

Background

In support of the social emotional and academic goals outlined in our district's strategic plan, the Okemos Public Schools is surveying our community regarding school start times. A growing body of research indicates a later start time, no earlier than 8:30 am, is healthier for secondary aged students (ie. Chippewa and Okemos High School students).

According to the Centers for Disease Control (CDC), adolescents who do not get enough sleep are more likely to:

- Perform poorly in school**
- Be overweight**
- Not engage in daily physical activity**
- Suffer from symptoms of depression**
- Engage in unhealthy risk behaviors such as drinking, smoking tobacco, and using illicit drugs**

In addition, the American Academy of Pediatrics recommended that middle and high schools begin instruction no earlier than 8:30 am, though most U.S. high schools start the day before then. The American Academy of Sleep recommends that teenagers aged 13 to 18 years should regularly sleep 8 to 10 hours per night.

Please proceed to the next section to learn more about potential start times options the district has investigated.

Potential Solutions to a Later Secondary Start Time

To date the district has investigated the following options:

- **Maintaining Current Start Time (Status Quo)**
- **Move Everyone to a Later Start**
- **Flip Flop Secondary and Elementary Start Times**
- **Establishing Similar Start Times for All Schools**
- **Pair Kinawa/CMS and OHS/Elementary Start**

If you wish to learn more about some of the pros and cons associated with these options, please click [here](#).

Please proceed to the next sections to learn about our current start times.

Current Start Times

Our current secondary school start times do not support research that says that secondary schools should start no sooner than 8:30 am. District administration is investigating potential solutions and districtwide impacts of later secondary start times at OHS and CMS.

Remember, a recommendation to alter start times has not been made at this time. The district is sharing and gathering information regarding potential impacts to consider if a start time change should be made, and if so, which is the best option for our community.

Please proceed to the next sections to learn about and provide feedback on two potential secondary start time options that align with the research on sleep time and are feasible for our school transportation system, specifically:

- Move Everyone to a Later Start**
- Flip Flop Secondary and Elementary Start Times**

If you wish to learn about the limitations of the district transportation system on start times, please click [here](#).

Option A: Moving Everyone to a Later Start Time

A later start time for secondary students (which aligns with the research) could be accomplished by pushing all K-12 start times later and having all schools, including the elementary schools, start and end forty-five minutes later than our current times.

One potential schedule in this model could be:

1. The District acknowledges the growing research regarding positive impacts of a later start time on our teens. We wish to understand other opportunities and challenges associated with a potential start time change on our students and families.

For example, a start time change could have a positive, negative or no impact on:

- a family's need for childcare.
- a student's ability to get to school on time (attendance)
- a student's ability to be in class all day before leaving for evening commitments (attendance)
- ability to get to work on time (employment)

From your student(s) and family perspective, please identify the impact of all schools (elementary and secondary) having later start times:

	Positive Impact	Neutral or No impact	Negative Impact	N/A - Not applicable to our situation
Attendance at school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Childcare	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Employment (caregiver or student)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Extracurricular activities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Finances (personal or family)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Offsite/alternate educational programming (Wilson Talent Center, etc)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Students (Elementary aged)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Students (Secondary aged)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Responsibilities (Morning)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Responsibilities (Evening)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Other (please specify)

2. Knowing this, how likely are you to support a district wide start time change that has all schools starting later?

- Much more likely
- More likely
- Less likely
- Much less likely

Option B: Flip Flop Secondary and Elementary Start Times

A later start time for secondary (which aligns with the research) could also be accomplished if elementary students (K-4) and Kinawa students (5-6) start school before and end school before secondary students (7-12). This would mean a “flip flop” from our current start times with the younger students starting and ending their school days first.

One potential schedule in this model could be:

3. From your student(s) and family perspective, please identify the impact of a flip flop of secondary and elementary start times on the following:

	Positive Impact	Neutral or No impact	Negative Impact	N/A - Not applicable to our situation
Attendance at school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Childcare	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Employment (caregiver or student)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Extracurricular activities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Finances (personal or family)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Offsite/alternate educational programming (Wilson Talent Center, etc)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Students (Elementary aged)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Students (Secondary aged)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Responsibilities (Morning)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Responsibilities (Evening)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Other (please specify)

4. Knowing this, how likely are you to support a district wide start time change that includes a flip flop of secondary and elementary start times?

- Much more likely
- More likely
- Less likely
- Much less likely

Demographics

To better understand our results, it is helpful if we have demographic information from survey respondents. You have the opportunity to skip some responses below if you do not wish to share.

5. Is your family eligible for bus transportation to and from school?

- Yes
 No
 Unsure

6. Do you consider your family economically disadvantaged?

- Yes
 No
 Unsure
 Do not wish to answer

* 7. What best describes you/your connection to the Okemos Schools? Check all that apply.

- Current Secondary Student
 Primary Caregiver of student(s) in Okemos Public Schools
 Secondary Caregiver of student(s) in the Okemos Public Schools
 District Employee
 Other (please specify)

8. How many children do you have currently attending the Okemos Schools?

- None
 One
 Two
 Three
 Four
 Five
 Six or more

* 9. What school or schools do you have children attending? Check all that apply.

- I do not have children attending any Okemos schools.
 Cornell
 Bennett Woods
 Hiawatha
 Okemos Public Montessori
 Kinawa
 Chippewa
 Okemos High School
 Edgewood Early Childhood Center

* 10. Do you have children not of school age that will attend the Okemos Schools in the future?

Yes

No

* 11. Do you currently have a secondary aged student or students (Chippewa or Okemos High School students) OR will you have a secondary aged student at the start of the 23-24 school year?

Yes

No

Secondary Student Data

* 12. How much time does your secondary student sleep on an average school night? If you have more than one secondary student, please do your best to answer with an overall average.

- 5 hours or less
- 5-6 hours
- 6-7 hours
- 7-8 hours
- 8-9 hours
- 9-10 hours
- 10-11 hours
- 11-12 hours
- Over 12 hours
- Unsure/Do not know

* 13. How much time does your secondary student spend on homework on the average school night? Again, if have more than one secondary student please capture with an overall average.

- 30 min or less
- 30-60 min
- 60-90 minutes
- 90-120 minutes
- 120-150 minutes
- Over 150 minutes
- Unsure/Do not know

14. In your opinion, would a later secondary start time help ensure secondary students received a minimum of 8 hours of sleep on a typical school night?

- Yes
- No
- Unsure/Do not know

15. Is there anything you want the school district to know about secondary start times and the impact on students and families from a secondary student perspective?

Elementary Student Data

16. Do you currently have any elementary aged (grades K-6) students?

- Yes
 No

* 17. How much time does your elementary student sleep on an average school night? If you have more than one elementary student, please do your best to answer with an overall average.

- 5 hours or less
 5-6 hours
 6-7 hours
 7-8 hours
 8-9 hours
 9-10 hours
 10-11 hours
 11-12 hours
 Over 12 hours
 Unsure/Do not know

18. Is there anything you want the school district to know about secondary start times and the impact on students and families from an elementary student perspective?

19. Is there anything you want the school district to know about secondary start times and the impact on students and families that have students in BOTH elementary and secondary schools?

Summary

20. Agree or disagree: A later start time would help insure secondary students receive 8-10 hours of sleep on the typical school night.

- Strongly agree Disagree
 Agree Strongly disagree
 Neither agree nor disagree

21. After consideration of all of these factors do you support secondary school start time changes to start no sooner than 8:30 am?

- Yes
 No
 Depends on which solutions is enacted

22. Please indicate your level of support for the following start time options.

	Highly approve	Somewhat Approve	Neither approve or disapprove	Somewhat disapprove	Highly disapprove
Move Everyone to a Later Start	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Flip Flop Secondary and Elementary Start Times	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

23. What other ideas/options might you want the district to consider regarding school start times?