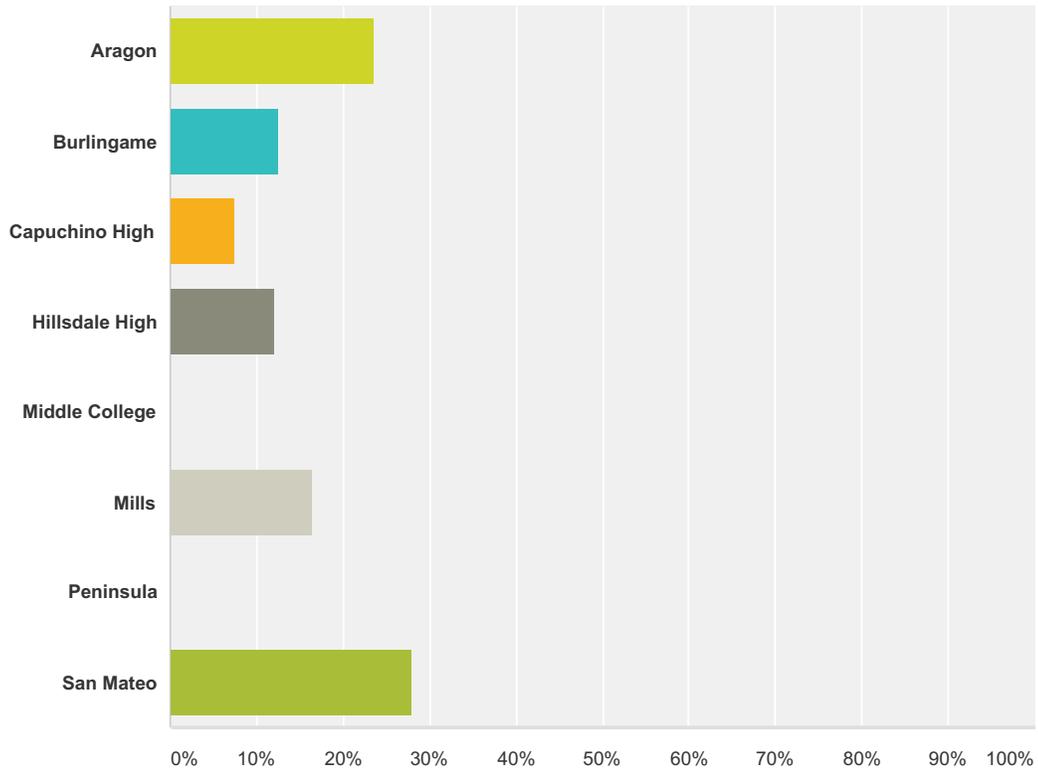


Q1 What high school do you attend?

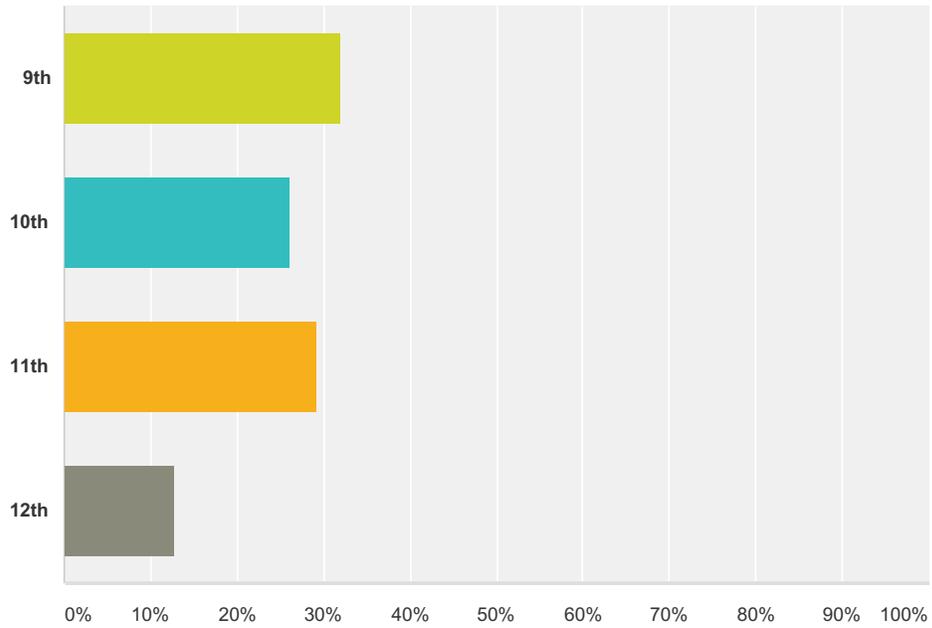
Answered: 2,917 Skipped: 0



Answer Choices	Responses
Aragon	23.55% 687
Burlingame	12.44% 363
Capuchino High	7.54% 220
Hillsdale High	12.07% 352
Middle College	0.00% 0
Mills	16.49% 481
Peninsula	0.00% 0
San Mateo	27.91% 814
Total	2,917

Q2 What grade are you in?

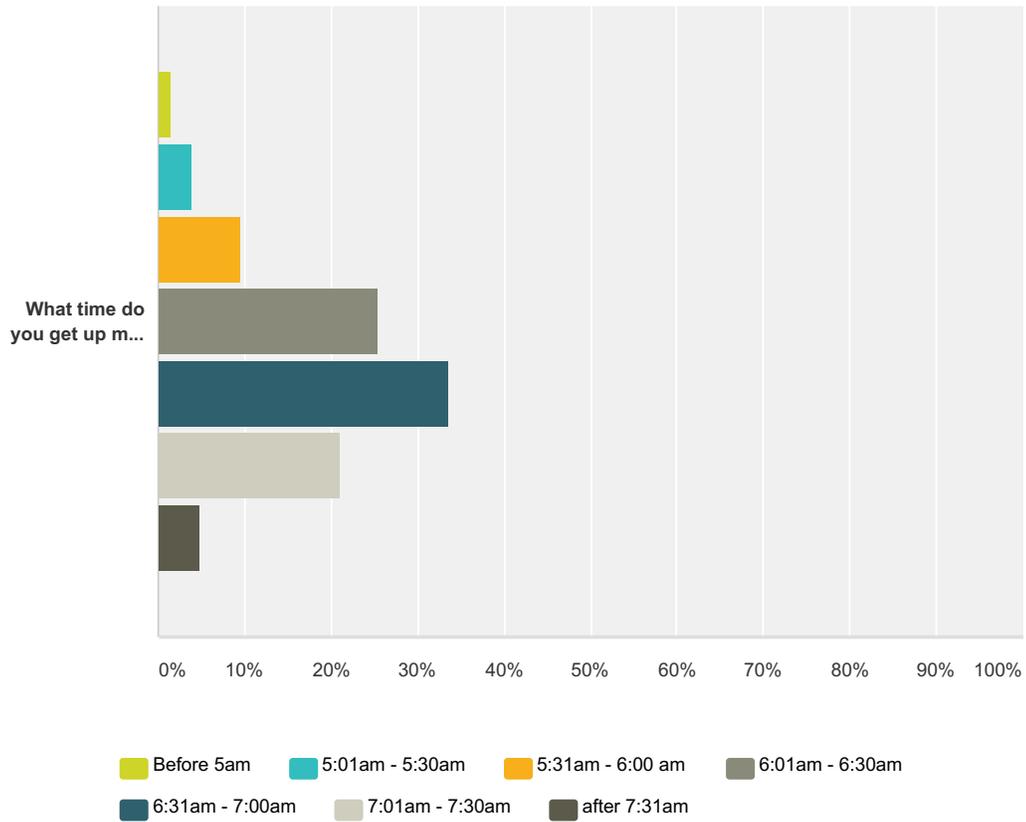
Answered: 2,917 Skipped: 0



Answer Choices	Responses
9th	31.95% 932
10th	26.16% 763
11th	29.14% 850
12th	12.75% 372
Total	2,917

Q3 Please answer the following questions accordingly.

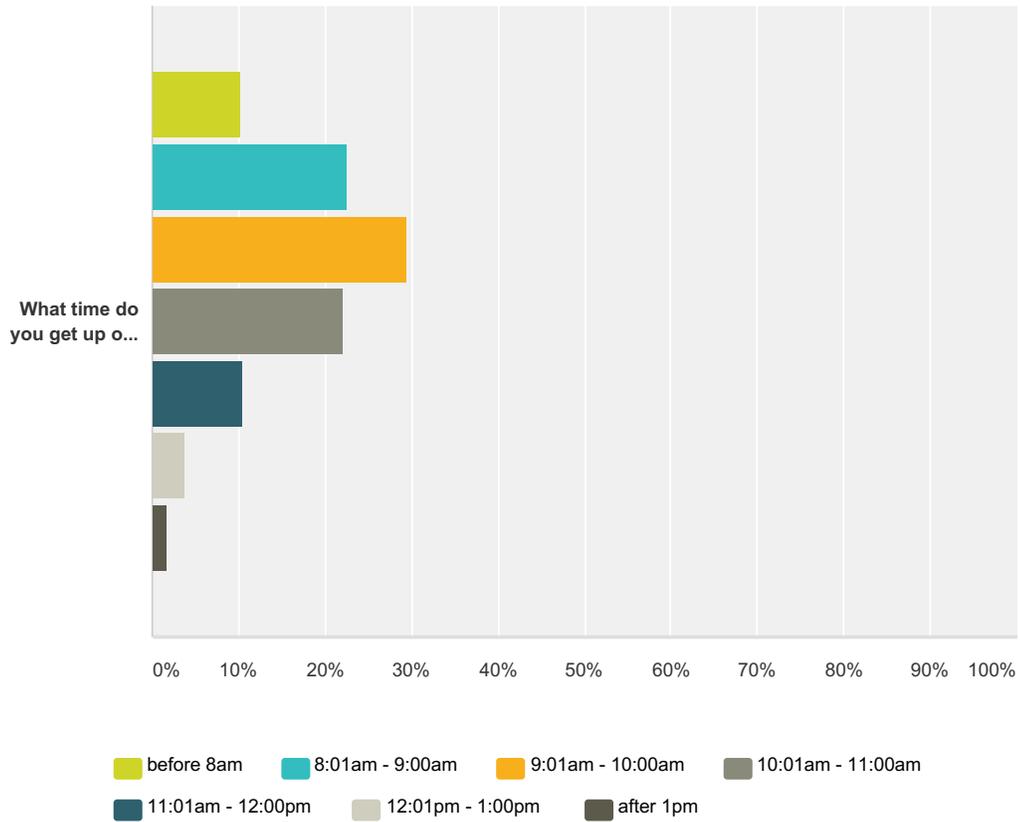
Answered: 2,917 Skipped: 0



	Before 5am	5:01am - 5:30am	5:31am - 6:00 am	6:01am - 6:30am	6:31am - 7:00am	7:01am - 7:30am	after 7:31am	Total
What time do you get up most weekday (Monday through Friday) mornings?	1.51% 44	3.87% 113	9.70% 283	25.51% 744	33.56% 979	21.08% 615	4.77% 139	2,917

Q4 Please answer the following questions accordingly.

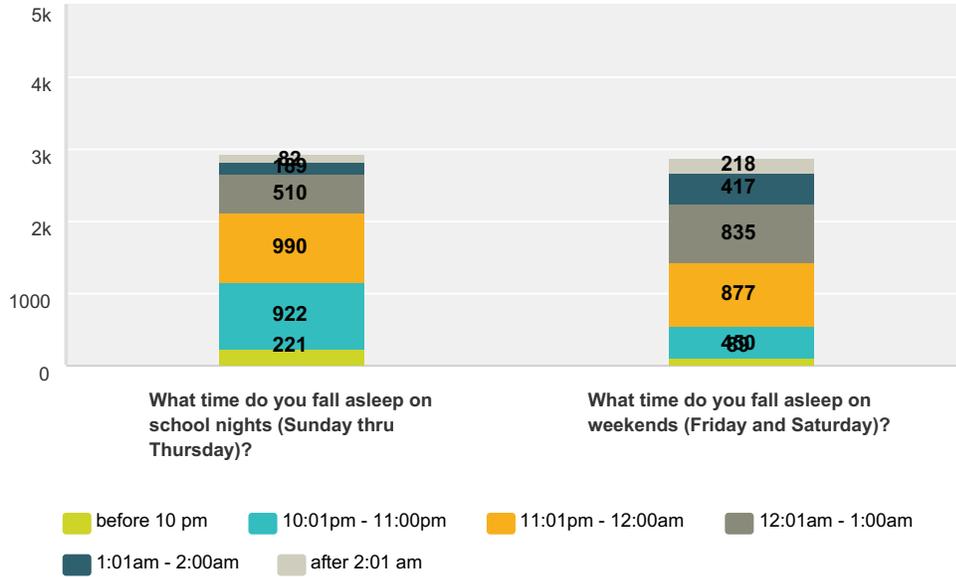
Answered: 2,917 Skipped: 0



	before 8am	8:01am - 9:00am	9:01am - 10:00am	10:01am - 11:00am	11:01am - 12:00pm	12:01pm - 1:00pm	after 1pm	Total
What time do you get up on weekends?	10.15% 296	22.45% 655	29.48% 860	22.11% 645	10.35% 302	3.77% 110	1.68% 49	2,917

Q5 For the purpose of the next two questions, please estimate when you fall asleep, not when you go to bed but remain online.

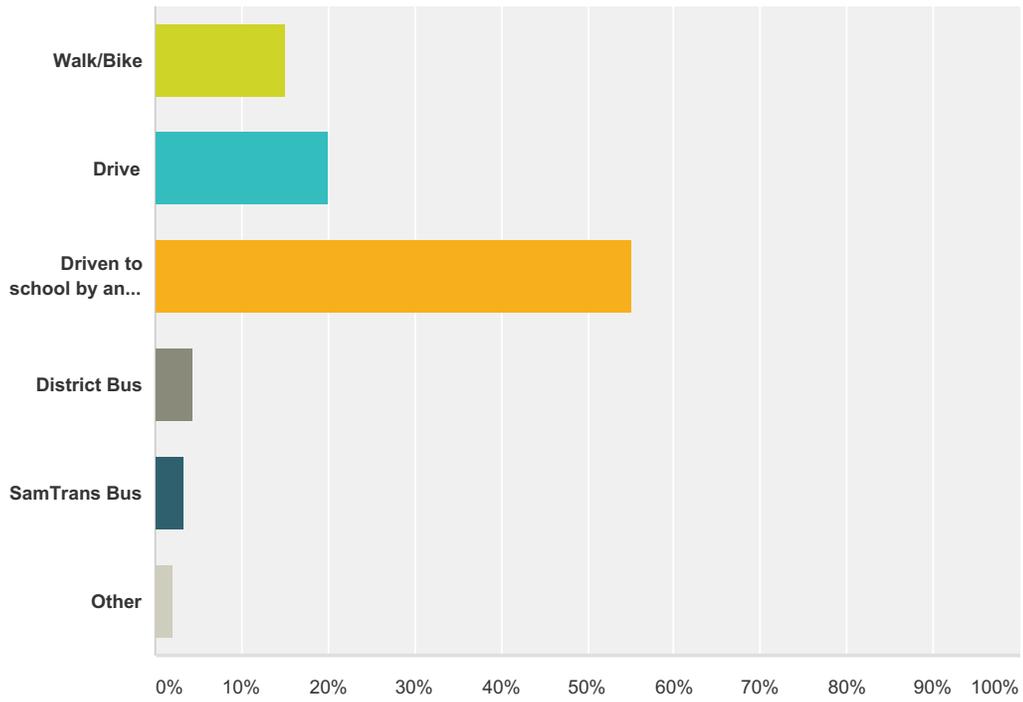
Answered: 2,917 Skipped: 0



	before 10 pm	10:01pm - 11:00pm	11:01pm - 12:00am	12:01am - 1:00am	1:01am - 2:00am	after 2:01 am	Total
What time do you fall asleep on school nights (Sunday thru Thursday)?	7.58% 221	31.64% 922	33.97% 990	17.50% 510	6.49% 189	2.81% 82	2,914
What time do you fall asleep on weekends (Friday and Saturday)?	3.08% 89	15.59% 450	30.39% 877	28.93% 835	14.45% 417	7.55% 218	2,886

Q6 How do you usually get to school?

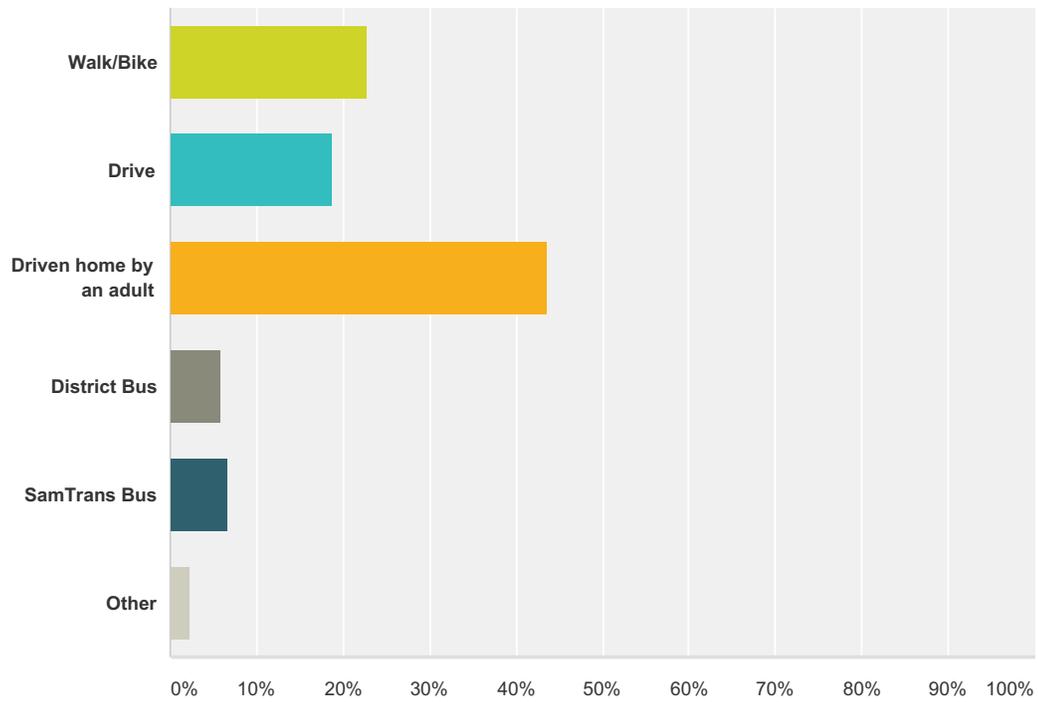
Answered: 2,877 Skipped: 40



Answer Choices	Responses	Count
Walk/Bike	14.95%	430
Drive	20.13%	579
Driven to school by an adult	55.09%	1,585
District Bus	4.38%	126
SamTrans Bus	3.27%	94
Other	2.19%	63
Total		2,877

Q7 How do you usually get home from school?

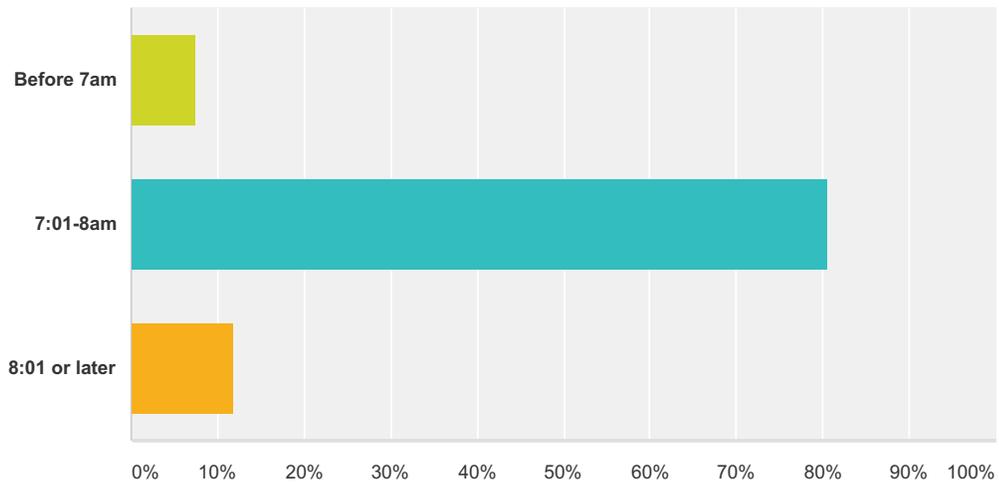
Answered: 2,877 Skipped: 40



Answer Choices	Responses
Walk/Bike	22.73% 654
Drive	18.84% 542
Driven home by an adult	43.66% 1,256
District Bus	5.77% 166
SamTrans Bus	6.60% 190
Other	2.40% 69
Total	2,877

Q8 What time do you arrive at school most mornings?

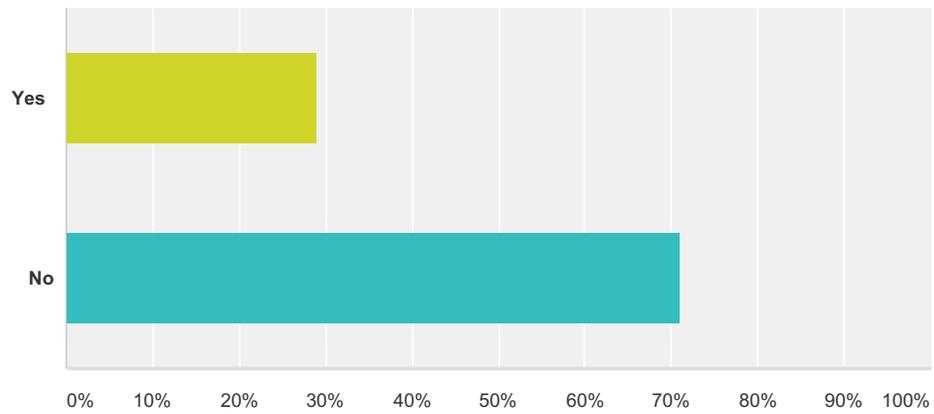
Answered: 2,877 Skipped: 40



Answer Choices	Responses
Before 7am	7.44% 214
7:01-8am	80.67% 2,321
8:01 or later	11.89% 342
Total	2,877

Q9 Do you usually feel well-rested and alert when you get to school in the morning?

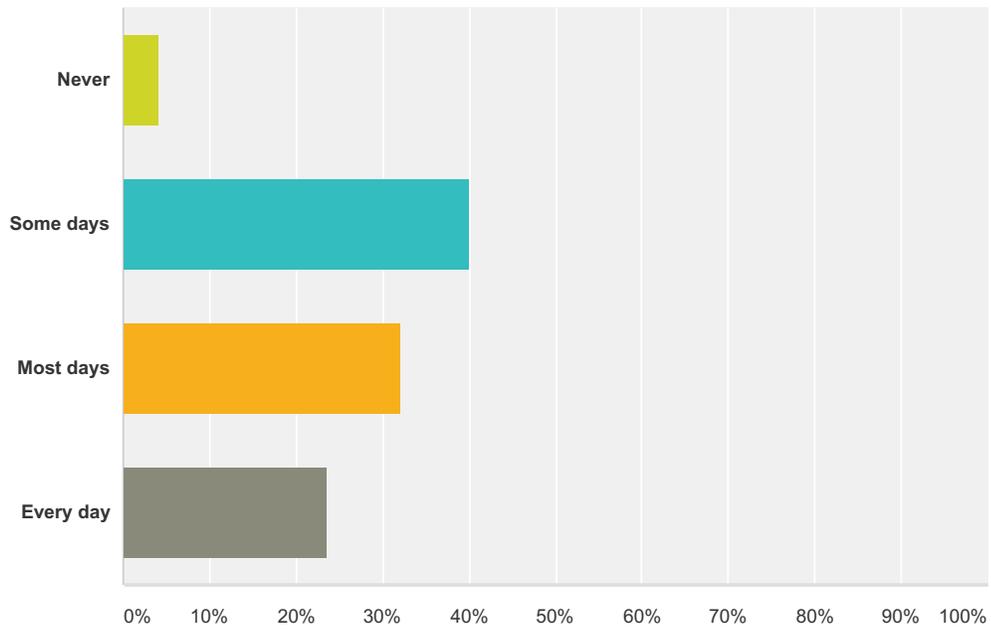
Answered: 2,877 Skipped: 40



Answer Choices	Responses	
Yes	28.92%	832
No	71.08%	2,045
Total		2,877

Q10 How often are you tired or sleepy during school?

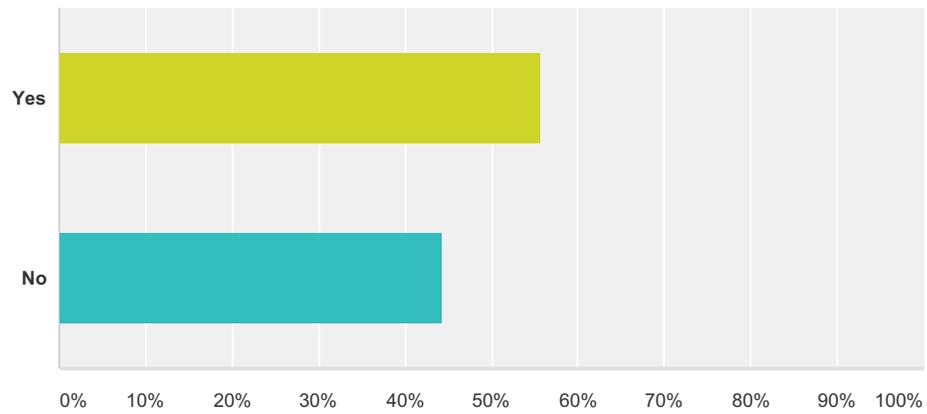
Answered: 2,877 Skipped: 40



Answer Choices	Responses
Never	4.10% 118
Some days	40.11% 1,154
Most days	32.19% 926
Every day	23.60% 679
Total	2,877

Q11 Do you feel that you would perform better if school started later in the morning?

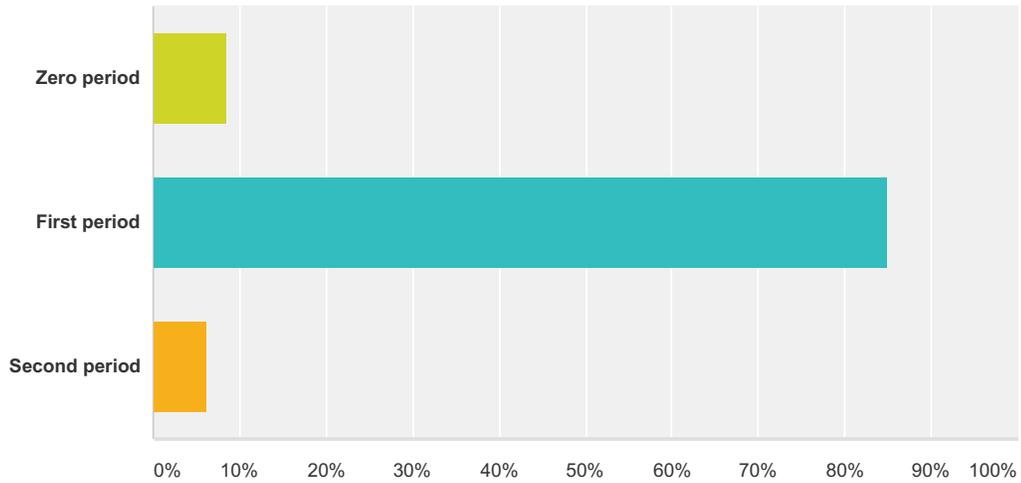
Answered: 2,877 Skipped: 40



Answer Choices	Responses	
Yes	55.82%	1,606
No	44.18%	1,271
Total		2,877

Q12 What period do you start school?

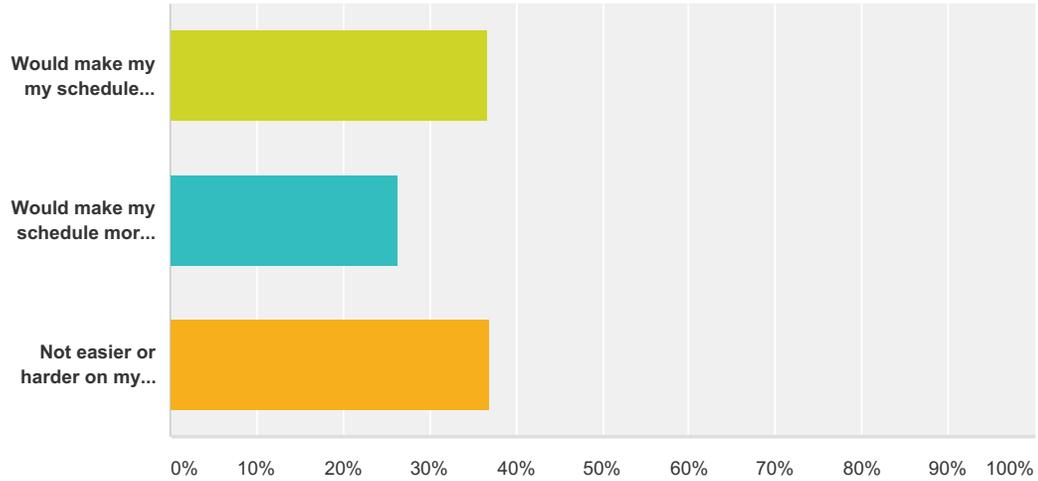
Answered: 2,877 Skipped: 40



Answer Choices	Responses
Zero period	8.62% 248
First period	85.02% 2,446
Second period	6.36% 183
Total	2,877

Q13 If school started later in the morning, how would this affect your morning schedule (athletics, job, extra-curricular/before school activities, dropping off siblings, planning time, etc.)?

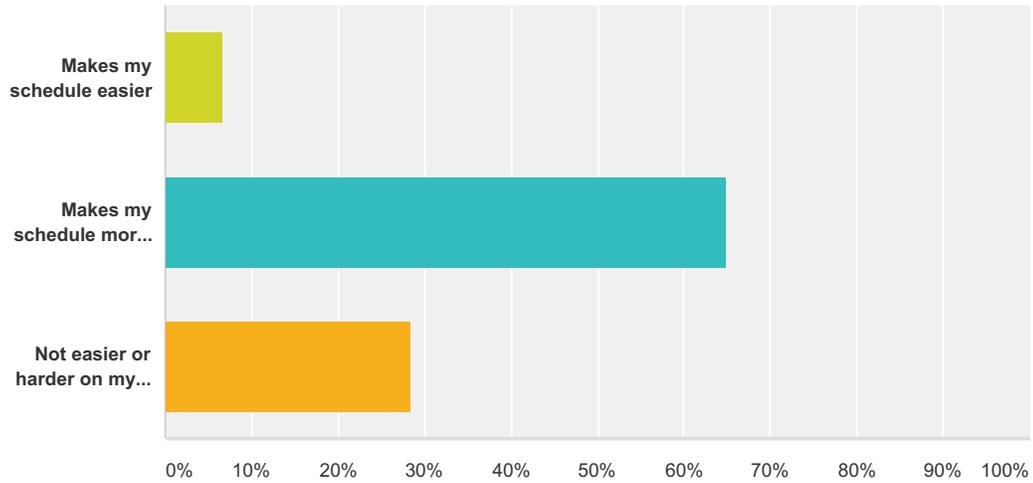
Answered: 2,756 Skipped: 161



Answer Choices	Responses
Would make my my schedule easier	36.76% 1,013
Would make my schedule more difficult	26.27% 724
Not easier or harder on my schedule	36.97% 1,019
Total	2,756

Q14 If school ended later in the day, how would this affect your afternoon/evening schedule (athletics, after school job, extra-curricular/after school activities, picking up siblings, etc.)

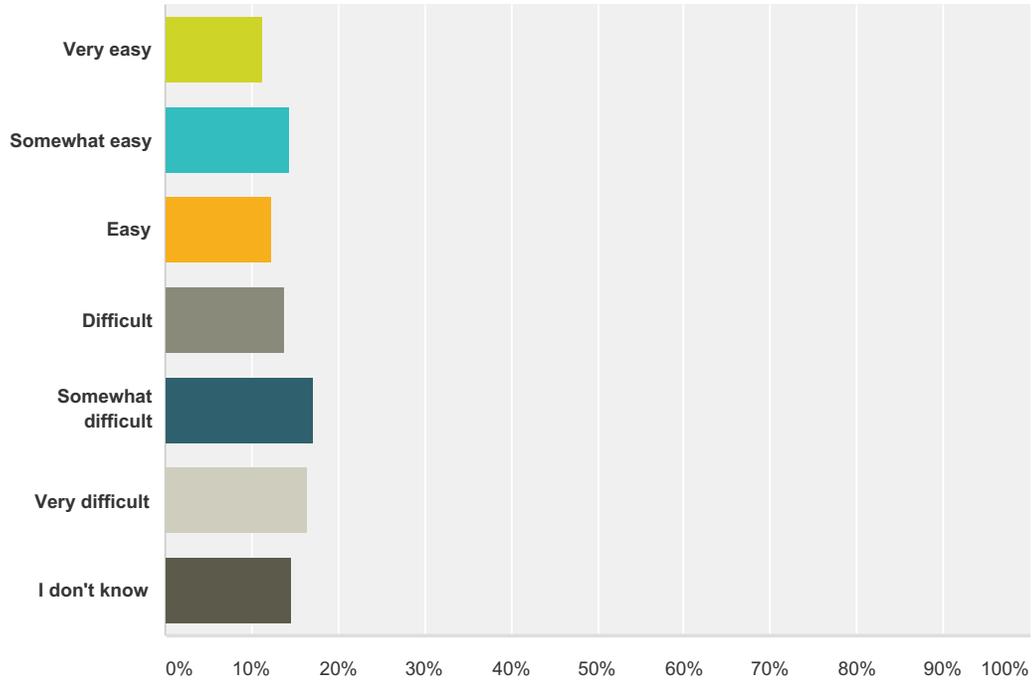
Answered: 2,756 Skipped: 161



Answer Choices	Responses
Makes my schedule easier	6.75% 186
Makes my schedule more difficult	64.84% 1,787
Not easier or harder on my schedule	28.41% 783
Total	2,756

Q15 Would it be easy or difficult for you to change those arrangements to accommodate a later school schedule?

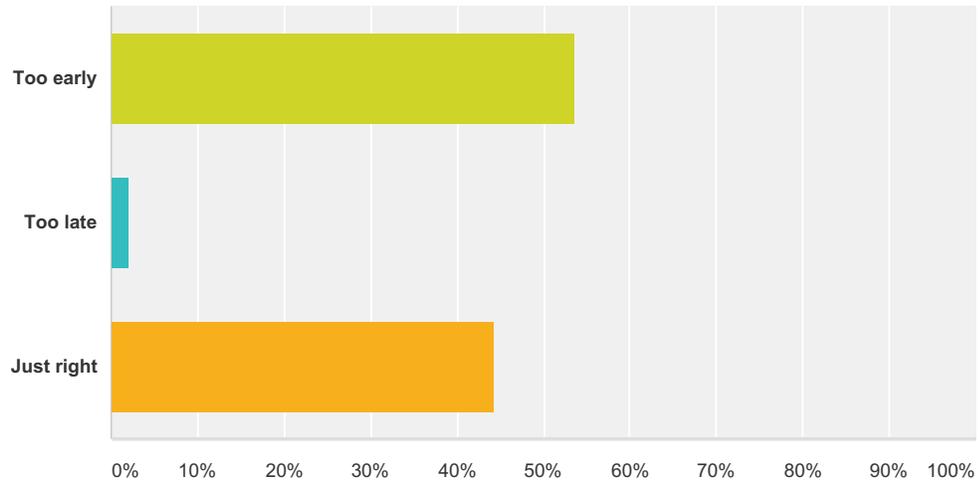
Answered: 2,756 Skipped: 161



Answer Choices	Responses	
Very easy	11.36%	313
Somewhat easy	14.37%	396
Easy	12.34%	340
Difficult	13.68%	377
Somewhat difficult	17.09%	471
Very difficult	16.47%	454
I don't know	14.70%	405
Total		2,756

Q16 As you know, high school in the district now starts at about 8:00 am, (Hillsdale High School at 7:45am). In your opinion, does the high school day start:

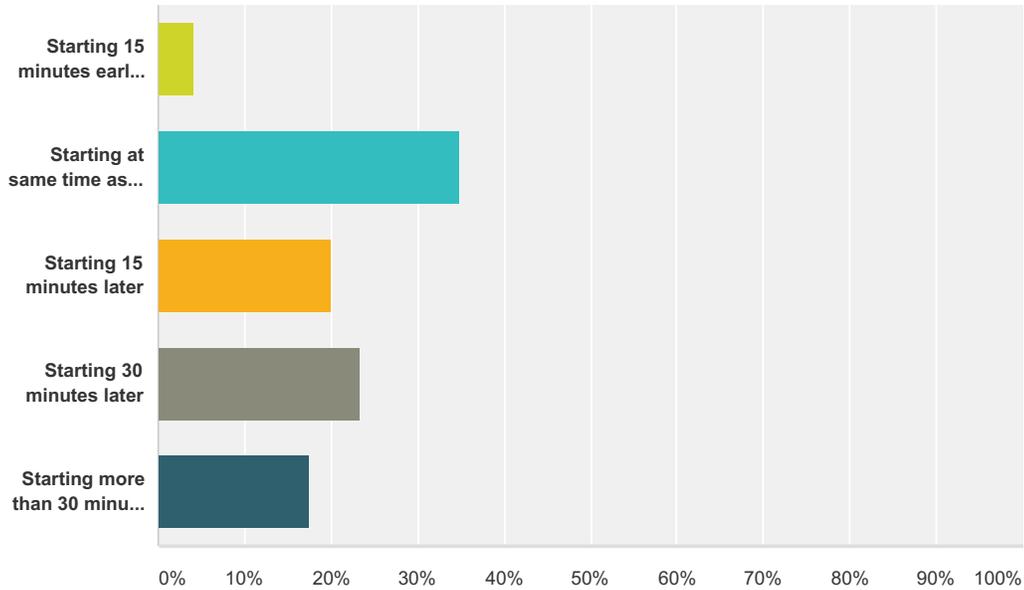
Answered: 2,756 Skipped: 161



Answer Choices	Responses	Count
Too early	53.70%	1,480
Too late	2.14%	59
Just right	44.16%	1,217
Total		2,756

Q17 If the length of the 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 you start or end extra-curricular activities.:

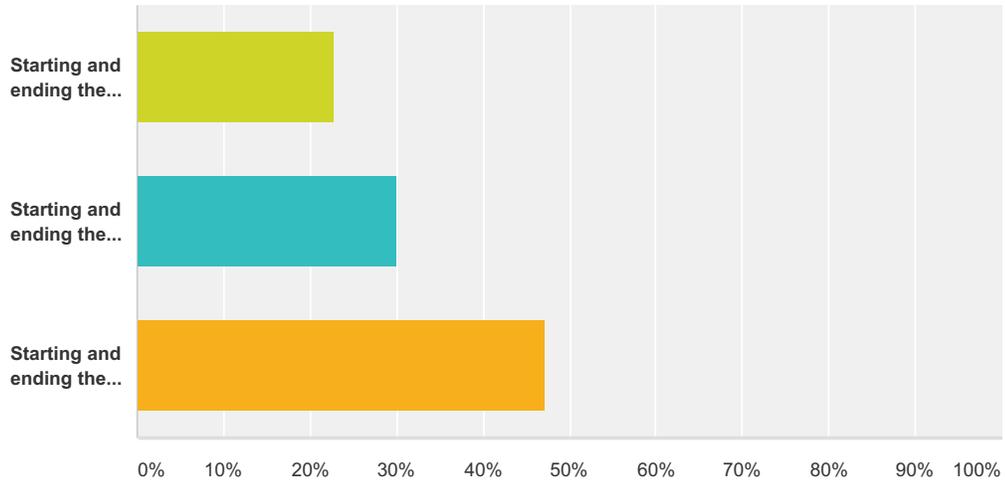
Answered: 2,756 Skipped: 161



Answer Choices	Responses
Starting 15 minutes earlier than now	4.17% 115
Starting at same time as now	34.83% 960
Starting 15 minutes later	20.07% 553
Starting 30 minutes later	23.37% 644
Starting more than 30 minutes later	17.56% 484
Total	2,756

Q18 If the school day was extended to accommodate a later start, which high school schedule would be best for you personally? Please answer according to your school's current schedule and do not include when you start or end extra-curricular activities.

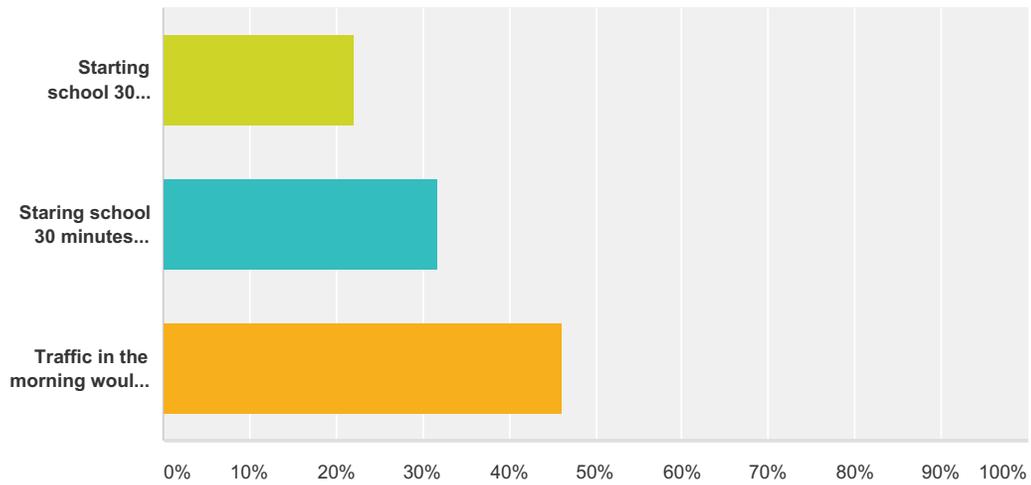
Answered: 2,756 Skipped: 161



Answer Choices	Responses
Starting and ending the school day 15 minutes later	22.75% 627
Starting and ending the school day 30 minutes later	30.08% 829
Starting and ending the school day the same time as the current schedule	47.17% 1,300
Total	2,756

Q19 Which statement most closely matches your opinion?

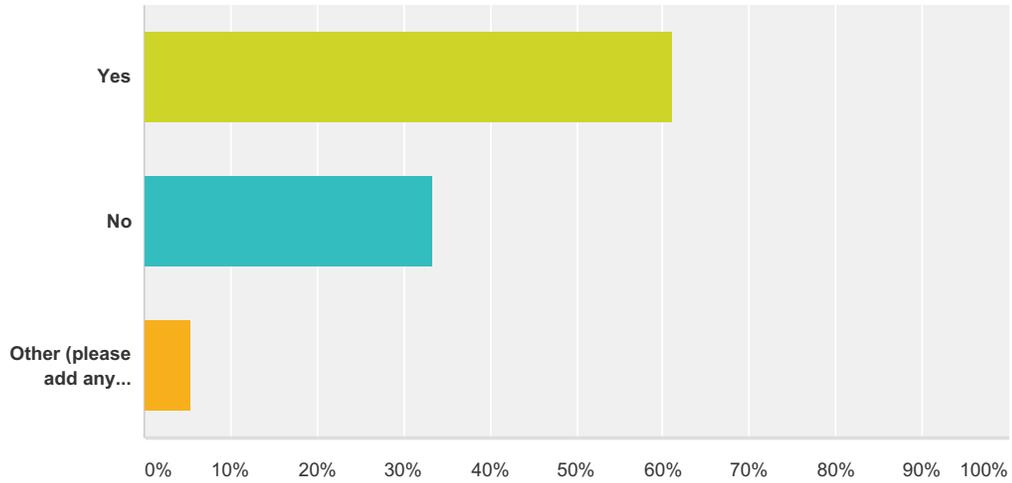
Answered: 2,687 Skipped: 230



Answer Choices	Responses
Starting school 30 minutes later would decrease traffic in the morning.	22.18% 596
Starting school 30 minutes later will increase traffic in the morning.	31.63% 850
Traffic in the morning would remain about the same if school started 30 minutes later.	46.19% 1,241
Total	2,687

Q20 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?

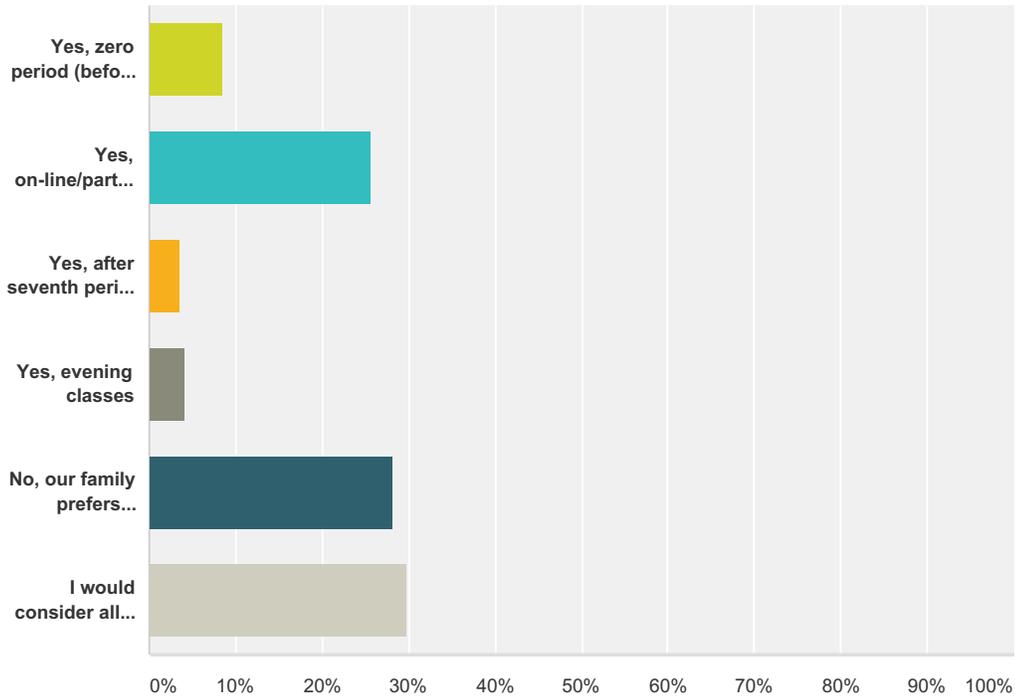
Answered: 2,687 Skipped: 230



Answer Choices	Responses
Yes	61.15% 1,643
No	33.42% 898
Other (please add any thoughts here)	5.43% 146
Total	2,687

Q21 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 would strongly consider?

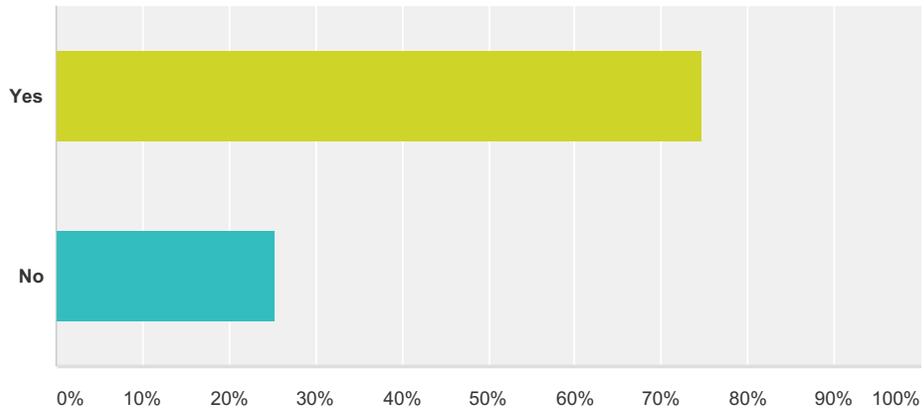
Answered: 2,687 Skipped: 230



Answer Choices	Responses
Yes, zero period (before other classes)	8.49% 228
Yes, on-line/partially on-line classes	25.60% 688
Yes, after seventh period classes	3.61% 97
Yes, evening classes	4.17% 112
No, our family prefers existing schedule	28.25% 759
I would consider all options.	29.88% 803
Total	2,687

Q22 Do you participate in AFTER SCHOOL extracurricular activities?

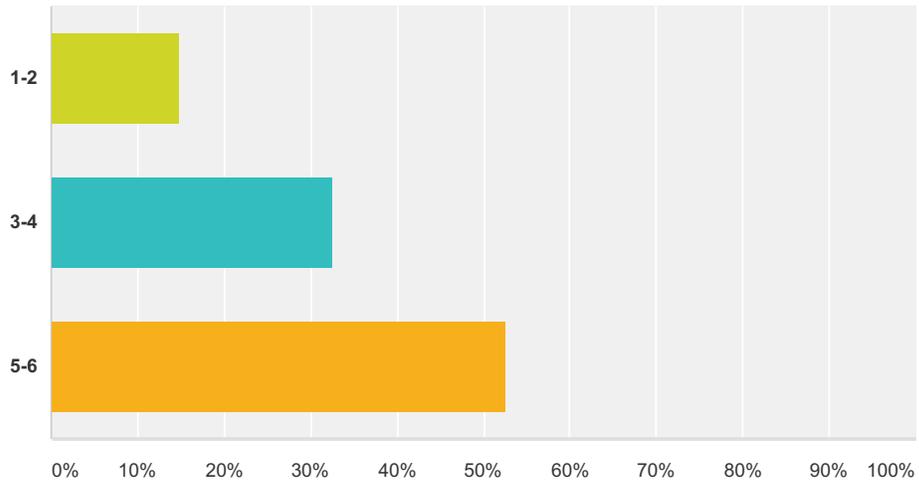
Answered: 2,687 Skipped: 230



Answer Choices	Responses	
Yes	74.66%	2,006
No	25.34%	681
Total		2,687

Q23 If yes:How many days a week?

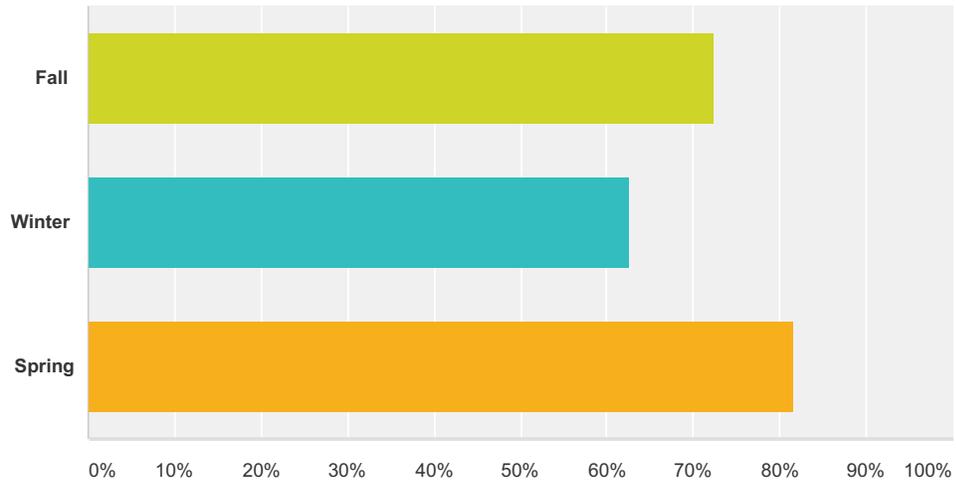
Answered: 2,005 Skipped: 912



Answer Choices	Responses
1-2	14.81% 297
3-4	32.57% 653
5-6	52.62% 1,055
Total	2,005

Q24 Which seasons?

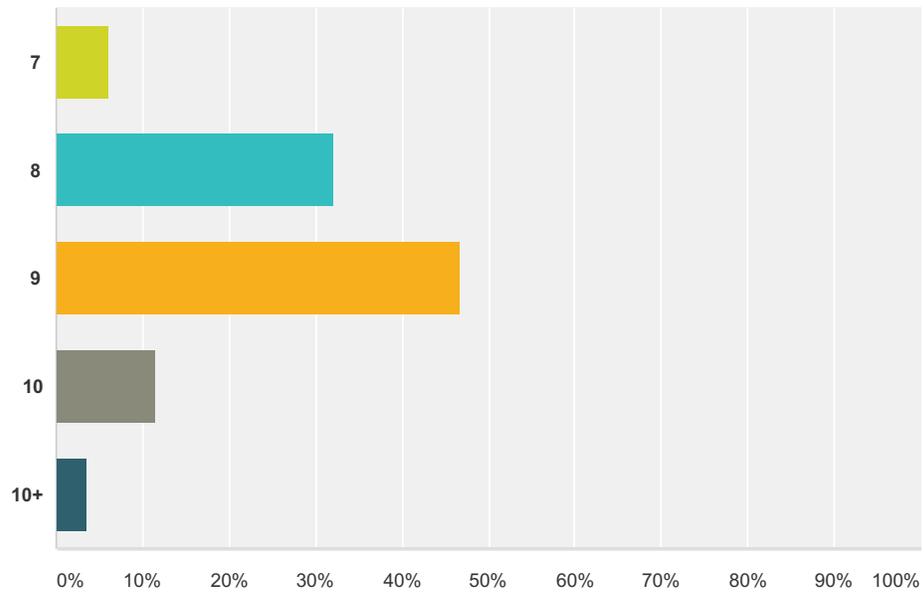
Answered: 2,003 Skipped: 914



Answer Choices	Responses	Count
Fall	72.34%	1,449
Winter	62.71%	1,256
Spring	81.53%	1,633
Total Respondents: 2,003		

Q25 How many hours of sleep do you think teenagers need on average to stay healthy?

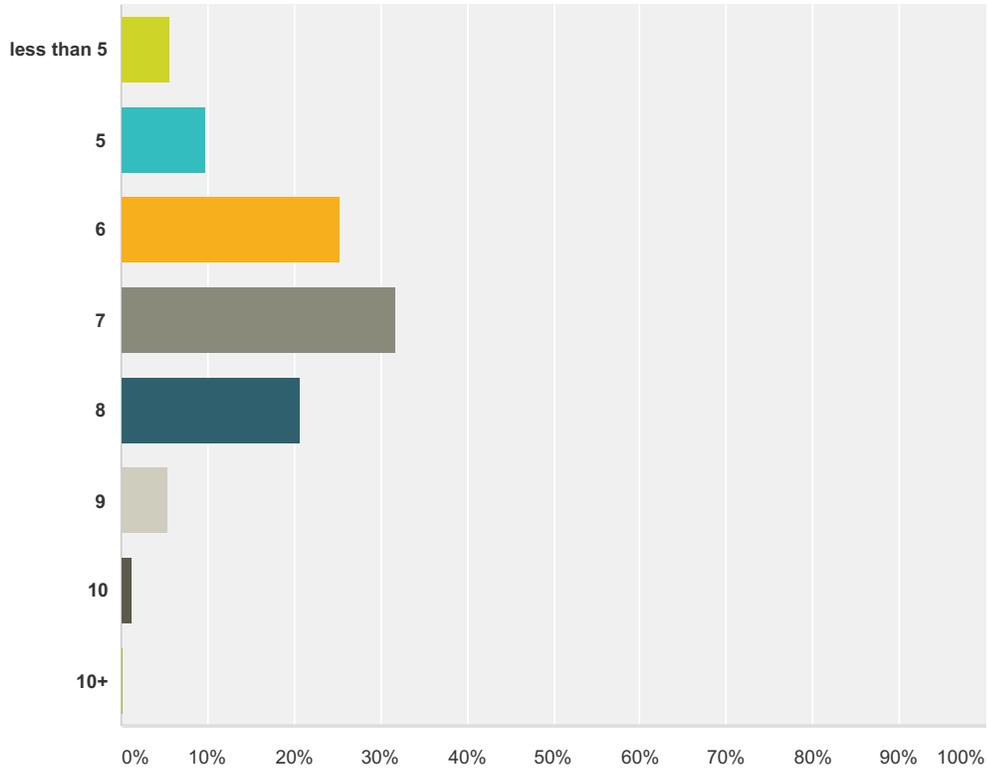
Answered: 2,667 Skipped: 250



Answer Choices	Responses	Count
7	6.07%	162
8	32.25%	860
9	46.79%	1,248
10	11.44%	305
10+	3.45%	92
Total		2,667

Q26 How many hours of sleep would you guess you get per night during the school week?

Answered: 2,667 Skipped: 250



Answer Choices	Responses	Count
less than 5	5.70%	152
5	9.75%	260
6	25.27%	674
7	31.80%	848
8	20.58%	549
9	5.40%	144
10	1.24%	33
10+	0.26%	7
Total		2,667

Later Start Time Survey (Students) 2017

13	I think a late start schedule would make things more difficult for students involved in sports or have siblings at other schools. The schedules would be different between schools and this would cause coordination problems within families	3/6/2017 11:36 AM
14	For San Mateo, we could get rid of tutorial in order to make the schedule easier. We also could have late start two days out of the week to allow students to catch up on sleep throughout the week as well as give them more time to do homework since our days would be shorter with tutorial gone.	3/6/2017 11:34 AM
15	A late start would really help those who could take their siblings to school	3/6/2017 11:34 AM
16	I don't think we should end school later, just cut down the times of the classes, because either way our classes are an hour and thirty minutes long Tuesday-Friday	3/6/2017 11:32 AM
17	thank you	3/6/2017 11:29 AM
18	Don't change the schedule	3/6/2017 11:27 AM
19	later start but still get out at the same time	3/6/2017 11:27 AM
20	Starting later= more people be late because traffic Schools just want money.	3/6/2017 10:38 AM
21	Later time would make me late for dinner	3/6/2017 10:11 AM
22	Pushing back the school schedule might only push back other schedules so students will have to sleep at a later time than they do right now even though they get more time in the morning. This means that students would be sleeping the same number of hours.	3/6/2017 10:11 AM
23	I like this	3/6/2017 10:06 AM
24	Although it sounds promising, I feel that pushing the time we get out back would have a very negative impact on existing schedules. Especially as a junior, I have a plan that I have worked out over the course of three years and changing the schedule would effect my after school activities such as myou jobs and classes.	3/6/2017 10:06 AM
25	There is too much homework so we don't get enough sleep.	3/6/2017 10:06 AM
26	The problem is not the schedule it is the amount of sleep we are aloud to get according to the amount of homework we have	3/6/2017 10:00 AM
27	NO	3/6/2017 9:56 AM
28	B/c I like to do home work at night not daytime and sometimes I just use my phone so I can fall asleep	3/5/2017 10:55 PM
29	I fall asleep in almost every class and it sucks because I don't want to miss class.	3/5/2017 10:51 PM
30	I feel like if the school's start time was to be pushed back, it should be pushed back by an hour, not 30 minutes. The goal of having a later start time seems to be ensuring that students get more sleep and feel more awake in the morning, and I don't feel like 30 more minutes in the morning does that, especially since I could easily sleep 30 minutes earlier myself.	3/5/2017 9:24 PM
31	I am not at all in favor of a schedule change. School has been starting at this time for decades, why change it now? The school board is trying to rush something through without considering how this will affect everyone. My parents will spend more time in traffic in the mornings to get me to school and then more to work. What about teachers who have to commute? And if we still get dropped off at same time with library hours, I'm not gaining sleep and you're making our day longer. Please do NOT go through with this.	3/5/2017 9:13 PM
32	Perhaps a smaller workload would be more beneficial to students getting sleep than changing the schedule entirely. Many countries, including places like Sweden, do not emphasize homework as a large part of the education curriculum. They have also been shown to achieve strong results academically.	3/5/2017 6:28 PM
33	I think the District is out of touch with the realities of student scheduling, and I'd strongly suggest that the superintendent find another pet project to pad his resume. It's painfully obvious that this is a legacy-builder -- don't screw with our scheduling to advance your career.	3/5/2017 5:40 PM
34	I personally think that a late start would benefit students like myself who walk to school because it is more time-consuming. However, I think it could also be chaos for students who are driven to school in the morning because of parent jobs and time.	3/5/2017 5:09 PM
35	Please do this. 7:00am for zero period is bad.	3/5/2017 5:00 PM
36	I average close to 7-8 hours of sleep a night	3/5/2017 3:27 PM
37	Don't change the time. It will just cause more chaos and be a significant burden to those who have to drive across a bridge or two every morning to get to work or school.	3/5/2017 3:20 PM

Later Start Time Survey (Students) 2017

38	If we started later that means that extra curricular activities start later which means homework starts later which means that going to bed gets pushed later so while it might help some students get more sleep but for all the athletes it won't I don't think.	3/5/2017 3:17 PM
39	To make this survey more accurate, I answered homework related questions , such as amount of sleep I get per night, as if it were my first semester because this semester I am not killing myself for school since colleges don't really care about these grades.	3/5/2017 1:48 PM
40	We should get a later start and end at an earlier time. School goes by faster in the morning.	3/5/2017 12:49 PM
41	Please do not change the start time. It would only negatively affect my after-school responsibilities. It would cause me to go to sleep later, and as someone who once had free first period, I learned that 30-60 extra minutes of sleep do not change my day. It just makes me slower in the morning.	3/5/2017 12:34 PM
42	Students wouldn't be able to get extra-curriculars with a late start. Students aren't getting more sleep they're just staying up later. Late start is a BAD IDEA in my opinion.	3/5/2017 11:35 AM
43	Later start is not logical unless it is pushed back by an hour or so and even that isn't logical.	3/4/2017 10:26 PM
44	I'm considering taking a zero period next year, so a later start time from now would make how early it is a bit easier. In terms of my class scheduling, it might also be nice to have fewer years of PE requirements (e.g. only Freshman year).	3/4/2017 8:30 PM
45	I personally think we should keep the same schedule mostly because for anyone like me taking MULTIPLE extra curricular activities extending the time for school, getting out later, would mean moving the time of extra curriculars back meaning i and many others would have to stay at school even longer, essentially doing nothing to help the cause of being healthier, we would be staying at school longer and getting home later, pushing our school work like homework and taking care of our bodies (showering, eating, etc.) back making us go to sleep later anyways. Not a good decision please keep the schedule the same.	3/4/2017 8:26 PM
46	I take the train home from school when I stay at my mom's and if school started more than 20 minutes later, I wouldn't be able to catch my train and the next train wouldn't come for more than another hour. I wouldn't get home until 5:45 leaving directly after school ends. Additionally, If I had to leave for school later, I would experience significantly more traffic that would make the later start time nearly obsolete. It would be a major issue if the school commute overlapped with the work commute and it would hurt parents who need to get to work on time. Getting more sleep is nice, but that is determined by how late you personally decide to go to bed not the school's start time.	3/4/2017 8:19 PM
47	Changing the time school start would really affect my family in a negative way. I think the time school starts is perfectly fine at SMHS.	3/4/2017 6:19 PM
48	An extra half hour of sleep will not make much of a difference in how much sleep i get. Isn't the current time that school starts around the same time that many adults start work? If so, I think that waking up at the time that most do to get to school at 8 will contribute to helping poeple to get up for real jobs in the future, perhaps. I think schools should shift focus to trying to help students like me to use valuable and limited time productively and understand the importance of time management. The school should also promote extracurricular activities more. And in doing that, hopefully schools can encourage students to not take more than six classes. And as a result of that, the school make the school day a shorter, six period day, with a possibility of a zero period. Then, students will be less stressed.	3/4/2017 6:00 PM
49	8:30 starting time would make a huge difference to people's sleep, and probably not affect their after school schedule too much	3/4/2017 5:41 PM
50	I would be unable to participate in any extracurricular activities due to the late start. My activities are located in Redwood City/Menlo Park which is not close by. They all start at 4 o' Clock. If there was a late start, that would cause all of the Extracurricular Activities to start later, which would make the students staying up later doing homework and studying. Due to the information based off the American Pediatric Society of Teenagers needing more sleep, Teachers should not give as much Homework and have more free time during class to do the Homework, if they give us Homework.	3/4/2017 3:03 PM
51	Sleep is not that necessary	3/4/2017 2:12 PM
52	Lack of appropriate sleep is a chronic issue affecting the majority of students that is detrimental to emotional health and academic performance.	3/4/2017 1:29 PM
53	I surely support the school start later and I hope that the school will consider to start more than 30 minutes later.	3/4/2017 12:36 PM
54	In my opinion, I like the schedule as it is. I think families have organized and gotten used to the current schedule already that changing it could affect their schedules. I think it's a nice idea and perhaps 15 min wouldn't make to big of a change but I still like I current schedule.	3/4/2017 10:21 AM
55	Just start it later. It is better.	3/4/2017 8:08 AM

Later Start Time Survey (Students) 2017

56	Starting slightly earlier than my middle school which started at 8:30 was an adjustment but I wouldn't change it as it would mess up the morning schedule with all of my siblings as well as create conflicts with my after school commitments	3/3/2017 9:16 PM
57	I'm a pretty lucky kid and gets 8 outs of sleep. But I know many people who get 2-5 regularly.	3/3/2017 7:30 PM
58	If you change the time of school starting later students will just stay up later because to them they will have more time to sleep in. Thus changing the time will do nothing we will just stay up later	3/3/2017 5:47 PM
59	I dont have a problem with school starting later, in fact I would really enjoy the extra sleep. I do however have a big problem with it ending later because I already have a lot of homework this year along with the sports I do. Next year I am taking APUSH and ill have the SAT to prep for so it would be even harder next year because I will have 3 times the amount of homework I do now and if school starts later, I will just have to stay up later to finish my homework.	3/3/2017 12:16 PM
60	I think that it's best to start and end the school times earlier.	3/3/2017 12:04 PM
61	if we start school later it would also end later which means we have have to start sports and other extracurricular activites later which means we would get home later and have less time to do homework which would also result in us(students) having to stay up late and get less sleep.	3/3/2017 10:06 AM
62	Get rid of advisory, not useful	3/3/2017 10:05 AM
63	if we start later, we would get out later, thus not changing the amount of sleep students get, while increasing the time it takes to get home, due to traffic	3/3/2017 10:03 AM
64	Sloth	3/3/2017 10:02 AM
65	i strongly disagree with the new arrangements the district is considering because students would go to sleep even later than now so it wouldnt fix anything plus i have music classes after school and my teachers schedule is already made so i cant change my classes time	3/3/2017 10:02 AM
66	Do it 15 minutes later, not 30. Ending at 4 would be soul-crushing.	3/3/2017 10:02 AM
67	I'm usually tired no matter what time of day.	3/3/2017 9:59 AM
68	Kids would just go to sleep later and wake up later. Still getting the same amount of sleep they get now.	3/3/2017 9:57 AM
69	this sucks	3/3/2017 9:55 AM
70	Start at 9 end at 2	3/3/2017 9:24 AM
71	all because of the amount of home work we get	3/3/2017 8:43 AM
72	HAMBURGER	3/3/2017 8:14 AM
73	Starting school later would mean people like me who play sports would get out earlier meaning we would miss more class time and more work which would be harder on us. It would also give us less time in the day to finish hw and do other things that need to be done	3/2/2017 11:20 PM
74	I get like no sleep.	3/2/2017 11:01 PM
75	pls	3/2/2017 8:08 PM
76	I think it's especially important to get enough sleep and give people the option to have more time in the morning to get ready and eat breakfast (which is rarely done) I believe it should be piloted if not done.	3/2/2017 7:50 PM
77	I would highly consider online classes, especially with growing technology and the convenience of being able to adjust your schedule.	3/2/2017 7:43 PM
78	I think that having a late start, and ending later is not a good idea. As students we will get out later, which means that we will have less time to do homework; after school, on top of sports and other after school extra curricular activities. I do not think that we should go forward with this choice.	3/2/2017 7:31 PM
79	My friends and I love Wednesdays because it is a late start. We always feel better and school is more enjoyable for it. I feel that with a later start students would feel better and perform better and school.	3/2/2017 6:07 PM
80	Me and all my friends need more sleep. We are zombies In the morning. We should have carlmonts schedule.	3/2/2017 4:41 PM
81	If I am asked to stay up to do homework at night then I sleep 5-6 hours.	3/2/2017 12:58 PM

Later Start Time Survey (Students) 2017

82	I would like to see an increase of class options during zero period, but not if that affects the school schedule. Many of us are affected by the traffic flow and later start will not mean much extra sleep for us it will take longer for us to get to school. It will take us much longer to get home as well. If I stay after school even 15 minutes for any reason, it takes me longer to get home. Traffic at 4:00 is horrendous. It frequently takes us 45 minutes to get home at that time, where at 3:15 it takes 20-25 minutes. When leaving at 2:30, that time goes down to just 15 minutes. So this extra half hour of sleep, will cost many of us an extra 30 to 60 minutes every day getting to and from school. Not worth it!	3/2/2017 12:29 PM
83	I think online classes and late night classes are a great idea!	3/2/2017 12:27 PM
84	I think that starting later wouldn't give students more time to sleep because they would just stay up later thinking they have more time to sleep in the morning. Pushing the end of the school day back creates a mess for students trying to schedule various personal and extra curricular activities after the school day. It also means athletes lose more class time when they have games to attend. I think a better way to fix the issue of fatigue and sleep deprivation would be to reduce the enormous homework load rather than start later.	3/2/2017 11:49 AM
85	Since I don't have a first period class, my start time on most days is later than my peers. I think they would benefit from the extra time in the morning that I already have.	3/2/2017 11:03 AM
86	This schedule would help me get more sleep, which would positively impact my GPA.	3/2/2017 11:00 AM
87	N/A	3/2/2017 10:33 AM
88	I do not like this because I would still have to get up at the same time because I get dropped off. I would just be wasting more time in the morning if this were to happen.	3/2/2017 9:21 AM
89	Please don't make us start school and end school late. Maybe, we should try the pilot program for a week. But we shouldn't consider keeping it	3/2/2017 7:18 AM
90	If school were to start later I would still be getting to school about 7:30 so I'd be waiting for an hour to go to my first period, when I wish I could still be sleeping.	3/2/2017 7:11 AM
91	It seems that this late start proposal causes more issues than benefits. It is a lot of fuss over only 15/30 minutes. If we really wanted a "late" start, school should start at 10am. However, that clearly would cause more difficulties. The reality is, if kids are not getting enough sleep, it is on them. Trust me, as a teen, if school started later kids would just stay up later. This late start change is unnecessary and causes complications in students' schedules.	3/2/2017 6:18 AM
92	Kids now are use to waking up at a certain time. I think they all feel groggy in the morning is because they've been studying all night before, trying to achieve for the A. Instead of changing the time schedule for the students mental and physical health, we should also work on time management and keep in mind the "teen life" all kids should experience (limit the amount of tests, homework, etc.)	3/2/2017 12:29 AM
93	30 minutes later for start of school isn't enough. 45 minutes to 1 hour is enough extra time in the morning that all students can benefit from whether they see the value of it or not.	3/1/2017 10:18 PM
94	I like the idea of having a late start, but the issue is that we would still get out later. That means I would have to push back practice times, my after school job, and eventually homework. Homework is what most kids stay up late doing, so if that's getting pushed back later as well, the amount of sleep students will be getting will be the same. For those reasons, I don't think a late start is worth it.	3/1/2017 10:04 PM
95	So Help me God	3/1/2017 9:57 PM
96	I would want to feel more awake in the morning and throughout the day.	3/1/2017 9:40 PM
97	starting later would be inconsiderate to the people who play outdoor sports, who would have to stay outside in the cold and dark longer. the freeway traffic on CA-92 west increases as it gets closer to 8:00, so students coming from foster city would have to sit in traffic longer, or wake up at the same time they do currently to avoid traffic anyways.	3/1/2017 9:23 PM
98	I think this would be a great idea, but it's shortens the time kids get after school. I believe what we have now is fine.	3/1/2017 8:36 PM
99	I try very hard to get all my school work done during the week after practice, i feel that the later the school day ends, the less time I have to do homework. I don't think I would have the motivation to finish any homework in the morning	3/1/2017 7:58 PM
100	We need to have the same start time so we do not miss school for sports. Also if we start later then we will be practicing much later and it will be dark so we will not be able to practice as much and for as long. This will affect our school work because then we will not be able to get out and play.	3/1/2017 7:38 PM

Later Start Time Survey (Students) 2017

101	I think starting school later is a great idea - but not if we need to end school later as well. Doesn't a late end defeat the whole purpose? A later end means less time to do homework, which means less time to sleep, which means we're back to start. You guys need to seriously rethink what exactly you're trying to solve here, because this isn't going to help much. Additionally, students who participate in after school sports, drama, clubs, and other extracurricular activities would have to start later for their practices, thus creating an entirely new problem of practice times and how late they are going to last (on average, practices last 2 hrs, and if the students starts at 4 PM, for example, then the student would be coming home well after 6 PM). And if you guys think, "Oh, well they can just have practices in the morning", that means that athletes would have to get up early, AGAIN defeating this goal of sleeping longer. Overall, this definitely needs to be rethought.	3/1/2017 6:43 PM
102	Zero period should start at the same time as now, so marching band has extra rehearsal time.	3/1/2017 6:32 PM
103	I want school to start at 8:00 because if we start later, then we end later. And when we end later, we have less time to hangout with friends and do our hobbies. This also means that we would stay up later doing our homework. I also think that 8:00 is that best time to start school. Even though we start school later than 8:00 I would still come to school at 7:30. I also wish that we still have zero period so I could take more classes.	3/1/2017 6:11 PM
104	I feel that increasing the start time affects both getting to school and leaving school as I have a full 7 period schedule by making it harder for me. Making the start time later affects the time school finishes, and the time it takes the school bus to reach my stop after getting on back at school. As Foster City is inundated with drivers who have to take 92 East, and if the end times are moved back, then the school bus would be stuck in traffic on every day. If the start times were moved back, then the bus would get stuck in local traffic.	3/1/2017 5:53 PM
105	I will move out of the district if the schedule is changed. Do not change or I'll be pissed	3/1/2017 5:27 PM
106	DO NOT CHANGE RHW SCHEDULE	3/1/2017 5:23 PM
107	Adding to data from the National Sleep Foundation, teens experience a change in their circadian rhythm, which changes when their bodies release melatonin, a hormone to control sleep. When becoming teens, melatonin is released later in the night, around 11:30 pm, and is still being produced until 8 pm. Therefore, it makes the most sense to push the start time later since it is coordinated better with our changing bodies and hormones.	3/1/2017 4:59 PM
108	Later end times can affect getting school work done before sun down, making the student feel more tired and not do their homework	3/1/2017 4:44 PM
109	This was really long.	3/1/2017 4:29 PM
110	I heavily disagree with starting school 30 minutes later. First of all it would indeed affect everyone that has after school activities causing literally everything relating to the activity to change. Plus, if we had to start school later the students, parents, and district buses would have to deal with the extremely heavy traffic at around 8:00 AM and around 3:30-4:00 PM these are the times when traffic is near heaviest, not just that but they would also have to deal with all the parents for the elementary and middle schools making it even worse. By having all this traffic the student/bus would might as well leave at the same time they are leaving now just to avoid traffic because it already takes about 15-20 minutes to get from Foster City to San Mateo and that would increase by maybe an extra 20. Last reason we shouldn't start school later is sleep I think that if it were to start later we would all actually get less sleep(kind of ironic don't you think?), this is because of the two previous reasons plus homework and time everyone gets back home, if someone doing extra school activities-- not particularly from school but for something else-- had to get there later because of traffic then arrive home they would get there later than usual and still have to do all their homework, and because they know that school starts 30 minutes later than usual they might stay awake a little longer. All those minutes will start adding up until finally they start having to go to bed much later than usual but still having to wake the same time as before just to make sure they don't get stuck in traffic causing them to be late for school. So because of after school activities, traffic problems, and amount of sleep we get, I do not think we should start school 15-30 minutes later.	3/1/2017 3:07 PM
111	For our highschool it would make more sense to make 1-7 days only 45 minutes per class rather than 51 because we do t accomplish much anyways. So it would be 8:15 to 3:15 school day.	3/1/2017 2:35 PM
112	I am definitely in complete support of the later start time for school, however I think that possibly there could be some issues with it and that a pilot program lasting for a month and then evaluated would be the best course of action to ensure that all concerns could be recognized and addressed before the plan is put into full action.	3/1/2017 2:20 PM
113	nah	3/1/2017 2:03 PM

Later Start Time Survey (Students) 2017

114	I think that starting school late won't be beneficial because if we end school later we will have less time to do homework and for people who do sports, they might have to leave class earlier and therefore miss more of class causing them to be behind and have more work to do on top of their homework. Also you will go to sleep later since you will be doing your work later on in the day causing you to wake up and sleep the same amount of hours. Plus traffic is a problem everyday and going later to school than usual will cause there to be more traffic and cause you to wake up earlier so you won't be late for school. So not only can you sleep the same amount of hours but it might make you sleep less since you might ave too wakeup earlier due to traffic. I think the schedule is fine the way it is and the schedule should not be changed. Another thing is that getting out later in the day it will also get darker and for those who live farther away and have to walk home will be in more danger walking in the dark.	3/1/2017 12:40 PM
115	i feel that if the day started later extra curricular would end later and we would have less time for homework. thirty minutes is an insignificant amount of time that would only create more difficulty in scheduling and extracurricular activities.	3/1/2017 11:35 AM
116	no comment.	3/1/2017 11:06 AM
117	i would prefer school to start later but ends the same time.	3/1/2017 10:21 AM
118	Unless we have a shorter school day, the impact of starting schools at a later time will be very limited and mostly negative. First off, ending school later would simply mean going to sleep later in the day, which would amount to the same lack of sleep. As for after school activities, we would miss more class and in turn, miss out on our education and be forced to spend more time making up our work. This would cause us to lose even more sleep. A change in our regular schedule would also be highly inconvenient for parents who must work early in the morning, or drop of other kids at other schools. Instead of changing school times to help students gain more sleep, we should consider other factors like the amount of homework assigned every night, which is the leading factor for the lack of sleep.	3/1/2017 10:16 AM
119	I don't like the idea of a late start because my schedule is already tight as of right now, and later start means later finish. I like starting at 8 in the morning because it makes me feel productive. Ending later means I might not be able to attend some of the extracurricular activities that I have a passion for. Also, if extracurricular activities were to adapt to the late start days, it would be no different than the way the system is now since we would get home later and still have to do homework: we would still receive minimum hours of sleep. I also get tutored after school and those sessions will be hard to keep if school ends later since there will be no opening in the tutor's time: getting tutored is essential for keeping my grades up and understanding the material.	3/1/2017 10:04 AM
120	30 minutes late start will only give another 15 minutes of sleep and will not be beneficial if the goal of the district is to get students to be well rested for school. We should start at least 45 minutes to an hour to be well rested for school.	3/1/2017 9:08 AM
121	enough sleep surely improve students' performance academically and in sports. I surely support late start and would like to see the school start later this August.	3/1/2017 7:18 AM
122	Sometimes I'll get around 6 hours of sleep on a weekend, because I go to bed way too late. However, I feel much more alert on those days than I do during school. This is because the teenage body clock naturally operates at a later time. Also, people naturally want to get up with the sun, or after it rises, so waking up at 12 PM is easier, because the sun is already coming through the window.	3/1/2017 12:32 AM
123	I think extending the school day is an awful idea. If we get out at 3:45, that means our whole schedule will get pushed back. By the time we get home, it will be really late and we will be working on homework until the late hours of the night. 30 more minutes of sleep won't make a difference and kids will continue to go to sleep late if that's their sleep pattern. I think the school should drop the idea of a late starting time because it is stupid	2/28/2017 11:43 PM
124	The suggestion of later start time is yet another example of how out of touch the administration is when it comes to the lives of their students. All the talk of tired and stresses out students and the admin being concerned is amusing considering they need to look in the mirror when it comes to student sleep deprivation and stress. The issue is that students are given TOO MUCH HOMEWORK. Each student has 5-7 classes depending on their grade and the amount of credits needed. If all of these classes give homework the student is has at least 3-6 hours of homework on any given day. And for administration to suggest that starting school later will fix this....IS A JOKE. 15-30 extra minutes WILL NOT make up for HOURS of lost sleep due to homework. a large majority of BHS students are involved in extracurriculars and those extracurriculars (sport for example) would start an hour later, and students get home an hour later, and start homework an hour later, and go to bed an hour later. How is this going to solve the sleep deprivation issue the administration seems to be so concerned about. And reading this survey showed that their are preconceived ideas about these students...like we are online and that is why we don't get enough sleep, or we are simply fooling around. It is extremely disrespectful to be thought of that way, especially given the academic success of the students in the SMUHSD, these students who are "online" or doing other activities (which is inaccurate because we are locked in our rooms doing homework) are the same students who are making this district look good. The only thing I can say I appreciate is this survey which has allowed me to express 3 years worth of annoyance at the ignorance of the SMUHSD. I will not believe you (the administration) care until action is taken to fix the problems, not pity the students you are causing to be sleep deprived and stressed, because as of right now it is all talk and no action.	2/28/2017 9:46 PM
125	No changes!!!!!!!!!!!!	2/28/2017 7:05 PM

Later Start Time Survey (Students) 2017

126	I am not in favor at all of getting out at a later time and neither are my friends who I have discussed this with. We all have activities after school that would be compromised if school ended later. Also, I believe that while we might be able to sleep in to a slightly later time, we would get the same number of hours of sleep per night because of the late end time (we'd get home later so we'd have to stay up later to do work). Personally I feel that if the district is concerned about how much sleep we're getting, that there should be a limit on the amount of homework given instead of starting/ending later	2/28/2017 6:22 PM
127	I dont want to have to leave school later. Starting 5 minutes later is fine but not 15 or 30. Flex time on thurdays with the later start time would result in going home later.	2/28/2017 2:39 PM
128	Is mayonnaise an instrument? What really is in ranch dressing?	2/28/2017 1:01 PM
129	We just need sleep to function correctly and stay focused.	2/28/2017 1:01 PM
130	I need sleep	2/28/2017 12:50 PM
131	A 30 minute difference isn't enough because people won't get to sleep in that much. What Aragon did before was a 10am start during testing one time and we had a block day and that was better for a lot of people because people were allowed to sleep in by 2 hours and people were also able to avoid the morning traffic. I do support late start, but not starting late by only 30 minutes. I support late start if it was 2 hours later and still ended at 3	2/28/2017 12:21 PM
132	No comments	2/28/2017 11:37 AM
133	I would be fine either way about the late start. Maybe there could be a compromise that we will start and end at the same time and have one day a week that we start late, like we do for our early dismissal block day. I would get slightly more sleep but I'm not sure how much of a difference it would make, compared to if we started at 8:45 or 9:00. The challenge for me would be after school activities. I am involved as an announcer and team manager for our football and basketball teams and also participate in sports in the spring with a non-SMUHSD team/organization. The late start would mean I miss a little more class but after school, it may be harder and tighter for me to get to my activities in the Spring for non-school Athletics. I feel like the students would benefit more from having an hour or even just 45 minutes later but that a half hour may not be enough. My bedtime would stay the same though. When it asked about how many days a week I am involved in extra curriculars, it depends on the season. Some seasons, like Spring, are busier than others, such as Fall for example, but I am involved in all 3 seasons.	2/28/2017 11:28 AM
134	For me i have to go to take care of my brother after school which i need to go home then come back for my sport so it will make harder for me because i would need to hurry up or walk faster each day also after practice i have to walk home which will make it harder for me the next day	2/28/2017 11:26 AM
135	the later start time will not increase kids ability to preform better. kids will still go to sleep and wake up the same times because they have trained themselves to do that. Especially if kids have sports, they will miss even more school. Honestly, it is not worth it!	2/28/2017 11:26 AM
136	none	2/28/2017 11:21 AM
137	Changing school start time by 15 or 30 minutes isn't a big enough impact to actually allow students for more sleep. If we're going to start late, then start late. 9:00 or after	2/28/2017 10:32 AM
138	I just got tired from taking this survey cause I am at school very TIRED right now as I do this survey...	2/28/2017 9:42 AM
139	I think students are going to be equally as tired starting 30 min later as they are right now. A later start time won't really change their homework/sleeping habits (as in when they go to bed.) So while I think that it might be good for some students, it won't have that big on an impact on the school environment. I don't think that it's worth making major schedule changes if the later start time won't have much of an effect.	2/28/2017 9:40 AM
140	no commet	2/28/2017 9:08 AM
141	Even though i might not get all 8 hours i feel it does not effect my work habits and by me getting up in the morning at 600 im fine. By the wnd of my zero period i find my self fully awake and ready for the rest of my day . So i beleave the schedule should be left alone	2/28/2017 6:25 AM
142	It would be ideal if the school day started later but ended at the same time.	2/27/2017 10:07 PM
143	Online courses are a good idea and so is a later start time however ending later would conflict emmensly with activities and amount of time students have for hw.	2/27/2017 8:44 PM
144	I have felt significantly more well rested, awake, and happy since I started taking first period as a free period my Junior year. Since then I have not felt tired in class, which used to be an issue for me occasionally.	2/27/2017 8:41 PM
145	Will not affect thr middles school so i would arrive at school at the same time I do now and will make me get home later from sports giving me less time to hang with friends and homework	2/27/2017 8:19 PM
146	Making the school day later won't increase the amount of sleep students get. They will just go to bed later. Changing the school hours will mess with parents' schedules and other extracurriculars.	2/27/2017 7:39 PM

Later Start Time Survey (Students) 2017

147	I think the later start time would be incredibly beneficial to students' health as per we are teenagers and we need our sleep!! That being said, though, I am a ballet dancer with an intense training schedule every day after school, and on the weekends, and so a later start time would not be good for me. Even with a later start time, we will still be getting the same homework, that will take us the same amount of time, we will end up going to bed even later than now because of the later end time, and so we will still be getting the same (little) amount of sleep we are getting now.	2/27/2017 7:32 PM
148	My activities after school start at 3:45 and it's 15 minutes from school so it would be a major inconvenience for my family. Also Borel gets out at 2:45 and would cause lots of traffic on the freeway, alameda and el Camino	2/27/2017 6:59 PM
149	I think if its possible to start school at 8:30 but still end school at 3 because a lot of people have extra curricular activities right after school and wont have time to start homework until maybe 7 or 8. Maybe starting at 7:50 and ending school earlier would be better too	2/27/2017 6:40 PM
150	Dont change it because it would not be a poitive thing, even if the purpose is to make it better. I will not do anything but make my life worse.	2/27/2017 6:36 PM
151	I think the idea of a late start is ridiculous. Also i'm wondering if it's the teachers who want more sleep.	2/27/2017 6:22 PM
152	Pushing back the start time just pushes back any homework or extracurriculars later. Teens most likely will not change their habits, so they will continue to stay up late- even later if school starts later.	2/27/2017 6:18 PM
153	Students should be able to get more sleep.	2/27/2017 6:00 PM
154	In general I think that a later schedule would make life a lot more stressful and would cause more harm then good. Waking up later would yes, give me about 15 more minutes of sleep however it would not only push out my morning schedule but also would impact my parents who have work. This would mess up how I get to school half the time when I am at my dads where need a ride to school. And would over all cause unnecessary stress in the morning that would be avoidable by just keeping to the current schedule. Another aspect that would be greatly impacted is the amount of time that I have after school. By pushing school back 30 minutes it gets into homework time and extracurricular activities would be pushed later in the evening and would interrupt my family dinners which are very important in my house. Then since I had after school sports my homework would be pushed later in the night and I would be up later then I would usually be making those 15 extra minutes in the morning pointless. In all I am personally very against the later start and I think that the current schedule works perfectly.	2/27/2017 5:57 PM
155	Do not do the later start.	2/27/2017 5:23 PM
156	If school starts later, we will be up even later in the evenings because we need time to communicate w/ other students for homework and projects. My mom wants to shut off the internet but if so we can't get our group work done. She also does not like schoolloop because in increases communication on the internet. Should the school make schoolloop not accessible after 11pm?	2/27/2017 3:09 PM
157	Changing the start time would be nice, and could be effective for studies that show teenagers naturally have sleep cycles that start and end later in the day. It could also be helpful considering that many kids go to sleep way later on the weekends, and it would make sense to try to minimize the difference between weekend and weekday start times. Many sports can also move practice times earlier in the morning with a later start. While I do support the shift to a later start time, this alone is not enough and will do very little to decrease student stress levels and increase sleep time. We need to consider a districtwide implementation of policies like CHS's flex time or homework reduction. Honestly, a LOT of time is wasted daily in class, with poor teaching (of course not all teachers) and apathetic/entitled/unappreciative kids. Some of this waste of time is also built into our course system. For example, there are four years of Italian instruction from first-year to AP. There are five years of Spanish instruction, from first-year to AP. As someone who has taken both fourth-year courses, I can tell you that the students in Spanish IV are far less competent that those in AP Italian. This cheats many students. If we figured out how to make class time more valuable, and used more of it building skills and practice that homework is supposed to do, I think there could be less homework, more comprehension of the topic, and less stress for students. To figure this all out, I strongly recommend that the district put together a committee, or a series of committees by school site maybe, consisting of students, parents, teachers, staff, administration, and board members to find a lasting and impactful solution to aiding student stress levels and sleep. I would also suggest the same for Teacher housing. Lastly, as an AP statistics student, I would like to point out that your method of sampling may lead to biased responses. If this is a concern for you, I'm sure my stats teacher/class would love to help design a survey format for future use. I'd love to talk to district/site admin or board members more about this. Best, John Kershner BHS '17	2/27/2017 3:08 PM
158	Do not do this. Online classes are a bloody waste of time. Less effort required for students (I am a student) means less learning and vastly more frustration, not to mention a much lower chance of getting into a competitive college due to the less rigor of the school schedule, even if it does not seem like much less at this point.	2/27/2017 2:49 PM
159	I think this is a really good idea for us the teens. i think this could really work	2/27/2017 2:13 PM
160	peopl will excel better in class, athletics, and socially as they would be more awake and their brains would function better. They would also be able to grow better- mentally and physically. Sleep is a huge and important factor of your day.	2/27/2017 2:08 PM

Later Start Time Survey (Students) 2017

161	I like the idea but it doesnt fit my schedule great	2/27/2017 1:59 PM
162	I prefer our current schedule because I get out of school early enough to still finish my homework and extracurricular activities before I have to go to bed at 9:30.	2/27/2017 1:25 PM
163	I like the idea of a later start, but not so drastic that it would upset after school activities, because that gives students less time to do extra-curricular activities and complete the amount of homework they get each night. If there was a way to start 15/30 mins later and still get out around 3:20 at the latest, like the late start Friday schedule or something, I feel like that would be best? People probably wouldn't get too upset over that because while everyone wants to sleep in, no one wants to be kept at school later in the day when they'd rather be playing sports or doing activities they enjoy before having to do homework. If students had to be at school earlier or later because of family schedules then maybe some sort of online class could be available for them in the library or something.	2/27/2017 1:13 PM
164	I believe that the school day should start later and end at the same time. To make up for time lost, days should be added on to the end of the year, less minimum days, or lunch cut shorter, etc	2/27/2017 1:01 PM
165	The only way to correct this is to either shorten the school day or decrease homework. If we shift the school day forward 30 minutes, people would do their extracurricular activities 30 minutes later, eat dinner 30 minutes later, do homework 30 minutes later, sleep 30 minutes later, and wake up 30 minutes later. Nothing will change, and people will still come to school sleepy.	2/27/2017 12:01 PM
166	I do not believe that a later start would result in students getting more sleep. If anything it would result in students getting less sleep because they wake up at the same time and just have to sit around for 30 minutes before school in the morning especially if their parent's work day starts at 8:00 and they need a ride to school. Also, pushing back the end time would mean that sports and after school activities are pushed back later leaving less time at night for students to do homework and therefor forcing them to stay up later.	2/27/2017 11:00 AM
167	Hi	2/27/2017 10:57 AM
168	I believe having an extra hour in the morning would help me actually absorb information in first period. Often times I'll find myself in the middle of a lecture without remembering how it began or what it's about because I am completely out of focus. I'm graduating this year, and honestly some of the aspects of college I am most looking forward to are the flexible schedules and later start times.	2/27/2017 10:46 AM
169	If we have a later start, I would stay up a lot later at night because I do not have the extra hour before practice to do my homework because we get out later.	2/27/2017 10:41 AM
170	If we have a later start I'd probably stay up way later than the time I would then get in the morning. I don't think that 30 minutes would be worth it, and anything more than 30 minutes would make it impossible for me to go to my practice.	2/27/2017 10:41 AM
171	I HATE YOU AND I HATE SCHOOL THERES NOTHING U CAN DO THAT WILL MAKE STUDENTS LESS MISERABLE UNLESS YOU REFORM THE WHOLE FUCKING SYSTEM	2/27/2017 10:18 AM
172	If we are to start later, causing us to get out later, it pushes back our extra cirrifular activities. So, regardless of the late time start in the morning, students will end up getting the same hours of sleep since they will be going to bed later after having later practice times and doing homework later.	2/27/2017 10:12 AM
173	Will bus schedules change to work around the new school hours?	2/27/2017 10:11 AM
174	I dont think you should do this because later time i cant do that	2/27/2017 10:10 AM
175	I play after school sports and we have to leave school early to get to games on time. With the shedule that we have today we may leave during 5,6, or 7th period. Us athletes have lots of missing assignments and extra work we have to turn in. If we start later us athletes may have to leave even earlier to acomadate traffic because our games nare at 4 and that is when traffic starts	2/27/2017 10:09 AM
176	if we start later we get done later which can have a problem in after school activites	2/27/2017 10:08 AM
177	I would say shortening our periods by a little bit would be easier. Also, Advisory is unnecessary.	2/27/2017 10:08 AM
178	None	2/27/2017 10:07 AM
179	I really like the idea however I have sports after school. And I'm not trying to stay at school till 6	2/27/2017 10:07 AM
180	I like the idea about starting later but I don't know how this will affect Drama and Sports	2/27/2017 10:07 AM
181	6-7 hours a night depending on homework and activities.	2/27/2017 10:07 AM
182	DO NOT CHANGE THE SCHEDULE PLEASE!!!!!!!	2/27/2017 10:06 AM
183	DO NOT CHANGE THE SCHEDULE	2/27/2017 10:06 AM
184	i need more sleep. less homework. and Bernie Sanders, for a free education.	2/27/2017 10:06 AM

Later Start Time Survey (Students) 2017

185	I feel that school starts too early and I am exhausted during the day but I am not, as of this moment, willing to start school a full 30 minutes later. I would, however, like to do the pilot program to test out starting school later to see if it would really work with my schedule.	2/27/2017 10:06 AM
186	i would like a later start, but i do not want a change in when the school day ends	2/27/2017 10:05 AM
187	I believe that Hillsdale Students would well benefit if the Advisory class was removed, as it adds an unnecessary buffer to the time you are in school. I feel like we should have the right to get out at the same time as every other school and not have to be forced to start earlier and end later.	2/27/2017 10:05 AM
188	I think starting 15 minutes later is a great idea and will benefit hhs a lot because we already start earlier than most. Giving i have a 0 period i would find it beneficial.	2/27/2017 10:04 AM
189	I think starting later will lead to major backlash from parents and students. No student wants to stay later than when we get out now, no matter how late we start.	2/27/2017 10:04 AM
190	depending on the amount of homework given, students get less or more sleep.	2/27/2017 10:04 AM
191	togaff	2/27/2017 10:04 AM
192	I'm fine with however the district wants to orientate the start and end schedule for my school. I trust that you guys will make the right decision	2/27/2017 10:03 AM
193	just make the school schedule shorter	2/27/2017 10:02 AM
194	Please make school start later	2/27/2017 10:00 AM
195	I always advocate for starting early ending early. Even if we start later, ending later will make the school day feel long and tired anyway, and will only push back homework time and extra curriculars even later.	2/27/2017 8:46 AM
196	I think that it would be really pointless to start any later than we do already. There would be no time in the day after school to do any homework and the extra curricular activities I do would be completely ruined. We already have practice from 3:30-5:30pm and I barely have the energy to do homework after. So I believe that if my practice was put back any later even after having an extra 30 minutes to sleep that morning, I would not be very productive in getting my work done. I don't have the best grades in all my classes this semester and if I had to spend any longer at school it would be horrible. Another thing is that my parents have to be to work by 8:00am so I get dropped off early enough to where they can still get to work on time. If school started any later then I wouldn't have any transportation to school. I live about 2 miles away from school and especially when it comes around to the rainy season I would be stuck at home. It costs too much for my family to ride the bus every single day so there would be no good reason to start school later.	2/27/2017 8:37 AM
197	no further comments.	2/27/2017 8:23 AM
198	I'm afraid later start, despite the apparent benefits, would create a unnecessary burden upon both parents in students, as they will have to likely adjust their schedules which may not be possible.	2/27/2017 8:09 AM
199	The problem that people have identified with the existing schedule is not that school starts too early, but rather that students don't get enough sleep. If moving back the start time means moving back the release time (and extracurriculars) and the amount of homework stays the same, then nothing will be accomplished because the students' amount of sleep will not increase. Please also realize that decreasing the length of practices is not fair to the teams. It will lead to less success for teams all around.	2/27/2017 7:51 AM
200	dont do it	2/27/2017 7:40 AM
201	The only way that a later start time would be helpful would be if homework was reduced. Otherwise, all that would happen is the sleep schedule would be shifted because students would be forced to stay up later doing homework. Additionally, it would be horrible in terms of sports because students would have to leave school earlier to make their games, resulting in even more absences from classes.	2/27/2017 6:52 AM
202	Pls I'm sleep deprived and my physical and mental health is deteriorating	2/27/2017 1:00 AM
203	If you want kids to sleep more stop assigning busy work homework assignments and make class time more conversation based. No one learns anything from copying down quotes or memorizing facts all night. All this does is take from the efficiency and quality of our education. I am tired because I have been copying down quotes for Ms murphy's cp English class all night.	2/27/2017 12:32 AM
204	I have insomnia	2/26/2017 10:53 PM
205	i do not think that the school schedule should be altered, whatsoever. i enjoy my education and i believe that anyone who is willing to take that seriously will make the effort and be prepared. i can assure you that starting 15 minutes later will not mean that students will go to bed any earlier or wake up ang earlier either. i think this whole later start proposal is not befeciciary to students at all.	2/26/2017 10:47 PM

Later Start Time Survey (Students) 2017

206	It doesnt make any sense to push back the start time. The only resolution to decrease stress is block schedule 4 days/ week. Please do not push backstart time. Listen to the people it actually impacts-not the schoolboard- THE STUDENTS!!!	2/26/2017 10:27 PM
207	Having jazz band at zero period for four years has really decreased the amount of sleep I can have per night. Even though I would personally like to have school start later because that would have better accommodated myself, I think that the population of people who have a zero period is too small to make such a impactful change on all students that may have activities after school.	2/26/2017 10:14 PM
208	I strongly support the later start time. I think it will make mornings more relaxed and allow me time to wake up before the school day starts.	2/26/2017 10:11 PM
209	While I concede that the health benefits of a late start exist, it is too detrimental to the after school activities, especially athletics, where the Peninsula Athletic League contains a variety of high school districts. Changing our start time would mean extending our end time, which directly conflicts with after school games and meets, not to mention students with part time jobs and familial obligations. Overall, I think more needs to be adjusted to accommodate a late start, more than can be organized within the time frame I have heard discussed, so I would not support a late start that does not address transportation and after school extracurricular activities.	2/26/2017 9:51 PM
210	If you start the school day 15 minutes later, people will just stay up at night 15 minutes later. It's better to just keep the school schedule the same.	2/26/2017 9:47 PM
211	It would be good to know, if we were to take on this schedule, how much later sports games and practices would be pushed back. Varsity sports games already end up going pretty late, so if this would push back all of the games and practice start times, it could be very inconvenient.	2/26/2017 9:34 PM
212	Starting school later is a difficult feat to tackle, however, I believe it would be for the best. Even though I will not reap the benefits of this change as I am a senior, I know I would have appreciated this greatly. Many studies show that teenagers just cannot engage in educational activities that early in the morning. In addition, I believe it has become quite obvious that admin cannot change the time students go to sleep, whether it is because of extracurricular activities or work load. That's why I strongly recommend a later start. If it is any help, I would encourage teachers to take notice of students' involvement and alertness on late start days compared to regular start days.	2/26/2017 9:32 PM
213	Every student is different, thus it can be concluded they will have different sleep needs. If one things is certain it is that more options is not a bad risk to take and as long as extracurricular activities are aware of this change, in order to keep students business their timing can change too. I am personally in favor of this and believe if well thought out it will go well.	2/26/2017 9:15 PM
214	My schedule varies and sometimes I can't start one work until after 8:00 due to my other commitments	2/26/2017 9:08 PM
215	Personally I have a church class(Seminary) every morning from Monday-Friday. It starts from 6-7am and I have to wake up before 5 and go to school before anyone else gets there. I would like to keep the same schedule as it is now. If I didn't have Seminary I think things would be different, but also I have after school activities and it would be harder. For example there are late practices and I have to get home do homework and go to bed and everyday it repeats. In conclusion I advise to start school at 8am to keep it the same schedule.	2/26/2017 9:01 PM
216	I prefer to get out of school as early as possible.	2/26/2017 8:56 PM
217	none	2/26/2017 8:46 PM
218	Make school start later but not have to change the time when we get out just leave it as that and have classes online and evening classes for other students and have stuff to do in 0 period also	2/26/2017 8:45 PM
219	The start/end times should remain the same. It is the student's responsibility to get enough sleep, and if that means they have to go to sleep earlier, then that's what they have to do. Many students spend time late at night doing unimportant things, while they could be getting sleep. I think, therefore, that the problem lies with the students' behavior and not the start/end times of the school day.	2/26/2017 8:40 PM

Later Start Time Survey (Students) 2017

220	I understand why a later start has been so heavily contemplated, but its implementation would result in numerous issues not limited to academics. One major program that would be negatively impacted is athletics. As it already stands, many students are called out between fifth and seventh periods to participate in sports during all three seasons. Pushing the start time later than 8:00 would cause these students to miss even more school time and would require them to take more time out of their already busy schedules to catch up. In addition, practices and games would be forced to start later into the night, negatively impacting sleep schedules. Athletes are very committed to their school, and I would be saddened if their ability to fully participate as members of the school community would be hindered by a change in their academic schedule. The problems as described above are not just limited to athletes, however. Students in groups ranging from robotics to orchestras to Boy Scouts would have their schedule tightened even further by pushing the times of their events closer, thereby limiting time for homework and - just as important - relaxation. Teenagers, especially, value the time they have to themselves, and this time would be limited if school started and ended later in the day. The current school schedule provides the greatest amount of balance and time while still encouraging and enabling students to do their best, both inside and outside the classroom. I speak not just for myself, but for all students, with my above remarks. I hope my comments are taken into consideration as a student who would be greatly affected by any of the proposed changes.	2/26/2017 8:29 PM
221	I'm sick of them putting the chemicals in the water.	2/26/2017 8:27 PM
222	Since I've taken first period off, I've get much more sleep each night and it has really helped me stay alert and overall feel much better during the day. I think having a later start would be very beneficial to all students as I notice that many students are very fatigued throughout the day.	2/26/2017 8:21 PM
223	dont change the schedule you cucks, start at 8 or 9 end at 3 or 3:15. DO NOT MAKE US SUFFER YOU CLUCK HEADS.	2/26/2017 8:19 PM
224	I think starting later would be great but it would also become a conflict for kids who can't drive and have younger siblings. This is because if they have one parents that usually drops them off, it is then impossible to get both kids to different schools by 8:30.	2/26/2017 8:19 PM
225	Starting and ending school 15-30 minutes later could be potentially beneficial for the students' health; however, it is important to also acknowledge the inconvenience it may cause adults who have work and cannot afford to wait another 30 minutes.	2/26/2017 8:18 PM
226	A schedule change would deeply disrupt my schedule	2/26/2017 8:17 PM
227	Start school at a later time, but end at the same time. This is in order students can get a full 9+ hours of sleep to stay healthy and so the teachers have more motivation to do their jobs and teach students the curriculum.	2/26/2017 8:15 PM
228	If school starts later then people will just go to bed later.	2/26/2017 8:14 PM
229	I believe starting school at a later time would not be effective, as teenagers would go to sleep later since they know they can wake up later. Additionally, there would be an inconvenience for parents who drop there kids off to school and go to work from there. Not to forget that school sports that take place on the backfield would have little time to practice since since there are no lights.	2/26/2017 7:56 PM
230	Please do the 8:30 start time	2/26/2017 7:55 PM
231	I would just like to add how long I sleep during the school week can vary wildly depending on my homework, schedule, etc.	2/26/2017 7:55 PM
232	I'd like to elaborate on online classes here. I understand that this survey is primarily about a late start time, but the survey question mentioning the possibility of online classes caught my attention. I personally support online classes because they offer students a chance to go at their own pace, and are also more flexible time-wise. I myself don't have too many extra-curricular activities, but the ones I do take up a lot of time, and I would like to have an option to do my classes in the evening instead of taking up the bulk of my day. Something like this would significantly reduce my stress, and I'm really looking forward to it.	2/26/2017 7:53 PM
233	If the school day were to start later, I would get the same or less amount of sleep. I feel more motivated to do my homework earlier in the day. Between late starts and after school starts, by the time I get home, it would be later and I would have less time than I already do to do homework. I would most likely end up sleeping later and getting less sleep.	2/26/2017 7:52 PM
234	Teenagers are meant to sleep 10 or later. If they don't start late, it would be hard to progress throughout the rest of the day.	2/26/2017 7:50 PM
235	I would support starting later if there was any way we did not have to end later because I already struggle sometimes to finish my homework and get plenty of sleep and this will not be solved by changing both start and end because it will just shift the schedule back.	2/26/2017 7:45 PM

Later Start Time Survey (Students) 2017

236	<p>To stay healthy, 7 hours of sleep is sufficient. To be more engaged, energized, and happy, students need more than that. However, starting school 15 - 30 minutes later would affect a student's sleeping schedule very minimally. Students would either wake up at the same time as they do now or 10 - 20 minutes later. The extra ten minutes of sleep this schedule would allow is not worth the added problems of shifted sports and extracurriculars after school. Many students would even take the later start time as an excuse to stay up even later. Instead, the district needs to implement a block schedule four days a week. At BHS, we start school at 9 am on Wednesday's, have three block periods, and get out at 2:30 pm. On Thursday's, we start and end school at the normal times, but only have four classes. Not only would having block days like these four days a week push back the start time of school by an hour two days a week, but it would also reduce the homework load for students, as they would only have half of their classes on block days. Additionally, it provides teachers with an extra couple of hours per week to collaborate in the mornings, and hold office hours after school. During the day, teachers would have more time in class to teach their lessons, and students more time to ask clarifying questions. Overall, pushing back the start time by 30 minutes is not a sufficient change. Instead, the district needs to implement four block days a week to reduce stress and increase the number of hours students sleep per night.</p>	2/26/2017 7:28 PM
237	<p>starting school later is NOT GOOD because it disrupts everyone's day and will affect parent's workday if they drive their child to school, and if extracurriculars start later, it will affect students who also have evening jobs. Students are not going to be going to bed earlier just because school starts later. Quite the contrary, as students will think that since school starts later, they can just go to bed earlier. It is nonbeneficial, and if you change the schedule it will cause dramatic, negative changes for the hundreds of families that go to BHS.</p>	2/26/2017 7:27 PM
238	<p>I feel like if a later start we're put in place, we would just go to bed later. Also, 15 more minutes of sleep literally would not be any help to how awake we will feel. If teenagers have to wake up before 9ish we will be tired.</p>	2/26/2017 7:26 PM
239	<p>Sometimes or occasionally, I would sleep later if I feel like it or considering the stress of too much homework due in literally 1 day which would be very unfair. And if people don't eat breakfast during the morning because of all the schools' 8:00 AM start time or earlier, then it'd be incredibly sad to rush super quickly to get to school on time.</p>	2/26/2017 7:25 PM
240	<p>For students who have after school activities that are not part of the school, they will be almost impossible to attend. These students will be forced to home school because they will not be able to attend their after school activities on time.</p>	2/26/2017 7:24 PM
241	<p>Later start would be great</p>	2/26/2017 7:23 PM
242	<p>I sleep late because I am a part of many after school activities. Also because I have to wake early for seminary, the average time of sleep I get is 6 hours.</p>	2/26/2017 7:21 PM
243	<p>I hope the district makes the right choice and the students</p>	2/26/2017 7:19 PM
244	<p>I would really like school to start at 8:30am, not at 8:00am. I would feel way more rested and would be able to concentrate more!</p>	2/26/2017 7:14 PM
245	<p>I do not think that starting school 30 minutes later it would be beneficial to most students in this high school. Many students who are younger need to be driven to school every day and picked up by their parents, and their schedules heavily dependent on their parents schedule. Having school start 30 minutes later, would also increase traffic as 8:00 is rush-hour, as is 4:00. This would also impact my extracurricular activities, with sports like Track starting later. All of this might make some students sleep less, not more.</p>	2/26/2017 7:12 PM
246	<p>Starting school later would mean ending later which would also mean everything is pushed back which means it wouldn't do anything. If school started later and ended the same time we would get more sleep</p>	2/26/2017 7:12 PM
247	<p>i believe that not only will starting school later cause issues for ourselves but for our parents too. 1. traffic will increase. just leaving an hour later for late start on wednesdays is a huge difference and there is MUCH more traffic. 2. kids would much prefer to leave school as early as they possibly can 3. due to more traffic, kids will have to wakeup at the same time to get to school 4. if you drive and your parents have you pick up your siblings after school because theyre at work, you will no longer be able to do that 5. if you take public transportation they train/bus times will not change for you, so kids could have to wait up till an extra hour to get home 6. if sports ended later, that would just cause kids to be more tired when theyre doing their homework because they would still be waking up at the same time due to traffic and lastly, 7. if people parents drive them to school and go to work directly after, they would have to arrive later to work which could cause a larger issue in their jobs. these are all very important reasons as to why we should not start school any later than we already do.</p>	2/26/2017 7:11 PM
248	<p>School should start around 8:30 and should still end at the existing time. We can do this my subtracting around 5 mins from each class which can help or shortening the passing period</p>	2/26/2017 7:10 PM
249	<p>I think 8:15-3:30 or get out earlier and have an online class or two would be ideal</p>	2/26/2017 7:10 PM
250	<p>PLEASE DO THE LATER START IM BEGGING YOU TO DO IT</p>	2/26/2017 7:09 PM

Later Start Time Survey (Students) 2017

251	Having a later start time would just make teens go to bed later, not earlier. Pushing back the school schedule will waste morning time that can be used for studying in the evening. Not to mention, a later start time will just push everyone's schedule back, not add more sleep time.	2/26/2017 7:08 PM
252	School needs to start later but would be awful to end close to 4:00.	2/26/2017 7:04 PM
253	The only thing that worries me about a later start time is that our homework load would stay the same (teachers shouldn't have to cut the curriculum down to accommodate our bedtimes), and therefore we'd be going to bed even later. If we got out of school 30 minutes later, we would have 30 minutes less to do homework (it isn't really plausible to push back our bedtimes by 30 minutes, as by that point, we'd be exhausted and incapable of performing our best on our homework and studying). I think this is a difficult solution to solve, as there are two very strong arguments either way, but I would support whatever the district decides to do (as long as the start time doesn't become earlier).	2/26/2017 6:24 PM
254	Though starting school later would be helpful in the beginning, it would turn into the current situation where there is a lack of sleep. Shifting the time school starts doesn't make people less tired. The workload is still the same. For example, this means that people who normally sleep at 12:00 will now sleep at 12:30 and get the same amount of sleep. Shifting the schedule isn't beneficial. Students sign up for the classes they have knowing they can handle it. If they can't then they should not have signed up for those classes. The only way to make this easier is to decrease class time, but this would lead to less learning.	2/26/2017 5:54 PM
255	Overall, I believe that starting school 30 minutes later will do nothing other than add time to my commute. If you really want to start school later to help the students, start at least 1.5 hours later (9:30). Anytime before that would just make the drive to school way longer and we would just justify going to bed later.	2/26/2017 5:48 PM
256	District is trying to create away from suits to feel less stressed and more healthy, I would suggest not only changing the schedule but also the workload and pressure on students. Students, especially upperclassmen, have to juggle hours upon hours of homework ON TOP of their extra curriculars.	2/26/2017 4:14 PM
257	School start time does not directly correlate to the depression and exhaustion attached with the constant pressure of high school courses. If you want students to look less tired during 1st period or if you want us to be happier - GIVE US SOME SPACE TO BREATHE. My friends and I constantly find ourselves prioritizing school work over being in each other's company, spending time with my family (whom I feel like I don't even know anymore), or even doing things I love like playing sports and music. The work assigned in class is understandable but the work AFTER school is the most exhausting, tiring, and stressful part about school. Moral of the story - school asks too much from us and the start time won't change shit.	2/26/2017 4:12 PM
258	Certain schools have different traffic in the morning, so I would just recommend considering those factors as well.	2/26/2017 4:02 PM
259	Although a later start time would increase the alertness of students in the mornings, it would also push everything else to a later time. We would start extracurriculars later, and get home later which means that we will stay up even later doing homework, and that the amount of sleep we will get will remain the same.	2/26/2017 2:33 PM
260	I do not support late start. It has too many complications for the benefits it offers. I do, however, think that optional classes after school would be beneficial.	2/26/2017 2:03 PM
261	I am extremely against any late start for school. The curriculum of school puts tremendous amounts of stress on students already and pushing start times to later will not diminish this problem. I am currently a student taking three APs, playing in three in-school sports, and also playing in my high school's jazz ensemble. Due to the immensity of workloads placed on students, the pressure, and overall demand of school, many students are falling behind and becoming extremely depressed. This is not good. Clearly, there are already an abundance of problems that need to be addressed with the school system, and adding late start would just add another to the list. The students staying up until 12 am or later to complete homework will take late start as an opportunity to stay up later, as the school system will provide them with 30 minutes more to finish that other homework assignment they may have not been able to complete. Therefore, the ridiculous conception that late start will increase sleep among students is not something that would occur. Along with this, pushing extracurricular activities to a later start time just pushes the time when students will begin their schoolwork. Everyday I rush home from my sports practice at 5:30, eat dinner, and immediately begin my homework, thus working until as late as 2:30am some days. If the school system adds late start, all students involved in extracurriculars will be working up to an hour later each night to complete their work. This is a horrible idea, please do not do this to students as it will just make student's emotional and physical health worse.	2/26/2017 1:56 PM
262	Later start would greatly increase my productivity without having to drink numerous cups of coffee to stay alert. If late start was not enacted, it would be helpful for the school to start selling coffee to keep alert.	2/26/2017 1:47 PM
263	Starting school later REALLY negatively affects afternoon scheduling for many students including myself. Also, if school starts later, kids will just go to bed later and still just get the same amount of sleep.	2/26/2017 1:43 PM
264	Don't start school later.	2/26/2017 1:40 PM

Later Start Time Survey (Students) 2017

265	I don't have a 1st period, and that 50 extra minutes of sleep works WONDERS. It also helps with traffic because I would normally have to deal with Serra, Borel, and Baywood traffic if I had to come to school earlier. My driving time is literally cut in half from about 15 to 20 minutes all the way down to an average of 7 minutes. This semester, however, a bunch more students have gotten driver's licenses, and I cannot find ANY parking unless I get to school at 8 o'clock. Having to leave an hour earlier has caused me to be extremely tired every morning and throughout the day, and I feel like I am not doing nearly as well as when I came to school an hour later. I also run into a bunch of traffic, which gets pretty stressful.	2/26/2017 1:39 PM
266	Starting school at a later time would increase traffic time, meaning we would have to leave earlier (basically the same time as now) in order to come to school on time...it wouldn't really be helpful because we would still be getting the same amount of sleep and we would spend more time in traffic.	2/26/2017 1:34 PM
267	I don't think that students would be getting more sleep with the new schedule. They have to stay at school later so their extracurriculars and homework won't start until later and they'll end up staying up later to finish it. For example, if my volleyball practices had to be pushed back an hour, I wouldn't be able to get my homework done as early, and staying up later in the night isn't really recoverable by 30 extra minutes of sleep	2/26/2017 1:33 PM
268	I am okay with a later start but I would not like it if we ended later because then I would have my activities until later in the evening and then I would have less time to do homework. I think our school day is too long, and think Advisory time should be shorter or it should not be everyday.	2/26/2017 1:12 PM
269	Start school early to get it out of the way so there is more time in the day to focus on other things.	2/26/2017 1:06 PM
270	So many of us get little to no sleep each night. Talk to most students and this is the case. It is frankly unacceptable and very unhealthy. I support the late school start fully.	2/26/2017 1:02 PM
271	If there was a later start, i think its better to start at least 15 min late and end at the same time with just shortening brunch and lunch or passing periods	2/26/2017 11:32 AM
272	Honestly I feel like this will do nothing but make things more difficult for families. 30 min of extra sleep in the morning is basically nothing and it only makes sports even more difficultly after school. I play a club sport year round and my club will not accommodate our practice schedule for one person. Also, in reality students will just stay up later and do homework. The real solution to this problem is too do everything in your administrative ability to relieve stress from the students. We are expected to take difficult classes, do all our hw to get good grades, excel in sports, be social and get 8 hours of sleep. It's impossible and pushing our start time back will do absolutely nothing and will make after school activities even more stressful.	2/26/2017 11:14 AM
273	I feel like the main problem is that like every teacher is talking about how you need to sleep more because it's healthy and I understand that, but what I don't understand is that teachers pile up so much HW every single day in every single class. How do they expect us to finish all of this every night, including our extracurricular activities, and still get a good night sleep? I don't think talking about how sleep is healthy for you doesn't really help because we don't have any other choice, but to stay up finishing all our HW.	2/26/2017 11:00 AM
274	Affecting the time that school starts will not change how much sleep teenagers get. If the district decides to implement a later start, it will only push the students schedules back, and everything they are doing now will just be done later. Students will still have the same amount of things to do but they will do them at a later time, go to sleep later and wake up late, effectively getting the same amount of sleep they get currently. If the district actually cares about our emotional health, they should put a cap on the amount of homework students get, that would definitely help the hours of sleep that students get for the better.	2/26/2017 10:55 AM
275	Having 8 classes a day increases the academic value of each student and gives opportunities for more electives.	2/26/2017 10:54 AM
276	If school ends any later than it already does it's extremely hard for students to work, do extracurriculars, or spend much free time with out it getting dark drastically quicker after school outside. it cuts down how much time we get to do homework as well. Kids don't do much in the morning but usually a lot after school. This time change would affect how long we can be outside and I can guarantee you it's not fun to do your favorite sports in the dark. Kids that don't want to sleep aren't going to sleep. It's simple. Its already just a matter of time management on the students part.	2/26/2017 10:03 AM
277	I find that it would be very hard if the schedule was changed. Many students have younger siblings that need to be dropped off as well. Parents will end up dropping the high school students off earlier and then dropping off the elementary school students. This will mean they will arrive to school at around 8:00 just as it is now. Pickup would also be much harder if we got out later. Every student wants to leave school as soon as possible. Also, if school gets out later that means sports will end later. Many students get lots of homework certain nights which means that they will stay up even later. I do not think moving the time is a good idea because it creates more problems then it solves.	2/26/2017 9:18 AM
278	Please do not move back our start time because it would make students just go to bed later and probably wake up later as well. Thus your change in schedule would just make students do the same thing, just later into the night with a later schedule.	2/26/2017 9:11 AM

Later Start Time Survey (Students) 2017

279	I feel it's incredibly important for a later start because I get more sleep than my peers surprisingly enough, most of the juniors I know get only 2 and a half hours of sleep per night.	2/26/2017 8:33 AM
280	i have a zero period, so starting later would not be that big of a difference to me bc i would still be showing up to school before the ~normal~ start time; in addition, i need that extra time after school for homework, taking a nap, or even just sitting down and resting a bit. i am constantly stressed out and can barely manage with the time allotted after school with homework + trying to get enough sleep. my grades are slipping and i get stress rashes, so ending later is a definite no.	2/26/2017 2:33 AM
281	I have a sleep disorder, so I have trouble sleeping with or without school.	2/26/2017 2:31 AM
282	My best friend had zero period this year and the lack of sleep caused him to be more depressed and suicidal	2/26/2017 12:47 AM
283	Most of my fellow classmates have really odd sleep schedules, and often talk about being tired and unable to focus during class. For me, I have difficulty falling asleep before at least 12, which does not work with starting school at 7:45. Thank you for considering making school hours more comfortable.	2/25/2017 10:52 PM
284	Starting the school day later would definitely help me get more sleep and I wouldn't have to rush to not be late to first period.	2/25/2017 10:48 PM
285	Implementing a later start time would not change how alert students are. A later start time would just mean everything ends later, making it basically the same schedule as now.	2/25/2017 10:29 PM
286	Another option you can consider is starting school at 9 and ending school at 3:15, like it is now; however, everyday would be a block day. I know a couple schools out of state that does that, and it works out great.	2/25/2017 10:19 PM
287	Please don't pull back the time as they did with Baywood. This would seriously mess up after school activities (I have work that starts at 3:00 pm as it is)	2/25/2017 10:03 PM
288	At least, I believe, there should be a period of experimentation. Trying this would be nice.	2/25/2017 9:56 PM
289	This change of schedule would affect my single mom greatly and I would not benefit from this change for I would arrive at school still at 7:45 and I have extra curricular activities so I stay at school until 5:30. With the sun setting faster, sports and after school activities would be shortened and students would not be able to enjoy themselves as much after school after they have finished there homework.	2/25/2017 9:21 PM
290	I would prefer starting later and getting out earlier.	2/25/2017 9:13 PM
291	Please have a later start to school to help improve the mental health of kids	2/25/2017 8:41 PM
292	Sleep is very important, and I know that they say that teenagers only need an average of 8-9 hours of sleep, but if someone would take a survey, believe me that we need at least 10 hours. We feel more refreshed with 10 hours. During the weekends we may sleep that much or not, but when we sleep, we know that we have no school the next day (weekend) so we feel more at ease while sleeping and less tired or drowsy while waking up.	2/25/2017 8:39 PM
293	i need more sleep and half an hour later wont do much. please make it an hour later i am begging you	2/25/2017 8:18 PM
294	I would prefer to keep the existing schedule because I'd rather not get out of school later.	2/25/2017 7:29 PM
295	Although many teenagers would very much like a later start for school (because many of us don't get enough sleep), I think it would be difficult for families to alter their schedules. In addition, a later start might not give some teens enough time after school to do homework, which will result in staying up later at night and sleeping late, while still having to wake up early the next morning. So will a later start be very effective towards the health of students?	2/25/2017 7:28 PM
296	I do not think that starting later 30 minutes later is going to be beneficial. I have to leave my house at 7:20 every day to get to school on time. If I leave any later, there is too much traffic, and so I will be late. Therefore, even if school did start at 8:30, I would still have to leave the house at the exact same time I do now to make it on time. I also firmly believe that students should get more sleep; to tackle this issue, I think teachers either need to assign less homework, or school should start way later, like 9 or 10. And since these start times are very late, the school schedule would also have to change: everyone takes 6 classes instead of 7 for example (Carlmont does this which I think is good).	2/25/2017 6:47 PM
297	personally I hate school and how it makes me tired and stressed so y'all need to do something about it	2/25/2017 6:42 PM
298	I am strongly against making school start later because most parents have already accomadated their work schedule to fit our and needing to start later would make them late to work. Also, traffic tends to be heavier in the 8-8:30 time so we would have to wake up around the same time we do now in order to get to school on time. I go to Aragon, and baywood elementary, which is right next to us, starts at fifteen minutes after us so the traffic in the area would be even worse than usual. Finally, ending at 3:45 would be really draining. After school, most of the people I know go home and take short naps, but ending later would allow less time to do so and make us more tired.	2/25/2017 6:34 PM
299	Moving the start time back will only move back the time that students perform all of their daily activities, resulting in them getting the same amount of sleep but at a different time of day. Additionally, the logistic struggles of moving the start time far outweigh any benefits of the change.	2/25/2017 6:28 PM

Later Start Time Survey (Students) 2017

300	Having a later start would really impact my schedule negatively. I'm a three-sport athlete at school and I also play a club sport. Having a later start of 30 minutes provides no benefit for extra sleep. Personally, sports practices would start later and cut into my homework time. Starting later doesn't change/benefit the students by getting more sleep. By changing the time to later students will be doing their homework later and still be getting the same amount of sleep as before.	2/25/2017 6:28 PM
301	Personally, delaying school start by 30 minutes ruins the purpose, as I will still arrive at the same time to school due to the fact that I have parents who will not be able to accommodate to 30 minutes later because they too have schedules that they follow. It is inconvenient since my dad would need to go to work later for delaying the start time to even have a meaning, which he cannot do.	2/25/2017 6:10 PM
302	teachers also need to cut homework	2/25/2017 6:02 PM
303	I believe that a later star time would be very much appreciated by all students. It would decrease the traffic, causing more students to be ontime for school. Furthermore, it will also help the students sleep schedules, causing more alert students.	2/25/2017 5:57 PM
304	If there are different times of ending school, there needs to be more convenient transportation options. The bus ride home takes an hour for me, which could be spent doing homework to get more sleep.	2/25/2017 5:56 PM
305	You don't understand the pressure of school and getting good grades, 30 minutes makes a big difference in finishing homework and getting sleep.	2/25/2017 5:42 PM
306	Do right by your students. The workday doesn't start at 8:30, it starts at 8, and in some places earlier. If your job is to prepare students for life, don't give us an unrealistic schedule. contact me at 18lautenbacha66@myahs.org if you need more student opinons.	2/25/2017 5:40 PM
307	I believe that we should have late days on our block days because the classes are longer we should start at 9 am and end around the same time or 5 min later.	2/25/2017 4:51 PM
308	Medically I am required to get at least eight hours of sleep due a mental health condition, so I often choose to not complete an assignment or two. Before this requirement, I would get around 6 hours of sleep every night.	2/25/2017 4:24 PM
309	I think that some of the classes grades are unnecessarily stressful. For example, I am always stressed about my PE grade going down because Ms Brown is making the push-up test really important in our grade and I can't do push-ups well. I feel like some of the teachers at Aragon don't really understand the students or want to help them get better and I think that changing the time that the classes are won't really help me with my stress.	2/25/2017 4:23 PM
310	I would like to have the school day start later, but that wrecks extracurricular sports, and people wouldn't get to sleep in any longer than they do now. If periods were 5 minutes shorter, along with lunch, that would give an extra 40 minutes. If school then started an hour later, then school would be let out 15 minutes later. I think that this is the best compromise.	2/25/2017 4:14 PM
311	I think starting later in the morning would make students more alert in school. That means more participation, learning, and staying on task.	2/25/2017 4:04 PM
312	If we move the times, doesn't that give us less time for homework? Won't students stay up later? I'm up for trying it, but I don't really see how it makes a sleeping difference	2/25/2017 4:00 PM
313	Honestly most kids are going to say that school should start later however it would be an inconvenience in the morning based on how you get to school and then it would be an inconvenience on after school pick up or other activities. Kids would have even less time to do homework at especially if activities were pushed back. And kids are not going to get up earlier to do their homework in the morning. So overall I believe a later start time would inconvenience and hurt students	2/25/2017 3:59 PM
314	The SamTrans buses are usually late and students who take the bus get to school 1-2 minutes before the bell rings. It would help most of us for school to start later so we are able to grab what we need from our lockers and get to class on time, especially if we have classes across the school.	2/25/2017 3:55 PM
315	This late start may help me get 30 minutes of more sleep but I do not believe it is worth forcing my whole family to change their entire schedule before and after school just to accommodate for me. It just wouldn't be fair to them.	2/25/2017 3:50 PM
316	Need to adjust district bus schedule to go with new school schedule. Middle schools start at 8:25 and end at 3:00.	2/25/2017 3:45 PM
317	I think moving the start time and end time back will just cause students to stay up even later and result in the same amount of sleep we have now	2/25/2017 3:44 PM
318	Despite the rebuttal that some kids may still have to get up at the same time due to parent's schedules or transportation, the opportunity to actually have time to eat breakfast, finish up last minute homework, and possibly even be able to relax outweighs any other argument. Please consider that changing the start time may really help many kids in the high schools. Many of us get little sleep because of homework, athletics, or extracurriculars, and as a result, we suffer in the regular day.	2/25/2017 3:27 PM

Later Start Time Survey (Students) 2017

319	I undetstand that sleep is very important, but I do not think that school start times are the problem; it is the fact that students choose to stay up late the night before. I think late start might have some impact initially, but students will most likely adjust and start to stay up even later than they do now, knowing that school will start later.	2/25/2017 3:26 PM
320	I dont want to start later.	2/25/2017 3:21 PM
321	I think having later start in the mornings would be helpful only for the traffic (considering we have to compete with Borel Middle School alongside with Baywood Elementary School) but if the problem is the students alertness in the class, a later start will only help for the first couple of weeks, even days due to the students either staying up later or sleeping longer.	2/25/2017 3:21 PM
322	I don't want to have to get home from school at dinnertime every day that I have extracurriculars.	2/25/2017 3:19 PM
323	I struggle with getting my school work done on time to go to sleep before 12:00 because of the surplus of homework my teachers give me as well as extracurricular activities that I do.	2/25/2017 3:18 PM
324	When Aragon did the late start days that started at 10 and we're block days in the spring when students had testing, everyone liked it a lot better than the current schedule now and we should do that more often. By starting school only 30 minutes later, it would increase the traffic that students have to get through to go to school and it does not make a huge difference waking up 30 minutes later. If we started school at 10 and did block days everyday, there would be no traffic and everyone would be able to sleep in for an extra 2 hours.	2/25/2017 3:18 PM
325	If late start times are going to affect block schedules, such as making every day the same 7 hour length, then I'd rather not have it.	2/25/2017 2:40 PM
326	A later start time will not be effective or easier unless it is an hour later. However, the school day should not extend an hour, because students, including me, have extracurriculars every day, for a long time. If students have their extracurriculars pushed back (instead of 3:15-5:45, it would be 4:15-6:45), our sleeping schedule would be messed up because we would have homework for maybe 4-5 hours depending on our classes (and AP classes) then again, students would not sleep until 1 am, leaving less than 8 hours of actual sleep. Additionally, traffic can also increase.	2/25/2017 12:11 PM
327	I don't believe starting 30 min late is going to change any of our sleep patterns and that there needs to be more of a change within the academic curriculum rather than scheduling. And if you want to do the whole late start thing, it would be better to go all out and start at 9:30 or 10 and just cut down periods so that school doesn't end too late. This might actually allow students to get the sleep they need.	2/25/2017 10:46 AM
328	I am definitely not getting enough time to sleep, but having a later start time won't actually help me get more sleep because that only means I would be at school longer and everything would be just pushed back. I think the school district should think about how they can better support students w/ resources to help time manage and/or guide teachers to adjust lesson plans so that students don't feel overwhelmed with homework, and are getting to sleep earlier. While students may function best at a certain time in the morning, it's also important that students get to bed before 12 to get the very important REM deep sleep which I am not getting at the moment already, and having a later start time will only worsen the situation.	2/25/2017 12:31 AM
329	Don't do it	2/24/2017 11:33 PM
330	I want the schedule to stay the same.	2/24/2017 9:21 PM
331	Right now school schedule is perfect. Later schedule not convenient for parents	2/24/2017 7:53 PM
332	I think that we should start at 8:00am, take out brunch and get out at 3:00 pm	2/24/2017 5:59 PM
333	N/A :)	2/24/2017 5:54 PM
334	please don't start at 9:00 that's far too late for me (and the bus and carpool)	2/24/2017 5:15 PM
335	I think that starting the school day an hour later would be more beneficial than starting the school day half an hour later.	2/24/2017 4:59 PM
336	My lack of sleep would only be SHIFTED if this new schedule were to be implemented. I wouldn't get "more" sleep, it would only mean I'd have less time in between school and dance and teaching and theatre to do my homework and eat. This would cause traffic problems (that I've seen around Delaware and going towards 101 given my sched) at both times of the day, not to mention many teachers and parents are not on board given the shifting many would have to do to get their own kids to school and then get to work. I don't see any value in trying this, especially for the sake of an experiment. Students have needed more sleep for ages (especially after the post-war push for maths and sciences...), and this isn't a "solution" that won't cause other problems. Thank you.	2/24/2017 3:15 PM
337	shifting the school hours will not give me any more rest. it will, however affect my ability to participate in after school activities and after school work which is necessary to earn money for college and driving. a later start will only make me stay up later. class minutes and homework time will remain the same, but i will not be able to work, or participate in the activities i choose to become a well-rounded person and earn scholarships, experience, and other important learning experiences.	2/24/2017 2:59 PM

Later Start Time Survey (Students) 2017

338	depends on how much homework i have for that night.	2/24/2017 2:06 PM
339	N/A	2/24/2017 1:06 PM
340	The extracurricular activity I participate in doesn't have seasons and isn't directly involved with the school district.	2/24/2017 1:05 PM
341	I think that schools should start earlier and end early and to take time from the summer because we are able to learn the material with more, time get more sleep and have more time to do homework at home.	2/24/2017 1:02 PM
342	Creating a later start time for school would not impact the amount of sleep a person will get. People will have to stay up later to finish homework, and they will have to resist the melatonin release your body produces when it gets dark.	2/24/2017 1:02 PM
343	To gain the benefits of a later start time, school should begin at 10 AM and end at 4 PM. I don't think anyone will seriously get more sleep with a half-hour later start.	2/24/2017 9:54 AM
344	I think that if we were to start school 15 minutes or 30 minutes later that we should still end at the same time.	2/24/2017 8:20 AM
345	classes should not have homework, I have had experience with not having it and my class grade has been higher than ever with a good understanding of the work.	2/24/2017 8:19 AM
346	Starting late on Wednesdays would work well and getting out later on those days would be okay. Or, having one Monday off a month would work to help students catch up and have a weekend to recharge. There is often a lot of homework on weekends, so they are not any less stressful than the week. So having one Monday off a month would help people recharge and feel rested	2/24/2017 8:18 AM
347	Why start later teens can be getting into trouble early in morning and can be going to places and come pretty late to class.	2/24/2017 8:18 AM
348	I'm a transfer student from Santa Teresa High School in San Jose, we started school (if you have a first period) at 7:15am and got out at 12:40 that helped a lot of us with after school activities.	2/24/2017 8:17 AM
349	Start school later	2/24/2017 8:16 AM
350	I think we should start school 15 minutes earlier that way students get out 15 minutes earlier compared to current schedule.	2/24/2017 8:15 AM
351	I'm always tired anyways	2/24/2017 8:14 AM
352	If we start school later, it would be hard for parents to drive us to school because of the traffic. They would also have to change their working schedule. And we might not get a lot of time to do home work if we have to have at least 9.25 hours of sleep.	2/24/2017 8:14 AM
353	Transportation would be a problem with the late start	2/24/2017 7:08 AM
354	thank you	2/23/2017 2:09 PM
355	none	2/23/2017 2:03 PM
356	I have more siblings and i get to school late most of the times. if school started later my family would have more time to drop of my sibilings and drop me off in time so i don't get to school late	2/23/2017 1:57 PM
357	I think there are gonna be different opinions on how this should be because some people have things to do which will change their schedule a lot and others schedule won't be affected at all.	2/23/2017 1:51 PM
358	I think that they should test it out and then see have another survey if they want to keep the schedule or not	2/23/2017 1:51 PM
359	I don't think starting school 30 minutes later would be very convenient. Only because it would effect a lot of students' and teachers' schedules. It would take away 30 minutes of our time. Of doing homework, sports, spending with family and friends. It wouldn't make a difference if we started 30 minutes later because the amount of sleep other students get, is up to them. It isn't our responsibility. I don't want to start school 30 minutes later.	2/23/2017 1:51 PM
360	I like the idea on having a later start time, but that means we would have to leave later which would make my schedule and others much more difficult to change. An idea I have is on Monday's it can be the regular schedule we already have. On Tuesdays there can be a later start time but we end class at 3:06 (meaning the classes will be shorter). Wednesdays the schedule will be the one we already have. Thursdays we will also have the same schedule. On Fridays we will start class later on and end at 3:06 (the classes will also be shorter). Or something like that.	2/23/2017 1:51 PM
361	none	2/23/2017 1:50 PM
362	i think we should start 30 mins or an hour later but still get out at the same time so people can get to work or do sports or do anything they need to do after school	2/23/2017 1:48 PM
363	nope	2/23/2017 1:46 PM
364	Later start with the same end would be be a good compromise, but possibly extend school into the summer.	2/23/2017 12:55 PM

Later Start Time Survey (Students) 2017

365	It really doesn't matter!	2/23/2017 12:27 PM
366	For the people that live far and if they approve the program of starting later and leaving late home would affect for those who live far like those who live in Foster City, work, and picking up their siblings from school.	2/23/2017 12:27 PM
367	Have late starts in B-days	2/23/2017 12:17 PM
368	Honestly I need to sleep more. If school was to start 30 min later it would make my mornings easier!	2/23/2017 12:16 PM
369	Aight, imma be real honest with you SMHS school distract. Starting school later would not change the activeness of students. Kids would sleep later or wake up earlier to try to do HW they didnt finish. 8 am is cool, stick with it. People have work and want to do things before than, and 3:45 release would be killer my guy. Sincerely every kid	2/23/2017 12:15 PM
370	I think that starting school late would be very helpful to students because we can have more time to sleep.	2/23/2017 12:15 PM
371	Kobe won 5 championships with 4 hours of sleep a night. Sleep is the last thing we need.	2/23/2017 12:13 PM
372	I think that there shouldd be less homeowrk	2/23/2017 12:13 PM
373	I think it's great because I don't get much sleep but if we had evening classes would be great so we could get everything done like homework or quiz's.	2/23/2017 12:13 PM
374	I think the time we have now as a schedule is ok	2/23/2017 12:13 PM
375	I play football	2/23/2017 12:13 PM
376	Start school 8:30am and end it at 3pm	2/23/2017 12:13 PM
377	I don't think it is necessary to start 30mins later	2/23/2017 12:12 PM
378	Everyday I almost fall asleep in class. I feel tired everyday, and I would like to start school at 8:30.	2/23/2017 9:46 AM
379	I think starting school later is a good idea, but I think it would limit time for homework in the afternoon. I also don't think all teens would take advantage of the extra time for sleep.	2/23/2017 8:50 AM
380	Because everyone has a different situation, I don't think it would be fair to make everyone forced to follow a new schedule. However, because I do believe that a later start day would be generally beneficial, albeit somewhat difficult for those of us with after school sports, it is important that we have more options that are open for us. Giving us more leeway -whether it be providing zero period, after school, or online classes, or moving all after school sports (especially competitions) to a later time- would make a later start day a more feasible and wise decision, in my opinion.	2/23/2017 8:27 AM
381	I take 0 period and waking up that early really sucks, but i want to take all the classes that i do. I think just moving 0 period to after school is what we need	2/23/2017 8:25 AM
382	Honestly, those who do not do have any extracurricular activities would benefit from this since they would,'t have anything to do but their school work. However, those who are involved in extracurricular activities would be more stressed since come home late. Furthermore, athletics miss more school time since they are dismissed earlier than usual.	2/23/2017 8:24 AM
383	I am a student who participates in volleyball every day of the week directly after school, and feel as if the later schedule would tremendously harm my current life. It would alter practices to be later, creating more stress and time management issues. I also play club volleyball which doesn't begin till typically 7pm, which combined with this disastrous idea would leave no time for school work. "Away" games already take a long time to get to, and a later ending time would make the commute much more difficult due to time frames and traffic. Not only does this effect every student-athlete's schedule, but the idea as a whole makes absolutely no sense. Wouldn't the amount of sleep a student gets remain the same? As is, we go to bed late and wake up early. With the altered schedule, we'd go to bed even later and would end up waking up with the same amount of hours of sleep as before. I moved from out of state sophomore year and transferred into a bell schedule which I very much enjoy, and time frames that work perfectly with extracurricular activities. In general, the entirety of the later start time for the purpose of more sleep would, in reality, harm the pre-existing sleep schedule of students.	2/23/2017 8:24 AM
384	In my opinion, I think the school schedule should stay the same. Personally for me, changing the schedule would be more of a disadvantage. After school, I volunteer but if the schedule changed, I would have less time to volunteer. Some students have jobs and if they got out of school at a later time, they would have to work later in order to meet hour requirements. In addition, getting to school would be hard for me. Since both of my parents work at 8, getting to school would be difficult as they cannot drive me.	2/23/2017 8:23 AM
385	I have mixed feelings about the late start because if the late start affected zero period than that would be great.	2/23/2017 8:18 AM
386	I feel that both in the past and currently, that school start times have been in their affect to further accommodate our parent's schedules at the expense of our learning potential and in some cases well state of being.	2/23/2017 8:18 AM

Later Start Time Survey (Students) 2017

387	i have insomnia i dont sleep so changing the schedule would not help at all. JUst keep it the way it is come on now super intendant. Really? who wants to get out later than usual. really?	2/23/2017 8:16 AM
388	On Saturdays I work at 5 am, so my weekend hours of sleep are very low	2/23/2017 8:15 AM
389	I don't approve of this late start idea.	2/23/2017 8:15 AM
390	At my old school burlingame we did not extend school but every block day from 2 4 and 6 period we had late start at 9. We would get out at 2:21 and we did not have tutorial but we did have after hours after 6th period and you could go to any teacher for extra help but it was optional.	2/23/2017 8:13 AM
391	I believe that the starting of schools should start 30 minutes later , because it is better for your health researches say that teens need approximately 9 hours of sleep. THIS will help... :)	2/23/2017 8:13 AM
392	I think this is a fantastic idea!	2/23/2017 8:11 AM
393	Don't change the start time	2/23/2017 8:11 AM
394	I think start times should be increased as it would help me and a lot of other people, I prefer 9:00 as the start time but 8:30 is great too.	2/23/2017 8:09 AM
395	I am tired every single day	2/23/2017 7:46 AM
396	I think that starting late would be better, as we, as students, would be able to gain more sleep. I really like the idea, since I know feel that no matter when school ends, I will still sleep around the same time I do now. However, my worry is how sports will align with other schools in the area. Also, if school ends later, as an athlete, I would have to miss more of school to go to my games and meets. Additionally, since school ends later, so would sports practices, possibly making it difficult for transportation or for some people or not having enough time to work on other things like homework or hobbies.	2/22/2017 10:34 PM
397	for students that are going to work and school it is even harder to get enough sleep and time for the work that needs to be done so this extra time to sleep would be great.	2/22/2017 9:48 PM
398	Many athletes already miss large amounts of school due to games, and ending school later would only increase missed school. This could have the opposite effect a later start would have on students.	2/22/2017 9:11 PM
399	I function perfectly fine and believe that school should start earlier so we have more time to do our huge amount of homework after school. It would be counter productive to start later, because then we'd get out later and it would give the students an excuse to say up later.	2/22/2017 8:09 PM
400	I would like to see a schedule where we start later and end at the same time as it is now. That way, students and parents can have both of their needs.	2/22/2017 5:17 PM
401	Going to high school in this day and age is so competitive, there's nothing teachers can do to help make us have better sleep schedules. Instead of making a later start time, why not just assign less homework on the night I have to study for tests in 3 of my AP classes? It's not like I'm going to cut back on my extracurricular activities (things I actually enjoy doing!) so why not just reduce student stress with maybe a longer Flex time	2/22/2017 5:14 PM
402	I do not want school to start early because that would cause school to end later making evening schedules much harder. That would also make homework time shortened for me and much harder to cope up with.	2/22/2017 2:48 PM
403	I believe that starting school later will not be beneficial to my sleeping schedule and after school schedule. I have dance after school everyday at 4 and even at the time we get out now i'm always late. These factors are the reasons why I do not believe in a later start time for school.	2/22/2017 1:35 PM
404	I would like the extra classes. :)	2/22/2017 1:31 PM
405	pls do it ;-;	2/22/2017 11:36 AM
406	I don't want school to end later.	2/22/2017 11:15 AM
407	Starting later would give students time to eat breakfast anf have an easier morning	2/22/2017 11:15 AM
408	I would strongly dislike having to leave school even later. The schedule right now is perfect.	2/22/2017 11:15 AM
409	A late start would destroy after school activities like sports.	2/22/2017 11:13 AM
410	In my opinion, the start time would have to be at least an hour later to make any sort of difference. But, knowing that it would also result in a later release time, I do not want any change in our schedule. I feel like that would have too great of an interference with after-school activities like sports and clubs. Instead, administration should be asking teachers to reduce their workloads. This allows students to spend less time on homework and projects, and focus more on sleeping.	2/22/2017 10:45 AM

Later Start Time Survey (Students) 2017

411	Later start in morning would be nice but the later finishing time would be and people have jobs they can't change, and sports and not to mention all the homework we get it wouldn't matter because we would still be up late with all the late afternoon time we would be missing. I recommend having late start on one day rather than all. Instead of Thursday's being minimum days start Wednesday at 9 end at 2	2/22/2017 9:51 AM
412	i would like a half hour later start	2/22/2017 8:35 AM
413	Don't start school later	2/22/2017 8:14 AM
414	I think a late start time would help a bit to increase my time in bed but may also make school longer which would affect my extracurricular activities.	2/22/2017 4:44 AM
415	Can't we just have shorter school days? (As in we start at 8:15 a.m. or 20 and end at 3:12 p.m.)	2/21/2017 10:44 PM
416	5 during badminton conditioning and 6-7ish when not in badminton conditioning	2/21/2017 10:01 PM
417	Think about the kids who get early to school because of their parents work schedules. Students like me wouldn't benefit, because we'd still have to wake up at the same time and be there at the same time.	2/21/2017 9:53 PM
418	A later start time would be a big mistake.	2/21/2017 9:53 PM
419	none	2/21/2017 9:31 PM
420	I think that having a later start time would benefit every single student in the district. I always notice students falling asleep or barely awake to pay attention in class throughout the day. It is a big problem. I think it will be worth it to extend the school day in order for us to start later	2/21/2017 9:19 PM
421	starting later does not give me any more time, it just makes everything later. I would get home 30 min later and go to bed 30 min later. In addition, I would have to leave the house earlier to walk to school because my parents could not drop me off before work.	2/21/2017 9:01 PM
422	Thanks for considering the health of all the students. Many of us at this age do procrastinate a lot, but there's a scientific reason to that and it would be the amount of willpower a person has. A lot of our willpower have already been used up during the day, especially for those who have sports after school, so it does make a student feel more easily distracted. I know junior friends that pull all-nighters every now and then to catch up work and study, and I can tell how tired they are emotionally and physically. (dark eye circles, such as myself, and falling asleep in class) Thanks again :)	2/21/2017 8:37 PM
423	Getting up later feels better.	2/21/2017 7:31 PM
424	I don't get much sleep due to personal matters going at home.	2/21/2017 7:27 PM
425	Our school district start time should remain the same because it is something that we, as students, are used too. It will not be an easy transition to have school start and end later in the day. The current schedule is a schedule that our parents have learned to accommodate too and changing this schedule would be very hard on the parents who usually drop their kids off before 8 in order to get to work on time. Having a later start time will have major set backs on after school activities, especially sports, considering that we do not play schools just in our school district. If San Mateo Union High School District decides to engage in a later start time period this will mean that students will have to have their games later in the day and will therefore go to sleep later, affecting their performance at school the next day.	2/21/2017 7:06 PM
426	I definitely don't get enough sleep, somedays it shows as clear as day.	2/21/2017 6:53 PM
427	I think that the school day should be shortened and that the curriculum should be decreased, along with a later start time. A lot of the current curriculum is unnecessary to learn and I think that we should learn more life skills in school such as getting a job or paying taxes.	2/21/2017 6:50 PM
428	I wouldn't like to end school at a later time. The current schedule is perfect. Maybe if teachers didn't give as much homework, students would get more sleep and be prepared for the next day. I can't control other people's schedules, but I hope they have a sense of responsibility.	2/21/2017 6:44 PM
429	Most students have a very tight schedule and changing the times will push everything back even further. It will be very hard for people to rearrange their schedules. I also believe that kids will just adjust and go to sleep later. If they are tired they should go to bed earlier and if homework is an issue, then there really isn't any way to fix that because changing the times will give them less time to do homework.	2/21/2017 5:56 PM
430	I think the later start time is unnecessary because I don't think the start time is the problem. I believe that the amount of homework is the problem. Also even if you did have a later start time by 30 minutes students would just stay up 30 minutes later. I work after school lifeguarding and babysitting and if we had a later start time I would not be able to work as much because I would get out later. I think if I can work and get straight A's and get enough sleep others if they were taught time management.	2/21/2017 5:41 PM
431	i like the current start and end time, there is no need for a change	2/21/2017 4:57 PM
432	:)	2/21/2017 4:25 PM

Later Start Time Survey (Students) 2017

433	It would be bad if school started later because that would affect my later schedule, I have a lot to do after school.	2/21/2017 4:17 PM
434	Make the school start time later and end at the same time	2/21/2017 3:27 PM
435	Sam Trans bus schedule would not work with a thirty minute start time in the morning and gives me a lot less time to do homework since I do extra curriculars that already last until 6:30	2/21/2017 3:03 PM
436	I would like our schedule to remain the same because I have family responsibilities to take care of and it would also affect my families schedule because I babysit.	2/21/2017 2:55 PM
437	I think it would be a good idea to have a shorter school time period on some Wednesdays because it's during the middle of the week.	2/21/2017 2:44 PM
438	I personally think that our current start time is perfectly fine, especially since starting school later means it ends later too. My extracurricular activities would be affected by the change, and I wouldn't get much more sleep anyway because I have less time in the afternoon/evening to get my homework done.	2/21/2017 2:41 PM
439	If you guys do this I will no joke transfer to a private school because I have so much I have to do and this will completely wreck my after school activities which are super important to me and it will mess up my sleep scheduled so bad I will also be a wreck. You guys are trying so hard to ruin are lives aren't you?? You guys do everything in your power to make our lives living hell, don't you? Pipe down a few and let us live our lives in the little peace we have now and stop trying to make this worse for us, yeah?	2/21/2017 2:40 PM
440	yes	2/21/2017 2:38 PM
441	Please do not do the later start because the whole day will simply be moved half an hour later, which would make traffic heavy at that time instead of at the normal school start time. Students would also simply get home later, finish homework later and go to bed later. Starting and ending school later would simply push the beginning and end of the day back half an hour which wouldn't result in any additional amount of sleep. Seriously. Please don't make school start later.	2/21/2017 2:37 PM
442	The entire prospect of starting school and ending later is totally ridiculous. If student are getting to school later, the only thing that will change is that they will go to bed later because they are getting up later. The amount of hours, will obviously not change. Getting out of school later would be an absolute disaster because it would cause student who play outdoor sports after school to lose massive amounts of valuable time to practice, due to a lack of daylight. Schools are supposed to be encouraging students to pursue extra-curricular activities and have fun in childhood, but starting school later, and especially ending it later, would be a total contradiction to everything that students are told they should be doing with their free time. Making the school schedule later would benefit absolutely no one in any way shape of form.	2/21/2017 2:23 PM
443	I really like the idea of a later start schedule because I think it would allow me to get more rest and stay more awake during school but a later end time could affect our schedules since we have lots of homework and after-school activities.	2/21/2017 2:22 PM
444	Please make a late-start schedule.	2/21/2017 2:12 PM
445	I don't have too much of an opinion on this subject due to me leaving next year, but from hearing the opinions of others; there seems to be a universal disapproval of a later start.	2/21/2017 1:49 PM
446	I don't know	2/21/2017 1:49 PM
447	Dependent on homework	2/21/2017 1:01 PM
448	PLEASE EXTEND THE START TIME BUT DO NOT MAKE THE DISMISSAL LONGER. AND I WOULD APPRECIATE ONLINE AND NIGHT CLASSES.	2/21/2017 12:36 PM
449	I get my necessary 9.25 hours of sleep nearly every night. Most teenagers are only sleep deprived because they stay up late on their phones or doing other non-school related activities they could easily cut back on. If the start time is moved to later, all it will do is make kids stay up even later, because they will feel as though now they have a new, 30-minute time cushion before they need to go to school. The issue will start all over again, and you will most likely see that the improvement in kids not being sleep deprived is not that significant. Therefore, it is not sensible to mess up the already set, working start and end time to create that small of a difference. Instead, teenagers need to get off their phones or whatever crap they are doing (trust me, unless they have a bunch of AP classes or something like that, its usually not gonna be homework keeping them up) and simply go to sleep earlier. I have baseball practice every day after school until ~5:45 PM, and I can still get my homework done and have spare time. I understand that some people do have a lot more homework, but if we're gonna blame homework for this, consider lowering the homework load, not messing up everyone's schedules.	2/21/2017 11:43 AM
450	if school started 30 mins later and ended 30 mins later. all after school activites would have to start 30 mins later. this would cause us to get the same amount of sleep since we would go to bed later and wake up later. the problem is not the start time it is the busy scedule we all have	2/21/2017 10:48 AM

Later Start Time Survey (Students) 2017

451	I don't think starting later would help me get more sleep because I would have less time to do homework in the evening and would stay up even later. I also strongly feel that later start times would negatively affect parent's schedules as they might have to try to change their work hours to drive the kids to school. If they are not able to do this, students might be dropped off very early to school and would not have more time to sleep or get ready, instead they would have to sit around for a long time waiting for school to start. Furthermore, if parents could not change their schedules, they might have to send children on the bus, which is more costly and would lead to more bus crowding. I believe that activities such as sports would be negatively affected because they already have to leave early to get to events and students would have to miss even more class time, resulting in more stress and less learning.	2/21/2017 10:41 AM
452	I think having a later start wouldn't change anything, students would still get the same amount of sleep either way. 30 minutes wouldn't make a big difference, however everyone schedule would be more difficult later. Traffic would still be heavy if all schools changed to this schedule and it would just make everyone's schedule way more difficult and unnecessary. I don't think this would benefit at all in face it would be more difficult and useless.	2/21/2017 10:37 AM
453	no	2/21/2017 8:51 AM
454	Want to sleep more	2/21/2017 8:44 AM
455	Starting school later is the most cost effective way to improve learning in the entire world. Please start and end school later.	2/20/2017 10:04 PM
456	Personally I get a lot of sleep but i know many people who get less than 5 hours a day and sleep during school	2/20/2017 3:10 PM
457	I really would not like a late start schedule	2/20/2017 1:36 PM
458	Although it may seem that having a later start would increase the cognitive abilities of students, I believe that a later start time would only shift the student's current schedule. It would not teach the student better time management skills, which would allow them to sleep more, rather it would only shift their habits and allow them to stay up later in the evening to sleep in the next day. A short experiment such as that which you propose, would shift the student's schedule for a short period of time possibly allowing them to receive more sleep but in the long term, would only push their sleep schedule back several hours. Ultimately I do not believe that a later start time would benefit us as students.	2/19/2017 3:05 PM
459	Having a later start would really impact my daily schedule in a negative way. I would appreciate if it didn't change at all because my parents wouldn't be able to drive me to school and I would be stressing about time management.	2/19/2017 12:04 AM
460	Students have the option to request 1-6 and 2-7 schedules, so they technically have the option to start later should they wish. I think counselors should work harder to accommodate the wishes of the students on choosing what periods they would like.	2/18/2017 8:24 PM
461	a later start would be essier and harder at the same time	2/18/2017 6:40 PM
462	I am very bad at waking up in the morning, in part because I'm not getting enough sleep due to homework on top of athletics on top of other projects (ex. applying for summer internships). If the school day started just fifteen minutes later, I would get to school on time every morning instead of being late by a few minutes, as I usually am every day. I would start my day off less stressed and more ready to take on learning.	2/18/2017 3:34 PM
463	I'm just hoping that the change won't be too drastic. Starting a whole half hour later than the current schedule seems too much of a change.	2/18/2017 1:56 PM
464	If the starting time of schools was 15-30 minutes later, the traffic getting to and from school would get worse.	2/18/2017 1:39 PM
465	If school started 10 minutes later, I wouldn't mind, but 30 minutes later tends to complicate my schedule. Practice, for instance, is around 2 hours long. During late fall, the sun sets earlier, and if practice started later, it would have to be cut short due to lack of daylight. Also, if school started 30 minutes later, commute to school would hit rush hour. This could cause a longer delay in traffic, and students will still need to leave the house at a moderately early time.	2/18/2017 10:53 AM
466	We have too much homework	2/17/2017 7:51 PM
467	When considering and overall student satisfaction, the late start would be more appealing to many. However, to a few select such as myself, activity after school as well as schedule changes can be imperative.	2/17/2017 5:38 PM
468	I am against this idea of the new start time. I know of high schools that start at 7:00 a.m. and get out at 2:15. The 8 am start time is much more than sufficient. 3:15 is a perfect ending. If we start at 8:30, we end at 3:45. That is almost 4 pm and very late.	2/17/2017 4:12 PM
469	Sleep and stress has a lot of impact on how we as students act and react during school. a lot of it is caused by the schedule, but not totally	2/17/2017 3:41 PM
470	If the schedule were to change I would get no more sleep than I currently do because I have younger sisters who have to get to school around the same time as me. So, our house would still wake up at the same time and I would be dropped off at school at the same time. I also think it would cause a lot more traffic around SMHS with two other schools very close by starting at the same time	2/17/2017 3:36 PM

Later Start Time Survey (Students) 2017

471	The later I sleep, the more awake I am!	2/17/2017 3:28 PM
472	When I get about 9 hours of sleep on a good night, I truly feel more awake in the morning and I'm more optimistic about my day. Because of this, I think having school start later would be beneficial to me.	2/17/2017 3:08 PM
473	I do not believe a later time start would affect student performance; it is my personal opinion that students who are tardy will remain tardy. The issues with the schedule now will not be fixed by moving the schedule later, as unfortunately there is no one easy way (such as moving the start time) that would adhere to all 1000+ students' concerns/issues.	2/17/2017 2:55 PM
474	I would like it if school started later, but have 0 period start at the same time. I would prefer having a block schedule of sorts for 0 period, where 3 days a week 0 period would be from 7-8:30 (for marching band) because this would give us more time to practice and also reduce the hassle of having to deal with traffic. The other two days, marching band would meet at 7:30. This would greatly help the quality of the marching band and color guard and give the students more time to do what they love.	2/17/2017 2:41 PM
475	Necesito dormir porque tiene mucho tarea	2/17/2017 11:36 AM
476	I don't want to start later because it would complicate my job, sports, homework, and cause more traffic in the morning due to Taylor middle school	2/17/2017 11:10 AM
477	I think that a test or trial of school starting later would be a good idea to see how it impacts the sleep schedules of students	2/17/2017 10:40 AM
478	no later	2/17/2017 10:36 AM
479	Don't change the schedule.	2/17/2017 10:34 AM
480	I don't believe that pushing the start time of school back half an hour would mean a significant increase in sleep schedules for students. If anything, it would simply push back our dismissal time, which would push back after school activities, which would not only mess up the pick up and drop off schedules of my parents who drive me, but it would also result in students with extra curricular getting home later, starting homework later, going to bed later, etc.	2/17/2017 10:23 AM
481	This change is absolutely horrible. Moving the schedule down will make it HARDER FOR STUDENTS NOT EASIER. If you move it to be 30min later, here's what happens: - kids regularly will stay up later - Sports teams will have a harder time pulling their kids out of multiple classes - Traffic will be worse If you want to make a change, make the schedule EARLIER. That way the students will have less traffic, get out of school earlier, etc.	2/17/2017 10:15 AM
482	School should not start at a later time because eventually people will get into the same routine of staying up even later, and eventually getting the same amount of sleep as before. Parents work in the mornings, which would make it harder for people to get to school, and the later in the morning you leave, the more traffic there will be with people going to work. The later we get out of school, after school activities will go later, causing us to stay up later doing homework, and again we're right back to where we started. School should also not be online because that would probably lead to people not giving enough effort to school. Public school is a scheduled time and place that you know you need to be at, but if there are alternate online classes, people will probably just procrastinate like we often already do at regular school. If people want to take online classes because it intervenes with regular school, that's why there is already an option of being home schooled. People who choose to do public school are purposefully not choosing online school, so we should not be forced to take online classes. Overall, all the negatives of school starting later, and including online classes, outweighs the positives, and seems very unnecessary.	2/17/2017 10:12 AM
483	I like the idea on starting school later, but that would mean we get out of school later. That will impact my schedule, and I would have to rush and do many things at the same time. Which will cause stress and it is also not good for adolescents.	2/17/2017 10:11 AM
484	None.	2/17/2017 10:07 AM
485	I would not like a later start to the school schedule. It would make my life more difficult! It would change how I get to school in the morning and possibly not being able to participate in after school activities. I believe if there is a later start time for school, students will just go to sleep later and get the same amount of sleep. Sleeping more might make our body healthier, but not being able to participate in after school activities (like sports) wouldn't let us exercise and be healthy.	2/17/2017 10:05 AM
486	I think changing the schedule to a later time will not convince students to stop going to bed at later times either, hence making the time change kinda useless. -. We'll all just slowly turn nocturnal. I mean, I would love for school starting times to be later, but I think doing so will just make me feel more obliged to sleep later, because I might think "Oh, since school is starting later, I can afford to go to bed later too!" Something of the like.~	2/17/2017 10:02 AM
487	Many kids live too far to walk to school. Also, many parents will still have to drop their kids off at the same time. I believe this new considered schedule interrupts with activities after school too much	2/17/2017 9:03 AM
488	None	2/17/2017 8:26 AM

Later Start Time Survey (Students) 2017

489	i answer everything well	2/17/2017 8:25 AM
490	I know for me personally, it is very difficult starting school so early. I notice I often have a hard time staying awake sometimes in my earlier period classes. At the same time, I do a lot of extra curricular activities throughout the week. I think starting later would help me with my morning schedule but it would be difficult for my afternoon schedule. I definitely like the idea of online classes/partial online classes. I would love the option to take zero-period classes as well as after seventh period classes, just so I know i have the option to take classes that will benefit my schedule more.	2/17/2017 8:22 AM
491	Kathleen Louie is a bad teacher. Mills's physics department is probably the biggest stain in an otherwise pretty polished and top-notch STEM department (I can't speak for Latham or Olsen)	2/17/2017 2:43 AM
492	Hope everything work out.	2/17/2017 12:30 AM
493	I support the schedule we have this school year. However, as a junior this year, it is notable that this year is primarily important for us to keep our grades up and make sure our "self academic profile" look gorgeous. However, I see those who choose to have a first period sleep in class due to the lack of sleep from the excess homework that gets piled up on us from our AP classes and CP classes. Yeah maybe no one told us that we have to take AP classes, but everyone says it would make ourselves look more appealing as we apply later to colleges. But in respect of the class, there also needs to be a respect of the student's schedule. I understand, "when you sign up for AP classes, you are bound to it until the end of the two semesters". However, the load of homework given by AP classes with the additional CP homework is still horrendous. So maybe we need some time management skills...but if you really think about it: each student is taking either 1-3 AP classes and each class gives about 1-1.5 hours of homework , additionally the rest of the student's schedule would be 3-6 CP classes which assign hw assignments that are about 30-60 mins; total of 4-7hrs. School ends around 2:30-3:15 for the majority, so students should be done with hw by 10pm then head to bed and get enough sleep correct? Wrong. As students we do have to focus on our academics, however we also have a social life of extracurricular activities in and out of school; some of us part take in school play/musical, band, sport, clubs, dance team, robotics team, work, tutor, etc. Those take additional hours of our days and we have to be able to squeeze our activities with the additional assigned homework. Does that still sound like we will be sleeping by 10pm and getting at least 9 hours of sleep (assuming we wake up at 7 and start school at 8). Plus we also have to take in consideration of people who take a certain amount of time to eat, and for transportation needs after school hours. When I was a freshman, I didn't do much extracurricular activities and i had a ride home right as the bell rang. I stuck with doing my homework everyday and rarely had any free time to enjoy myself except on the weekend. As a teenager, we all need at least a one hour break from all the schoolwork we do in class and out of class. I did all my homework after school from 3:30-6:30, took a break and ate dinner and presume from 7:30/8:00-10:00/11:00. However nowadays it's a different story. I do sports and participate in school events that last until at least until 7-8pm after school and need to do my homework. Yes, mills does have flex and we can use that time as a study hall to do homework, however the amount of homework given to us Mills students is still overbearing. Luckily, I get to sleep at least at 12am after finishing my hw, but on the contrary some of my friends stay up until 2am-4/5am doing projects assigned by their AP/CP classes. Maybe they also need better time management, but they also have extracurricular activities to do! No matter how you change the system, homework is homework and students will spend many hours doing them. By changing the start of the school time I strongly believe it'll allow some students to gain the extra few minutes of sleep they would need, however some people would still have no choice but to keep the schedule they have do to transportation needs (parents driving). I would support a system where it is in the middle of the two choices, "start 8:00am or 8:30am?" Why not 8:15am? People who come early can get extra 15 minutes to do hw or catch up on studying, while other can gain an extra 15 minutes of sleep. Plus I know some people already like staying 15 mins after 3 on school days and adding a drastic of 30 mins is insane. As people say "time is precious". Add I g an additional 15 minutes however maybe just on the tip of the iceberg, but won't sink a ship like with the 30 mins.	2/17/2017 12:25 AM
494	It varies per night, considering what homework or events lead up to sleeping. For example, since I have no homework, I took a 4 hour nap, and now I will sleep for another 6 hours which leads up to 10 hours of sleep.	2/16/2017 11:47 PM
495	having school start just 30 minutes later doesn't make a huge difference on our schedules. Most students have to wake up early because their parents cannot drive them at a later time. In addition, ending school late would mean that we would get out later and therefore have to start practices and extracurricular activities later. With that in mind, our practices will end late and during daylight savings time, it gets super dark and we can barely see.	2/16/2017 10:35 PM
496	I don't think starting school 15-30 mins later will help kids get more sleep because they will think of it as 15-30 mins to stay up later. However it would push back sports practices, which pushes back hw start time, which makes kids stay up later.	2/16/2017 10:32 PM
497	i have just a suggestion. a schedule such as an A day and B day. Meaning that half of our classes are on A day and half of our classes are on B day, alternating everyday. The school i attended in 8th grade did this, and I felt like I could stay more on task with homework and projects. However, that school gave more complicated projects and assignments than here and so many home work time management will be different here.	2/16/2017 10:29 PM

Later Start Time Survey (Students) 2017

498	It would make people's sleep schedule even worse because most people will have to stay up later to finish homework now that there is less time after school .and no one will do homework in the morning. It will make no difference in waking up because my sisters wake up at 7 and also the commute would be terrible since the middle schools and elementary schools start at 8:30. Also many parents have jobs and it's harder for them to get to work on time if they have to wait a later time to drop them off school. Also it's only adding an extra 30 minutes which isn't doing much good because kids will still be sleep deprived 30minutes wouldn't solve anything. I believe the better route is offering more help on homework or counseling kids at an earlier stage in high school to help them understand how to manage their time- most reasons why kids dont get enough sleep is because they are doing homework- if people get educated about how to manage their time and how their cellphones effect their performance then I feel there would be more of a difference.	2/16/2017 10:20 PM
499	i feel like later start everyday will not benifit anyone teenagers will stay up later thinking how they can sleep in more but they might get even less sleep. this would not be easy on my schedule in the morning because my mom has to drive me to mills then drop my sisters off in belmont, i would either never get to school on time or struggle to get a ride because not many people live near me. because of this my mom will still probably drop me off at the same time (730) and then staying later in school will just cause me to take more naps in class. i appreciate if you have read this. thank you for your time.	2/16/2017 10:13 PM
500	As an athlete, sleeping in is key but getting off school later than usual affects our playing and practice time. It would be better if school started at 8:15 but end at 3:15, so we get our extra minutes of sleep and we don't have to stay later than usual for extra curriculars.	2/16/2017 10:10 PM
501	I think that 15-minute later start- and end times won't be effective in promoting sleep, but it might be effective in reducing tardiness rates if anything 30-minute later start times sound like a good idea if you only have 1st through 6th periods, but it won't be very good for students with a 7th period because they would resultantly be out by practically 4 PM	2/16/2017 10:03 PM
502	School needs to start later but end the Same time	2/16/2017 10:02 PM
503	Thank you for setting up this online survey for listening to the outputs from the students of SMHS.	2/16/2017 9:51 PM
504	I value more time after school than before it. As an athlete, I have activities in the afternoon, so ending school later would mean that I would miss more school, or it would mean that we would push start time until later and I wouldn't get to start my homework until late. I actually lose sleep because I am staying up later doing homework. I get up every day for zero period, except Wednesdays, and I don't find the start time to be a problem if I get to sleep at a reasonable hour.	2/16/2017 9:37 PM
505	In other parts of the world, children are up working much earlier than eight. I think starting even later would make it unfair and cause laziness and detachment (inability to connect with children who get up at 4PM to start a walk to school or work) on the student's part. Personally, when only thinking about how tired I am every day, I feel guilty for my ungrateful attitude when I'm reminded that students like me are very much privileged to have as comfortable a daily life as this.	2/16/2017 9:33 PM
506	The general student population sleeps late and consequently comes to their senses late. It is easy to complain, but I want to start late and finish early.	2/16/2017 9:30 PM
507	My parents' work schedule is tight sometimes so I probably would have to get dropped off around the same time everyday, and it would also push back the end time affecting the sports schedule. Since I play basketball sometimes we practice at 7-9 but sometimes practice would run late until 9:30, so if we push back the end time that means that practice may start later and we might end at 10.	2/16/2017 9:26 PM
508	I think moving school starting time to 15 minutes later would be great because students would have time to get ready in the morning and would not be as rushed.	2/16/2017 9:11 PM
509	I think that if we start school later, we would end school later, which meant we would have less time to do our homework, so we would stay up later, so even with the later start time it would make no difference. Plus, traffic is heavier later on in the day and 30 minutes makes a huge difference.	2/16/2017 9:04 PM
510	If school were to start later, this would cause school to also end later. For students doing extracurricular activities, this means that practices/events are scheduled later than they are currently. This will cause students to stay up even later doing homework and will eventually lead to more lack of sleep.	2/16/2017 8:51 PM
511	My sleep schedule tends to vary wildly based on which of my two household I am at on any given night, so I may not be so great a data point. All sleep time values are very roughly estimated.	2/16/2017 8:40 PM

Later Start Time Survey (Students) 2017

512	<p>Study after study has continuously shown that students who get more sleep ultimately perform better. While you may think that the time we get out of school (3:15) to the time that we SHOULD go to bed (10:00) is a lot of time to get homework done, this does not account for extracurricular activities, work, dinner, personal hygiene or social time. Regardless of what you may think, being social is an essential part to the mental health of teens, which is why we need more time for it. On Wednesdays when we have a later start, I find that I am much more relaxed during school because I had time for myself in the morning. On regular days, I usually wake up 20 minutes before I have to leave the house because I was so tired the night before, then I am expected to be fully functional in my first class, which is ridiculously unrealistic. Starting school later would benefit every student, mentally and physically. And it would give students more time to get to school, reducing the amount of tardies. But I am a senior, so if this late start is implemented next year it really won't matter for me so ￣(´) ￣。 But I do have a younger sister who is a freshman, and she is already under an immense amount of stress and usually goes to bed at 12 midnight, and I would like things to be just a little less stressful for her over the rest of her high school career, even if that small alleviation of stress comes from a later start.</p>	2/16/2017 8:35 PM
513	<p>I have a job on top of extra curricular activities and as a student, I believe that starting school 15-30 minutes later will have a large impact on my work schedule after school. My shifts begin at 3:30 and I get released from school at 3:15, meaning that I barely get to work on time before my shift begins. Moving the school schedule back 15-30 minutes would mean that I won't be able to make my work shifts at all.</p>	2/16/2017 8:20 PM
514	hi XD	2/16/2017 7:36 PM
515	<p>My opinion on this proposal is that although having a later start would be ideal, having a later start will result in a later end resulting in no solution for the evident lack of sleep in the San Mateo student community. Now, I do not believe that students struggling to adjust extracurricular activities would be an issue since the entire district would be participating in this change. However my issue is that later start and later end will just result in students getting a similar amount of sleep. Even if the start and end time of school may change, the duration of student's outside activities will not. Some students get fewer than four hours of sleep on school nights with their large load of extracurricular activities and school work. The sleepiness added to the stress most students are faced with is what causes problems in the classroom. The only real solution was to start later and end earlier, although I understand that this is inconceivable for many adults.</p>	2/16/2017 7:21 PM
516	I'm usually way too tired to listen to lectures and I seem to not be able to focus	2/16/2017 7:03 PM
517	<p>I feel that this schedule will not be good because that would mean that we would get out later. i would rather start early(or the same time) but get out earlier. i am a morning person but love the afternoons to relax and not stress about all the homework that i have to do when i get home. a later start will make me feel more stressed and freaking out about all the homework i have to do.</p>	2/16/2017 7:02 PM
518	Our health teacher says teens need ideally 9 1/4 hours of sleep. I don't know.	2/16/2017 6:56 PM
519	Start later. Start later.	2/16/2017 6:46 PM
520	<p>Starting later to me is personally very stupid. Students don't want to stay late. That's why seniors in my grade who take 5 periods choose to have 1 through 5. Others who want sleep can get 2 through 6. Don't make school start later and end later!</p>	2/16/2017 6:41 PM
521	The school should start at 8:00!!!!!!!!!	2/16/2017 6:41 PM
522	Please don't do a later start, if students feel like they need more sleep they should ask for first period off.	2/16/2017 6:40 PM
523	Please start school later. I think that everyone would benefit	2/16/2017 6:39 PM
524	Please do not have later start. It would mess up my schedule. Also it will be very hard for me to adjust these things	2/16/2017 6:37 PM
525	<p>Please do not start the day later. It would cause more traffic, ending the day later which would put more stress on me, as I would have to stay up even later to complete homework. I get alot of my homework done after school and before my practices begin. If the schoolday went later, I would not be able to get this done early, forcing me to get my work done later in the evening when I am tired and not thinking as well.</p>	2/16/2017 6:37 PM
526	<p>Later start and end times would *not* help increase the amount of sleep I get. All it would do is shift my entire schedule to later (and it would be colder and darker at the end of my practice), meaning I start my homework later and go to bed later. The problem if sleep is not with the start time of school, it is with the workload. Further reducing homework or reducing the length of the school day is really the only way to increase sleep, not merely shifting the time it is done at.</p>	2/16/2017 6:37 PM
527	If I farted would u be mad	2/16/2017 6:34 PM
528	I really want the school to start where it is now so it could fit my college course better, thank you	2/16/2017 6:34 PM
529	We need more sleep	2/16/2017 6:31 PM

Later Start Time Survey (Students) 2017

530	this sounds really good. many people are more down to have late start, but knowing that the time will be extended into the afternoon, they don't think it'll do any better. I'm fine with whatever happens because I will be taking 6 classes next year and it won't affect me terribly.	2/16/2017 6:31 PM
531	A pilot is a great idea. I get less than four hours sleep a night due to my insane workload. But, they really should not make the school day any longer. It's already pitch black at the end of soccer practice. A later start would be fantastic, BUT most certainly NOT at the expense of getting out later. Getting out later would only make kids stay up later.	2/16/2017 6:31 PM
532	Spring Valley Elementary starts at 8:15AM. If Mills students started at the same time, there would be a lot of traffic for Mills and Spring Valley students. I find this to be a reasonable concern as there could be a lot of tardies for both schools.	2/16/2017 6:31 PM
533	I would prefer even on Wednesdays to start at 8 and get out of school earlier.	2/16/2017 6:29 PM
534	For the extracurriculars I have (after school to 9 on most days) starting school later would only cause conflict. If school started later I would just stay up later	2/16/2017 6:28 PM
535	Please help us. I literally feel like death in the morning and difficult classes only make me go to sleep later. Sometimes I'm so sleep deprived I have to sleep through a school day, aka a truancy, just to regain the amount of sleep I've lost.	2/16/2017 6:28 PM
536	Please don't change the schedule, it would make things harder on athletes as the sun would be going down before practice ends.	2/16/2017 6:25 PM
537	Really varies, better days I'll get about 8-9 hours of sleep, more busier days about 4-6	2/16/2017 6:23 PM
538	Personally, I don't believe that extending the school start time and pushing back the time school gets let out would change anything. Even though there is a possibility that students could get a few more minutes of sleep, it isn't worth getting rid of tutorial (at SMHS). Tutorial is valuable time that someone, like me, needs to catch up on homework or makeup tests. Overall, I think that creating a later start schedule would end up being more destructive than cause any good.	2/16/2017 4:57 PM
539	For the sake of science and logic, I would strongly advocate for later start times and I do not believe it would negatively impact anybody in the school--given the later start time had any significant impact at all.	2/16/2017 4:00 PM
540	I think this late start would not help. The current schedule we have in school is very good with block days. Block days help a lot with finishing homework on time, if i know I will be super busy one day I can push my homework to the next or the other way around. Also, starting later would just push everything else later, and if anything, I would probably end up staying up later and getting less sleep because I would feel like the start of school is later.	2/16/2017 3:48 PM

Q27 Comments:

Answered: 540 Skipped: 2,377