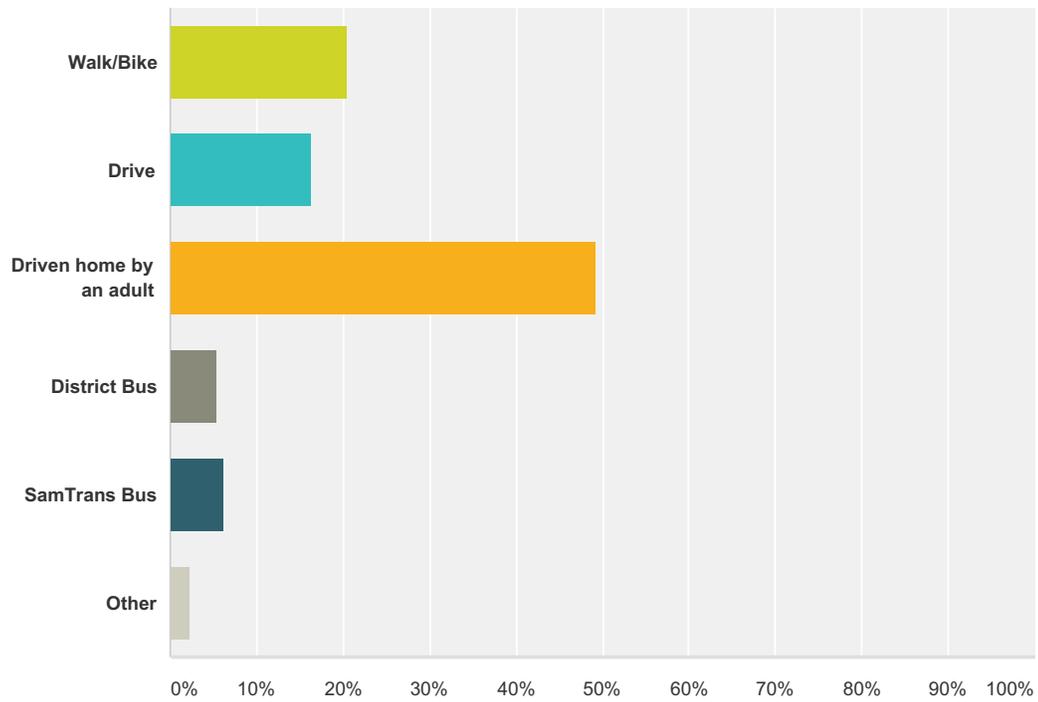
Answered: 2,549 Skipped: 0



Answer Choices	Responses
Walk/Bike	13.81% 352
Drive	16.71% 426
Driven to school by an adult	61.04% 1,556
District Bus	4.00% 102
SamTrans Bus	2.82% 72
Other	1.61% 41
<b>Total</b>	<b>2,549</b>

### Q4 How does your student usually get home from school?

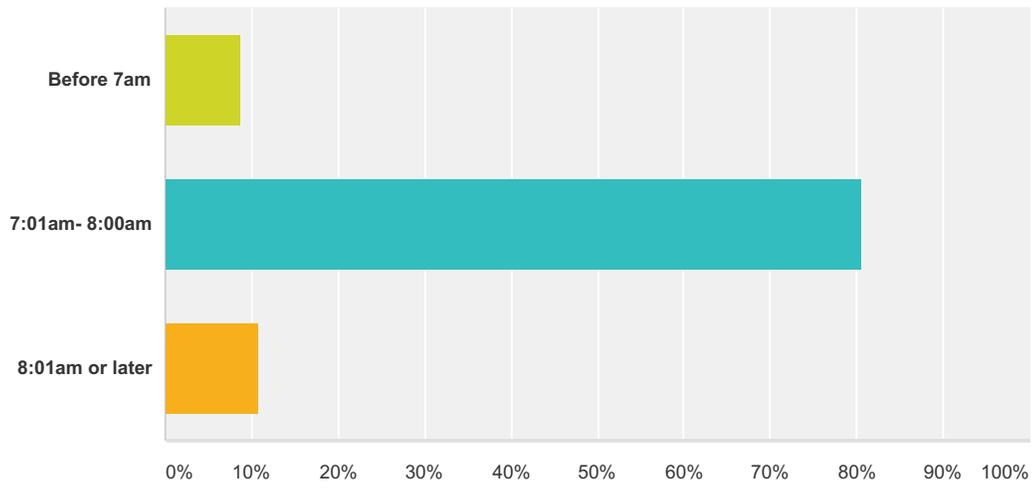
Answered: 2,549 Skipped: 0



Answer Choices	Responses
Walk/Bike	20.48% 522
Drive	16.28% 415
Driven home by an adult	49.31% 1,257
District Bus	5.49% 140
SamTrans Bus	6.24% 159
Other	2.20% 56
<b>Total</b>	<b>2,549</b>

### Q5 What time do your student arrive at school most mornings?

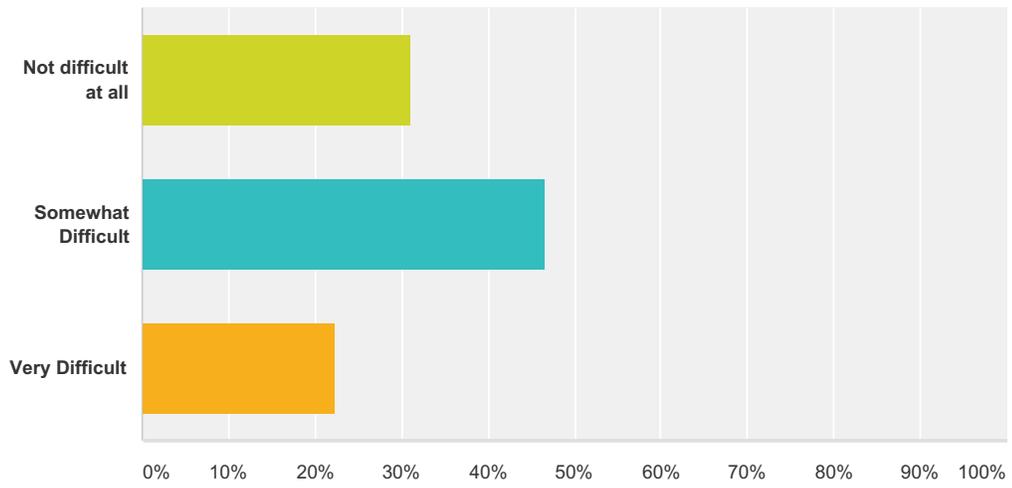
Answered: 2,549 Skipped: 0



Answer Choices	Responses
Before 7am	8.71% 222
7:01am- 8:00am	80.50% 2,052
8:01am or later	10.79% 275
<b>Total</b>	<b>2,549</b>

### Q6 What level of difficulty does your teen have waking up in the morning?

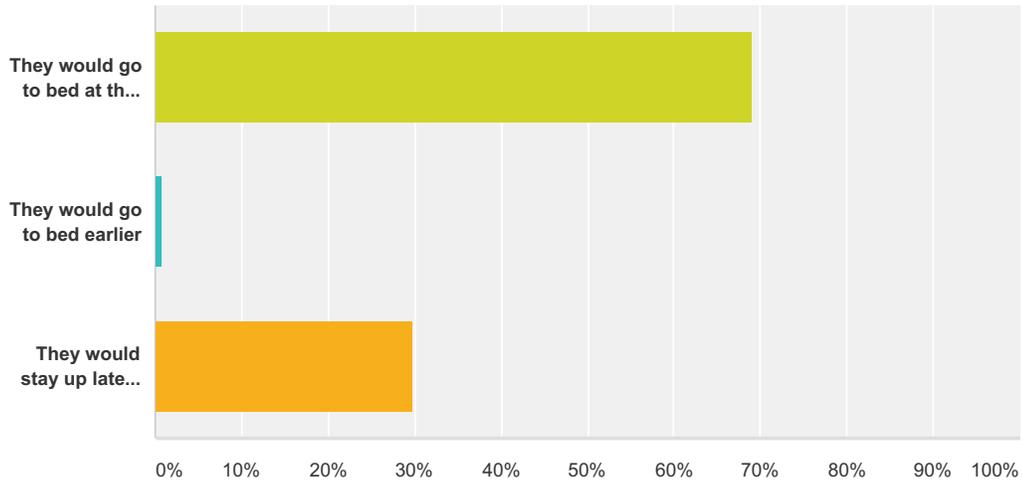
Answered: 2,516 Skipped: 33



Answer Choices	Responses
Not difficult at all	31.16% 784
Somewhat Difficult	46.46% 1,169
Very Difficult	22.38% 563
<b>Total</b>	<b>2,516</b>

**Q7 What statement most closely matches your opinion to the following question:  
When do you think your student would go to bed if school was to start later and your student had extra time to sleep in the morning?**

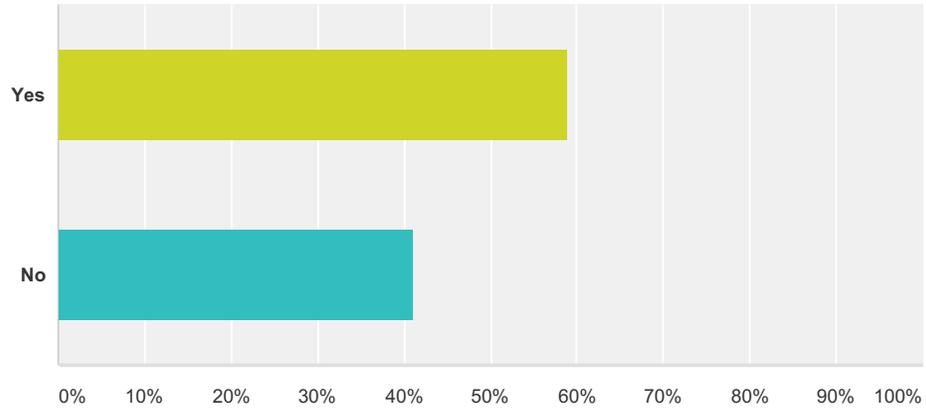
Answered: 2,516 Skipped: 33



Answer Choices	Responses
They would go to bed at the same time	69.16% 1,740
They would go to bed earlier	0.91% 23
They would stay up later since they can sleep in later	29.93% 753
<b>Total</b>	<b>2,516</b>

### Q8 Do you feel that your students would perform better if school started later in the morning?

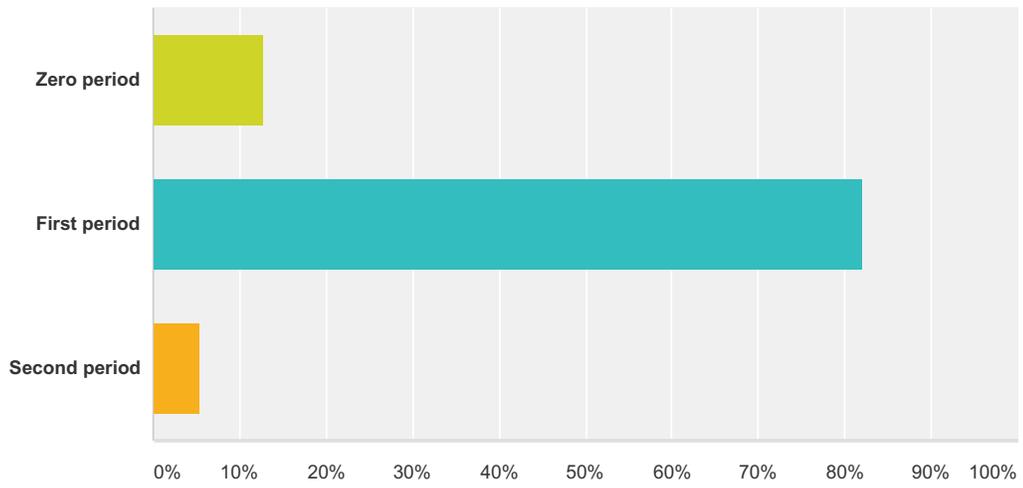
Answered: 2,516 Skipped: 33



Answer Choices	Responses	
Yes	58.94%	1,483
No	41.06%	1,033
<b>Total</b>		<b>2,516</b>

### Q9 What period does your student start school?

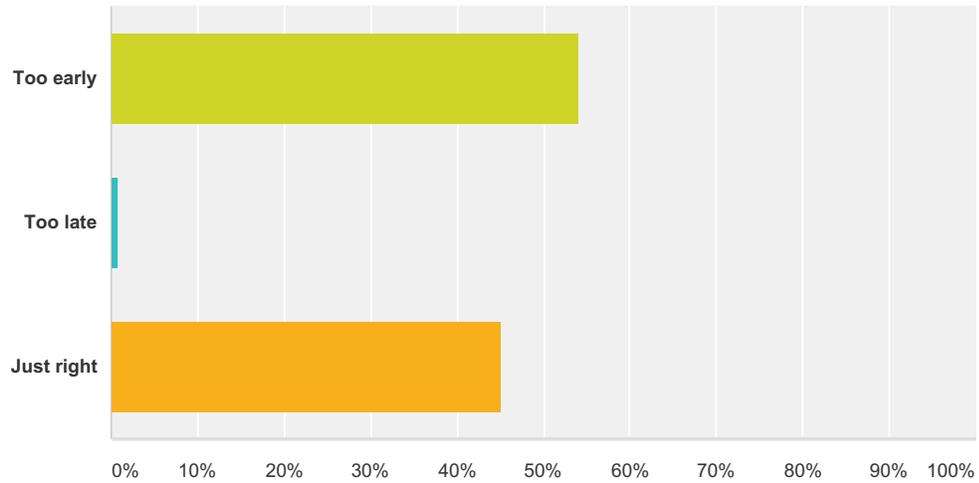
Answered: 2,516 Skipped: 33



Answer Choices	Responses
Zero period	12.68% 319
First period	81.96% 2,062
Second period	5.37% 135
<b>Total</b>	<b>2,516</b>

**Q10 As you know, high school in the district now starts at about 8:00 am, (Hillsdale High School at 7:45 am). In your opinion, does the high school day start:**

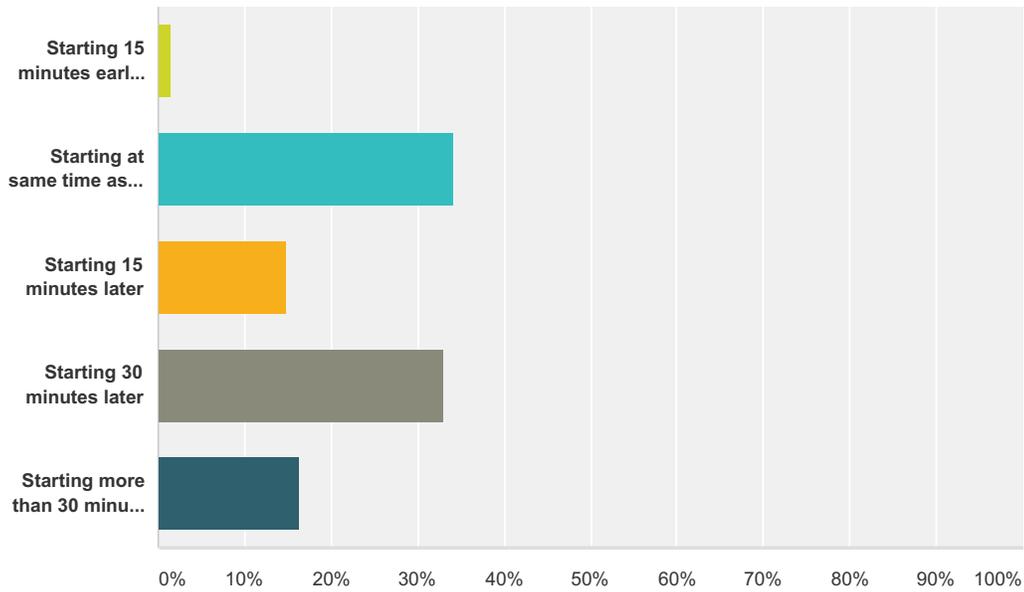
Answered: 2,486 Skipped: 63



Answer Choices	Responses	
Too early	54.14%	1,346
Too late	0.76%	19
Just right	45.09%	1,121
<b>Total</b>		<b>2,486</b>

**Q11 If the length of the high school day stayed the same as it is now, which of the following schedules do you think would be best for most students? Please answer according to your school's current schedule and do not include when your student starts or ends extra-curricular activities:**

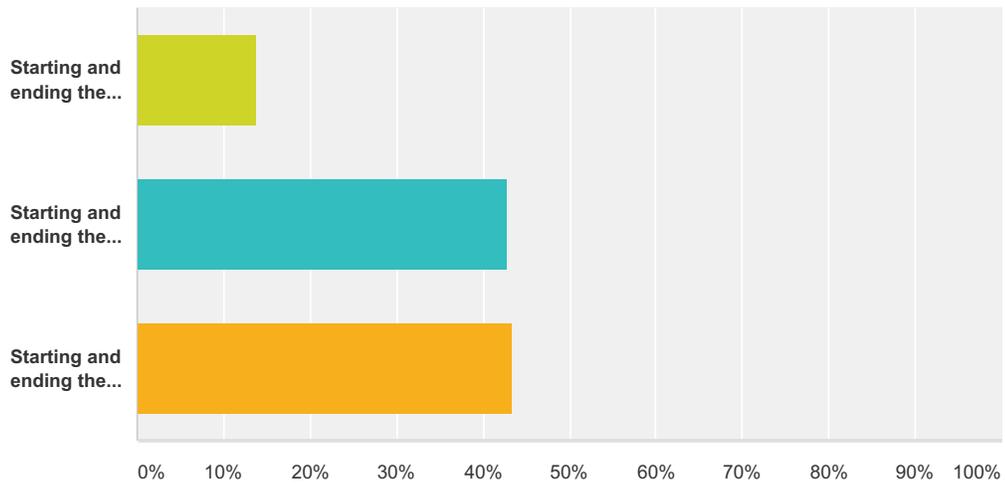
Answered: 2,486 Skipped: 63



Answer Choices	Responses
Starting 15 minutes earlier than now	1.53% 38
Starting at same time as now	34.31% 853
Starting 15 minutes later	14.88% 370
Starting 30 minutes later	32.98% 820
Starting more than 30 minutes later	16.29% 405
<b>Total</b>	<b>2,486</b>

### Q12 What high school schedule would be best for you personally?

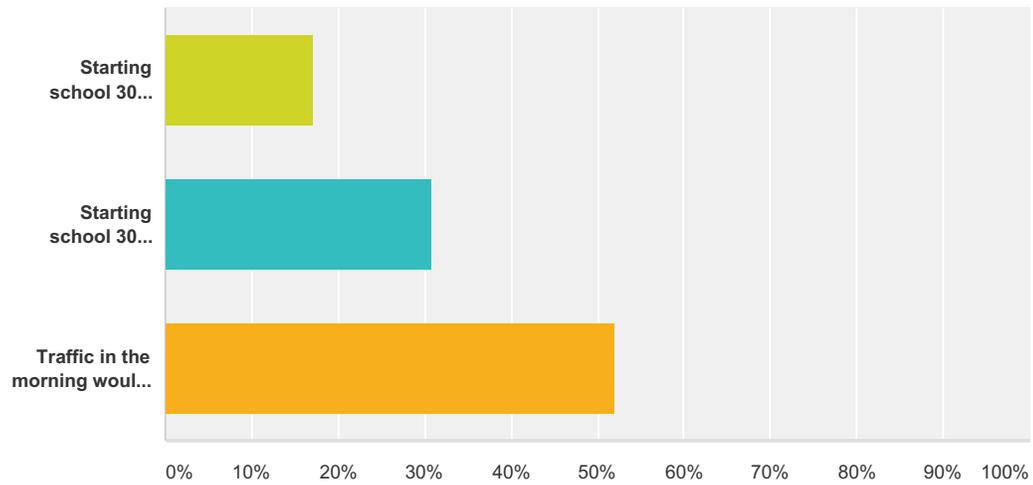
Answered: 2,486 Skipped: 63



Answer Choices	Responses
Starting and ending the school day 15 minutes later	13.72% 341
Starting and ending the school day 30 minutes later	42.80% 1,064
Starting and ending the school day the same time as the current schedule	43.48% 1,081
<b>Total</b>	<b>2,486</b>

### Q13 Which statement most closely matches your opinion?

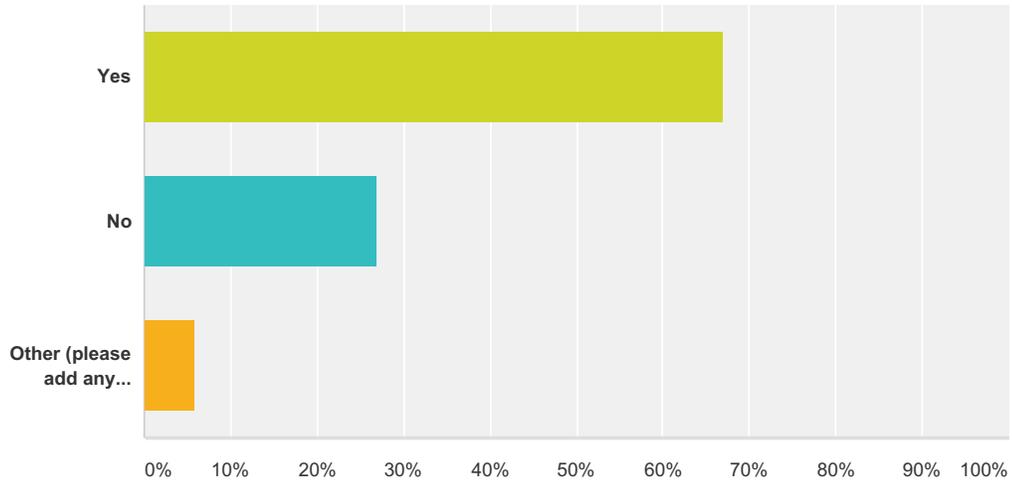
Answered: 2,450 Skipped: 99



Answer Choices	Responses
Starting school 30 minutes later would decrease traffic in the morning.	17.14% 420
Starting school 30 minutes later will increase traffic in the morning.	30.90% 757
Traffic in the morning would remain about the same if school started 30 minutes later.	51.96% 1,273
<b>Total</b>	<b>2,450</b>

**Q14 A pilot program would involve your school trying a later start/finish– 15- 30 minutes later – so that others could learn how a later start impacts a school community. Would you support testing a pilot program at your school for a later start time?**

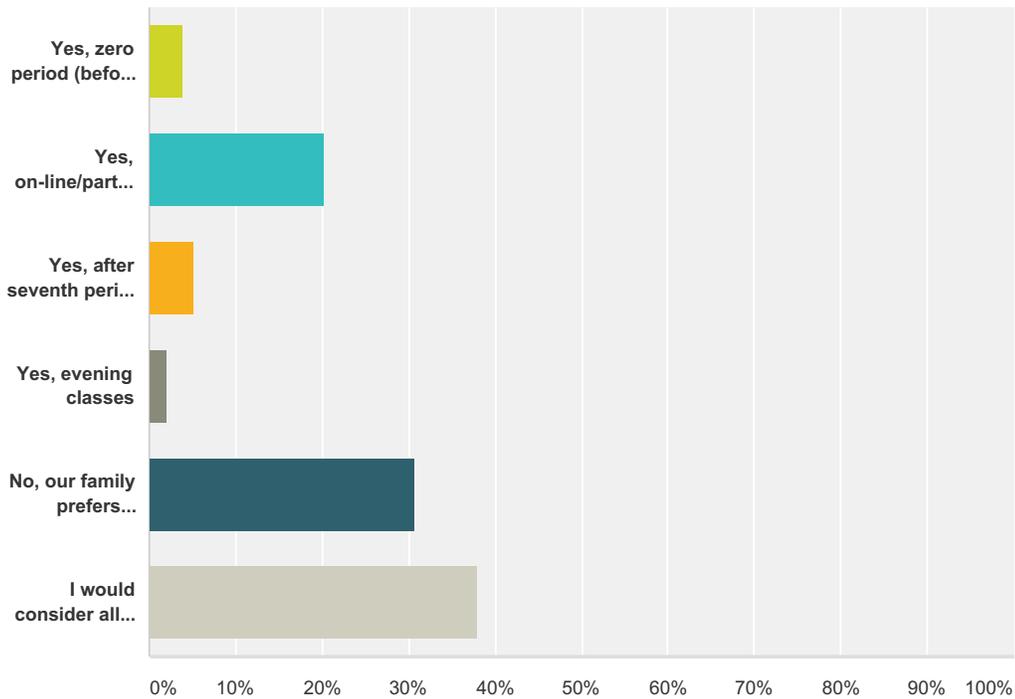
Answered: 2,450 Skipped: 99



Answer Choices	Responses
Yes	67.06% 1,643
No	27.02% 662
Other (please add any thoughts here)	5.92% 145
<b>Total</b>	<b>2,450</b>

**Q15 The district is considering adding classes in the evening, on-line or partially on-line classes, after seventh period, or zero period to increase student scheduling options. Is this something you or your student would strongly consider?**

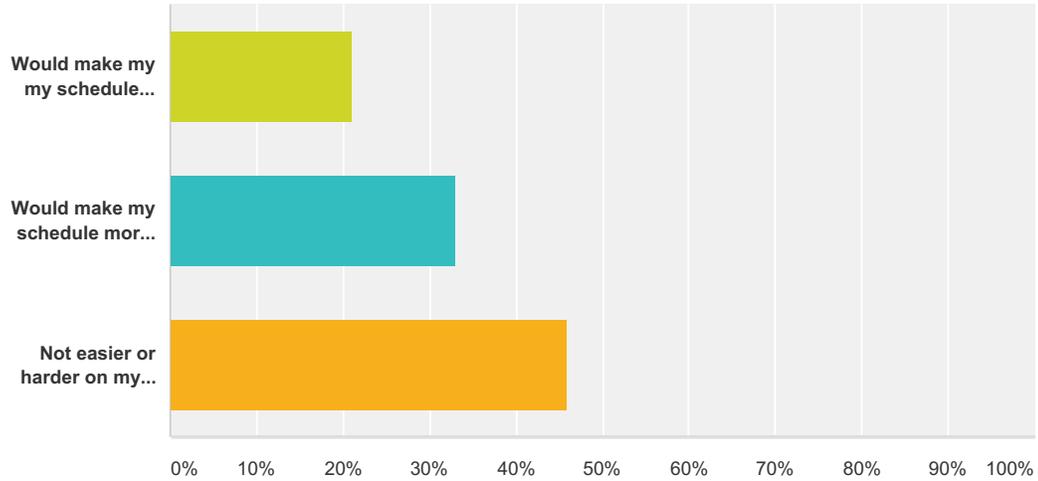
Answered: 2,450 Skipped: 99



Answer Choices	Responses
Yes, zero period (before other classes)	4.00% 98
Yes, on-line/partially on-line classes	20.20% 495
Yes, after seventh period classes	5.27% 129
Yes, evening classes	2.00% 49
No, our family prefers existing schedule	30.61% 750
I would consider all options.	37.92% 929
<b>Total</b>	<b>2,450</b>

**Q16 If school started later in the morning, how would this affect your morning schedule (commuting, job, family time, childcare, planning time, etc.)?**

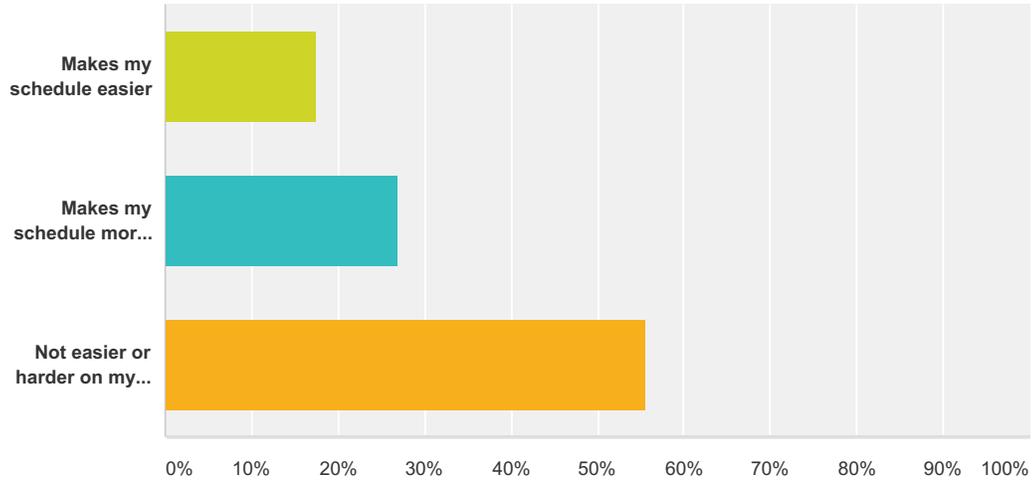
Answered: 2,436 Skipped: 113



Answer Choices	Responses	
Would make my my schedule easier	21.02%	512
Would make my schedule more difficult	33.09%	806
Not easier or harder on my schedule	45.89%	1,118
<b>Total</b>		<b>2,436</b>

**Q17 If school ended later in the day, how would this affect your afternoon/evening schedule (commuting, job, family time, childcare, etc.)?**

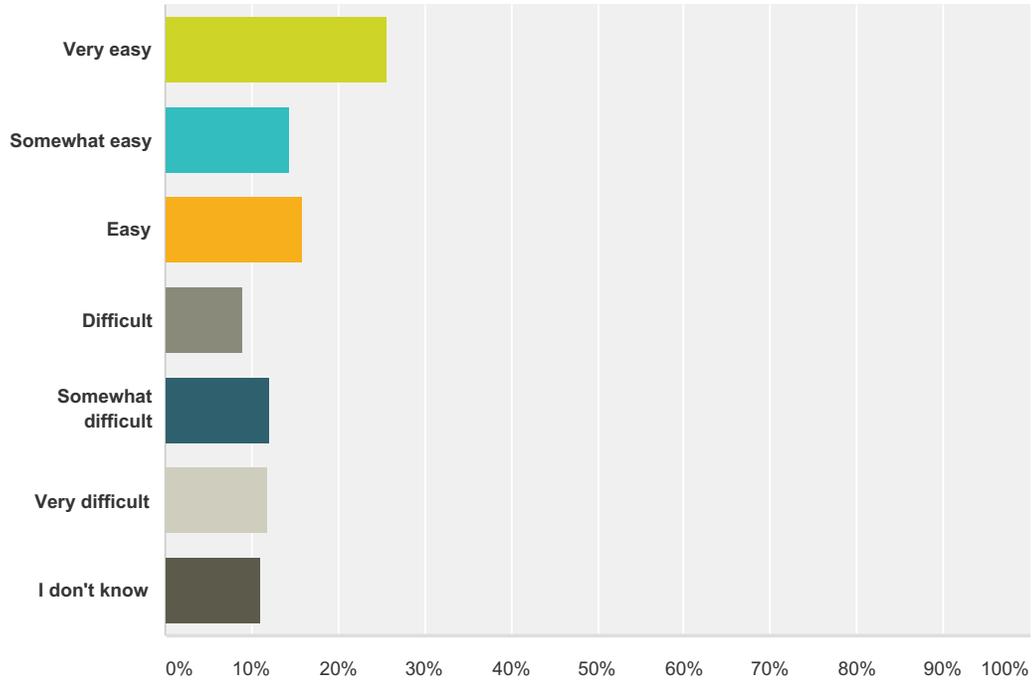
Answered: 2,436 Skipped: 113



Answer Choices	Responses
Makes my schedule easier	17.53% 427
Makes my schedule more difficult	26.97% 657
Not easier or harder on my schedule	55.50% 1,352
<b>Total</b>	<b>2,436</b>

### Q18 Would it be easy or difficult for you to change those arrangements to accommodate a later school schedule?

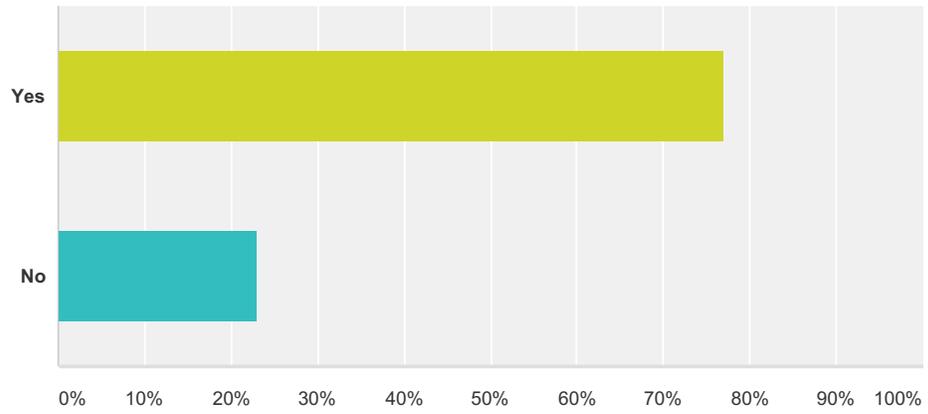
Answered: 2,436 Skipped: 113



Answer Choices	Responses	
Very easy	25.78%	628
Somewhat easy	14.33%	349
Easy	15.93%	388
Difficult	8.95%	218
Somewhat difficult	12.03%	293
Very difficult	11.82%	288
I don't know	11.17%	272
<b>Total</b>		<b>2,436</b>

### Q19 Do your students participate in AFTER SCHOOL extracurricular activities?

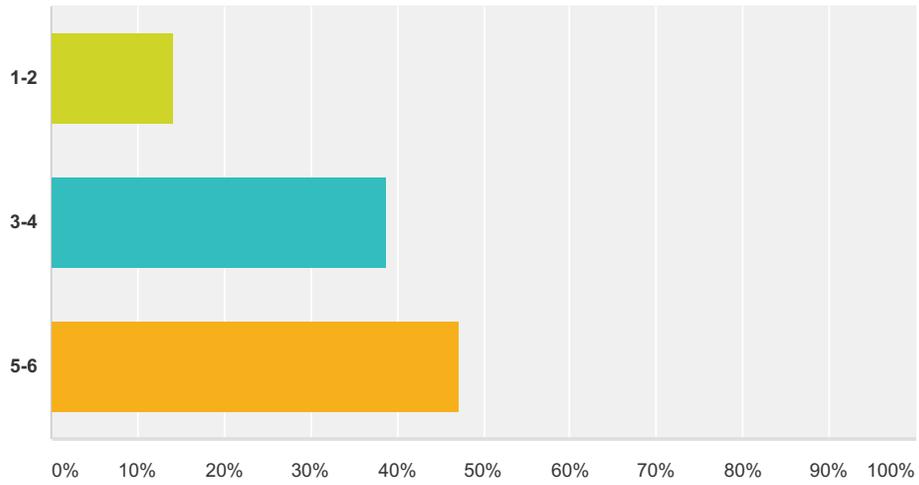
Answered: 2,436 Skipped: 113



Answer Choices	Responses	
Yes	77.13%	1,879
No	22.87%	557
<b>Total</b>		<b>2,436</b>

**Q20 If yes:How many days a week?**

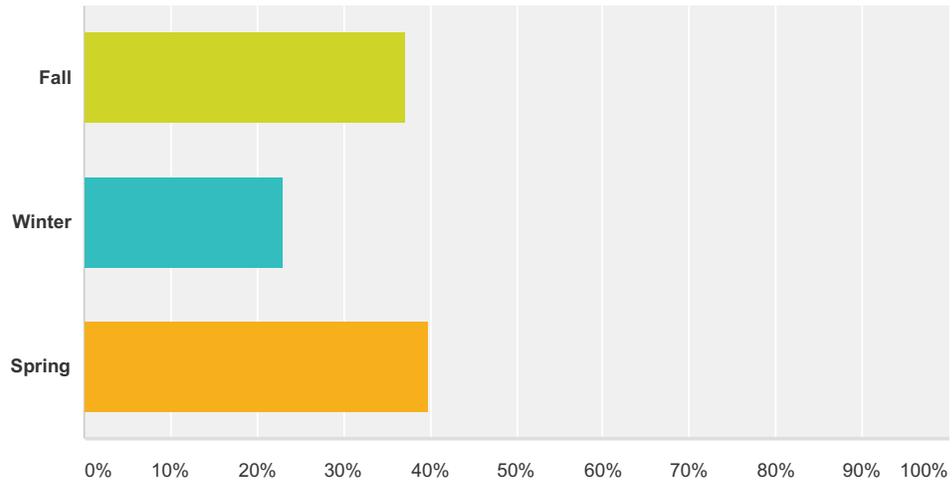
Answered: 1,869 Skipped: 680



Answer Choices	Responses
1-2	14.13% 264
3-4	38.74% 724
5-6	47.14% 881
<b>Total</b>	<b>1,869</b>

**Q21 Which seasons? (If your student participates in one or more seasonal activity, please provide feedback on the season you feel is the busiest for your family.)**

Answered: 1,869 Skipped: 680



Answer Choices	Responses
Fall	37.19% 695
Winter	23.01% 430
Spring	39.81% 744
<b>Total</b>	<b>1,869</b>

## Later Start Time Survey (Families) 2017

### Q22 If your student participates in extra curricular activities, please use the space below to offer any additional feedback on how later start could impact extra curricular activities.

Answered: 838 Skipped: 1,711

#	Responses	Date
1	Realistically all seasons are busy.	3/6/2017 11:06 PM
2	Later start would completely disrupt my schedule is an idea I believe should be ignored. Kids would just go to bed later and on result, no additional sleep would actually be gained	3/6/2017 8:18 PM
3	Unless local non-SMUHSD schools and some non-local schools change their schedules too, it would affect my student's participation or class time, My student participates in track and cross country, so he would need to miss more classes or more of a class in order to participate in track meets that aren't a SMHS.	3/6/2017 5:07 PM
4	No effect what so ever	3/6/2017 4:43 PM
5	ok	3/6/2017 4:01 PM
6	Football	3/6/2017 2:44 PM
7	This would be good so she doesnt need to wait in order for practice starts (sports), after class she can just go ahead and start practice.	3/6/2017 2:34 PM
8	later start would also mean later extra curricular activities ending schedule. I personally do not see any difference but I just noticed that my daughter has difficulty getting up early in the morning from doing her homework and project later in the day.	3/6/2017 2:08 PM
9	Games against other schools would need to be scheduled later. My preference is not for my son to miss school because a game is early and school gets out later.	3/6/2017 1:25 PM
10	Sports, Mock trial, MUN, some other club's inter-school meets/games are at 3-4 pm. If other schools will have the same schedule, our students will have hard tome to get there on time. Or they'll miss last period as they do now for sport's meets only.	3/6/2017 11:01 AM
11	Please make sure that Hillsdale practice times allow students enough time to get a snack, change, and get to the fields before practice begins. You may need to provide extra lighting in winter.	3/6/2017 10:51 AM
12	make my schedul easier	3/6/2017 10:50 AM
13	Later start would significantly impact both kids participation. One student commutes to SF for classes. Both students have daily activities that span the entire school year	3/6/2017 10:49 AM
14	Tennis Clinics and lessons	3/6/2017 10:35 AM
15	All year long	3/6/2017 10:32 AM
16	Later start causes everything to go later in the evening, including homework. She is up doing homework until 11:00 pm or 12:00 pm at night already.	3/6/2017 10:22 AM
17	Later release times mean later practice times, which will push back meals, homework...etc.	3/6/2017 9:48 AM
18	A later start would only impact it by 1/2 hour. What disturbs me is that our school doesn't allow sports to count as their P.E.credit or elective credit, like other schools, such as Carlmont. THAT is what impacts these athletes. Their 7th period class should be P.E, and those who make the team they try out for, that sport would be their P.E, considering they are practicing or playing for 2 to 3 hours every day. I can't comprehend how the district doesn't see that these athletes are at a disadvantage to their classmates, especially in 7th period. For instance, baseball has 28 games, 18 played on weekdays- meaning potentially the players may miss their 7th period class 18 days!!! If a student was absent for a class that many times (not for sports) what would the teacher/ administration do?? Don't you see how these athletes are at a disadvantage to their peers, who can go home at 3:30 and do homework and study for 8 hours if needed, whereas our athletes miss a class, have a game or practice every day, get home at 6 or 7pm, only to start homework?	3/6/2017 9:48 AM

## Later Start Time Survey (Families) 2017

19	schedules always change as do holidays, extra activities schedules will change if they want the money from the parents	3/6/2017 9:47 AM
20	Not sure. In addition to sports at BHS she also participates in drum lessons and another band.	3/6/2017 9:43 AM
21	Ending school later would make it almost impossible for to be on time to their after school activities.	3/6/2017 9:34 AM
22	The later dismissal time would make the activities start and end later, which in turn would make dinner and homework later	3/6/2017 9:29 AM
23	It would impact the ability to complete homework. The lack of sleep is from homework load, keeping them up late. Half hour later start time could potentially push the late night schedule back a half hour as well.	3/6/2017 9:28 AM
24	My son is part of a swim team and he practices every day after school. It will be difficult for him to complete his homework if school ends 15-30 min. later. He also participates in sports at his school during all seasons.	3/6/2017 9:19 AM
25	Later start with later finish means missing more class time for games	3/6/2017 9:03 AM
26	ending later would presumably delay the start of extra curricular activities and delay the end of them which would get my son home later in the evening - so later dinner / chores / homework / sleep. so just a shell game. Starting at 8am is reasonable	3/6/2017 8:45 AM
27	students would be at school later, which would effect homework.	3/6/2017 8:33 AM
28	need a bus back to Foster City for kids staying for sports. I bought an expensive bus ticket for afternoon use only (around \$350) and we can't even use it because he has track after school. He begins school at 8:40 so he can't ride the bus to school either. Terrible for Foster City kids.	3/5/2017 11:51 PM
29	Traffic will be worse.	3/5/2017 11:15 PM
30	the San Mateo High School Theater activity usually ends very late, around 9-10pm. I am very worry that if it started half hour later, the students will have to stay up till very late.	3/5/2017 11:12 PM
31	None	3/5/2017 10:18 PM
32	Later start would negatively impact my child's after school activities.	3/5/2017 8:31 PM
33	Leadership, cheer	3/5/2017 7:58 PM
34	The only afternoon activity my daughter has is one day a week, and that day happens to be on a block schedule so no problem.	3/5/2017 7:17 PM
35	No impact.	3/5/2017 6:45 PM
36	no real change	3/5/2017 6:35 PM
37	Tennis - scheduling against other schools (including travel time). Drama - later overall times for evening rehearsals would be more difficult.	3/5/2017 6:16 PM
38	A later END would impact sports after school.	3/5/2017 6:08 PM
39	My daughter who works with the crew for the theatre at Capuchino plays, if you started later it would impact the rehearsals especially for tech week and they wouldn't finish until very late in the evening since they have to be there for 4-5 hours. So come home in the evening would be like 10-11:00pm. That's tuff for a kiddo that's been in school all day, ran track and has to do homework. Hmmm.	3/5/2017 5:30 PM
40	Homework time would be negatively affected by a later start because it is done after practice, dinner and a shower.	3/5/2017 5:30 PM
41	I have no idea.	3/5/2017 4:36 PM
42	Extra curricular activities are very important to my kids. I'd want to be sure the drama directors or coaches had enough time for rehearsals before dinner time. This is my only concern about the later start, but the health/mental health of our kids is most important!!	3/5/2017 3:13 PM
43	Later start = later end time and more time in class would be missed for off site sporting events. My child misses enough class as it is for sports, i would hate to add more time to that	3/5/2017 2:30 PM
44	right after last class	3/5/2017 2:11 PM
45	Day would be longer. Homework completed later in evening.	3/5/2017 1:38 PM
46	They would miss out on class time because they would need to play games.	3/5/2017 1:34 PM
47	She will just stay up later because she will be done later. And we may have trouble continuing her dance outside of school due to the later end time which won't give her time to get to the dance studio	3/5/2017 12:57 PM

## Later Start Time Survey (Families) 2017

48	It would have no impact because I pick him up in the afternoon anyway; I can pick him up at any time in the afternoon.	3/5/2017 12:56 PM
49	Either practice would have to be in the morning before school (preferred) or later after school.	3/5/2017 12:49 PM
50	Traffic will be really bad on the way to school and way back.	3/5/2017 12:35 PM
51	My kid will be home late to start his homework.	3/5/2017 12:33 PM
52	A later morning start time would make things much more difficult for our family. We have students at different schools, and the later start time would conflict with their schedule and my commute to work. Thank you for your consideration, but please keep the schedule as it is.	3/5/2017 12:19 PM
53	later start, later finish, less time for homework	3/5/2017 11:28 AM
54	This delays everything after school (dinner, the drive, traffic, etc.) BUT I'd love for them to rest more in the morning. They are so exhausted by the end of the day.	3/5/2017 10:21 AM
55	In the past my daughter participated in more than one season of after school sports. She had to miss as many as two classes twice a week during games and a later school start would mean missing even more classes. I like the idea of later school start, but it would greatly impact any kids with after school sports and activities.	3/5/2017 9:07 AM
56	A later start time will make it easier because the student will go directly to the after school activity shortly after school ends.	3/5/2017 8:56 AM
57	Practice would start even later and not enough time to finish homework	3/5/2017 7:26 AM
58	Less daylight hours for outdoor sports/activities.	3/4/2017 11:26 PM
59	Keep her busy till school out for summer.	3/4/2017 10:01 PM
60	I fear that my student would then be missing more class time if he had to leave to attend a school sponsored extra curricular. Plus, what about the reality that some students have to work. This would then potentially limit their hours to work after school or it might push them to work at a job with longer hours of operation, pushing their sleep to later in the night after they would have to unwind, do homework and then get to sleep later.	3/4/2017 9:39 PM
61	It would push the extracurricular activities later into the evening	3/4/2017 8:31 PM
62	It's better since practices end late so they'll get more sleep	3/4/2017 7:48 PM
63	Her practice starts about 45 minutes after school ends, she drives home changes and has the perfect amount of time to get to practice. She also works 3-5 days a week that is also set towards her school schedule. If the time changed they would not be flexible enough to change her work hours.	3/4/2017 5:08 PM
64	Typically my student can get some homework done before going to the activity but would not get any homework done if later end time.	3/4/2017 5:08 PM
65	Her grades will suffer because she would miss her classes due to her sport. Shes a tri athlete	3/4/2017 4:53 PM
66	Since my daughter isn't sports minded, we don't have to worry about that chunk of time but for theatre, and clubs, she would be fine to extend the time at school 1/2 hour to 45 minutes later. She's better off at school doing extra curricular activities than at home watching tv :))	3/4/2017 4:47 PM
67	more packed schedule in the evenings	3/4/2017 4:34 PM
68	It will put more stress and pressure on amount of time spent on homework and project, these kids face enough stress as it is.	3/4/2017 3:26 PM
69	Minimal impact. Can be arranged.	3/4/2017 3:05 PM
70	academics come first - activities would have to adjust	3/4/2017 2:24 PM
71	my son plays extra curricular sports throughout the entire school year, I do not feel a later start would adversely affect it however.	3/4/2017 2:18 PM
72	Practices would end later it would take away sleep time,family time, dinner, after school studies, off time for students.	3/4/2017 2:04 PM
73	Could make for a late day/evening when football is in session	3/4/2017 12:39 PM
74	She participates in drama in Fall and Spring. I would assume the rehearsals would just start later and that would work with the later start time.	3/4/2017 11:45 AM
75	Start times have little affect my family as we are retired grandparent/guardians.	3/4/2017 11:45 AM
76	The only downside i have to a later start time is that my child would get out of practice later and leave her less time for homework which might affect her having to go to sleep later.	3/4/2017 11:12 AM

## Later Start Time Survey (Families) 2017

77	Students in Winter sports already miss the last 2 periods then they have games. Making classes start later would mean they would miss even more which is totally unacceptable.	3/4/2017 11:11 AM
78	Practice would have to be moved back to be inline with the new schedule and practice last on average 2/2.5hrs which means my student would not get home until well after dinner time. There would definitely be days she would have to miss practice. I would have to change my dinner routine and push it back later and that would have an effect on my other 2 children in elementary school.	3/4/2017 10:57 AM
79	re-arranging the school day schedule so that the end time is close to or equal to the same as the current - e.g. eliminate the short day - extend the school year given the extensive Summer break.	3/4/2017 10:52 AM
80	Band	3/4/2017 10:48 AM
81	All my children participate in sports. I am completely opposed to my child missing academics to leave early for a basketball game or softball or whatever it is. If a later start time increased the amount of class time my child missed. I would consider leaving the district. Sports is very important to my children and my family but academics is the number one priority. If my children were to miss multiple classes I would be furious.	3/4/2017 10:46 AM
82	it might impact because it gets darker earlier and colder.	3/4/2017 8:44 AM
83	Practices/meetings would go even later than they do now - interfering with dinner schedules, evening family time - and if students need to walk home - it's dark.	3/4/2017 8:20 AM
84	30	3/4/2017 7:51 AM
85	He plays baseball. He already get home late enough from practice. If school started later, practice would start later which means it would end later so our family dinner time would be pushed back later. Family dinner time is crucial to bonding as a family. I think it is very important to all be together at least once a day and find out how each persons day was. It is a crucial way for parents to connect. We already eat late enough. If school was pushed back it could jeopardize this important time.	3/4/2017 7:40 AM
86	not sure	3/4/2017 6:48 AM
87	End would be later and result in later bed time so sleep is the same	3/4/2017 6:44 AM
88	If practice is also increased 30 minutes does that mean my child could potentially be a school until 6:30? Then having to come home eat, unwind and do homework? This is way too late.	3/4/2017 6:18 AM
89	Later start and end would make it very difficult for me and my son. I'm a single parent and it's hard enough to juggle school work and his extra curricular activities. Leaving later in the morning will mean more traffic for me to get to work, which would mean I need to leave work later. I won't have a way to get my son to his extra curricular activities outside of school. He also won't have much time after school to do his homework, extra curricular, to even spend time with me (or his friends). I sincerely hope you do not do this. He will end up sleeping later just to take care of schoolwork et al. This negatively impacts family time and won't have much time to just relax and play after schoolwork and extra curricular are done.	3/3/2017 11:48 PM
90	Later start times would be a negative impact towards family time.	3/3/2017 11:38 PM
91	I envision the whole day including extra curricular activities would be shifted later	3/3/2017 11:19 PM
92	Not sure - right now it's inconvenient that the kids have to get pulled out of school early. How would late start affect sports?	3/3/2017 11:11 PM
93	Would not impact my daughters sport cheerleading.	3/3/2017 11:01 PM
94	Our daughter is a 3 sport athlete at her high school, she plays outside club soccer and is involved in her school's music program. She has told us that a start time 30 minutes later wouldn't be that helpful and later practice and game times is not something she is looking forward to.	3/3/2017 10:52 PM
95	Many of the activities are not school related so the schedule is set based upon what most other schools do. This could cause a lot of conflicts.	3/3/2017 10:43 PM
96	We wouldn't be able to make it to practices.	3/3/2017 10:11 PM
97	Little impact	3/3/2017 9:59 PM
98	It runs all year long	3/3/2017 9:54 PM
99	Last start and end Of school could impact the kids existing out of school activities that start at 4:00pm	3/3/2017 9:51 PM
100	Late start may delay extracurriculars, as many afterschool activities expect a 3:00 to 3:30 ending time. We can, instead of making ending time 3:45, make it 3:30.	3/3/2017 9:27 PM
101	Traffic	3/3/2017 9:17 PM

## Later Start Time Survey (Families) 2017

102	Student will notify after school tutoring regarding later arrival time due to possible pilot for later start/dismissal.	3/3/2017 9:14 PM
103	We would not make it to dance classes on time	3/3/2017 9:05 PM
104	He uses the time in the afternoon to do homework before practice. Give the kids less homework would be a better solution	3/3/2017 9:01 PM
105	Not impact after school activities	3/3/2017 8:56 PM
106	Late start in the afternoon would mean later to home and later to start homework. A student with a heavy academic load is penalized because they are already working until 10, 11, or even 12am. It would make it harder to participate in after school activities.	3/3/2017 8:52 PM
107	Concerned about missing class time as he is often excused early for games especially baseball which has issues with daylight	3/3/2017 8:40 PM
108	Not all extra activities are through school. My child plays on a travel team and it is currently already difficult to get her places on time with her school schedule	3/3/2017 8:16 PM
109	Later practice times which means later home which means later nights working on homework	3/3/2017 7:51 PM
110	If school ended later then there would be less time for homework to be done and since homework usually needs to be done in order for the children to go to dance then that would be a big impact. If I changed that policy then they would stay up later doing homework and end up getting less sleep.	3/3/2017 7:26 PM
111	later start would mean later school dismissal and later ending to extra curricular activities(sports/practices) which means he would be waiting when it's darker in the surrounding which presents a safety issue for us. Some of the sports practice schedule already lets them out late and I always have to make sure that he is in an area that's well lit. It would also affect non-school extra curricular activity for my son whether not having enough break in between the activities and rushing to get to the next activity.	3/3/2017 7:17 PM
112	Most busy in the spring	3/3/2017 7:16 PM
113	I worry that the whole schedule would simply be pushed back later and there would be no net benefit.	3/3/2017 7:08 PM
114	Would have to take into consideration daylight savings time changes and how dark it gets in the evenings.	3/3/2017 7:06 PM
115	Practices get pushed later for 30 mins if 30 mins chosen. That overall impacts the kid's homework time	3/3/2017 6:44 PM
116	traffic to sports matches will be even worse since later in day	3/3/2017 6:21 PM
117	currently use the early block schedule release for cello lesson in Menlo Park to avoid traffic. Later release means even more traffic	3/3/2017 6:21 PM
118	he participates in 2 clubs that meet once a week after school. A later start should not cause any problems.	3/3/2017 6:18 PM
119	the late start will push back the extra curricular activities to end late.	3/3/2017 5:54 PM
120	It would give them less time to do homework	3/3/2017 5:40 PM
121	The end time of the day would push sports back way to late. Even with the current schedule as a 3 sport athlete as my daughter is some of her volleyball games all ready end between 8.30-9 and the same goes for basketball the student would either miss more of the classes to leave to get to their games and if the start time of sports was to be pushe'd back the end time of the games during the week would be way too late.	3/3/2017 5:39 PM
122	It will make extra curricular activities more difficult to accomodate.	3/3/2017 5:34 PM
123	IF they start late, they will finish late, which means they will stay late for after school extra curricular activities. They will get home much later.	3/3/2017 5:31 PM
124	No impact.	3/3/2017 5:14 PM
125	I don't think it will impact	3/3/2017 5:14 PM
126	Having a late start would hopefully afford my child a little extra time in the evening to settle, eat ,get homework done and still get enough sleep waking at 7:45 vs 7:15 makes a world of difference to a teen in the morning	3/3/2017 5:11 PM
127	Training could be before school to provide an uninterrupted academic time	3/3/2017 5:05 PM
128	A later start would cut into daylight hours available for after school sports.	3/3/2017 4:59 PM
129	The field time is already tight after school. My son doesn't start practice until 7:00 pm and it goes to 9:45 sometimes. If they get out later is practice later?	3/3/2017 4:59 PM
130	Could impact a lot. My son play basketball and track	3/3/2017 4:55 PM

## Later Start Time Survey (Families) 2017

131	Participates in Club Soccer. Practices 4 days a week year round. Later start would make ending later more difficult to get her home to change and get to practice by 4:00pm	3/3/2017 4:54 PM
132	I do like the idea of a later start time. I don't like the idea of my child getting home later from sports activities. I believe that defeats the purpose of starting later. In the end, the student would get the same amount of rest.	3/3/2017 4:54 PM
133	My son plays football after school so practice would end closer to 7pm during the season and that would be a little bit too late. We would prefer practice ending at 630pm	3/3/2017 4:50 PM
134	A later start/ending time would have no impact on after school activities.	3/3/2017 4:48 PM
135	Starting extra-curricular activities later in the day would mean a longer overall day - leading to less personal time in the evening.	3/3/2017 4:46 PM
136	School sports would go later into the evening, pushing back homework time and family dinner time. Club sports -- more difficult time getting homework finished if school went later.	3/3/2017 4:46 PM
137	Student may sleep later. More time spent on the road.	3/3/2017 4:43 PM
138	It would push everything later into the evening. I strongly oppose a later start time.	3/3/2017 4:40 PM
139	My student participates in the fall and spring drama productions so both are same.	3/3/2017 4:38 PM
140	This idea is nonsensical. Starting later means ending later. There are 24 hours in a day. That can't be changed.	3/3/2017 4:37 PM
141	My son walks to and from school. This may impact him walking in the dark after xcountry and track.	3/3/2017 4:33 PM
142	Track. Lights now being installed at the track can help with late practices	3/3/2017 4:33 PM
143	no impact if student participates after school activites	3/3/2017 4:29 PM
144	Doing homework after school is challenging enough without having to put everything back. There are chores at home that also need to be done like walking pets which would be heavily impacted. The whole dinner schedule is heavily impacted. The schedule with the other children in the home is heavily affected.	3/3/2017 4:26 PM
145	Not sure	3/3/2017 4:25 PM
146	He would miss more class time if classes ended later as game times and the time he had to leave class on game days would not change.	3/3/2017 4:22 PM
147	Less time to get homework done before going out for after school activity	3/3/2017 4:22 PM
148	They would miss their last class because of early release. They would be late for other activities after that. This would not be beneficial to the children who are all ready in a schedule with other activities. Not a fan of changing at all!!!	3/3/2017 4:21 PM
149	He plays club sport which he may not have enough time to get to practice after school.	3/3/2017 4:17 PM
150	All seasons. Later start means later activities, later dinner, later homework, later to bed. Very BAD idea	3/3/2017 4:12 PM
151	Would make the before school practices easier and the after school practices and games harder for our family. After school is about 80% of the schedule so it would be harder on a whole.	3/3/2017 4:12 PM
152	Practices would end later (dark during winter). Student also works after school, would need to adjust work schedule	3/3/2017 4:12 PM
153	practice would run later	3/3/2017 4:09 PM
154	later starts mean later practice times. My student already gets home at 7:30 sometimes later. It would affect how much time he has for homework which would mean a later bed time	3/3/2017 4:09 PM
155	It will affect extra cocular activities	3/3/2017 4:04 PM
156	It might require my child to miss more than one class for a game, which would be hard, academically.	3/3/2017 4:00 PM
157	it would make it harder to attend the practices for sports and leave practices	3/3/2017 2:47 PM
158	Would request later start time for games	3/3/2017 2:42 PM
159	I worry that games would end too late.	3/3/2017 2:03 PM
160	I'm not too concerned, since the winter activity my daughter participates in is an indoor sport.	3/3/2017 12:06 PM
161	My daughter volunteers after school. If she doesn't get out of school until half an hour later than normal, she would likely have to stop volunteering.	3/3/2017 10:54 AM
162	Unless the meets also start later he will be missing more school to participate in his sport.	3/3/2017 8:09 AM
163	Needs more sleep but if doing a sport should be taken out of pe when doing sport	3/2/2017 10:11 PM

## Later Start Time Survey (Families) 2017

164	There may be a few games/meets that would cause my students to miss part or all of their last class for the day, but I would suggest having some of those games/meets start later too.	3/2/2017 10:03 PM
165	Drama all year round	3/2/2017 7:03 PM
166	There would be less daylight for outdoor sports such as soccer so the and the players would have to miss more school when they have games.	3/2/2017 6:35 PM
167	Our student is active in sports all year round and would be unable to participate if they got out later. The team is not located in San Mateo and requires commuting. We would not get to practice on time. Tutoring is better earlier and kids are more attentive then later in the day. If kids went to homework center they would get out very late.	3/2/2017 5:49 PM
168	She wouldn't be able to participate extra curricular activities.	3/2/2017 4:43 PM
169	Participation in any school activities requires dedication, none of them work around homework or family schedules.	3/2/2017 4:40 PM
170	insufficient daylight time to play tennis/soccer	3/2/2017 4:36 PM
171	Oldest is in football at Cap. I assume practice/games would start later corresponding to later start time. The only change of any of this would be having everything later to corresponding with teens' biological clocks. Which is good.	3/2/2017 2:57 PM
172	At this time he stays after to do homework in the library before football But I think he just hangs with friends about 50%of the time it's okay he does need a break but it means a late start for quality studying	3/2/2017 2:42 PM
173	My son is busy pretty much all year. It will definitely impact his capacity to accomplish all homework and fulfill his extra curricular activities if school day is extended 30-60 minutes more. My son currently stays up 5 nights per week to keep up with homework and/or projects. He normally gets 6-7 hrs of sleep. Lack of sleep has increased his level of stress and irritability.	3/2/2017 1:14 PM
174	All seasons	3/2/2017 8:17 AM
175	YEAR ROUND EXTRA CURRICULARS, BOTH INSIDE AND OUTSIDE OF SCHOOL. DON'T WANT MY STUDENT MISSING ANY MORE SCHOOL TO LEAVE EARLY FOR SPORTS GAMES, THEY ALREADY MISS ALMOST A WHOLE PERIOD FOR MOST AWAY GAMES, HALF HOUR LATER START WOULD MEAN MISSING ANOTHER HALF HOUR OF SCHOOL. THIS IS COMPLETELY UNACCEPTABLE. NOT ALL SPORTS CAN ACCOMMODATE A LATER START, AS THEY ALREADY END EXTREMELY LATE - I.E. VOLLEYBALL, BASKETBALL, ETC.	3/2/2017 7:44 AM
176	Starting late during tennis season will impact her getting back home very late and tired.	3/1/2017 11:14 PM
177	dance starts at 4 and it takes 45 minutes to get to the studio, so if the schedule started later and ended later at 4:30, she wouldn't make it on time.	3/1/2017 9:18 PM
178	If we start later, she would miss the important warm up, and it would impact the rest of her practice.	3/1/2017 8:32 PM
179	Swimming, Drama, Leadership	3/1/2017 5:27 PM
180	Sports	3/1/2017 4:18 PM
181	To push back start time of the club meeting.	3/1/2017 3:27 PM
182	A later start would make it difficult for after school activities.	3/1/2017 3:02 PM
183	A later start to the day would mean that extra curricular activities after school would start later, and therefore, evening meals and homework would also start later.	3/1/2017 3:01 PM
184	My child would miss more class time because they would need to get to the class activities.	3/1/2017 2:47 PM
185	Swim club for 6days a week	3/1/2017 2:46 PM
186	Starting later is NOT a solution IF the time they get out of school is later. Kids will still wake up later even if they go to bed on time. How do you manage a successful school day where kids can meet with teachers, take all the necessary classes and college requirements, and participate in afterschool sports, activities outside school, and clubs. Maybe start 15 minutes later if you can keep the time they get out of school the same. Other schools start later and get out earlier and I am not sure that is better or how they can do that. I like that Cap has a brunch break, lunch break and AST etc during school. Many kids can't meet the teachers during school or after school.	3/1/2017 2:01 PM
187	Mornings would be used for sleeping, not working on other things, so evenings would be more rushed in trying to finish homework on top of extracurricular activities.	3/1/2017 10:11 AM
188	Less time for homework	2/28/2017 9:30 PM
189	Late start would mean practice will start later. That will result in shorter practice time because our school's pool WAS NOT provided with adequate lighting and especially in the fall, it gets dark sooner. Games will be later and it had happened before, games had to end early.	2/28/2017 8:14 PM

## Later Start Time Survey (Families) 2017

190	it would make sports practice end later, which would not be advantageous.	2/28/2017 7:19 PM
191	15 minutes would not make a big difference. Since Hillsdale now has lights, the issue practice ending early due to darkness in the fall, goes away.	2/28/2017 4:42 PM
192	It will be about the same cause badminton practice start about half hour after school.	2/28/2017 3:29 PM
193	track practice might end later resulting homework later = later bed time	2/28/2017 9:36 AM
194	They would be more prepare since they wont be rushing out of the house.	2/28/2017 8:35 AM
195	The way the schedule is now, we are constantly juggling homework, family time, sports, student protest work, parents work schedule & personal time.	2/28/2017 8:26 AM
196	Less field space for field type sports, as some fields don't have lights, making it harder on clubs to get fields after high-school use. As it is different sports are already competing on field space. As a result it would extend the practices even more into the evening as overall less field time available and night practices would extend to more than the 15-30 minutes later start time.	2/28/2017 8:17 AM
197	Simple, it just pushes everything else back. Getting homework started later, getting to the activity later, which means there will be more traffic because now that is later in day/evening. Coming home and completing homework. So, does the child go to bed same time as normal or later? Later!	2/28/2017 7:48 AM
198	later start time would cause later practice, later games, etc. etc. They would stay up later to finish up homework. Starting later and ending later will not give them more sleep time. They will be just as groggy if not more.	2/27/2017 10:54 PM
199	Late dismissal, stuck in traffic, tired, less homework time.	2/27/2017 9:41 PM
200	make harder to finish the homework because she is coming later than usual	2/27/2017 7:20 PM
201	I'm not in favor of a later start as she would most likely miss her last period classes as her sport typically requires her to leave school early on match days (this year she did not have a 7th period so it was not an issue). I'm not sure I understand how this would ultimately affect after school sports (specifically tennis) as it requires light so thinking her practice would also be cut short. Regarding practices - thinking she would now need to stay an extra half hour longer, which would cut into homework time not to mention family dinners would be pushed back. Not a fan.	2/27/2017 7:19 PM
202	We would need lights around the pool since games would need to start later if school starts later -- or my student would need to miss more classes.	2/27/2017 4:08 PM
203	1. My apology if I have missed the info but it would have been helpful and probably beneficial to the survey to have specifically known (BEFORE taking this survey) what exact solutions were found by other districts re the challenges of traffic and commute times, labor agreements not aligned with a later start and after school sports and activities. Granted not all districts may require the same exact solutions however in general those challenges listed are ones that ARE most likely experienced by all districts. 2. With a later start, my teen will still go to bed very late, and probably even later, because of the insurmountable amount of homework given in all classes regularly. Especially AP classes. And then to start homework AFTER sports events that will now end even later, prevent normal nutrition (like real dinner, not fast food) and family time and cut into homework time for which they will probably need the extra 30 minutes in the morning to get it done rather than sleeping in an extra 30. I don't see the added value of 30 minutes later start. Many students will probably need that morning time to finish up assignments that they just couldn't get to the night before. Why doesn't the school district, for higher level grades, take a look into the non-benefits/benefits of homework instead. Maybe more quality time should be spent during the day in classes and some occasional homework given as needed. Take a good look at how this can be accomplished. Like anything, tweaks and adjustments would certainly have to be made. But I suppose the state has a word or two in challenging that kind of change of course. And the district/schools/teachers wonder why kids cheat. Most are very stressed and can't keep up unless, of course, they are not being well rounded kids (like they should be) who do nothing but straight up school academics. There's more to education and molding minds and character, etc. than straight up books. 3.	2/27/2017 3:52 PM
204	A later start would make it harder for him to get to his practices. Also would keep him up later at night to do homework	2/27/2017 3:37 PM
205	Student does marching band and baseball,	2/27/2017 2:36 PM
206	Later start means reaching to extra curricular activities late. Daylight impacts many outdoor sports practice times.	2/27/2017 1:33 PM
207	Starts homework latter and sports latter. Bad idea.	2/27/2017 12:22 PM
208	In sports that have multiple games in a week, it could cause students to miss to many classes.	2/27/2017 12:10 PM
209	Almost all of the students participate in some sort of extra activities. It's almost forced by the college's to have a "well-rounded" student. The later start would give the students a chance to have more time to sleep due to long homework hours, due to the extra activities.	2/27/2017 11:57 AM
210	IF SCHOOL ENDS LATE, THEN ALL THE PRACTICE SCHEDULE WOULD ENDS LATE; THAT MEANS THERE WILL BE LESS TIME FOR HOMEWORK AFTER SCHOOL	2/27/2017 11:25 AM

## Later Start Time Survey (Families) 2017

211	later school times will force later sports practices. this will then force staying up later to complete homework	2/27/2017 11:09 AM
212	Volleyball practice.. but tat wold work without any changes to that schedule I believe..	2/27/2017 11:02 AM
213	need better lighting for sports practices	2/27/2017 10:37 AM
214	later start, means later practice, barely have time for homework	2/27/2017 10:35 AM
215	My daughters play for club soccer team, along with Aragon athletics every day after school. A later start time would push everything back and then getting to be even later. Not enough time in the day for all this and expected to have a social life, which they have basically opted last on their priority list. Please don't change this. NOT ideal for kiddos that are extremely busy with after school activities	2/27/2017 10:27 AM
216	My student has played Aragon independent sports as well as independent music programs after school. So it just creates less time for the afternoon activities	2/27/2017 10:26 AM
217	Later practice times. Later dinner and homework times. Later bedtimes (possibly). So same amount of sleep- really no better for the students.	2/27/2017 10:21 AM
218	no impact	2/27/2017 10:20 AM
219	The district could SOLVE This problem EASILY for all athletes. If all PE classes were made at the 7th period. Then sports conditioning would occur in the 7th period, as part of the PE program. Right now our athletes are sustaining injuries from TOO MUCH running in PE along with their conditioning. My daughter ran 1-2 miles a day in PE along with over 2 hours of basketball conditioning 6 days a week. This amount of running has caused a lot of knee problems. Many of our athletes are injured because of OVER USE. If the district sat down and figured out how to combine PE with sports conditioning, we could start and end school at the same time. YES, this would represent SOME work on your part, but it would SOLVE the problem AND be better for our students.	2/27/2017 10:18 AM
220	I do not want a late start if it means my child will have to miss more class time to play in a sporting event/game.	2/27/2017 10:13 AM
221	swimming	2/27/2017 9:20 AM
222	A later start would mean my son would not get home till much later in the evening. He doesn't get home till about 6:30pm from school due to his extra curricular activities at school, which means he would have less interaction with his family because he would be too tired to do anything but shower eat and sleep 5 days a week. Leaving the schedule the way it is would work just fine for my family. I feel if school start time would be later, than students will still go to bed at the same time or even later just because they know they'll have an extra 15-30 min. But it doesn't mean they have gotten more rest, it just means they stayed up later cause they have reset their brain for the later start time. I don't know if that makes sense but I can explain it later verbally where it would make sense.	2/27/2017 9:15 AM
223	If practice/game times are later my child would be forced to stay up later to complete homework.	2/27/2017 9:09 AM
224	Later start would puch back extracurricular activities accordingly, and would offer less time in the evening with family, for dinner, and to do homework so she would be forced to stay up later.	2/27/2017 8:53 AM
225	Currently my child has dance in Daly City every single day of the week. Because she's not driving yet, a later end time would impact our ability to get to dance on time, at least some of the days. Granted, her dance schedule could change next year so some of these questions are difficult from the standpoint of I just don't know yet.	2/27/2017 8:51 AM
226	If the school day goes later, then athletes will miss more classes then they already do when going to away games. How is this helpful? If school gets out later, then practices will start later, then the student will get home later and probably stay up later than they normally do so they can finish their homework because some of that homework time has been eaten up by the longer school day. Or, students would get up early to finish the homework they weren't able to complete the night before--then that no longer gives them that "boost" of extra sleep in the morning.	2/27/2017 8:02 AM
227	not enough time for homework, dinner, family time and sleep.	2/27/2017 7:15 AM
228	It is already very difficult to get sufficient family time with our children's extra curricular activities. Later starts and finishes to the school schedule would further exacerbate this problem.	2/27/2017 6:53 AM
229	Mills gives "too much" home work as it is and with later start times they will stay up later with school work after activities that it will negate the late morning start.	2/27/2017 5:53 AM
230	Delays mean later start to the extra curricular activities and return home to do homework...etc	2/27/2017 5:10 AM
231	Later start time which mean later homework start time and sleep later Plus others will have kids in middle school and elementary schools as well This will so messed up all the other kids schedules	2/26/2017 10:46 PM
232	Less time afterschool waiting for practice to start	2/26/2017 10:42 PM
233	would have to miss MORE class if had to leave school early to participate in sports or cheer team	2/26/2017 10:36 PM
234	Homework will have to be done later.	2/26/2017 9:01 PM

## Later Start Time Survey (Families) 2017

235	As he is in the musical, it would be easy to start that later.	2/26/2017 8:29 PM
236	Later start will push extra curricular activities later, as late as 10:00 pm. Absolutely not good for students and family.	2/26/2017 8:10 PM
237	My student participates in extra curricular activities 6 days a week, minimum of 4 hours a day. A later start would mean later nights and would require not only hers but many others to rearrange schedules that companies/sport teams/etc. may not be open to.	2/26/2017 7:55 PM
238	Most sports activities start by 4pm. Later schedule will not allow my child to have a break to just relax or eat etc	2/26/2017 7:49 PM
239	Practices and games will push back. I am afraid my kid will miss more classes.	2/26/2017 7:38 PM
240	Football	2/26/2017 7:16 PM
241	If school starts later, practices will go later and and my child will stay up later to get his homework done. He plays a sport each season, while I support a later start time for school I oppose it for the impact it will have on his homework and force him to stay up later unless you implement changes to practice rules.	2/26/2017 6:54 PM
242	With the existing schedule, she plays on JV/Varsity at the latest times--ending AFTER 9:00pm. With school starting/ending later, it will make her sport even later. That's NOT good.	2/26/2017 4:57 PM
243	game times and transport times	2/26/2017 3:32 PM
244	may cut shorter the later class periods	2/26/2017 3:10 PM
245	Might make tennis trickier.	2/26/2017 3:08 PM
246	Feel strongly that they not miss more class time for varsity sports.	2/26/2017 2:12 PM
247	unsure, my senior son plays lacrosse. my freshman daughter is in the zero period jazz band	2/26/2017 11:41 AM
248	Only concern is early dismissal for sport (games during the week). We didn't experience too many conflicts this yr. Early morning practice would be better for my students if later start time.	2/26/2017 11:19 AM
249	No time for homework since getting home later and extra traffic	2/26/2017 10:55 AM
250	My daughter does sports Fall, Winter and Spring. This would cause her to go to bed even later. The problem is not start times it is the number of hours in the day to complete their homework in addition to sports. The teachers assigning too much homework is the problem not changing start times. This is a ridiculous bandaaid approach to the real problem=TOO MUCH HOMEWORK	2/26/2017 9:25 AM
251	Very little impact	2/26/2017 8:04 AM
252	Later start won't impact musical or play practice too much. As it is they go until 6:00 so another 15-30 minutes is not bad.	2/26/2017 7:12 AM
253	later start would mean that cross country and track practice could end later, causing our family to NOT be able to eat dinner together.	2/26/2017 5:47 AM
254	My daughter plays sports and already leaves 7th period early. If other schools are on a different schedule, she'd have to miss even more class time than she does now to get to games.	2/25/2017 11:28 PM
255	No impact	2/25/2017 11:22 PM
256	Later release time would mean that practices would be later so this could impact bedtime	2/25/2017 10:12 PM
257	Won't a later start push back after school activities	2/25/2017 10:09 PM
258	Our student may not be able to participate in some of the activities she is participating in now, or it would cause her to have to complete homework after her activities and this is not a good time for her to do quality work	2/25/2017 10:00 PM
259	She's on cheerleading and we usually have last dibs in using field or gym which is harder since they get home later	2/25/2017 9:58 PM
260	A later start would impact how he can attend sporting competitions, especially those that are away from the Mills campus.	2/25/2017 9:15 PM
261	It could be worked out to support a later start.	2/25/2017 7:42 PM
262	Would affect game time starts and finishes	2/25/2017 7:40 PM
263	Football has morning weights at the beginning of the season...so students would not have to be at school at 7am!	2/25/2017 7:21 PM
264	Later ending school day would make later ending sports practices. Our son does year round school sports.	2/25/2017 6:09 PM
265	I feel that a later start time would push the entire day's schedule later and given that some varsity games already end fairly late in the evening, the kids would then end up finishing even later.	2/25/2017 5:57 PM

## Later Start Time Survey (Families) 2017

266	Starting later would mean everything gets a later start and timing would be off as well as bedtimes. Doesn't make sense	2/25/2017 5:53 PM
267	Late start mean practice starts later and lasts longer. Kids will eat later and not with the family and stay up later doing work... sleeping in sound great but it's the same amount of hours and exhaustion and now infringing on any family time. Also if you are in VPA, nights would be extremely long	2/25/2017 4:41 PM
268	No impact.	2/25/2017 4:39 PM
269	Kids would have less time to finish homework and to participate in evening meals with famil	2/25/2017 4:39 PM
270	My child's after school activities start at 4pm Mon - Thurs. 3:30 pm end time may make it tight to get to activities.	2/25/2017 4:16 PM
271	a later start would mean the extra curricular activities will end late. Right now I have a child whose practice starts at 6 or 7 due to space availability in school. when she arrives home she is tired and still has to do homework. This means a bedtime as late as 11pm	2/25/2017 3:43 PM
272	Later start would be good but later dismissal would give us less time to get to afterschool practices.	2/25/2017 3:29 PM
273	If they have late start, my daughter would be coming home much later than 6. Which means bit much time for homework and she would eat dinner very late.	2/25/2017 3:09 PM
274	A later start would mean a later time for him to get started with homework, late dinner, etc...	2/25/2017 2:34 PM
275	(1)Opponent schools would obviously have to have the same schedule (2)some schools are quite some distance away(3) It would be dark in the winter	2/25/2017 2:29 PM
276	Currently practices seem early but winter has less sunlight. If field is lighted, practice could go later and pick up would be easier. It would help if varsity school games could be scheduled later as well so students do not miss too much class time.	2/25/2017 2:08 PM
277	My daughter plays school sports year round, so a later start/end time wouldn't really affect our schedule since she just stays after school for practices.	2/25/2017 1:18 PM
278	Question 22 is not well set: both fall and spring are busiest... Some sports currently finish at or a bit before 5pm Soccer ends at 5:15 but often later - I would just want to make sure there is enough time for homework	2/25/2017 12:31 PM
279	it will simply make their school day press further into the evening. bigger concern if that if the scheduling change is NOT mirrored at other schools then our students will be forced to miss more class time to go to their extra curricular activities - NOT A FAN	2/25/2017 11:31 AM
280	After school Activities gin later end later and he gets home to do homework later	2/25/2017 10:49 AM
281	No effect. If they started 30 minutes later they still end prior to the time I get off work, so I still have to make arrangements for my son to get home.	2/25/2017 10:30 AM
282	Beginning of baseball season practice would start later and could be problematic.	2/25/2017 9:39 AM
283	30 min. later dismissal would not be that much of a difference	2/25/2017 8:44 AM
284	Less time for homework could increase stress for her on A days and 1-7 days	2/25/2017 8:37 AM
285	Could impact getting to practice on time.	2/25/2017 8:31 AM
286	When they have away games, it is hard to drive for us due to Bay Area traffic.	2/25/2017 7:48 AM
287	swim practice starts at 3:30. would have to consider shifting time accordingly.	2/25/2017 7:44 AM
288	It would just push practice back later and then dinner and homework. Bedtime would be later and this whole trial would be for nothing.	2/25/2017 7:15 AM
289	My daughter plays club soccer in the fall. If late start time the practices would be pushed later and would be forced to end elarlier due to light. Cannot play soccer in the dark.	2/25/2017 5:15 AM
290	Minimal impact, if any, on late start.	2/25/2017 4:53 AM
291	My daughter will not have enough time to do her homework. She has extra curricular activities that normally starts at 7:30-9pm.	2/24/2017 11:28 PM
292	Time for homework and rest before extra curricular activity is decreased or it would force him to attend a later class which means later to wind down for the night.	2/24/2017 10:48 PM
293	It would make her day go longer and she already has a very full day.	2/24/2017 10:44 PM
294	After school activities would go way tool late & cut into the time students need each day for the MOUNTAINS of homework that Mills assigns.	2/24/2017 10:35 PM

## Later Start Time Survey (Families) 2017

295	It would make sports go later and push everything later making things more difficult.	2/24/2017 9:59 PM
296	n/a	2/24/2017 9:52 PM
297	He finishes his class by 4:45	2/24/2017 9:11 PM
298	My child is involved in Fall and Spring activities. If the school starts later and ends later, he will miss most if not all of 7th period and some of 6th period. I would be forced to NOT allow him to participate in sports or activities because of missing so much school. Also, we would still be dropping him off early because we need to get to work. So he and many others will be roaming around the neighborhood which is not a good thing.	2/24/2017 9:11 PM
299	Later start would be helpful. My children return from practice at 6 or 6:30 and meets at 7 or 7:30. They stay up late for homework and must wake early for school, exhausted. Its helpful to have less wait time between school and the games.	2/24/2017 9:02 PM
300	She takes a dance class once a week out of school ~ it wouldn't affect her schedule much.	2/24/2017 8:59 PM
301	No time for homework	2/24/2017 8:51 PM
302	He would miss more of his class, in order to leave for his games	2/24/2017 8:42 PM
303	Later start means later end for school means later end for sports practice or theater arts... it will impact studying at home.	2/24/2017 8:34 PM
304	Practice / games will end even later at night, will be too tired to concentrate on homework.	2/24/2017 8:29 PM
305	Our daughter is on cheer. She is busy in fall and winter, don't know about spring yet. She gets home around 5:20 pm most nights, later on Fridays due to games.	2/24/2017 8:24 PM
306	My child would not have enough time for homework with extracurricular activities which are vital to college applications and their health, both mentally and physically. A later start would also impact much needed dinner/ family time. In my and my child's opinion a late start would force them to stay up later to complete homework assignments and add unnecessary stress. My child has shared with me that they become increasingly tired later in the day. They prefer to be home and tackle their homework and study while there is still some daylight. A later start would be even harder in the winter, when it gets darker earlier. I believe students know their bodies, have schedule preferences and should have a voice in this decision process. I would also argue that the 8am start at Burlingame High School will prepare them for college and the workforce later in their lives. I have answered the survey questions with no thought to how my schedule would be affected, but strictly considering the demands on my teenager's time. 15- 30 minutes of later school start will not result in more sleep for my child, ultimately we as a family believe it would put extra stress on students who are trying to fit in academics, sports, volunteering opportunities and some vital family time that is crucial in these adolescent years. I understand the importance of sleep for this age group, but the reality is that they will not, and cannot limit their time spent on homework, studying, sports, volunteering. Which leads me to believe that a late start will wind up affecting dinner and family time, which is already a struggle for most families with multiple children and has been diminishing for decades in this country. Family dinners are nonnegotiable in my family. Dinner time is the only time we have left to connect with our children daily, having this time shortened will erode this necessary, important and precious daily routine which has been increasingly adversely affected by extracurricular activities throughout our lives already! Families cannot afford less time together. Time management is a skill our children need to learn and develop to succeed in this world. It is my belief that helping high schoolers with time management concepts, is the key to success in their academic achievements and in their hours of sleep. Education about sleep research, the affects of not getting enough sleep, and the impact to their health, growth, physical and mental abilities will hopefully increase their cooperation and commitment to incorporating a minimum of 8 hours of sleep into their time management routine. With the help of parents who are diligent and committed to help them do this and teachers, who understand that students have families who want and need time together everyday, along with busy schedules, other classes and a 8 hour minimum sleep requirement. I understand school districts and teachers are juggling state requirements with making learning a good and hopefully rewarding experience for both them personally and their students. I urge the district and it's staff members to carefully consider limiting assigned homework to that which is only absolutely necessary to learning and not given just for the sake of keeping students busy. Students who are not grasping the material in a certain class or are struggling with grades can then focus more time on those classes in lieu of spending precious time doing busy work on classes which they are doing well in. If the system is not broken let's not try to fix it. I am grateful for the opportunity and request for my input and also for your time and consideration in reading this comment. Best regards, Cristina Nickas	2/24/2017 7:55 PM
307	Soccer / Track Would need LIGHTS to enable same length of practice time	2/24/2017 7:51 PM
308	It will make extracurriculars like sports have a later start which makes it inconvenient because it means getting home late	2/24/2017 7:41 PM
309	I'm very why student athletes are not given PE as their 7th period. Not having PE as a 7th period for a tri-season athlete has been difficult for a student trying to maintain a 3.5 and above GPA	2/24/2017 6:45 PM
310	I don't think that 30 minutes more or less would make a difference	2/24/2017 6:25 PM

## Later Start Time Survey (Families) 2017

311	Daughter is on cheer team- having practice in a half hour later at 5:30 would actually be easier to pick her up after work.	2/24/2017 6:21 PM
312	unfortunately if school is excused later she does not start activity later and comes home later. Too long of a day.	2/24/2017 6:20 PM
313	It wouldn't he could get more rest because he is up late finishing homework	2/24/2017 6:02 PM
314	Games would end later, dinner time would be later bedtime would end up being later	2/24/2017 5:58 PM
315	On early dismissal requirement days they would miss more but shouldn't have a huge impact.	2/24/2017 5:58 PM
316	Going any later means we would get everything done later. I am strongly opposed.	2/24/2017 5:58 PM
317	All three of my high school students (9, 10,12) participate in extra curricular activities year round. The only option that would benefit my family is online courses.	2/24/2017 5:53 PM
318	I don't like the idea of kids having practices late in the afternoon and into the night.	2/24/2017 5:47 PM
319	My son is in the Hillsdale orchestra and drama program. He takes private lessons after school. If the school day is shifted later, he will have problems scheduling private lessons especially when he also has rehearsals for Hillsdale events and shows.	2/24/2017 5:47 PM
320	Since there are no lights on the tennis courts, I believe that would mean less practice and match hrs.	2/24/2017 5:44 PM
321	Drama performances	2/24/2017 5:28 PM
322	They already practice too late at night. It's very difficult for studying and family planing.	2/24/2017 5:26 PM
323	Later finish may result in staying later in the evening to partake in extracurricular activities.	2/24/2017 5:24 PM
324	For sports, students already miss a lot of 7th period classes (often 2 of the 4 classes each week). Pushing the schedule back would mean missing even more classes which is of concern.	2/24/2017 5:12 PM
325	Not enough time for homework and dinner and relaxing before bed time	2/24/2017 5:10 PM
326	Later starts would impact my student as they miss more class when traveling to another school for softball.	2/24/2017 5:05 PM
327	I would be concerned if they missed more class time because they were pulled out early to get to a game.	2/24/2017 5:00 PM
328	At some point you the administration has to start holding children responsible if they are late. You are wasting valuable learning time thinking that changing starting time will change anything. Your school is already a joke, they have more days off and short days than needed. Just stick to the schedule and use your time for helping children rather than something as stupid as this. I am not sure who is in charge anymore.	2/24/2017 4:53 PM
329	She already gets home around 5:45 leaving her little time for homework. A later start time would push her schedule even later.	2/24/2017 4:47 PM
330	I don't see an issue if all the schools are on the same schedule. It could be a challenge for swim meets if teams have different schedules.	2/24/2017 4:45 PM
331	Later start would give them less time after school before activities to take care of chores and schoolwork.	2/24/2017 4:44 PM
332	Would affect homework load and schedule.	2/24/2017 4:44 PM
333	that would mean she gets out of practices later	2/24/2017 4:43 PM
334	My daughter is in the Hillsdale Effect club and Leadership. Since the needs of these vary, a later start would be a much later time, being very unpredictable. Since we live on the east side of San Mateo, getting from HHS to our home at rush hour is a major chore, tripling or quadrupling the normal drive time. A bus system would help. (System, not one SamTrans bus)	2/24/2017 4:43 PM
335	I would expect that the extra curriculars could start later as well.	2/24/2017 4:42 PM
336	If school starts later so should sports events so kids don't have to miss so much class	2/24/2017 4:42 PM
337	Getting out of school later (3:45) would make Sofia rush to her volunteer programs	2/24/2017 4:40 PM
338	If school starts later, our schedule would be pushed back later and outside school activities would remain at their same times giving us less time to honor those commitments.	2/24/2017 4:34 PM
339	She starts her activities at 3:30 so later start will not allow her to get to where she needs to be	2/24/2017 4:25 PM
340	Will miss more school time due to away games or tournaments on school days.	2/24/2017 4:20 PM
341	Right now, most Extracurricular Activities start around 4:30pm (depending on the activity). Adding later options (online/night classes) would affect these, but a later start time would probably not.	2/24/2017 4:10 PM

## Later Start Time Survey (Families) 2017

342	My son's schedule would get compressed on days he has after school activities. He would lose that time between leaving school and going to his activity. This would force him to do homework after his activity when he is tired.	2/24/2017 4:05 PM
343	Probably will end up staying up later, but shouldn't change by more than the 30 minutes.	2/24/2017 4:02 PM
344	could impact by child not being to after school activates on time. Especially when it gets darker earlier.	2/24/2017 3:53 PM
345	Plays Club Soccer in Cupertino.	2/24/2017 3:51 PM
346	my student is using the hour after school to do homework since she is doing zero period which she likes. She feel she would have extra time at night.	2/24/2017 3:49 PM
347	A later start would push practice time back, but if a later start, then they could do homework before school if needed.	2/24/2017 3:49 PM
348	None	2/24/2017 3:47 PM
349	Sports would have to be moved back to a later time, and outdoor sports at school would need sufficient space and time to play in a well-lighted area.	2/24/2017 3:47 PM
350	This would lead to more classes missed to attend games/ matches. O do not want school to end later in the day.	2/24/2017 3:47 PM
351	During the fall my son is very busy with school and sports. It took him a while to get his tight schedule working for him. At the beginning his grades suffered but he has adjusted to his schedule that is basically Monday through Saturday. So any changes might throw him off again and grades begin to suffer again. I prefer no changes.	2/24/2017 3:47 PM
352	practice time varies, it could be 4:30 to 6:30, 5:30 to 7:30, 3:30 to 5:30, etc - i personally think later start has very little or no impact as we already have late practice end times	2/24/2017 3:40 PM
353	As long as other bay area high schools have stadium lights, the impact would be better: no missed classes to accommodate game times!	2/24/2017 3:36 PM
354	All club meetings should take place weekly during lunch and club activities can take place occasionally after school as needed	2/24/2017 3:35 PM
355	My student does works the school play in the Fall, soccer in the Winter (which is already cut short due to the lack of sun in the winter) and the musical in the Spring.	2/24/2017 3:35 PM
356	Homework would be affected by a later start because the extra curricular activities would be later and time for homework would decrease.	2/24/2017 3:29 PM
357	Does not affect since my student has zero period.	2/24/2017 3:24 PM
358	I am not so much in favor of sports going past 5:30 or 6pm, it just means later dinner, later homework start.	2/24/2017 3:24 PM
359	I think the end of the extra curricular active will end up later that before.	2/24/2017 3:24 PM
360	She would start work later but will probably be more rested	2/24/2017 3:22 PM
361	Tennis team might need to leave final period sooner	2/24/2017 3:21 PM
362	It would push everything later into the evening.	2/24/2017 3:19 PM
363	Leaving early for events/games. Darkness for outdoor practices	2/24/2017 3:18 PM
364	I don't see any change/impact for our side	2/24/2017 3:17 PM
365	It should not impact his sports practice as he doesn't start practice until 4pm. He is usually sitting at school waiting for practice to start since he does not have a 7th period.	2/24/2017 3:17 PM
366	It will be fine	2/24/2017 3:15 PM
367	My daughter would have less time at home before her activity starts, but would not be rushed if school ended 15-30 minutes later. More that that would be a problem.	2/24/2017 3:11 PM
368	Honestly, unsure. Lacrosse practice is very late now at 7:30-9:30 so could not actually move much later.	2/24/2017 3:07 PM
369	We strongly prefer the existing schedule, and don't want school to be extended any later. Thank you.	2/24/2017 3:06 PM
370	Soccer practice ended about 5:30. Any later would be difficult to squeeze in dinner and homework.	2/24/2017 3:06 PM
371	It would push back the start and thus the end time for after school activities...delaying homework time, bedtime, etc	2/24/2017 3:06 PM
372	Later start allows for time for breakfast!! Commute would be better because the commuters are leaving by 8am. By offering partial online classes would offer the athletes other options to complete some of the easier clssses. Most universities have hybrid online classes so it would be great understanding they need for the real world. The interaction with Professors via the digital age.	2/24/2017 3:06 PM

## Later Start Time Survey (Families) 2017

373	A later school day might make it hard to get to sports practices - and less time to do homework.	2/24/2017 3:03 PM
374	challenging to get to afternoon activities that start right after school; less time to do homework before night activities (eg 7pm)	2/24/2017 3:01 PM
375	Would have to miss afternoon classes if away game times at other schools stay the same b/c you have to take into account travel time (traffic, etc.)	2/24/2017 3:00 PM
376	Acapella	2/24/2017 3:00 PM
377	Son is in theater. Theater rehearsal schedule would shift with school schedule, so easy adjustment.	2/24/2017 2:57 PM
378	Later start would mean later end for extra curricular, could impact dinner and homework time	2/24/2017 2:57 PM
379	Spring games start before time change in spring. Makes those games more difficult since kids would miss a ton more of school.	2/24/2017 2:53 PM
380	all extra curricular activities are year round. impact affects all seasons	2/24/2017 2:53 PM
381	Starting/ending later would be a problem my child does gymnastics and it is already a struggle to get her to gym at the start time of practice with the current schedule	2/24/2017 2:51 PM
382	For my daughter, having school go an additional 30 min would not have much impact on after school activities because they are school related and I assume the activities would start 30 min later too.	2/24/2017 1:44 PM
383	son plays tennis so the tradeoff is hard due to daylight in Feb/Mar. I would prefer 30 min but said 15 due to tennis practice. in 9th and 10th he would have missed even more of 7th period for away matches.	2/24/2017 12:03 PM
384	She may need to miss more of the afternoon classes on travel day	2/24/2017 8:59 AM
385	my son participates all year long, he has been a tri-athlete since he started high school	2/24/2017 8:12 AM
386	It could be that players miss more school at the end of the day to accommodate games at other schools, and I would not like that. I already think my player misses too much school to get to a game "on time".	2/23/2017 10:12 PM
387	My son's soccer practice is late in the evening, the late schedule would suit better as usually gets to bed after 12am after coming in to finish homework or study for a test.	2/23/2017 9:33 PM
388	It shouldn't affect sports after school since sometimes practice don't start until 5pm anyway	2/23/2017 7:28 PM
389	My daughter plays 2 sports during the year. If school got out later, but the sports schedules remained the same, she would miss more class time.	2/23/2017 7:24 PM
390	N/A	2/23/2017 5:23 PM
391	Pls make sure Samtrans is notified on the change of schedule since there is only 1 bus in Millbrae after school	2/23/2017 4:10 PM
392	FINISH LATER IS FINE - 6 INSTEAD OF 5:30 IS NOT SIGNIFICANT	2/23/2017 1:47 PM
393	Would not want her to miss more school by leaving early for games	2/23/2017 1:45 PM
394	As I stated earlier, they would miss more class. My daughter has to take zero period in order to have a free seventh and not miss class as it is.	2/23/2017 1:18 PM
395	sports practice	2/23/2017 1:01 PM
396	Baseball practice could start half hour later especially during daylight saving	2/23/2017 11:00 AM
397	With a later start time then resulting in later dismissal time, my child would miss more classtime due to early dismissal for games. Trying to make up classwork/tests/quizzes during tutorial is difficult. Team practices would start later and then end later; additionally, due to darkness the practice would be shorten. Injuries could occur due to improper warmups (rushing to get practice in).	2/23/2017 7:12 AM
398	Interval between end of school and non-school extra-curricular activities will be shortened, reducing rest time and meal times potentially	2/22/2017 10:10 PM
399	While giving the kids extra time to sleep in the morning is laudable, it will adversely affect extra curricular activities, moving them later in the afternoon and evening, which means my student will come home later, go to bed later after doing hw, and the later sleep time becomes irrelevant. Also, if school ends later, that will affect athletic activities, games schedules and make the already horrible traffic after school a nightmare, especially for those with younger siblings and juggling multiple pickups.	2/22/2017 9:06 PM
400	Our child is on the badminton team. If the schedule is changed to a later time then I anticipate the sport schedule will also run later.	2/22/2017 9:04 PM
401	Programs would be pushed to later times which could disrupt homework and family dinnertime that currently works.	2/22/2017 9:00 PM

## Later Start Time Survey (Families) 2017

402	a 15 minute delay would cause no problem If the delay was half hour or more, the swimming/waterpolo would need to be pushed back too. Same goes for the morning practice: would need to be delayed	2/22/2017 7:16 PM
403	15 or 30 minutes later should be ok if it's a high school activity like sports.	2/22/2017 5:49 PM
404	Student is in extracurricular throughout the school year. She also needs to travel to National and international competitions, making it harder to miss the same classes over and over. Perhaps mixing up the classes might help. A late finish (not start per se) would really impact on them getting to their activity on time and they will have less time to finish homework.	2/22/2017 5:16 PM
405	It wouldn't impact me or my child.	2/22/2017 4:02 PM
406	His practices are usually late so later school would not be a problem.	2/22/2017 2:46 PM
407	With a later start time would the league games start later? If not the kids would be missing more school to get to the games/meets on time (sometimes my son misses three periods because of the transportation scheduling). I think the buses/transportation scheduling needs to be looked at closely.	2/22/2017 2:36 PM
408	it would make them end later in the day	2/22/2017 1:19 PM
409	Any tennis matches might need to be scheduled at a later time.	2/22/2017 12:06 PM
410	They would be late to their activities, if you pushed out the schedule. This would be detrimental to their academics as they already have to leave classes early for sports.	2/22/2017 11:08 AM
411	He works at our local Congresswoman's office. The later start would decrease the hours he could intern there during business hours.	2/22/2017 10:36 AM
412	Minimal impact, they will be home a little late but that will be negated by a later start in the morning.	2/22/2017 10:06 AM
413	It would be easier for us as parents to get to the games, etc.	2/22/2017 9:16 AM
414	Dance, is all school year. Typically, 3:30-5:30 in Fall/Winter; going as late as 8pm in the Spring. A late start would bump rehearsals even later into the evening - losing family dinners, homework time...My kids are not going to get up early to do homework - they will stay up even later...defeating the purpose of being able to sleep-in.	2/21/2017 11:54 PM
415	sports would need to have shorter practices. Otherwise, the students entire schedule would just be pushed 1/2 hour later. that 1/2 hour needs to come from somewhere, and it can't come from homework time in the evenings because that volume won't change.	2/21/2017 10:24 PM
416	Volleyball girls	2/21/2017 10:24 PM
417	I find that sports practice at 5-6x a week is a lot already. Having a later start would push everything back. In addition to traffic and commuting back home from sports, there's the load of homework that needs to be done too much. It's no wonder there's a lot of stress and anxiety.	2/21/2017 9:55 PM
418	i just wouldn't want my student to miss class with early dismissal.	2/21/2017 9:49 PM
419	students will get home when outside is dark, not safe nor helping students to get more sleep.	2/21/2017 9:37 PM
420	The later start time could effect the safety for cross country runners, as Autumns daylight hours are shorter. But I do think a slight change to the sports practice would be ok to accommodate the later start.	2/21/2017 8:56 PM
421	I believe that the later start would only push back the start and end times of my student's extra curricular which would make it harder for me to pick her up and we would get home later. That in turn would mean we start our afternoon/night activities like homework and work later which would mean a later bed time.	2/21/2017 7:13 PM
422	Later start, later end, later practice, later pick up, later dinner	2/21/2017 5:33 PM
423	Participates in Mock Trial, probably not much impact of later start.	2/21/2017 5:26 PM
424	Outside school activities practice times may be closer to school release time which will eliminate any homework or downtime after school	2/21/2017 4:48 PM
425	easier to do the morning practices and harder (colder/darker) for afternoon Swim or Water Polo.	2/21/2017 4:21 PM
426	Support more rest time (due to later morning school start)	2/21/2017 4:19 PM
427	My student is in football and track. Now that there are lights, practice can run later, so school can start later.	2/21/2017 4:08 PM
428	Later start/end time would VERY MUCH NEGATIVELY affect my son's extra curricular activities. He plays baseball which does NOT have lights. Therefore, especially the part of the season that occurs before DST kicks in, the games must start at 3:00. There are times he must get dismissed at 1:00 to get to away games. If end time were later, he would miss a LOT more class time for his baseball games which is something we DO NOT want. I'm sure you'd agree this is NOT optimal. Class time is important.	2/21/2017 1:24 PM

## Later Start Time Survey (Families) 2017

429	Less time for studying after school, to attend doctor's appointments - I try not to take my child out of school for such.	2/21/2017 1:24 PM
430	Students have less time to involve in extra curricular activities especially during winter	2/21/2017 12:51 PM
431	basketball	2/21/2017 11:43 AM
432	For our family , it would work just fine.	2/21/2017 9:54 AM
433	Activities in fall and spring are off campus, so later than 15 min start could impact ability to get there on time	2/21/2017 9:48 AM
434	winter	2/21/2017 12:46 AM
435	My son plays ice hockey in Cupertino. At the time school gets out now, we have to leave home at 4:05 to get to practice in time. If school got out at 3:45, he would not have any down time.	2/20/2017 9:37 PM
436	Participating in all 3 seasons and all are equally busy.	2/20/2017 8:09 PM
437	Our student is in drama - the fall is busiest but our student is also in drama activities in the spring.	2/20/2017 7:57 PM
438	Winter and spring are very busy.	2/20/2017 6:58 PM
439	.	2/20/2017 6:36 PM
440	Dance Ensemble and Mock Trial both busiest in spring	2/20/2017 6:32 PM
441	Each season is just as busy as the others, but for different reasons. Schedules for academic teams, sports teams, finals, college testing, etc. in addition to part-time jobs and family time fill each season equally. As such, it would be easier on families if the school schedule stayed the same and predictable year round and NOT change by the season.	2/20/2017 4:14 PM
442	Spring is a busier family period. Fall is busy for high school students.	2/20/2017 4:03 PM
443	My child participates in SMHS activities as well as Club sports. The Club sports is busier, especially in the Fall.	2/20/2017 3:57 PM
444	My daughter does ballet whole year including Spring and Winter.	2/20/2017 3:40 PM
445	Fall is our busiest season as my child plays water-polo and softball, her softball is a travel team in the fall	2/20/2017 2:55 PM
446	Winter is busiest for robotics.	2/20/2017 2:25 PM
447	(The survey required to choose 1 for #21) We have daily year round commitments	2/20/2017 11:58 AM
448	there all busy, i have two kids at two different schools, and competitive team sports	2/20/2017 11:55 AM
449	Winter	2/20/2017 10:38 AM
450	Spring	2/20/2017 10:32 AM
451	spring	2/20/2017 10:29 AM
452	All are busy, but classes get more rigorous in the Spring.	2/20/2017 10:27 AM
453	Fall	2/20/2017 9:09 AM
454	Fall is definitely the busiest. On top of sports (football and cheer are both incredibly time consuming) there's college applications for Seniors.	2/20/2017 8:53 AM
455	He participates in sports in all 3 seasons. But, in the Winter sport, the parents are responsible for driving the players to the games. Much busier for me since I have to drive him. The other 2 sports are able to use buses for the away meets.	2/20/2017 7:27 AM
456	spring	2/20/2017 7:06 AM
457	Wouldn't make a difference.	2/20/2017 7:04 AM
458	My student participates in all three seasons of sports and winter is probably the most busy	2/19/2017 11:14 PM
459	Soccer	2/19/2017 11:03 PM
460	I participate in sports all throughout the school year, ending school later would do nothing but take an hour out of my day.	2/19/2017 11:02 PM
461	Spring	2/19/2017 9:04 PM
462	All seasons with sports are busy. If there is an away game in Palo Alto, students miss class time and with traffic, you don't get home until around 8pm	2/19/2017 8:19 PM
463	Spring season is the busiest as my son plays baseball.	2/19/2017 8:09 PM

## Later Start Time Survey (Families) 2017

464	My daughter participates in fall winter & spring sports 5-6 days a week. Winter is the busiest & if she had to start school later she would miss more class time and would be up even later at night doing homework.	2/19/2017 8:02 PM
465	There is a lot going on after school as this is the competitive season.	2/19/2017 7:20 PM
466	Spring	2/19/2017 5:56 PM
467	during the spring season practice is required 4 times a week for swimming. 2 times at 6am or a combination of morning and after school	2/19/2017 5:28 PM
468	All seasons are jammed packed	2/19/2017 5:05 PM
469	spring	2/19/2017 3:53 PM
470	spring	2/19/2017 3:38 PM
471	Fall is busy with varsity tennis season - players already miss classes from 1:30 on or so to attend away matches so it would be hard to miss more classes as there would be more scheduled in the afternoon. In the spring, my child is in track and the buses only at certain times because they need to get back to pick up students...so the track team has to miss much of their afternoon classes also due to the bus schedule to meets.	2/19/2017 3:04 PM
472	Fall	2/19/2017 1:53 PM
473	Fall practice ends at 6pm just when I'm preparing dinner	2/19/2017 1:41 PM
474	fall and spring seem equally busy	2/19/2017 1:20 PM
475	winter	2/19/2017 11:42 AM
476	Both winter and spring are busy	2/19/2017 10:49 AM
477	Fall and winter	2/19/2017 10:31 AM
478	My student is in both in Fall and Spring sports + a year round job. The seasons are equally busy for different reasons. For example, practices for his Spring sport begin late due to the coach's work schedule. This later start for practice results in my son returning home at night 'amped' up from sports practice, which further delays his ability to unwind and fall asleep. It is not an issue of him having to stay up later to finish homework - he has time to complete that after school. But a later start and end to sports activities (if required to accommodate a later start time) means the kids just need more time in the evening to eat/relax/unwind and feel ready for sleep. This means they don't get MORE sleep with the later start time; they'd get the same amount but just offset by 15-30 mins.	2/19/2017 9:57 AM
479	It will affect both season as my student plays two different sports in both seasons fall and winter and this will make my student arrive later than before	2/19/2017 9:42 AM
480	Two kids in high school and sports in all three seasons makes for our busy schedule	2/19/2017 9:33 AM
481	Spring is busiest season. I have no complaints about the existing schedule.	2/19/2017 9:26 AM
482	In soccer season my son leaves home at 7:20am and gets home at 6pm.	2/19/2017 9:05 AM
483	spring	2/19/2017 8:02 AM
484	Fall & Winter, Fall is busier	2/19/2017 6:56 AM
485	Fall	2/18/2017 11:32 PM
486	Actually my child plays year two year round sports so all seasons are equally busy.	2/18/2017 11:16 PM
487	Fall, I'm concerned that more class time will be missed on away game days.	2/18/2017 11:00 PM
488	Not only sports, also have other activities	2/18/2017 11:00 PM
489	Sporng	2/18/2017 10:51 PM
490	all of them	2/18/2017 9:40 PM
491	Water polo and swimming is a year round activity for us. Participates in winter Polo also.	2/18/2017 9:29 PM
492	Won't be able to ride the school bus with sports activity going on;more pick-up needed from parents	2/18/2017 9:18 PM
493	There is no season that is the busiest for our family.	2/18/2017 7:46 PM
494	All seasons are busy as is a year round club sport	2/18/2017 7:42 PM
495	winter and fall	2/18/2017 7:20 PM
496	My teen participates in fall and spring season sports, and has a job in the winter season. All are equally busy.	2/18/2017 6:29 PM

## Later Start Time Survey (Families) 2017

497	Fall	2/18/2017 6:06 PM
498	Spring	2/18/2017 5:45 PM
499	All season's are busy, my son is in robotics. He already stays at school past 9:00pm two days a week and through to 5pm the other days of the week as well as Saturdays during build season. If you start the school day later he will probably end up staying at school even later. It's a lot to ask of kids with a full schedule.	2/18/2017 5:34 PM
500	Spring	2/18/2017 5:23 PM
501	She participates in after school activities of both the fall and spring seasons. Spring is the most busiest because on top of the activities, she also has to study for the SATs, get prepared for AP exams, and must complete her daily homework assignments.	2/18/2017 4:59 PM
502	All season	2/18/2017 3:38 PM
503	spring	2/18/2017 3:11 PM
504	Participates in ballet 10 hours/wk; fall is busiest because of Nutcracker performance	2/18/2017 2:58 PM
505	Fall	2/18/2017 2:45 PM
506	She has out of school activities in Fall and winter. If the school ends later, she will not be able to get to her activities on time.	2/18/2017 2:31 PM
507	Swim and Water polo...we would need lights for practices and games.	2/18/2017 1:38 PM
508	Multiple siblings with after school activities and the high schooler's schedule where he needs to be picked up and dropped for his after school activity. He is late now (activity start time of 3:30) due to distance, traffic, and scheduling. Concerns about a later release time and how that affects pick up and ability to get to activities for the entire family.	2/18/2017 1:17 PM
509	Spring	2/18/2017 12:29 PM
510	Spring	2/18/2017 11:26 AM
511	Hillsdale Effect - the entire year, not just fall	2/18/2017 11:17 AM
512	Depends on school play	2/18/2017 11:09 AM
513	Spring.. not only are there after school practices for sports, etc there is a lot of additional testing in the spring	2/18/2017 11:02 AM
514	All are difficult	2/18/2017 11:00 AM
515	It is not a question of busiest. I don't want my athlete running in the dark. Whether it is cross country or distance track, he runs on the streets of Millbrae. Beginning practice/workout later would mean he is running on darker streets.	2/18/2017 10:24 AM
516	In the fall and winter they participate in drama. We are concerned about rehearsals being pushed past 9:30pm.	2/18/2017 10:13 AM
517	Fall, Winter and Spring are all equally busy due to Drama, Improv and Music Commitments.	2/18/2017 10:06 AM
518	Fall and Spring	2/18/2017 9:01 AM
519	Both Winter and Spring	2/18/2017 8:55 AM
520	Worry about lights to the fields for students to play on- if practicing later allowing both boys and girls equal opportunity for practice on the fields that have lights.	2/18/2017 8:25 AM
521	Fall	2/18/2017 7:15 AM
522	JV/Varsity early release at same time forces us to have to drive our student to away games so that our student does not miss approximately 2 hours of school time.	2/18/2017 6:20 AM
523	Spring	2/18/2017 4:24 AM
524	Spring because my child has practice/games every day during the spring and must be more efficient with his time.	2/17/2017 11:14 PM
525	I feel that the spring is the busiest season for my family.	2/17/2017 10:38 PM
526	Fall& spring	2/17/2017 10:37 PM
527	All seasons are busy as we have more than one child.	2/17/2017 10:16 PM
528	The team he plays on has practice 4 days a week the whole year so every season is difficult	2/17/2017 10:15 PM
529	Also participates in Winter. Spring is busier as the schedule varies vs winter when the game Schedule is the same night every week	2/17/2017 9:53 PM
530	Spring	2/17/2017 9:31 PM

## Later Start Time Survey (Families) 2017

531	Spring	2/17/2017 9:28 PM
532	Spring	2/17/2017 8:55 PM
533	Spring	2/17/2017 8:47 PM
534	Fall Club sports and winter HS sports	2/17/2017 8:34 PM
535	Winter is busiest but all are busy.	2/17/2017 8:29 PM
536	Fall, winter and spring	2/17/2017 8:25 PM
537	Fall, after school sports, student volunteering, doctor appointments, longer hours for parents at work	2/17/2017 7:49 PM
538	participation in sports and other clubs would be impacted if school started later, as starting later means ending later. They are busy year round with after school activities, it would be detrimental to start later as everything ends later	2/17/2017 7:19 PM
539	Winter/ Spring	2/17/2017 6:57 PM
540	Winter	2/17/2017 5:27 PM
541	Not sure what the purpose of this question is. I will say Spring because both of my students (on in HS; one in MS) are involved in multiple activities, whereas in fall, they are both involved in only one each.	2/17/2017 5:05 PM
542	Fall is busiest for our oldest and Spring for our younger one.	2/17/2017 5:02 PM
543	football schedule is rigorous	2/17/2017 4:58 PM
544	Fall/winter	2/17/2017 4:52 PM
545	Spring	2/17/2017 4:40 PM
546	Fall - later end time might cause conflict with club sports practices, since those have earlier start times in the fall.	2/17/2017 4:34 PM
547	All seasons	2/17/2017 4:33 PM
548	My student participates in all 3 seasons	2/17/2017 4:29 PM
549	winter	2/17/2017 4:24 PM
550	All three seasons are equally busy since after school activities are year round	2/17/2017 4:04 PM
551	year round	2/17/2017 3:59 PM
552	Year round sports	2/17/2017 3:51 PM
553	My child is a competitive gymnast, who trains year round. She was also part of cheer team this school year, so was extra busy in the Fall & Winter.	2/17/2017 3:35 PM
554	Spring - the days are short in the beginning of the spring season (late Jan/early Feb), and it gets cold by 5pm. unofficial practice for spring sports usually start in late Jan.	2/17/2017 3:35 PM
555	They are all equally as busy	2/17/2017 3:29 PM
556	Main problem responsible for lack of sleep is the excessive homework loads. Teachers do not coordinate and some do not seem to be aware of how much time their assignments take - so it is not uncommon for students with 6 subjects to get over 4 hours of homework a night (when long term projects are also added). I know it is not uncommon for many students to be up until 1AM or later doing homework; Mills should do a proper survey to accurately determine what the homework loads are. It is particularly difficult for those in athletics programs to complete homework and sleep at a reasonable time. Also, when students are off sick and have to catch up and do new homework simultaneously. Having the whole week's classwork and homework posted online, ahead of time, would help students schedule when they can get work done. Excessive, uncoordinated homework is the main reason that Mills students do NOT get sufficient sleep.	2/17/2017 3:29 PM
557	spring	2/17/2017 3:22 PM
558	Fall and spring	2/17/2017 3:19 PM
559	Fall	2/17/2017 2:57 PM
560	Fall	2/17/2017 2:33 PM
561	We have after school activities at school as well as outside of school. Ending later will just make our nights longer	2/17/2017 2:30 PM
562	Fall	2/17/2017 2:23 PM
563	My student participates in both Fall and Winter sports with Fall being the busiest for our family.	2/17/2017 2:21 PM

## Later Start Time Survey (Families) 2017

564	FALL AND SPRING. NEITHER IS BUSIER	2/17/2017 2:14 PM
565	Winter Soccer(Nov-Feb)	2/17/2017 2:07 PM
566	fall and spring	2/17/2017 1:54 PM
567	Jan through May... baseball season	2/17/2017 1:53 PM
568	Fall/winter is training season and Spring is competition season.	2/17/2017 1:53 PM
569	Winter/Spring - parental exchanges	2/17/2017 1:49 PM
570	The later finish of the sport practices will delay or block other activities after the sport practices. I prefer it finish earlier, so it will not interfere with the after school activities like other outside classes/orchestra.	2/17/2017 1:47 PM
571	Spring is busiest due to softball games.	2/17/2017 1:44 PM
572	Winter	2/17/2017 1:44 PM
573	all above since my child has practice after school	2/17/2017 1:44 PM
574	My child is in extra curricular activities all year	2/17/2017 1:43 PM
575	Fall has practice before and after school. Starting later would just make it a later night studying in our house. Coaches probably will want to use the earlier start time to increase practice time - not optimal	2/17/2017 1:32 PM
576	I have two children playing in sports in all seasons. By changing the start time and the end time will greatly affect our family time. It will also be harder to provide transportation in the morning.	2/17/2017 1:09 PM
577	All	2/17/2017 1:07 PM
578	All seasons	2/17/2017 1:05 PM
579	The sport season (winter for us) obviously is the best time for the students. If the sports activities could start late according to the morning schedule, that will be helpful. We have mixed feelings about our children missing the 7th or sometimes 6th period for games.	2/17/2017 12:37 PM
580	my daughter plays all year around soccer so she's busy all the time. least busiest season is winter.	2/17/2017 12:35 PM
581	All because sports schedules are very demanding and should be looked at. It is ridiculous that sports can go so late into the evening and how long practices tend to be. What happened to kids just enjoying sports vs. it being a full time training job with over zealous coaches.	2/17/2017 12:21 PM
582	Spring season would be busiest as my son is in track and has practice every day.	2/17/2017 12:16 PM
583	Spring season. Due to participate the activity, my kid can not take the district bus, so I need to pick up my kid from the school when the traffic is terrific.	2/17/2017 12:03 PM
584	Fall season is the busiest due to all 3 of my children participating not only in after school sports + practices, but also year round participation in club teams and rehearsals for holiday recitals and performances. This is all in addition to Sunday school/ religious obligations.	2/17/2017 12:02 PM
585	Fall and Spring. Spring is more difficult	2/17/2017 11:51 AM
586	Spring	2/17/2017 11:44 AM
587	Activity is year round	2/17/2017 11:37 AM
588	Having kids at middle/elementary schools is a factor since their sports/activities may begin when high schoolers get out at a later time.	2/17/2017 11:28 AM
589	Football in the fall, practice all summer, practice too late in the evening during the week. Also track in the spring.	2/17/2017 11:27 AM
590	My daughter works at 4:30 pm twice a week after school. I like the current schedule as she gets out at 3:15 with just enough breathing room to go home and eat before work. If the school day was extended, this would cut into her time. Also, I try to get after school dentist appts but if the school day was extended, this would make it harder on me.	2/17/2017 11:24 AM
591	My son participates in the fall musical, the spring play, and also is on the HIT squad, with rehearsals year round and performance weekends in December, February and May. Busiest times tend to be the weeks (2-3 weeks) leading up to the fall musical and spring play. It's really difficult to say that one season is busier than another for us/him.	2/17/2017 11:16 AM
592	cheer goes most of the school year so impacts all seasons	2/17/2017 11:08 AM
593	All seasons are busy for our family.	2/17/2017 11:08 AM
594	Winter	2/17/2017 10:55 AM

## Later Start Time Survey (Families) 2017

595	They participate in all seasons. I have three kids and they all have varying schedules and right now the schedule works perfectly with drop off and pick up by me and my wife.	2/17/2017 10:41 AM
596	My student participates in all seasons and schedule changes would seriously jeopardize my student from participating.	2/17/2017 10:29 AM
597	All seasons	2/17/2017 10:12 AM
598	We are busy all year around	2/17/2017 10:07 AM
599	no difference in any season	2/17/2017 9:55 AM
600	fall and winter	2/17/2017 9:54 AM
601	It would not affect us because either way we pick him up after sports and I work from home and my schedule is extremely flexible	2/17/2017 9:47 AM
602	Fall because high school football is very time consuming.	2/17/2017 9:31 AM
603	Fall has been busiest due to football	2/17/2017 9:24 AM
604	Fall	2/17/2017 9:22 AM
605	Spring and Fall are busiest for our family due to sports and music	2/17/2017 9:19 AM
606	Spring because of volunteer/ outreach programs after school that are more in spring.	2/17/2017 9:05 AM
607	Year round	2/17/2017 9:04 AM
608	Winter because the games start too early in the afternoon. But the time I get off from work, deal with traffic and make it to the game. The game is almost ending or has end.	2/17/2017 9:01 AM
609	Its always busy throughout the school year.	2/17/2017 8:58 AM
610	winter since it gets dark earlier and the district thinks its ok to pull kids out of school for sports	2/17/2017 8:57 AM
611	My daughter is in different activities all year round like AYSO soccer (Fall), dancing (Fall-Spring), volleyball(Winter) and 4-h with her animals(Year Round).	2/17/2017 8:54 AM
612	Fall	2/17/2017 8:49 AM
613	My student is in Fall an Spring sports. We have more carpool option in the Spring. Fall is completely up to us to get to and from events. Traffic at later times will increase travel times up to 1-hour. Especially when they play Redwood City or Menlo Park.	2/17/2017 8:27 AM
614	Winter- basketball is 6 days per week and different schedule every day.	2/17/2017 8:23 AM
615	Winter feels busiest because high school soccer often runs 6 days per week including 2 or 3 games after school each week. When my students were in band there were also band concerts in the winter.	2/17/2017 8:22 AM
616	Fall sports already end late...often not until 9:00pm, concerned how pushing back start time of school, having games start later, students not getting home until after 9:00pm, then starting homework. They will be up later. Perhaps, athletes need a study hall built into their schedules	2/17/2017 8:10 AM
617	Fall. There are often more than 1 extracurricular activity (sports, music, 4-H)	2/17/2017 7:56 AM
618	Fall and winter are usually the busiest time for us.	2/17/2017 7:49 AM
619	For my student, Fall would be the busiest with sports and part-time job.	2/17/2017 7:39 AM
620	Spring is busiest	2/17/2017 7:33 AM
621	Spring	2/17/2017 7:19 AM
622	Fall	2/17/2017 7:07 AM
623	Fall is busiest. My son plays water polo. He and I would like the later start because there are practices before school, which is very early for him to wake up. Sports and exercise before school is healthy and improves his performance in school and time management, but waking up so early is hard.	2/17/2017 7:03 AM
624	Fall and Spring are busiest.	2/17/2017 6:58 AM
625	Wrestling is a M-F activity, with early morning weigh-ins and all day meets on Saturday through the season. There is also matches on Thursday evenings.	2/17/2017 6:56 AM
626	My student is busy all seasons as she plays year round sport between school team and club team.	2/17/2017 6:50 AM

## Later Start Time Survey (Families) 2017

627	participates in non-school activities in fall and part of winter; participates in after-school teams in spring. would they miss more class to play?	2/17/2017 6:10 AM
628	fall	2/17/2017 6:04 AM
629	Students have to leave school early to attend their games. With a later start, the students will miss even more class time.	2/17/2017 5:14 AM
630	Fall and Winter	2/17/2017 12:33 AM
631	Same year round	2/16/2017 11:34 PM
632	Fall	2/16/2017 11:28 PM
633	Fall	2/16/2017 11:17 PM
634	Spring Sports	2/16/2017 11:16 PM
635	Fall and spring	2/16/2017 11:12 PM
636	probably fall, as he has both soccer and ceramics	2/16/2017 11:08 PM
637	Spring with lacrosse Does mock trial too	2/16/2017 11:04 PM
638	Softball, piano lessons, art classes - all year round	2/16/2017 11:02 PM
639	Spring always busiest, except for Seniors...their fall is busiest.	2/16/2017 10:34 PM
640	All seasons are quite busy. Nonetheless kids need more sleep for their brain and body development.	2/16/2017 10:31 PM
641	My son plays football, basketball and baseball	2/16/2017 10:19 PM
642	Fall	2/16/2017 10:16 PM
643	Both my children participate in school sports. In addition to this my son plays soccer year round. ALL seasons are 'busiest'.	2/16/2017 10:15 PM
644	Fall seems to be the busiest, but I do have four children and each of them play sports (school/club) which would be difficult to have a later end schedule, as we are already rushing through traffic.	2/16/2017 10:07 PM
645	All seasons are busy	2/16/2017 10:03 PM
646	shorter daylight hours for outdoor sports activities	2/16/2017 9:47 PM
647	Spring season is the busiest season for my family.	2/16/2017 9:43 PM
648	Participates all year round equally (gymnastics).	2/16/2017 9:38 PM
649	They have band and track (band plays for basketball games and concerts for BHS and other schools, etc).	2/16/2017 9:38 PM
650	Fall because the kids are getting back in to the swing of school after summer break, most high school students participate in a fall sport (football has the largest teams), getting a strong academic start to the year is critical, and college applications take place in the fall.	2/16/2017 9:33 PM
651	Fall & winter	2/16/2017 9:33 PM
652	Both seasons are ok with us	2/16/2017 9:26 PM
653	Fall is busiest for our family.	2/16/2017 9:21 PM
654	Spring	2/16/2017 9:19 PM
655	Winter	2/16/2017 9:19 PM
656	Fall is busiest as family adapts to the new school year, busy with holidays later in the fall, shorter amounts of daylight make the day seem busier.	2/16/2017 9:14 PM
657	Does not affect my family.	2/16/2017 9:08 PM
658	Fall season The busiest during her Freshman and Sophomore years since she did not drive	2/16/2017 9:06 PM
659	Spring due to sports. Means homework starts much later	2/16/2017 9:06 PM
660	Spring	2/16/2017 9:03 PM
661	Later end time for school would mean later start time for after school sports. Meaning getting home later at night and being up MUCH later trying to get homework done.	2/16/2017 8:54 PM
662	Fall and Spring - both seasons are busy!	2/16/2017 8:49 PM

## Later Start Time Survey (Families) 2017

663	Spring	2/16/2017 8:40 PM
664	Fall and Spring	2/16/2017 8:35 PM
665	winter	2/16/2017 8:31 PM
666	Year round	2/16/2017 8:24 PM
667	Our son is part of the Tennis team at Aragon and practices daily during school days. The later schedule that is proposed would probably not affect him so much, however, the greatest impact will be when they have games, which sometimes are scheduled to last until 7 pm . I'm not quite sure if that includes the commute times for 'away' games. This may lessen his time to do school work and will end up sleeping late which defeats the purpose of this whole thing. We're open to any suggestions, though.	2/16/2017 8:24 PM
668	All year round	2/16/2017 8:22 PM
669	Spring	2/16/2017 8:21 PM
670	Fall. My daughter plays tennis on the high school team and already misses too many 7th period classes in order to get to matches. I'm worried she would have to now miss both 6th and 7th period. Any consideration for putting lights on the tennis courts like the football field?	2/16/2017 8:13 PM
671	He takes piano lessons all year long	2/16/2017 8:10 PM
672	My daughter had cheer, dance and leadership in the fall but now participates in dance and leadership only for winter/spring. She has something going on every day after school, sometimes weekends. My main concern is that a late start/finish would push homework back as well so she may end up staying up later for homework. Currently goes to bed around 11-11:30 a.m. and wakes at 5 a.m.	2/16/2017 8:05 PM
673	Spring is always busy.	2/16/2017 8:01 PM
674	Winter and spring are the busiest	2/16/2017 7:56 PM
675	Her sport gymnastics is all year round six days a week four hours a day. So it is really busy all year. Her competitive season is December through April but practice is all year	2/16/2017 7:50 PM
676	My student participates in extracurriculars in fall and spring.	2/16/2017 7:40 PM
677	Cheer is all year round, so always very busy	2/16/2017 7:36 PM
678	Winter and spring	2/16/2017 7:34 PM
679	Spring	2/16/2017 7:31 PM
680	Fall	2/16/2017 7:28 PM
681	Our daughter participates in all seasons but fall is the busiest.	2/16/2017 7:27 PM
682	My student participated in Fall sports and is now in Spring sports. Both would be equally busy because his sibling is also in activities that require transportation and my availability.	2/16/2017 7:25 PM
683	The athletic programs after school often have students on campus or attending games well into the evening. Starting later would impact homework schedules as well as family time.	2/16/2017 7:23 PM
684	Spring	2/16/2017 7:16 PM
685	It's all busy when you have multiple kids that are playing sports. also parents that work. making the times later just makes sports practices later and then there is homework. just leave it alone...	2/16/2017 7:15 PM
686	Winter	2/16/2017 7:11 PM
687	Late start will make after school activities impossible, especially the traffic in the Bay Area during late afternoons and during short day light time.	2/16/2017 7:11 PM
688	Spring since I coach middle school track	2/16/2017 6:58 PM
689	Spring	2/16/2017 6:58 PM
690	n/a	2/16/2017 6:58 PM
691	All year long. I have 3 children all with different schedules. There's not a set season.	2/16/2017 6:55 PM
692	spring is busiest because my son runs track and in addition to track practices and/or a meet 4 days a week after school there is still a scheduled weight lifting obligation 4 days a week after or during 7th period	2/16/2017 6:52 PM
693	Winter	2/16/2017 6:47 PM

## Later Start Time Survey (Families) 2017

694	Fall and winter are the most busiest seasons. Spring seems a little less busy but only because the days are longer and more can be accomplished.	2/16/2017 6:41 PM
695	After school sports would be hurt by having the time compressed by being run into the darker hours. Additionally, students may have other activities like Boy Scouts that a later school finish would impact.	2/16/2017 6:41 PM
696	Fall	2/16/2017 6:39 PM
697	Spring	2/16/2017 6:38 PM
698	Spring	2/16/2017 6:37 PM
699	Fall	2/16/2017 6:35 PM
700	He rows and practice is 6 days a week, all year long. Maybe winter is least busy, but fall and spring are equally very busy.	2/16/2017 6:23 PM
701	All seasons. My other son has sports as well.	2/16/2017 6:20 PM
702	She is busy after school all year around.	2/16/2017 6:19 PM
703	It's a year round activity	2/16/2017 6:18 PM
704	Football already runs late and would run even later which would make the season even more hectic...	2/16/2017 6:16 PM
705	My son plays soccer during all three seasons.	2/16/2017 6:08 PM
706	Spring sport. Not a good time 7.30 to 9.30. My son does not get home until 10pm. It's way to late and not much family time during week	2/16/2017 6:00 PM
707	How much class time would be missed? If games were scheduled later harder for younger sibling because we'd be getting home later.	2/16/2017 5:52 PM
708	Fall! We have to take the students to many away games.	2/16/2017 5:46 PM
709	All seasons are busy	2/16/2017 5:38 PM
710	Drama takes place during both Fall and Winter however the musical in the Fall is more time consuming.	2/16/2017 5:37 PM
711	Fall and spring	2/16/2017 5:30 PM
712	Spring, multiple spring activities	2/16/2017 5:26 PM
713	All seasons are equally busy for us with regards to after school activities	2/16/2017 5:24 PM
714	Fall because it is the start of school	2/16/2017 5:21 PM
715	Summer	2/16/2017 5:18 PM
716	Fall	2/16/2017 5:16 PM
717	Robotics is year round. Competition is in Spring. He is often at school until 7-8 pm or later 4 days a week as competition approaches.	2/16/2017 5:13 PM
718	Fall is busiest bc of the time commitment for those sports.	2/16/2017 5:09 PM
719	All seasons are equally busy for our family and my child does a year round after school activity.	2/16/2017 5:07 PM
720	All are busy with theater and CC/ track	2/16/2017 5:06 PM
721	Spring	2/16/2017 5:04 PM
722	My child does sports year round at school so it is always busy	2/16/2017 5:04 PM
723	Our student participates in a dance program where the schedule is the same year-round (except summer)	2/16/2017 5:04 PM
724	It's busy all year round. I'm a single mom so nothing will change. I will have to drop her off and pick her up at the times that work for my job.	2/16/2017 5:04 PM
725	Fall is the busiest with Spring being next	2/16/2017 4:59 PM
726	Year round	2/16/2017 4:55 PM
727	fall	2/16/2017 4:49 PM
728	Spring is busiest. Question 21 does not allow you to choose more than one season.	2/16/2017 4:47 PM
729	Fall, winter and spring are all busy for my son because he is on crew team that rows throughout school year.	2/16/2017 4:45 PM

## Later Start Time Survey (Families) 2017

730	Fall	2/16/2017 4:44 PM
731	Fall is very busy as the boys need to get back into the habit of homework, sports and time management	2/16/2017 4:42 PM
732	Fall	2/16/2017 4:40 PM
733	Fall is when soccer season starts. Usually 4:00 starts practice twice a week.	2/16/2017 4:39 PM
734	Fall with the start of the school year. And with both parents working change and start times would not save students any sleep. They would still need to get up as early as they are now because of getting a ride to school	2/16/2017 4:38 PM
735	Music lessons 1-2 a week	2/16/2017 4:36 PM
736	Football season is the busiest season.Practices are long, games are at night and that adds stress on homework.	2/16/2017 4:35 PM
737	We have a number of church activities that keep us busy year-round.	2/16/2017 4:29 PM
738	It's the busiest time of year for their extracurricular schedule, rainy day pick-ups, colds, holidays, etc.	2/16/2017 4:24 PM
739	start of a school year is always the hardest to get adjusted to new classes etc.	2/16/2017 4:23 PM
740	Participates in year round extracurricular activities.	2/16/2017 4:22 PM
741	lacrosse season in the winter. Very difficult as student has to return home after school, then go back for practice at 7:30, misses dinner, has to stay up late to get homework done and study. This causes him to fall asleep and nap right after school, and perpetuates this late night studying.	2/16/2017 4:19 PM
742	Winter	2/16/2017 4:13 PM
743	My student participates year round in her activities but Spring is the busiest for us.	2/16/2017 4:10 PM
744	All seasons.	2/16/2017 4:10 PM
745	Swim season (spring)	2/16/2017 4:05 PM
746	Fall	2/16/2017 4:00 PM
747	All 3 seasons, but spring busier.	2/16/2017 4:00 PM
748	Fall during the musical & she does the Spring play	2/16/2017 3:59 PM
749	Spring	2/16/2017 3:58 PM
750	Sports all 3 seasons- busiest in fall	2/16/2017 3:57 PM
751	All	2/16/2017 3:57 PM
752	winter	2/16/2017 3:57 PM
753	He participates in after school activities all year round but would not be affected by a schedule pushed back 30 minutes	2/16/2017 3:56 PM
754	spring is the busiest	2/16/2017 3:55 PM
755	Spring	2/16/2017 3:52 PM
756	Both season are busy.	2/16/2017 3:52 PM
757	Question 21 doesn't give me a way to pick multiple items. For me the answer is all seasons. And all are equally busy.	2/16/2017 3:50 PM
758	They are all busy. Right now its water polo in fall and swimming in spring. Next year when my daughter starts Hillsdale she will also participate in after school sports.	2/16/2017 3:50 PM
759	We did not have the option to click on all three seasons above. I think all seasons are equally busy.	2/16/2017 3:50 PM
760	Winter	2/16/2017 3:49 PM
761	All.	2/16/2017 3:49 PM
762	Spring	2/16/2017 3:47 PM
763	All seasons	2/16/2017 3:45 PM
764	fall with football on #21, i tried to cross and spring, but could only cross one.	2/16/2017 3:44 PM
765	Plays soccer year-round.	2/16/2017 3:43 PM
766	winter	2/16/2017 3:42 PM

## Later Start Time Survey (Families) 2017

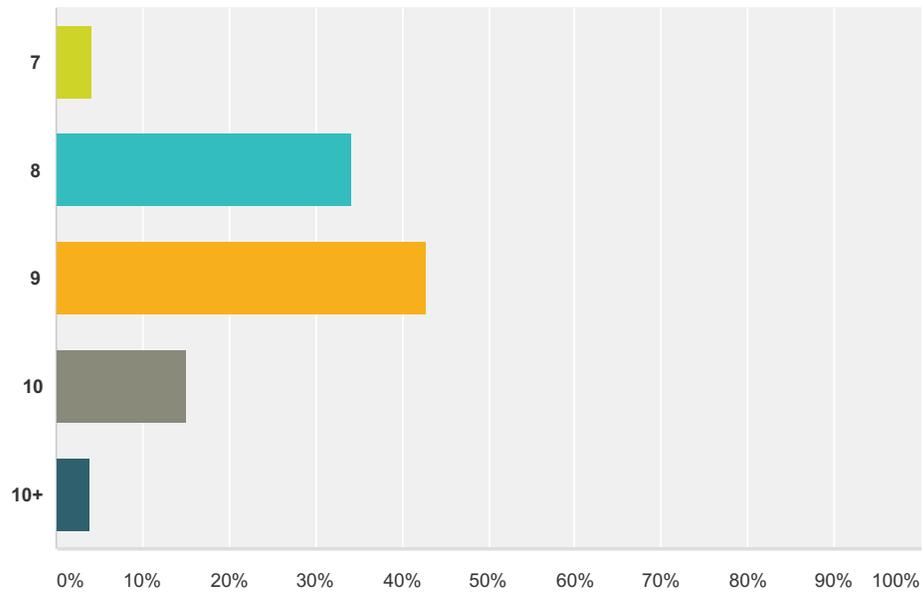
767	My son plays three Sports for his High School. The Sports start and ending times would change naturally.	2/16/2017 3:42 PM
768	fall	2/16/2017 3:37 PM
769	Kids in activities all seasons, Spring probably the busiest	2/16/2017 3:36 PM
770	Spring	2/16/2017 3:35 PM
771	Music lessons are year round.	2/16/2017 3:34 PM
772	We play both fall and winter sports. It is ridiculous to think kids will get more sleep as sports will start later ending up in later arrival home, later dinner and shower, and homework start time at a ridiculous hour keeping them up super late.	2/16/2017 3:34 PM
773	Spring is always busiest, lots going on for everyone	2/16/2017 3:31 PM
774	Spring is the busiest. But fall sometimes feels the most hectic as we transition back to school and the kids try out new clubs, activities and classes.	2/16/2017 3:30 PM
775	My son does soccer during winter but during mid terms and finals he is very overwhelmed.	2/16/2017 3:29 PM
776	Multi sport athlete so every season is busy ( couldn't select more than 1 season in survey!)	2/16/2017 3:28 PM
777	Fall and Spring	2/16/2017 3:27 PM
778	My student does participate in extracurricular activities during more than one season, but the survey only allows one to be selected. Winter is probably the busiest.	2/16/2017 3:26 PM
779	fall and spring	2/16/2017 3:24 PM
780	my son is just starting baseball so do not have insight on that program, its practices and game commitments. Would be nice for the coaches to update information and expectations for parents & students alike on their respective web site page prior to the season starting so we all know what the potential season would look like! Most team web pages are SOOOOO out of date, not current and communicate almost NO insightful information. If coaches work in this district, it should be mandatory for them to update the webpage with timely and current information!!!!!!!!!!!!!!!!!!!!!!	2/16/2017 3:24 PM
781	My son is in a year round sports schedule and trains in cupertino we leave straight from school at 3.15 to get him there on time.	2/16/2017 3:22 PM
782	They're all about the same.	2/16/2017 3:21 PM
783	Spring	2/16/2017 3:21 PM
784	Daughter does dance year-round, busiest usually fall	2/16/2017 3:19 PM
785	The question above only allows one season choice- my student participates year round in extracurriculars which are not different season to season. In any case, however, she needs more sleep and the extracurricular schedule is of secondary importance to more sleep and a later start.	2/16/2017 3:18 PM
786	Fall	2/16/2017 3:18 PM
787	Winter	2/16/2017 3:17 PM
788	Cheer. Fall is busiest for our family.	2/16/2017 3:16 PM
789	Fall	2/16/2017 3:15 PM
790	Fall & Winter	2/16/2017 3:15 PM
791	FALL	2/16/2017 3:13 PM
792	They are all the same, activities are year-round	2/16/2017 3:13 PM
793	Spring	2/16/2017 3:13 PM
794	My student participates in all seasons, so all year is busy. Spring is most difficult	2/16/2017 3:12 PM
795	all seasons during school days	2/16/2017 3:12 PM
796	Fall is busiest	2/16/2017 3:11 PM
797	All seasons equally busy. Previous question does not allow me to tick off all three.	2/16/2017 3:11 PM
798	Spring	2/16/2017 3:10 PM
799	We are active in all seasons, but fall is busiest	2/16/2017 3:10 PM
800	Winter b/c of basketball practice and games.	2/16/2017 3:10 PM

## Later Start Time Survey (Families) 2017

801	When my son has practice, after the practice, there is a lot of traffic going home. It is even harder when he has games	2/16/2017 3:09 PM
802	Fall	2/16/2017 3:08 PM
803	My kid has year round activity, later start would be a bit tough to attend	2/16/2017 3:08 PM
804	Fall is busiest with the musical but also zero period is all year. Ideally zero period would move to after school but then that excludes afterschool activities.	2/16/2017 3:07 PM
805	FALL	2/16/2017 3:06 PM
806	Fall	2/16/2017 3:06 PM
807	spring	2/16/2017 3:04 PM
808	Winter is the busiest due to whatever drama production she's in	2/16/2017 3:04 PM
809	Not sure. First year and starting bad mitten in spring	2/16/2017 3:02 PM
810	Fall	2/16/2017 3:02 PM
811	you would have to adjust sports and activities to suit the new start and end time, otherwise you have students with idle time	2/16/2017 3:01 PM
812	Spring. End of the school year is hectic.	2/16/2017 3:00 PM
813	Winter	2/16/2017 3:00 PM
814	Fall is the busiest time	2/16/2017 2:59 PM
815	Student participates in activities all seasons (this wasn't an option), winter is busiest.	2/16/2017 2:59 PM
816	All seasons.	2/16/2017 2:59 PM
817	Unknown	2/16/2017 2:56 PM
818	All seasons	2/16/2017 2:55 PM
819	Fall	2/16/2017 2:55 PM
820	Winter	2/16/2017 2:55 PM
821	Spring because we have baseball, and it's the second semester	2/16/2017 2:55 PM
822	All seasons are busy. They play fall baseball and softball, basketball and both sports in the spring	2/16/2017 2:55 PM
823	She has after school activities all 3 seasons once a week so equally busy depending on her others siblings' activities.	2/16/2017 2:55 PM
824	Winter...feels that way due to less daylight	2/16/2017 2:54 PM
825	Fall	2/16/2017 2:54 PM
826	Our kids play sports all year. Each season seems equally busy.	2/16/2017 2:54 PM
827	Please think about the fact it's just not sporting events that are affected by this. Music participation is NOT seasonal and that there are many music events that go on before (zero period for jazz band) AND after school throughout the year.	2/16/2017 2:54 PM
828	Fall and spring	2/16/2017 2:54 PM
829	Spring	2/16/2017 2:52 PM
830	My student has off campus extra curricular 3days a week all year	2/16/2017 2:52 PM
831	winter	2/16/2017 2:50 PM
832	All 3 seasons are equally busy	2/16/2017 2:50 PM
833	We are busy year round. She is a year round club swimmer.	2/16/2017 2:49 PM
834	My youngest is 3 sport athlete and all seasons are busy!	2/16/2017 2:49 PM
835	After school schedule is the same August through June	2/16/2017 2:49 PM
836	Fall	2/16/2017 2:49 PM
837	Spring	2/16/2017 2:48 PM
838	All of our seasons are hectic but fall is extremely busy.	2/16/2017 2:47 PM

### Q23 How many hours of sleep do you think teenagers need on average to stay healthy?

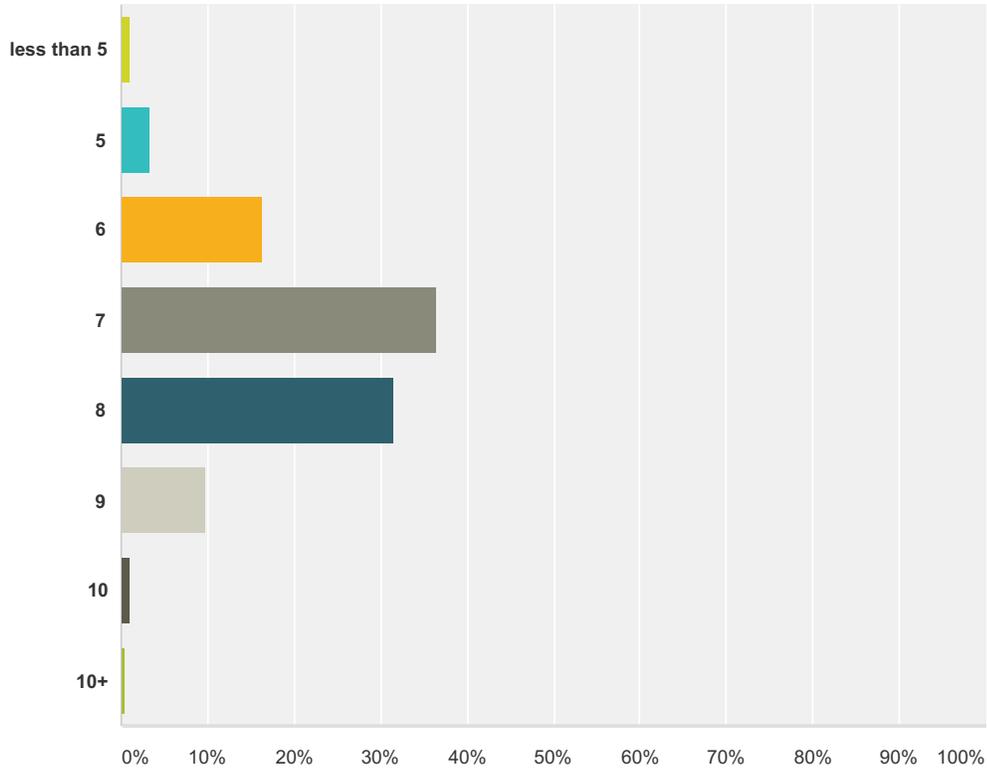
Answered: 2,411 Skipped: 138



Answer Choices	Responses
7	4.23% 102
8	34.14% 823
9	42.80% 1,032
10	14.93% 360
10+	3.90% 94
<b>Total</b>	<b>2,411</b>

**Q24 How many hours of sleep (in bed and offline) would you guess your student gets per night during the school week?**

Answered: 2,411 Skipped: 138



Answer Choices	Responses
less than 5	1.08% 26
5	3.40% 82
6	16.38% 395
7	36.50% 880
8	31.52% 760
9	9.79% 236
10	0.95% 23
10+	0.37% 9
<b>Total</b>	<b>2,411</b>

# Later Start Time Survey (Families) 2017

## Q25 Comments:

Answered: 562 Skipped: 1,987

#	Responses	Date
1	I think it would be difficult to fit in his activities, eat dinner at a decent time and get his homework done.	3/6/2017 11:06 PM
2	I think this is good, that the district is looking at all possible options.	3/6/2017 2:35 PM
3	After my daughter finish her homework and in bed, she still online with her friends until dosing off to bed. I know I have to take her phone away every night but lacking consistency in that sense.	3/6/2017 2:11 PM
4	If they have good sleep then they will be active thru out their day.	3/6/2017 1:53 PM
5	Later start is a good idea. We all love Wed mornings. But if the schedule will be the same, I would not like the later end of the day and the sport practices after dark. How to balance the healthier later start and many after school activities? I 'he no answer.	3/6/2017 11:10 AM
6	Teenagers need more sleep to grow and stay healthy. I strongly support this proposal. My daughter is now 9th grader and she is already short of sleep and has difficulty to wake up in the morning now. Cannot imaging how hard junior/senior years would be.	3/6/2017 10:54 AM
7	Thank you for providing this survey and researching this idea!	3/6/2017 10:52 AM
8	Later start will NOT work for our family	3/6/2017 10:49 AM
9	8.30 AM to 3.30 AM is good option for school timing.	3/6/2017 10:37 AM
10	Over all a late start time will make life more difficult all around. I drop my child off in the morning to get to work and a later start time is not allowed at my office. Please do not change to a late start time.	3/6/2017 10:32 AM
11	less homework after school, more time for homework and class work in class and teaching of material by the teachers will reduce the extra time at night that students have to spend learning it themselves	3/6/2017 9:49 AM
12	my son's hours of sleep vary depending on hw completion and sport activities.	3/6/2017 9:21 AM
13	thank you for considering these options.	3/6/2017 6:35 AM
14	this is a not good idea. too many problems from this.	3/5/2017 9:08 PM
15	She needs more sleep.	3/5/2017 6:35 PM
16	A later start would make waking up easier for my kids.	3/5/2017 6:08 PM
17	On weekends he sleeps in, but not too late due to homework. On school days he's up at 5:50 due to zero period. He does love his zero period and is truly devoted to it. It has meant getting to bed by 10, except when a big project or college application might be due.	3/5/2017 3:15 PM
18	Good teachers would impact on students performance much more than their school's starting/ending time.	3/5/2017 2:30 PM
19	My child doesnt get enough sleep due to homework volume not activities. As long as she continues to have volume of homework she is not going t sleep it doesn't matter when school starts	3/5/2017 12:58 PM
20	Don't change anything. Traffic will be really bad from Foster city.	3/5/2017 12:37 PM
21	Around 8.30 to 9 hours	3/5/2017 6:05 AM
22	I am also concerned with the morning commute that some/many students might need to make. A later start puts students walking in more jeopardy due to adults rushing to get to work. Since my child is a new driver, he would end up getting up and out at the same time as now, to safely avoid maximum traffic that a later start would put him into.	3/4/2017 9:41 PM
23	The start time is not moving significantly to alter my student's sleep patterns. 30 minutes of more sleep is not a big increase and is offset by the lateness of ending school and being able to start homework.	3/4/2017 5:10 PM
24	0 period should be eliminated	3/4/2017 4:54 PM
25	Depending on how much homework there is could less sleep could be more.	3/4/2017 4:37 PM

## Later Start Time Survey (Families) 2017

26	I believe that starting later will mean missing more school hours when students have games/extracurriculars to attend. Moreover, I believe that it will be more difficult for all of us because of traffic and our children will get the same amount of sleep. 15min to half an hour isn't going to change anything in their lives if just make them go to sleep later with the belief that they will get more sleep in the morning. A lot of students however will have to leave at the same time because their parents have a busy schedule and have to drive them to school every morning before going to work.	3/4/2017 4:03 PM
27	too much homework, not enough sleep,	3/4/2017 2:25 PM
28	I do feel that our children are up late studying and would definitely benefit by an 8:30 start time.	3/4/2017 2:20 PM
29	She needs more sleep and the later start time would help.	3/4/2017 11:46 AM
30	I think the work load is overwhelming for the students right now especially if your child is involved in extracurricular activities. I feel students are too stressed out with work and have no leisure time to spend with their families. Not only does my child have homework Mon-Fri but also spends most weekends doing homework also.	3/4/2017 11:16 AM
31	I do not support this change in time. This would have a detrimental effect on my entire family. Each one of my children would feel it's effects. Time is already tight during the day to get everything done, be it homework, medical apps, chores, extra curricular, family time, etc. This would shorten our days as a family and inhibit quality time from occurring.	3/4/2017 11:01 AM
32	I greatly appreciate the thoughtfulness in considering the research that supports the need for more sleep and how teens learn. It would be great to expand this to consider the 10 week break and how we could put more space in the school schedule to enable a more productive and fulfilling learning experience. Thank you!	3/4/2017 10:55 AM
33	Every child is different. I have four. What is normal for one is not the same for the other.	3/4/2017 10:50 AM
34	Revise this information in the health class so that students understand the importance of sleeping enough and how important is this for growth .	3/4/2017 8:47 AM
35	For families who live in Foster City, the traffic conditions are horrendous with getting out and into Foster City. Most of it revolves around 92. The later start and ending time will adversely affect us, especially as there is no support from the district with buses. It's left to families to provide and PAY for transportation. For our teens, they have to wake up earlier regardless because of traffic. Sadly, it will only get worse with all the new construction. Although I appreciate the science, there is no benefit for the teens who don't live near their school. They will have to get up earlier to avoid sitting in traffic which as we all know is extremely stressful. Hopefully, you will seriously consider all sides of this issue. Thank you	3/4/2017 8:19 AM
36	getting enough sleep is tricky. Lots of homework, lots of activities, lots of electronics,...it's an ongoing discussion at our house.	3/4/2017 6:51 AM
37	I feel adding 30 minutes will be very disruptive. I personally need to be at work by 7:30. I have to drop my daughter off early. Would the later start mean the library would still open at 7? Living in FC, traffic on E. 3rd increases much more in the morning the later we leave. The bus is not an option since it is way too expensive. I understand what the district is trying to do however in order for us to be able to at least try to get a jump on traffic we need drop our student off early to the school. If school times would need to change I feel it could more family friendly if the start time was earlier. Though the current time works well. Please do not make it later. I feel the supervisor is just looking at numbers on a piece of paper and does not relate how it will impact REAL families. Thank you.	3/4/2017 6:42 AM
38	There is probably not enough time in the day for kids to get the actual sleep they need during the week. It is something they would need to make up on the weekend on occasion.	3/4/2017 6:22 AM
39	Teachers don't realize the	3/4/2017 3:19 AM
40	Hope it passes for later start	3/3/2017 11:58 PM
41	I really do not recommend changing the hours and making them later. Please do not do it.	3/3/2017 11:49 PM
42	Although I think studies back the late start idea, the reality is, homework, extra-curricular activities and pickup/drop-off schedule would still create a situation where kids aren't getting enough rest.	3/3/2017 11:13 PM
43	Later zero period is better for my family and daughters health.	3/3/2017 11:02 PM
44	As an educator I understand the research around later start times and more sleep for teenagers, but I also believe that technology and the physiological make up of teenagers leads me to believe that they will always go to sleep late no matter what so starting later isn't necessary a cure all!	3/3/2017 11:00 PM
45	Any extra time to sleep would be a positive!	3/3/2017 9:40 PM
46	Waking up half an hour later allows for better adjustment to a teen's circadian rhythm. This is a healthy way for teens to become more motivated in learning.	3/3/2017 9:29 PM
47	Too much homework at nite no family time	3/3/2017 9:02 PM

## Later Start Time Survey (Families) 2017

48	Too much school home works.	3/3/2017 8:57 PM
49	If the schedule were to starts earlier, parents that have to commute to the city will ended up dropping the kids to school at the same time no matter if school starts later. The kids will ended up be at school longer.	3/3/2017 8:55 PM
50	I am not sure about this. I understand the value of sleep and traffic patterns currently are a nightmare. But most of the work-world still starts around 8 (although this is changing also) - so I am not sure about this. Maybe old school. The on-line or night class is likely a wave - but isn't part of the value of HS the interaction, etc. On the fence... prob 60/40 against.	3/3/2017 8:42 PM
51	I think that it is the job of the parents to ensure that their children are getting enough sleep. Teens like to brag about how little sleep that they get so they won't get enough sleep regardless of the start time of school.	3/3/2017 7:28 PM
52	I think the kids would just stay up later. From what I see, they stay on social media, computer games etc AND then finally get to homework	3/3/2017 7:24 PM
53	I do not support the later start proposal. Normal work hours is 9-5. school starting at 8 allows most people to drop their kids off and have a good chance of getting to work on time. starting later presents a problem as business hours are not adjusting along with it. arrangements to get my son in school at a later time will have to be made so I can get myself to work on time.	3/3/2017 7:24 PM
54	gets 6-7 hrs of sleep a night	3/3/2017 7:17 PM
55	I also do not feel that this is preparing our students for college or for work .	3/3/2017 7:13 PM
56	my child would wake up the same time even the school starts late because he used to this time to wake up.	3/3/2017 5:55 PM
57	I prefer a later start since I am a teacher. Teenagers need more sleep in order to stay healthy and alert.	3/3/2017 5:53 PM
58	varies, sometimes 6 and sometimes more than 8	3/3/2017 5:33 PM
59	I am not against starting later. I am more against getting off later. My child spends a lot of her time after she comes home to do her homework. She doesn't have much free time. If the school gets off later, which make her go to bed even later to finish her homework. So what is the point?	3/3/2017 5:29 PM
60	I would greatly support and appreciate a later start time for my child.	3/3/2017 5:16 PM
61	It's difficult for me to assess as I go to bed early and cannot keep tabs on when my son gets to sleep?	3/3/2017 5:08 PM
62	They have an early morning church class so late start would make a difference. Thx	3/3/2017 5:05 PM
63	I didn't know that Hillside High School starts at 0745AM. Aragon High School and San Mateo High School at 8AM. I strongly believe that starting later at 0830AM AND 9AM on certain day, if required, is the way to go - and we can always reduce the duration of the periods during the winter season if needed thus the school ending time is around the usual time.	3/3/2017 5:02 PM
64	I am not in favor of a later start time for high school	3/3/2017 5:01 PM
65	It's a rule in our house that he needs to be in bed by 945 -10pm at the latest. If he stays up until 10:30 due to some homework delays he usually wakes up late.	3/3/2017 4:51 PM
66	This idea stinks	3/3/2017 4:37 PM
67	Kids need sleep to stay healthy. Longer sleep means healthier, smarter kids=better future for them	3/3/2017 4:32 PM
68	Lack of sleep - some is due to workload, some due to inefficient use of time/overuse of chat & social media. Also seems like lack of sleep is a badge of courage... kids keep track of how little they slept and compare with friends. Starting school later may impact parents' work schedule, as many drop off their students on the way to work. Kudos for doing this... just as companies start thinking about 'working flexibly', perhaps there are opportunities to do similar things at school (web classes, etc)	3/3/2017 4:18 PM
69	Sleep time indicated includes naps. Students would probably benefit with a later start time but it would be extremely difficult for me to adjust my work schedule to drive to school later, and there are no buses for 0 period at SMHS.	3/3/2017 4:16 PM
70	In my opinion, the start hour is fine at 8:00 am I wish that all the students ended classes later. At least 7 periods. And an afternoon mandatory activity, at least, on campus, every day. Capuchino High School is such a beautiful school and I feel that my son wastes so much time doing nothing after school.	3/3/2017 4:13 PM
71	NO, NO, NO.	3/3/2017 4:12 PM
72	The reality is my child will be at school at the same time. Since buses are not provided, parents are required to drive children to school. The adults in my child's life all work. This means there is no option for us to take her to school any later than she is already arriving. Unless you are going to offer school buses, a later start is not a viable option for a community of parents who must drive their children to school and get to work.	3/3/2017 4:12 PM

## Later Start Time Survey (Families) 2017

73	We have a 3rd grader, 7th grader & our high schooler. Unless the elementary and middle school change their times we would need to leave at the same time every morning so it would not help my child to get more sleep she would still need to be up and ready and we need to leave at the same time and would still get dropped off at the same time.	3/3/2017 4:07 PM
74	6 hours of sleep is enough	3/3/2017 4:05 PM
75	THIS IS A SERIOUS ISSUE. I FEEL MY SONS LONG TERM HEALTH IS AFFECTED BY THE CURRENT SCHEDULE WHERE HE GETS VERY LITTLE SLEEP	3/3/2017 4:02 PM
76	I think it is also important to factor in effects of extracurricular activities on sleep and need for more hours of rest	3/3/2017 2:44 PM
77	Starting school later does not translate into more sleep time for the kids. Kids will just stay later and still end up not enough sleep. Also, the later start may put us into exactly the heavy traffic time either for the morning hour or for the afternoon pick up hour. So instead of getting half hour, kids may get only ten minutes due to more time in traffic. So I really don't see much of the benefit.	3/3/2017 8:40 AM
78	Having a later start with the school would impact the jobs that we do. In would increase in time that we are suck in traffic. I think we should educate the children to sleep early than changing the time to go to school	3/2/2017 10:30 PM
79	Part of the reason my older child (the 11th grader) doesn't get enough sleep is WAY TOO MUCH HOMEWORK!! She has an average of 6 hours of homework/night. This is about double of what was expected of high school students when us parents were the same age. This may not be the case for all students, but I think it's safe to say that such applies for MANY of the students, at least upperclassmen, at ARAGON HS.	3/2/2017 10:05 PM
80	A late start would not help the situation. The kids would just stay up later and stay on phones and computers later. My kids go to bed early.	3/2/2017 5:50 PM
81	This change would not help students get MORE sleep. It would move the sleep LATER. Which is good since teens tend to have an easier time going to bed later and waking up later, so I am in favor of it. But it is misleading to present this as something that would give students MORE sleep.	3/2/2017 3:00 PM
82	8 is the max during the week	3/2/2017 2:43 PM
83	sleep is affected by number of hours of homework given.	3/2/2017 7:47 AM
84	None	3/1/2017 7:37 PM
85	would the school bus come later in the morning?	3/1/2017 5:31 PM
86	I supported the light project with the idea that one of the major reasons was that school could start later. Is this a bait and switch?	3/1/2017 5:28 PM
87	For all students who have after school sports this will not work. They will miss more school because of the game start times.	3/1/2017 2:49 PM
88	i think the early start -- zero period -- is an issue. that is too early. i would rather those classes be available after school.	3/1/2017 1:36 PM
89	Lets try a late start	2/28/2017 9:31 PM
90	Homework load is erratic, some nights are very late doing homework and studying, others light - hard on the students	2/28/2017 8:41 PM
91	Late starts are difficult with working parents especially if the students still need to be driven to and from school. Mills already had a late start Wednesday. I still drop my student off at the same time as regular start days. Hence, it defeats the purpose in our situation. It will not benefit students who are in the same family situation.	2/28/2017 8:21 PM
92	My son stays up very late, as he is a IB Diploma candidate and has much homework after sports. He stays up until 1-2am each morning, so a later start would allow him to sleep in a bit.	2/28/2017 7:21 PM
93	The amount of homework is a factor in sleep. AP classes definitely contribute, but it seems like teachers treat this as training for college. I think it leads to burnout.	2/28/2017 4:43 PM
94	If school starts 15-30 mins later, the students might sleep later as well.	2/28/2017 3:30 PM
95	Yes. Sleep is important & our child has no problem making that happen at a decent time.	2/28/2017 8:30 AM
96	I read the research, and it was informative. I would have like to have read more about the longer term impacts on children, with longer period studies. It would have also been informative to read about a contrarian point of view, I can only assume that there is research about that as well (e.g. here <a href="http://www.masterofartsinteaching.net/lists/5-pros-and-cons-of-later-school-start-times/">http://www.masterofartsinteaching.net/lists/5-pros-and-cons-of-later-school-start-times/</a> )	2/28/2017 8:25 AM

## Later Start Time Survey (Families) 2017

97	We talk about getting our children ready for college and life however, I don't see how changing to a late start helps them. we started school @8:00 and finished @4:00. I think we turned out just fine! Have the families who want a late start considered the impact on the start time for middle school and elementary? Can you see Highschool drivers navigating around hat too?	2/28/2017 8:02 AM
98	See question #22 for comments. Thank you.	2/27/2017 3:52 PM
99	With both parents working and other children to get to school moving the time would be VERY difficult!!! I feel parents will just let their children stay up later if school starts later.	2/27/2017 2:38 PM
100	My kids sleeps at 11:30 and wakes up at 6:10 for zero period	2/27/2017 2:36 PM
101	KEEP THE SAME SCHEDULE	2/27/2017 12:23 PM
102	Ugh.	2/27/2017 11:54 AM
103	This is a total waste of time and resources to even be considering this. All schools in the district should start at 8 and end at 3 every day.	2/27/2017 11:52 AM
104	My son sleeps until 10am on weekends to catch up on sleep.	2/27/2017 11:03 AM
105	I have tough rules at home and my daughter has to turn everything off (TV/Cell phone/internet). She has to go to bed on time between 9-10pm. The problem will NOT change by changing the school start or end times. The parents are the ones who are in control and have LOST that control of their kids and what they are doing. They are spoiled with electronics and there is NO SUPERVISION. We as parents need to be tough. We need to take away the things that are hurting them. In the real world, your boss/employee will not change the start time of work to accommodate your sleeping needs. If the start time is at 8am - then you need to be ready to work at 8am!! That is the real world, we need to stop spoiling these kids.	2/27/2017 10:53 AM
106	I support a later start time. To ensure the physical and mental health of our kids, in conjunction with a later start time we must reduce the excessive homework load. Even bright kids who do not overload on APs are struggling, putting their health in grave danger. Changing the start time alone will not be enough. We also must address overly competitive parents who not only put their own kids in danger, but indirectly jeopardize other students' health and well being. Stress management techniques won't cut it - we need to reduce the workload and the extreme expectations.	2/27/2017 10:43 AM
107	Thank you for championing this cause for the health of students!	2/27/2017 10:31 AM
108	Please don't change. Also, when playing Aragon sports, students will even miss more school because of early dismissal time. Doesn't make any sense when all the other schools in our area (except our district) all start around 7:45-8:00	2/27/2017 10:28 AM
109	My student participates in zero period. That has not been a great fit for my particular student.	2/27/2017 10:22 AM
110	There is way too much homework (especially group projects) and kids are staying up until 1:00 or 2:00 in the morning.	2/27/2017 10:14 AM
111	A later start time would mean that my child would have to get up earlier to walk to school instead of being driven. This would actually decrease the amount of sleep she would get since she would have to stay up later to complete homework.	2/27/2017 9:11 AM
112	In the post-high school world adults are expected to get up in the morning and be at work. Starting the habit of a decent hour to bed and early rise promotes a lifetime of good habits. Although I do not think there would be a detrimental effect to a 15 min push back of start time I do not think this makes a positive difference either, and the students that are late to their 8AM class will similarly be tardy to an 8:15 class as their schedules are delayed.	2/27/2017 8:57 AM
113	Sometimes my child gets less sleep, particularly when late night dance rehearsals coupled with homework.	2/27/2017 8:52 AM
114	My main reservation is if the school starts at the same time as the Elementary's, the increase in traffic across town will make the drive longer and negate part of the later start. It also is a bigger challenge for those of us that drive our students and still have younger children at home that need help getting ready for school. One benefit is that it might increase student interest in zero period activities (like band), but that would also negate the later start time since more kids would come earlier. More students may also miss seventh period as it reduces the timeslot even further to schedule doctor or dental appointments. Finally, I have a much bigger concern about certain hs sports who's practices go to 930 or 10 at night--then you have a kid coming home at 10:15 pm that's wired and can't get to sleep, several nights a week. This was our experience with JV soccer for example.	2/27/2017 8:16 AM
115	I think adding these random on-line courses or night courses will severely detract from the high school experience. Who will you get to teach these classes? The teachers who are already at school all day? How many teachers will stay after school to lead after school sports or extra-curricular activities? They have families too. If the day gets out later are they then going to run a practice for 2 hours to leave school around 6:00?	2/27/2017 8:04 AM
116	Wonder how starting late will affect SamTrans for my kids to take the bus home after school.	2/27/2017 7:50 AM

## Later Start Time Survey (Families) 2017

117	The suggestion to start school later is well-intentioned. However, it has serious adverse ramifications for parents who drop off their children and then have to rush to work to be on time. Also, I sincerely feel that most teen-agers would just stay up later and there would be no increase in actual sleep time.	2/27/2017 6:57 AM
118	Later start times would not solve the sleep issue. Providing less home work overall and focus on more effective/targeted home work topics vs volume in general.	2/27/2017 5:59 AM
119	Please think about parents have different kids in others schools Also later start = later home or and study time and it ended up sleep the same as the same start time	2/26/2017 10:47 PM
120	I think a later start would reduce tardies due to getting across the train tracks and horroble signals in the area because of it.	2/26/2017 10:44 PM
121	The student I have at Aragon now is unlike my first two who were more sleep deprived.	2/26/2017 8:30 PM
122	Again, supportive of the idea but please review and change the rules for practice time allowed for sports so that kids aren't forced to stay up later as a result of school starting earlier.	2/26/2017 6:56 PM
123	Waking up later won't help as she will be going to bed later.	2/26/2017 5:00 PM
124	this has been more loose as the year has gone on	2/26/2017 3:33 PM
125	I find the regular start time OK. but we had zero period for several years with 2 kids, and that was quite difficult, 6:50 AM start.	2/26/2017 3:09 PM
126	i wish they got more sleep and less homework	2/26/2017 11:42 AM
127	offline is not the problem. You people are deflecting away from the real problem (TOO MUCH HOMEWORK) which is causing, stress, lack of sleep, anxiety and many other issues. By the way my daughter is a 4.0+ student so I am not complaining about homework because she get poor grades.	2/26/2017 9:29 AM
128	Late start is the way to go. I'm a principal at Menlo- Atherton and we adopted a late start for most students on 2009. On block days students start even later- 9:25 and 9:40. As for sports practice, you have a neighboring district who would agree to start games later. It's worth it for teen health. We have found some students don't go to bed earlier but do count on the time in the morning to get homework done if they don't sleep in especially on block days. On regular days 1st period starts at 8:45 and we are dine you 3:15. Check out our bell schedule. Traffic will always be an issue in this area. I'd love to help or support in this effort.	2/26/2017 7:17 AM
129	He gets 8.5 hours of sleep	2/26/2017 5:48 AM
130	Needs extra hour in my opinion. Later start let's me get get more sleep too. Good for student and parent	2/25/2017 11:24 PM
131	Lots of homework (AP class issue) and too many electronics (family issue)	2/25/2017 10:10 PM
132	My son has had a hard time with early start for years, he is not lazy, nor defiant. Teens are going through many changes are their age, including anxiety and difficulty sleeping/winding down after sports, homework and busy life in general. I strongly support online classes and later start or at least the option(s). Traffic has become such that add to the equation. I am glad the district is offering survey and considering changes.	2/25/2017 7:47 PM
133	My older daughter had no first period her senior year and it was amazing. Better grades, better attitude, better all-around.	2/25/2017 4:41 PM
134	PLEASE do not mess with the schedule. No one has time to "review" all the supposed data; this is not "hard data"- there seems to be too much conjecture-now decreased sleep is resulting in obesity (as does everything else) and even hypertension! If the powers that be are insistent on doing a "study" to see if a few more minutes sleep will REALLY help all the darlings in SO many areas of living, they need to design a double-blind, random, prospective, and controlled study. NO pilot project will be robust enough to show any significant change with all the variables which cannot be controlled (for). As one of our sages observed: "..if it ain't broke, don't fix it"! Thanks.	2/25/2017 2:40 PM
135	Combination of extra curricular activities plus homework/studying makes for late night early mornings	2/25/2017 2:10 PM
136	Please do this. Go to a later start time. Don't mess around with 15 minutes later. Start 30 minutes to an hour later.	2/25/2017 10:32 AM
137	30/45mins does not seem like much of a difference... what about an hour later or more?	2/25/2017 10:04 AM
138	just had schedule changed to pick up and drop off both my children. Not able to change schedule now pick up kids during lunch hour from work. would be very difficult if not impossible to change my schedule	2/25/2017 9:57 AM
139	My son consistently gets less than seven hours of sleep on school nights when the pediatric recommendation is 9-10. With projects and other obligations, he has had as little as three hours. Stressful and unhealthy. Students fall asleep in class or they are so tired, they can't focus and learn.	2/25/2017 8:34 AM

## Later Start Time Survey (Families) 2017

140	Delay start time does not help the students sleep more. What they need is better guidance & better understanding of prioritizing their time for health.... they need a counseling class daily just like how parents need to take parenting classes..... not all families are capable of guiding their kids without given some tips.	2/25/2017 7:38 AM
141	Lots of homework. Mills teachers need to consider student has 6-7 classes.	2/25/2017 7:25 AM
142	Good idea, let the kids sleep please	2/24/2017 10:45 PM
143	See earlier comment about MOUNTAINS of homework -- how can students possibly do sports or other after school activities if they don't get out till 4pm???	2/24/2017 10:37 PM
144	This is a horrible idea! Parents need to get to work and will drop off the kids early and they will get into some sort of trouble. Getting out later gives them less opportunity to do homework and unwind. I would not allow my child to do a sport because he would miss even more school when there's a game.	2/24/2017 9:15 PM
145	when my students gets off school & there's no afterschool activity, it makes it hard on our schedule if she doesn't have a place to stay safely at school: this would mean that we must pick her up regardless due to our concern for her safety. Our school district should make everyone aware if there are happenings in school or students from school who commit bad behavior so as to protect our children & promote self awareness for our children.	2/24/2017 8:43 PM
146	Aim to get her to bed early but she reads. Phones are removed by 9pm.	2/24/2017 8:24 PM
147	My child goes to sleep at 10pm every night and wakes up at 6:30am that is a total of 8 1/2 hours of sleep. She gets up on her own and it has never been a problem. She likes starting school at 8am and prefers to keep it that way.	2/24/2017 7:59 PM
148	I have lived in this area for almost 25 years. Traffic has become a nightmare. In fact, I just left a message for San Mateo PD to please address the traffic problem around Abbott Middle School. Hillsdale is even worse with the mixture of parent and student drivers. A later start time won't help our children and will make traffic worse. In addition, it doesn't prepare our children for the workforce. They need to learn how to manage their time and get the right amount of sleep.	2/24/2017 7:55 PM
149	Sleep is very important!!	2/24/2017 7:47 PM
150	she has slot of homework with advanced classes and is tired after school usually taking a nap everyday in between extra curricular too	2/24/2017 7:07 PM
151	If the students would start 30 min later without going off 30 min later then this would be the best solution.	2/24/2017 6:30 PM
152	Tough nut to crack.	2/24/2017 6:25 PM
153	He consistently gets 7 - 7.5 hours a night	2/24/2017 6:03 PM
154	We are preparing them for adulthood so changing the start time to a later time is not a good idea. Work hours are usually 8-5 & they need to adjust what time they go to bed not wake up later.	2/24/2017 6:02 PM
155	I am strongly opposed to starting later.	2/24/2017 5:58 PM
156	If the school schedule started later 2016-2017 AND SamTrans schedule remained the same, my student could take SamTrans. School start later in 2017-2018 & 2018-2019 would allow student to sleep later, which is good.	2/24/2017 5:50 PM
157	Have to consider impact of traffic especially between Abbott and Hillsdale high.	2/24/2017 5:46 PM
158	The 7:45 start time at Hillsdale is entirely too early. Please change to a later start time - it will benefit all concerned. Thank you.	2/24/2017 5:45 PM
159	Let's try it. I think it would help with student's mental health.	2/24/2017 5:29 PM
160	I'm so glad our district is considering this. I realize it's probably a tough issue for many parents, but if our kids get more sleep, they'll probably do better in everything.	2/24/2017 5:23 PM
161	He needs mores sleep!	2/24/2017 4:51 PM
162	she's consistently exhausted and struggles to get to sleep before 1 am. alarm goes off at seven. some days she so tired she looks like she could topple.	2/24/2017 4:46 PM
163	Please take into consideration those families that have children in high school and middle school or elementary school. Starting school at the same time will create considerable challenges managing transportation for both.	2/24/2017 4:45 PM
164	homework load extremely heavy and with after school activities....hard to get to bed earlier. even without afterschool activities, she still does not get to bed until after 12 am	2/24/2017 4:44 PM
165	Better busing would help.	2/24/2017 4:44 PM
166	Love The idea of starting later	2/24/2017 4:28 PM

## Later Start Time Survey (Families) 2017

167	If the schedule changed to later start time my student would still have to get up earlier due to transportation issues.	2/24/2017 4:23 PM
168	I think it would be better for the students to start late even 9am since half the students drive or walk to school.	2/24/2017 4:21 PM
169	It would be an inconvenience for the change in schedule and my son would not benefit in a late because he likes to be up early and would still sleep the same hours whether he starts early or late. In addition, the change would make it hard for him to get rides because one of his parents has disabilities and it is hard to change schedule with people that can help with rides. This change would have him either walk or rely on public transportation and possibly cause him to be late for school. Up to now, he has never been late to school because he gets to school 15-20 minutes early. So if there was a change he would be left at school for about an hour early and we don't feel safe leaving him there that early. In the end, this change would not work for our family. PLEASE, "don't fix it, if it is not broken."	2/24/2017 4:11 PM
170	I'm for a later start time. I think this would benefit the kids, but maybe not the working parent. However I do not agree with dismissal being later. As it is I don't feel kids have enough time after school for homework, activities, family time etc. School is important however I think schools have lost something over the years. The pressure that is put on these kids now a days is ridiculous.	2/24/2017 3:57 PM
171	it is super hard for most of the working parents that the kids have a late start until they can drive on their own.	2/24/2017 3:50 PM
172	Another option is more of a college format where on Mondays, Wednesdays, Fridays, allow for a later start time and early release. Tuesday and Thursdays, less classes that are a little longer.	2/24/2017 3:39 PM
173	I support teenagers getting more sleep and starting school later even though traffic for drop off with a later schedule will not be convenient for most drivers. Student health vs adult inconveniences definitely outweighs. As a side note, Later schedule would be consistent with colleges which rarely have 7/8 am courses.	2/24/2017 3:39 PM
174	This initiative reinforces the value of everything that we are trying to limit!	2/24/2017 3:38 PM
175	The time commitment requirements of high school are not apropos for preparing for university and life, it is distorted to over-emphasize time requirements versus difficulty (for example). This could result in 'negative training' per preparation for post-high school education. One potential effect is "if high-school took this much time and effort, there is no way I will survive this unknown world of college that I am told is even harder, so why even go."	2/24/2017 3:26 PM
176	I think this is a waste of time, whether you start school later or not kids are still going to get the same amount of sleep. The only difference would be they would stay up later since they can sleep in more. I think parents just need to be more strict with their kids/teenagers and make them go to sleep at an appropriate time. If they are staying up doing homework, well make them start doing the homework earlier and that way they can get to sleep at there designated time. Whether you start at 8:00 or 8:30 or whatever time you have in mind will make no difference in the hours the kids sleep. Parents need to take away Phones, I pads, Laptops and computers and get their kids to bed. This is a problem that should be dealt with on a student by student basis. If parents can't get their kids to bed at a sensible time now giving them an extra 30 minutes is not going to help.	2/24/2017 3:26 PM
177	We live in Foster city and the school bus stop is not near by. My son has to walk ~12 mins to reach the bus stop. The bus arrives between 7:05 - 7:10 and he has to leave home between 6:45 - 6:50. He usually gets up around 5:45 am	2/24/2017 3:19 PM
178	My kids won't like it if they can't still have a block schedule.	2/24/2017 3:17 PM
179	There have been many studies done that indicate that teenagers need a lot of sleep. Being that this is my second son in high school and seeing how much he has grown, I think it is imperative that these kids have a later start.	2/24/2017 3:16 PM
180	Although 9+ hours would be ideal, I don't think it is realistic because of homework, jobs, and activities. At least 7-8 hours per night would be an improvement.	2/24/2017 3:15 PM
181	Sleep is a concern, but it's a factor of how much homework students are assigned that make them stay up. From a parental perspective, teachers are piling on homework on weeknights AND weekends. Staff does not appear to not consult with each other, even if they teach in the same house at Hillsdale. We were under the impression that they're supposed to keep track of each student's daily activities, which parents thought included workload, and that they would discuss assignments with each other to make life workable for the students. My child is an excellent student, but really has to put in a ton of hours to get all of the assigned homework done. If our child is participating in an extracurricular activity, it is really tough, but we feel it's important to be a part of the school community. I've had conversations with other parents and the consensus is that the amount of work the students have is way too much and this is the root of the sleep issue--not the start time.	2/24/2017 3:07 PM
182	The biggest problem is not the start time; it is too much homework which keeps my student up late. But for some reason no matter how much research refutes the benefits of homework, schools and teachers continue to assign an excessive amount. What a senseless waste of a youths life.	2/24/2017 3:06 PM
183	Work with local elementary/middle schools to avoid having start times the same.. that is VERY hard on parents. At a minimum, have a late start one day per week instead of getting out early one day!!	2/24/2017 3:05 PM

## Later Start Time Survey (Families) 2017

184	My other sons are on cava program and they start school at 9 am and they work better with the late start.there grades have improved a lot!	2/24/2017 3:01 PM
185	Evidence shows teenage biology pushes later sleep time, so a later school start is better.	2/24/2017 2:59 PM
186	changing school times will merely shift the times of their current schedule but make extra currifular activities more difficult to attend and cause even later bedtime hours	2/24/2017 2:54 PM
187	I have a son in elementary and it would be easier for my daughter to go in later - then we would be able to take her to school.	2/24/2017 2:54 PM
188	There is too much homework and busywork even in academic classes. Each assignment s/b meaningful and add value.	2/24/2017 12:05 PM
189	due to afterschool sportsn dinner and lots of homework he tries to go to sleep early but does not happen often	2/24/2017 8:14 AM
190	more sleep time, less school time	2/23/2017 10:29 PM
191	I don't know that I could get my student to maintain the same bedtime with a later start time. I fear that he would just go to bed later and get up later. I do greatly appreciate the effort to reduce the amount of homework he's assigned. That definitely helps him get more sleep.	2/23/2017 10:15 PM
192	Thank you for considering this!	2/23/2017 9:39 PM
193	It's ridiculous, totally unhealthy. From what I've heard this is the norm for most local treens, 6/7 he's a night.	2/23/2017 9:35 PM
194	There are no easy answers. I appreciate the district making an effort to figure out solution that is as helpful to large group as possible.	2/23/2017 8:10 PM
195	my son may be in bed early enough but is online so does not get ample sleep	2/23/2017 11:01 AM
196	Just had work schedule set in order to be able to drop off and pick up both of my children!!!!!! Cannot change work schedule now!!!! If kids schedule changed now would make life very difficult!!!	2/23/2017 10:33 AM
197	In order for late start to be effectrive, it needs to be an hour later in the morning (to alleviate traffic for those commuting from long distances) but end at the same time so that after school activities, athletics are not adversely affected. Also ending school later will increase commute times for those living in foster city and beyond.	2/22/2017 9:09 PM
198	Capuchino start/end times are great. Most families here in San Bruno have children attending local middle/elementary schools. Having a later start time will most likely be an issue for younger siblings to get to school on time. The start/end times of the high school should remain staggered to reflect the feeder schools schedules.	2/22/2017 8:27 PM
199	Kids this age have a hard time getting up in the morning but are ok staying up later.	2/22/2017 5:50 PM
200	While most teenagers might need a certain number of hours of sleep, there will always be a few early birds and night owls, who will find it difficult no matter what.	2/22/2017 5:18 PM
201	Their brains are developing and they need sleep for this.	2/22/2017 4:02 PM
202	Sleep deprivation is definitely an issue especially for teens.	2/22/2017 12:08 PM
203	My kids start band practice at 7am, which is WAY TOO EARLY even for adults! With homework and studying, my kids don't go to sleep till about 1030-2100 but have to get up by 6:15 to make the 7am zero period. I'd be extremely happy if band practice move to a later start such as after 8am or after school. The lack of adequate sleep will have negative impact on learning and concentration. As parent, I fully support later start for all grade levels, the later the better.	2/22/2017 10:14 AM
204	It would be great to have a late start - but the issue is how it will impact the students at the end of the day from taking extra curricular classes to getting to a job later to team sports. Getting the students home even later to do homework. The district should spend more time on the adverse affect homework has on students - this is what impacts their sleep, not the time school starts.	2/21/2017 11:58 PM
205	My student is often up very late (1,2am) doing homework and studying. An extra 1/2 hour of sleep would be valuable.	2/21/2017 10:25 PM
206	Sleep is incredibly important but having a later start day will not necessarily affect teen's sleeping habits. There's a lot more to consider.	2/21/2017 9:57 PM
207	I support later start times. While it might not be convenient for many parents, doctors all agree it's in the best interest of the children. And that is what this is supposed to be about, correct?	2/21/2017 9:51 PM
208	Don't give busy work for homework	2/21/2017 5:34 PM
209	Our kid is good at finishing homework before bedtime, but is can be challenging to do so.	2/21/2017 5:27 PM
210	The data is irrefutable: adolescents need a later school start time.	2/21/2017 5:16 PM

## Later Start Time Survey (Families) 2017

211	In my opinion, banning the usage of cell phone in school completely would help students so much better than starting school late. They don't have enough sleep largely because of time wasted on electronic screens. Please fix the root cause. Thank you.	2/21/2017 5:14 PM
212	I also have a 9th grader going to a private school that has a 9am school start and a 2:30 finish but he attends more days of school which he actually likes a great deal.	2/21/2017 4:23 PM
213	Technology also poses a challenge for teens and dedicated 'sleep' time	2/21/2017 4:20 PM
214	My older daughter doesn't have a 1st period this year, and she seems to have benefited in a very positive way to a later start time. My younger daughter is a freshman and I believe she would greatly benefit from a later start time.	2/21/2017 4:20 PM
215	It's very difficult to get my kids to bed any earlier (hey, how about less homework?). So getting out of bed later is the only way to get more sleep.	2/21/2017 4:09 PM
216	My son currently has a zero period and has many after school activities as well as 4 honors/AP classes. Even with all this, he is able to get 9 hours of sleep a night. It's all about being efficient and getting things done. Later start time is NOT going to increase the amount of sleep a teenager gets. They will just go to sleep later knowing they can wake up later.	2/21/2017 1:26 PM
217	Thank you for your efforts in trying to test out this strategy.	2/21/2017 1:25 PM
218	I believe that even an extra 15 minutes of sleep ,would benefit everyone in general. Thank you.	2/21/2017 10:02 AM
219	Tries for 8.5 but typically only gets 7-7.5 due to homework	2/21/2017 9:48 AM
220	Pls consider that later end times will impact students with jobs as well as any scheduled dr appointments that parent may need to make and therefor more school missed. Traffic is traffic regardless since the same number of cars will be going to the high school when ever the start time is set. consider later start times give some students a reason not go get to bed when they should since they don't need to get up as early. Lastly, does not impact us now but it would have several years ago in trying to get them to school with our work times is difficult if they start later especially if a zero first period would need to depend on others more for help which can be complicated and hard	2/21/2017 6:22 AM
221	Because of 0 period, need to get up early.	2/21/2017 1:06 AM
222	I strongly support starting school later. Kids need a break after school for extracurriculars and then time to do homework so sleeping in an extra half hour--or even an hour--would be great.	2/20/2017 6:36 PM
223	It wouldn't do anything to my child because he will still sleep late regardless of the time school will start. He doesn't get enough sleep but that is all on him not school. I don't think school can start at one in the afternoon because that's the time he normally gets up if he could.	2/20/2017 5:12 PM
224	I would have my child go to bed earlier, but homework prohibits an earlier bedtime, and he has to wake at 6 am to catch his bus. Teens typically don't get enough sleep, raising risk for more health problems and depression.	2/20/2017 4:59 PM
225	Part of transitioning to post high school life includes the expectation that students be prepared for events during normal business hours so that typically means 8am. We try as much as possible to encourage constant sleep/wake schedules for our children. If they are expected to start their day later during school days, it will make it that much harder for them to adjust to weekend and summer activities (jobs, academic or sports programs, etc.) that start earlier. Further, looking ahead to college and beyond, I want my kids to appreciate the value of getting up and going early. It will serve them well in life! My children, and those of many other parents I know) have never really had a problem getting up. If some parents feel their children will benefit from a late start time should request a free first period. I strongly oppose later start time as I feel it will negatively impact after school activities and family schedules. Lastly, I heard students mention that BHS is considering incorporating Wednesday office hours into the day stating that few students take advantage of office hours. Once students go to college they will find that office hours are truly optional. Having the same set up in high school will better prepare students for that. I feel it is unnecessary to incorporate office hours into the school day in order to encourage participation.	2/20/2017 4:28 PM
226	My teenagers have a difficult time going to sleep and then waking up. I am happy you are considering a later start time.	2/20/2017 4:19 PM
227	A late start wouldn't necessarily improve the students' performance. Earlier in bed the night before is the solution. Starting at 8:30am would make them go to bed even later at night. And in my opinion zero period was unnecessary, never liked it. Let the students be teenagers. They have their whole life to deal with the schedule of an adult. Burn them out in High School and they would drop out of college.	2/20/2017 4:09 PM
228	Please consider traffic patterns of commuters and the elementary schools. Some throughfares will/can become bottlenecked to access schools spilling into neighborhoods.	2/20/2017 4:06 PM
229	My daughter takes AS and AP courses and has a lot of homework. Between the quantity of homework and after school sports, she's often up until past midnight and she has to wake up at 6:15am for zero period.	2/20/2017 3:21 PM

## Later Start Time Survey (Families) 2017

230	would prefer to stay the same schedule, mainly due to increased traffic (thus time to get to school) if school starts later...and the students would go to bed later if school starts later	2/20/2017 1:59 PM
231	Students that play sports should be excused from PE. This time can be spent on the overwhelming amount of homework given. It is wasted time and should only be a requirement for kids that don't play sports. This would give them more valuable down time	2/20/2017 12:52 PM
232	thank you for considering this option. my daughter doesn't have 7th period and almost always comes home to take a power nap before going back for after school activities	2/20/2017 12:49 PM
233	More to later start is willbe better for students and teachers.	2/20/2017 10:27 AM
234	some days less than 6 hours of sleep a night	2/20/2017 7:53 AM
235	Making start time later may increase sleep. I hope it would. Bed time would stay same unless too much homework and could sleep in more.	2/20/2017 7:05 AM
236	7 is average, but variability is high and the days with much less sleep are detrimental	2/20/2017 2:05 AM
237	Ending later will make homework and sports more difficult and will cause going to be even later. I do not want the day to start later.	2/19/2017 11:05 PM
238	If school Started later it would only make my day longer, I arrive at school at 6:45 every morning for my zero period and have sports after school, I also maintain a 4.0 GPA. If I am able to do that other students can arrive st school at 8. Starting school later and ending school later has no use and while I see the idea, that idea should be taken elsewhere	2/19/2017 11:04 PM
239	I do not agree with this idea of stating later. Next we will be asking for a later time.	2/19/2017 10:54 PM
240	Teenagers circadian rhythm keeps them up later at night. Please start school later to match the developmental needs of our kids!	2/19/2017 9:05 PM
241	Absolutely agree that more sleep would improve our child's emotional & physical health. Our work schedules would not change and no option for bus/walk where we live. Would drop him off 7am (to get to work). If we/schools are concerned w/sleep, should get LESS HOMEWORK. He does 6-8hours after school. More on weekends. He's stressed and overwhelmed and less homework would allow him more sleep, not a later start time (and for him, would still drop off same time anyway). Perhaps even "no homework weekends" (like Nueva school- no homework on any weekend). He gets homework even on the long breaks even tho there's no homework policy. Thank you for having this discussion and consideration for their well being. Wonderful to do so. Thank you.	2/19/2017 8:40 PM
242	8:30 Start would be horrible for traffic since Burlingame School district starts at the same time. I think the requirement of student athletes taking PE is more detrimental to their bodies then getting up early.	2/19/2017 8:22 PM
243	My sons makes it a point to get to bed by 9:30 in order to wake up around 6:30, in order to get to school by 8am.	2/19/2017 8:10 PM
244	Starting school later is NOT the answer to students getting enough sleep in the day. If this is merely about students getting enough sleep to perform better then the answer quite logically is for them to go to bed EARLIER, not disrupt the rest of the scheduling of the community at large.	2/19/2017 8:01 PM
245	A change to a later start time would conflict with our daily commute to work. We would prefer no change of schedule.	2/19/2017 5:29 PM
246	Later dismissals, becomes, later sports practice = later start to HW	2/19/2017 5:23 PM
247	I am in favor of a later start time. research shows students are less awake in the early mornings. All of my kids are tired in the morning and could benefit from a later start time.	2/19/2017 5:07 PM
248	my son has sports after school and is up late working on homework every night	2/19/2017 3:55 PM
249	Homework hours fill up the time. Early or late, it would be the same	2/19/2017 3:22 PM
250	I know several students who have so much trouble getting to their zero period at Hillsdale, or who have opted out of great activities like Leadership or Jazz Band because the start time is 6:45. That is not a healthy start time for a teen.	2/19/2017 3:08 PM
251	We are concerned about increased traffic, especially since there are elementary and other schools in our area that start at 8:30. We are also concerned for staff commutes. Our other child attends middle school that starts at 8:30 so our high schooler would get to school at the exact same time she does now regardless of half hour later start time. We are also worried that a late start time would result in really late days due to after school sports, etc.. So if she wakes up at the same time as she does now but has an even later school day, it doesn't help much. Perhaps an hour shift both ways (starting at 9am?) would alleviate that issue, but would be quite difficult for those who work who need to drop off and get to work on time. Thank you so much for considering everyone's thoughts and concerns.	2/19/2017 3:07 PM
252	My current senior is the rare early bird. He is fine getting to zero period. However, my incoming 9th grader is a night owl. She is horrible at getting going in the morning. Moving the start time would benefit her tremendously.	2/19/2017 2:20 PM

## Later Start Time Survey (Families) 2017

253	Ideally my student would go to bed by 11pm and get up no earlier than 7am. When left to sleep without any restrictions, he would go to bed after midnight and sleep until 11am, getting about 9 to 10 hours of sleep. He opted out of first period which has allowed him an extra hour of sleep each morning.	2/19/2017 1:45 PM
254	More buses available to and from school. Free school buses to and from school would be a solution for all parents	2/19/2017 10:35 AM
255	average is actually around 7.5	2/19/2017 9:57 AM
256	I do not support the school schedule time change. Changing the start time of school by 15-30 mins isn't going to give kids significantly more sleep time to positively affect their performance in school. My reasons are as follows: 1. Traffic significantly increases between 7:15 to 7:30 to 7:45. If start time is later, we need to allow more time to get to school, due to traffic, so there would not be any significant sleeping in time. 2. If start time is later, then I have a major schedule conflict getting my other child to school on time by 8:20am. 3. The psychology behind a later start time is positive if a child can get an extra hour of sleep, but 15-30 mins. isn't enough to make a positive impact on their performance and will create more traffic and schedule issues for families than it's worth. 4. If release time is 15-30 mins. later to coincide with the earlier start time, then student athletes who have outdoor practice after school have less daylight time to practice.	2/19/2017 9:52 AM
257	A late start and dismissal would adversely effect after school part time work schedules for students. They would have less hours to work which is crucial for kids paying their own expenses, saving for college, or assisting with household expenses.	2/19/2017 9:49 AM
258	Students will go to bed at the same time as before if not later as their reasoning will be that they will have more time to sleep which is not true. I think the schedule should remain the same to provide quality evening time with teenager.	2/19/2017 9:44 AM
259	My kids do well to manage their time and sleep. We emphasize sleep in our home.	2/19/2017 9:34 AM
260	I get up with my son and he leaves before the rest of the family wakes up. No time for a healthy breakfast	2/19/2017 9:09 AM
261	Most important is what is good for the kids, next but less so parents, and traffic should be least important. It is not the schools responsibility to deal with the traffic of living/working in the bay area. Especially not when deciding what is best for teenagers and their health & education.	2/19/2017 8:32 AM
262	Even if there was a later start time I would have to drop my child off at the same time in order for me to arrive at work on time as I currently have to do on Wednesdays. She would need access to the library to study before classes start	2/19/2017 8:05 AM
263	Kids need more sleep, that's for sure. However, if you start later, then you finish later. Homework and extra-curricular events would end later, so kids will have to stay up later to finish their classwork. The point is moot. They will not get enough sleep no matter what. Why don't you limit the amount of AP classes a child can take? The pressure on these kids is insane, and it is criminal to allow them to take 3 or more AP classes a semester.	2/19/2017 7:44 AM
264	my daughter needs about 10 hours of sleep a day	2/19/2017 6:57 AM
265	We like the idea of later start but worry bedtime will just be later due to later dismissal.	2/18/2017 11:07 PM
266	Less homework or provide some free time in the class for doing homework. If teachers assign the homework earlier, then students can arrange their time nicely to complete their homework.	2/18/2017 11:04 PM
267	Think we should try it!	2/18/2017 10:56 PM
268	School should start at the same time but end at 3 everyday. no half days	2/18/2017 10:42 PM
269	Hours of sleep fluctuates with amount of homework and any extracurricular sports or activities on any given evening.	2/18/2017 9:30 PM
270	in order for this to be successful, in MUST be done in connection with homework. Our kids have hours of hw each night and weekends.	2/18/2017 6:31 PM
271	An 8 am start which is 15 min later than now and 10 min less than the elementary and middle school near hillsdale high would be perfect. 745 start means arriving at 730. Too early	2/18/2017 5:47 PM
272	It is easier to make a doctor appointment or after school activities if they get out from school earlier. Especially, if my son is doing sport at the school, he has to excuse and miss more classes.	2/18/2017 4:00 PM
273	Later start time and end time will make the situation worse for students and families. Students will spend more time in traffic, will have less time in the evening to do homework, and will end up sleeping even less than they already do.	2/18/2017 3:53 PM
274	School should start 15 min late and the extra 15 min should be added to their lunch for healthy eating habits, since they also do their club activities during lunch time it is impossible to do both in 30 min time. Not humane for anyone to ask for such an action. Everyone have 1 hour break during lunch, these kids work really hard, they deserve at least 40- 45 min lunch break, but not 30. By the time they go to lines and get their lunch or go to their club meetings, they literally have no time to eat. The district cannot ask for something like this from 14 years old child. This is inhumane.	2/18/2017 3:43 PM

## Later Start Time Survey (Families) 2017

275	I am worried that later start time, will encourage more zero period activities, which will be counter productive. Also later ending time, leaves less time for out of school activities. Perhaps school sports participation can be on 3 days a week instead of 5-6 days a week, to allow the students more time for other activities, homework and family time.	2/18/2017 2:38 PM
276	Parents need to step up. Turn off or take away the phone if needed. Don't push your student to take 5 ap classes at once. Or, eliminate advisory to accommodate the later start and still have time for family dinner.	2/18/2017 1:40 PM
277	I'm open for the pilot program to see how it may impact my child. However in my humbled opinion, more than 6 hrs of school can be overwhelming for students. Some kids need more encouragement than others. Whatever is decided, please consider an inclusive system that all kids can reap benefits.	2/18/2017 11:30 AM
278	My son has had to give up some activities because he realized himself that 7 hours is the minimal time that allows him to be alert in class every day. Though my son is a senior I have already had a child graduate who really suffered from lack of sleep and I still have another one to come through high school.	2/18/2017 11:04 AM
279	teenager need to manage their time better in today environment with distractions from so much digital info, games, social media eta...	2/18/2017 10:56 AM
280	I hope the change is in the best interest of everybody and thank you for all the efforts in putting this questionnaire together.	2/18/2017 9:04 AM
281	My student often takes a nap after school to make up the sleep	2/18/2017 9:00 AM
282	I feel students are sharper and more focused in the morning not afternoon. I also feel that as parents, it's my job to teach my son time management and academic planning. Part of the issue here is homework. Teachers give a lot of homework, what is the correlation of homework to student's achievement? I don't think on-line classes can create the same student interaction that physical classrooms enjoy. And evening class would get in the way of homework due for another class.	2/18/2017 8:34 AM
283	Each child is different however, teens need between 9-10 hours of sleep for brain development. Their brains are active later than adults so we need to keep that in mind as well.	2/18/2017 8:27 AM
284	He's always tired	2/18/2017 7:15 AM
285	I personally think making school later would just increase less sleep as they would be staying up later to complete homework. They are not going to get up earlier to do it. They would take that extra time to sleep in.	2/18/2017 5:52 AM
286	Teenagers need at least average more than 8 hours to sleep be healthy	2/18/2017 1:00 AM
287	I strongly agree with the decision to have high schools in this district to start 30 minutes later. All of my daughter's peers and my daughter always go to school feeling extremely tired and "out of it." A later start time would greatly benefit high school students' attentiveness in class and the amounts of sleep they get.	2/17/2017 10:40 PM
288	To much homework	2/17/2017 10:38 PM
289	If the school day started/ended later all after school activities/life in general will get pushed back by the same amount of time. This means that our students would get the same amount of sleep every night which makes this plan to change the schedule have no effect except for causing personal schedule changes	2/17/2017 10:17 PM
290	Both parents work dropping off and starting work later presents a problem. Medical, dental, physical therapy, and orthodontist appointment scheduling already presents challenges to not interfere with school hours.	2/17/2017 7:58 PM
291	starting school later does not mean they get more sleep, students will just go to bed later. Later start would also conflict with working parents who drop their kids off at school right before going to work. This could lead to potentially disastrous results based on a false premise, as student sleep amount is not based on school start times; there is no correlation between the two.	2/17/2017 7:25 PM
292	This survey is really biased toward the benefits of more sleep. All of the links at the beginning. Yet you are saying that you would consider starting school 15 minutes later, which would mean starting at 8:15 for many schools, which does NOT follow the CDC guidelines you say you are referencing. Nor does adding more zero periods follow these guidelines. It seems as if SMUHSD wants to be able to publicize that they are addressing students' health needs by implementing a later start time while remaining in denial about the numerous negative repercussions it could have on our students, families, and communities. Please proceed carefully, not carelessly.	2/17/2017 5:12 PM
293	My girls get about 7 1/2 hours of sleep on most weeknights, sometimes 8. Rarely ever the 9 they should be getting.	2/17/2017 5:04 PM
294	love for him to get more sleep	2/17/2017 4:59 PM
295	I think school should start at nine and ends at three and the hours can be made up with a couple of extra days at the end of the year make the school year a little bit longer but the school days shorter as our kids need their sleep and ease up on the homework while you're at it thank you !!!!!!!	2/17/2017 4:06 PM

## Later Start Time Survey (Families) 2017

296	I would strongly recommend that High Schools consider PE exemption to students participating in after school sports, so they can start practice beginning 7th period. This is how other high school districts reach compromise btw later start time and after school sports. Thank you!	2/17/2017 3:40 PM
297	All of my kids have been early to bed and early to rise, pushing the start time back would have a negative impact	2/17/2017 3:37 PM
298	Excess uncoordinated homework loads are a bigger problem than being online when it comes to lack of sleep - especially in the high pressure environment of Mills, where the majority do try to complete their work loads.	2/17/2017 3:33 PM
299	I am 100% for starting school later	2/17/2017 3:11 PM
300	Here's my input. Kids don't get enough sleep because they are on these stupid phones under the covers. I always fought with my son to put the phone away or I was going to take it away. Us parents are at fault. What about when they enter the workforce? Their employer wants them to start early then what? "Oh I can't" give me a brake. I would have to say the majority of the kids live on these phones. These are horrible tools!!!	2/17/2017 2:46 PM
301	current schedules are perfect!	2/17/2017 2:30 PM
302	I agree that sleep is so important for everyone, especially students with growing bodies and minds!	2/17/2017 2:22 PM
303	1) Due to the intense traffic in and around San Mateo High School, whatever time is created by the later start time will be needed for the expanded commute due to entering traffic at a later time. 2) Not only will this not be successful in increasing sleeping time for San Mateo students, but it will increase their stress levels since they and their driving parents will be spending more time in traffic and more time in more intense, aggressive traffic. Studies have linked poor school performance to elevated stress levels. 3. There is a montessori school right next to the high school and an elementary school approximately 1-2 blocks away. Both start their day later than San Mateo High School but by lining up San Mateo High School's start time with them will create additional traffic congestion. 4) By having the same start time as these nearby schools with much younger children you will also be increasing the risk of a traffic injury involving a student driver and young student at the aforementioned schools.	2/17/2017 2:17 PM
304	It's unhealthy, as my student sleeps even less than me. Homework should not be given for the next day, but should be spread out to give the weekend. Some online class would also provide more flexibility to review class material over the weekend. There is no need to tie up the children to the assembly line. They need more flexibility to not be sleep deprived and have room to explore their passion.	2/17/2017 1:57 PM
305	I really do not like to have later schedule, because it will delay everything, and I could not even schedule him for physical therapy or dental works after school.	2/17/2017 1:48 PM
306	Too much dependence on computers for homework has a deleterious effect on high school students and their sleep patterns	2/17/2017 1:44 PM
307	Besides looking at school start times, please rethink curriculum for teenager boys so that they can do well academically along with the girls. We want both genders to excel in our community.	2/17/2017 1:43 PM
308	Teenagers physically need to sleep 10 plus hours because they are developing. it would be helpful if they were able to get that rest.	2/17/2017 1:36 PM
309	I am not convinced that it is beneficial to keep our teens awake in midnight, and let them sleep into morning bright day light and noise. There are physiological as well as social reasons that some teens end up going to bed late and fall sleep late. I believe that the physiological mechanism is heavily affected by social environment, and is modifiable. The fact that circadian rhythm can be reset is not only shown by some studies, it is also our well known experience. Teenagers (or any age people) never fail to reset circadian rhythm when moving to a different time zone. Is our 8:00am start time that early comparing to many schools in the nation? The change in our local high schools will lead to subsequent change to delay current start time in middle and elementary schools (There is discussion already in our local middle schools to delay their current start time if the high schools make the delay) to coordinate with siblings' drop off. Is this what we want? Dr. Skelly, thanks for inviting Dr. Gurian to give the talk. The harm of excessive screen use was well presented. Is it more helpful for school to emphasize and educate our students to reduce unnecessary screen use, so that they could finish daily tasks on time and go to bed early, than delay school start time?	2/17/2017 1:25 PM
310	While students do need to get enough sleep, and while lack of sleep does affect their performance, a later start time and end time do not address the issue, at all. In fact, later start time and end time may have the opposite effect, as students will lose more time in traffic - precious time that could, otherwise, be spent on doing homework so that they could go to bed earlier. Decreasing the length of the school day and the amount of homework, as well as having the option of taking online courses (as mentioned in the survey) could, on the other hand, benefit students. Thank you!	2/17/2017 1:13 PM
311	Too much homework and studying necessary	2/17/2017 1:12 PM
312	I am not in favor of starting late. I would still need to drop my kids off by 730 and this will give them extra time with nothing to do but wait for classes to start.	2/17/2017 12:18 PM

## Later Start Time Survey (Families) 2017

313	In my strong opinion, if school starts later, kids will go to sleep later than now. So at the end, the plan will not help kids' sleeping hours. Besides, the students who get ride from the adults probably arrive at their school at the same time as now even though school starts later, and will give them harder time than now. To make kids have more sleep, their homework should be decreased. Instead of trying to start and end school later, the portion of what they suppose to learn(?), should be decreased. e.g. Reduce the numbers of unit(chapter) from the textbook.	2/17/2017 12:15 PM
314	Lack of enough sleep is really a big issue for teenagers. Thanks for hearing their needs and getting ready for a change.	2/17/2017 11:47 AM
315	7:45 start time at HHS is early, I would support change to 8am, possibly 8:15. Later end time pushes everything later: activities, homework, dinner. Students may go to bed later than before and get less sleep. Students & parents need to be educated on the value/benefit of getting enough sleep and turning off tech earlier. Can advisory class time be shortened or just have the class on certain days to accommodate later start time and reasonable end time, @3:30 at latest? Thank you for your efforts to help the kids be healthier.	2/17/2017 11:38 AM
316	Try it out and see how students do. Be flexible!	2/17/2017 11:28 AM
317	I like the late start once a week on Wed. It does give my daughter a break and a bit of catch up with her sleep and once a week does not put a cramp in my work schedule.	2/17/2017 11:27 AM
318	I have read about the research that shows that teens circadian cycles tend to make them awake later, with more difficulty waking up. I would say my son might be unusual -- he's a morning person (thinks best, performs best) in the morning. Frequently this year he will be so exhausted at night after multiple rehearsals (play rehearsals plus hit rehearsals keep him at school until 8 pm two nights a week) that he will chose to go to sleep and wake up early in the morning (5,5:30) to do some additional work when he's fresher. As a junior with multiple AP classes and after school activities, he simply doesn't have enough hours in the day to do everything and sleep enough (and have some down/social time) and get enough sleep, so I'm finding this year he DOES have difficulty waking up, but I suspect it mostly because he just has too much on his plate.	2/17/2017 11:20 AM
319	I like the idea of a later start time for my student	2/17/2017 10:55 AM
320	My whole family oppose any schedule change.	2/17/2017 10:42 AM
321	My student vehemently expressed opposition to school schedule change.	2/17/2017 10:31 AM
322	7.5	2/17/2017 10:22 AM
323	They need more sleep. In my opinion starting late in the morning give more time to the student to organize their day much better.They have more time to have breakfast,to review a missing homework or doing their homeworks and study for a test.Best to start at 9 am and finish not later that 3.30.Extra classes on-line can cover the missing school hour.I think it will benefit everyone including the Teachers and the school 's staff.Everyone has a life outside the school and everyone deserves to have more time for themselves.	2/17/2017 10:19 AM
324	With all of the research on teen sleep, I have never understood why high schools start so early. I am also dumbfounded as to why finals start at 8:00am when the whole day is available for the two tests per day. Please embrace the research and help students have better days at school. The top ranked high school in the U.S. starts at 9:15am! Stop setting start times based upon adult preferences and start setting start times based upon students' health. Focus, focus, focus on the students!	2/17/2017 9:54 AM
325	Hurray for taking this subject seriously and studying it. Science matters and informs us for living better, happier lives. Kids scheduling and transport will always be a headache to families. They will deal with whatever the conditions are. Worst case: kids get dropped off 30 minutes early - more time to socialize or cram for tests!	2/17/2017 9:35 AM
326	It seems most of the questions here skew toward starting 30 minutes later which would probably create the most traffic and scheduling problems. Even 45 minutes later would be better but ideally an hour later to really have an impact. My son still has a hard time waking up on the late start days, but it helps.	2/17/2017 9:26 AM
327	Please consider decreasing homework workload as this has been research supported that it does not make a huge difference... so. Cornell notes!	2/17/2017 9:08 AM
328	If the parent stick to the bed time scheduled and turn off all the device and light, the student will fall asleep at their regular time even if it is weekend.	2/17/2017 9:04 AM
329	We take her phone away from her on weeknights at 10pm.	2/17/2017 8:59 AM
330	Consider homework time at school until 5pm to let student get homework done and less work at home.	2/17/2017 8:29 AM
331	Regardless of start time, students just need more sleep.	2/17/2017 8:23 AM

## Later Start Time Survey (Families) 2017

332	Will moving the start time no more than a 1/2 hour make a huge difference? Kids aren't getting enough sleep by hours, not minutes! Has there been research done/consideration of having two start times? Those students that work well in the morning, come early. Those that need the extra time start later? Finally, without all the schools changing schedules, it will make for a longer day for families. Perhaps, two dinner times to accommodate younger siblings, etc.	2/17/2017 8:13 AM
333	I feel that if kids start later in the morning then they will stay up later at night.	2/17/2017 7:51 AM
334	If anything needs to be changed in America education, it is the amount of homework. That is the only reason why kids have to stay up so late. Changing the hours of school operation is not the problem in this country.	2/17/2017 7:34 AM
335	the offline part is hardest to control.	2/17/2017 6:11 AM
336	He has many missed first period classes, complaining he's just "too" tired.	2/17/2017 6:05 AM
337	Students will not get more sleep with a later start. They will just go to bed later.	2/17/2017 5:16 AM
338	It doesn't sound right that students sacrifice sleep to finish homework, while we never hear about teachers having sleep deprivation. The national average time high schoolers spend on homework per week is 6.1 hours. That is the average my children have to spend on homework daily. Yet there are no studies that prove that homework really does improve learning and understanding. A little can be good practice, but when a child has to spend more time on homework than the time they spent in class earlier that day, it is not fair. Not to the student who has to complete the homework, and not to we, the parents, who have to watch our children go through more than they need to. While a later start time in the school day is more convenient to the biological wiring of a teenager, assigning less homework is a sure fire way to get teenagers mentally healthier. Being late because the time doesn't fit with one's biological clock is one thing, but being late because one is cognitively drained is another, a serious and dangerous another that needs to be addressed urgently.	2/16/2017 11:40 PM
339	I would love to see school start at 9am, based on the research I've heard about HS students and their body clocks. With all the bus/bike/walk/etc options available, everyone should be able to get to school without cutting into the parents' commute times. (And, I cannot fathom why so many parents feel the need to drive their kids to school every day -- talk about babying their kids!)	2/16/2017 11:11 PM
340	My daughter has zero period leadership at Hillsdale High, so she needs to wake up at ~5:30 and leave the house by 6:20 to get to school by 6:45am. Her school wasn't able to accommodate her elective class selection, so she ends up not having a first period class. So she has about one hour break between 1 <sup>st</sup> and 2 <sup>nd</sup> everyday, which is not a good situation.	2/16/2017 11:09 PM
341	Trying to make it to doctor appointments after school would be very difficult if my son were to leave school at a later end time	2/16/2017 10:46 PM
342	7-8 hours on average during freshman-junior years, then junior-senior years, about 6 hours average per night.	2/16/2017 10:37 PM
343	I strongly vote for later start time	2/16/2017 10:32 PM
344	This could be a good idea for students who can't get their clocks in line (many are not tired by 10, I get it). But the district does not provide transportation. I got to my high school (a million years ago, east coast) by district supplied bus. change the time if you explain to my boss why I can't start at my usual time anymore.	2/16/2017 10:18 PM
345	There are plenty of times my daughter gets 5-6 hours due to homework & sports. My son is more efficient and knows he needs sleep -- he generally gets 7 hours.	2/16/2017 10:16 PM
346	AP courses, technology, athletics, and socialization trump sleep for kids. They do have some catch up time on the weekends. Early or late start, they don't get enough sleep!	2/16/2017 9:36 PM
347	Traing students to have self discipline to go to bed 1/2 hr early is more appropriate than moving the school start time 1/2 hr later.	2/16/2017 9:36 PM
348	I don't think that starting school 30 minutes later would allow my child to sleep 30 minutes more. Because we have to account for heavier traffic at a later time, at most he would get an extra 15 minutes of sleep, which would not make much of a difference for his overall health. One big stressor for us is the policy of having frequent tardy sweeps in the morning at SMHS, even on rainy mornings when traffic is especially heavy. If there is going to be a pilot program of later start times, I hope the administration would not unfairly penalize those of us who are trying to get to school on time but are adjusting to possible different traffic patterns. We would consider taking a district bus in the morning, but have observed that the bus is sometimes late, which adds more stress in the morning.	2/16/2017 9:36 PM
349	The schools should consider lightening the homework load in addition to the later start time. The reason kids are staying up late is to finish the exorbitant amount of work that is assigned! Additionally, Physical Education should be waived for kids who participate in Athletics. It is ridiculous for High School Athletes to have to do both during freshman and sophomore year.	2/16/2017 9:30 PM

## Later Start Time Survey (Families) 2017

350	I it is good idea to start school 30 min later. Please do the trial. All encourage teachers to assign homework a few weeks ahead of time to allow students more time to manage it. The could work on it during the weekends and thus have less during the week nights	2/16/2017 9:28 PM
351	School needs to start at 8:10AM and end at 3:00PM just like Abbott Middle School which feeds into Hillsdale High School. Those times would be consistent with students incoming to HHS and their sleep, social, school and home time hours would not have to be adjusted.	2/16/2017 9:19 PM
352	My children have been very active in sports and the newly added lights will not help in scheduling sporting events later for their sports. I do not want them to miss multiple class hours for games. My children have found learning about the importance of sleep in their 9th grade health class has really helped them to make sleep a priority for them.	2/16/2017 9:19 PM
353	It has also been found that teenagers can't fall asleep until 11 pm. My son will go to bed early, but finds he can't fall asleep.	2/16/2017 9:09 PM
354	I feel that a school bus would be ideal for students to get to school in the mornings especially for parents who work full time every day	2/16/2017 9:08 PM
355	No zero period any more is the issue. School should start at the same time and should end at the same time for all the students.	2/16/2017 8:56 PM
356	Zero period is biggest concern being so early and 4 days per week. Consider reducing number of days for zero period to 2 days per week	2/16/2017 8:37 PM
357	We do not support a later time to start school and a later time to end. This is because the greatest offer you have considered is 30 minutes. 30 minutes will not effect any student's life because it is too little. There will be even more traffic, to and from school. This will make it very inconvenient. This will effect our (the parent's) work schedule because there will be heavy traffic. Also after school activities will have to be pushed back even later, causing students to sleep at a much later time, so this plan is not effective. Thank you for your consideration.	2/16/2017 8:34 PM
358	Our son tends to get through his school work pretty fast unless he's really tired from all his extracurricular activities. He still manages around 8-10 hrs. of sleep. Ironically, he sometimes gets less during the weekends. Most of the time it is because he's on his "devices."	2/16/2017 8:29 PM
359	more on weekends to "make up"	2/16/2017 8:24 PM
360	She has lots of homework and plays sports	2/16/2017 8:23 PM
361	I would have more support for a late start if the day still ended at the same time (3:15). For students who currently have a zero period and after school activities, I don't think this will help them much if everything just gets pushed back. As my daughter will begin AP courses next year, we are anticipating an increase of needed study time. My understanding is a late start would mean after school practices/games will end later, kids get home later, finish homework later, stay up later. Would teachers be able to consider making adjustments to homework?	2/16/2017 8:13 PM
362	She likes between 8 1/2 to 9	2/16/2017 7:51 PM
363	We live in Foster City, having to get to a bus stop, then ride the bus is an hour x2 a day is hard for my son. I would ask for a satellite campus in FC, this would alleviate traffic and add time to my son's schedule factor sleep.	2/16/2017 7:46 PM
364	Too much homework given, even school starts later, amount of sleep won't change	2/16/2017 7:27 PM
365	I feel that the students already struggle with so many activities after school that starting later would compound that schedule. For example, regarding athletics, JV players already miss one or two periods on game days. Balancing a schedule and time management are important life skills that the students need to learn before going off to their "after-high school" life. I believe the schedule should remain the same.	2/16/2017 7:27 PM
366	So far my kids go to bed early enough to get 8-9 hours. I think they could use a little more as they currently catch up on weekends.	2/16/2017 7:25 PM
367	I think that moving the times of school aren't going to change the stress levels of the students. Instead, there should be less focus on grades. For example, my son is always stressed out about his PE grade at Aragon.	2/16/2017 7:22 PM
368	Teenagers need more sleep and they have so much to do with homework and after school activities that it's absolutely necessary for school to start later. Parents and teachers need to put what's best for the children first. If school started later parents would see less stressed and happier children and teachers would find a more attentive class.	2/16/2017 7:17 PM
369	changing the hours is ridiculous...spend your time other ways....	2/16/2017 7:17 PM
370	Start a bonus program or motivation /education program for parents to go to bed early as a whole household sleeps early habit. Teens started late sleep during off school days like summer break or special night out etc. So keep tight curfew for kids when they are younger makes good habits into adolescence.	2/16/2017 7:16 PM

## Later Start Time Survey (Families) 2017

371	Starting so early, doing basketball after school, traffic and then homework at home is bad for them to have time to eat well and get enough sleep. My son actually had a seizure for the first time and the doctor suggested he needs to sleep at least 9-10 hours for boys in his age and with this schedule he only gets like 6-7 hours.	2/16/2017 7:05 PM
372	The goal is to have our child learn how to control the daily schedule, online presence with friends and prioritize tasks. A later start will only increase the social presence with friends and indirectly giving them more reason to fall asleep later and only result in the same sleep hours and increasing stress for the parents and siblings in the morning. We have to get out of the house at the same time as we currently do... so things can only get more stressful in the morning and stressful in the evening/dinner time. We don't want a change.	2/16/2017 6:49 PM
373	My child would like to do zero period jazz but as of now that starts before 7, which would mean too few hours of sleep. If the time is pushed back he would be able to do that.	2/16/2017 6:48 PM
374	Later school end time will mean less time for homework	2/16/2017 6:44 PM
375	no comment	2/16/2017 6:44 PM
376	Please consider that a later start time for BHS will coincide with Burlingame School district schools.	2/16/2017 6:42 PM
377	Sometimes she will sleep 10 hours and sometimes 5 hours	2/16/2017 6:40 PM
378	These answers would be very different if I were to answer with our younger daughter in mind. She will be a freshman this fall 2017.	2/16/2017 6:24 PM
379	My son gets the 9 and a quarter hours of sleep he is supposed to.	2/16/2017 6:21 PM
380	While we prefer a 30 minute later start time (8:30a), it does pose a conflict with getting other kids in middle and elementary school who also have an 8:30a start. Current 8a start time works well since it is staggered with the 8:30a start time of most middle and elementary schools in the peninsula.	2/16/2017 6:18 PM
381	sleep is very important! a later start means that most kids would just stay up later ... not sure kids/families would maintain the same bedtime if there was a later start.	2/16/2017 6:17 PM
382	i have more than one. One gets 8-9, and the other gets less (about 7).	2/16/2017 6:05 PM
383	I think 9 hours of sleep for teens is important Mon to Fri	2/16/2017 6:02 PM
384	My child has never been a good sleeper.	2/16/2017 5:41 PM
385	why do they have to take Spanish for 3 years it should be an elective same with music if their not going to use after they graduation why is it mandatory very silly.	2/16/2017 5:40 PM
386	I am in favor or testing this new scheduling, especially if it means my child will be able to get more rest.	2/16/2017 5:39 PM
387	I definitely think we should start later (No clue why Hillsdale starts earlier - that sounds unfair). Sports should not dictate everyone else's schedule.	2/16/2017 5:36 PM
388	I answered this based on my current student. My student who graduated would have been very different. She is a morning person and had no trouble waking up, had swim practice before and after school and water polo games or swim meets that often meant missing not only 7th but 6th period. Moving school later would have had a detrimental affect on her.	2/16/2017 5:36 PM
389	I feel it is the parents responsibility to make sure their child gets enough sleep.	2/16/2017 5:33 PM
390	My son is very committed and responsible to get all his homework and studies done, participate in many activities, and wake up early for zero period band. But I think the combination of lack of sleep, too much homework, too much stress has taken a toll on him. The school has preached balance but I don't see it in my son's school experience the last 4 years.	2/16/2017 5:29 PM
391	All the elementary schools start at 8:30. A later start time would take bottle neck all school areas and it would take us 30 min to go 5 miles, instead of 15 min.	2/16/2017 5:27 PM
392	Parents and teenagers need to go to bed earlier, do less activities, prioritize homework (and school could help by giving less homework) -- learn to make choices, don't enable bad choices like staying up later	2/16/2017 5:25 PM
393	If late start is so beneficial, why are we considering adding zero period classes? Isn't that hypocritical? Isn't that the very same issue that Palo Alto School District tried to pull and ended up having over 300 kids taking AP Chem, Calc and other advanced classes during zero period? Why would we do this just to grind down even more, the most stressed students? If this is done, it should be late start for ALL!	2/16/2017 5:25 PM
394	Currently, the zero period at Mills starts at 7 am, so student has to be there at 6:50 am. This is earlier than most adults work schedule (non-shift work)! A 7:30 am start for zero period would be much better, as even an extra 1/2 sleep would help student...	2/16/2017 5:23 PM

## Later Start Time Survey (Families) 2017

395	My child is in leadership so she has zero period. A later start would benefit her.	2/16/2017 5:22 PM
396	I am strongly in favor of later start times!! We should focus on what is best for students, not what is most convenient for adults.	2/16/2017 5:13 PM
397	I can not stress enough how important I think this is. The health of our children should be the most important factor in these decisions. I think it would make a huge difference to get even 30 more minutes of sleep for most kids. I would almost guarantee that teachers in 1st period classes would see a great uptick in participation and effort as well. Thank you for doing this!	2/16/2017 5:11 PM
398	She wakes exhausted. HW loads some nights are high and she is up until 11 doing HW, then shower, and bed.	2/16/2017 5:07 PM
399	Another way to deal with sleep deficit would be to give them less homework - then they would be able to go to sleep earlier.	2/16/2017 5:06 PM
400	A 15 or 30 minute later start is somewhat irrelevant. 60 minutes later is ultimately what we believe is the proper start time.	2/16/2017 5:05 PM
401	Schedules wont affect my pick up and drop off time. I have to bring her to school at the same time every day in order for me to get to work by 8:30	2/16/2017 5:04 PM
402	No matter how many hours a night, it's the early rising that is difficult for her to handle. A later start would make her feel better all day	2/16/2017 4:57 PM
403	Starting later would be a positive for traffic as the corresponding drop-offs at Borel and Baywood are so close/identical, it's very busy and dangerous for kids walking (on Alameda de las Pulgas). I think it would be great if school started @ 9am but I realize this is challenging for sports practices. I do not like the idea of online classes- I think it reduces engagement and overall learning. What about offering more extra-curricular activities at night? For example, my son is in drama and improv and many of their rehearsals are later which works well. It gives the child a chance to have a break in between school and activities and would allow the later start times.	2/16/2017 4:55 PM
404	Thank you! Starting later and ending later would be preferable- as long as the bus schedule will not be a problem.	2/16/2017 4:54 PM
405	I think the problem lies with parents who let their children stay up too late during the school week. If you move the start time later, they will just stay up later. Common sense needs to prevail here.	2/16/2017 4:50 PM
406	Question 21 does not allow you to choose more than one season.	2/16/2017 4:48 PM
407	Strong agree to a later start time. Student lacking sleep would impact their thinking and school performance significantly	2/16/2017 4:45 PM
408	Changing the start time will not save my students any sleep. Still need to get up at the same time is now because the rider so long they will need their parents to drive them	2/16/2017 4:39 PM
409	Thank you for considering the later start option. I think it will benefit all high school children.	2/16/2017 4:38 PM
410	A later start time will not effect the amount of sleep my child(ren) gets. He'll get up later, great. However, everything will be pushed back. So, after school sports will start later, they'll get home later, they'll eat later and they'll stay up later doing the work they couldn't get done at school. So, in turn, they'll go to sleep later. There is no change in the amount of sleep they'll be getting an the only thing it will do is make our work commutes harder.	2/16/2017 4:37 PM
411	Shifting school hours will not cause students to have more sleep. Their sleep currently is limited by extracurricular activities and homework. Student and family schedules are far too complex and shifting school hours back 30 minutes will only create more stress for the student. Students need activities outside of academic school work to fully develop as a person - it is crucial for overall mental health. Here are some of the problems with school hour time shifts: 1. If they do wake up later, they will have less interaction with their family who will have already left for work/school. They may need to provide their own transportation to school as their parents are already gone for work which will take more time out of their day and thus less sleep. 2. If they they go to bed at the same time as before, they will have had less time to complete their homework - thus more stress, less thoughtfully done schoolwork, and less time to develop other important areas of their lives - social, physical, and emotional well being. 3. If they wake up the same time as before in order to complete homework, count on increased incomplete and hastily prepared schoolwork. Who really would recommend students to complete their studying/homework just before class? Clearly the answer is not causing chaos and increasing stress with school hour time shifts. The answer is decreasing homework and enforcing it!	2/16/2017 4:36 PM
412	I do not believe that starting later will result in more sleep for the students. Especially for those with after school sports. They will end up staying up later to finish homework and may even get less sleep since they are not as productive late at night.	2/16/2017 4:35 PM
413	I would get to spend time with my son in the morning, including eating with him, if school started later. Please do this.	2/16/2017 4:32 PM
414	I've tried getting my teen to go to be earlier, but she has a hard time falling asleep, her body just naturally wants to stay up later and sleep in later.	2/16/2017 4:30 PM

## Later Start Time Survey (Families) 2017

415	Thank you for asking for parent feedback!	2/16/2017 4:25 PM
416	A later start time will worsen morning traffic and get me to work too late. A later dismissal time provides less homework time so students will stay up later.	2/16/2017 4:24 PM
417	my child needs about 12 hours of sleep a day to fully function	2/16/2017 4:23 PM
418	My main concern is that I do not like the idea of having my daughter walk to and wait for the bus in the dark. 15 minute delay in schedule would make a positive difference for morning commute	2/16/2017 4:18 PM
419	Please remember Burlingame elementaries & BIS start at 830am. This is already a nightmare for dropoff/pickup. If I had to drop off in 3 different locations - this would have been very stressful. I would like to see a staggering of at least 15 minutes for start time between the elementaries, middle school and high school. One year I had a child in Franklin, BIS, and BHS. I had to drop off my son before 8am at BHS and drive back and drop off my other 2 kids at Franklin/BIS. I can only imagine having to drop at BHS, BIS and the other elementaries all at the same time. Even 2 schools if they are across town can be almost impossible with the increased morning traffic.	2/16/2017 4:16 PM
420	She needs more rest I would also feel better getting up a little later	2/16/2017 4:14 PM
421	Moving the start time back won't do much because my child will go to sleep even later. There's only so many hours in a day to begin with. Maybe the teachers can speak with each other and coordinate the amount of homework given each day. Not lower the amount, but space it out so each day has approximately the same amount of homework.	2/16/2017 4:12 PM
422	7-7.5 hours of sleep per night, not enough. With the exception of my wife, our family is night owls.	2/16/2017 4:06 PM
423	There was no option to select all 3 athletic seasons. 830 is the same time as the elementary and middle school which would make cross town traffic a MESS!	2/16/2017 4:02 PM
424	These poor kids don't get any sleep! Sleep is way more important than any subject in school	2/16/2017 4:00 PM
425	I think the kids are doing just fine the way it is. I think that if it's not broken don't fix it.	2/16/2017 3:55 PM
426	Nowadays I heard that many students feel so tired and it is hard to go to school. Even during weekend, teachers send hw, and students have no time to relax. There are more things for us to consider all kinds of problems, but the time conflict is one of them. This later school hour plan will help somehow to save their sleep.	2/16/2017 3:54 PM
427	This isn't just a school start-time problem. Some teachers give unreasonable amounts of homework--and it can be quite uneven within the same school/subject/level. (For example, one AS history teacher at Aragon giving way more homework than another teaching the same class.) Still, a later start time should help.	2/16/2017 3:53 PM
428	Please coordinate this with the other middle school and elementary school districts. I find it absurd that vacations and start dates differ within the same geographic zone. School start and end times need to take other schools into consideration, too. Sincerely, a borel AND Aragon parent.	2/16/2017 3:52 PM
429	Our son would benefit from more sleep.	2/16/2017 3:51 PM
430	I don't know why administrators have ignored scientific FACTS (not opinion) for so many years. Your job is to help them on their way to adulthood. They can't achieve that sleep walking. FIX IT.	2/16/2017 3:47 PM
431	none	2/16/2017 3:45 PM
432	The results won't affect us because my child is senior and won't be attending next year.	2/16/2017 3:43 PM
433	N/A	2/16/2017 3:39 PM
434	HHS should start between 8:15AM and 8:30AM MON - FRI. School should get out at 3PM.	2/16/2017 3:38 PM
435	One survey question does not accurately provide for a choice answer. This community has a shortage of teachers as it is already and making their commute at peak traffic hours would be a HUGE mistake probably forcing many to find jobs outside of our area.	2/16/2017 3:37 PM
436	If they start and end later, then extra curricular activities also run later, forcing the kids to stay up later to finish homework, which is substantial, especially for the ib kids	2/16/2017 3:34 PM
437	This isn't about make life easier. This is about safeguarding our children. Change is not always easy, but the community will adapt. I am 100% in favor of a later start. Ideally, I would like to see a 9:00 start time, but I recognize that would be a tough sell. So I would be happy with a compromise of 8:30 start.	2/16/2017 3:33 PM
438	I applaud SMHSD for evaluating this issue! My kid has zero period (band) 4-5 days/wk & mornings are tough. Fortunately, we have one parent at home so schedule changes are not too difficult to absorb as they might be for a two-working parent family.	2/16/2017 3:32 PM

## Later Start Time Survey (Families) 2017

439	The later start and finish time concern me. I believe ending school later is going to give the students less time to study and complete their homework. I don't believe students are going to alter their sleeping habits by changing start and end times.	2/16/2017 3:31 PM
440	While I support the idea that high school students might do better on more sleep and a later schedule, it causes so many other problems that I do not think it is a good solution. I'm not sure if it occurred to you that some kids have jobs after school? A half hour would be even worse for those kids like my child who are trying to get to their job. Also, for kids who go to tutoring, this would decrease their options. It's hard enough to obtain tutoring and music lesson times now.	2/16/2017 3:30 PM
441	I strongly agree getting more sleep is very important to growing young adults. My child has a lot of homework and studying to do so she usually doesn't get sleep at night on time.	2/16/2017 3:30 PM
442	I am not sure survey participants' opinions are all that relevant on this point. The research is very clear on how much sleep teenagers need. It is also very clear (after having multiple kids go through the Burlingame system and also seeing their peers go through the system) that our teenagers are not getting enough sleep.	2/16/2017 3:28 PM
443	My comments are for my second child who I will be driving to school each day during the 2017-2018 school year. I can't express enough how much we are setting our students up for failure if we change the start time. We coddle them too much already. Do you think a future employer will be understanding if a student says, "I need to get 10 hours of sleep so I'll be starting my work day at 10:00"? Of course not. And not to mention the hardship you're placing on the parents who drive their student to and from school. I know for a fact I will not be allowed to change my work schedule. So change the schedule if you like, but my student will still be dropped off at the same time every day because, unfortunately, I don't have a nanny who can drive my student to and from school each day and I don't have the benefit of being a stay at home mom. And do you really think students will go to sleep earlier if you change the schedule? Of course not! They'll stay up later, stay out later, etc., because they can sleep in. We as parents need to explain to our students the importance of getting a good night's sleep, not change the schedule because some "expert" says it's a good idea. Students have been going to school at the same time for decades. I've also spoken to teachers who are against the new start time because their commute will be worse than it is now so they'll be leaving their home at the same time regardless. And if the change in start time doesn't work, what then? Will you change the start time to noon? Instead of changing the start time, why don't we help our kids grow up to be responsible young adults and teach them good habits that will get them through life . . .	2/16/2017 3:27 PM
444	Needs to be better organized	2/16/2017 3:22 PM
445	Since we do a drop-off/pick-up at Borel, the 30 minute delay would probably not allow my daughter to sleep in as we would probably take both kids at the same time. If both kids were in high school, then I'd very much be in favor of the later start.	2/16/2017 3:20 PM
446	I am a physician myself and agree wholeheartedly with the proposed changes to allow more sleep at this critical time of brain development.	2/16/2017 3:18 PM
447	The bebefitbtomavhool starting later for us us that my teen can help by stoning other siblings to school. Since the HS starts first, she can't help pick up or drop off siblings. Makes our mornings harder.	2/16/2017 3:17 PM
448	It would be much better if the school district had uniformity with all schools elementary, middle, and high schools. having two children with totally different schedules makes it almost impossible to be able to accommodate all that is needed for a single parent keep on top of there School work, school events etc.	2/16/2017 3:16 PM
449	Thank you for considering the later start time, I am in favor as I think most students (and adults) do not get enough sleep. The later start time would give us extra time to eat a decent breakfast and wake up with the sun!	2/16/2017 3:16 PM
450	Aragon High has another elementary school next to us. They start later. Right now, with current schedule, the traffic along Alameda Las pulgus is already crazy, parents and students all speeding along the road, no one follow the speed limit of 25! I have to be super vigilant driving on this road every morning! So imagine if the high schoolers have late start, together with the elementary school students, I'm expecting accident to happen.	2/16/2017 3:14 PM
451	I agree a later start would be better for their productivity, however you need to consider other schools start times when deciding this.	2/16/2017 3:13 PM
452	My daughter is not getting enough sleep but cannot go to bed earlier. She goes to bed by 10:00. I know she would sleep in later if her schedule permitted.	2/16/2017 3:13 PM
453	Thanks for the opportunity to participate and for considering this. I have always thought a later start time made sense based on teen physiology. FYI, my son is registered at Aragon but attends the Middle College program at CSM. In addition to the opportunity to take college courses, one of the appeals of that program for him (and us) is the late start time. My older son, who graduated from Aragon last year, would have benefited from a later start time. I do hope it gets implemented for all the currently enrolled students and those to come. Higher grades and fewer auto accidents sounds like a good thing all the way around.	2/16/2017 3:13 PM
454	Due to staying up doing homework after school sports.	2/16/2017 3:11 PM

## Later Start Time Survey (Families) 2017

455	Traffic is a big reason later start times would be more difficult. Anyone having to navigate the freeway in the morning would be in prime traffic in the morning and pre-rush hour traffic in the afternoon, which could add as much as 20 minutes or more to the commute time, which would negate any benefits of a later start time. This is particularly true for Foster City families.	2/16/2017 3:10 PM
456	I prefer the current school start time.	2/16/2017 3:09 PM
457	My child suffers a from not getting enough sleep with zero period.	2/16/2017 3:08 PM
458	Our previous school started at 8:30 and it was not that big of a difference as now at this school. 30 minutes is not a huge problem in our schedule but it may affect those with children at more than one school. At one time i had 3 kids in 3 schools ( elementary, middle and high) and they all started at the same time which was a logistic nightmare on getting them all there. ( we did not bus but were too far to walk). When I first heard this I thought it would be much later as in *:45 or 9. I do not think 30 minutes is a huge change. Just enough to hit the snooze button a few more times.	2/16/2017 3:07 PM
459	I am a firm believer in the early bird gets the worm and I would personally benefit from an earlier start time with a 1:00 release. I would love to start the day earlier with an earlier end on all days except for 1-2 'late start' days with a 10:00 start. I believe to fully maximize a students ability to learn and retain information would be to shorten the day, increasing their focus. No one needs to be inside at a desk for 4+ hours. This prohibits abstract and free thought. Shortening the day would serve the same purpose as a late start but would have added perks. The students would be able to complete homework at a reasonable hour, therefore getting to bed on time. Also the students would have more time to follow interests or passions without feeling pinned down by the ridged school schedule. This does not mean your student would be taught anything less than they are now. Most of the time in class is wasted with distractions so the teachers are forced to teach less. Shortening the day would increase the kids focus and productivity. Shortening the day could increase the amount your student will learn.	2/16/2017 3:07 PM
460	The real problem is the zero period classes. My son had zero period for two years and with all of the homework Aragon gives out, he was often up at 1:00AM and as such, he would only get 5 hours of sleep and this went on for two years!!! Ask any sleep specialist and they will tell you that the teenage brain needs at least 8 hours sleep. and more so they, for some reason, especially need it in the AM hours of the morning. Fact. I know some months ago a notice was put out by the District alluding to parents should be making sure that parents should be making sure that their students get to bed earlier and I had to laugh. Do you think that most parents really control when students go to bed? The SMUHSD and individual schools control when a student goes to bed. The assign zero periods to the students along with the voluminous amount of homework that any student who wants to succeed, has to contend with. I just wish you had "seen the light" some years earlier so that my son didn't have to suffer through 2 years of zero period and get only 6 hours of sleep on average, instead of the amount that sleep experts suggest.	2/16/2017 3:04 PM
461	We would be getting more sleep if we didn't have any/as much homework or projects. We want to have lives outside of school and sleep.	2/16/2017 3:01 PM
462	If students that participate in after school sports should have PE as their 7th period class. After school sports could replace regular PE for those students.	2/16/2017 2:59 PM
463	This would very disappointing to our children. Parents to be more involved with their children at home. They need to set the rules for going to bed and getting off electronics. Others should not have to suffer later start and end(which is ridiculous) for tennis who don't manage their time well.	2/16/2017 2:59 PM
464	Generally she gets 6-7 hours of sleep. But is always tired. Starting later is great, but ending too late will throw off our pick up schedule as she has 2 sisters that we also have to pick up after school. Right now they get out within 10-15 minutes of each other making pick up fairly easy. If the high school got out at 3:45, that would make pick up more difficult as we have to get her sisters to their activities usually at around 3:30. But we would make adjustments as necessary.	2/16/2017 2:58 PM
465	30 min later would be 8.15am start time at HHS and this would be in direct overlap with Abbott Middle School start time and cause traffic issues. 8.30am or later start time pilot would be much better please.	2/16/2017 2:57 PM
466	If you go to school later, you can't do athletics.	2/16/2017 2:57 PM
467	We only have one more year of school left before our third child is graduated but for the future children I think a late start would be extremely beneficial	2/16/2017 2:56 PM
468	It would be worthwhile to test out the proposed new schedule. Thank you for considering it for our teens!	2/16/2017 2:56 PM
469	I agree with the need for a later start...the issue is with the current schedule durations pushing everything much later in the evening.	2/16/2017 2:55 PM
470	My family is in bed by 10pm every nigh during school . we prefer not to start any later in the day . I do NOT support this concept!	2/16/2017 2:54 PM

## Later Start Time Survey (Families) 2017

471	with after school sports my child is doing homework until 11pm. getting about 6-7 hours a night, too little for teenagers. I would encourage a later start time and highly wish we could go back to the days that athletics were part of 7th period pe to reduce the amount of accademic time missed.	2/16/2017 2:44 PM
472	She averages around 7.5, and makes it up on the weekends.	2/16/2017 2:44 PM
473	for families with multiple children at different schools, this later start time would not work unless all schools in San Bruno district started later as well	2/16/2017 2:44 PM
474	Traffic around school with other schools around would be easier if Aragon started later.	2/16/2017 2:42 PM
475	The challenge with starting later is that many after school sports would then just start later causing them to run later into the evening forcing homework later. Right now we do focus on sleep at home and he gets between 9 and 10 hours every school night (survey didn't allow for this answer). I think with a family schedule, with parents and siblings getting up for school he would actually get less sleep because daily dynamics would mean he would stay up later but not get to sleep later as the rest of us would still need to get up and get going. Unfortunately, with sports and other volunteer activities the later dismissal would cause more problems than it would solve.	2/16/2017 2:42 PM
476	My student does after school activities all year. Question 21 only allowed me to pick one season	2/16/2017 2:41 PM
477	For clarification: for the sports season there are several kids that play in fall, winter and spring as mine does.	2/16/2017 2:41 PM
478	My daughter strongly feels a 30 minutes later start time would be bad for her. She works after school, as many Juniors and Seniors do and would not be able to get as many hours pay. She is also worried about soccer practice in the dark in winter (girls aren't always able to practice on the fottball field where you are putting lights) it would cause all sports to adjust, possibly having to leave class earlier and miss more school time when they play schools that do not end early. If you want kids to sleep more I suggest less homework/busy work assignments.	2/16/2017 2:37 PM
479	Late start time is a great idea for improve high school students' life. I even thought about it before this proposal came out recently. My daughter is a 9th grader now. She already has problem waking up in the morning and sometimes had to miss the buses. I cannot imaging what kind of life it would be once she gets to 11th and 12th grade. I strongly support this proposal, and hope it would get approved and implemented soon. Thanks.	2/16/2017 2:37 PM
480	Thank you!	2/16/2017 2:36 PM
481	My child has CHOSEN a zero period chamber choir for all 4 years of high school. This high motivates him to go to sleep early and to get up alone. At some point it was the ONLY reason he wanted to go to school. While I don't think any child should be required to take a zero period I believe it would be sad to see some of these activities removed.	2/16/2017 2:35 PM
482	Current schedule is fine. Later start would make commute to school harder due to traffic. Kids will go to bed later resulting in zero benefit for sleeping. Later start will also impact after school activities especially in winter. I think it's better to teach parents and kids on how to manage time better.	2/16/2017 2:35 PM
483	Starting the day later would cause a great deal of difficulty in our day. I would still have to drop off at an early time, therefore my children would spend a lot of time waiting somewhere at school--safety concern!! In the afternoons, they have sports fall and winter seasons. Their afternoon schedule would be greatly impacted causing later practice, dinner, homework any family time! In response to the question about evening and on-line classes....not appropriate for high school!! They need direct instruction for many subjects and the ability to personally interact with peers to debate and discuss information. The ability to communicate is an extremely important skill for them to practice, especially given the amount of time they already spend on technology and are not personally engaged with others. (From experience, I gained the least knowledge from on-line courses in college. They tended to mostly include trivial, superficial posts back and forth. The flavor and depth was completely lost, but hey the credit was earned. Not what I want for my high school students!!) There is plenty of time for on line courses in university. In summation, DO NOT CHANGE THE START TIME FOR ARAGON!	2/16/2017 2:35 PM
484	I don't think a later start time would make a difference. They would go to bed later.	2/16/2017 2:33 PM
485	Kids will go to bed later since they can wake up later. It's circle what is being offered. Kids would get out later for those that do after school sports practice starts later, games after etc. they will be getting home later which means dinner later and he starts later and so on. Unless hw would seriously be a lot less then the late start time is worse! Not a fan! What about the kids that take the bus to school? Does Sam trams have a bus to get the kids to school in time? Are special schedules being made fir public transportation? Please keep schedule as us and the easiest solution would be for teachers to lessen the homework load! That's the problem!	2/16/2017 2:33 PM
486	I would love the later start for my child but...getting him to school is an issue later. I would still need to drop him off early due to working in Palo Alto and need to be there by 8:00.	2/16/2017 2:33 PM
487	I am ok with school starting late to accommodate students' sleep / rest but not ok with getting out of school later than now. I have 1st grader (Parkside Elementary at 3 pm dismissal) and 7th grader at Bayside (2:37 dismissal) and if my high schooler get out later than now, it would make things a lot harder for us to make childcare arrangement	2/16/2017 2:32 PM

## Later Start Time Survey (Families) 2017

488	My children tend to be early risers so we can make any schedule work but I am in favor of a later start time because I know that benefits kids in general. I appreciate the district taking on this project. I personally would not be impacted but I know traffic is an issue for many families - especially those coming from Foster City to both San Mateo High School and Hillsdale.	2/16/2017 2:30 PM
489	Strongly support the change to 30 mins later. All my kids participate in zero period (marching band) and 5:30a wake up time is too early for anyone, let alone a teenager!	2/16/2017 2:30 PM
490	Can we gather data from other high schools that shifted to later start? I'm sure that will show the positive benefits of this. Parents who need to be at work early can always drop off earlier. Maybe have library open earlier to accommodate this.	2/16/2017 2:30 PM
491	My biggest concern is how to manage after school sports. It is already a challenge for kids to miss afternoon classes to travel to games. If the school day goes later, kids will miss more class time. Also, if SMUHSD switches to later schedule, it will be complicated to play sports teams from other districts who do not switch to later schedule.	2/16/2017 2:29 PM
492	The change in school time will just make kids stay up later, I don't see how this would give them any more sleep they would go to bed later.	2/16/2017 2:29 PM
493	In theory I can see how a later start time would help, but I think it would have to be 30 minutes at least. I feel 15 minutes would have little impact. In the morning at least, the current start time is perfect for my schedule. However, I hope that my son will be driving soon, so I wouldn't have to worry about adjusting.	2/16/2017 2:27 PM
494	I think an 8-3:30pm schedule would work well for Hillsdale. 8-3:15pm would even be better! Regarding extra-curricular activities, my child has those activities throughout the school year, but the survey only let one season be marked. Please consider that many kids have these activities all year long. Thanks!	2/16/2017 2:27 PM
495	This change in schedule would only shift the problem. Making the school day start later would cause problems for those participating in after school sports. Bringing them home later causing them to do homework later etc. Parents need to take their children's devices away from them and get them to bed!!!! Devices are the problem for not enough sleep. They will never be prepared for the real world if we accommodate them with late start. Not the real world.	2/16/2017 2:27 PM
496	My student participates in after school activities all year.	2/16/2017 2:25 PM
497	Thanks for giving this your consideration. I like the direction you're heading.	2/16/2017 2:25 PM
498	I don't think starting later will give my teenager more sleep. It will just force her to stay up later at night to get everything done.	2/16/2017 2:25 PM
499	The question about season for after school activities does not allow a full response. My student has YEAR ROUND extra-curricular activities (as I think many kids do).	2/16/2017 2:24 PM
500	If you make these adjustments it would be necessary for you to work with Sam Trans to adjust schedules for kids commuting to school	2/16/2017 2:23 PM
501	My son has way too much homework and spends most of his evenings on it...then has little time to decompress before he goes to bed so to be able to decompress, he often stays up later to ensure he has access to that.	2/16/2017 2:23 PM
502	Thank you for trying hard to move to a later start time! The science is compelling, even though the change will be hard to pull off.	2/16/2017 2:22 PM
503	I'm dropping him off at 8am no matter what time school starts as I drop off his brother at Borel at 8:05. So, no increased sleep for him. Can't kids go to sleep earlier if they need more sleep?	2/16/2017 2:21 PM
504	WE R LUCKY AS MY SON GETS UP AND GOES TO SCHOOL ON HIS OWN 90%	2/16/2017 2:21 PM
505	I think starting school later is a great idea! We will need to rework our morning routine, but I am optimistic that for every practical problem, there is a practical solution.	2/16/2017 2:20 PM
506	Mills has band zero period - I feel this is very detrimental to the students and band should be incorporated into regular schedule	2/16/2017 2:19 PM
507	My student participates in after school activities all seasons so a later end date would not be good because she needs that extra time to get homework done so she's not up so late completing homework after practices.	2/16/2017 2:19 PM
508	start 15 or 30 minutes late will not help. One hour will.	2/16/2017 2:19 PM
509	Question 21 should allow more than one answer. I am glad that SMUHSD is looking at later start with times. We need to do what is best for kids. Thanks!	2/16/2017 2:18 PM
510	ANY delayed start would help my monster in the morning! He really tries and just can't wake up sometimes because his body clock is just shifted. It seems to have less to do with how much sleep he gets than the time of day his body wants to sleep.	2/16/2017 2:18 PM

## Later Start Time Survey (Families) 2017

511	Having a later start will only cause the classes to /after school activities /dinner/homework to go later into the evening. they will then go to bed later, and NOT get any additional sleep. It would just shift the same sleeping habits to a later time which is much more destructive to our family. Get up early/get out early have dinner at a reasonable time-go to bed at a reasonable time. Do NOT change the schedule	2/16/2017 2:17 PM
512	#21 does not allow for students who have year round extracurricular activities as my children do. We do not live near our zoned high school so I have to drive my son to school. Next year, my middle child will start high school, potentially not the same one as my eldest child if he gets a place in the lottery. I also still have a child in 5th grade. This would mean 3 kids at 3 different schools, all starting at 8:30, or thereabouts. However well intentioned the scheduling may be, the reality for almost every family I've spoken to about this is that we will still have to leave home at the same time anyway! If anything, our high schoolers will just be lulled into a false sense of security, thinking they can afford to stay up later but in reality still have to get up at the same time.	2/16/2017 2:17 PM
513	extra curricular activities happen all year long - survey didn't allow for multiple selections	2/16/2017 2:15 PM
514	prefer later starting	2/16/2017 2:15 PM
515	I would like to keep the schedule as it is.	2/16/2017 2:15 PM
516	My son gets about 8 straight hours at night and then also takes a nap when he gets home from school. (He starts school at 6:50 and gets up at 6:00 am.) It would be great to start later so that he could get 9 hours in at night.	2/16/2017 2:14 PM
517	I have always strictly enforced a 9pm bedtime even for my Senior Student - no child is absorbing info after 9pm and they all need 9 hours of sleep a night. On another note, I REALLY do not agree with the 2 hours a day, 5 days a week training for most of the sports - ridiculous commitment for straight A students who need to study, have some free time, and be in bed by 9pm to get enough sleep. In my day we trained one afternoon a week and played a game on Saturday. The balance has been lost.	2/16/2017 2:14 PM
518	Sleep deprivation has serious health repercussions and I appreciate and support SMUHSD's efforts to help students succeed and be healthy.	2/16/2017 2:14 PM
519	question 21 should allow all three seasons, my child does sports throughout the year	2/16/2017 2:13 PM
520	I support a later start time	2/16/2017 2:12 PM
521	She has that schedule during all seasons. On Wednesdays, she arrives at school later. Parking on Wednesdays is very challenging, and I would worry that this would consistently be the case if the start time was later.	2/16/2017 2:12 PM
522	on question 21, "which season" doesn't sufficiently represent afters chool activities since all seasons is what my child participates in.	2/16/2017 2:12 PM
523	A later start time would mean students who play sports would have very late nights to complete homework. Staying up later does not accomplish the intended goal of moving to a later start time.	2/16/2017 2:11 PM
524	Thank you for considering a later start time. More sleep is crucial.	2/16/2017 2:10 PM
525	Main concern with starting school later is impact on after school activities. Currently, practice ends at 6. Any later would be detrimental.	2/16/2017 2:09 PM
526	She participates in sports Fall and Winter seasons and might do spring too. Could not answer that question and mark all three. I am very concerned that shifting at all will shift everything back and her now 10:30 avg bedtime will shift later and later because of activity shifts. Moving to on-line I also think has a high potential of causing late nights and procrastination at this age as well as limiting or creating a learning deficit.	2/16/2017 2:09 PM
527	I would only support a late start if the day didn't end too late. 3:45 is too late. 3:30 would be ok, but not ideal. Taking off a half hour in the morning just makes for less time in the afternoon for studying and extracurriculars. If the school changes to an 8:30 start, please look for options elsewhere to not make the day end too late. I recall going to high school from 8:30 to 2:30, what has changed?	2/16/2017 2:08 PM
528	bus schedules matter a lot. having buses after extra curriculars would be better yet.	2/16/2017 2:07 PM
529	TRAFFIC will increase and be larger problems if school starts at or around the same time as the elementary schools and BIS! Morning traffic are terrible around our schools with young children, parents (+ strollers) and dog walkers. This is a terrible idea. this survey needs to be amended to reflect MULTIPLE response options. I will have (2) students at BHS in fall 2017, that wasn't an option to choose. Also unable to choose more the (1) season for after school activities/sports. My son(s) play sports in multiple seasons. unable to choose more than (1).	2/16/2017 2:07 PM
530	I get home from work around 7pm so dinner is always around 8pm and bed time have been pushed to later. A later school start will benefit my child and the whole family! ??	2/16/2017 2:06 PM

## Later Start Time Survey (Families) 2017

531	It would be great if the school would consider alternate types of days as well. For example, dtech has 2 days per week called "lab days" where kids have time to work on their homework/assignments, meet with teachers to get consultation/help, meet with their clubs, etc. It helps kids get their work done at school so they don't have so much to bring home.	2/16/2017 2:04 PM
532	30 min later is too late. pushing after school activities to start later just makes the whole day later and students will end up going to bed at least 30 min later. so it's a wash. DON'T change the schedule!!! Traffic is already bad, now with several schools starting after 8pm it will be WORSE, so kids will have to get to school at the current start time just to avoid all the traffic. it's defeating the purpose. DON'T change the start time!!!	2/16/2017 2:03 PM
533	my student has afterschool activities fall, winter and spring and online courses should also be offered 0 period for those interested	2/16/2017 2:03 PM
534	Question #21 only allows you to pick one. This question should let you pick up to 3 choices. My child plays Fall AND Winter.	2/16/2017 2:03 PM
535	some of your questions need options for multiple answers, i.e. after school activities -i'd answer: fall, winter, and spring. and alt. sclasses, i'd answer zero period and online course potential options.	2/16/2017 2:03 PM
536	Please do a later start. 7am drop off for zero period is too hard for us	2/16/2017 2:02 PM
537	My student works a job after school about two days per week, but the schedule shift would not affect it at all.	2/16/2017 2:02 PM
538	Q21 - has only one option. Our student has done after-school activities in every season.	2/16/2017 2:01 PM
539	Q21 only allowed one answer (my kid's activity is all year). More specifically for our family - changing for 2017-18 calendar is inconvenient as we still have another child who needs to be driven to school and if school starts later, the high schooler will still be dropped off at the same time as this year. After that the youngest will be in high school as well and we'd all enjoy sleeping a little later in the mornings, but current schedule is workable for us.	2/16/2017 2:00 PM
540	While it won't effect us since our student is now a senior, I would encourage you to think how this impacts family time. A later start would result in later sports, practices, etc. which would have a direct impact on family dinner time in the evening. Studies have also shown the benefits (for younger and older children alike) of having sit down family dinners. As it is, we have dinner after 7pm.	2/16/2017 2:00 PM
541	For the question, how many seasons does my child participate in sports, I was only able to check one option. She participates in sports all three seasons, Fall, Winter and Spring. I don't support a later start for several reasons: it is too difficult to fit in the academic day plus sports and activities and other events. We have limited public transport in San Bruno. We drive our child as she would have to take two buses to get to Capuchino otherwise. My husband and I have to coordinate drop off and pick up with two children's school and activity schedules, our work, school and district events and meetings. A later start time would make things more difficult.	2/16/2017 2:00 PM
542	Whatever is decided about late start time, please have every day start at the same time. The later start on Wednesday only is not helpful or conducive to keeping a schedule.	2/16/2017 1:59 PM
543	Wonder if the SMHUSD should implement late start only after there is empirical evidence that late start in other school districts improves student outcomes?	2/16/2017 1:59 PM
544	Many high schools are transitioning into a late start as this would benefit both teens and teachers. We fully support late start.	2/16/2017 1:58 PM
545	My daughter needs more sleep.	2/16/2017 1:58 PM
546	Thanks so much!	2/16/2017 1:58 PM
547	I think a later start would benefit all students health wise!	2/16/2017 1:57 PM
548	the zero period is good concept to cover extra materials, but takes a toll on students in terms of getting enough sleep, especially it's 4 times a week. They don't really have any break. if it's limited to 2 times, students can sleep a little more to compensate. The other option is all schedules start later by 30 mins, which can benefit all students, including ones have 0 period.	2/16/2017 1:57 PM
549	when asked which season your student participates in their extracurricular activities, we can only choose one season - but my student is involved year round. Poorly written choices...	2/16/2017 1:57 PM
550	I look forward to participating in the pilot. Thank you.	2/16/2017 1:56 PM
551	Keep times the same. 15 or 30 mins will not make a different. Kids will sleep later if later start time.	2/16/2017 1:56 PM
552	Thank you for the District's efforts in accommodating the high school students' needs for more sleep.	2/16/2017 1:56 PM
553	Students are assigned too much homework.	2/16/2017 1:55 PM