



Start Times Advisory Committee

Masconomet, Boxford, Middleton, Topsfield

1	Open Responses from 2016 Start	27	Table of Contents
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3	and Staff	29	of Students, Parents and Staff..... 1
4	September 9, 2016	30	Student Survey Open Responses (Grades 7 to 12)
5	Prepared for the Start Times Advisory Committee	31 2
6	(STAC)	32	Student Survey Open Responses (Grades 5 and 6)
7	We conducted three surveys: students, staff, and	33 25
8	parents. At the end of each survey we had an	34	Staff Survey Open Responses (Elementary Staff)
9	open response prompt: Tell us your thoughts.	35 35
10	The responses have been edited to remove any	36	Staff Survey Open Responses (Masconomet Staff
11	personally identifiable information or vulgar	37	and PreK-12 Staff)..... 42
12	language.	38	Parent Survey Open Responses: PreK-6 parents
13	Each response has been categorized with general	39 55
14	identification information (for example, for	40	Parent Survey Open Responses: PreK-12 parents
15	students the grade is identified). Each response	41 71
16	has also been categorized with the answer to the	42	
17	following question:		
18	<i>How much have you read about the sleep needs of</i>		
19	<i>children and teens?</i>		
20	The possible answers were:		
21	• I don't know very much about the topic		
22	• I've heard some information from the		
23	news and other people		
24	• I've read a number of articles		
25	• Extensive reading		
26			

1 Student Survey Open Responses 2 (Grades 7 to 12)

3 I'm always tired in school and I would fall asleep
4 in class if I didn't want to miss information. -
5 Student, Grade 11 (I've read a number of articles)

6 I already graduated, but I feel it could be
7 beneficial to other students to have a later start
8 time for school. It has been scientifically proven
9 that teenagers work better later in the day and at
10 night, and overall performance would most likely
11 improve with a later start time, such as 9:00am.
12 Starting later than 9, however, would lead to the
13 day ending too late and resulting in schedule
14 conflicts among students. - Student, Grade 12
15 (I've read a number of articles)

16 The homeroom block shouldn't be as long, maybe
17 if it started at 7:40 so then people could wake up
18 later, and buses start a little later because most
19 buses get to school between 7 and 7:15 in the
20 morning. - Student, Grade 12 (I've learned some
21 information from the news and other people)

22 Well my junior year I was able to look at both
23 sides of it. The people who gave their everything
24 into homework and projects got good grades but
25 had about 2-4 hours of sleep a night. If people
26 who got more sleep didn't do as well with grades
27 and such. I can do a whole day off of only 3 hours
28 of sleep. But my fellow athletes can't all do that.
29 Caffeinated drinks help them stay up but damage
30 their performance athletically. The issue I see is
31 that teachers need to regulate what projects are
32 given and when. My senior year I had a teacher
33 assign an essay a week before finals week. Now
34 this doesn't seem bad except for this taking time
35 out of me studying, and took time away from my
36 training to compete at track meets. If the amount
37 of work is regulated, then the more students will
38 get more sleep. - Student, Grade 12 (I've
39 learned some information from the news
40 and other people)

41 A lot of reasons I didn't get a lot of sleep was
42 because by the time I got home from my job after
43 school it was 8 and if I wanted to stay healthy and
44 go to the gym after school I would be up doing
45 home work till after midnight - Student, Grade 12
46 (I've read a number of articles)

47 I had always thought about eliminating
48 homeroom and starting class earlier to save time.
49 - Student, Grade 12 (I've read a number of
50 articles)

51 I see the benefit of starting classes at 8, and
52 discarding homeroom completely. If anything
53 extend the first period class by 5-10 minutes to
54 do attendance and at announcements. Especially
55 since morning update isn't working anymore. -
56 Student, Grade 12 (I've read a number of articles)

57 Good luck with the future changes. Thanks for the
58 great four years. - Student, Grade 12 (I've
59 learned some information from the news
60 and other people)

61 Get rid of homeroom. All of these questions seem
62 to center around changing school ones to
63 accommodate sleeping patterns. Homeroom is a
64 useless 20-15 minute time that requires kids to
65 wake up be come into school earlier only to take
66 attendance. However, we take attendance in
67 every class throughout the day? - Student, Grade
68 12 (I've read a number of articles)

69 Thank you for opening up this pressing issue to
70 the students - Student, Grade 12 (I've read a
71 number of articles)

72 Although I would love a later starting time, I think
73 there would be a domino effect which results in
74 the same amount of sleep. If we started later, we
75 would also end later which means I would get
76 home from sports later. I would then be doing
77 homework later which results in me going to
78 sleep later. It is sometimes difficult for me to
79 wake up in the morning but I still feel that the
80 early start time is the best possible situation. -
81 Student, Grade 12 (I've read a number of articles)

82 I won't even be attending Masconomet next year
83 but I believe it is crucial that students get more
84 sleep. I struggled a lot throughout high school,
85 particularly because I was so overwhelmed with
86 homework that I never got enough sleep. I was
87 often falling asleep in class and had a hard time
88 focusing when I wasn't due to tiredness. I really
89 hope this changes for other students at Masco,
90 and I also hope that teachers are able to overlook
91 at some level the state's standards for curriculum
92 and find other ways to teach students without

1 loading hours on homework onto them. - Student,
2 Grade 12 (I've learned some information from the
3 news and other people)

4 School should start later. - Student, Grade 12 (I've
5 learned some information from the news
6 and other people)

7 It appears that later start times correlate with
8 improved scores among the student body. -
9 Student, Grade 12 (I've read a number of articles)

10 get rid of homeroom - Student, Grade 12 (I've
11 read a number of articles)

12 Pushing the school time later sounds like a good
13 idea but for anyone working it would be awful. I
14 work 5 days a week starting at 3 and pushing the
15 start time would also push the end time making it
16 impossible to work if you need to stay for extra
17 school help and/or driving or being dropped of at
18 work. - Student, Grade 12 (I've read a number of
19 articles)

20 I'm strongly against a later start time. I realize no
21 matter what ou guys choose someone will be
22 upset but it has been this way for a while now
23 and we have always dealt with it. I believe we can
24 continue to go on the way we always have. Have a
25 great summer!! :) - Student, Grade 11 (I don't
26 know very much about the topic)

27 I think there does not necessarily need to be a
28 change in the start time, I think the amount of
29 homework is the biggest thing that needs to be
30 changed. I know people and I myself stay up past
31 midnight on some occasions doing homework.
32 Being an athlete and having a job, my homework
33 never gets the attention it needs. It really effects
34 my grades negatively. I also workout every
35 Monday, Wednesday and Friday mornings before
36 school at 5:30 and those are the days I work from
37 3:45 to 8:00. That means my Mondays,
38 Wednesdays and Fridays go from 5:00 in the
39 morning to almost 1:00 in the morning the
40 following night due to homework. Something
41 needs to be changed. - Student, Grade 11 (I've
42 learned some information from the news
43 and other people)

44 I just feel like we get so much homework and play
45 sports, yet we have to wake up very early in the

46 morning to get to school on time. - Student, Grade
47 11 (I've read a number of articles)

48 School should really start later it would make
49 kids ready and less tired for school. The 630
50 morning doesn't work well - Student, Grade 11
51 (I've learned some information from the news
52 and other people)

53 I need to get more sleep because I feel like over
54 exhaustion is impacting the quality of my efforts
55 in my academics and my sport but I can't get
56 enough sleep because I am up for hours into the
57 night doing homework for my classes and I can't
58 start my day later and sleep in because getting
59 out of school later conflicts with my sports
60 schedule and I have a very regimented schedule
61 in regards to that and so I have to have enough
62 time to do that and as it is right now I hardly have
63 enough time to go to my practice, go home, eat,
64 shower, do homework, breath, or sleep with the
65 minimal time I have and I am already having to
66 consider having my practice be EARLIER than
67 what it is now because I literally have no time for
68 anything afterwards so having us get out later
69 even though we would start earlier would
70 seriously be detrimental to my schedule and it
71 would only encourage me to stay up even later
72 and get even less sleep because school starts way
73 later now, right, so like what even is the point
74 anymore? and tbh I just want to stop at this point.
75 Societal pressures to conform and go to college
76 and be good enough to live on your own and be
77 financial stable are literally crushing me and I
78 have never felt more stressed in my life and I feel
79 like I will never be free from this anxiety because
80 it keeps getting thrown at us that unless we do all
81 of this stuff plus having a job plus doing
82 community service we will never make it in life
83 and I'm in actual tears writing this I just want to
84 quit school I have literally never felt more
85 stressed in my life please don't move the start
86 time just leave me alone just let me struggle
87 through this by myself there's nothing you can do
88 to help us anymore...

89 ... if only crippling anxiety and stress wasn't
90 holding you back from your potential and when
91 you award people like that for being basically
92 academically perfect, not taking into
93 consideration the other factors that negatively

1 impact a persons life, I feel even LESS like I'm
2 going to make it and for the first time in my life I
3 have a C in English. A..C..in ENGLISH like who
4 does that how does that even happen? College
5 Board is also a cult and I was going to cry during
6 the SATs but as I stared down at the no calculator
7 math section while the proctor alerted us that we
8 had legit 2.3 minutes left I could not find it within
9 my void soul to cry because I already knew going
10 into it that it was a lost cause. And then I was
11 overcome with this burning rage because the SAT
12 does not in any way accurately reflect my
13 intelligence. I spent a month in tutoring for it and
14 I still miserably flopped and I will not be defined
15 by a number like that no way no how. Which
16 coincidentally I'm taking the College Board's SAT
17 survey telling them all of this right now. I don't
18 have any reach schools at this point either
19 because it's honestly not worth even considering
20 and I just want to sleep some more but I can tell
21 you right now that moving the start time will NOT
22 help this issue. - Student, Grade 11 (I've read a
23 number of articles)

24 Zombies are walking through the halls of high
25 schools all across the nation, these creatures
26 aren't altered by some infection that will wipe out
27 the human race but rather a serious problem in
28 the student community that is causing an
29 alteration in behavior. These students are
30 suffering from sleep deprivation. Some may
31 attribute this to large amounts of homework,
32 sports, extracurricular activities, or school
33 starting early. Not to discourage sports or
34 extracurricular activities but, statistically teens
35 need to get eight to ten hours sleep to function at
36 their best the next day. According to a study done
37 by The Sleep Foundation, only 15% of high school
38 students, get these essential hours of sleep.
39 Knowing these facts , why wouldn't we want to
40 start school at a later time? Some would say that
41 doing this would push our sports and
42 extracurricular activities back later into the
43 afternoon, but sacrificing even just a half hour of
44 these activities could lead to an increase in the
45 time a student is able to sleep. Cornell
46 psychologist James B. Mass states that "Almost all
47 teen-agers, as they reach puberty, become
48 walking zombies because they are getting far too
49 little sleep." Sleep deprivation in students is

50 known to cause disciplinary problems in school,
51 major focus issues, and poor concentration. Early
52 in the morning is when adolescents'
53 overwhelming need for sleep takes number one
54 priority in their brain. A study conducted in 1998,
55 of 3,000 high school students, yielded staggering
56 results that showed just how much sleep can
57 affect a student. Psychologists Amy R. Wolfson, of
58 Holy Cross, and Mary A. Clarkson, of Brown
59 University Medical School conducted this study
60 and found that students who averaged a grade of
61 C or below were going to bed about 40 minutes
62 later and were also getting around 30 minutes
63 less sleep than students who were averaging a
64 grade of B or higher. Sleep deprivation isn't just
65 causing problems in the classroom for students
66 but it is also causing problems behind the wheel.
67 According to the National Highway Traffic Safety
68 Administration there are around 100,000
69 accidents per year that are caused by drowsiness,
70 fatigue, and the lack of sleep. High school
71 students are at the wheel in over half of these
72 accidents. It is a fact that cannot be denied, sleep
73 deprivation in high school students is causing
74 major problems in all aspects of students' lives.
75 This makes it evident that we need to start school
76 later to let students get that cherished and
77 valuable extra sleep. Sleep is an intricate part of
78 life as we know it because it benefits many
79 biological processes that developing bodies
80 require to be in pristine condition. Most students
81 agree that there needs to be change in the way
82 the school day is structured for the improvement
83 of their physical and mental health, so why not fix
84 it? - Student, Grade 11 (I've read a number of
85 articles)

86 I think there would be too many issues with
87 changing the end time of school. There are many
88 activities that absolutely cannot be changed,
89 some including sports, and so Masco students
90 would either have to miss classes at the end of
91 the day to attend these events and activities, or
92 miss the events and activities for classes. From a
93 student's perspective, I don't see a problem with
94 leaving the start and end times of School where
95 they are right now (6/12/16). I only notice a
96 small amount of minor complaints about waking
97 up too early from students in school. - Student,

1 Grade 11 (I've learned some information from the
2 news and other people)

3 An excessively later end time would cause me to
4 be practicing for sports in the dark 2/3rds of the
5 year and i doubt i'd be able to go to work. i also
6 think that shifting the schedule later by i.e. an
7 hour would just make me go to bed an hr later,
8 thus resulting in the same amount of sleep. I
9 think homeroom should be at 8:00, and only be a
10 maximum of 5 mins long. my homeroom doesnt
11 even play the morning update anyway, all i do is
12 eat breakfast and do homework i was to tired to
13 finish the night before. School could get out at
14 2:30, and would be fine. Also, if school go out
15 later due to a pushed back start time, sports
16 games and meets would get messed up, because
17 every other school manages to do whats worked
18 far a very long time. Therefore, I vote either leave
19 the system the way it is, or implement the above
20 or a slight variation. Thanks for taking the time to
21 read this. P.S., if you would like to speak to me
22 about any of this, have any questions, concerns,
23 or want to follow up, feel free to have anyone get
24 a hold of me anytime. This is something I actually
25 feel fairly strongly about. - Student, Grade 11 (I've
26 learned some information from the news
27 and other people)

28 I believe the school start time should remain as it
29 is right now. Extending the time would negatively
30 effect me at night. O would end up staying up
31 later than I do now which is usually 1:00 AM. -
32 Student, Grade 11 (I've learned some information
33 from the news and other people)

34 I need more sleep because waking up in the
35 morning is extremely difficult, becuse I'm still
36 tired from the day before. I feel like a zombie
37 throughout the school day. - Student, Grade 11
38 (I've learned some information from the news
39 and other people)

40 What you need to focus on more is the students
41 with AP/Honors classes with tons of homework,
42 plus all the sports and jobs they do. My personal
43 schedule is lacking, but I'm trying to fill it. By the
44 time later school start times become a thing, I'll
45 have graduated. Focus on your incoming classes,
46 especially once they get to junior year.
47 Homework, jobs, and sports are a huge conflict

48 for students who have too much homework,
49 participate in sports, and need to work for
50 money. Try easing up the homework, so these
51 students are less stressed every day and won't
52 become depressed. Studies have shown too much
53 homework leads to too much stress with leads to
54 severe anxiety and/or depression. Think about
55 the students' emotional needs, as well as their
56 physical needs. - Student, Grade 11 (I've read a
57 number of articles)

58 Too much hw is the problem not start times. I
59 sacrifice sleep to do hw to get good grades -
60 Student, Grade 11 (I've learned some information
61 from the news and other people)

62 Later start time would be great. Even if the school
63 day was shorter, I'd be more productive because
64 I'd be more focused and energized - Student,
65 Grade 11 (I've learned some information from the
66 news and other people)

67 I think that it is very important for the students to
68 have enough sleep in order to have a productive
69 school day. Keep in mind that the student's days
70 don't end at 2:15 and that to them, it feels like
71 another day is only starting. Most students
72 constantly work from around 6am when they get
73 up until 10pm, at the earliest, when they go to
74 bed. An earlier start time by an hour would help
75 them tremendously. - Student, Grade 11 (I've
76 learned some information from the news
77 and other people)

78 I struggle with many illnesses and getting up is
79 very hard starting school later would help me and
80 my health. - Student, Grade 11 (I've read a
81 number of articles)

82 "I have so much homework that I can't give it the
83 attention it needs" is the truest statement in this
84 survey. I have so much that I have to stay up way
85 too late to finish it all. I can't give my best work
86 when I do this and then feel stressed that I will
87 get a bad grade. - Student, Grade 11 (I've read a
88 number of articles)

89 I know for a fact that teenagers need about 10
90 hours of sleep. I also now that biologically
91 teenager start to feel tired well into the night at
92 about 10-11 pm. I feels that increasing the
93 number of time spent sleeping approaching that

1 10 hour mark will increase learning capabilities
2 of teens. - Student, Grade 11 (I've read a number
3 of articles)

4 Personally I think the start times and stop times
5 have worked in the past and are just kinda part of
6 high school. Sure in an ideal world we would all
7 get more sleep, less homework, and later start
8 times and end times. But I don't know how much
9 that would disrupt schedules of students and
10 parents - Student, Grade 11 (I've learned some
11 information from the news and other people)

12 A later start time would just be futile, it would do
13 nothing to me other than move my sleep an hour
14 later. unless it was at least 3 or 4 hours later -
15 Student, Grade 11 (I've learned some information
16 from the news and other people)

17 I think it would be very beneficial for all of us,
18 teachers included if we started school and later
19 and ended later too. We'd have more time to
20 sleep and then if we don't finish our homework at
21 night, we would always have time in the morning
22 to do it. Also we'd be a lot more at when we got to
23 school because we'd have more sleep - Student,
24 Grade 11 (I've read a number of articles)

25 This is a needed change. - Student, Grade 11 (I've
26 read a number of articles)

27 I think getting rid of homeroom would be a good
28 way to go about this. If we got rid of homeroom,
29 and just had the first period class take
30 attendance, we could start classes at 7:30
31 (roughly the time we start homeroom). This
32 would then save us 15 minutes at the end of the
33 day, enabling us to get out at 2:00. I know for a
34 fact that Andover High does not have homeroom,
35 and that they get out of school at 2:00. - Student,
36 Grade 11 (I've learned some information from the
37 news and other people)

38 I know that teenagers need a significantly higher
39 amount of sleep than what I usually get. I really
40 appreciate that Masco is trying to address this
41 issue but at the same time I can only see a change
42 in the school start time leading to everything
43 being pushed back with no real time added for
44 sleeping. I personally could probably get more
45 sleep if I cut the activities that I participate in, but
46 I'll never do that. For one, I feel kind of obligated

47 to continue on with some in order to look good
48 for college, but beyond that I find a lot of
49 enjoyment and fulfillment in these activities and
50 don't want to give them up. I'm willing to sacrifice
51 some sleep (I still get 6 hours most nights, and
52 I've never had issues) in order to fit all of the
53 things I enjoy into my life. - Student, Grade 11
54 (I've read a number of articles)

55 I would love if school started a little later but I
56 wouldn't want it to end later because it messes
57 up my schedule. - Student, Grade 11 (I've read a
58 number of articles)

59 I think the school day should start later because
60 kids can't get the education that they need
61 because they are too tired to focus. Little kids get
62 up early voluntarily, so if the high school and
63 elementary school switched times it would be
64 more beneficial. Also teachers don't really
65 understand how much kids have to balance, and
66 they don't realize they have other classes which is
67 really stressful because they think their class is
68 the most important and they overload with work
69 so you end up with so much work to do while
70 trying to balance a job, a social life and sports. -
71 Student, Grade 11 (I've learned some information
72 from the news and other people)

73 I think it would be a good idea to have school
74 start a little later for the late nights of homework.
75 It's the little steps that count. I've read that teens
76 need more rest time for their brain to function
77 correctly. I believe it is true but it would effect a
78 lot more getting out of school late. I believe
79 something should change for the good though,
80 I'm glad it's a thought. I know that being a senior
81 next year, it probably won't change for me, but to
82 see that someone is getting helped, it's relieving -
83 Student, Grade 11 (I've read a number of articles)

84 I feel like it would be extremely difficult to change
85 the start time of schools, and if it were to be done
86 then it would have to be uniform for the entire
87 state of MA because sports with other schools
88 wouldn't match up if we had different ending
89 times - Student, Grade 11 (I've learned some
90 information from the news and other people)

91 I believe the best way to solve the issue we are
92 trying to solve here is to work on giving either
93 less homework or homework of a lesser difficulty.

1 The issue is not how awake we feel because of the
2 TIME we get up, the issue is how much
3 homework we get on top of expected
4 extracurriculars, sports, and jobs for some
5 people. There needs to be enough time after
6 school for students to participate in sports, get
7 homework done, participate in extracurriculars,
8 and there needs to be time for leisure in order for
9 students to stay mentally sane. I feel that by
10 moving the start time up, it will make things
11 worse for a majority of students because there
12 will be less time for all of these things that need
13 to be done after school. If the homework load is
14 not changed, moving the start time up, I believe,
15 will negatively impact students. - Student, Grade
16 11 (I've learned some information from the news
17 and other people)

18 I think starting the day later would cause so much
19 more positive attitude and less negativity. It
20 would affect how everyone reacts around other
21 people. I think it very unhealthy to start school at
22 7:30 because that means leaving at 7 and waking
23 up around 6 - Student, Grade 11 (I've
24 learned some information from the news
25 and other people)

26 The homework is not needed it's all just a busy
27 work - Student, Grade 11 (Extensive reading)

28 Even if school started later, I would continue to
29 go to bed at the same time I do now. Even one
30 extra hour makes all the difference, I have
31 noticed. - Student, Grade 11 (I've learned some
32 information from the news and other people)

33 The schedule of school is perfect for me and I
34 have adapted to it so well. Not getting enough
35 sleep is wholly my fault and school start/end
36 time should not change. - Student, Grade 11 (I've
37 learned some information from the news
38 and other people)

39 I completely understand the worry about having
40 a school that starts later and ends later
41 conflicting with other jobs and extracurricular
42 activities and not having enough time for
43 homework but, I believe that if it is combined
44 properly a later school start and just a tiny bit
45 less homework would definitely benefit the
46 children's learning ability. - Student, Grade 11

47 (I've learned some information from the news
48 and other people)

49 Teachers have got to chill with this homework.
50 I'm fine with homework, I just hate being up at
51 12:30 so I can study for a test 7 hours later -
52 Student, Grade 11 (I've learned some information
53 from the news and other people)

54 I know the school day has to remain the same, but
55 believe there should be a small change, making
56 the start time a bit later, but not too much later. -
57 Student, Grade 11 (Extensive reading)

58 I think that if school starts later, we will have less
59 time to complete homework. So if this ends up
60 happening, the teachers cannot continue to give
61 us the amount of homework that they do now. -
62 Student, Grade 11 (I've learned some information
63 from the news and other people)

64 I'll be a senior next year so this change probably
65 won't effect me but I know teens tend to fall
66 asleep later than young kids and always have too
67 much homework. If the school committee could
68 work with the teachers by making school start a
69 little bit later and giving students less homework,
70 their happiness, healthiness, and willingness to
71 come to school and learn would greatly improve.
72 - Student, Grade 11 (I've read a number of
73 articles)

74 I think the amount of homework at this school
75 needs to change. The hour that school starts isn't
76 what effects me necessarily. It's the fact that
77 when I get home from school I need to start my
78 homework immediately in order to finish it
79 before midnight. I'm in all honors classes so I
80 understand I have more homework than others
81 and that's my choice, but I'm still concerned at
82 the level of work I have. I often find myself falling
83 asleep when doing my homework. - Student,
84 Grade 11 (I've learned some information from the
85 news and other people)

86 I think delaying the start time slightly (an hour or
87 less) would be a positive change however
88 anything more than that would conflict with the
89 rest of students' daily activities. As it is now, I do
90 not think it is healthy. I don't sleep :) - Student,
91 Grade 11 (I've read a number of articles)

1 It is my opinion that a later start time would
2 negatively impact my after-school schedule. I
3 either go to the gym, or do Masconomet sports
4 after school, and if school started later, and
5 therefore ended later, I would finish these
6 activities later. This would push back my whole
7 schedule, and ultimately keep me up later/cause
8 me more stress. Besides, whenever I end up
9 staying up very late, it is usually a result of my
10 own lack of planning and poor time management
11 skills. I in no way feel that the amount of sleep
12 that I get is the school's fault: If I go to bed too
13 late, it is my own fault 99% of the time. If I
14 effectively manage my time, I have plenty of time
15 to do all of my homework and relax while still
16 going to bed at a reasonable time. I in no way
17 have a light workload, as I take all honors/AP
18 classes. - Student, Grade 11 (I've read a number
19 of articles)

20 You guys need to either change the amount of
21 work and time or just really change the time
22 because as a 11th grader the work they give me
23 makes me stay up that late. - Student, Grade 11
24 (I've read a number of articles)

25 I do NOT think that school should start later. NOT
26 AT ALL. I think that many teenagers do not
27 manage their time well, because I have taken all
28 Honors classes every year, including 2 AP classes
29 this year, and while I have often felt extremely
30 stressed, I have never stayed up (working on
31 homework) past 10:45. It is about managing your
32 time well, and knowing when to stop and how to
33 work efficiently. If more students were taught
34 such skills, and mental health was addressed as
35 seriously as homework is, more students would
36 be healthier and better able to handle their stress.
37 I think that starting school later would just mean
38 that we get out later and would have to work
39 later into the night. I have attended a school that
40 started at 8:15am and ended at 3:15pm
41 (Oakwood Middle School, in Oakwood OH) The
42 later start time meant that people often stayed up
43 later, and everyone at school still complained
44 about having to get up and come to school, and
45 everyone still drank caffeinated beverages. I think
46 that time at school is used inefficiently, and if we
47 could use our time better then we would be able
48 to start school later without having to end later.
49 For example, time spent in homeroom wastes

50 precious learning time and makes everyone get
51 up too early. Instead of having homeroom, we
52 could add 5-10 minutes to the first block of the
53 day, during which students can watch the
54 Morning Update (which few people actually
55 watch, many teachers don't even turn it on and if
56 it is on someone is usually talking over it) in
57 those first few minutes of class, then move
58 directly into whatever class is first block without
59 having to waste time transitioning. - Student,
60 Grade 11 (I've learned some information from the
61 news and other people)

62 Please god just do it already! Delete homeroom
63 from the schedule or something. - Student, Grade
64 11 (I've learned some information from the news
65 and other people)

66 I believe that our school time should stay the
67 same, but we should be given a lesser amount of
68 homework. I think that teachers assign too much
69 homework on a given night. It takes me over 6
70 hours to do homework most nights, which I think
71 is just crazy. Yes, I believe we should have
72 homework but I feel like we get an excessive
73 amount as we progress in high school. - Student,
74 Grade 11 (I've read a number of articles)

75 Noice! - Student, Grade 11 (I've learned some
76 information from the news and other people)

77 Personally, I feel that a later start time would
78 positively benefit high school students. But it's
79 really hard to do that because of sports and
80 extracurricular activities for students. I think if
81 Masco is considering to start later, Masco should
82 also consider giving less homework. Students are
83 told to get involved, but there isn't enough time
84 to be involved and incredibly successful in school.
85 - Student, Grade 11 (Extensive reading)

86 I think that school for middle school should start
87 at 7:30 and end at 2:15 and I think high school
88 should start at 8:30 and end at 3:15 that way
89 there is no traffic concerns in the morning and
90 high schoolers can get an extra hour of sleep. -
91 Student, Grade 11 (I've learned some information
92 from the news and other people)

93 I just want to trade times with elementary
94 schoolers who naturally wake up earlier. -

1 Student, Grade 11 (I've learned some information
2 from the news and other people)

3 It would be beneficial to make class start later but
4 it may also be harder for sports and
5 extracurricular activities to still have time for
6 practices and meetings. I think there are positive
7 and negative sides to having a later start time -
8 Student, Grade 11 (I've read a number of articles)

9 I'm good with what time school starts now. I have
10 too many things to do to push back the start time.
11 - Student, Grade 11 (I don't know very much
12 about the topic)

13 We shouldn't change the start of school. Kids not
14 only have sports, but family needs, if they are
15 injured, physical needs more school will be
16 missed due to appointments and sleep will be
17 much more difficult with less time to do
18 homework if this huge load of homework remains
19 the same. - Student, Grade 10 (I've read a number
20 of articles)

21 I do not think that changing the times of the
22 school day would benefit students. Changing
23 times would conflict sports and would not leave
24 enough time in the afternoon/evening to do
25 homework. To get rid of the issue of students
26 being tired and not getting enough sleep, there
27 should be a limit to the amount of homework
28 students receive. The amount of homework
29 students get is unnecessary for our learning. In
30 some cases, it works against our learning. If the
31 lack of sleep is being caused by a lot of
32 homework, then homework should be the factor
33 that must be changed. Also, changing the times so
34 that school would get out later would just mean
35 students would stay up even later to do
36 homework. The early times we have now is good
37 preparation for the real world. Most jobs call for
38 early mornings, and if the times are changed then
39 students will not be prepared for the real world
40 where we would have to wake up early. - Student,
41 Grade 10 (I've learned some information from the
42 news and other people)

43 Don't change the start time. It would mess up the
44 schedule for everyone. It starts at a good time
45 now, it started in a good time in the past, and it
46 should continue to start at the same time in the

47 future. - Student, Grade 10 (I've learned some
48 information from the news and other people)

49 Don't change the school time - Student, Grade 10
50 (I've learned some information from the news
51 and other people)

52 I do not want a change to the school day because
53 it will interrupt my schedule. - Student, Grade 10
54 (I don't know very much about the topic)

55 30 min later start same end time - Student, Grade
56 10 (I've read a number of articles)

57 There needs to be a later start for students. Kids
58 aren't getting the correct and necessary hours of
59 sleep that are absolutley needed to get a better
60 result in students work and lives. I fall asleep in
61 my classes everyday due to the late nights of
62 extensive homework and very little hours to
63 sleep due to the early school day hours. - Student,
64 Grade 10 (Extensive reading)

65 I think the start time of school should be later -
66 Student, Grade 10 (I've read a number of articles)

67 We should start school later. - Student, Grade 10
68 (I've learned some information from the news
69 and other people)

70 If we start the day later on, students will get
71 home later from sports events or show
72 rehearsals, thus creating the same issue over
73 again with students not getting enough sleep
74 because we still ahve the same amount of
75 homework to get done but less daytime to do it -
76 Student, Grade 10 (I've read a number of articles)

77 I don't think that starting school any later would
78 help at all, because we would be getting out later
79 so we would still have the same amount of time
80 for our activities/homework. Additionally, even if
81 we adjust the time of school sports everyone who
82 is involved in activities and sports outside of
83 school that begin right after school may not be
84 able to get there in time. Personally, I'd rather get
85 out when we do now and have time during the
86 day to do homework instead of get out later and
87 not be able to start homework until late, I would
88 end up sleeping for the same amount of hours
89 they would just be different hours, going to bed
90 later and getting up later. - Student, Grade 10

1 (I've learned some information from the news
2 and other people)

3 Starting school at a later time would be helpful
4 but not too late because people have jobs and
5 need to be there on time. I think most high
6 schoolers would like to wake up at 7, 7:30 and
7 start school at 8:30, 9. - Student, Grade 10 (I don't
8 know very much about the topic)

9 PLEASE MAKE A LATER START TIME. It is very
10 difficult to wake up in the mornings especially
11 when the sun isn't even up in the winter. Even
12 shifting the schedule 45 minutes later would
13 make a difference. My natural body does not fall
14 asleep until 11 no matter how tired I am, and
15 therefore am tired at school every day. It is hard
16 to focus, take exams, and be productive. -
17 Student, Grade 10 (I've learned some information
18 from the news and other people)

19 I feel as though the teachers of Masconomet are
20 not communicating with one another and think
21 "their class is most important" so they all load us
22 with homework. Next year i will be on two masco
23 sports, prom committee, peer leading, and taking
24 higher level classes. If we stay in school for an
25 extra hour or so, I feel so strongly about having
26 little to no homework, when students feel
27 overwhelmed they are going to get the
28 homework from other kids that manage to find
29 the time to do it, because, the school is
30 overbooking us on time. I rush to school, eat
31 breakfast running to homeroom, and feeling very
32 overwhelmed the whole day cause i had so much
33 homework the night before i couldnt sleep or
34 even do it efficiently without crying or being
35 afraid of getting a bad grade the next morning.
36 Thank you. - Student, Grade 10 (I've learned some
37 information from the news and other people)

38 I enjoy sleeping. I think it'd be nice if school
39 started at 8 A.M. I wouldn't mind getting out of
40 school at 3 P.M. or so. - Student, Grade 10 (I've
41 read a number of articles)

42 School should start at 8:45 and end at 3:00 like
43 the elementary school. Also we should have a late
44 start on wednesdays every other week like North
45 Andover high school does. I also think homeroom
46 is taking up too much time that could be spent

47 doing other things. - Student, Grade 10 (I've read
48 a number of articles)

49 Personally I feel that we spend way to much time
50 doing school work, I'm in class for nearly 7 hours
51 a day and then I go home and have piles of
52 homework (keeping in mind I'm not in honors
53 classes, I take mostly Cp classes because I don't
54 have time in my day to do the extra work). When
55 a teacher gives me homework I either do it in
56 homeroom or copy from a friend because I don't
57 have time to do it myself. I feel that the start time
58 really isn't a big issue. I think that cp classes
59 shouldn't get any hw except studying for tests.
60 Most people just don't have time for it and it
61 takes away from extra curricular activities. -
62 Student, Grade 10 (I've learned some information
63 from the news and other people)

64 Physically painful to wake up - Student, Grade 10
65 (I've read a number of articles)

66 Even just pushing it back to 8:30 would do a
67 world of difference and most after school
68 activities would then only run until 6 or so! -
69 Student, Grade 10 (I've read a number of articles)

70 Starting school later would be very beneficial, but
71 too late would not allow enough time after school
72 for extracurriculars. I think that an hour later
73 would work the best, starting classes around 9. -
74 Student, Grade 10 (I've learned some information
75 from the news and other people)

76 I believe that if we start school later than we
77 should also have less homework because if the
78 level of homework does not decrease then the
79 lack of sleep will not be fixed. It is shown that in
80 most cases Science homework as well as Math
81 homework usually doesn't even help, and in some
82 cases actually hurts the persons grades. Too
83 much homework can lead to bad grades, anxiety,
84 and depression. Please decrease the amount of
85 homework and starting school about 30 mins to 1
86 hour later would make a huge difference -
87 Student, Grade 10 (I've read a number of articles)

88 The amount of homework for a dedicated student
89 like myself is far too overwhelming. Teachers
90 should teach the material in class with a quick
91 review for homework. As students it is not our
92 job to teach ourselves, teachers should get

1 through the material in class. Homework is
2 necessary for reiteration but not at the extreme
3 amounts I receive. - Student, Grade 10 (I've
4 learned some information from the news
5 and other people)

6 I definitely think moving the start and end times
7 later would be a negative change for the school. I
8 don't believe it would give us extra sleep because
9 kids would have to stay up even later to finish
10 homework. Kids who do sports after school
11 would have less time to do homework, and this is
12 something that will really affect me. I swim on
13 two teams, and during the winter I do both at the
14 same time. Next year I'm taking an extra class as
15 well, and I feel that students like myself would be
16 overly stressed by having everything moved later.
17 I like the way the school day is set up now, even
18 though homework is sometimes still
19 overwhelming. - Student, Grade 10 (I've
20 learned some information from the news
21 and other people)

22 I really want to sleep in later, I don't mind a later
23 release time - Student, Grade 10 (I've read a
24 number of articles)

25 Don't change the school day to accommodate for
26 sleep. We don't need it and it will mess up
27 everyone's schedules in regard to work,
28 homework and sports. - Student, Grade 10
29 (Extensive reading)

30 I think a later start to the day would be helpful
31 but if having a later start meant that the school
32 day would end later then I would rather stay the
33 same as that we are. We will have the same
34 amount of homework as we would if we got up
35 earlier but less time to do it after school. We
36 would end up staying up later than we normally
37 would with an early start to the day because of
38 the lack of daytime after school. If there was a
39 late start and the day still ended at 2:15 I would
40 say go for it but if that isn't the case then I say we
41 stay the same. - Student, Grade 10 (I've
42 learned some information from the news
43 and other people)

44 I want to start school later, it wouldn't affect my
45 school day or after school activities - Student,
46 Grade 10 (I've read a number of articles)

47 You need to make school start later without
48 making it end ok late in the day. - Student, Grade
49 10 (I've read a number of articles)

50 I think that starting later and ending later would
51 be a positive change for the students at
52 Masconomet, but only if less homework is given. I
53 start homework the minute I get home (3:00pm
54 most days) and work on it nonstop (except for a
55 short dinner break) until 8:00pm or 9:00pm each
56 night, depending on my extracurricular activities.
57 The fact that we end school early gives us many
58 hours to do homework, so the teachers give us
59 lots of homework. However, if you moved the
60 school start and ending times later by an hour to
61 two hours, then you would need to give us less
62 homework. If you gave us the same amount of
63 homework as you do now, then with
64 extracurricular activities and homework most
65 kids would go to bed even later than they do now
66 because of the amount of work each night, and
67 still wake up exhausted in the morning. I know
68 many people who don't do any extracurricular
69 activities and start their homework early, and
70 still don't end up getting to bed until midnight
71 because of the workload. I understand the
72 importance of homework and am not against it,
73 but if you move school start times then the
74 homework load must be adjusted as well for the
75 result you hope to achieve. I get a good seven
76 hours of sleep every night and still yawn through
77 the first two or three periods every day because I
78 am so tired, not because I don't want to pay
79 attention in class. My typical school week is wake
80 up, school, homework, go to sleep, wake up,
81 school, homework, go to sleep, repeat again for
82 another three days. I hardly have time to do
83 anything else. I understand that sleep is
84 important, and I know you do too. But in order to
85 get more sleep as a result of a later school start
86 and end time, less homework would be needed.
87 Without it, kids will still be getting the same
88 amount of sleep as they do now, just going to
89 sleep later and waking up later. I think it will be
90 vitally important to adjust homework loads if the
91 start and end times are moved. Thank you for
92 taking the time to read this and for considering
93 what I have written above in your plans to move
94 the start and end times of school! - Student, Grade
95 10 (I've read a number of articles)

1 I do not want school start/end times to be
2 changed because it would make it much more
3 difficult to finish homework and do other things
4 after school. I am a high-achieving student with
5 numerous extracurriculars, and I can still manage
6 with the current schedule, so it shouldn't be a
7 concern. Most people I know that stay up late and
8 lose sleep are either playing video games or
9 watching TV. By managing my time well, I find it
10 easy to get 8-10 hours of sleep every night, even
11 with all honors classes and involvement in lots of
12 clubs and organizations. Please do not change the
13 schedule, as it would mess up everyone's time
14 with homework, sports, and everything else after
15 school, and would not help us get more sleep. -
16 Student, Grade 10 (I've learned some information
17 from the news and other people)

18 If school started as little as 30 minutes later it
19 would be beneficial to all students who have a lot
20 to do after school and need sleep - Student, Grade
21 10 (I don't know very much about the topic)

22 I believe that we need a later start time for
23 school. As teens, with our biological sleep
24 patterns shifting forwards, we require an
25 accommodating start time for school for us to be
26 able to get enough sleep. Due to this change in
27 our internal clocks, we usually aren't able to fall
28 asleep at a reasonable time considering how early
29 we have to wake up to get to school on time; and
30 then, when we get to school, we're almost always
31 tired. I often find myself sleeping through my
32 alarms due to utter need for rest, only to wake up
33 5 minutes before the bus arrives with time only
34 to throw on clothes and run out the door. This
35 cycle of sleeping late, waking up early, not eating
36 breakfast and being exhausted at school is
37 detrimental not only to our health, but to our
38 ability to learn and thrive academically. In my
39 experience, I often find myself unable to
40 concentrate or learn in class due to sleep
41 deprivation, as well as forgetting about
42 homework or tests more than just occasionally. I
43 also tend to sleep for extensive periods of time
44 over the weekends to make up for the lack of
45 sleep during the week; however, sleeping until
46 noon on the weekends just makes it even more
47 difficult to get to bed early on Sunday, and in
48 result, the rest of the week. It is necessary, in
49 order to improve our academic performance in

50 school as well as our overall health, to start
51 school later. - Student, Grade 10 (I've
52 learned some information from the news
53 and other people)

54 Do not change the start time unless the end time
55 will not change. It will greatly affect after school
56 activities and therefore homework, creating a
57 snowball effect. If students go to bed too late due
58 to homework it will be EXACTLY THE SAME if
59 school started later and ended later. The same
60 amount of hours in a day, less available if school
61 ended later. - Student, Grade 10 (I've
62 learned some information from the news
63 and other people)

64 Starting school later would yes be good in having
65 more sleep, but yet also people would be coming
66 home way too late from sports or rehearsals for
67 shows that they will have to stay up even longer
68 to get the copious amounts of homework that we
69 get done. So in hindsight, starting later would not
70 be a smart idea. If you were so concerned about
71 your students hours of rest you would cut down
72 the homework assigned. The school says they
73 want to have well rounded students but yet they
74 stifle us with so much homework that we are
75 forced to chose between passing our classes
76 because homework is weighed so heavily and
77 given so often we have no choice, do
78 extracurricular activities, being a part of the
79 community, eating, a social life, and sleeping. And
80 usually, sleeping and eating is what is dropped.
81 Not the amount of homework, which already
82 causes many students unwarranted amounts of
83 stress. Thank you - Student, Grade 10 (I've read a
84 number of articles)

85 Personally, I think the school starts at a
86 reasonable time, but should be started later.
87 However, I do not think that the time of school
88 getting out should be pushed later. Students have
89 many activities everyday, and they will cram their
90 homework right before they go to bed, and that
91 will push their fatigue, and start again, - Student,
92 Grade 9 (I've learned some information from the
93 news and other people)

94 I would prefer if school started earlier, and ended
95 at the same time, maybe by an hour and half, so
96 that we could have time to do more work in

1 school and therefore not have homework.
2 Homework has become a very controlling aspect
3 in my life, and I would not mind a longer school
4 day, if it means that I can avoid homework (aside
5 from studying for a test or something like that) I
6 would actually enjoy school a lot more if I didn't
7 have the constant weight of homework on me. -
8 Student, Grade 9 (I've learned some information
9 from the news and other people)

10 The school time is fine the way it is. However, I
11 have one of the latest bus stops in the morning.
12 While I have a very busy schedule, I go to bed by
13 10pm. I do not understand why some kids "have"
14 to go to bed at 2am. They simply must be wasting
15 a lot of time. - Student, Grade 9 (I've learned some
16 information from the news and other people)

17 I think that we should change the start time of
18 school to 9:00 all classes could start at that time
19 and school could end at 3:15. Kids would also
20 work better and get better grades because they
21 would not have to work at 7:45 in the morning.
22 And in my opinion that's early to start working. -
23 Student, Grade 9 (I've learned some information
24 from the news and other people)

25 School is stressful enough especially with the
26 daily feeling I have about my father who passed
27 away from cancer and if I had more time to rest I
28 would be able to complete all homework and I
29 would be much less tired. It would be amazing -
30 Student, Grade 9 (I've read a number of articles)

31 please don't make the start time later it is a very
32 bad idea !!!!!!! - Student, Grade 9 (I've read a
33 number of articles)

34 good - Student, Grade 9 (I've read a number of
35 articles)

36 I think a later school start time would definitely
37 benefit my grades and health. Thank you for the
38 opportunity to input my voice - Student, Grade 9
39 (I've read a number of articles)

40 I said this in the other survey as well. I'm
41 transferring if they change the time. Undoubtedly.
42 Do not change the time. It is the students fault if
43 they cannot manage their time properly. Even I
44 admit I have trouble sometimes. I would NOT like
45 to have a thing like we did in middle school

46 where u learn to manage yur time better. To be
47 honest, no one actually cares. Everyone wishes
48 they had more sleep. That's just life. By waking up
49 later you are further unpreparing students for
50 the real world. My mom and dad both wake up at
51 4AM. I am absolutely serious about transferring. I
52 won't stay in a school that thinks under preparing
53 students is a good thing. You should also think
54 about parents. They have a say in what their kids
55 sign up for. If they really think it's such a problem
56 then, they should be saying no. And to be honest
57 again, kids usually stay up late because we get
58 way to much homework. The only kids I know
59 that get their homework done in a reasonable
60 time frame are the students who are acedemic
61 ally gifted. Please change your system. I have only
62 been in high school and I am VERY MUCH
63 considering transferring. I hope u both change and
64 keep things the same. Goodluck! - Student, Grade
65 9 (I've learned some information from the news
66 and other people)

67 Students at Masco DO NOT get enough sleep! -
68 Student, Grade 9 (I've read a number of articles)

69 I really like the start of the school. I think it starts
70 at the perfect time. I usually get sleepy at school
71 because I stay up doing my homework.
72 Sometimes I don't feel like doing my homework
73 and I face the consequences the next day from
74 staying up all night. And the other times it's just
75 too much and it's difficult to do to. I understand
76 we have to get things done but sometimes the
77 work load is too much. Also I procrastinate a lot
78 and I leave most of my homework to last minute.
79 Honestly if I don't get enough sleep most of it is
80 my fault. I would hate coming home later. Most of
81 my day would be in school. I would have no life. I
82 wouldn't be able to spend time outside. And if
83 school starts later I would consider transferring.
84 Also how would people be able to do sports. By
85 changing the time to be later doesn't change the
86 tiredness of the students. It's our decision if we
87 want to stay up late doing our homework or
88 doing it and going to bed early. Nobody likes to
89 do homework and when we don't do it there are
90 bad consequences to face. - Student, Grade 9 (I've
91 learned some information from the news
92 and other people)

1 I feel as though I need more Sleep so I can
2 concentrate and put in more effort to my work -
3 Student, Grade 9 (I've read a number of articles)

4 Do not change end of day to be later or we will
5 riot - Student, Grade 9 (I've learned some
6 information from the news and other people)

7 I don't want to push the end time back and I
8 would end up being up later anyway because
9 school would end later and everything would just
10 be pushed back and I would get the same amount
11 of sleep - Student, Grade 9 (I've read a number of
12 articles)

13 I really don't get enough sleep, so much that as
14 soon as the lights go off to say show a movie or
15 something of that nature i fall asleep completely
16 and I miss lots of notes. I do more poorly on tests
17 and i find myself staying up too late to do my
18 homework, sometimes even till morning hours.
19 I'm also an athlete so when I get home its usually
20 around 5 or so so to get a really good sleep and
21 eat dinner with my family and complete my
22 chores that gives me about maybe 3 hours to
23 complete ALL of my homework to get to bed at 9
24 and I have to normally wake up at 5:30 am. It's
25 awful and unreasonable. In college we get to pick
26 later classes to take so waking up this early to get
27 to school is unnecessary and there is no need for
28 it. There are plenty of other hours in the day. And
29 if you cannot change the hours then PLEASE
30 change the homework load. Those who do Masco
31 Athletics or other things of that nature suffer with
32 completing it and often have a lack of well needed
33 rest because of it. Thank you, I would very much
34 like to see a change PLEASE. PLEASE I'm begging
35 you, it's simply too much. - Student, Grade 9 (I've
36 read a number of articles)

37 I feel that we should be getting a little less
38 homework if the school day ends later because
39 other wise it will be the same cycle but we will be
40 up even later - Student, Grade 9 (Extensive
41 reading)

42 I like the start time how it is - Student, Grade 9
43 (I've read a number of articles)

44 school needs to start later. - Student, Grade 9 (I've
45 learned some information from the news
46 and other people)

47 Please don't do this. There will be no more time
48 for sports and jobs after school. - Student, Grade 9
49 (I've read a number of articles)

50 It would be great if school ended later if it meant
51 less homework outside of school - Student, Grade
52 9 (I've learned some information from the news
53 and other people)

54 I think that we should start school later so that
55 students actually have some time to sleep
56 because everyone is up late doing homework -
57 Student, Grade 9 (I've read a number of articles)

58 Hope this helps... - Student, Grade 9 (I've read a
59 number of articles)

60 School should be challenging to students, yes.
61 However we should also have time to relax and
62 collect ourselves. a lot of the time students are
63 overwhelmed by school, leading to stress and
64 anxiety which takes a toll on our still growing
65 bodies. Later start times and less homework
66 assignments would greatly benefit the students of
67 masconomet. - Student, Grade 9 (I've read a
68 number of articles)

69 School should start later. - Student, Grade 9 (I've
70 learned some information from the news
71 and other people)

72 I am an outgoing student that does a lot of things
73 such as playing baseball football. I mow lawns
74 and work at a mechanic shop. I play the flute in
75 NMYO. I play and cook with my younger brothers
76 and manage to stay out of trouble. I would enjoy
77 to have school be a little shorter and I would like
78 a little less homework. I do realize that playing
79 sports and working is optional but I feel like it
80 makes me well rounded. I love to learn and don't
81 mind coming to school. I hope to do well in the
82 future and I thank you for your time reading this.
83 - Student, Grade 9 (Extensive reading)

84 School needs to get out by 2:45 so it is not dark
85 getting home from winter activities for bikers like
86 myself. School getting out at 3 would start
87 practices at 3:15-3:30 leading it to be dark -
88 Student, Grade 9 (I've read a number of articles)

89 Start a little later but not to much so we have time
90 after school - Student, Grade 9 (I've learned some
91 information from the news and other people)

1 Why can't the school start time be made later?
2 Students, teachers, basically everyone who
3 physically goes to Masconomet is affected by the
4 early start time. Please be rational for once and
5 ACTUALLY think this through. - Student, Grade 9
6 (I've learned some information from the news
7 and other people)

8 Good that this is happening - Student, Grade 9
9 (I've read a number of articles)

10 Its impossible to get all the homework we have
11 done, I'm doing My homework right now it's
12 math And I still have to do Science study. I
13 Believe we Should start later and end later and
14 cut Back in the amount of homework. - Student,
15 Grade 9 (I've learned some information from the
16 news and other people)

17 I think school should start later and end at the
18 same time. - Student, Grade 9 (I've learned some
19 information from the news and other people)

20 I want sleep so I can do better on tests in class the
21 next day and focus better on my teachers. -
22 Student, Grade 9 (I've learned some information
23 from the news and other people)

24 I believe that school should start later and is
25 ridiculous how early that we have to wake up
26 just to get out a little past noon. Also school
27 should be a little longer and have the option of
28 eating dinner there as we would then have no
29 homework. - Student, Grade 9 (I've learned some
30 information from the news and other people)

31 LESS HOMEWORK - Student, Grade 9 (I've
32 learned some information from the news
33 and other people)

34 Overall I like the idea of a later start time,
35 however this could also effect how late we go to
36 bed canceling out the affect. - Student, Grade 9
37 (I've learned some information from the news
38 and other people)

39 I think right now the school schedule is fine. Too
40 many people would be affected by it. Especially
41 the kids who get picked up and dropped off from
42 school. - Student, Grade 9 (I've read a number of
43 articles)

44 School is fine the way it is, because if it was
45 delayed it would throw off my homework
46 schedule (I do homework right after school) and
47 then I would end up doing it after athletics which
48 is about 8-9 pm - Student, Grade 9 (I've
49 learned some information from the news
50 and other people)

51 If it starts later keep same ending time - Student,
52 Grade 9 (I don't know very much about the topic)

53 Although I believe that school needs a later start
54 time for us,students, to get adequate sleep and to
55 perform well in our morning classes, this conflicts
56 the immense amount of homework we receive
57 because we would then have a later end time for
58 school and therefore less time to complete
59 homework. On some of the busiest days of the
60 year I have stayed up past midnight doing
61 homework with a school end time of 2:15 and
62 that is severely inappropriate in my opinion. If
63 the decision is made for school to start later there
64 must be a stricter policy on how much homework
65 a teacher can give us. For example in one of my
66 classes I have a project, essay, and two other
67 homework assignments which take about 30mins
68 to 1 hour each. This is an unacceptable amount
69 for one individual class. - Student, Grade 9 (I've
70 read a number of articles)

71 If school ends later, decrease homework because
72 then that won't make a difference that will just
73 end up with the same result because we will stay
74 up even later doing homework - Student, Grade 9
75 (I've read a number of articles)

76 I think homeroom should be removed from our
77 schedule because we just sit there for 30 minutes
78 and do nothing. It is a complete waste of my time
79 that should be better used. - Student, Grade 9 (I
80 don't know very much about the topic)

81 school should start later and end not so
82 dramatically late that schedule changed would
83 have to be made or less efficient amount of work
84 is done because of the lack of time which would
85 cause students to stay up later. - Student, Grade 9
86 (I've learned some information from the news
87 and other people)

88 I believe the start time of school is too early. With
89 extracurricular activities and the amount of

1 homework students receive, it is very difficult for
2 students such as myself, to get the proper amount
3 of sleep needed every night. On the other hand,
4 extending the end time of the school day would
5 allow less time for students to get their
6 homework done which would result in less
7 amount of sleep and would be the same problem.
8 - Student, Grade 9 (I've read a number of articles)

9 Start classes at 815 and end them at 400 with no
10 homework - Student, Grade 9 (I've learned some
11 information from the news and other people)

12 School is a stressful hard environment, but my
13 friends and I understand this is necessary in
14 order to have a good education. HOWEVER the
15 amount of homework we are given conflicts with
16 not only our mental health but our physical
17 health as we are not getting enough sleep and
18 drinking way to much caffeine. Because of lack of
19 sleep due to homework, I believe I do worse in
20 school. With homework cuts, I don't think there
21 would be any need to push back the start time.
22 But unless that happens we need a later start
23 time to ensure the Masconomet student body
24 remains healthy and somewhat happy. - Student,
25 Grade 9 (I've learned some information from the
26 news and other people)

27 I am worried a bit about the the schedual if
28 school started later and ended later would affect
29 how much homework is assigned. If a later start
30 time is going to occur, guidelines about
31 homework MUST be defined and implemented to
32 apply to teachers assigning it. Then sports would
33 also be a factor too - Student, Grade 9 (I've
34 learned some information from the news
35 and other people)

36 I believe school should start no later than 8:15
37 but end no later then 2:30 - Student, Grade 9 (I've
38 read a number of articles)

39 Changing the start of school to a later time would
40 benefit my learning experience in a positive way,
41 and help me focus and obtain more information. -
42 Student, Grade 9 (I've read a number of articles)

43 I like the idea of a later start time, however to an
44 extent. I do not think a starting time past 8:45 AM
45 would be a good idea. Because we would be in
46 school all day. Also, the later you push back the

47 time, the later some people will go to bed. I think
48 it should probably just stay the same or extend 30
49 minutes or less. - Student, Grade 9 (I've read a
50 number of articles)

51 The extensive amount of homework and the early
52 morning wake ups area not a good combination.
53 Please fix one of these two. - Student, Grade 9
54 (I've read a number of articles)

55 looking forward to seeing what the results show -
56 Student, Grade 9 (I've read a number of articles)

57 lol - Student, Grade 9 (I've learned some
58 information from the news and other people)

59 I think the amoung of homework we get is
60 ridiculous. How am i supposed to get good
61 grades, communicate with my friends, see my
62 family, and play sports or go to my job when
63 every class assigns too much homework. for an
64 assignment that doesnt even get checked most of
65 the time. and i cant get out of school later than
66 2:15 the school day is such a drag already getting
67 out later just means i have to go to sleep later
68 than i already do which is 12 since i have to study
69 and do my homework. i get home around 7 every
70 night and im exhausted and have to eat dinner
71 take a shower spend time with my family and do
72 my homework. and homework free weekends
73 arent really homework free since teachers have it
74 due on tuesday along with homework from the
75 other night. i dont learn anything from homework
76 - Student, Grade 9 (I've learned some information
77 from the news and other people)

78 Personally I think we should keep the schedule
79 the way it is because when winter comes around
80 we will be getting out and we would only have
81 about and hour of light time. While it would be
82 nice to get more sleep I think we would benefit if
83 the students didn't have so much homework
84 especially on the weekends. The weekends are
85 ment for relaxation and catching up on the sleep
86 that we have lost. Whenever I am not doing
87 homework I try to catch up on rest but no matter
88 what I always feal tired. I think that the most
89 common topic while in conversation is how little
90 sleep people get due to homework and how tired
91 they are because of it. If there was less homework
92 people would be able to go to bed really without
93 having to stay up late to finish it. I don't think the

1 time that school starts has anything to do with it
 2 because even if we went in later to school we
 3 would get out later and we would have even less
 4 time to do homework. Then we would be getting
 5 the same amount of sleep even though we would
 6 be sleeping in later. Thank you very much for
 7 letting us take this survey! I hope you have had a
 8 very nice week and enjoy the rest of it! - Student,
 9 Grade 9 (I've learned some information from the
 10 news and other people)

11 If the start time gets pushed back then we get
 12 home later and still have the same amount of
 13 work to do but less time. Keep it the same were
 14 used to it and don't care that much - Student,
 15 Grade 9 (I've learned some information from the
 16 news and other people)

17 Later start time - Student, Grade 9 (I've read a
 18 number of articles)

19 I believe I have too much homework that is
 20 conflicting with my sleep and is causing me to
 21 feel sleepy at school. I am during homework for at
 22 least four hours a night which I believe needs to
 23 change. A later start time would let me feel more
 24 refreshed and prepared for school every day and
 25 more motivated to get assignments done. I think
 26 a later start time would benefit everyone. -
 27 Student, Grade 9 (I've read a number of articles)

28 Changing the start time of school to 8:45 would
 29 benefit almost everyone and students could come
 30 to school feeling more awake and ready to learn -
 31 Student, Grade 9 (I've learned some information
 32 from the news and other people)

33 I would be fine with the time change as long as
 34 school is over by 3:30. I participate in numerous
 35 after school activities and I would not have time
 36 for them AND homework if school ended later
 37 than 3:30. I would end up staying up later and
 38 which would result in getting the same amount of
 39 sleep. - Student, Grade 9 (I don't know very much
 40 about the topic)

41 I like more sleep. Please. - Student, Grade 9 (I've
 42 read a number of articles)

43 DONT change the Start Time because I will have
 44 NO FREE TIME because i will be occupied with
 45 homework and activities and will still want to fall

46 asleep at the same time as i always do. FREE
 47 TIME IS IMPORTANT DONT CHANGE THE START
 48 TIME!!!!!!!!!!!!!! - Student, Grade 8 (I don't know very
 49 much about the topic)

50 I would like school to start at 8 am and end at
 51 2:30. I think it would be better for all the other
 52 students too. Thank you for hearing me out -
 53 Student, Grade 8 (I've read a number of articles)

54 Knowing lots of student like myself who never get
 55 enough sleep, I believe the time of school should
 56 start later to benefit test scores, work ethic, and
 57 all of us - Student, Grade 8 (I've learned some
 58 information from the news and other people)

59 I think that we should not change the start time of
 60 school because then we will not have a lot of time
 61 for homework and sports after school. - Student,
 62 Grade 8 (I've read a number of articles)

63 I do NOT want to change the schedule because it's
 64 good to get out early and it will still be light
 65 outside. It would also conflict with many days of
 66 my sports. - Student, Grade 8 (I don't know very
 67 much about the topic)

68 School should start at a later time but end at the
 69 current time it is now. - Student, Grade 8 (I've
 70 learned some information from the news
 71 and other people)

72 I have two younger who CANNOT take care of
 73 them selfs. If school ends later I wouldn't be
 74 home to take care of them until my mother or
 75 father gets home and they both work full time
 76 jobs so a new schedule would leave my siblings
 77 unattended - Student, Grade 8 (I've learned some
 78 information from the news and other people)

79 If you change the start and end times of school I
 80 would not be able to do gymnastics. I go to
 81 legends and including homework before I would
 82 not be able to go. - Student, Grade 8 (I've
 83 learned some information from the news
 84 and other people)

85 We need a lot less homework because we are in
 86 school for 6 and half hours 5 days a week and
 87 then we have to come home and more work. -
 88 Student, Grade 8 (I've learned some information
 89 from the news and other people)

90

1 I do not think that school start and end times
2 should change because that would potentially
3 screw up many peoples' schedules and throw
4 everything off. KEEP IT THE SAME!!! - Student,
5 Grade 8 (I've learned some information from the
6 news and other people)

7 I want like a half hour more of sleep it would be
8 just enough to stay awake at school - Student,
9 Grade 8 (I've learned some information from the
10 news and other people)

11 School should start at 7:50 and end at the time it
12 ends now or 2:00 - Student, Grade 8 (I've
13 learned some information from the news
14 and other people)

15 I do not want a later school start time because I
16 feel that with an earlier start time the earlier we
17 get out of school the earlier we get to do
18 homework and sports the earlier we get to sleep.
19 But also If school started later everything would
20 be pushed back an hour or so there for causing
21 kids to stay up later... No matter what time school
22 starts we will still get the same amount of sleep. I
23 just prefer it to begin earlier than later. - Student,
24 Grade 8 (I've read a number of articles)

25 I would I like school to start later, because even in
26 my second year at Masconomet I feel the effects
27 of sleep deprivation already and it's not effecting
28 my school work yet but I have seen it happen to
29 other people and I'm sure not much sleep will
30 catch up with me - Student, Grade 8 (I don't know
31 very much about the topic)

32 I don't think they should change the time for
33 school. - Student, Grade 8 (I've learned some
34 information from the news and other people)

35 I think the buses should come a little bit later
36 because the school buses arrive too early -
37 Student, Grade 8 (I've read a number of articles)

38 I wouldn't mind if we got a later start time but
39 not a late start at like 8:45. I think an 8:15 or 8:30
40 start would be great or even 8 and school ends at
41 3 - Student, Grade 8 (I've learned some
42 information from the news and other people)

43 I think we should have school start at 8:30 am, I
44 think this because sleep matters and I remember
45 writing an essay about sleep and I remember

46 reading about how a normal students brain
47 doesn't fully function properly until 10:00 am.
48 The overall day end of school time should be
49 about the same time 2:15 pm - Student, Grade 8
50 (I've read a number of articles)

51 I do not believe the start and end of school should
52 change. - Student, Grade 8 (I've read a number of
53 articles)

54 You should find a way to shorten the school day,
55 for example no afternoon homeroom. Then start
56 school later. Every extra minute is good. -
57 Student, Grade 8 (Extensive reading)

58 Personally, I will go to sleep and wake up later
59 when I don't have school, as it is my preference. I
60 don't have an excessive amount of commitments
61 after school, so it couldn't affect me negatively if
62 the school day started later. That being said, I
63 don't expect that I will ever be able to wake up
64 without an alarm of sorts unless I have to wake
65 up at 8:30 or later. If the school were to start the
66 day a little bit later, forty-five minutes being the
67 maximum, I think it would affect me in a positive
68 fashion. - Student, Grade 8 (I've learned some
69 information from the news and other people)

70 PLEASE - Student, Grade 8 (I've read a number of
71 articles)

72 I don't have any. - Student, Grade 8 (I don't know
73 very much about the topic)

74 School should NOT start any later than it does
75 now. I would be extremely unhappy if we were to
76 start any later than 8. This school system is
77 completely fine starting at the time it does. The
78 problem we SHOULD be fixing is the amount of
79 homework students get. It is not the students
80 who "Need to fix their habits" its the teachers.
81 Students go to school for 6 1/2 hours a day, just
82 to be added with another 2-3 hours of
83 homework?! Unacceptable. And what if we
84 change the hours? They get home at 4:30-5pm
85 and then have homework? They will get to sleep
86 even later then. The school system is fine the way
87 it is and should not be changed. - Student, Grade 8
88 (I don't know very much about the topic)

89 I believe that Masconomet's hours for schooling
90 is perfect just the way it is. if you change the

1 hours my friends and i will lLEAVE MASCO! -
2 Student, Grade 8 (I've read a number of articles)

3 If we have 2 90-minute core classes each day
4 (switch the two every other day), start the school
5 day a bit later, and end around the same time, it
6 would still be very productive. - Student, Grade 8
7 (I've learned some information from the news
8 and other people)

9 changing the start of school to a later time would
10 be nice, but would greatly affect my after school
11 activities. - Student, Grade 8 (I've learned some
12 information from the news and other people)

13 I think the school start a little later in the morning
14 and end later because sleep is very important in
15 our lives especially at this time of our lives since
16 our bodies are still growing and developing. I, like
17 others in my grade, don't get enough sleep each
18 night and a kid our age should have 9-10 hours
19 each night which I know I don't get. I barely get 7
20 sometimes. - Student, Grade 8 (I've read a
21 number of articles)

22 The school day should not change because it
23 would mess up many schedules, such as parents
24 and students. - Student, Grade 8 (Extensive
25 reading)

26 I would not want the time to be later because
27 then school would get out later. Then everything
28 would be moved back a little bit and everyone
29 would go the bed later and they would be more
30 tired. - Student, Grade 8 (I don't know very much
31 about the topic)

32 I would like to start the school year earlier and
33 end it later. This would allow us to have shorter
34 days. Then we could also start the school day
35 later and end the day around the same time. This
36 would allow the students and teachers to sleep in
37 later while still giving us the same amount of time
38 for homework, sports, and other activities after
39 school. - Student, Grade 8 (I've learned some
40 information from the news and other people)

41 im fine with the way the school day is now. -
42 Student, Grade 8 (I've learned some information
43 from the news and other people)

44 I feel that changing the time is not necessary and
45 that it would be too complicated. - Student, Grade
46 8 (I don't know very much about the topic)

47 I'm so tired. - Student, Grade 8 (Extensive
48 reading)

49 We could use a school day that starts at a later
50 time. - Student, Grade 8 (I've learned some
51 information from the news and other people)

52 I am so tired all the time please change the start
53 time so that I can get more sleep - Student, Grade
54 8 (I've read a number of articles)

55 good - Student, Grade 8 (I don't know very much
56 about the topic)

57 I don't want to end school late because t will be
58 worse. We would be finishing homework later
59 which means staying up later, so we'll get less
60 sleep. - Student, Grade 8 (I've learned some
61 information from the news and other people)

62 I like the end time of our school but it is
63 sometimes difficult to be motivated to get up out
64 of bed. Homework is a lot sometimes. - Student,
65 Grade 8 (I've learned some information from the
66 news and other people)

67 It would be beneficial if the school day started
68 and ended at a later time - Student, Grade 8 (I've
69 learned some information from the news
70 and other people)

71 We should definitely start school later - Student,
72 Grade 8 (I've read a number of articles)

73 I would love it if school time could start later.
74 Waking up in the morning is a struggle, and I feel
75 like pushing school back a few hours could help
76 solve that problem. My friends feel this way too. -
77 Student, Grade 8 (Extensive reading)

78 Look bottom line is I need more sleep. Homework
79 for me usually ends up taking me until 10:00-
80 10:15. This is mostly because of my sports. It
81 would be nice to have school start later, but it
82 would also be nice if a study hall period would be
83 put in to lighten the homework load. - Student,
84 Grade 8 (I've learned some information from the
85 news and other people)

1 I think we should start school later - Student,
2 Grade 8 (I've learned some information from the
3 news and other people)

4 Don't change the time that would be pointless -
5 Student, Grade 8 (I've learned some information
6 from the news and other people)

7 School is fine how it is now. - Student, Grade 8 (I
8 don't know very much about the topic)

9 I think that school could have a later start time
10 because then we would have more time to wake
11 up or finish some homework that we need to
12 finish. - Student, Grade 8 (I've read a number of
13 articles)

14 I believe that we should go to school a little later,
15 but still have enough time to learn at school. Still
16 be able to go home and be able to spend time
17 with my family, friends, activities(like sports), and
18 to have time to do homework and not stress
19 about it. - Student, Grade 8 (I've learned some
20 information from the news and other people)

21 It would be really nice to start a bit later. -
22 Student, Grade 8 (I've read a number of articles)

23 The start and end times should stay the same.
24 They've always been this way, and would conflict
25 with students' extracurricular activities and
26 would get us out of school way too late. It is
27 better to start early and end early so there is
28 more time after school to get activities and work
29 done. - Student, Grade 8 (I've read a number of
30 articles)

31 Starting later makes the day seem smaller, even
32 though we would get enough sleep. I personally
33 don't need a lot of sleep, in fact, I tend to be
34 sleepier when I get more than five hours of sleep,
35 so the schedule isn't affecting me too much. Of
36 course, I am only one person, so I cannot speak
37 for everyone. The earlier start and end time give
38 me more time to write, read and work on all the
39 homework I am assigned, and getting home
40 before my younger siblings means I get to have
41 some time home alone. - Student, Grade 8 (I've
42 read a number of articles)

43 I believe that school starts too early and
44 teenagers need a minimum of 10 hours of sleep

45 and their brain isn't fully functioning until 10 am
46 - Student, Grade 8 (I've read a number of articles)

47 I need more sleep at night, I usually get home late
48 from lacrosse and I get to bed and it's very hard
49 for me to get up in the morning and I'm tired for
50 most the rest of the day - Student, Grade 8 (I've
51 read a number of articles)

52 I think that school should start later and end
53 around the same time. I feel like kids don't get
54 enough sleep because homework takes so up so
55 much time. Waking up at 6 is too early for going
56 to bed sometimes at midnight because of an
57 overload of homework. - Student, Grade 8 (I've
58 learned some information from the news
59 and other people)

60 I do not think that we should change the start
61 time of school especially because of sports. Sports
62 would end a lot later and would interfere with
63 other activities and homework. - Student, Grade 8
64 (I don't know very much about the topic)

65 Changing the school time will not be helpful to
66 students and when it has a negative impact on
67 some. I have a very busy schedule and must be at
68 my after school activity(dance) starting at 4:00
69 everyday. It ends at 10:00 and is a half hour away.
70 Because I am so busy I try to get homework done
71 right after school so I have less later. If we change
72 the time, I won't make it to dance on time and I
73 won't be able to do homework before hand. Also,
74 no kids are going to wake up early in the morning
75 and do their homework if school starts at 8:30
76 instead of 7:30. We will get out an hour later and
77 basically all this will be doing is taking away and
78 hour of our time that is usually spent doing
79 homework. - Student, Grade 8 (I've read a
80 number of articles)

81 I feel that starting school later in the morning will
82 have a slightly positive impact on the students
83 and staff. Many students are only 5-10 minutes
84 late to school due to traffic in their area. If school
85 started only 15-30 minutes later, it would allow
86 many people to arrive on time. Starting school
87 hours much later however, would have a negative
88 impact on the community. It would cause stress
89 to coaches and athletes (especially during the
90 winter months) who would have to push
91 practices to later hours. Although keeping the

1 starting time the same, would not make a
2 difference to many peoples schedules. - Student,
3 Grade 8 (I've read a number of articles)

4 I am happy with the current schedule. I feel that I
5 later ending day might conflict with the time I
6 have for homework, friends and sports. - Student,
7 Grade 8 (I've learned some information from the
8 news and other people)

9 DONT CHANGE ANYTHING - Student, Grade 8
10 (Extensive reading)

11 I feel an 8 am start time would be great becaus I
12 would get an extra hour of sleep! Sleep is
13 essential for people especially teens, the fact that
14 we have to get up at 6 am or earlier really stinks
15 because most teens are up late with homework or
16 they just can't fall asleep. I think it is also
17 important to realize that we also have after
18 school appointments such as the dentist, Doctor
19 and family things, so please if you change the
20 time of school ending please don't make it past
21 2:45 pm because that would really interfere with
22 most people schedules and mine! Or just say no
23 homework and then I would be fine with school
24 ending around 3 or 3:15 pm but no later then
25 that. - Student, Grade 8 (I've read a number of
26 articles)

27 Just start the day a little later but not too late BC
28 it would run later - Student, Grade 8 (I don't
29 know very much about the topic)

30 I want school times to stay the same as this year. -
31 Student, Grade (I've read a number of articles)

32 I toke a bit of a year off where I had to get up at
33 6:00 A.M. every day and it was TORTURE. I feel
34 that making it start later would be a positive
35 change. - Student, Grade (I've read a number of
36 articles)

37 I have many conflicted thoughts about this
38 survey. After school, I could use more time for
39 other activities, such as instrument lessons. I
40 have many of such lessons, after school practice
41 could help me achieve better goals. I currently
42 don't have any problems waking up early, so an
43 earlier school schedule wouldn't affect me much.
44 If school ends earlier, I could feel I have more
45 time to do other activities or be active. At the

46 current time, I sometimes have to start my
47 lessons immediately after school, which is
48 unnecessary and a huge hassle. An earlier school
49 schedule also make it so I feel like I had a
50 productive day, and it would motivate me to do
51 more work, compared to the amount I have
52 already done before. I could also use a good
53 amount of free time, for recreational activities
54 like art, or just practicing my instruments. -
55 Student, Grade (I've read a number of articles)

56 I do not like waking up very early on Mondays. -
57 Student, Grade (I don't know very much about
58 the topic)

59 I feel that starting later would be helpful -
60 Student, Grade (I don't know very much about
61 the topic)

62 I don't want to end school later - Student, Grade 7
63 (I don't know very much about the topic)

64 Start school at 9:15. At that point I might get at
65 least a decent night's sleep. Otherwise this is
66 legitimately hurting my mental and physical help.
67 FIX THIS. - Student, Grade 7 (Extensive reading)

68 I would like to keep the school time the way it is
69 because even though you have to get up early in
70 the morning I like having more time after school
71 to do everything. - Student, Grade 7 (I don't know
72 very much about the topic)

73 I don't want to get out later than two fifteen,
74 period. While I would like more sleep, I can live
75 without it just fine. If the days get shorter, great.
76 But I don't want to get out later. - Student, Grade
77 7 (I don't know very much about the topic)

78 A later start would ruin the chances of me doing
79 any extra activities and will make my life harder.
80 My parents are divorced and I barely get to see
81 my father. Making the start time later will push
82 the end time up, meaning the few hours I get to
83 see my dad for will be gone. This will ruin my life
84 if school starts later. - Student, Grade 7 (Extensive
85 reading)

86 I think if we change the time to around 3:00, it
87 would interfere with the bus route of the middle
88 school and elementary school. - Student, Grade 7
89 (I don't know very much about the topic)

1 I absolutely think that it is necessary for the
2 school start times to be later for middle and high
3 school. It would make since to have the
4 elementary schools start earlier because kids that
5 age naturally wake up earlier. I am tired often at
6 school and I know that many other people around
7 me are to. It would not conflict with my schedule
8 very much to have school start later and it would
9 be easy for me to adjust. Starting school later
10 would benefit the people at masco. - Student,
11 Grade 7 (I've learned some information from the
12 news and other people)

13 I'm extremely thankful that the Start Times
14 Advisory Committee is considering the start and
15 end times for students. I think changing the
16 school start hour later is a good change.
17 Standards for students are being raised with each
18 year of graduation. Each student is competing
19 with the other, so I'm (and others are) constantly
20 thinking about the future and how my actions
21 now will affect my future, even though I'm just a
22 thirteen year old. Not only, but it's often not the
23 students fault for sleeping later. Hormones and
24 blue light from electronics are preventing
25 teenagers from sleeping earlier. I'm sure pushing
26 the start time later will conflict with student's
27 afterschool programs, so I hope that once
28 students get enough sleep, they'll be able to learn
29 more during the school day and finish their
30 homework faster and easier. Afterschool activites
31 can be rescheduled. Sleep can't be rescheduled.
32 The reason why I don't get enough sleep is
33 because I want to do lots of things, but I'm still
34 learning how to efficiently manage my time. I
35 strive to dream more, think more, do more.
36 Therefore, I participate in many clubs such as
37 Masco Excels or Math Team. Once I get home, I
38 spend a lot of time on my work to perfect
39 everything, then I move on to doing other things,
40 like learning other languages or practicing oboe.
41 However, I still don't get to do other things I want
42 to do, such as learning to code. I also have many
43 recreational interests, such as kpop or anime, so I
44 often get sidetracked from work. My work is very
45 important to me, so I often put it in front of my
46 health or friends. I'm lucky to have great friends
47 that are understanding and don't overanalyze the
48 fact that I don't talk to them through text a lot.
49 However, my sleep isn't as compromisable. I

50 often get heavy headaches and my reaction time
51 is slow, which hinders my participation in school
52 and communication with people. Therefore, I am
53 forced to choose between sleep and doing more.
54 Thank you again for considering the start and end
55 times for students. Thank you for listening to me.
56 - Student, Grade 7 (Extensive reading)

57 I think we should start school later. It's not
58 natural to wake up while it's still dark. - Student,
59 Grade 7 (I've learned some information from the
60 news and other people)

61 I think school should start later because older
62 kids need more sleep then younger kids and I
63 think it would greatly help our grades and help us
64 be healthier because breakfast is the most
65 important meal of the day and I don't even eat
66 breakfast on school days. - Student, Grade 7 (I've
67 learned some information from the news
68 and other people)

69 I like school the way it is - Student, Grade 7 (I
70 don't know very much about the topic)

71 I believe school should start later but end the
72 same time - Student, Grade 7 (I've read a number
73 of articles)

74 I think that if school ended earlier they would
75 have to give us less homework, and would also
76 have to move sport times later - Student, Grade 7
77 (I don't know very much about the topic)

78 I think the time of school should stay the same.
79 My family is a big hockey family and that takes up
80 at least three hours. And I get home from school
81 at a little before three. Therefore, I have 2 hours
82 to get my homework done. That is enough time
83 for me because hockey starts at 5 and ends at 8
84 and I don't get home till 8:30 and at that point I
85 would be the way to tired to do my homework
86 effectively. - Student, Grade 7 (I've read a number
87 of articles)

88 I think school should start at 8:10 am. So we
89 could wake up at 7:00 am instead of 6:00 am. As
90 we get older we need more sleep. Especially
91 entering the teen stage. Our body needs rest to do
92 well at school. Then I think school should end at
93 2:35. I don't think the ending time of school
94 should be to much longer than it already is,

1 because now that we are older and we have more
2 homework we need more time to do it. So the
3 earlier we get home, the more time we have to do
4 our homework before our sports or other stuff
5 start. Sports usually start at 3:15-3:30 and end at
6 4:45-5:30. So by the time we get home it will be
7 close to dinner and then after dinner we have to
8 do ALL of our homework plus take a shower and
9 do all of that. So school should not end past 3. I
10 think the homework level shouldn't be reduced
11 or raised. It shouldn't be reduced because then
12 we will get lazy, but if it is raised then it will be
13 stressful and take a lot of our time away. -
14 Student, Grade 7 (I've learned some information
15 from the news and other people)

16 I think that it would be a very positive change to
17 start school later! - Student, Grade 7 (I don't
18 know very much about the topic)

19 I think school should start later because my the
20 time I usually wake up is 9AM. The time I have to
21 leave to get to school is 6AM, so losing those 3
22 hours of sleep really affects how awake I am in
23 class. Also, the bus stops at the my street sign
24 instead of dropping me off at my hosue which is a
25 half mile away. And I am not the only one who's
26 house is a half mile away form the sign... so, If you
27 could like adjust that as well that would be great
28 :P - Student, Grade 7 (I've learned some
29 information from the news and other people)

30 I think that school starts at a reasonable time. For
31 the rest of our lives until the day we retire and if
32 not beyond that, we have to get up early, be at
33 work on time, and leave when you are allowed to.
34 In the real world, your boss isn't going to change
35 the entire work schedule just because you can't
36 sleep. Everyone has there one problems, but they
37 deal with them and move forward. Changing the
38 start time for school is a bad Idea for many
39 reasons. One of those being that it gives off the
40 wrong message. By altering the start and stop
41 times of Masconomet Regional School District,
42 you are treating teenagers like kindergartners.
43 Like I said earlier, The world doesn't revolve
44 around one person. This idea is giving off the
45 message that if you can't handle a problem, some
46 one else will fix it for you. That's not how it works
47 in the real world. In the real world, your on your
48 own. Another reason why changing the start time

49 of school is not the best of plans is because when
50 I child goes to college and to work they have to
51 get up early any way. You might as well adjust
52 your sleeping times now while it is still easy. -
53 Student, Grade 7 (I don't know very much about
54 the topic)

55 I think school should start later but not to late
56 that school ends late. - Student, Grade 7 (I've
57 learned some information from the news
58 and other people)

59 Starting school later would really help since it
60 would be I wouldn't have to get up at the crack of
61 dawn. I'd get more sleep and e less tired during
62 the day. It would really be nice if we could start
63 later but end school the same time or around the
64 same time we usually do. - Student, Grade 7 (I've
65 learned some information from the news
66 and other people)

67 Don't change the times - Student, Grade 7 (I've
68 learned some information from the news
69 and other people)

70 I think school should start later - Student, Grade 7
71 (I've learned some information from the news
72 and other people)

73 I wish school would start at the same time as
74 Proctor because I wasn't tired all the time, just
75 having the hours difference has made me always
76 tired. - Student, Grade 7 (I've learned some
77 information from the news and other people)

78 I think the students of Masconomet could use
79 more sleep and having school start later would
80 definitely help. Ending school later wouldn't be a
81 problem. But I don't think it should go any later
82 that 3:00. - Student, Grade 7 (I've learned some
83 information from the news and other people)

84 I feel that the time school starts and ends
85 shouldn't change. This would affect sports, and
86 how long extra curricular activities last. Being in
87 many after school activities, it would have a
88 negative impact on how much time each excel is,
89 and could affect families trying to get kids from
90 the elementary schools at the same time. That is
91 why changing the times would be a bad idea. -
92 Student, Grade 7 (I've learned some information
93 from the news and other people)

1 I need more sleep - Student, Grade 7 (I've read a
2 number of articles)

3 I think that school should open a lot later. I
4 wouldn't mind all to much if we stayed later than
5 the elementary schools. I just need sleep. -
6 Student, Grade 7 (I've learned some information
7 from the news and other people)

8 I think the school time should be later but I also
9 don't want the end time to be later because I do
10 sports and other activities that that could
11 interfere with. I think we get too much homework
12 that we are stressed to do every night and less
13 homework would be great - Student, Grade 7 (I've
14 learned some information from the news
15 and other people)

1 Student Survey Open Responses 2 (Grades 5 and 6)

3 I think the times right now are good and I do not
4 wish to change it. I have swim practice almost
5 every day and I do not wish to quit it because of
6 school. - Student, Grade 6 (I've read a number of
7 articles)

8 I think a later school start time would help. Also,
9 less homework would help. - Student, Grade 6
10 (I've learned some information from the news
11 and other people)

12 I like the school times as they are right now -
13 Student, Grade 6 (I don't know very much about
14 the topic)

15 I will be a little nervous. - Student, Grade 6 (I've
16 learned some information from the news
17 and other people)

18 I think the school day should be put a little bit
19 later because waking up that early wears my
20 body down and it is hard to wake up. Half way
21 through the school year i feel like i am ready to
22 quit. - Student, Grade 6 (I don't know very much
23 about the topic)

24 I think that the school time is perfect at masco
25 and i hope it stays the same when i get up there.
26 its better to get out early so i have time for my
27 sports and all of my homework. - Student, Grade
28 6 (I don't know very much about the topic)

29 I would like the school day to start later at Masco.
30 I also don't want to get out too late, so to find a
31 balance would be good. - Student, Grade 6 (I've
32 learned some information from the news
33 and other people)

34 I am and always have been excited for the day at
35 Masco to start earlier. I love the schedule the way
36 it is. Could we PLEASE just keep the schedules the
37 same for all schools? - Student, Grade 6 (I've
38 learned some information from the news
39 and other people)

40 I think that school should start a bit later but still
41 end around the same time(maybe a fifteen
42 minute difference). - Student, Grade 6 (I don't
43 know very much about the topic)

44 I think that the school time should be earlier. -
45 Student, Grade 6 (I don't know very much about
46 the topic)

47 i think that ending the school would be better and
48 starting it earlier would be better - Student,
49 Grade 6 (I don't know very much about the topic)

50 I think that there should be later school start
51 times for middleschool and high school because
52 teenagers usually need more time to get readfy in
53 the morning. - Student, Grade 6 (I don't know
54 very much about the topic)

55 I think school start times are good right where
56 they are and kids get enough sleep - Student,
57 Grade 6 (I've learned some information from the
58 news and other people)

59 I think the start at Masco is perfect. Getting there
60 at 7:30 and getting out at 2:30. I really hope that
61 stays the same when I get to masco. - Student,
62 Grade 6 (I've learned some information from the
63 news and other people)

64 I believe that the start time for MASCO it just
65 right. I do not think that they should change it at
66 all, because it is perfect. I feel that if they changed
67 the school time then many kids would have a
68 difficult time trying to reschedule their activities.
69 - Student, Grade 6 (I've learned some information
70 from the news and other people)

71 I think that Middle Schools/High Schools should
72 have a later school starting time. Not all students
73 think very well in the morning and are late from
74 sleeping in from not enough sleep and too much
75 homework- not enough time in the day to get rest
76 or do what you need. School should not end later
77 that 2:30 because homework keeps building and
78 building, jobs, athletics, family and friend times is
79 too much in such little time. - Student, Grade 6 (I
80 don't know very much about the topic)

81 im just tired - Student, Grade 6 (I've learned some
82 information from the news and other people)

83 I think the school day should start just a little bit
84 later, but not to late or then school would end late
85 which would most likely affect my schedule. -
86 Student, Grade 6 (I've learned some information
87 from the news and other people)

- 1 I think the school times work well the way they
2 are right now. - Student, Grade 6 (I don't know
3 very much about the topic)
- 4 I think a little later school start time would help. -
5 Student, Grade 6 (I've read a number of articles)
- 6 I would want school to start a little later but not
7 to much, so that my scedule would not change too
8 much, but it would be easier to wake up and be
9 awake. - Student, Grade 6 (I don't know very
10 much about the topic)
- 11 I think the school times are fine. - Student, Grade
12 6 (I've learned some information from the news
13 and other people)
- 14 I wish Masco would have a later start time. -
15 Student, Grade 6 (I've read a number of articles)
- 16 I think that later school would be great i would
17 still go to bed at the same time anyway. - Student,
18 Grade 6 (I've read a number of articles)
- 19 I THINK SCHOOL IS OK BUT, COULD BE
20 IMPROVED TO SOME OF ME AND MY FRIENDS
21 SCHEDUALS IF IT WAS EARLIER. SWAG SWAG
22 SWAG SWAG YOLO YLO SCHOOL;0 - Student,
23 Grade 6 ()
- 24 Schools has always been fun for me because it
25 will be easier to see my friends at school. -
26 Student, Grade 6 (I've read a number of articles)
- 27 I think school should start at 8 o'clock. - Student,
28 Grade 6 (I've learned some information from the
29 news and other people)
- 30 I believe that every student needs enough sleep
31 to get through the day and my brother is in
32 middle school I wake up about an hour later then
33 him and he is almost always tired. So in my
34 opinion I think that children who are growing
35 need there rest. - Student, Grade 6 (I've
36 learned some information from the news
37 and other people)
- 38 i think that the normal starting time of masco is
39 perfectly fine but i want to get out early once a
40 week. I dont think that we should have a lot of
41 homework because it interferes with some of our
42 activities as a family - Student, Grade 6 (I don't
43 know very much about the topic)
- 44 I believe it would be a good idea for the school
45 day to start later but not end to early because
46 kids need sleep but in the end of the day also time
47 to do extra things. - Student, Grade 6 (I've
48 learned some information from the news
49 and other people)
- 50 I feel like younger kids can wake up earlier and
51 their school should start earlier and flip flop for
52 older kids. - Student, Grade 6 (I've learned some
53 information from the news and other people)
- 54 I think the school start time should be moved
55 until nine am so kids would have more time to
56 sleep which would make it easier to pay attention
57 and learn in school. - Student, Grade 6 (I've read a
58 number of articles)
- 59 I would like to have to wake up at 7 and have
60 school start at 8-8:15 and keep the end of the
61 school time(2:15). - Student, Grade 6 (I've read a
62 number of articles)
- 63 I think the school start time for Masco is too
64 early. These are my thoughts for now and I think
65 once I'm given enough time I will be able to
66 adjust to the earlier time, though I think it would
67 benifit the schools to adjust the times slightly. -
68 Student, Grade 6 (I don't know very much about
69 the topic)
- 70 I think we could strt schools erlier - Student,
71 Grade 6 (I've learned some information from the
72 news and other people)
- 73 I think the school start times in Spofford Pond
74 should become a later time. We should be getting
75 more sleep due to the late end time, homework,
76 and afterschool activities.I feel tired in school and
77 want to gert up at 8:00 or later in the morning. -
78 Student, Grade 6 (I've read a number of articles)
- 79 We should start school around 8:15. - Student,
80 Grade 6 (I don't know very much about the topic)
- 81 I want later school start times and earlier endings
82 - Student, Grade 6 (I've read a number of articles)
- 83 I think the school start times are fine the way
84 they are now. Also the school start times in Masco
85 are good. I would perfer the school start times to
86 be earlier and we get out earlier. - Student, Grade
87 6 (I've read a number of articles)

1 I won't get affected by any change. I'm flexible
2 schedule-wise. I have no opinion on the time
3 change, though I know many want a later start
4 time. - Student, Grade 6 (I've read a number of
5 articles)

6 School start times should not be changed,
7 especially at Masco. If school start times are
8 changed, schedules and everything else will have
9 to be fit around school. If school start times are
10 changed, you will get the most negative feedback
11 ever. - Student, Grade 6 (I've read a number of
12 articles)

13 I think the start time should be later - Student,
14 Grade 6 (I've read a number of articles)

15 I am fine with mascos current start and end
16 times. I'm in the band so i have had practice with
17 waking up at 6:00 a few mornings a week since
18 4th grade. - Student, Grade 6 (I've read a number
19 of articles)

20 I believe there dies need to some change for start
21 times. - Student, Grade 6 (I've read a number of
22 articles)

23 I think that the start times are fine, just as they
24 are. Making the younger kids go earlier, and
25 Masco to go later, will cause problems, because
26 younger kids will never want to wake up. At least
27 older kids can manage being tired, and waking up
28 earlier, little kids will crash during the day -
29 Student, Grade 6 (I've read a number of articles)

30 I want to wake up later, but I know that I want
31 the school day to start early. After school I have
32 mandatory classes I have to take to participate in
33 a sport. - Student, Grade 6 (I've read a number of
34 articles)

35 I didn't think this survey belonged in Science. It
36 wasn't the best survey. - Student, Grade 6 (I've
37 learned some information from the news
38 and other people)

39 I think a good start time would be 7:45 because it
40 gives an extra ten minutes that i think i would
41 need. - Student, Grade 6 (I've learned some
42 information from the news and other people)

43 I think the start time in Elementerry school is
44 fine, but at Masco I would like school or classes to

45 start at 8. - Student, Grade 6 (I've learned some
46 information from the news and other people)

47 I think that the start of school at Masconomet is
48 slightly early, but I like how I can get out of school
49 earlier. Maybe a slight change in the school start
50 times of making it slightly later would be a good
51 think for students. - Student, Grade 6 (I've
52 learned some information from the news
53 and other people)

54 Earlier start times allow more time for
55 afterschool activities, so I'm not rushing to get to
56 my sports. - Student, Grade 6 (I don't know very
57 much about the topic)

58 I would like the start times at Masconomet
59 Middle School to stay the same they have always
60 been. - Student, Grade 6 (I've learned some
61 information from the news and other people)

62 It would help to have school start a bit later and
63 end just a bit later at about 3:00. Right now,
64 classes end at 3:00 and start at 8:40. Right now is
65 the best times but it could start a bit earlier and
66 end a bit later. The Band starts at 7:20, so I know
67 how it feels to get up at an earlier start time. -
68 Student, Grade 6 (Extensive reading)

69 I think it will take some getting use to but I think
70 that kids would like getting the school day over
71 with. And why I'm sleepy isn't because I'm not
72 getting enough sleep it is because of not exiting
73 schools work. - Student, Grade 6 (I've
74 learned some information from the news
75 and other people)

76 I think that Masco start times should be later
77 because they would let students get more sleep. It
78 is hard for older students to fall asleep around 9
79 o'clock. I know many people who do. It would be
80 easier to stay focused at Masco because the
81 students would be well rested. - Student, Grade 6
82 (I've read a number of articles)

83 I think school should start from 9:00 to 9:30 so i
84 can get the extra sleep because at the devolving
85 teen age most kids go to bed around 10:00 and
86 have to wake up at around 6:00. - Student, Grade
87 6 (I've read a number of articles)

88 I think that the school start times should be
89 pushed back to, at the earliest, 8:00am. - Student,

1 Grade 6 (I've learned some information from the
2 news and other people)

3 School is easy to wake up to for me, although it
4 may not be for others seeing i wake up so much
5 earlier. School is ok and I would MOST
6 DEFINITELY NOT WANT IT TO BE PUSHED
7 UNTIL LATER I love having free time, especially
8 after school and it would be horrible for me to
9 lose that time. - Student, Grade 6 (Extensive
10 reading)

11 Sometimes I have band in the mornings and I
12 have to get up at 6:00 am, but my regular wake-
13 up time is 7:30 am. I think the start times at
14 Spofford here are just fine, but I think Masco
15 starts too early and has lunch too early. - Student,
16 Grade 6 (I've read a number of articles)

17 I would like the school start time to stay the same
18 it is if not earlier. I like my time in the afternoon. -
19 Student, Grade 6 (I've learned some information
20 from the news and other people)

21 have no thoughts. - Student, Grade 6 (I don't
22 know very much about the topic)

23 i think it is good for the same schedual to stay in
24 masco so it doesnt get mixed up - Student, Grade
25 6 (I don't know very much about the topic)

26 the earyer the better - Student, Grade 6 (I've
27 learned some information from the news
28 and other people)

29 I think Masco time should stay the same because
30 it will give me just the right amount of time for
31 me to finish my homework while balancing my
32 sportn time. - Student, Grade 6 (I've read a
33 number of articles)

34 I think masco should start at 7:30 am because it
35 would affect the parent with the work scedule if
36 masco started later because you have to worry
37 about the kid getting on the bus. - Student, Grade
38 6 (I've learned some information from the news
39 and other people)

40 I think that the start and end time is perfect for
41 middle schoolers. - Student, Grade 6 (I've
42 learned some information from the news
43 and other people)

44 I would like the school start times to stay the
45 same, I already do band which is over ten
46 minutes farther than masco and we have to get
47 there at 7:15, so the new schedule would not
48 affect me. i would not want school to end later
49 because I have a lot of activities that I already
50 have to rush to. - Student, Grade 6 (I've
51 learned some information from the news
52 and other people)

53 I think that the school start times are perfiect in
54 the way that they are. They don't interfere in my
55 athletics. - Student, Grade 6 (I've read a number
56 of articles)

57 I think the start times should not go later, it might
58 even be better to start earlier. - Student, Grade 6
59 (I don't know very much about the topic)

60 I really hope we don't change the school times,
61 meaning that Masco classes are earlier. I have
62 sports in the afternoon that would completely
63 conflict with school. It's really easy to wake up
64 early on school days and I really would like it to
65 not change. Please do not change the start times
66 because it will effect my family by a lot. Waking
67 up early is easy to my family, and they can always
68 easily transport me to school. - Student, Grade 6
69 (I've learned some information from the news
70 and other people)

71 I would like a later school start time. - Student,
72 Grade 6 (I've learned some information from the
73 news and other people)

74 I would like the school start times to stay early,
75 my sports and other activities that me and my
76 family does sometimes conflicts with when the
77 school day is ending. - Student, Grade 6 (I've
78 learned some information from the news
79 and other people)

80 I think Masco school should start at 8:00 and end
81 at 2:50. That's between the school time here and
82 at Masco - Student, Grade 6 (I've learned some
83 information from the news and other people)

84 I have no thought. - Student, Grade 6 (I don't
85 know very much about the topic)

86 I think that it would be better if school started
87 earlier in the morning. That way the school day
88 would end earlier and there would be more time

1 to do homework, athletics, and other after school
2 activities. This will also mean that students will
3 finish their homework earlier and will be able to
4 get into bed sooner, allowing them more sleep. -
5 Student, Grade 6 (I don't know very much about
6 the topic)

7 I like the time we are using for the time we go to
8 school and the we end of school. Next year at
9 masco its going to be a difficult change for me but
10 after the first week i'll be fine. - Student, Grade 6
11 (I've read a number of articles)

12 I think the school start times for spofford and
13 masco are fine the way they are, and don't need
14 to be changed - Student, Grade 6 (I've
15 learned some information from the news
16 and other people)

17 i have no thoughts, my mind is blank. - Student,
18 Grade 5 (I don't know very much about the topic)

19 i don't have any. i really don't care. - Student,
20 Grade 5 (I don't know very much about the topic)

21 I think we should start school earlier and end
22 earlier. Other than that I don't care. - Student,
23 Grade 5 (I've learned some information from the
24 news and other people)

25 i am happy how school is - Student, Grade 5 (I've
26 learned some information from the news
27 and other people)

28 I think that school should start later. - Student,
29 Grade 5 (I've read a number of articles)

30 School is a bit long for my liking and I do not have
31 much time in the afternoons and mornings.
32 Sometimes I can't even have breakfast. - Student,
33 Grade 5 (I've learned some information from the
34 news and other people)

35 i think school should start at 8;30 and end at 2:45
36 - Student, Grade 5 (I don't know very much about
37 the topic)

38 I think that school should stay how it is. - Student,
39 Grade 5 (I've learned some information from the
40 news and other people)

41 Homework in school is pretty easy to deal with, I
42 have some after school activities, but homework
43 does not conflict. - Student, Grade 5 (I've

44 learned some information from the news
45 and other people)

46 This was pointless - Student, Grade 5 (I've read a
47 number of articles)

48 I think that school should start earlier than it has.
49 We should get out earlier to. - Student, Grade 5
50 (I've read a number of articles)

51 I think that there is a decent amount of
52 homework. I think that I get enough sleep to. -
53 Student, Grade 5 (I've read a number of articles)

54 I like the current scedule for school. And
55 changeing it would make it more difficult for me. -
56 Student, Grade 5 (I've read a number of articles)

57 I belive school should start eearly and get out
58 early - Student, Grade 5 (I've read a number of
59 articles)

60 I am think that school should stat at 10:00 and
61 end at 1:00. - Student, Grade 5 (Extensive
62 reading)

63 i go on a van and it picks me up at 7:30 and I want
64 that to be alot later like 8:20 like evrybody else -
65 Student, Grade 5 (I don't know very much about
66 the topic)

67 i dont have ane thoughts - Student, Grade 5 (I don't
68 know very much about the topic)

69 To my mother and I, sleep is very important. But
70 with the amount of homework we receive in my
71 fifth grade class, sleep is limited. I can be easily
72 stressed with something as simple as homework,
73 so I stay up late perfecting my homework in all
74 subjects. Perhaps it is my fault that I don't get
75 enough sleep, but it seems to be mainly the
76 amount of homework that is received, as in fourth
77 grade, (when we had almost no homework) this
78 sleep issue was not a problem. - Student, Grade 5
79 (I've learned some information from the news
80 and other people)

81 I think I have too much homework and I am put
82 under too much stress and no I don't need
83 time management. - Student, Grade 5 (I've
84 learned some information from the news
85 and other people)

1 I believe school should not go as long of a time as
2 it does, I believe it should end at 2:15. I think
3 homework is a good thing, but we should not be
4 pressured by an overload. - Student, Grade 5 (I've
5 learned some information from the news
6 and other people)

7 Ehhh its ok, I am was mostly chill with this quiz I
8 was not worried at all I'm kinda flabergasted! -
9 Student, Grade 5 (I don't know very much about
10 the topic)

11 I would like to have a start time of 9:30 and end
12 at 3:30 ID like to have less home work, I spend a
13 lot of time - Student, Grade 5 (I don't know very
14 much about the topic)

15 ? - Student, Grade 5 (I've read a number of
16 articles)

17 If school end time would be earlier I would be
18 really happy but I think the school schedule is
19 fine how it is. - Student, Grade 5 (I've
20 learned some information from the news
21 and other people)

22 Sleep does effect me somewhat but a later start
23 time would probably give me better overall days.
24 - Student, Grade 5 (I've learned some information
25 from the news and other people)

26 I think school should start a little later at Masco. -
27 Student, Grade 5 (I don't know very much about
28 the topic)

29 it would be good to change the start time -
30 Student, Grade 5 (I don't know very much about
31 the topic)

32 stay the same - Student, Grade 5 (I've
33 learned some information from the news
34 and other people)

35 I think my schedule of sleep, school, and activities
36 are great!! I would not like to change a thing. -
37 Student, Grade 5 (I don't know very much about
38 the topic)

39 I think school should start later - Student, Grade 5
40 (I don't know very much about the topic)

41 School should be later so I can get more sleep.
42 Also, I need time for sports. - Student, Grade 5 (I
43 don't know very much about the topic)

44 I think that we should end earlier and at Masco
45 start much later. - Student, Grade 5 (I don't know
46 very much about the topic)

47 school starts at a good time - Student, Grade 5 (I
48 don't know very much about the topic)

49 sample text - Student, Grade 5 (I've learned some
50 information from the news and other people)

51 I would like to end earlier but at Masco start
52 much earlier. - Student, Grade 5 (I don't know
53 very much about the topic)

54 im ok withe my schowal and homewok could
55 decrease a little but im still ok - Student, Grade 5
56 (I've learned some information from the news
57 and other people)

58 I think that school should start at 7:15. Please
59 consider that. - Student, Grade 5 (I've
60 learned some information from the news
61 and other people)

62 i'm k with what the times are. - Student, Grade 5
63 (I've learned some information from the news
64 and other people)

65 I think we should have a shorter school day. -
66 Student, Grade 5 (I've learned some information
67 from the news and other people)

68 i don't want spofford or masco to change
69 schedules, they are already fine! - Student, Grade
70 5 (I don't know very much about the topic)

71 i am fine with the time - Student, Grade 5 (I don't
72 know very much about the topic)

73 i would want school to start eirleir - Student,
74 Grade 5 (I don't know very much about the topic)

75 I THINK CLASSES SHOULD START AT 7:30 AND
76 END AT 2:45 - Student, Grade 5 (I don't know
77 very much about the topic)

78 I don't know what to write... Have a good
79 summer. Bye - Student, Grade 5 (I don't know
80 very much about the topic)

81 Good - Student, Grade 5 (Extensive reading)

82 Have a good summer! - Student, Grade 5 (I don't
83 know very much about the topic)

1 school should start later - Student, Grade 5 (I
2 don't know very much about the topic)

3 I have a groovy schedule - Student, Grade 5 (I've
4 learned some information from the news
5 and other people)

6 The school day is pretty nice but it would be great
7 if it started a bit earlier. - Student, Grade 5 (I don't
8 know very much about the topic)

9 hi - Student, Grade 5 (I don't know very much
10 about the topic)

11 nice - Student, Grade 5 (Extensive reading)

12 I do not think we should change the day :). -
13 Student, Grade 5 (I don't know very much about
14 the topic)

15 I think school should start at 8:30 and end at 2:45
16 - Student, Grade 5 (I've read a number of articles)

17 I think that if the school day ended any later than
18 it did now, I would be mad. - Student, Grade 5 (I
19 don't know very much about the topic)

20 I think that if the school day started earlier or
21 ended later I would be mad. - Student, Grade 5 (I
22 don't know very much about the topic)

23 I wish school would start earlier and get out later
24 because I personally have a very busy schedule
25 and the late school days (getting home around
26 3:30-4:00) I have soccer that has a traffic filled
27 drive, it takes about 30 minutes some times to get
28 me to practice, and my mom is always working
29 and my dad is normally far away so I would be
30 able to car pool with a friend and my late
31 occurrence for getting to soccer practice. I also
32 have to wait for my brothers practice to end so I
33 end up getting home at about 8:05 and I don't
34 finish dinner until 8:30 because of the soccer
35 schedule and I have to do my home work too! If I
36 could be able to have more time after school I
37 would be able to get to soccer and back from
38 soccer not late but early. - Student, Grade 5 (I've
39 read a number of articles)

40 I don't want to wake up early but I want more
41 time after school and I think that Masconomet
42 should be a little early or losses up of the
43 strictness of late kids. but I think middle and high
44 school kids should get out earlier its more time to

45 do stuff and homework instead of staying up late
46 and doing it Masconomet could get out at 2:10 -
47 Student, Grade 5 (I've learned some information
48 from the news and other people)

49 I think it is perfect timing right now but in the
50 future I might want to start school earlier
51 because of activities and homework - Student,
52 Grade 5 (I've read a number of articles)

53 It was fun to do this and I like surveys - Student,
54 Grade 5 (I've learned some information from the
55 news and other people)

56 school should start early and end early - Student,
57 Grade 5 (I've learned some information from the
58 news and other people)

59 I think we have a good starting time but it could
60 start a little later. - Student, Grade 5 (I've
61 learned some information from the news
62 and other people)

63 I like this survey - Student, Grade 5 (I've
64 learned some information from the news
65 and other people)

66 My schedule would be completely thrown off if
67 the end time of school was LATER. I wouldn't
68 mind if the start time is earlier, because I am
69 always ready in time for my mom or dad to drop
70 me off at school, and I am great about getting up
71 in the morning. My routine and sports activities
72 would be completely thrown off, and I wouldn't
73 be able to get the to do the sports and activities I
74 would like to. Also, I wouldn't get the exercise I
75 needed. I believe that the start and end time for
76 Masconomet should be 7:25 to 2:15. - Student,
77 Grade 5 (I've learned some information from the
78 news and other people)

79 I think it would be better if we had more time in
80 the morning because we are too old to go to bed at
81 8:00 or 8:30 because we can't fall asleep that
82 early. I think that we should start later in the
83 morning and get out of school the same time or a
84 half hour earlier because we need to do sports
85 and homework. - Student, Grade 5 (I've
86 learned some information from the news
87 and other people)

88 I would like to start School earlier so I could fit
89 more things that I want to do after school and not

1 have unnecessary free time before school -
2 Student, Grade 5 (I've learned some information
3 from the news and other people)

4 I don't want the times of school to change. -
5 Student, Grade 5 (I've learned some information
6 from the news and other people)

7 Some kinds of questions are tricky. But most of
8 them are easy. - Student, Grade 5 (Extensive
9 reading)

10 Some questions were tricky. - Student, Grade 5 (I
11 don't know very much about the topic)

12 At night I get frustrated because at night time
13 when I go to bed, normally it is really hard to fall
14 asleep. And sometimes that effects my mood the
15 next day. And how much sleep I get. - Student,
16 Grade 5 (I've learned some information from the
17 news and other people)

18 this survey was fun - Student, Grade 5 (I've
19 learned some information from the news
20 and other people)

21 The school day should start earlier. If you go to
22 school earlier, you will have more time for
23 athletics and other extracurricular activities. -
24 Student, Grade 5 (I've learned some information
25 from the news and other people)

26 i thought that the survey was pretty easy and the
27 questions were pretty easy to answer. - Student,
28 Grade 5 (I've learned some information from the
29 news and other people)

30 test was good, and it made me think more about
31 what i'm doing that i normally don't do. - Student,
32 Grade 5 (I've learned some information from the
33 news and other people)

34 I have no thoughts. - Student, Grade 5 (I've
35 learned some information from the news
36 and other people)

37 ? - Student, Grade 5 (I've learned some
38 information from the news and other people)

39 i need more sleep but my bus ride is a 45
40 minutes. - Student, Grade 5 (I don't know very
41 much about the topic)

42 School is difficult sometimes but usually I can
43 manage it. I rarely sleep at school but if I do it
44 means I had a bad night or people are taking to
45 long on tests for me. I would rather have school
46 earlier because school would end later. It would
47 be better for me so I have more time to do my
48 homework and have time for things that I enjoy. -
49 Student, Grade 5 (I don't know very much about
50 the topic)

51 The school work and school is good the way it is
52 we shouldn't change anything or at not much. -
53 Student, Grade 5 (I've learned some information
54 from the news and other people)

55 i...have no idea what to write. -_- - Student, Grade
56 5 (I've learned some information from the news
57 and other people)

58 school is perfect the way it is. - Student, Grade 5
59 (I've learned some information from the news
60 and other people)

61 i think school should start at 9:30 and end at
62 3:15 at the latest because i have spots at 4:00 -
63 Student, Grade 5 (I don't know very much about
64 the topic)

65 I find that the start and end times at spofford are
66 reasonable. I do think that busses should come a
67 little bit later so my mornings aren't rushed. -
68 Student, Grade 5 (I've read a number of articles)

69 I think that you shouldn't change the school
70 start/end time. I know you are trying to let us get
71 more sleep because our body needs it but this
72 start and end time has worked for many years.
73 Even though I think you shouldn't change it I
74 wouldn't be angry or happy if you did. - Student,
75 Grade 5 (I've learned some information from the
76 news and other people)

77 it wasn't very hard - Student, Grade 5 (I've
78 learned some information from the news
79 and other people)

80 The time that we start school in spofford pond is
81 just right. If we started at the same time in masco
82 then it would be perfect. I get just the right
83 amount of sleep and are always alert in school.
84 But it would be a bad and hard change. - Student,
85 Grade 5 (I've learned some information from the
86 news and other people)

1 i think school should be shorter and sleep should
2 be longer - Student, Grade 5 (I've learned some
3 information from the news and other people)

4 I believe that it would help me get to school on
5 time and allow me the sleep I need if school
6 began at 9 o'clock and if it got out at 3:15 -
7 Student, Grade 5 (I've learned some information
8 from the news and other people)

9 it was fine it was just hard to understand -
10 Student, Grade 5 (I've learned some information
11 from the news and other people)

12 i think the school schedule is just right for me. -
13 Student, Grade 5 (I don't know very much about
14 the topic)

15 I think it should start should later and end later.
16 so i can get more sleep. - Student, Grade 5 (I don't
17 know very much about the topic)

18 I think - Student, Grade 5 (I've learned some
19 information from the news and other people)

20 I think that school should start later. - Student,
21 Grade 5 (I've read a number of articles)

22 i dont really have much thoughts but i would like
23 to start school later. - Student, Grade 5 (I don't
24 know very much about the topic)

25 I think that the schedule should not change. I like
26 it the way it is. - Student, Grade 5 (I don't know
27 very much about the topic)

28 I think that Masco should have schools at the
29 same time as us. This will be good for the
30 students, staff and bus drivers they need sleep
31 too! Maybe start school a little later for Spofford.
32 But i think that they should end the school day a
33 little bit shorter than now. Because I cant get to
34 my extra activities or I struggle getting to the
35 activity. Thank you for your time. - Student, Grade
36 5 (I've learned some information from the news
37 and other people)

38 I think school should be the same time it usually
39 is, or a little bit later. I just need to get more rest
40 and take naps over the weekend or when I have a
41 free day after school. - Student, Grade 5 (I've read
42 a number of articles)

43 I think the school day at Howe-Manning should
44 start earlier(7:20 am) and Masco should stay the
45 same. Masco and Howe-Manning should start at
46 the same time(7:20) that way you will end the
47 day earlier so you would have more time to do
48 activities. - Student, Grade 5 (I don't know very
49 much about the topic)

50 I get enough sleep. Think school should be
51 shorter. But same amount of homework. -
52 Student, Grade 5 (I don't know very much about
53 the topic)

54 I like the time that school is. - Student, Grade 5
55 (I've learned some information from the news
56 and other people)

57 I get enough sleep. School should start later and
58 end earlier. - Student, Grade 5 (I don't know very
59 much about the topic)

60 I think that school should start later, like a 9:45
61 AM, and end at 2:15 PM - Student, Grade 5 (I've
62 learned some information from the news
63 and other people)

64 I think that for Masco students, they should start
65 school later, possibly the time that we Howe-
66 Manning students have. For the Howe-manning
67 students, we should keep our time because in my
68 opinion its just right. - Student, Grade 5 (I've
69 learned some information from the news
70 and other people)

71 i think school starts at a good time - Student,
72 Grade 5 (I've learned some information from the
73 news and other people)

74 It would help me if the start time is later even if
75 the end is later - Student, Grade 5 (I've read a
76 number of articles)

77 I liked this survey because I feel it is important to
78 know about this. - Student, Grade 5 (I've
79 learned some information from the news
80 and other people)

81 This test was kind of boring. - Student, Grade 5
82 (I've learned some information from the news
83 and other people)

84 I like the idea of going to school - Student, Grade
85 5 (I've learned some information from the news
86 and other people)

1 I personally have no opinion, but I would be
2 concerned about other children. - Student, Grade
3 5 (I've read a number of articles)

4 I'm okay with my time now. I like that school
5 starts at 8:30 and that it ends at 3:00 - Student,
6 Grade 5 (I've learned some information from the
7 news and other people)

8 i dont mind a change. - Student, Grade 5 (I've
9 learned some information from the news
10 and other people)

11 I think it will not change my schedule. - Student,
12 Grade 5 (I've read a number of articles)

13 I would like it if school started at 7:30 - Student,
14 Grade 5 (I don't know very much about the topic)

15 Sometimes I feel that I need a little more sleep. -
16 Student, Grade 5 (I've learned some information
17 from the news and other people)

18 I could use more sleep. We have the right amount
19 of homework but it is WAY too easy, so it takes
20 very little time. I think later school start time
21 would be good, and I don't think we need much of
22 a later end time. We could learn much faster in
23 less time, but we don't. I feel that later school
24 beginnings would benefit us students. - Student,
25 Grade 5 (I've learned some information from the
26 news and other people)

27 ? - Student, Grade 5 (I've read a number of
28 articles)

29 school should start at 8: 40 and end at 3:15. -
30 Student, Grade 5 (I've learned some information
31 from the news and other people)

32 I cannot answer this question, as it is against my
33 religious principles. - Student, Grade 5 (I've
34 learned some information from the news
35 and other people)

36 Need more sleep time - Student, Grade 5 (I've
37 learned some information from the news
38 and other people)

39 School is fine right now and changing it would
40 effect me. - Student, Grade 5 (I've learned some
41 information from the news and other people)

42 school should start at 9:00 and end at 3:30 -
43 Student, Grade 5 (I've learned some information
44 from the news and other people)

45 I think school start a little later and keep the
46 ending the same:) - Student, Grade 5 (I don't
47 know very much about the topic)

48 NO!!!! THEY'RE MY PERSONAL THOUGHTS!!!! -
49 Student, Grade 5 (I've learned some information
50 from the news and other people)

51 I think we need to start just a bit earlyer with
52 shorted spe cials. - Student, Grade 5 (I've
53 learned some information from the news
54 and other people)

55 I hate homework - Student, Grade 5 (I don't know
56 very much about the topic)

57 I hope that I don't have to have a lot of
58 homework. I want more sleep. - Student, Grade 5
59 (I've read a number of articles)

60 I would love a later start time going into masco,
61 but NO EARLYER!!! I like the amount of sleep i get
62 and i like my bedtime. - Student, Grade 5 (I've
63 read a number of articles)

64 Some questions I do not get. - Student, Grade 5 (I
65 don't know very much about the topic)

66 I think the time for masco should be 15 minutes
67 later many people have a lot more homework and
68 extra curriculer activities to do and they need a
69 little more time. - Student, Grade 5 (I don't know
70 very much about the topic)

1 Staff Survey Open Responses 2 (Elementary Staff)

3 *Responses by staff who work in the Tri-Town*
4 *elementary schools (PreK-6)*

5 I feel that although it may be beneficial to start
6 later at Masco, if that means earlier start times
7 for the elementary schools, that will be a big
8 problem for many staff members. Many staff
9 members have young children and struggle
10 enough as it is to get to school on time. I think
11 that if the elementary schools started a bit earlier
12 (less than a half hour earlier), staff would
13 probably be able to make that work. - Staff at
14 Elementary (have read a number of articles on
15 the topic)

16 I think starting later at Masco is an excellent idea,
17 students do not naturally get up so early and end
18 up sleep deprived. - Staff at Elementary (have
19 read a number of articles on the topic)

20 The balance between school/work and
21 home/after-school/work activities is a concern
22 for families and teachers alike. - Staff at
23 Elementary (have read a number of articles on
24 the topic)

25 I could not change my hours and meet the needs
26 of my own children. - Staff at Elementary (have
27 read a number of articles on the topic)

28 One issue I would love to see addressed is
29 staggered start times. I have advocated for this
30 for YEARS. If Steward School started 10 minutes
31 later than Proctor (and ended 10 minutes later),
32 parents could drop off their kids and not worry
33 about anyone being too early or too late. Teacher
34 coverage begins at 8:30 at Proctor, but we often
35 have kids outside before that time because
36 parents drop off the older kids before going to
37 Steward (reasoning that they'd rather have the
38 older kids unattended). It wouldn't completely
39 eliminate this issue (sometimes parents drop off
40 too early because they have to go to work), but it
41 would reduce the number of unsupervised
42 children before school. At the end of the day, we
43 have students who sit in the gym waiting for the
44 bus for 20+ minutes every day for 180 days. If all
45 the buses started at Proctor, we could load all

46 seven and be at Steward in time for their
47 dismissal without kids spending literally days
48 over the course of a school year doing nothing. If
49 we could coordinate with Masco start and end
50 times, so much the better. The town I live in has
51 all schools start on staggered times, so parents
52 can drop off and pick up their kids in a timely way
53 without kids being unsupervised. - Staff at
54 Elementary (have read a number of articles on
55 the topic)

56 I'd be happy to start at 10:00 am everyday but
57 that isnt the norm for a work week for parents!
58 Soooo, I like the hours we have now! - Staff at
59 Elementary (have heard some information on the
60 topic)

61 Elementary school starting earlier threatens
62 before-school programs. Elementary school
63 students in general are very tired and would
64 often want to sleep in later. - Staff at Elementary
65 (have heard some information on the topic)

66 The younger students are awake earlier in the
67 morning, and begin to fade out after lunch. I teach
68 core content in the morning because after lunch
69 the students are checked out. - Staff at
70 Elementary (have read a number of articles on
71 the topic)

72 Masco should definitely start later but it would be
73 difficult for elementary to start much earlier. The
74 problems it was cause for staff could be
75 numerous, affecting after school commitments
76 pm etc. - Staff at Elementary (have heard some
77 information on the topic)

78 From what I have seen, sleep habits are a family
79 thing. I have two motivated and successful high
80 school students. They are able to go to bed at a
81 reasonable hour (between 9-10pm), get
82 homework done, participate in after-school
83 activities, and get good grades in honors and AP
84 classes. Are they getting straight As? No, but they
85 are on the honor roll. And rather than asking
86 them about their grades, I ask them what they are
87 learning. I have been sent notifications from the
88 guidance department to check my student's
89 grades online because apparently they could tell
90 that I had not looked at them. I am not overly
91 concerned about their grades if they are learning
92 and showing some effort. Getting started on

1 homework when they get home from school is a
2 habit that they have gotten in to. Doing this,
3 rather than procrastinating until later in the night
4 has served them well. Yes, studies show that
5 teens need more sleep. But can we turn the
6 question around to ask how are we encouraging
7 them (or discouraging them) from getting that
8 sleep? And whatever happened to the discussion
9 about overly stressing our students to succeed?
10 The "Race to Nowhere?" - Staff at Elementary
11 (have heard some information on the topic)

12 For Elementary students in BEFORE school
13 activities such as Band & Chorus, moving to an
14 early school start time at the elementary school
15 level would severely impact participation. - Staff
16 at Elementary (extensive reading on the topic)

17 changing the start time for elementary students
18 would be detrimental for my personal life with
19 my own family. Currently, I put my children on
20 the bus and can get to school around 7:50 and I
21 can put my children on the bus safely every day.
22 If our school were to start earlier then I would
23 have to look at childcare both before school and
24 afterschool.. Right now, I am fortunate that my
25 own children only need to attend child-care after
26 school. They are in school from 8:00 to 2:30.
27 While I understand your concerns, it will be a
28 hardship on my family if times of school were
29 changed.. - Staff at Elementary (have read a
30 number of articles on the topic)

31 I would like to see the elementary schools start a
32 bit earlier, but not more than 30-40 minutes
33 earlier. Masco time could be moved ahead by 30-
34 40 minutes. - Staff at Elementary (have read a
35 number of articles on the topic)

36 Younger students are awake earlier in the
37 morning. - Staff at Elementary (have heard some
38 information on the topic)

39 my main concern is that Masco starts too early! -
40 Staff at Elementary (have read a number of
41 articles on the topic)

42 Although I think that Masco should start school
43 later, I do NOT think that the elementary students
44 should start school any earlier. Many children
45 talk about the lack of sleep. Starting school in the
46 elementary level too early would negatively affect

47 them. - Staff at Elementary (have read a number
48 of articles on the topic)

49 I am confused about the purpose of questions 17-
50 19. This is about school start time...not how much
51 sleep the students get. Stay focused on the topic
52 and you may have an outcome at the end of this.
53 Some of these questions feel more judgemental of
54 families and parents---tread lightly here. - Staff at
55 Elementary

56 I think evidence shows that a later start for high
57 school students is better for their education. I
58 would be in favor of a later start for high school
59 even if it means an earlier start for elementary. -
60 Staff at Elementary (have read a number of
61 articles on the topic)

62 I believe that an early start is best, IF students go
63 to sleep earlier. However, extracurricular
64 activities often affect their ability to do that.
65 Although I'm not sure a later start time will be
66 utilized the way it is intended. - Staff at
67 Elementary (have read a number of articles on
68 the topic)

69 I believe a later start time for high school
70 students would be a positive change for those
71 students given that high schoolers biological
72 needs make students fall asleep later at night and
73 want to sleep later in the morning. However I
74 believe having elementary students start earlier
75 would be detrimental to their learning. On a
76 typical day I have about 10 percent of my
77 students arriving late. If school were to start
78 earlier I think we'd see more late students and
79 less time on learning as a result. - Staff at
80 Elementary (extensive reading on the topic)

81 I don't think changing the start time by 15-20
82 mins either way would impact students or
83 teachers. A change of 30 minutes or more could
84 certainly have a greater impact. As for homework,
85 I would like to see a reduction during the months
86 of May and June. As a parent and teacher, I feel
87 that most children are busy with spring sports,
88 graduations, standardized tests, and other
89 activities that homework becomes a tremendous
90 burden and source of stress as families spend
91 time more time outdoors. - Staff at Elementary
92 (have heard some information on the topic)

1 All students could benefit from more sleep.
2 However this is not realistic for all grades to start
3 at the same time. I believe the elementary schools
4 should have the later start times 8:30-8:45
5 because the students need to go to sleep on the
6 earlier side and they are still developing good
7 habits. My daughter, 8 years old, goes to bed
8 between 8-9pm and wakes up around 7am. This
9 is the perfect amount of sleep and the time are
10 convenient when considering after school
11 activities and homework that needs to be
12 completed before going to bed. I agree high
13 school students could benefit from more sleep,
14 however the reality is that if school starts later
15 then they will end up going to bed later. The later
16 ending time of school will interfere with after
17 school activities as well, but I feel strongly that
18 most high schoolers will not get more sleep if
19 they have later start times, they will just go to bed
20 later. - Staff at Elementary (have read a number
21 of articles on the topic)

22 The earlier, the better. - Staff at Elementary (have
23 read a number of articles on the topic)

24 Seems to be working out just fine the way it
25 currently is. I see no need to change things. I
26 think a big consideration should be with working
27 parents and their schedules. - Staff at Elementary
28 (have heard some information on the topic)

29 Long bus rides really extend the day. I'd love my
30 students to spend less time on a school bus in
31 transport. - Staff at Elementary (have read a
32 number of articles on the topic)

33 I work in a support position not directly with
34 students...personally, I would like an earlier start.
35 I think it would be a positive change with after-
36 school activities and other responsibilities, such as
37 religious education, that start close to the end of
38 the current school day. - Staff at Elementary
39 (don't know much about the topic)

40 there a lot of early dismissals for elementary
41 school children so they can get to after school
42 activities. - Staff at Elementary (have read a
43 number of articles on the topic)

44 I don't think changing elementary school age
45 childrens' start time to an earlier time would be
46 beneficial to them. I think they would then be

47 sleeping less and they would be too tired to learn
48 and less able to have the ability to cope with
49 social anxieties and stress of academic
50 expectations. As many prents work I feel more
51 would be at an after school program or with
52 babysitters for the extra PM time but would not
53 increase the quality or quantity of parental time
54 as so many parents work. Bed time for many of
55 the elementary children is late so parents get to
56 spend time with them when they get home from
57 work, the parenents work hours would not
58 change because school hours do!! - Staff at
59 Elementary (have read a number of articles on
60 the topic)

61 Look into switching the elementary school start
62 times as these kids tend to have regular bedtimes
63 set and generally adhered to, after school
64 activities for this age group are generally
65 scheduled earlier than Masco students activities,
66 Masco students are studying and doing
67 homework later into the evening, (sometimes
68 after a work shift or after sports practices) than
69 elementary students are - Staff at Elementary
70 (have read a number of articles on the topic)

71 It is just not possible to add more hours to the
72 day. Whatever we try to open up will mean
73 negative consequences at the other end of the
74 day. The best thing is to reduce homework and
75 encourage parents not to overload their children
76 with afterschool activities to allow them time for
77 downtime, relaxation and sleep. - Staff at
78 Elementary (have heard some information on the
79 topic)

80 Keep everything the same please. - Staff at
81 Elementary (have read a number of articles on
82 the topic)

83 Changing the school time will effect - afterschool
84 for all grades, sport, works, etc. leaving little time
85 for older kids to get what needs to be done. Also,
86 an early start is preparing the kids for real life
87 jobs where people are accountable to start early. -
88 Staff at Elementary (have read a number of
89 articles on the topic)

90 I have always thought the switching the start
91 times for elementary school and high school
92 makes sense. Younger children naturally wake up
93 earlier (in most cases, of course!) while

1 adolescents go to bed later and need extra time to
2 sleep in the morning. - Staff at Elementary (have
3 read a number of articles on the topic)

4 Many elementary students already come to
5 school sleepy for a number of reasons (including
6 after school activities, parents who work late, and
7 sports). Having elementary school start times
8 earlier would greatly affect the younger students.
9 The number of studies on sleep needs of teens
10 and children say that teens need as much sleep as
11 children (which I understand they are not
12 getting). Therefore flip flopping the start time for
13 MASCO and younger students would affect the
14 younger students sleep needs. Also many of the
15 studies as well as articles call for later start times
16 for teens and adolescents but have little research
17 on the affect this is placing on younger students
18 when their start time is changed due to bus
19 conflicts. Although in towns in MA who have
20 changed high school start times there have been a
21 noticeable increase in the tardiness of elementary
22 school students as a result. I do think high school
23 students would benefit from getting more sleep
24 but not at the cost of switching the elementary
25 students' schedules. - Staff at Elementary (have
26 read a number of articles on the topic)

27 I think there should be reduced or no homework
28 in the spring months of May/June as many
29 families experience hectic schedules in these
30 months. Standardized testing also interrupts the
31 flow of teaching which impacts the amount of
32 homework given. I suggest this as a teacher and a
33 parent of school aged children who are involved
34 in extra-curricular activities outside of school. -
35 Staff at Elementary (have heard some
36 information on the topic)

37 I think younger children should go to school
38 earlier than high school children. - Staff at
39 Elementary (have heard some information on the
40 topic)

41 I agree that during the adolescent years, it would
42 be beneficial to start school later. - Staff at
43 Elementary (have heard some information on the
44 topic)

45 Other area schools start and end earlier. I believe
46 it helps for after school activities and extra help.
47 Maintaining after school programs for working

48 parents would be important for any schedule. -
49 Staff at Elementary (have read a number of
50 articles on the topic)

51 Considering the busy lives of teens, it makes
52 sense to have them start school later, and the
53 early elementary students to start earlier.
54 However, having middle and high school students
55 start later will impact their extra curricular
56 activity involvement. There is no easy answer to
57 this question, but it makes sense to have younger
58 students begin their school day earlier rather
59 than their middle/high school counterparts. -
60 Staff at Elementary (have heard some
61 information on the topic)

62 Bottom line, I wish we could have a longer school
63 day. We do not have enough face time! As an
64 elementary school teacher, I would be happy to
65 start earlier and end earlier. I would shift my
66 "work time" to the end of the day as opposed to
67 beginning of the day. In addition, I am a parent of
68 recent Masco grads and a current junior. I have
69 mixed feelings on the topic. On the one hand,
70 starting later would allow our kids more needed
71 sleep. Also, for our kiddos that do not participate
72 in sports after school, it is one less unsupervised
73 hour at home...which we know is tricky. On the
74 other hand, I am aware that there is an impact on
75 sports practices and potential hours for
76 employment. Good luck and thanks for taking on
77 the topic! - Staff at Elementary (have read a
78 number of articles on the topic)

79 Many students participate in after school
80 activities such as dance, karate, team sports. A
81 later end time to school may make it hard to
82 participate in those activities or off these you kids
83 limited time for a break/snack in between. Also,
84 the younger students are exhausted in the
85 afternoon. I can't imagine their day going until a
86 later hour. - Staff at Elementary (have read a
87 number of articles on the topic)

88 Please consider child care concerns for teachers.
89 If teachers were able to enroll their children in
90 the school system they work in any childcare
91 issues would be resolved. - Staff at Elementary
92 (have read a number of articles on the topic)

93 Although I do not teach in the high school, I think
94 the starting time at the middle and high school

1 level needs to change. Research tells us that teens
2 need way more sleep than they get. Another
3 benefit is teens would stay in school longer giving
4 their working parents an opportunity to
5 supervise them better after school ends. This is
6 an unintended, but, wonderful by product of a
7 later starting time. Teens need more supervision
8 than even the youngest students. - Staff at
9 Elementary (extensive reading on the topic)

10 Please start school earlier!!!! Elementary students
11 are so alert and ready to learn in the MORNING
12 not the afternoon!!! I would love an early start
13 time in Topsfield!!! Thank you for letting us share
14 our opinions! :-) - Staff at Elementary (have read
15 a number of articles on the topic)

16 I feel that there should be less/no homework at
17 all levels in order for students to participate in
18 activities afters school and go to bed at a decent
19 hour. Students work hard all day and to have
20 such a significant amount of homework along
21 with the expectations of sports and 'down time' is
22 unfair and an unnecessary amount of stress. -
23 Staff at Elementary (have heard some
24 information on the topic)

25 Elementary school students need to go to bed
26 earlier, not sleep later. If it helps Masco students I
27 am not opposed to starting 15-30 minutes later.
28 Afternoon activities would be impacted if the
29 change was greater. - Staff at Elementary (have
30 read a number of articles on the topic)

31 At the elementary level, I think the start and end
32 times are fine and should not be changed.
33 Students at this age get less homework than at
34 the high school level, and usually have earlier
35 bedtimes. Their days are scheduled by their
36 parents, whose job it is to ensure that their
37 children get sufficient sleep and are at school on
38 time. At the high school level, being at the
39 busstop at 6:25 is very early, and beginning
40 school at 7:25 is early. High school students tend
41 to get less sleep because they are up later,
42 participate in sports, and do homework.
43 However, if the start time was changed, students
44 would still be up just as late, if not later because
45 after school activities would start later. They
46 would be at practice later, start their homework
47 later, and see their friends later. Having a much

48 later start time would not make much of a
49 difference, however, delaying the day by 15
50 minutes-30 minutes might be helpful for high
51 school students. - Staff at Elementary (have read
52 a number of articles on the topic)

53 keep start times as they are now - Staff at
54 Elementary (have read a number of articles on
55 the topic)

56 I have many children in the after school program
57 till 6:00. I would not want to see them start
58 school any earlier than they do now. The day
59 would be much to long for them. - Staff at
60 Elementary (don't know much about the topic)

61 I believe the elementary students could begin a
62 bit earlier, to allow the older students a later start
63 time. The research shows that the older students
64 require the extra sleep time in the mornings. -
65 Staff at Elementary (have read a number of
66 articles on the topic)

67 Although I am in favor of having students at
68 Masco start school later, I would hope that there
69 would be some way to keep the elementary
70 school start/end times somewhat the same as
71 they are now - perhaps only changing times give
72 or take 15-20 minutes. - Staff at Elementary (have
73 read a number of articles on the topic)

74 I like how the elementary schedule is for students
75 and myself as it is now. - Staff at Elementary
76 (have heard some information on the topic)

77 I would be willing to start earlier if it meant
78 getting out earlier. At the elementary level,
79 students appear more alert in the earlier parts of
80 the day, while getting tired later in the day. - Staff
81 at Elementary (have heard some information on
82 the topic)

83 For elementary school, it is working fine. - Staff at
84 Elementary (don't know much about the topic)

85 I think for the younger students, the later in the
86 afternoon that school ends is not the most
87 beneficial for their stamina and attention. - Staff
88 at Elementary (have heard some information on
89 the topic)

90 My own children attend Danver Middle School.
91 The bell rings at 7:20 and they are dismissed at

1 1:50. 7:20 is too early for teens to attend school. I
2 am having difficulty with getting them both to eat
3 breakfast at this early hour. It is becoming a
4 problem with my 8th grade daughter. She will not
5 eat breakfast at this early hour and the 8th
6 graders have the latest lunch time. She has been
7 sent home because of headaches. I know for a fact
8 that she is not the only 8th grader who will not
9 eat breakfast at 6:50 in the morning. It is too
10 early for middle school students. An 8:00 start
11 time would be healthier for the developing
12 teenagers. I know this is not Danvers, however, a
13 teenager is a teenager. - Staff at Elementary (have
14 heard some information on the topic)

15 It appears as if high school students are better
16 suited for a later start and younger children do
17 better with an earlier beginning to their school
18 day. - Staff at Elementary (have read a number of
19 articles on the topic)

20 The articles I've read indicate that research
21 shows early start school times do not coincide
22 with a typical teen's circadian rhythm. I've not
23 read much about how school start time affects the
24 primary and elementary students. - Staff at
25 Elementary (have read a number of articles on
26 the topic)

27 It would be very helpful to have the elementary
28 school students start early since children at that
29 age are often awake early in the morning. - Staff
30 at Elementary (have read a number of articles on
31 the topic)

32 My own children graduated from Masco 4-8 years
33 ago and the start time was very early for them at
34 that time. As we all know, the younger students
35 get up earlier and are more awake in the early
36 morning than teenagers! Thanks! - Staff at
37 Elementary (have read a number of articles on
38 the topic)

39 DEVICE free sleep is needed. Too much
40 homework. Longer school days necessary to fit in
41 all that is required. - Staff at Elementary (have
42 read a number of articles on the topic)

43 From my personal experience, young children
44 rise with the sun and are killing time at home
45 waiting for the bus to come. As teens, my children
46 were always exhausted with at least 4 to 5 hours

47 of homework each night. They would do sports
48 after school, homework into the wee hours of the
49 morning and then get up at 6am to start all over
50 again. High school kids have zero down time in
51 their day. I so wish that the schedule had been a
52 later start when my kids were slogging through
53 middle and high school. My children were high
54 achievers which placed additional homework
55 demands on their evenings and weekends. I
56 always told them to hang in through high school
57 because college would be a breeze by
58 comparison. And it was, even though they both
59 went to schools with rigorous academic demands.
60 I would love for the next generation coming
61 through middle and high school to be spared the
62 agony that my children, and their friends suffered
63 through. The anxiety levels, mental health and
64 substance abuse issues are rampant among our
65 teens. Perhaps there is a link here. Something has
66 got to change! - Staff at Elementary (have read a
67 number of articles on the topic)

68 I work half-time, only mornings, so some of these
69 questions are not currently applicable to me. I
70 think elementary students should start school
71 between 8 and 8:15 am. - Staff at Elementary
72 (have heard some information on the topic)

73 I agree that children need adequate amounts of
74 sleep but I feel some of the responsibility needs
75 to be on the parents. Elementary age children are
76 staying up too late and using too many
77 electronics before bed. They are also involved in
78 too many sports/activities and don't have enough
79 down time. - Staff at Elementary (have read a
80 number of articles on the topic)

81 Masco start times and elementary could be
82 switched, however elementary could start at 8:15
83 and then maybe Masco by 9:00 giving teenagers a
84 later start time. It's a catch 22 however, since if
85 they play a sport and then have the same amount
86 of homework (several hrs. some nights), they will
87 be staying up later (so really their sleeping hours
88 wouldn't be changed). - Staff at Elementary (have
89 heard some information on the topic)

90 I think the best decision would be to have
91 younger students attend school earlier, this will
92 decrease their fatigue in the afternoon, and help
93 hs students to attend later and increase their

1 sleep - Staff at Elementary (extensive reading on
2 the topic)

3 The only thing I have read is that some people
4 believe that high school students are starting
5 school too early and not getting the required
6 sleep necessary for their age. I believe that part of
7 that is the homework load too. - Staff at
8 Elementary (have heard some information on the
9 topic)

10 Elementary children are awake earlier than high
11 school students. They are way more capable to
12 start at an earlier time. Kindergarteners are so
13 tired for the first half of the school year by 12
14 noon. It's a big adjustment for many of them. -
15 Staff at Elementary (have heard some
16 information on the topic)

1 **Staff Survey Open Responses**
2 **(Masconomet Staff and PreK-12**
3 **Staff)**

4 *Responses by staff who work in at Masconomet*
5 *(Grades 7-12) and those staff who work across all*
6 *Tri-Town districts (PreK-12)*

7 I am concerned that a later start will result in a
8 large increase in student dismissals in the
9 afternoon due to extra curricular events and/or
10 other commitments. I think this would have an
11 overall negative impact on student learning.
12 Many classrooms are unbearably hot in the
13 afternoon and extending instructional time into
14 the late afternoon. The very uncomfortable
15 conditions that students and teachers would
16 experience might have a negative impact on
17 teaching and learning. The questions about
18 homework were difficult to answer because it so
19 depends on the course load and level of course
20 that fills a student's schedule. In terms of my
21 personal schedule, changes in the start and end
22 time of the school day would have little impact as
23 long as access to the building was not limited. -
24 Staff at Masconomet (have read a number of
25 articles on the topic)

26 Student sleep is not impacted by school start
27 times. Most students who only get a few hours of
28 sleep are up late playing video games, watching
29 Netflix, etc. Moving the start time would just shift
30 the time the time they go to bed. - Staff at
31 Masconomet (have heard some information on
32 the topic)

33 How will a change affect student's after school
34 sports? jobs? sporting events with other schools?
35 How will teachers get to MD appointments if we
36 have less time after school hours? Less time
37 waiting for a bus or walking home in the dark
38 would be good.(safer) If we start later would it
39 mean that the younger children would have to
40 start earlier? That is not good, either. Have you
41 asked the students what they think about it? It
42 would be a huge change. I would rather some
43 other schools be the first to try it out, and see
44 what they find are the pros and cons. Advise
45 caution in jumping onto the latest bandwagon. I
46 would vote for tried and true for my children

47 rather than an experimental change. - Staff at
48 Masconomet (have read a number of articles on
49 the topic)

50 I believe students stay up too late, mostly due to
51 the use of phones and computers. They choose to
52 stay up late because they are using technology. I
53 have had conversations with my students about
54 what keeps them up late, if they stay up too late.
55 They acknowledge that it is because they are on
56 their phones or computers using social media.
57 They say that if homework keeps them up late, it
58 is because they have procrastinated during hours
59 when they could have been doing homework
60 earlier. We should be focusing on teaching
61 students techniques for time management and
62 creating an effective schedule for the
63 afternoons/evenings. I firmly believe students
64 will just stay up later if school starts at a later
65 time, resulting in the same amount of sleep. - Staff
66 at Masconomet (have read a number of articles
67 on the topic)

68 If you start school later - the students will stay up
69 later at night - also, this would affect athletics.
70 Also, maybe the parents could have their kids put
71 away their social media devices and go to bed
72 earlier - I have many talks with my students
73 about this issue and they say that they are very
74 rarely up late doing homework - they are usually
75 on their cell phone/social media or watching tv in
76 their bedrooms- unsupervised - Staff at
77 Masconomet (have read a number of articles on
78 the topic)

79 I work with a group of students who struggle as it
80 is, so some of my answers may be a bit skewed
81 (e.g., students falling asleep in class). Also, though
82 I do believe students need a lot more sleep than
83 they're currently getting, my biggest concern is
84 that students will simply go to bed later if they
85 know they can wake up later. - Staff at
86 Masconomet (have heard some information on
87 the topic)

88 I feel that a later start time for middle/high
89 school students would be very beneficial. - Staff at
90 Masconomet (extensive reading on the topic)

91 A later start time and shorter day would make the
92 biggest impact - Staff at Masconomet (have read a
93 number of articles on the topic)

1 Having a later start time would be detrimental to
2 both the staff and students. I already stay at
3 school anywhere between 4:30-6:00 at night
4 because with extra help until 3, I need that extra
5 time to prep for various activities and projects for
6 my students. I could not get all of my work done if
7 I had extra help until 4 or 4:30 in the after noon. i
8 would have to stay at work until 7. Also - the
9 issue here isn't too much homework or an early
10 start time. The issue is teenagers need to
11 prioritize their time. When I ask my students why
12 they are so tired, they usually tell me they went to
13 bed at 1:00 AM. Then ask why they went to bed
14 so late. They say it's because they have too much
15 homework. Then I ask when did you start your
16 homework. They answer, 9 or 10:00 at night.
17 Then I ask why did they start it so late and I get
18 the following answers: they have sports, work,
19 pasta parties, club events etc. Teenagers say yes
20 to everything and they and their families need to
21 prioritize school work and sleep first. That means
22 that during the week, they need to say no to some
23 of their activities. A later start time isn't going to
24 address any of these issues. Instead it will only
25 make it worse Please, don't do this. - Staff at
26 Masconomet (have read a number of articles on
27 the topic)

28 i feel the start time and ending time is sufficient
29 for the high school. It is unfortunate that the bus
30 schedule has to start so early to accommodate all
31 the tri towns and the distance from which that
32 students come. from. The later ending time would
33 affect sports and also there could be a problem
34 with the teacher contract. Students are not
35 necessarily getting less sleep because they are
36 doing homework but because they are on social
37 media. - Staff at Masconomet (extensive reading
38 on the topic)

39 I don't think starting later will improve anything.
40 I think the same students will be late and the
41 same students will be falling asleep in class. I
42 think sports and after school activities will be
43 negatively impacted and students will stay up
44 later completing homework. - Staff at
45 Masconomet (have read a number of articles on
46 the topic)

47 a slightly later day would benefit the students.
48 however starting later than 9 would impact

49 sports and end the day too late. - Staff at
50 Masconomet (have heard some information on
51 the topic)

52 I have children who are college graduates, they
53 had alot more homework than masco students
54 and went to bed earlier, played sports, were
55 rarely tired or sleepy, they ate healthy food and
56 had no cell phones, computers, or other media to
57 distract them, they read books and watched tv.
58 the problem is not school it is video games,
59 phones, social media etc. - Staff at Masconomet
60 (extensive reading on the topic)

61 Traditionally high school students go to school at
62 least 1 hour earlier than elementary kids and end
63 their school day earlier so they can go to work or
64 Sports practice after school.Elementary kids need
65 down time after school and then have homework,
66 chores, dinner, reading, famiky time and showers
67 before they go to sleep, making it almost
68 impossible for them to get enough sleep if they
69 have to wake up at 6 o'clock in the morning or
70 earlier. Early wake up is good practice,for
71 president military and college bound teens. They
72 need to go to bed earlier like we did in high
73 school. - Staff at Masconomet (have read a
74 number of articles on the topic)

75 Sports games and practices would be negatively
76 affected. Students would need to be dismissed
77 several times a month to participate in games. -
78 Staff at Masconomet (extensive reading on the
79 topic)

80 Are parents going make sure the students get the
81 sleep they need. Changing time simply pushes
82 students bedtime to be later it also implies that
83 the school has some sort of responsibility to get
84 students in on time, which is really the
85 responsibility of parents. - Staff at Masconomet
86 (extensive reading on the topic)

87 Part of life is learning how to balance your daily
88 schedule. If students participate in too many
89 activities, then that leaves less time for
90 homework. HS students should expect to spend a
91 few hours each night on homework/studying. It's
92 important for HS students to learn how to pick
93 and choose the activities which are most
94 important to them so they can find a healthy
95 balance between school, family, extracurriculars,

1 and friends. I see many students balance packed
2 schedules with ease, while others have trouble
3 finding a balance with much less on their plate.
4 Time management skills, good organizational
5 skills, knowing how to prioritize are all important
6 aspects of being a successful, well balanced
7 individual. Students getting too little sleep should
8 honestly evaluate how much time they spend
9 watching TV, playing video games, or following
10 people on social media. Students should also
11 honestly evaluate the level (AP, Honors, CP) of
12 courses they take. Are they properly selecting
13 classes based on their ability or interest? If not,
14 they could be spending far too long on homework
15 because the course and subsequent homework is
16 beyond their capabilities. Also, are students
17 participating in too many activities just to fill
18 their resume for college? All of these factors
19 would be impacting how much sleep students get
20 each night. - Staff at Masconomet (have read a
21 number of articles on the topic)

22 Unless a majority of schools in the surrounding
23 area change, especially those who compete in
24 sports with Masco, the timing will negatively
25 impact after school activities. This also goes for
26 outside activities including dance, music, and
27 other lessons. - Staff at Masconomet (have read a
28 number of articles on the topic)

29 The research is quite clear: adolescents need
30 between 8-9 hours of sleep a night & their
31 circadian rhythm begins a bit later than adults. I
32 would also benefit from a later start time,
33 because teachers are also sleep deprived! - Staff
34 at Masconomet (have read a number of articles
35 on the topic)

36 I think this is a great idea and it is in line with
37 trends across the country. I think research shows
38 it would positively affect student learning. - Staff
39 at Masconomet (have read a number of articles
40 on the topic)

41 I understand that students are not getting enough
42 sleep. I hear students all the time who stay up
43 very late at night to do homework. They have
44 many commitments outside of school, then have
45 to start homework later on in the evening. This
46 can be problematic when they are taking a
47 demanding courseload, which in turn causes

48 them to have not enough sleep. Adjusting the
49 time that students start school would make it
50 difficult to commute during the busier time in the
51 mornings, and I believe that students will stay up
52 later doing homework. All of their after school
53 commitments will be pushed later, then they will
54 still have to go home to complete all their work. I
55 could see the value in a small start time
56 adjustment, however, I do not know if that is
57 feasible with the elementary school bus routes. -
58 Staff at Masconomet (have heard some
59 information on the topic)

60 Most of the successful people I have known in my
61 lifetime get up early in the morning, say between
62 6 and 7, some earlier. They maintain a routine,
63 and are very productive people. I stated that my
64 students get too little sleep. This does not appear
65 to be based on their morning rise times. I t
66 appears to be caused by their lack of
67 organizational skills and being distracted by
68 social media, games, and other cell phone/on-line
69 activities well into the evening. - Staff at
70 Masconomet (have read a number of articles on
71 the topic)

72 I feel that a later start time would greatly benefit
73 the students at the middle school. I know you
74 aren't looking into this currently, but a longer day
75 with less homework may also help the students
76 in my opinion. - Staff at Masconomet (have heard
77 some information on the topic)

78 I think that teens need to sleep later in the
79 morning. Because they are not going to change
80 their bedtime to an earlier one, the only way to
81 get them more sleep time is to start school later.
82 It's really important to their health and also to
83 their ability to perform well in school. - Staff at
84 Masconomet (have read a number of articles on
85 the topic)

86 I wrote a research paper on school start times
87 over a decade ago and the data was clear that we
88 start school too early for adolescents. If we are
89 going to be effective in teaching students than
90 they should be well rested. As I tell many my high
91 school started at 8:20am over two decades ago
92 and they have kept this time. Why do we start so
93 early? - Staff at Masconomet (have read a number
94 of articles on the topic)

1 I'm not sure students would change their sleeping
2 habits even with a latter start. - Staff at
3 Masconomet (have read a number of articles on
4 the topic)

5 Later start would be beneficial for students. More
6 sleep is needed. - Staff at Masconomet (have read
7 a number of articles on the topic)

8 My biggest concern is not start or end time.
9 Although personally, my daycare closes at 4pm
10 and I cannot leave school later than 3:30 pm and
11 that's pushing it. My real concern is the fact that
12 the quality of sleep students get is not good
13 enough. Students need 8+ hours of uninterrupted
14 sleep. Meaning that an hour or two before bed
15 they avoid ALL screens (i.e. computers, phones,
16 etc.), limit sugar and caffeine intake 6 hours prior
17 to bed, and empty their bedrooms of all
18 distractions. Starting school later will only allow
19 students to stay up later. It will not change the
20 behavior that leads to poor sleep! Instead of
21 changing the school start or end time, the school
22 should think about removing homeroom and then
23 allowing students to leave school earlier so they
24 can get their homework done. Maybe then they
25 will get to bed on time. Or better yet get rid of all
26 sugar and caffeine products from the school. -
27 Staff at Masconomet (have read a number of
28 articles on the topic)

29 Just put extra help, excels and clubs in the
30 morning starting at 730-8am. School can then
31 start somewhere between 8-845am. School can
32 still end at 2:53-3pm. Therefore, high school
33 sports will be unaffected. - Staff at Masconomet

34 I think that disrupting the afternoon schedule
35 would be difficult for me personally and maybe
36 for students. Maybe if we swapped and had extra
37 help in the morning and had classes ending at
38 2:45-3, that would help? Maybe no homeroom?
39 We used to just take attendance & such in 1st
40 period in my old school. - Staff at Masconomet
41 (have heard some information on the topic)

42 it sounds good in theory but change is a
43 challenging task. I would rather get rid of one of
44 the vacation weeks and then start the day later. -
45 Staff at Masconomet (have read a number of
46 articles on the topic)

47 I think technology (cell phones, etc.) cut into a lot
48 of students' time. I think 2 hours of homework
49 could drag out to 4 hours when students are not
50 focused and when they have their phone right
51 next to them. I also think that phone usage cuts
52 into sleep time. I don't know that shifting the
53 school day would change the other habits of
54 students that also affect their sleep (or lack
55 thereof). - Staff at Masconomet (have heard some
56 information on the topic)

57 The experts say adolescents/teenagers are night
58 owls and need sleep in the morning. - Staff at
59 Masconomet (have read a number of articles on
60 the topic)

61 moving start and end times is best for all
62 involved. Sports holds start and end times
63 hostage and a minority of students should not
64 affect the greater good - Staff at Masconomet
65 (have read a number of articles on the topic)

66 A later start would be okay but my concern is
67 dismissal. Maybe shortening lunch or after school
68 help so students could still participate in sports
69 or a job. If they can sleep in I think that it will just
70 cause them to stay up even later. - Staff at
71 Masconomet (have heard some information on
72 the topic)

73 Because I am the mom of two little ones (ages 3 &
74 5) who wake up early every morning, it makes
75 sense to me to have the elementary schools start
76 earlier. I am also a teacher at Masconomet and at
77 least once a week I see a student nodding off
78 during class first period. The teenagers would
79 benefit by starting an hour later in the morning.
80 Not sure how that would affect sports etc... - Staff
81 at Masconomet (have heard some information on
82 the topic)

83 Changing to start time itself wouldn't have a
84 tremendous impact of my schedule but an end
85 time to the teachers day later than 3:15 would
86 have a negative impact on both my commute and
87 other family/ after school commitments. This
88 impact would likely be great enough that I would
89 consider looking for a teaching position in
90 another district. - Staff at Masconomet (have
91 heard some information on the topic)

1 I think that changing the start time of school is a
2 complex issue. Biologically, it makes me sense to
3 start a little later but there are some
4 challenges/issues that should be considered in
5 planning. -After care for elementary students
6 who rely on an older sibling getting home first. -
7 Extra help. I have always recommended that staff
8 have certain days(if they choose) where they
9 have extra help before school. Many districts
10 actually require this of staff. It is often easier for a
11 parent to drop off a student early rather than pick
12 them up in the afternoon. We have no late bus
13 and demographically we are stuck in a time warp
14 when we assume that there is always a parent
15 available to pick students up. Our current system
16 benefits students who already have the benefit of
17 a parent at home to help them and hurts the
18 students that might need adult academic
19 guidance the most due to unsupervised after
20 school time. Every year I have more and more
21 students who are unable to access extra help
22 easily or at all. If extra help were offered on
23 certain days(or all days) before school this would
24 help to offset the issue of the day ending later for
25 staff and students. Occasionally coming in early
26 for extra help is preferable to having to come to
27 school early every day with out current system. -
28 Extracurriculars will be impacted. I run multiple
29 excels and a club. I also work sports events. I
30 need the money and enjoy doing it so I'd
31 probably run an excel and continue with the club
32 but might not offer as many excels throughout
33 the year or work games as not to impact my
34 family. Other teachers may find that the time it
35 takes away from home is not worth the benefits.
36 Students will likely have issues with
37 extracurriculars as well. - Staff at Masconomet
38 (have read a number of articles on the topic)

39 I am not a proponent of, "a one size fits all
40 approach." I prefer a more flexible schedule.
41 Ideally, 8:00 AM to 2:15 PM would be my
42 preference. Having the day go beyond 2:15 would
43 have a negative impact on extra curricular
44 activities, athletics and jobs for students. Sleeping
45 issues should be addressed by families and not
46 entire school districts. We have plenty of students
47 who get to bed at a decent hour and are working
48 well first thing in the morning. Some students are
49 aloud by their parents to play video games all

50 night and can't wake up and perform as well in
51 the morning. That is parenting. I am also a parent
52 in the district with two children participating in
53 athletics and working a job. Any extension of the
54 day would have a negative impact on their lives. -
55 Staff at Masconomet (have read a number of
56 articles on the topic)

57 I think that if we go to a later start teachers
58 should be allowed to do extra help in the morning
59 before school or after school. It should be up to
60 the teacher to decide. I also think if we go to a
61 later start we shouldn't have after school help on
62 Mondays when there are meetings. - Staff at
63 Masconomet (have read a number of articles on
64 the topic)

65 Ideally, school would start later for middle
66 schoolers, but ending it much later than 3:00
67 could be a problem because of the many
68 extracurricular activities our students participate
69 in, plus, with so much homework to do, if
70 everything is pushed later in the afternoon,
71 students might be going to bed later, which
72 would negate the positive effects of starting later.
73 Also, for a later end time, we would need to
74 eliminate the contractual obligation of extra help
75 for teachers. I would be okay with school ending
76 at 3:00 but only if I could go home at 3:00 and did
77 not have to stay an additional 35 minutes each
78 day. If losing extra help is an issue, it could be
79 built into the daily schedule. Another problem is
80 that our current schedule allows teachers who
81 have young children to get home before the
82 elementary busses in order to get their children
83 off the bus or avoid having young children home
84 alone after school. I agree with a later start time
85 in theory, but I worry about the consequences a
86 later end time might have. - Staff at Masconomet
87 (have heard some information on the topic)

88 I believe this is all relative. If students are given a
89 later start time and, presumably, a later end time,
90 all after school activities, extracurriculars, sports,
91 and homework will start and finish later. I don't
92 understand how this will positively impact
93 students. As a coach, this is going to affect my
94 willingness to be involved with athletics. There
95 needs to be more conversation around how a
96 later start time will affect the end time. It doesn't
97 appear that there is any information regarding

1 when school may end and how this could impact
2 the employees of the school. Furthermore, how
3 will this impact extra help? Would this be moved
4 to before school? And if so, wouldn't this be
5 against the very reasons for supporting a later
6 start time? My final thought is this: I have always
7 agreed that everything I do as a teacher is for the
8 students. However, I also believe that at some
9 point real life kicks in and we need to stop
10 changing, modifying, and giving in to them and
11 start showing them that real life won't
12 necessarily care about their sleep patterns and
13 ideal working hours. I have never had a student
14 fall asleep in class. Students who are sleepy in
15 class at 7:45 are going to be sleepy in class at 8:30
16 if that becomes their new start time. - Staff at
17 Masconomet (have read a number of articles on
18 the topic)

19 The start times of elementary and high school
20 should be flipped. Adolescents naturally go to bed
21 and sleep later than elementary students. One has
22 only to observe a 2 hour delay day at the high
23 school to see the benefits of more sleep for teens.
24 They are happier, more alert, and more willing to
25 think analytically. - Staff at Masconomet (have
26 read a number of articles on the topic)

27 I definitely believe the amount of homework
28 should be reduced. I try not to give assignments
29 that should take more than 15-20 minutes to
30 complete. However, I know that some students
31 get a lot of homework, especially from the Math
32 and Science departments. Changing the start and
33 end time would be difficult for me. I need to get
34 my son off the bus, and I barely make it home at is
35 right now to get him. I believe a simple solution
36 would be to eliminate homeroom. I spend almost
37 half an hour in my homeroom, and most of the
38 students are simply playing on their cell phones
39 or vegging out. In this way, students could start
40 period 1 at 8:00, but we could still get out at the
41 same time. Any essential information could be
42 given via the intercom system. - Staff at
43 Masconomet (have heard some information on
44 the topic)

45 I don't feel the school day is the problem or the
46 amount of homework. The problem is the after
47 school activities that the students participate in
48 and the amount of time they are on the internet

49 instead of going to bed. For example, hockey
50 practices at the middle school age often start at 8
51 pm and there is at least a half hour drive. - Staff at
52 Masconomet (have read a number of articles on
53 the topic)

54 KEEP IT THE SAME. - Staff at Masconomet (have
55 read a number of articles on the topic)

56 I would like to see a change in the start of the
57 school day. - Staff at Masconomet (have heard
58 some information on the topic)

59 I feel that the student would just stay up later so
60 no matter what time school starts the there
61 would complaints it is too early. I think they need
62 their cell phones taken away at night so they can
63 get an uninterrupted night's sleep. - Staff at
64 Masconomet (have read a number of articles on
65 the topic)

66 I'm thinking students have significant sleep
67 issues, even disorders. It makes sense that we
68 give students information on how to relax, foods
69 to eat and not eat before bed, and general
70 information as many of my 8th grade students
71 are taking ambient and other drugs. This is
72 disturbing to me that many children cannot get
73 themselves to sleep, or when they wake they
74 can't put themselves back to sleep. - Staff at
75 Masconomet (extensive reading on the topic)

76 I asked my students if they would like a later start
77 and surprisingly most said no. The reason being
78 that it would interfere with sports, lessons and
79 extra-curricular activities after school. The
80 second reason was that it would not allow for
81 enough time to complete homework in the
82 evening. Another factor that needs to be
83 considered in terms of teen sleep deprivation is
84 the impact of cell phones and the use of social
85 media in the evening. I have found a direct
86 correlation between phone or game use and sleep
87 deprivation. - Staff at Masconomet (extensive
88 reading on the topic)

89 High school students should be able to sleep in
90 longer, but we also place pressures on them to
91 practice sports, get jobs, socialize in areas that
92 are not a home, and complete homework. We can
93 change the hours of school to start later and end
94 later, but does anyone not think that team sports

1 will not try to fill the early morning vacuum in
2 order to get practice time? The committee is
3 addressing the start of school to see if a major
4 change will affect students and the community.
5 Early morning practices can be changed right
6 now to see if there is a difference. I don't think it
7 will be the classroom teacher that will have the
8 most to change, but the athletics, activities, family
9 schedules, and other ancillary programs. Fall
10 sports will have less daylight to practice. - Staff at
11 Masconomet (extensive reading on the topic)

12 Changing the school day would severely affect my
13 ability as a single mother to get my own children
14 to school in another district and to get them to
15 their own activities after school. It would possibly
16 warrant changing to a different school
17 district...very sad - Staff at Masconomet (have
18 heard some information on the topic)

19 I agree students need more sleep, but I do not
20 think they will get more sleep by starting later.
21 They will just go to bed later. - Staff at
22 Masconomet (have read a number of articles on
23 the topic)

24 Changing the start time will not help students get
25 more sleep. They will miss more class due to
26 leaving even more often for sporting events,
27 doctors appointments, jobs, etc. Students day will
28 just be shifted because we are not actually talking
29 about reducing any time. Perhaps doing away
30 with homeroom and modifying extra help will
31 shorten their day, but I don't think it is that
32 impactful. Students need to be less distracted by
33 devices and socializing. Homework will not take
34 as much time if students are focused on only that
35 and not checking social media every few minutes.
36 That is a bigger problem and another instance of
37 expecting the school and teachers to make
38 changes because the parents don't want to have
39 to tell their children no and follow through on
40 their parenting obligations. - Staff at Masconomet
41 (have read a number of articles on the topic)

42 Changing the start time of school to a later time
43 would affect the start of sports practice times and
44 game times. In the fall you barely have enough
45 time due to the number of daylight hours as it is. I
46 also make sure my students electronics and tv
47 time is shut off at an appropriate time to allow for

48 them to be in bed at a reasonable hour. - Staff at
49 Masconomet (have read a number of articles on
50 the topic)

51 Although I think it may help some students get
52 better sleep and be better prepared for school if
53 the start time was later, I think a big part of the
54 issue is how much sleep students are getting each
55 night. I think they should be going to bed sooner to
56 get more sleep. - Staff at Masconomet (have read
57 a number of articles on the topic)

58 Ample research supports the theory that
59 adolescents' brains are not fully functioning by
60 our current start time. Starting so early is a
61 disservice to the developing minds of our
62 students, as well as a disservice to the teachers
63 who are being evaluated based on their students'
64 performance and retention of knowledge. Both of
65 these items are negatively impacted by our
66 current start time. - Staff at Masconomet
67 (extensive reading on the topic)

68 I feel that this decision should be made based on
69 how students will be affected. This speaks to
70 potential positive impact on their academic
71 performance as well as their social emotional
72 well being. - Staff at Masconomet (have read a
73 number of articles on the topic)

74 At home, my own teens cannot fall asleep before
75 11. They naturally wake up around 9. At work,
76 teens often share similar anecdotes. I think we
77 need to turn to existing research to determine if
78 students will actually get more sleep, or will they
79 just stay up later? If sports starts later, do
80 students then start and finish homework much
81 later, which will result in the same number of
82 hours? Rather than rely on anecdotes, let's be
83 sure we rely on science and 0 - Staff at
84 Masconomet (have read a number of articles on
85 the topic)

86 My concern with changing the school day would
87 be how to incorporate meetings and extra help.
88 Would it be possible to hold meetings and extra
89 help before school? If we push back the start time
90 then it will be difficult to make appointments
91 after school. In addition, how will this impact
92 athletes and coaches that are teachers in the
93 district? Will those students and coaches be
94 allowed to leave early? Is that fair to the other

1 students and teachers? I am also concerned that I
2 am in graduate school and some classes begin at
3 4:30. If the school day is pushed back, I will not
4 be able to make these classes and that will limit
5 the number of classes that I can take and will
6 ultimately push back my graduation date. - Staff
7 at Masconomet (have heard some information on
8 the topic)

9 Students are given too much homework in
10 addition to having devices in their rooms at night
11 which keep them up. Phones and computers are
12 excellent tools but for teenagers have caused
13 many of them to be sleep deprived. Even if we
14 start the school day later the issue will not be
15 solved. They are still going to have the same
16 amount of homework in conjunction with after
17 school activities. The combination of all of this
18 with the distraction of electronic devices will
19 result in the same amount of sleep. We need more
20 of an holistic approach to solve this issue. - Staff
21 at Masconomet (have read a number of articles
22 on the topic)

23 Changing school start time will not likely solve
24 the problem of lack of sleep. Students will likely
25 go to bed later than they do now. With regard to
26 time spent on homework, consideration should
27 be given as to whether students are entirely
28 focused during homework time. Do they
29 electronics on during this time period? (e.g. social
30 media). Most students have admitted to me that
31 this distraction contributes to their going to bed
32 later. Further, many students take multiple AP
33 classes. If they do well, this may result in college
34 credit. If that is the case, the expectation for
35 homework should be somewhat in line to what a
36 college course should be. While an extra hour in
37 the morning sounds great, it may likely be a
38 fallacy. I suspect many club meetings will be
39 moved to the morning. We do not have an
40 attendance problem at Masco. I question if we
41 will have a problem with dismissals if classes end
42 later as many students belong to clubs and
43 organizations that are outside of Masco. Did you
44 ask questions as to whether parents will have
45 their students miss an AAU practice for example
46 if classes prevented them from getting to it on
47 time? - Staff at Masconomet (have read a number
48 of articles on the topic)

49 I believe the students are stretching themselves
50 too thin with too many extra curricular activities.
51 I do not believe changing school start time will
52 change things. - Staff at Masconomet (have read a
53 number of articles on the topic)

54 I do not think changing the start time of school
55 will make that much difference. Students will stay
56 up later if they know they can sleep later. - Staff
57 at Masconomet (have heard some information on
58 the topic)

59 I'm ok with bumping back the school day 30
60 minutes or so. My concern would be extra help
61 and whether we would be expecting to stay as
62 long with the later start time. I also feel that time
63 can be gained by eliminating homeroom. It is 30
64 minutes that are effectively wasted each day,
65 when students could be sleeping and we could
66 find another time to take care of administrative
67 tasks are sometimes done in home room. - Staff at
68 Masconomet (have heard some information on
69 the topic)

70 While a later start time could benefit may of our
71 students, I worry that a later end time might
72 result in some students "Checking out" earlier in
73 the school day. I would be interested to hear
74 how much "time on learning" students spend
75 here at masco. We have a longer school day
76 compared to a few other districts. - Staff at
77 Masconomet (have read a number of articles on
78 the topic)

79 Changing the start/finish time will not make a
80 major difference. The routines the students have -
81 staying up till 10-11 and on their electronics for
82 some, will not change. - Staff at Masconomet
83 (have heard some information on the topic)

84 Starting later means that for athletes practice
85 would certainly be in the morning before school,
86 and the problem will still be the same. - Staff at
87 Masconomet (have heard some information on
88 the topic)

89 I do believe that the high school students need
90 more sleep. In addition to extra curricular
91 activities and sports, I think they get a decent
92 amount of homework but stay up late on their
93 personal electronic devices. They complain about
94 hw but they receive just as much or less than

1 when I was in high school. I have a young child at
2 home and am a bit worried that I will have
3 difficulty getting him on time from daycare if the
4 school day changes significantly. - Staff at
5 Masconomet (have read a number of articles on
6 the topic)

7 Keep it the same time. Once kids are up they are
8 ready to go. An hour later will not make a
9 difference in getting kids up. They still will not
10 like it. - Staff at Masconomet (have read a number
11 of articles on the topic)

12 As a coach, I do not want school ending later than
13 2:45-3:00. I've talked to a coach from Beverly
14 High School who said that in his experience,
15 because they can sleep in later students go to bed
16 later, so sleep is not improved. - Staff at
17 Masconomet (have read a number of articles on
18 the topic)

19 I do think a later start time of 30-45 minutes
20 would be more in line with adolescent
21 development/need for sleep. I think pushing the
22 day TOO much forward will result in the
23 afternoon getting eaten up with little time for
24 sports or other activities. - Staff at Masconomet
25 (have heard some information on the topic)

26 If the start time of school moves later, therefore
27 making the end time later, how does this affect
28 after school extra help? the opportunity for
29 students to work after school? athletics? clubs?
30 Many teachers also have young children and have
31 figured out their own personal schedules around
32 their own children's needs and school times.
33 Whatever the change is, it will cause a lot of
34 people to have to readjust their own lives. - Staff
35 at Masconomet (have read a number of articles
36 on the topic)

37 Amount of homework depends on level of classes
38 students taking. For CP classes, homework is
39 appropriate. For Honors classes, too much,
40 cumulatively. Kids are staying up late to get HW
41 done, then getting up too early. Cumulative effect
42 = sickness, stress, anxiety, depression. - Staff at
43 Masconomet (have read a number of articles on
44 the topic)

45 Don't change anything. - Staff at Masconomet
46 (have read a number of articles on the topic)

47 If school starts later, students will stay up later.
48 The problem is not with the school times. It's
49 with student sleep habits. Changing the school
50 times will not change the behavior. Many
51 students have an abundance of after-school
52 activities. Families need to set priorities. Perhaps
53 they should reduce the amount of activities.
54 Parents want their children to excel in
55 everything. There's not enough time in the day to
56 do that. Tough choices sometimes have to be
57 made. Sacrificing education is a choice I am not in
58 favor of. - Staff at Masconomet (have read a
59 number of articles on the topic)

60 I would eliminate the homeroom time. I think it is
61 unnecessary. The ideal time would be start school
62 at 8:00 am - Staff at Masconomet (have heard
63 some information on the topic)

64 A moderate majority of our students appear very
65 sleepy first block. They are up quite late
66 completing homework, studying for tests and
67 working on projects. We have very busy students
68 involved in many activities after school...we can
69 all use an extra hour of sleep. However, on the
70 plus side...our students display excellent time
71 management, will be well prepared for 8am
72 college classes and many arrive at school before
73 homeroom to attend to details for the day. I do
74 question if chronic issues (from the same
75 students) of tardiness & absences will still occur
76 as symptomatic of the family's broader issues. As
77 both an educator and parent in the school district,
78 I have had 4 kids graduate from Masco, and quite
79 honestly, 2 would have greatly benefited from a
80 later start time and 2 did absolutely fine and
81 continue to be early risers. As working parents
82 getting out the door ourselves, we rejoiced at the
83 early departure and found it agonizing when we
84 had to wait for the elementary bus pick-up and
85 start time...it was often after 9 before we could
86 head out the door. In summary, up to an
87 additional hour in the morning, an 8:20 arrival
88 time instead of 7:20, should satisfy both ends of
89 the spectrum as long as early entry to the school
90 is still available for parents who will need to drop
91 off at the original time in the event of a work
92 conflict or for students who may elect to meet for
93 group projects, to print something out, to meet
94 with a teacher or to review for a test. I have read
95 a great deal of material on this issue & I always

1 questioned why I was dropping off my pre-
2 school-er, who had been up since 6am, at 9:00,
3 while my middle school-er struggled to get up at
4 6:00 to catch the bus. I think this is a move in the
5 right direction! Thank You! - Staff at Masconomet
6 (have read a number of articles on the topic)

7 With the high academic expectations we have for
8 our students, the amount of homework added to
9 afterschool sports and other extracurricular
10 activities, leave less time for a full 7-9 hours of
11 sleep a night. I'm not sure if the solution is less
12 activities, less homework or a combination of
13 both. Students today seem to be more over-
14 programmed than what might be considered
15 optimal. We try to fit in every aspect of what may
16 be considered essential elements to produce a
17 well rounded citizen. Though in trying to cover all
18 of our bases we may inadvertently be
19 contributing to the creation of students who have
20 higher stress levels and a sought-after level of
21 productivity which is unattainable and/or
22 unrealistic. These aspects of present day student
23 life may, perhaps negatively affect a students self-
24 esteem and self-worth. A stronger balance of
25 academics and studies in the humanities, I
26 believe, would also be a step in the right direction
27 - Staff at Masconomet (have read a number of
28 articles on the topic)

29 Younger children wake up earlier than older
30 students mostly because they go to bed earlier. It
31 would seem to reason that the younger students
32 should start school earlier than middle and high
33 schoolers, however, many parents need their
34 older students home to babysit the younger
35 children after school while they are still at work.
36 So there is a dilemma. On another matter, if we
37 could incorporate a time in the school day for
38 students to seriously complete their homework
39 and not have to do any homework at home that
40 would be nice. This is up to students though, as
41 many of them waste time in school when an
42 opportunity is given for them to complete work,
43 commenting that they would rather do it at home
44 where they can concentrate better. - Staff at
45 Masconomet (have read a number of articles on
46 the topic)

47 I'm not sure a later start would be a good solution
48 to the lack of sleep students get. I'm conceded

49 with a later start time students will go to bed
50 later, having no difference in hours of sleep per
51 night. A possible solution would be to have
52 students start the day with some kind of
53 movement activity (school wide) during morning
54 announcements. - Staff at Masconomet (have read
55 a number of articles on the topic)

56 I absolutely agree that proper sleep is vital to an
57 adolescent's well-being. I agree with all of the
58 research and understand the need for teens to
59 have 8 to 10 hours of sleep each night in order to
60 function best. When students do not get enough
61 sleep or have sleep difficulties it can negatively
62 impact their performance in school and with
63 daily activities. I fully appreciate this in my direct
64 work with this age group, as well as a parent of
65 three children. However, I do not believe that
66 changing the start time of school is going to solve
67 a lack of sleep among students. As a parent, it is
68 my primary responsibility to make sure my
69 child's basic needs are being met. Parents need to
70 ensure their student is getting the right amount
71 of sleep at home. I think the school can help the
72 most by reducing the volume of work a student is
73 expected to do outside of the school day, which
74 may in return contribute to being unable to go to
75 sleep at a reasonable time. Parents also need to
76 make sure they are helping their child establish
77 healthy routines and what works best for them
78 and their schedule. I would like to know how
79 starting later is going to ensure students get the
80 right amount of sleep daily. In addition, I think it
81 would be most helpful to see variations of
82 schedules with different start times. How does a
83 later start time look, incorporating extra help,
84 after school activities, sports, clubs, and work?
85 What is the impact of rescheduling student
86 activities going to be on the student. - Staff at
87 Masconomet (have read a number of articles on
88 the topic)

89 It is nearly impossible to answer the question
90 about hours of homework students have and how
91 long it takes them to complete their homework.
92 Some teachers do not assign homework, others
93 give lots consistently. It varies from subject to
94 subject; it varies due to time of semester; it varies
95 so there is no consistent, reliable way to judge.
96 Answers are not definitive- they are guesses. I
97 would think making decisions based on guesses is

1 inadvisable. This same logic applies to how much
2 sleep students may or may not get AND how
3 sleep or lack of sleep ACTUALLY affects their
4 performance. Hours of homework and sleep
5 varies among individuals, so please consider this
6 when making decisions based on the "data" you
7 receive and "interpret" from this survey. There
8 are a number of other great reasons NOT to
9 change the start and end time of the school day in
10 the high school; too many to include here. - Staff
11 at Masconomet (have heard some information on
12 the topic)

13 I understand the dynamic. The issue I have is it
14 must be an "all or nothing" scenario. Affecting
15 Masconomet's schedule changes how we as a
16 school can participate with other schools and
17 activities that run a traditional schedule. This will
18 affect after-school sports and other activities
19 greatly. - Staff at Masconomet (have read a
20 number of articles on the topic)

21 Sleep is key to good health and learning - Staff at
22 Masconomet (have read a number of articles on
23 the topic)

24 High school students get too little sleep due to
25 overuse of electronics/excessive screen time and
26 going to bed too late. It does not seem that
27 excessive homework is keeping them up at night.
28 - Staff at Masconomet (have read a number of
29 articles on the topic)

30 One area that might help improve how much time
31 it takes staff/students to get into school is
32 improving the traffic flow. In particular, it can
33 take over 5 minutes to get off the I95 north
34 bound exit (and it can be pretty dangerous). -
35 Staff at Masconomet (have heard some
36 information on the topic)

37 Along with any changes to the start time, I would
38 suggest either abbreviating or eliminating the
39 homeroom period. - Staff at Masconomet (don't
40 know much about the topic)

41 I don't think this is a new topic of conversation.
42 What has changed is the technology that students
43 have at their disposals, and I believe this is what
44 is keeping them up at night, i.e. video games,
45 social media. I don't think changing the start time
46 is going to solve the problem as long as the

47 technology is there for distractions. - Staff at
48 Masconomet (have heard some information on
49 the topic)

50 I am not interested in moving the time for school
51 to start at all. - Staff at Masconomet (have read a
52 number of articles on the topic)

53 Some responsibility may need to fall on the
54 student. If they are not getting 'enough sleep'
55 then possibly they need to lessen their
56 participation in after school activities and/or
57 part-time work. Choices need to be made rather
58 than accommodations installed - Staff at
59 Masconomet (have heard some information on
60 the topic)

61 When making this decision, it would be
62 impossible to satisfy every single family's needs,
63 so we just have to look at the makeup of the Tri-
64 Town and see if a change is beneficial overall. A
65 later ending time may have positive OR negative
66 effects. For a family with two working parents,
67 having students in school a little later in the day
68 may actually be a good thing, so long as the
69 student is still capable of getting to school in the
70 morning. From the students' perspective, I
71 believe a later start time will be beneficial.
72 However, I think the amount of homework given
73 probably has a greater impact on a student's level
74 of sleep deprivation and school performance. -
75 Staff at Masconomet (have read a number of
76 articles on the topic)

77 I can't offer much in the way of data on start
78 times affecting me personally. Since many school
79 districts are looking into these changes,
80 everything would depend on the Masco changes
81 in relation to the changes in start times in the
82 school district in which I live. A significant change
83 in either my schedule or my child's schedule
84 could be a major benefit or a MAJOR hinderance
85 depending upon what times are chosen. One
86 thing to keep in mind, is that many of your staff
87 members travel from significant distances
88 because they either can't or don't want to live in
89 the district. - Staff at Masconomet (have read a
90 number of articles on the topic)

91 I am concerned that if classes were to end later
92 that extra help would be affected. Masco is a
93 school with high standards where extra help is

1 often needed. If classes ended at 3 and then extra
2 help was after that it would be difficult to
3 continue sports and other after school activities. -
4 Staff at Masconomet (have heard some
5 information on the topic)

6 I think it is the responsibility of parents to make
7 sure their children are getting enough hours of
8 sleep each night. Children should not have
9 electronics of any kind in their bedrooms and
10 lights should be out at a reasonable hour. - Staff at
11 Masconomet (have heard some information on
12 the topic)

13 I do not believe changing the start/end time of
14 the school day will make the students more
15 productive in their work at home. It will just shift
16 their schedule and they will not manage their
17 time any differently. Additionally, they will not
18 use the change to add more time to their sleep
19 schedule. If we start school an hour later they will
20 go to bed an hour later. Starting school later
21 would cause after school activities to go later and
22 that would be harmful to their family/outside of
23 school schedules. - Staff at Masconomet (have
24 heard some information on the topic)

25 The science is pretty clear on this issue:
26 teenagers do not fully fall asleep until after 11
27 p.m. and do not fully wake up until 10:00 a.m.
28 Having said that, parents need to step up and not
29 allow kids to have a TV in their bedrooms and to
30 make sure they are not on social media or playing
31 games until the wee hours. - Staff at Masconomet
32 (extensive reading on the topic)

33 In my opinion, changing the hours of the school
34 day will not solve the problem. Starting later will
35 cause students to stay up later and not actually
36 add any hours of sleep to their schedule. The
37 problems we should be looking at are do the
38 teachers give too much homework in a night and
39 how are parents helping their children learn to
40 manage their time. The work force is not going to
41 adjust to the students and they should be
42 learning to adapt and manage their time. A
43 majority of students who I have polled about
44 being tired have given reasons related to being on
45 their cell phones and social networking, not
46 school related items...OR if they are up late
47 working on academic work it is because they

48 procrastinated and spent their time on something
49 not academic. - Staff at Masconomet (have read a
50 number of articles on the topic)

51 Elementary kids are ready and eager very early,
52 as early as 6am. As they get older, they need to
53 sleep later and later, as late as 10am. - Staff at
54 Masconomet (have read a number of articles on
55 the topic)

56 Changing the end time of school would mean that
57 teachers with small children at home (like me)
58 would have to put their children in after-school
59 programs (and, depending on the new start time,
60 before-school programs, too). - Staff at
61 Masconomet (have heard some information on
62 the topic)

63 As a teacher, I'm not sure that there is a
64 correlation between a later start time and more
65 sleep. How do we know that students will go to
66 bed at the same time and thus get more sleep? Is
67 it not possible that students will just stay up
68 later? In addition, I have serious concern about
69 extra curricular activities. - Staff at Masconomet
70 (have heard some information on the topic)

71 I believe teenagers get far too little sleep and
72 therefore aren't at their optimum most of the
73 time because of homework and extracurricular
74 activities and other activities they do. Allowing
75 them to sleep a little later in the morning may
76 help to give them a couple of hours more of much
77 needed sleep. - Staff at Masconomet (have read a
78 number of articles on the topic)

79 The amount of homework varies widely from CP
80 to hon to AP students. An overall average
81 estimate is wildly unreliable. - Staff at
82 Masconomet (have read a number of articles on
83 the topic)

84 This is all about setting priorities. If students are
85 tired, they should go to sleep earlier. If they're
86 not starting HW until late because of
87 extracurricular activities, perhaps the focus
88 should shift in that direction. A later school start
89 means activities after school would have to be
90 sacrificed to some degree. This includes jobs as
91 well. - Staff at Masconomet (have read a number
92 of articles on the topic)

1 I agree with a later start time for the middle and
2 high school students. Teenagers require more
3 sleep and their sleep patterns are different than
4 when they were children. However I don't believe
5 having a later start time (after 9:00) for the
6 elementary school will benefit elementary
7 students. If possible all students should be
8 finished with school by 4:00 PM. - Staff at
9 Masconomet (have read a number of articles on
10 the topic)

11 The high school students should be getting 9
12 hours of sleep per night. They should be in bed by
13 10 pm and up at 7 am. School should start at
14 about 8:30 am. - Staff (extensive reading on the
15 topic)

1 **Parent Survey Open Responses:**
2 **PreK-6 parents**

3 *Responses by parents who have children currently*
4 *in PreK-6 elementary schools in the Tri-Town, but*
5 *not in Grades 7-12 at Masconomet.*

6 The current start time too early. Too rushed in
7 morning because trying to get as much sleep as
8 possible. Breakfast negatively impacted - PreK-6
9 only Parent, grades: K PK (don't know much
10 about the topic)

11 Later ms and HS times would be great. Not sure
12 how to pay for extra buses - PreK-6 only Parent,
13 grades: 4 2 (have read a number of articles on the
14 topic)

15 I think it would be helpful for there to be research
16 backed guidelines about children's schedules. We
17 have far fewer activities than most for our child
18 and I still think it may be too much. That people
19 would push for a different school time but not
20 think twice about getting their kid up at 4am for
21 hockey or have them up until midnight for a game
22 is skewed. Start time and sleep need to be viewed
23 in a holistic manner of not just the child's
24 schedule but the families schedule. - PreK-6 only
25 Parent, grades: 3 1 PK PK (have read a number of
26 articles on the topic)

27 It's the parents job to have a good sleep schedule
28 for your children and monitoring electronics and
29 make sure there getting up on time . - PreK-6 only
30 Parent, grades: 1 PK

31 We filled out a survey last year and never heard
32 the result. Will we hear the results this year? -
33 PreK-6 only Parent, grades: 1 PK (have read a
34 number of articles on the topic)

35 My kids are happy and healthy and as long as
36 they are fine then I am happy for them. Me and
37 my children wish that you don't change the
38 schedule. Thank you. - PreK-6 only Parent,
39 grades: 4 1 (have heard some information on the
40 topic)

41 Our children are going to be tired, 8:30pm is a
42 reasonable bed time for 13 years olds. Being
43 woken out of a sound sleep to catch a bus at 6:45
44 am is simply not healthy. I understand d change is

45 hard and perhaps expensive, but there is no
46 longer a lack of information or research to show
47 that later starts are much healthier for our
48 children. Time to stop talking and make the
49 change!!! - PreK-6 only Parent, grades: 4 4 (have
50 read a number of articles on the topic)

51 Changing the Masco school start time should be a
52 no-brainer, since that is what is recommended by
53 the experts:

54 <http://www.ncbi.nlm.nih.gov/pubmed/2515699>
55 8

56 <http://www.ncbi.nlm.nih.gov/pubmed/2654524>

57 6 It is also common sense if you've ever had to get
58 a teen up to catch a bus for school starting at
59 7:25am. That hour is far too early for teens
60 (again, see the above papers). If you cannot
61 overlap grade school & high school times (I
62 personally don't see why not, but still) then swap
63 the elementary school times (young kids wake up
64 early anyway) with the middle/high school times
65 (older kids get up later). That way you're at least
66 a little closer to matching the biological forces at
67 play. Sleep is SUCH an important factor in brain
68 development, in obesity, and in learning capacity,
69 scheduling to enable sufficient sleep be the
70 primary factor in setting school times, not other
71 logistical factors. While we usually manage to get
72 our kids close to adequate sleep, it is a major
73 challenge to do so and requires us to maintain an
74 early bedtime. Our oldest, at 14, is starting to
75 have trouble falling asleep that early, but going to
76 sleep later means he'll just lose even more sleep. -
77 PreK-6 only Parent, grades: 2 1 (have read a
78 number of articles on the topic)

79 Changing the scheduled concerns me because
80 area activities are fit around current schools
81 times. Also, childcare is a major concern for
82 households with 2 full-time working parents with
83 commutes. - PreK-6 only Parent, grades: 5 3 K

84 ok - PreK-6 only Parent, grades: 6 6

85 I know research suggests teens would do better
86 with a later start (and as a former high school
87 teacher, I agree anecdotally), so I would support a
88 change for them. Unfortunately, I have a special
89 needs, elementary-aged child who is not an early
90 riser, so changing the elementary school start
91 time would be difficult for him. - PreK-6 only

1 Parent, grades: K (have read a number of articles
2 on the topic)

3 I think teens need more sleep, it is so difficult for
4 them to be at school so early, they can barely
5 function and are like zombies. They are growing
6 so much. - PreK-6 only Parent, grades: 1 PK (have
7 read a number of articles on the topic)

8 To me this is about parents whose children do not
9 play sports! Those are the only kids that this
10 would be beneficial to! My children play sports,
11 are apart of student council as well as other
12 activities. This simply won't work! My children
13 will be up later and still not get enough sleep! -
14 PreK-6 only Parent, grades: 6 2 K (have read a
15 number of articles on the topic)

16 Research and practice of schools that have
17 changed school times shows that HS students do
18 better academically and are healthier when
19 school starts later! - PreK-6 only Parent, grades: 3
20 K (have heard some information on the topic)

21 Appreciate the survey. Not an easy task for a
22 school system with complex bussing. - PreK-6
23 only Parent, grades: 4 (have read a number of
24 articles on the topic)

25 Middle school and high school kids do not get
26 enough sleep or have time for a good breakfast -
27 PreK-6 only Parent, grades: 3 (have read a
28 number of articles on the topic)

29 I would like to see masco start later and keep
30 elementary school at same time it is now. It
31 would be disappointing to change one problem
32 for another. If kids riding in a bus with mixed age
33 children (k-12) is an issue, consider having a
34 parent chaperone on the bus or high school
35 student earn credit for monitoring the bus. -
36 PreK-6 only Parent, grades: 2 K PK

37 With the amount of studies that have come out
38 with regard to teens and sleep, it would seem to
39 everyone's advantage to have high school start
40 later. - PreK-6 only Parent, grades: 4 (don't know
41 much about the topic)

42 We have cut back on activities as the kids have
43 grown to provide balance between school, play
44 and sleep. These we can control. What we cannot
45 control is the amount of homework assigned.

46 Spofford homework has improved over the last 2
47 years. We feel fortunate as it has had very
48 positive impact on our kids' attitude towards
49 school and learning. Start time would not be an
50 issue if these kids didn't need to be up all hours of
51 the night completing homework and I think this
52 issue is more closely associated with Masco. We
53 are very concerned as we prepare to go to Masco
54 as we have heard horror stories regarding the
55 homework and kids being up until 1AM. Our son
56 would NOT be able to get 5 hrs sleep, jump on the
57 bus at 6:25 and function through the day.
58 Everything would be impacted - academic, social,
59 athletics. Our son has developed a good
60 homework ethic and has been balancing things
61 well since the homework load was lightened in
62 Spofford. We are worried, but hopeful that the
63 homework load will not multiply to unreasonable
64 levels in Masco. This is the crux of the issue for
65 our community, not the start or end times for
66 school. The early start time provides opportunity
67 for excels, after school meetings with teachers,
68 and homework in the library. I was impressed
69 during the Masco Parent Orientation session. The
70 kids should be able to complete almost all of their
71 homework before 4PM and have a couple of days
72 to experience excels here and there to achieve an
73 appropriate balance. - PreK-6 only Parent,
74 grades: 6 4 PK (have read a number of articles on
75 the topic)

76 Although I think that more sleep is definately
77 necessary, I think that with the amount of time
78 devoted to sports and the incredible amount of
79 homework being completed at the honors and AP
80 levels, starting school later would only lead to
81 students staying up later to complete their
82 homework and getting the same amount of sleep
83 they do now. - PreK-6 only Parent, grades: - OD 3
84 (have read a number of articles on the topic)

85 The current set-up for elementary school works
86 well for us, because my wife is a Danvers High
87 School teacher, so I can see our children off in the
88 morning and she can be home in time to meet
89 them. This might be made more difficult if they
90 got out of school earlier. On the other hand, she
91 can see first-hand how much a later start would
92 benefit her students in the high school. - PreK-6
93 only Parent, grades: 4 (have read a number of
94 articles on the topic)

1 Parents need to take responsibility for their
2 children's sleep & activities. Its OK to tell a child
3 to go to bed at a certain time, no matter the age.
4 TOO MANY children are over scheduled with
5 activities. Parents need to start saying no to
6 children. A child's job should be SCHOOL. A later
7 start time for Masco would disrupt all families
8 and schools within 3 towns. Many parents work
9 full time outside the home and workplaces do
10 make concessions at times for schedules but this
11 could impact people's established careers,
12 including mine. - PreK-6 only Parent, grades: 2 K
13 (have heard some information on the topic)

14 My child is in 6th grade now and doing well.
15 However, based on my own experience as a
16 chronically sleep-deprived teen I'd like to see
17 Masco's start time pushed back. I remember that
18 I could neither fall asleep early enough or wake
19 up early enough to fit the high school schedule. -
20 PreK-6 only Parent, grades: 3 1 PK (have read a
21 number of articles on the topic)

22 I grew up in Boxford and don't believe I was ever
23 sleep deprived. I woke up with an alarm when I
24 was in junior/high school. I believe its the
25 parents job to make sure the kids are getting
26 enough sleep. If I knew it wasn't electronics
27 keeping them up, then I might have a little more
28 of an open mind, but I don't feel parents parent
29 enough. - PreK-6 only Parent, grades: 1 PK (have
30 read a number of articles on the topic)

31 I feel that the kids in Masco start school too early,
32 and should be starting later. I am not looking
33 forward to my older child having to get up so
34 early for middle school next year. But I would not
35 want the hours switched so that my young
36 elementary school child would have to start
37 school at 7:30--that would be way too early. -
38 PreK-6 only Parent, grades: 2 PK (have read a
39 number of articles on the topic)

40 My top concerns are: 1. My Masco student needs
41 more sleep than he's getting. 2. My Masco student
42 likes the current schedule because he gets out
43 earlier and has more time in the afternoon and
44 for part-time work and extra-curricular activities.
45 3. I rely heavily on bus transportation for him. He
46 is limited by after school activities due to a lack of
47 bussing and both parents working full time. 4. It

48 takes my Masco student more time than the
49 average child (probably) to complete homework.
50 - PreK-6 only Parent, grades: 1 PK (have heard
51 some information on the topic)

52 I love the idea of starting Masco later. I think
53 sleep is extremely important for health children. -
54 PreK-6 only Parent, grades: 5 3 (have read a
55 number of articles on the topic)

56 Teens need as much sleep as toddlers and the
57 amount of homework and stress on high school
58 students these days is overwhelming and
59 exhausting. They have very little downtime to
60 just relax unscheduled. - PreK-6 only Parent,
61 grades: 4 (have read a number of articles on the
62 topic)

63 I believe my oldest child's cognition is partially
64 impaired by the super early mornings. Every
65 morning is a nightmare for us. We have to drive
66 him because he can never make the bus, and we'd
67 like to give him that extra half hour of sleep. But
68 it's getting worse, not better. - PreK-6 only
69 Parent, grades: 4 1 (extensive reading on the
70 topic)

71 The thought of a teen having to get on the bus at
72 6:25 seems extreme to me after doing homework,
73 athletics etc. I've heard part of the issue is the
74 budget for buses. I'd be willing to increase the
75 budget so that both the elementary and high
76 schools can start at the same time. - PreK-6 only
77 Parent, grades: 5 3 (have read a number of
78 articles on the topic)

79 I would be fine with all schools starting at the
80 same time and busses shared. Elementary school
81 start is ok but middle and high too early. A child
82 needs to be able to prepare for school in the am
83 including a healthy breakfast. With busses
84 picking up so early that is nearly impossible. -
85 PreK-6 only Parent, grades: 6 (have read a
86 number of articles on the topic)

87 Healthy Sleep Habits, Happy Child is the best
88 parenting resource I've found on sleep. It takes
89 parents from birth-adolescents with well
90 researched and easily digestible information.
91 Thank you for looking into this! - PreK-6 only
92 Parent, grades: 1 (have read a number of articles
93 on the topic)

1 From what I have read, adolescents have a
2 different sleep rhythm from children and adults,
3 making it much harder for them to get to get
4 early and wake up early. - PreK-6 only Parent,
5 grades: 5 4 K PK PK (have read a number of
6 articles on the topic)

7 I believe that even changing the start/end times
8 by 30 mins would make a positive difference in
9 my children's sleeping patterns. - PreK-6 only
10 Parent, grades: 6 5 (extensive reading on the
11 topic)

12 I have three teens & feel kids will be kids - if they
13 start later, they will stay up later. My concern is
14 that if they start later it will hard for working
15 parents to get to work in time. - PreK-6 only
16 Parent, grades: 6 3 (have heard some information
17 on the topic)

18 There seems to be lots of research that older
19 students should be starting the school day later.
20 Staying up late to complete homework and
21 getting up early doesn't make for the most
22 productive student. I think some stress could be
23 relieved by allowing for additional sleep. - PreK-6
24 only Parent, grades: K - (have heard some
25 information on the topic)

26 I feel that the children would be best off having
27 shorter bus routes, getting home earlier and less
28 home work so that they can take part in extra
29 curricular activities. - PreK-6 only Parent, grades:
30 4 4 (have heard some information on the topic)

31 This day in age there is way too much stress and
32 pressure for kids to participate in and balance
33 school activities, homework, volunteering, sports,
34 church, and family time. I believe that this will
35 effect their health in the long term adult outlook,
36 and will not be beneficial to society. Look at the
37 Greatest Generation, and dot.com age, they had
38 less pressure and activities than today and still
39 created innovations and did great things for
40 society. It is critical that children learn how to
41 take care of themselves, by reducing stress,
42 eating well, exercising, spending time with family
43 and friends, learning to manage money, and
44 learning to think and muse about the world. -
45 PreK-6 only Parent, grades: 4 4 (have heard some
46 information on the topic)

47 I understand that teenagers do need more sleep
48 and tend to want to sleep later. However as my
49 child is in elementary school and in activities that
50 start prior to school, it would be difficult to make
51 those times earlier than they currently are. What
52 would happen to those activities? - PreK-6 only
53 Parent, grades: 5 1 (have read a number of
54 articles on the topic)

55 Keep up the good work! - PreK-6 only Parent,
56 grades: 3 K PK (have heard some information on
57 the topic)

58 My older child has always needed a little more
59 sleep than her peers. With the schedule in 7th
60 and 8th grade, she is always tired and has too
61 much homework to go to bed at a time that would
62 help get enough sleep. She needs two alarms and
63 2 parent wake up reminders before getting out of
64 bed and sometimes barely has time for breakfast.
65 I am worried about the lack of sleep and the
66 amount of homework. My 5th grader is fine with
67 her schedule. - PreK-6 only Parent, grades: 2 PK
68 (have heard some information on the topic)

69 I generally believe teens need to sleep more than
70 they do. I have read numerous places that teens
71 do better who can sleep longer in the morning. -
72 PreK-6 only Parent, grades: 4 (don't know much
73 about the topic)

74 Leave things status quo, No changes needed
75 except I think the February vacation should be
76 eliminated and get the kids out of school sooner
77 each year. They study better in cooler weather
78 than hot humid days with little to no air
79 conditioning in the schools. That is more of an
80 issue than start times being delayed. In delaying
81 the start time you are affecting the end of the day,
82 sports (activity very important in a child's well
83 being) dinner time (making sure they eat a well
84 balanced meal and not too late), family time (able
85 to stay awake to complete homework),
86 homework (needs to have a well balance among
87 teacher's assignments), this will be more of a
88 detriment on the student and family life by
89 pushing start and end time later. Totally against
90 it! - PreK-6 only Parent, grades: 5 4 (have read a
91 number of articles on the topic)

92 I feel it important for you to know my oldest is
93 also a procrastinator and will wait until the latest

1 hour to start homework regardless of how many
2 hours she's been home from school with nothing
3 to do. My youngest has to be good at time
4 management given she does competitive
5 gymnastics and is tied up for 5.5 hours each day
6 after school. Later start time would be nice -
7 PreK-6 only Parent, grades: 4 2 (have read a
8 number of articles on the topic)

9 Later start makes sense, using schedule similar to
10 existing Topsfield Elementary start and stop
11 times. That would work well for my family. -
12 PreK-6 only Parent, grades: 5 4 (have read a
13 number of articles on the topic)

14 School schedules are built for teachers,
15 administrators and parents and not for kids. I
16 have never understood why if school is only
17 going until 2:30-3 PM why it couldn't start later
18 and end later. - PreK-6 only Parent, grades: 4 2 1
19 PK (have heard some information on the topic)

20 I think my kids could get 30-45 mins more of
21 sleep a night but due to timing of some activities,
22 then dinner and homework, they cant get to bed
23 much earlier - PreK-6 only Parent, grades: 3
24 (have read a number of articles on the topic)

25 My biggest concern would be after school sports.
26 Sometimes they run late with the schedule
27 already in place. I can not imagine them running
28 later. - PreK-6 only Parent, grades: 2 1 PK (have
29 heard some information on the topic)

30 Kids need more sleep and Masco starts way too
31 early. My 11th grader is getting maybe 7 hours of
32 sleep a night. She drives and I am nervous about
33 there being too tired. - PreK-6 only Parent,
34 grades: 2 PK (have heard some information on
35 the topic)

36 Masconomet start time should be delayed. - PreK-
37 6 only Parent, grades: 2 PK (have read a number
38 of articles on the topic)

39 I believe if the school day is changed to a later
40 start time, everything else would be shifted as
41 well - after school activities, homework, dinner,
42 bed times. The problem will still remain. It is our
43 responsibility, as parents, to look at the current
44 schedule (whether later or earlier start to the
45 day) and help our children develop good habits to

46 function well. For example: no electronics after a
47 certain time, structured homework time and
48 proper planning for big projects, appropriate
49 amounts of after school activities to allow for
50 other commitments and a reasonable bed time. I
51 truly believe that a later start time will only result
52 in later bed times. - PreK-6 only Parent, grades: K
53 (have read a number of articles on the topic)

54 Masco schedule should stay as is so that the kids
55 have time for after school sports and then get
56 home in time to clean up have dinner and do a
57 few hours of homework ..making the end of
58 school later will just push all the activities even
59 later which means starting homework later when
60 they are tired thus going to bed even later than
61 now - PreK-6 only Parent, grades: 4 (have read a
62 number of articles on the topic)

63 Allowing children to sleep more is an excuse for
64 laziness. My theory is to get up and going in the
65 morning, accomplish goals and to do lists. Future
66 employers are not going to allow them to "sleep
67 in" when they are tired. We are all tired! It's what
68 life is about and being successful does not come
69 easy or is handed to anyone. I own my own
70 business. I get up weekday mornings between
71 4am - 5 am, respond to emails, complete my
72 paperwork before I am off to my meetings at
73 9am. 3-4 days a week, I am at the gym at 5:30 am
74 to work out before work. Maybe less homework
75 so they can go to bed at a decent hour, or shutting
76 off the tv, phones and computers at night so they
77 can get a full night sleep would be more helpful
78 than teaching them that it's ok to sleep in because
79 they are tired. - PreK-6 only Parent, grades: 5 2
80 (have heard some information on the topic)

81 I remember my own high school heartaches
82 around sleep and thought I was just a "night owl."
83 I couldn't get to sleep before late, and I had a
84 horrible time getting up in time for my 7:30 start,
85 often late or missing my first period all together.
86 As my kids get to Masco age, I'm so thankful for
87 this dialogue. - PreK-6 only Parent, grades: 3 1
88 (have heard some information on the topic)

89 I think Masco starts TOO early! Where as the
90 elementary school's late start really affects after
91 school activities - PreK-6 only Parent, grades: 6 2
92 (have heard some information on the topic)

1 My children definitely need more time in the
2 morning...and as they get to the high school I feel
3 it is unreasonable to have kids getting up at 6:00
4 am to begin getting ready... Have breakfast, etc. I
5 vote for an after 8am start time for sure. - PreK-6
6 only Parent, grades: 5 2 (have heard some
7 information on the topic)

8 I get the impression that today's school children
9 are over-scheduled with after-school activities to
10 the detriment of sufficient sleep once they reach
11 their teens. MASCO start time seems too early,
12 especially when the bus pick up times are
13 factored in. - PreK-6 only Parent, grades: 3 K -
14 (have heard some information on the topic)

15 Thank you for sending out this survey. I am very
16 pleased that the school district is looking into
17 this. Sleep is so very important for growing
18 children and teens. I am in favor of having Masco
19 start school later in the morning. The girl across
20 the street from us gets picked up by the bus to
21 Masco before sunrise some days, which is not only
22 painfully early but also dangerous because of the
23 scarcity of street lights. I would support
24 elementary school changing their start time too
25 but would not want anything too early for the
26 same concerns related to street lights and busing.
27 I realize that my family is fortunate that I do not
28 work outside of the home, so my husband can
29 leave for work when he chooses, and we do not
30 juggle child care or the schedules of two working
31 parents. I do have to coordinate the schedules of
32 three children though and I have seen how
33 children's schedules can impact their siblings. I
34 am already dreading having to drive my oldest to
35 Masco. My oldest child has early morning band
36 rehearsals at Spofford and cannot ride the bus at
37 all on rehearsal and lesson days which impacts
38 what time we get up. The time that my child takes
39 to complete homework is not typical. On some
40 nights in Spring my oldest child can have as much
41 as 3-4 hours of activities outside of school if she
42 has a sports practice/game and band practice on
43 the same day. My children wake up later than on
44 mornings when we don't have to be at Spofford at
45 7:10am. - PreK-6 only Parent, grades: 3 1 1 (have
46 heard some information on the topic)

47 I am employed outside the home and would not
48 have the luxury of a later start time. It would

49 complicate my employment unless more
50 activities were offered before school or multiple
51 afternoon (late buses) were available. I do believe
52 that less homework would be helpful, if there was
53 less of a focus on assessment testing. I also
54 believe that currently, a large majority of parents
55 do not encourage healthy sleep patterns for their
56 children(or themselves for that matter). I am
57 aware that teenagers need more sleep, which
58 could be accomplished with less media during the
59 school week within children's homes. - PreK-6
60 only Parent, grades: 5 2 (have heard some
61 information on the topic)

62 Teens' circadian clock is set for them to sleep
63 much later in the day. We have been in a district
64 where this time change was made and it did not
65 make a difference as to how tired our kids were.
66 From all that I Have read, the only way a time
67 change would make a marked difference would
68 be if a start time were closer to noon, which is not
69 feasible. In our previous district, the time change
70 was a hardship for parents who relied on their
71 older children to get the elementary children off
72 the bus and it meant that athletes missed more
73 class time at the end of the day in order to be at
74 games with schools from districts who had an
75 earlier dismissal time. - PreK-6 only Parent,
76 grades: 1 - (have read a number of articles on the
77 topic)

78 A lot of this has to do with responsible parenting
79 or lack there of. Setting bed times, and sticking to
80 them (at least more often than not). As
81 responsible parents we have a duty to not over
82 schedule our younger children and to talk about
83 the importance of not over committing oneself
84 with our older children. Over scheduled children
85 or children without set bedtimes often stay up
86 too late completing homework, watching TV,
87 playing video games, or being on social media. -
88 PreK-6 only Parent, grades: 2 K (have read a
89 number of articles on the topic)

90 I am curious about how a later school start would
91 work? Has this been agreed to by the teachers
92 union? How does this impact the start time for HS
93 sports activities? Am I going to pay more in fees
94 because we need more school buses to
95 simultaneously transport elementary and HS
96 kids? Or do we send the elementary kids out to

1 the bus stop at 6:39? The later HS start appears to
2 me as if it's agenda driven by a few loud mouth
3 know it all parents. The current schedule works.
4 There is no need for change. - PreK-6 only Parent,
5 grades: 6 2 2 (have heard some information on
6 the topic)

7 My kids are competitive dancers and we travel
8 every day to Natick. Dance is very important for
9 them that's why I am doing. It's a hour in one way
10 and we coming back home after 9 pm. Changing
11 the hours to start and end the school would be
12 very beneficial for my children. - PreK-6 only
13 Parent, grades: 5 2 (have read a number of
14 articles on the topic)

15 I would definitely like to see a later start time for
16 Masco aged students.....this just makes sense
17 based on their sleep patterns and needs. - PreK-6
18 only Parent, grades: K (don't know much about
19 the topic)

20 I know for a fact that my oldest spends entirely
21 too much time distracted by electronics. Sure you
22 can "take them away", but they still need their
23 laptop for homework and the laptop has access to
24 cable TV and social media. It's a distraction, and
25 increases the amount of time it takes to complete
26 homework. Additionally, how much more would
27 a later start time cost the taxpayers? We have
28 Level I elementary, middle, and high schools --
29 what is a later start time going to improve?? -
30 PreK-6 only Parent, grades: 5 2 (have read a
31 number of articles on the topic)

32 I really would not have a problem with the
33 current start and end times if it weren't for so
34 much homework. I think these kids deserve to
35 have a little down time in their evenings. - PreK-6
36 only Parent, grades: 1 PK - (have read a number
37 of articles on the topic)

38 After reading numerous studies on the subject I
39 think it's critical that the start time at Masco be
40 later. In fact, I can't believe so many middle and
41 high schools start so early - this isn't new
42 research. All of the research points to 8:30 being
43 the ideal start time. I also think homework needs
44 to be minimized to critical activities that advance
45 knowledge and retention - not busy work. Studies
46 also point to the detrimental effects of too much
47 homework, so how much homework is given

48 needs to be very carefully considered. Outside
49 activities (sports, volunteering, music, arts, etc)
50 are also very important to ones education and
51 overall development - so time needs to be given
52 to those endeavors, however, studies also show
53 that excessive sports training actually makes
54 performance worse and increases injuries. In
55 addition, with adequate sleep and shorter
56 practice times sports performance actually
57 improves. All should be in balance - adequate
58 sleep for the age group, appropriate amount of
59 training and minimal levels of homework. For the
60 safety, well-being and benefit of all students a
61 later start time is a necessity. Every study I've
62 read from schools that have adopted a proper
63 (aprox. 8:30am) start time have shown ALL
64 positive impacts, none are negative - so it's a
65 really a no-brainer. - PreK-6 only Parent, grades:
66 3 K (have heard some information on the topic)

67 I think we need a very balanced schedule , not
68 what we have now. My children are not Burger
69 King or Macdonalds workers who needs to be at
70 work by 6 a.m.in every normal civilized country
71 students start school no earlier than 8 a.m. I
72 spoke to many Masco students and the majority
73 agreed that 7.25 a.m. -it's too early , they feel
74 tired. Let's purchase 2-3 buses more if the
75 schedule between dropping students from Masco
76 to Proctor is very tight. We need to find right
77 solution, let's check with other school districts,
78 how they doing. I know many school "early birds"
79 started campaign against early beginning of
80 school. I hope we will find right solution to make
81 everyone happy and healthy! Sincere, Irina Bader.
82 - PreK-6 only Parent, grades: 4 2 (have heard
83 some information on the topic)

84 Essex Tech has late starts instead of early
85 releases - sleep in days. Something Masco might
86 want to consider. - PreK-6 only Parent, grades: 4
87 2 PK (have read a number of articles on the topic)

88 although this doesn't really apply to my child, i
89 think in order to change the school start time
90 later for high school students the current
91 structure of sports, in school and out would have
92 to change. But they do need more sleep! - PreK-6
93 only Parent, grades: 2 (have heard some
94 information on the topic)

1 Dear God, this issue has been studied already.
2 Just make a decision. We do not need time
3 wasted, we just need to move forward and
4 change the time. Please do not allow sports or
5 bus issues to get in the way of making a smart
6 decision for students health and academic
7 success. Many other districts have already figured
8 this out so we should probably just ask them and
9 get it over with. Please don't stretch this out
10 beyond next year. That is already too much time.
11 Thank you. - PreK-6 only Parent, grades: 6 4
12 (have read a number of articles on the topic)

13 I think the HS after school homework workload is
14 more problematic in terms of getting to bed at a
15 reasonable time for athletes who have varsity
16 sports commitments after school vs. the school
17 day end time. If the day ended later, I imagine,
18 homework will still be done in the evening and
19 cause more time constraints for a reasonable bed
20 time. - PreK-6 only Parent, grades: 6 5 (have read
21 a number of articles on the topic)

22 Moving MASCO start time to at least 8:15 or 8:30
23 would be a really good thing! Make it happen -
24 sooner than later! - PreK-6 only Parent, grades: 4
25 1 PK (have heard some information on the topic)

26 Too much pressure is put on the Middle and HS
27 kids. They are spread way too thin. They should
28 have a later start to the day. They do not get
29 enough sleep to be healthy. More school work
30 should be done in school and stop sending kids
31 home with busy work that doesn't teach them
32 anything. Kids need some down time and more
33 sleep. I am all for a later start. I started school at
34 8:45 all of my middle and elementary years and
35 had sports. It is much more doable. - PreK-6 only
36 Parent, grades: 5 4 (don't know much about the
37 topic)

38 The older students are concerned about having
39 less time after school to complete homework, as
40 many nights, that is the reason they are up late. -
41 PreK-6 only Parent, grades: 6 4 (have read a
42 number of articles on the topic)

43 Please make this change after my child graduates!
44 ☺ - PreK-6 only Parent, grades: 3 1 (don't know
45 much about the topic)

46 My oldest is graduating and is a very good
47 student so many of these questions were not
48 difficult for me to answer. - PreK-6 only Parent,
49 grades: 2 K

50 I think that the later the child is released From
51 school the more difficult it makes things for
52 working parents, after school activities and high
53 school children that have jobs. I think that it may
54 make more sense to take away some vacation
55 time and decrease the hours of the normal school
56 day to make a time change to be a little later. -
57 PreK-6 only Parent, grades: 3 2 (extensive
58 reading on the topic)

59 Definitely believe a much later start time is
60 indicated for Masco, especially given how early
61 the buses must start in the morning. My schooling
62 was always 9:00-3:30 from K-12. For sport
63 "away" games, athletes missed the last hour of
64 school and were responsible to make up the
65 work. This seemed to work and I never felt sleep
66 deprived. How kids do it these days, I have no
67 idea. I am exhausted getting up with them and do
68 not spend my days trying to learn and retain
69 information. - PreK-6 only Parent, grades: K

70 I think my children get ample sleep and exercise.
71 I would not recommend making any changes. -
72 PreK-6 only Parent, grades: K PK PK

73 I support starting school later for Masco students,
74 though not having students there yet it's hard for
75 me to have an opinion on how much later. - PreK-
76 6 only Parent, grades: 2 K (have read a number of
77 articles on the topic)

78 I would love to see the elementary schools have
79 slightly longer school days and have no
80 homework. Homework has been such a source of
81 stress for our entire family for way too many
82 years. We've had more fights over homework and
83 for what, so they can re-write words 10 to 20
84 times? Or do more of the same math problems? I
85 do think they should read and have some projects
86 to work on but homework every night is
87 completely unreasonable, especially when I'd
88 rather allow my children to play sports and other
89 activities that teach strong social skills! - PreK-6
90 only Parent, grades: 6 5 (don't know much about
91 the topic)

1 School district should cut travel time of kids to
2 school by including extra routes, buses. This will
3 help kids get extra time at home or school or
4 other activities. Alternatively increase the school
5 hours for kids with less home work - PreK-6 only
6 Parent, grades: 5 2 (have read a number of
7 articles on the topic)

8 I'm on the fence for a later start time for MASCO. I
9 wouldn't want my elementary students to be
10 sharing a bus with high schoolers (which has
11 been talked about). I also wouldn't want to have
12 my elementary aged kids to have to be out at the
13 bus stop at 715-730. I have trouble getting them
14 out for 8am. And when my older child is at
15 MASCO, I will be relying on her a few days a week
16 to watch her siblings after school for a short time.
17 - PreK-6 only Parent, grades: K - (have read a
18 number of articles on the topic)

19 Would love to see school for high school students
20 start at least 1 hour later. The studies are out
21 there stating how much this has benefited
22 students. I think all daycare and child care issues
23 would work out. The most important thing is to
24 give our children the best possible fundation for
25 learning. Getting up when still dark and standing
26 at bus stop is not. - PreK-6 only Parent, grades: 6
27 6 (have read a number of articles on the topic)

28 My child is a three sport varsity athlete. Having a
29 later dismissal time would not match the
30 dismissal times of schools that we are playing. It
31 would also push the daily practice end time later
32 into the evening conflicting with dinner time and
33 homework time. - PreK-6 only Parent, grades: 1
34 (have heard some information on the topic)

35 The bussing seems to be a factor, and not really
36 addressed here. I drive my kids to elementary
37 schools partly because their bus ride would be so
38 long and would cut into much-needed time. It
39 seems absurd that children at Masco would need
40 to be picked up at 6:25 a.m. Isn't there a way to
41 afford better, more efficient bussing so it's not as
42 much a matter of school start-time, but reducing
43 the waste of over two hours per day in bussing
44 from nearby towns? My only other thought is that
45 educating students about the importance of sleep
46 could be effective. Many people say that
47 "teenagers just stay up late." I know this is often

48 because of activities and homework, but it is also
49 social and maybe developmental or habit- or even
50 part mystery. Maybe there is something they can
51 be doing to take better care of themselves with
52 this in mind. Thank you for looking into
53 improving this issue! Sleep is truly under-rated,
54 and so important. - PreK-6 only Parent, grades: 3
55 (have heard some information on the topic)

56 I started my high school days earlier than Masco,
57 but I didn't have the 4-5 hours of homework a
58 night, so I wasn't going to bed as late as them. I
59 had sports, a job and 2-3 hours of homework a
60 night. - PreK-6 only Parent, grades: 5 4 (have
61 heard some information on the topic)

62 My 8th grader does not get enough sleep with the
63 amount of homework she has and the activities
64 that she does - which are not extensive. - PreK-6
65 only Parent, grades: 6 (have read a number of
66 articles on the topic)

67 The buses are not properly supervised
68 elementary - maybe some buses are better then
69 ours so we NO longer are able to rely on bus - too
70 much drama... not safe for my children. Extra time
71 spend to ensure they are safe. - PreK-6 only
72 Parent, grades: 6 2 (have read a number of
73 articles on the topic)

74 My masco enrolled child needs more sleep and I
75 believe would perform better if there was a later
76 academic start....maybe his sports activities could
77 be scheduled before school!! - PreK-6 only Parent,
78 grades: 5 2 (have read a number of articles on the
79 topic)

80 Children and young people in all grades need the
81 chance to get more sleep and have more
82 opportunities to learn in experiential ways (free
83 play, art, music, mentoring, etc.) We need to focus
84 on supporting physically, psychologically, and
85 intellectually sound student development and
86 allow children to become well-rounded critical
87 thinkers with problem-solving skills and internal
88 motivation. Thanks for creating this task force
89 and initiating the conversation. - PreK-6 only
90 Parent, grades: 6 4 2 PK (have heard some
91 information on the topic)

92 I am absolutely militant about good sleep,
93 nutrition, and exercise. I try not to overschedule

1 my children. My children resent my being strict
2 about bedtime. They feel that I am unreasonable
3 and that their friends are up much later at night
4 on their iphones and ipads. I have been asking my
5 children to charge their phones/ipads in the
6 kitchen at bedtime so that they are not using
7 them after bedtime. My high school student in
8 particular battles me over his bedtime, but I find
9 that when he pushes the limit, he is falling asleep
10 right after school or at the dinner table. I know
11 that children and teens require more sleep than
12 adults, but my teenager attempts to convince me
13 otherwise. - PreK-6 only Parent, grades: K PK
14 (have read a number of articles on the topic)

15 While I know that a later start time would be in
16 the best interest of teens, I am conflicted about
17 wanting this change, as it would mean my eldest
18 would not be able to help take care of my younger
19 children as she gets older and the masco junior
20 that I hire to watch my children after school now
21 would not be able to help us. While one parent
22 works from home, we still need help driving the
23 kids to their activities. I am also concerned that
24 the teens would end up staying up even later at
25 night, with less supervision as the parents need
26 to go to sleep to be able to get up for work the
27 next day. I am also concerned about having my
28 teen get herself to school in the mornings if a
29 parent is not there to be sure she gets out of the
30 house and makes the bus. - PreK-6 only Parent,
31 grades: 6 2 (don't know much about the topic)

32 Things are fine the way they are, quit
33 mollycoddling these kids... - PreK-6 only Parent,
34 grades: 3 1 PK - (have heard some information on
35 the topic)

36 I would like to see the start time at Masco moved
37 to 8:30 to better coincide with natural sleep
38 patterns for my daughter and teens in general. -
39 PreK-6 only Parent, grades: 2 (have heard some
40 information on the topic)

41 This would conflict greatly also with the
42 commute schedule of myself and my spouse. As it
43 is, I barely make it to work after dropping my
44 child to the bus in the morning. There is no after
45 school bus as well, and when my children are
46 kept late after school for activities or labs, they
47 need to be picked up. A later time would put

48 working parents in heavier traffic home for
49 pickup for after school help / mandatory
50 activities / extracurricular items. One of my
51 children has to stay after every week for a lab
52 that is mandatory and there is no bus..3 o'clock is
53 hard now with a job, 4 is harder. Not every child
54 has access to a car and those that do, cannot park
55 at the school because there is no room unless
56 they are seniors. This problem is bigger than
57 sleep. - PreK-6 only Parent, grades: 1 1 (have
58 heard some information on the topic)

59 I would love to see Masco have a later start time. I
60 know sports practices/games have been
61 discussed as an issue. At another school I am
62 familiar with, all students who participated in a
63 sport were scheduled for "inter scholastic
64 athletics" for their last period of the day, which
65 allowed them to get ready and start practice or
66 travel to games at an earlier hour than school
67 dismissal. - PreK-6 only Parent, grades: 1 K

68 I think adolescent brains are working so hard to
69 develop critical higher order processes. They
70 need to get enough sleep. - PreK-6 only Parent,
71 grades: 5 K (have read a number of articles on the
72 topic)

73 kids in general need more sleep and less stress -
74 PreK-6 only Parent, grades: 5 (have heard some
75 information on the topic)

76 Homework only becomes problematic when it's
77 stupid/redundant. The good teachers know this.
78 It would definitely ease stress if all teachers had a
79 cohesive plan (ie: you're responsible for knowing
80 the material - here's the homework to help. If you
81 don't do it, and you fail the test, you know where
82 the responsibility lies...) AND the school (esp. in
83 the later grades) went to a modified block plan
84 for certain subjects that don't need to meet every
85 day. - PreK-6 only Parent, grades: 2 (have heard
86 some information on the topic)

87 I agree with the need for sleep but cannot
88 imagine having to coordinate younger child
89 getting home by himself after school...,would not
90 work - PreK-6 only Parent, grades: 1 PK (have
91 heard some information on the topic)

92 I know your argument. I believe students will
93 spend more time at their jobs, and after school

1 activities will shift to a later time, and students
2 will stay up even later to accommodate your
3 changes. It makes no sense to me. I teach at the
4 high school level. Students who stay up late will
5 stay up later. - PreK-6 only Parent, grades: 4 2 K
6 (have read a number of articles on the topic)

7 Young children get up and about much earlier
8 than older teens. - PreK-6 only Parent, grades: 6

9 If you start later, then kids will just stay up later
10 to get the work done. No net gain. The only net
11 gain is if you make it a 26 hour day, or reduce the
12 workload. - PreK-6 only Parent, grades: 1 PK
13 (don't know much about the topic)

14 Despite the literature I am a firm believer that
15 having a schedule and learning when to turn off,
16 put the lights out and when to rise to be on time
17 will promote and foster a lesson needed to be
18 successful in the work environment. - PreK-6 only
19 Parent, grades: 6 4

20 I do think a later start time for Masco students
21 would be beneficial to their overall health and
22 well being. It would be best that this change in
23 schedule is coordinated with the end times of the
24 elementary schools, so that child care issues for
25 dual income families with tight schedules do not
26 become a new problem secondary to this change.
27 - PreK-6 only Parent, grades: PK - (have heard
28 some information on the topic)

29 The only opinion I have is that I feel that school
30 for Masco starts too early for their developmental
31 needs. I don't have answers regarding scheduling.
32 That being said, my littler ones can barely
33 wrangle up to the bus on time for 8:05 and I can't
34 see switching them to super early either. Three
35 girls and three good sleepers with moderate
36 activities. I am worried about next year as my
37 pubescent child attempts the early start ahead of
38 her next year at Masco. She is needing lots of
39 sleep and still tired in the morning. - PreK-6 only
40 Parent, grades: 2 PK (have read a number of
41 articles on the topic)

42 Sometimes the extra activities are all on the same
43 day. That would be the biggest conflict. It should
44 be more spread out. - PreK-6 only Parent, grades:
45 5 2 (extensive reading on the topic)

46 I would very much like to see a later start to the
47 Masco school day. Academic performance should
48 be our #1 concern and sleep is an extremely
49 important building block for success. - PreK-6
50 only Parent, grades: 5 3 (have read a number of
51 articles on the topic)

52 Kids need more sleep, I appreciate your
53 commitment to this very important initiative. -
54 PreK-6 only Parent, grades: 1 PK (have heard
55 some information on the topic)

56 Start time for Masco is way too early. Kids are not
57 supposed to get up that early. - PreK-6 only
58 Parent, grades: 6 (have heard some information
59 on the topic)

60 School start time of 7:25AM is disastrous for the
61 health and development of teenagers. We are
62 actively considering private middle and high
63 schools largely due to this unreasonable school
64 time. - PreK-6 only Parent, grades: 1 (have read a
65 number of articles on the topic)

66 Open to a later start time for Masco - PreK-6 only
67 Parent, grades: 6 5 1 (have read a number of
68 articles on the topic)

69 I believe having a structured bedtime routine is
70 important for my children at their ages. Sleep is
71 important to a child's development, mood and
72 performance. - PreK-6 only Parent, grades: 5 5
73 (have read a number of articles on the topic)

74 I do not feel a later start time will help with sleep
75 deprivation . The later you start the later you get
76 out and it just snowballs from there. How will this
77 help with more sleep? It's called discipline at
78 home. - PreK-6 only Parent, grades: 5 2 (have
79 read a number of articles on the topic)

80 I would strongly support moving the elementary
81 start time to 8:20 IF the last bus drop off was no
82 later than 3:15. The bus drop off at almost 4:00
83 leaves very little time for dinner, homework and
84 activities. The last Masco bus drop off should not
85 be any later than 3:50 for the same reason.
86 Elementary and Masco should not share buses. -
87 PreK-6 only Parent, grades: 2 K (have read a
88 number of articles on the topic)

89 Having to be at a bus stop before 7am is too early.
90 A small adjustment to start times would be

1 beneficial for a less stressful start to the dau and
2 ultimately a better day. A small adjustment of 15-
3 30 minutes could have a positive impact on the
4 kids and families. The small loss of time on the
5 other side would not be noticed. - PreK-6 only
6 Parent, grades: 6 4 (have read a number of
7 articles on the topic)

8 I am very VERY pleased to see this survey and
9 feel it is the right time to reevaluate teen's needs
10 regarding rest. It is integral to performance and
11 lower stress, relationships and overall health.
12 Thank you! - PreK-6 only Parent, grades: 5 3
13 (have read a number of articles on the topic)

14 I feel that if they go to bed and go to sleep
15 promptly and wake up on their own, they are
16 progressing properly. - PreK-6 only Parent,
17 grades: 1 PK (have read a number of articles on
18 the topic)

19 It would be very challenging to have the high
20 school students leaving school much later than
21 they do. They would have to miss more classes to
22 participate in athletics (games/meets would not
23 change time) and it would be challenging to find a
24 job where students could start much later than
25 they do now. - PreK-6 only Parent, grades: 3
26 (have read a number of articles on the topic)

27 Please do not disrupt the current school schedule
28 as it currently works with our family's needs! -
29 PreK-6 only Parent, grades: 2 K PK (have heard
30 some information on the topic)

31 I believe that the value of sleep has been far
32 underappreciated for children. I really see the
33 difference in my children when they get enough
34 sleep and when they don't. They are more
35 pleasant to be around and certainly have an
36 easier time getting their homework done. I am
37 fully in favor of starting the school day later at
38 Masco. - PreK-6 only Parent, grades: 5 (have read
39 a number of articles on the topic)

40 I feel the start and end time at masconomet is just
41 right. Parents need to control bedtime adequately
42 to make sure kids are getting enough sleep to get
43 up in morning. I think the start time at the
44 elementary level is much too late. - PreK-6 only
45 Parent, grades: 5 5 PK (have heard some
46 information on the topic)

47 I like the idea of flipped school start/end times
48 for Masco and elementary schools. It makes more
49 sense from a sleep requirement standpoint. -
50 PreK-6 only Parent, grades: K OD OD (have read a
51 number of articles on the topic)

52 it would be difficult as a working parent to have
53 school start later in the morning - PreK-6 only
54 Parent, grades: 5 4 1

55 In addition to after school activities, my children
56 participate in sports outside of school
57 (i.e.,swimming). Practices start and end very late
58 in the evening, thus, making it a challenge to get
59 to bed early enough to get good sleep before
60 going to school so early. - PreK-6 only Parent,
61 grades: K (have heard some information on the
62 topic)

63 I'm sure that athletics, other activities, etc., will
64 not allow the start time to be changed. Seems
65 futile. - PreK-6 only Parent, grades: 4 2 K (have
66 heard some information on the topic)

67 From what little I have heard/read, I do think it
68 would be beneficial to start school a little later,
69 but since my children are only in preK and 2nd
70 grade, I haven't dealt with it yet. - PreK-6 only
71 Parent, grades: 3 1 (have read a number of
72 articles on the topic)

73 I feel like Masconomet should start later and the
74 elementary schools should start earlier. - PreK-6
75 only Parent, grades: 2 PK (don't know much
76 about the topic)

77 If there were a way to minimize bus times, such
78 as going to satellite stops, rather than stop at
79 every house, I'm all for it! For us, the early out of
80 the house time is the most problematic, not so
81 much the start time at school. It boggles my mind
82 that it takes slightly longer to get my kid to Masco
83 (3.2 miles) than it does for my husband to get to
84 work (28 miles down 128 at rush hour.) - PreK-6
85 only Parent, grades: 6 4 2 (have read a number of
86 articles on the topic)

87 There are many factors beyond sleep that need to
88 be considered. Please think about unintended
89 consequences especially for young children as a
90 change is brought forward for older children. -

1 PreK-6 only Parent, grades: 6 4 1 (have heard
2 some information on the topic)

3 I'm happy with the elementary start and finish
4 times. I'm very concerned about Masco starting
5 too early. Please consider starting later! Thank
6 you. - PreK-6 only Parent, grades: 5 4 (have heard
7 some information on the topic)

8 I agree the Masco start times are too early but it
9 should not be adjusted at the expense of the
10 elementary schools. Young children who don't get
11 enough sleep are unable to cope with being tired!
12 It would be a horror show for teachers and
13 parents for the elementary schools to start at
14 7:25. - PreK-6 only Parent, grades: 3 2 (have
15 heard some information on the topic)

16 Start school a little later. Stay later, too many
17 parents allow their kids to over schedule. - PreK-
18 6 only Parent, grades: 6 4 1 (have read a number
19 of articles on the topic)

20 Honestly, I think that most of the high school kids
21 have a lot of activities and moving the start of the
22 day to later will just shift their schedules later. -
23 PreK-6 only Parent, grades: K

24 My oldest (6th going into Masco Middle next
25 year) - I thought the early start times would be a
26 breeze, she *was* a morning person, then
27 puberty hit and she's the opposite now. My
28 younger (4th grade) could take the Masco bus
29 now -- but I'm sure that will change when he hits
30 puberty as well. - PreK-6 only Parent, grades: 4 2
31 (don't know much about the topic)

32 Starting later is a trade off. In the winter - it
33 would seem appealing. When the weather is nice,
34 it would be torture. - PreK-6 only Parent, grades:
35 5 4 2 1 (have heard some information on the
36 topic)

37 I am in favor of starting the school day later for
38 Masconomet students. It seems that students
39 would be more alert and ready to learn if the
40 school stay started around 8:30 or 9:00 instead of
41 7:30. - PreK-6 only Parent, grades: 3 K (have
42 heard some information on the topic)

43 I find key with sleep is consistency and bedtime
44 routine. We have fairly strict bed times in our
45 house (kids are ages 6 and twin 3 year olds) bc

46 we believe sleep is a very important part of their
47 day. Certainly on weekends or during summer we
48 r a little more lenient, but our kids know they
49 have a bedtime and have generally always been
50 excellent sleepers. I have always preferred letting
51 my kids wake naturally rather than with alarm
52 clock or me waking them. I am a little concerned
53 that the middle and high school start time is so
54 early. Teenagers especially need sleep and
55 generally go to bed later, so I imagine that must
56 be a difficult time for them to wake up? Although,
57 I imagine any later start of school would impact
58 after school activities, practices, sports and even
59 their ability to get homework done. It's certainly
60 a dicey subject. I appreciate having this survey
61 available for the school to collect data. Thank
62 you! - PreK-6 only Parent, grades: 4 2 (have heard
63 some information on the topic)

64 I do not feel that we need a later start time to
65 accommodate more sleep. I feel that the
66 homework situation that has been created due to
67 standardize teaching in the classroom and over
68 committed students has created a lack of sleep
69 issue. - PreK-6 only Parent, grades: 6 5

70 Later school starts should have been
71 implemented years ago for middle & high school
72 students. Far too much stress on sleep deprived
73 kids in the tri-town. - PreK-6 only Parent, grades:
74 1 (have heard some information on the topic)

75 One thing that would help is if the teachers at
76 Masco would adhere to their homework
77 guidelines. They seem to continue to assign
78 homework during state testing periods,
79 homework free weekends, etc. This combined
80 with the fact that some teachers seem to not
81 understand that other classes are also giving
82 significant homework assignments as well leads
83 to many unnecessary late nights for the kids that
84 do more harm than good. - PreK-6 only Parent,
85 grades: 4 2 PK (don't know much about the topic)

86 The start time at Masco is too early, and should
87 be moved later by an hour. If that means
88 extending the time the school day ends, that is
89 OK. - PreK-6 only Parent, grades: 3 (have heard
90 some information on the topic)

91 Although I think schedule works right now for
92 my kids in elementary school, I'm very concerned

1 about the schedule as they move to Masco.
2 They're already maxed out on activities etc.
3 without a lot of downtime and barely getting
4 enough sleep. It will become so much harder with
5 an earlier start time and more homework and
6 activities exactly when data says they'll need
7 more sleep. - PreK-6 only Parent, grades: 6 (have
8 heard some information on the topic)

9 We encourage our child to get a good nights sleep
10 by going to bed on time. This requires committing
11 to getting homework done early to allow time for
12 other activities. The current school times work
13 well for our family. - PreK-6 only Parent, grades:
14 2 K (have read a number of articles on the topic)

15 Aside from anything else, if Masco changes its
16 schedule, it would only really work if EVERY
17 school district that we compete in sports with
18 would change their schedules. Teens will be
19 night-owls and have less than perfect night's
20 sleep no matter when you have school start time.
21 Please leave it the way it is. - PreK-6 only Parent,
22 grades: 3 (have heard some information on the
23 topic)

24 Please change the start time for the high school
25 kids! With the pressure of homework and college
26 prep, things are really unhealthy. - PreK-6 only
27 Parent, grades: 5 (have heard some information
28 on the topic)

29 Most need more - PreK-6 only Parent, grades: 1
30 PK (extensive reading on the topic)

31 At MASCO it is so much more about the bus....my
32 son is on it for almost 1 hour!!!! He gets the bus at
33 6:25, if he could get it at 7:00, it would help a lot. I
34 am not in favor of later start times...I am in favor
35 of more buses!!!! On the same token, my spofford
36 student has to sit in the caf for late bus and
37 doesn't get home until 4:00...again, more buses
38 not a change in school time. I strongly believe
39 that if school started later, kids would stay up
40 later....it would not prove to give them more
41 sleep...it is all about the sleep...I don't agree with
42 the "time" they fall asleep and I have read a lot!!! I
43 realize it goes against the common belief in this
44 area. - PreK-6 only Parent, grades: 4 1 (have
45 heard some information on the topic)

46 Starting school later will significantly impact
47 students who play sports after school. It will also
48 force them to stay up later to finish homework
49 which will ultimately impact the amount of sleep
50 they receive. This starting late concept does not
51 take into consideration student athletes and is
52 designed strictly for kids who don't play
53 sports...for instance, if you play an instrument as
54 your activity, time is given to student for music
55 during the school day which is unlike sports
56 practices. I don't think living start times will
57 improve students sleep patterns, it will merely
58 allow for some working parents more
59 convenience when dropping off kids or picking
60 up. Total waste if time. - PreK-6 only Parent,
61 grades: 6 3 (have heard some information on the
62 topic)

63 I believe that young teens need more sleep in the
64 morning and are more active in the evening. -
65 PreK-6 only Parent, grades: 5 3 K PK (have heard
66 some information on the topic)

67 I believe and have always believed that a later
68 start time would be better for high school age
69 students and the readings have reinforced that.
70 Younger students are naturally up earlier. I
71 would like to disbar the belief that High School
72 students just need structure for better sleep
73 habits. My oldest was always an early riser from
74 birth until he got to middle school and he started
75 growing. We always encouraged and still do
76 encourage getting a good nights sleep and how
77 important it is to do so. We do not let them stay
78 up beyond 11 if there is no need for it even on the
79 weekend. For the most part he gets to bed at a
80 reasonable time and waking up is still difficult.
81 Getting an extra half hour to hour would be a
82 huge difference for him. I'm really concerned
83 about next year when he's a junior and he's
84 taking AP classes, that will require him to be up
85 late doing all of his HW on top of the sports he
86 plays. - PreK-6 only Parent, grades: 1 PK - (have
87 heard some information on the topic)

88 I believe that in order for youth to be attentive
89 and retain information in school, they need to
90 come to school well rested. Lack of sleep reflects
91 poorly on grades which in return discourages
92 children. This is a vicious cycle. Kids wake up
93 early to get to school, are in school for 7 hours,

1 are encouraged to join sports and extra curricular
2 activities AND receive hours of homework each
3 night, resulting in late bed times. In my opinion,
4 After 7 hours of school, there is no need for 2-3
5 hours of homework. I believe more in class work
6 should be given instead of hour long lectures, OR,
7 last period of the day should be homeroom,
8 where homework could be done. Homework
9 should consist of reading and studying, not work
10 that should be done in class! Kids are constantly
11 ill as well; which I think would lessen if they got
12 the proper amount of rest. I believe - PreK-6 only
13 Parent, grades: 1 (have read a number of articles
14 on the topic)

15 I would prefer that the times did not change. I feel
16 that kids are spending too much time on social
17 media, which effects their sleep and they would
18 just stay up later if the times were adjusted. I also
19 don't think that by letting them sleep in we are
20 preparing them for college and work. - PreK-6
21 only Parent, grades: 5 1

22 I think sleep is very important (critical) for
23 growth and both mental and physical functioning.
24 Earlier starts for younger kids may make sense
25 because they don't stay up as late and tend to
26 wake up earlier. They also do not have too much
27 homework. For middle and high schoolers, they
28 have a lot of time commitments with activities
29 and also homework and so they go to bed late
30 and also tend to want to sleep in later. So, later
31 start would benefit their natural sleep cycle. -
32 PreK-6 only Parent, grades: 6 4

33 High school start is too early. - PreK-6 only
34 Parent, grades: 6 (have heard some information
35 on the topic)

36 From what I've read, Masco needs to have a later
37 start time. It will be painful for many to make
38 such a change but it will be in the best interest of
39 the children and eventually everyone will adjust.
40 - PreK-6 only Parent, grades: 3 (have read a
41 number of articles on the topic)

42 I feel that teenagers should have a later start to
43 school so that they can have more sleep... but I
44 don't want the elementary to start any earlier
45 than it already does - PreK-6 only Parent, grades:
46 4 (don't know much about the topic)

47 I think that school should end no later than 2:45-
48 2:55 and should start no earlier than 8:15. - PreK-
49 6 only Parent, grades: 5 4 2 (have read a number
50 of articles on the topic)

51 Kids that play sports are in honors classes have
52 jobs and have to do community service would
53 benefit from an extra hour sleep each day. Also
54 sat and other tests should start later as well when
55 kids are more awake and alert - PreK-6 only
56 Parent, grades: PK - (have heard some
57 information on the topic)

58 Issues regardless of start/end time: no late bus at
59 Masco for students with at school activities. Alps:
60 this survey doesn't even mention before/after
61 care for elementary students. Our school district
62 is utterly NOT supportive if families with 2
63 working parents, and the questions in this survey
64 bear this out. Not all families have mom sitting at
65 home waiting to shuttle her kids around
66 whenever school gets out (or drop them off
67 whenever it starts) - PreK-6 only Parent, grades:
68 3 PK (have heard some information on the topic)

69 For me the issue is having to wake up one child
70 consistently and one periodically in order to
71 catch the bus. At their age, I am a firm believer
72 they should be waking naturally. Also, their bus
73 ride is far too long. They are first on, last off and
74 spend near an hour trapped on that bus. We need
75 more buses so we can have shorter routes. -
76 PreK-6 only Parent, grades: 3 1 1 (have read a
77 number of articles on the topic)

78 We have been greatly disturbed that our child, a
79 student at Masconomet rises before 6AM to
80 attend a school less than ten minutes away. In
81 addition, her lunch period is inordinately early.
82 Thus, she eats breakfast at home, but has no
83 other sustenance until after school each day. She
84 arrives at home in the afternoon both tired and
85 hungry which has an adverse effect on her after-
86 school activities. Our daughter is a good student,
87 but one must wonder how this schedule plays out
88 with those with learning issues. The situation is
89 unhealthy and must be changed. - PreK-6 only
90 Parent, grades: 4 2 (have heard some information
91 on the topic)

92 Thank you for taking the time to study this
93 situation and assess whether we should/can

- 1 make any changes. - PreK-6 only Parent, grades: 2
2 K (have read a number of articles on the topic)
- 3 We used to live in London, England. There, high
4 school start times are later. It was a much better
5 schedule for all students. More engaged, less
6 tired. I would be happy to talk more to the
7 committee about this if you would like. Thank
8 you. - PreK-6 only Parent, grades: 3 1 PK (have
9 heard some information on the topic)
- 10 They need more sleep than we typically give
11 them! - PreK-6 only Parent, grades: 6

1 **Parent Survey Open Responses:**
2 **PreK-12 parents**

3 *Responses by parents who have children at*
4 *Masconomet, and may have children currently in*
5 *PreK-6 elementary schools in the Tri-Town.*

6 Would be nice if school started a little later. My
7 son doesn't want to participate in any before
8 school activities because the meetings or
9 practices are insanely early. - Other/Unknown
10 Parent, grades:

11 My daughter is a pain in the morning. I dreading
12 getting her going. My oldest is going to college, so
13 I am losing my driver which will be painful since
14 the junior will not be able to drive! Getting them
15 to afternoon activites is always a challenge. Who
16 ends work at 230??? Wish I did. .. not a chance. -
17 Other/Unknown Parent, grades:

18 I have been advocating for a later start time at
19 Masco since we've moved to town 15 years ago
20 citing several articles. I believe it's a well known
21 fact that children especially teenagers require
22 much more sleep for development, growth,
23 concentration and mental health and well being.
24 My kids have fell asleep in first period and grades
25 have suffered during the first two periods. The
26 children all know this. I've watched the kids on
27 the bus in the morning and they look like
28 zombies. Not sure why Masco has such an early
29 start time knowing these facts? Thank you -
30 Other/Unknown Parent, grades: - (have read a
31 number of articles on the topic)

32 A slightly later start at the ms and HS levels
33 would be just fine with me - Other/Unknown
34 Parent, grades:

35 later start time would be more beneficial for our
36 children. - PreK-12 Parent, grades: 11 8 (have
37 read a number of articles on the topic)

38 I think it would be a terrible idea to have a later
39 start for Masconomet. Students in middle and
40 high school have sports and activities and a lot of
41 homework and they need the extra hours in the
42 afternoon to get it all done. All a later start time
43 would accomplish would be a later bedtime
44 routine. The number of hours of sleep would

45 remain the same. I am strongly against any
46 change to the current schedule. If the high school
47 students have a later start time, they will be out
48 of synch with the majority of the high schools
49 they play sports against. - PreK-12 Parent,
50 grades: 8 10 12

51 I believe that MASCO should have a later start
52 time but that the Topsfield Elementary Schools
53 should be able to keep their current start/end
54 times. I know this creates a hardship in terms of
55 transportation, but if this could be worked out, I
56 feel that this would be a beneficial and ideal
57 situation for students at all schools. - PreK-12
58 Parent, grades: 8 11 (have read a number of
59 articles on the topic)

60 The school day is fine as it is. Parents need to get
61 their kids to bed early! If school starts later
62 parents will let their kids stay up later, negating
63 any sleep benefits. Kids will get home later, have
64 less time for activities and homework. - PreK-12
65 Parent, grades: 12 6 (have heard some
66 information on the topic)

67 An hour later start is more appropriate for my
68 son's age. - PreK-12 Parent, grades: 11 OD (have
69 read a number of articles on the topic)

70 Let's do it - PreK-12 Parent, grades: 11 9 (have
71 read a number of articles on the topic)

72 I think an extra hour in am would be beneficial -
73 PreK-12 Parent, grades: 10 7 (have read a
74 number of articles on the topic)

75 As a parent who at some point will have a child at
76 Masco, a child at Spofford, and a child at Cole at
77 the same time, in a house with two FT working
78 parents, I do not see how all Boxford/Tritown
79 schools could possibly start and end during the
80 same timeframe. I am absolutely NOT ok with
81 younger children sharing the bus with older
82 children, K & 6 on the same bus is a huge age
83 range as it is. Also, if something is going on after
84 school and all three kids need a parent, how does
85 that work? My husband has no flexibility at his
86 job and after school is all on me [mom]. I cannot
87 be in 3 places at once, or even 2 places at once,
88 which is why I am not in support of Masco
89 starting at the same time as the elementary
90 schools. At least at Cole/Spofford, I can have one

1 of my kids take the express bus to the other
2 school if necessary. I don't see how Masco could
3 work into that. - PreK-12 Parent, grades: 8 5
4 (have read a number of articles on the topic)

5 Love the late start idea. My concern is that her
6 schedule would be pushed back and she'll be
7 going to bed after 1am, but I know it works in
8 other districts. - PreK-12 Parent, grades: 7 3
9 (have read a number of articles on the topic)

10 I agree that Masconomet should start later, and
11 am interested to see what options for attaining
12 this come up. With regards to bussing students to
13 school, I feel that this could be an issue if eleventh
14 and Masco students start around the same time. I
15 don't feel that older students should need to
16 monitor the content of discussions due to the fact
17 that younger students are on the bus. Likewise I
18 feel that a big reason why my children are able
19 and willing to take the bus is that their ride is
20 relatively short. I would be very upset if their ride
21 time increased by much time due to having to
22 drop off older students at Masco first (of that is
23 even an option). Thank you for your time and
24 effort in researching this and looking for
25 solutions/options! - PreK-12 Parent, grades: 7 3 K

26 1) Band before school is very difficult. 2) School
27 gets out too late for many after school activities.
28 3) Drop off/pick up should be more flexible and
29 more convenient. In order to pick up at 3:10pm,
30 it's necessary to be in line by 2:20pm. My
31 daughter has activities in Beverly at 3:30pm. The
32 pick up queue could function MUCH MUCH faster.
33 I would even be willing (as I think other parents
34 would) to assist the staff. - PreK-12 Parent,
35 grades: 8 (have read a number of articles on the
36 topic)

37 The primary obstacle to getting enough sleep is
38 homework. If my HS junior didn't have 5+ hours
39 of HW every night, she could get to bed at a
40 reasonable hour. Changing the school start times
41 15 minutes will help, however, more than 15
42 minutes would greatly impact HW and activity
43 time. - PreK-12 Parent, grades: 8 (have read a
44 number of articles on the topic)

45 While I agree children need more sleep, I am
46 concerned about the impact that a later school
47 day will have. There are other activities that

48 aren't school related that will be impacted. I think
49 they will inevitably be going to bed later bc
50 everything will be pushed back. - PreK-12 Parent,
51 grades: 11 10 6 (have heard some information on
52 the topic)

53 I think this is relying too much on studies and not
54 enough on behavior changes. Stop all electronics
55 1 hour before bed. No phone in room. Impose a
56 bedtime. Tell kids no, they can't participate in
57 everything they want. In addition, I am
58 vehemently opposed to children being dismissed
59 early to participate in outside activities. Also, the
60 amount of homework assigned in high school is
61 ridiculous. There should be no more than 1 - 2
62 hours per night, maximum. - PreK-12 Parent,
63 grades: 12 5 (have read a number of articles on
64 the topic)

65 I think a later start would be helpful. - PreK-12
66 Parent, grades: 10 8 (have heard some
67 information on the topic)

68 Elementary age students tend to wake naturally
69 earlier than adolescents. It seems their schedules
70 should be swapped. - PreK-12 Parent, grades: K 5
71 11 (don't know much about the topic)

72 The only reason my kids do not take the bus
73 home us because they work afterschool with
74 teachers Monday-Thursday and are involved in
75 afterschool sports and activities. If there were a
76 late bus, my kids would definitely take advantage
77 of the opportunity. - PreK-12 Parent, grades: 8 5
78 2 (have read a number of articles on the topic)

79 More sleep would be great but not at the expense
80 of keeping up with others in all communities. The
81 grades, sports and jobs are all too competitive to
82 relax. - PreK-12 Parent, grades: 11 9 (extensive
83 reading on the topic)

84 We really need to update the whole schedule. A
85 later start time would be so healthy for kids and
86 the rest of the issues will fall into place. - PreK-12
87 Parent, grades: 8 7 7 (have read a number of
88 articles on the topic)

89 My junior daughter is so tired at night that she
90 cannot focus so she sets an alarm for 4am to get
91 up and do homework before school. I think this is
92 ridiculous and unhealthy - PreK-12 Parent,

1 grades: 7 (have read a number of articles on the
2 topic)

3 Need later start at masco - PreK-12 Parent,
4 grades: 7 4 (have read a number of articles on the
5 topic)

6 After having heard from several families and
7 attending meetings about this issue and their
8 struggles with the times that their children
9 (middle to high school age) are allowed to go to
10 bed and while understanding that there are
11 surely many differing circumstances, I am still left
12 wondering where family/house rules fit into this
13 issue? Our child is now in high school and we
14 have always adopted a lifestyle approach that is
15 conducive to well-being. As parents we also set
16 an example by 'early(ish)' to bed early to rise in
17 order to get adequate sleep. - PreK-12 Parent,
18 grades: 10 9 (have read a number of articles on
19 the topic)

20 A later opening would help the masco kids with
21 sleep. But I think they should also examine the
22 homework load put on the kids. They are
23 currently doing homework until all hours,
24 especially junior year. - PreK-12 Parent, grades:
25 10 (have read a number of articles on the topic)

26 Children are currently very over-scheduled.
27 Between excessive homework and after school
28 activities, they do not have time to relax and
29 unwind. This impacts their concentration at
30 school and their ability to fall asleep easily. They
31 need all the sleep they can get, especially in the
32 middle and high school years. - PreK-12 Parent,
33 grades: 8 5

34 School starts too early, and the early busses for
35 Masco, while greatly appreciated, are insanely
36 early. Thank you very much. - PreK-12 Parent,
37 grades: 12 6 (have read a number of articles on
38 the topic)

39 Its not too bad as is. - PreK-12 Parent, grades: - 11
40 10

41 The larger problem is the amount of high school
42 homework. If there was less busy work (more
43 projects), then our son could go to bed earlier and
44 enjoy some down time. He has very little
45 downtime now after spending all day working at

46 school. Ridiculous! Why so much?! Let the kids
47 have a life outside of school - where they still
48 learn, too. - PreK-12 Parent, grades: 7 4
49 (extensive reading on the topic)

50 The start times are about right. We put a lot of
51 effort in making sure bedtimes a scheduled and
52 routine - PreK-12 Parent, grades: 12 6 (don't
53 know much about the topic)

54 Sleep is invaluable to one's health. They teach a
55 health class at Masco, but the Masco "culture" is
56 in direct opposition to what they learn. - PreK-12
57 Parent, grades: 11

58 I would love to the Masco students to be more
59 rested and align their sleeping patern with their
60 biological needs. - PreK-12 Parent, grades: 10
61 (extensive reading on the topic)

62 With children that have been through pre-K to
63 middle school, I feel the start-times would make
64 more sense if they were flipped - The little ones
65 are typically up and ready to go so early and as
66 they hit adolescence, they seem to need more
67 evening hours awake and have a harder time
68 getting going in the mornings. I wish the upper-
69 elementary could be on the middle-school
70 schedule with only the youngest grades starting
71 early and everyone else starting later. I have
72 spent time in another country where school
73 started at 10am (as well as parents' work) and it
74 allowed for some nice family time at the
75 beginning of the day. It was such a lovely way to
76 live. Then schools ended a bit later and there
77 were activities, with the family gathered again in
78 the evening. I admit I envied their schedule - It
79 did not feel rushed and it honored the whole
80 family and whole person more than our rushed
81 schedules here seem to. It fees like in our culture
82 there is a push for productivity above all other
83 needs, but the end result may in fact be quite the
84 opposite! - PreK-12 Parent, grades: 12 4 (don't
85 know much about the topic)

86 They need more sleep, it has been scientifically
87 proven. Later start times are what is best for the
88 health of our kids, that should be the top priority.
89 - PreK-12 Parent, grades: 7 (have heard some
90 information on the topic)

1 When I see other school districts building new
2 schools costing \$30, 40, and 50 million, I think
3 that any solutions to start school later that our
4 schools would come up with would be far more
5 valuable for the health and performance of our
6 children. I can only do so much to get my children
7 to sleep early enough, but only the schools can let
8 them sleep long enough to lead fully healthy,
9 productive lives. Besides, they'll be in a better
10 mood! Thanks for surveying! - PreK-12 Parent,
11 grades: 11 8 (have read a number of articles on
12 the topic)

13 My Steward kids have a long day. We don't do the
14 bus, because we don't want to make it longer.
15 While homework is at their age is fine. I don't
16 think it should be mandatory. They've already
17 had a long day. When they get home, I'd like them
18 to play, ride bikes, etc. More outside time. Let kids
19 be kids. - PreK-12 Parent, grades: 9 5 (have read a
20 number of articles on the topic)

21 I feel that the school start time is way too early
22 and should be changed! I'm very glad we have an
23 opportunity to voice our opinion and hope this
24 changes - even 30 minutes would make a
25 difference! - PreK-12 Parent, grades: 10 8

26 When danvers high school tried the later
27 schedule, they allowed teachers to offer extra
28 help before school 7:30-8:30. This was useless. 1.
29 No one came to school early for help or make-up
30 work. 2. No one could stay because the students
31 had to rush off to their jobs. The later schedule
32 really impacts students who work after school. It
33 isn't fair to them. - PreK-12 Parent, grades: 8 5
34 (extensive reading on the topic)

35 Our young kids are up earlier, and could get to
36 school earlier. I do think the high school kids are
37 up way too early. It will take the Community as a
38 whole to re-adjust to later start times for older
39 kids. Work, athletics, etc will all have to shift to
40 meet the needs of HS students. Will it truly help
41 them improve their grades and improve their
42 well being? I guess we should read some studies.
43 Do we support it? Yes. - PreK-12 Parent, grades:
44 11 9 9 (have heard some information on the
45 topic)

46 Aligning school schedules will be somewhat
47 helpful. if not identical, within 30 minutes of each

48 other pending costs for busing etc. - PreK-12
49 Parent, grades: 12 9 (have read a number of
50 articles on the topic)

51 I think having a later start time for older kids
52 would be great. In my opinion they like to sleep in
53 the morning. It would also be ok to have a longer
54 day that included activites etc..throughout day vs.
55 at end of day when time to go home. It could be
56 part of school day. - PreK-12 Parent, grades: 8 5
57 (have read a number of articles on the topic)

58 I don't have teenagers yet but it seems like they
59 could use more sleep. They are usually involved
60 in lots of after school sports/dance/activities and
61 have more home work.... - PreK-12 Parent,
62 grades: 10 9 6 (have heard some information on
63 the topic)

64 The early Masco start has large negative effects
65 on my daughter's health, behavior, and
66 performance at school. Some school projects
67 assigned for homework require trips to store for
68 supplies and have little substantive educational
69 benefit. They are graded on slickness of
70 presentation. - PreK-12 Parent, grades: 8 6 (have
71 read a number of articles on the topic)

72 It would make sense to swap the elementary and
73 middle/high start times. - PreK-12 Parent,
74 grades: 10 (have heard some information on the
75 topic)

76 School open far too early - PreK-12 Parent,
77 grades: 11 (have heard some information on the
78 topic)

79 I agree kids need more sleep - PreK-12 Parent,
80 grades: 9 7 (have read a number of articles on the
81 topic)

82 Thank you for taking concerns about our
83 children's sleep seriously. It is so closely linked to
84 emotional and physical health. - PreK-12 Parent,
85 grades: 12 (don't know much about the topic)

86 There have been days when I have had to let my
87 kids sleep in after a late night high school sports
88 activity and under the current system I feel guilty
89 and do not feel I can be honest about it. The older
90 high school kids could definitely benefit from a
91 later schedule. - PreK-12 Parent, grades: 10 8
92 (extensive reading on the topic)

1 Would not like high school getting out any later
 2 than now will leave no time for socializing and
 3 homework - PreK-12 Parent, grades: 10 7 (have
 4 heard some information on the topic)

5 I do think teens in particular need more sleep and
 6 a later start time would help. As an ancillary
 7 benefit, a later start time would also help
 8 alleviate some traffic issues as the commute to
 9 school currently coincides with peak work
 10 commuting schedules. - PreK-12 Parent, grades: 9
 11 7 4 (have heard some information on the topic)

12 Not only would the start times need to be
 13 adjusted for high school students to support the
 14 research but something also needs to come off
 15 their plates so they are sleeping more hours and
 16 not just later in the morning. It would need to be
 17 a significant shift to be meaningful. - PreK-12
 18 Parent, grades: - 12 10 (have heard some
 19 information on the topic)

20 I support Masconomet starting later but I do not
 21 support flipping the schedule so that the
 22 elementary schools start earlier...I think that all
 23 should be pushed up a bit so that the high
 24 schoolers get more sleep in the morning. - PreK-
 25 12 Parent, grades: 12 9 7

26 I think it would be better for the Middle and High
 27 school students to have a later start time. But it is
 28 still most important for the Middle and High
 29 school teachers to offer after school help.
 30 Activities and sports need to be scheduled after
 31 the after school help. - PreK-12 Parent, grades: 12
 32 OD 6 - (have heard some information on the
 33 topic)

34 I believe the start time at Cole and Spofford is
 35 great. I believe that Masco start time is way too
 36 early and concerned that my daughter will be
 37 tired when it is time for her to go there. Also I
 38 have a younger son and when my daughter is at
 39 Masco my son will be at Cole and I do have a
 40 concern that they will be on two different
 41 schedules. - PreK-12 Parent, grades: 7 6 (have
 42 read a number of articles on the topic)

43 Later is better, and also end the Teacher days, no
 44 reason not to have school when they can do that
 45 over summer or break. - PreK-12 Parent, grades:

46 7 5 3 1 (have read a number of articles on the
 47 topic)

48 Important that my older son gets on the bus after
 49 my younger son and before his brother arrives
 50 home so he can get him on and off the bus. - PreK-
 51 12 Parent, grades: 9 (have read a number of
 52 articles on the topic)

53 I do not feel that start times need to be adjusted. -
 54 PreK-12 Parent, grades: 7 5 (have heard some
 55 information on the topic)

56 Feel kids should get there sleep, high school kids
 57 seem to get the lates times for field use and
 58 activity times, for this reason i feel school should
 59 be later. - PreK-12 Parent, grades: 11 8 5

60 I don't agree with changing the times at Masco.
 61 Getting kids up early is good discipline. The early
 62 dismissal gives the kids a chance to participate in
 63 sports/activities or have an after school job while
 64 still having time to get the required school work
 65 done. - PreK-12 Parent, grades: 8 6 4

66 Long bus routes/ large district are the problem.
 67 Can be 45 minutes and they run backwards in PM
 68 so longest morning ride first pick up also gets
 69 longest evening ride last drop off. Poor planning
 70 of routes. Too many stops. - PreK-12 Parent,
 71 grades: - - 12 (have read a number of articles on
 72 the topic)

73 Sleep times and school start/end times are all
 74 relative - with later starts, will they just be up
 75 later due to activities and homework falling even
 76 later as well? On the flip side, bumping the
 77 elementary schools start time down by 20 mins
 78 and delaying madco start times by 20 mins make
 79 more sense for those age brackets. - PreK-12
 80 Parent, grades: 8 6 3 (have read a number of
 81 articles on the topic)

82 I feel school start time should not change. Kids
 83 need to learn to schedule their time and go to
 84 bed. It cuts into working time and I know my kids
 85 would just go to bed later. Not for the change!!! -
 86 PreK-12 Parent, grades: 7 (extensive reading on
 87 the topic)

88 If we have the kids a bit more time in morning I
 89 feel they would only go to bed later which would

1 defeat purpose. - PreK-12 Parent, grades: 8 - -
2 (have read a number of articles on the topic)

3 I don't have children at masco yet but from what I
4 hear, there is way too much homework. I would
5 rather see a longer school day with no
6 homework/or significantly less homework -
7 PreK-12 Parent, grades: 8 6 (have read a number
8 of articles on the topic)

9 This is a critical initiative and I am very grateful
10 you are taking this on. I think it is imperative that
11 we adjust the start time to align with what
12 science tells us is best for the children. As soon as
13 possible! It will be inconvenient, there will be a
14 significant adjustment period, but no major
15 change worth making comes easily. I applaud
16 your efforts. - PreK-12 Parent, grades: 11 5 (have
17 read a number of articles on the topic)

18 Love that you guys ask me this type of question :)
19 - PreK-12 Parent, grades: 11 9 5 (have heard
20 some information on the topic)

21 While our son is still in elementary school and
22 has always been an early riser, I expect it will
23 change. Based on my own experience as a teen
24 taking a bus at 7:00 am, it was an ongoing war to
25 get to school on time due to my inability to get to
26 sleep at night and wake up in the morning. Later
27 start time for older kids seems to make a lot of
28 sense outside of concerns for parents work
29 schedules and child care for younger siblings. -
30 PreK-12 Parent, grades: 10 8 6 (have read a
31 number of articles on the topic)

32 I had this growing up in Virginia beach. We
33 started later and it worked well for me! - PreK-12
34 Parent, grades: 8 2 (have read a number of
35 articles on the topic)

36 Just omit a daily homeroom after a few weeks
37 into the school year and extend first block by 10
38 minutes for announcements. Return to
39 homeroom as needed with a special HR schedule
40 for distribution of yearbooks, surveys, etc. This
41 will only be needed a few times per year. By
42 omitting Home room you get your later start time
43 with no change to the finish time. - PreK-12
44 Parent, grades: 12 12 9 (have heard some
45 information on the topic)

46 Sleep is extremely important. It effects learning,
47 diet, mood and ability to function. I think the
48 primary school time is acceptable but do worry
49 about the school time of MASCO students. - PreK-
50 12 Parent, grades: 10 7 (have heard some
51 information on the topic)

52 I feel my child needs to go to bed too early in
53 order to get the proper amount of sleep, also it is
54 very difficult for him to fall asleep while it is still
55 light out. younger children naturally go to bed
56 earlier and wake up earlier, the current school
57 schedules do not make sense for our children.. I
58 strongly feel that if the elementary and
59 middle/high school start/end times were
60 reversed it would benefit all of the students -
61 PreK-12 Parent, grades: 12 OD 7 (have read a
62 number of articles on the topic)

63 School needs to start later - PreK-12 Parent,
64 grades: 11 9 (have heard some information on
65 the topic)

66 Obviously, sleep is a very important factor for
67 children and teens. However, I'm very concerned
68 that their are newer members of the school
69 committee who are attempting to drive change
70 strictly based on the needs of their own children
71 and not necessarily those of the masses.
72 Personally, I would have no problem with a
73 change if Masconomet were also willing to
74 include a 20-30 minute period of time where the
75 students could be outdoors, getting fresh air and
76 some natural vitamin D, and just being allowed to
77 be teenagers rather than robots. Ideally, they
78 would be allowed to go out after they finished
79 eating their lunch - like most of us were able to do
80 in ms/hs - but that is not permitted (at least at
81 the Middle School level) because this school is
82 run like an institution for children with
83 behavioral issues. So, because I don't want my
84 child to loose the opportunity to have some
85 significant daytime left after school (especially
86 during the winter months), I'm strongly against
87 the initiative to change the start time at
88 Masconomet. - PreK-12 Parent, grades: 12 - -
89 (have read a number of articles on the topic)

90 Thank you for asking Magnificent Mascoites! All
91 of the data points to improvement in mental and
92 physical health by starting later. If there were a

1 vaccine that provided similar benefits, it would
2 have been made mandatory. Please change the
3 start time! Thank you very much! Jim Boyle.
4 Praise The Holy Name of Jesus! - PreK-12 Parent,
5 grades: 9 (have heard some information on the
6 topic)

7 I think it is fantastic that you are looking into this
8 change in schedule for our youth. I would
9 definitely support later start of school times for
10 pre-teen and teenage children, event if it meant
11 earlier start times for elementary kids. - PreK-12
12 Parent, grades: 9 5 (have read a number of
13 articles on the topic)

14 My experience is when my child was elementary
15 age, he was awake much earlier and to
16 bed/sleeping much earlier. The exact opposite is
17 true of when he teached middle school age. I have
18 always felt that the start times should be filpped
19 for elementary and high school. - PreK-12 Parent,
20 grades: 11 6 (have read a number of articles on
21 the topic)

22 I feel the amount of homework should be looked
23 at as well. - PreK-12 Parent, grades: 9 7 (have
24 read a number of articles on the topic)

25 A later school ending time would cause a
26 significant issue for my child. She is q competitive
27 figure skater and we travel to Acton every day
28 after school. Also a later beginning time would
29 interfere with my work schedule. - PreK-12
30 Parent, grades: 11 11 6 (have heard some
31 information on the topic)

32 I don't think the school start and end times need
33 to be adjusted but I do think the number of after
34 school activities that students participate in
35 should be. Many students play multiple sports at
36 the same time and have a job. On top of that,
37 there is the obvious school work that is needed to
38 be done. School work comes first. After school
39 activities and job come after that if there is time.
40 Adjusting the start and end time of an entire
41 school system will only give students more time
42 in their day to spend on their activities and jobs. I
43 don't believe that most students will actually take
44 advantage and use the time to sleep. - PreK-12
45 Parent, grades: 8 6

46 Starting very early in the morning really isn't
47 ideal for ANY of the age groups involved. But
48 given the bus constraints, I think the current
49 times are the best solution, especially since
50 Masco students have the heaviest needs for after-
51 school time (for sports, jobs, homework, etc.) -
52 PreK-12 Parent, grades: 10 5 (have heard some
53 information on the topic)

54 The early start is too early for students. the
55 morning is such an important start to the day to
56 be focused and they are too young to start such a
57 stressed life style. It creates unity as well to allow
58 sibling to continue to leave and return school at
59 the same time and look out for each other - PreK-
60 12 Parent, grades: 10 6 (have heard some
61 information on the topic)

62 I think that teenagers are not getting enough
63 sleep and are overloaded with coursework. I
64 would prefer to see more study hall time included
65 in the schedule to allow teens to get their
66 homework done. Getting to school as early as
67 7:45 seems absurd to me. - PreK-12 Parent,
68 grades: 8 2 (have heard some information on the
69 topic)

70 I feel that the older my child gets the more
71 difficult it is for her to get up in the mornings, and
72 she is better when given a little extra time to get
73 ready. My younger child as was the case with my
74 older, is better in the morning's. I am a high
75 school teacher in another district and have found
76 that my early-morning classes are difficult for the
77 high school students. - PreK-12 Parent, grades: 10
78 8 2 K (have read a number of articles on the
79 topic)

80 It's hard for working parents to send their
81 children to bed really early as this is the only time
82 they get to spend together. By the time everyone
83 gets home, eats dinner, do homework typically
84 it's time for bed, but if you want to read a book
85 together or do anything else you cut into the
86 night hours and kids end up not sleeping enough.
87 It's tough to send them to bed when they still
88 want to share their stories and spend time with
89 parents. - PreK-12 Parent, grades: 9 6 K (have
90 read a number of articles on the topic)

1 School should start later. Kids need sleep - PreK-
2 12 Parent, grades: 11 9 (have heard some
3 information on the topic)

4 I agree kids should get more sleep. some kids are
5 constrained by HW and activities. My guess is at
6 almost the 1/2 kids are like mine, too late ending
7 "unwinding" see: playtime, to late start HW, to
8 late to bed - PreK-12 Parent, grades: 10 8 8

9 Masco comes at 645am which is too early for my
10 kid. He goes to Masco next year. - PreK-12 Parent,
11 grades: 10 8 8 (have read a number of articles on
12 the topic)

13 I think this is ridiculous. I think we baby our
14 children way too much. The homework is far
15 more than normal because college requirements
16 are excessive. If you get your kids off their
17 phones, they would get homework done and
18 sleep better. We have become a Nation of
19 enablers and I don't want anymore of these types
20 of surveys or whining parents.... we all handled
21 school and my kids are doing the same..every
22 class has students who have had rigorous
23 schedules and sports schedules and made it out
24 just fine. Stop creating lazy kids.... - PreK-12
25 Parent, grades: 11 9

26 Although I have read a couple of articles that
27 indicate otherwise, I believe strongly that if you
28 change the start time for high school to a later
29 time to allow students more time to sleep, my
30 children - and most other children - would simply
31 go to bed later and still get the same amount of
32 sleep as they do currently. Therefore, I am not in
33 favor of it. - PreK-12 Parent, grades: 7 3 (have
34 read a number of articles on the topic)

35 Thank you for taking the time to consider this
36 important topic! - PreK-12 Parent, grades: 7 6
37 (have read a number of articles on the topic)

38 I think Elementary school start time is no
39 problem but I do think the Masco start time is
40 way too early for that age group. - PreK-12
41 Parent, grades: 10 7 (have heard some
42 information on the topic)

43 Teens do need more sleep and I would like to see
44 a later start to the school day personally. - PreK-

45 12 Parent, grades: 9 7 4 (have heard some
46 information on the topic)

47 The out-of-school activity start times would just
48 have to adjust if there was a delay in school start
49 time. It wouldn't impact me, as much as the
50 provider of those activities -- art, dance, baseball,
51 basketball, etc. - PreK-12 Parent, grades: 9 7 3 1
52 (have read a number of articles on the topic)

53 Homework takes away from family time and
54 creative free time as well as attention burnout
55 causing dilly dallying and later bed time. - PreK-
56 12 Parent, grades: 11 (have read a number of
57 articles on the topic)

58 I drive my child to school so they can sleep later
59 in the am. My child gets close to the appropriate
60 amount of sleep most nights and goes to bed at
61 reasonable time. If my child took the bus it would
62 cut into the sleeping time in the am. - PreK-12
63 Parent, grades: 1 7 1 (have heard some
64 information on the topic)

65 As a parent of a boy teenager who needs a
66 minimum of 10 hours of sleep per night, I am
67 very much behind a later school start time. My
68 child is involved in school organized sports after
69 school. I would be interested to hear how other
70 schools that have transitioned to a later start are
71 dealing with sports schedules, fall outdoor sports,
72 in particular, as the daylight hours become
73 limited. - PreK-12 Parent, grades: 11 (have read a
74 number of articles on the topic)

75 Several families drive their kids to school so they
76 can sleep and extra 20-30 minutes each night.
77 Bus route duration more a contributor to the
78 problem, although hard to solve with the length
79 of the routes. Condense bus stops? Reconfigure
80 parent drop off so it can be done faster at
81 MASCO? A skew of 15-30 minutes later may be a
82 compromise to address this. - PreK-12 Parent,
83 grades: 9 7 (have read a number of articles on the
84 topic)

85 Teens need their sleep! Please change high school
86 start time by at least an hour or more. - PreK-12
87 Parent, grades: 7 5

88 At the high school level, this needs to be
89 discussed regionally as many after school

1 commitments are with regional obligations. -
 2 PreK-12 Parent, grades: 7 4 (have read a number
 3 of articles on the topic)

4 Masco needs to be earlier than the elementary
 5 schools. Most high school students do
 6 sports/activities/jobs. If they don't start until
 7 later, that means they are staying up extremely
 8 late to get all their work done which is not ok. -
 9 PreK-12 Parent, grades: 7

10 I wish the homework demands were less or that
 11 study was built into every day so students could
 12 get their homework done earlier. If they don't
 13 after school and don't get it done before their
 14 activities then they end up staying up way too
 15 late. - PreK-12 Parent, grades: 11 8 (have heard
 16 some information on the topic)

17 My 7th grader is my 4th child to go through the
 18 Masco school system. They should not start
 19 school at 7:35. It is much too early, especially
 20 with some sports ending at 8 PM. My 4 children
 21 would have to take days off from school
 22 averaging once a month so they could get caught
 23 up with sleep. - PreK-12 Parent, grades: 12 10 10
 24 5

25 Morning band for elementary school students has
 26 been tough. It has been worth being in such an
 27 incredible program but it has been difficult to
 28 balance this commitment with after school
 29 activities as well. I am very concerned about
 30 Masco schedule. I am not sure what I am going to
 31 do for my children in the afternoons as they get
 32 out so early and there are no late buses. - PreK-12
 33 Parent, grades: 9 K - - (have read a number of
 34 articles on the topic)

35 I agree with a later start time for the health of our
 36 children. Numerous other countries and US
 37 private schools have had success. It's time to give
 38 it a shot. - PreK-12 Parent, grades: 12 9 7 (have
 39 read a number of articles on the topic)

40 If school ended later for Masco that may impact
 41 my daughter ability to work during the week but I
 42 feel that's a reasonable trade-off so we would just
 43 adjust her non school related commitments -
 44 PreK-12 Parent, grades: 11 (have heard some
 45 information on the topic)

46 I would like to see the start time at Masconomet
 47 moved to a later time. - PreK-12 Parent, grades:
 48 11 9 7 (have heard some information on the
 49 topic)

50 I feel as though this is an issue of many root
 51 causes. With before school activities sanctioned
 52 by the school and after school activities not
 53 related to school along with the amount of
 54 homework each evening there is too much going
 55 on for both elementary and high school students.
 56 Sleep takes a back seat to the activities and to
 57 "device time". There needs to be a better balance.
 58 We should be looking at all aspects of the
 59 equation and not only school start and stop times.
 60 - PreK-12 Parent, grades: 8 6 (have read a
 61 number of articles on the topic)

62 Change is always good. Teachers wouldn't do it. -
 63 PreK-12 Parent, grades: 7 4 (have read a number
 64 of articles on the topic)

65 While I think it's a great idea, I'm not sure how
 66 you would convince the entire CAL to start school
 67 later. How would sports practices and games be
 68 handled after school particularly when it gets
 69 dark early? We do not have the facilities to
 70 support a later school start time and still get
 71 sports activities in. The elementary schools have
 72 many activities before school. Starting later for
 73 elementary would be a big burden on working
 74 parents who would then require before school
 75 care. - PreK-12 Parent, grades: 11 7 7 (don't know
 76 much about the topic)

77 Kids need more sleep. Both the younger kids and
 78 older kids. High school seems to start WAY too
 79 early currently. However, the younger kids can't
 80 start at that hour either. Little kids have no sense
 81 of urgency to be places, my kids are currently on
 82 time for school EVERY day. If it were earlier, it
 83 would be very difficult to do that. - PreK-12
 84 Parent, grades: 11 11 9 7 (have heard some
 85 information on the topic)

86 It would be beneficial if Masco started somewhat
 87 later, but that would need to be balanced against
 88 any increased taxes due to transportation costs -
 89 PreK-12 Parent, grades: 7 2 (have read a number
 90 of articles on the topic)

1 Fewer daily homework and more projects and
2 reading assignments so that they're free to sleep
3 earlier. - PreK-12 Parent, grades: 8 5 (have read a
4 number of articles on the topic)

5 I do think the middle and high school start too
6 early. When you factor in the amount of
7 homework in the afternoon and the time they
8 need to get up to get ready to go to school in the
9 morning, they have little downtime in the
10 afternoon to be kids, because they need to get to
11 bed early for the early rise. If you pushed it back a
12 half hour or so, I actually think it would be a big
13 help. - PreK-12 Parent, grades: 12 8 5 (have heard
14 some information on the topic)

15 Elementary students are ready to go early. High
16 schoolers are not. I do feel that the over
17 scheduling is an epidemic and needs to be looked
18 at as well. If kiddos have sports 3x a week and
19 games...it needs to be looked at. - PreK-12 Parent,
20 grades: 9 7 (have heard some information on the
21 topic)

22 I feel that Middle School and High commence too
23 early, which then translates to earlier bus
24 transport and much less sleep that I think is
25 needed - PreK-12 Parent, grades: 7 4 (have heard
26 some information on the topic)

27 I like that my kindergartner goes to school when
28 he does. I think it does take him a long time to get
29 home after school, close to 4pm. I do also think
30 that the middle/high school students start way
31 too early. Buses at 630 are ridiculous, especially
32 when most of them do not go to bed until after
33 midnight with all of the homework that they get. -
34 PreK-12 Parent, grades: 9 (have read a number of
35 articles on the topic)

36 I don't understand why parents don't understand
37 that sleep is important and helps in their
38 learning. What is sad is parents think sports is
39 more important than education. Parents need to
40 make the rules not the kids. Parents are the
41 problem not the kids. Children like structure. If
42 parents put more time into parenting we
43 wouldn't have this problem. - PreK-12 Parent,
44 grades: 12 9 3

45 I like the early start time. It allows children the
46 opportunity to play on sports teams, work and

47 have dinner as a family. I would consider
48 relocating if it changes. - PreK-12 Parent, grades:
49 10 6 4

50 Luckily my child understands the importance of
51 sleep because she finds that her energy dips too
52 low and her school work suffers when she
53 doesn't get a good night sleep. - PreK-12 Parent,
54 grades: OD 7 (extensive reading on the topic)

55 Please share a draft version of the
56 recommendations with us if possible. Survey
57 monkey would be an excellent tool to use again.
58 Appreciate your efforts on this, and would like to
59 see us crowd source creative approaches to the
60 conflicts that will come. - PreK-12 Parent, grades:
61 8 (have heard some information on the topic)

62 It would be nice to have elementary and masco
63 start time closer together - PreK-12 Parent,
64 grades: 7 3 (extensive reading on the topic)

65 Sleep is critical for all children including high
66 school children. Ideally we would add additional
67 bus lines so that all schools could start at the
68 same time allowing all children (elementary and
69 high school) to start at 8am or later to allow for
70 maximum sleeping schedules. - PreK-12 Parent,
71 grades: 9 (have heard some information on the
72 topic)

73 I do not see the need to make any changes to our
74 existing start times and I would actually be
75 opposed to them. The early start times allow for
76 the children to have more time after school to
77 finish their homework and still have plenty of
78 time to take advantage of after school activities.
79 Earlier start times lead to earlier bed times. I feel
80 that an earlier bed time leads to a more
81 structured life. When Masco students enter the
82 real world, they will be required to be at jobs
83 early in the morning. The earlier start times are
84 preparing our Masco students for the real world.
85 There is absolutely nothing wrong with the start
86 times as they currently are today and should not
87 be changed. - PreK-12 Parent, grades: 8 5 (have
88 read a number of articles on the topic)

89 My child at Masconomet likes the early start
90 much better than the long days of elementary
91 school because she gets home much earlier. At
92 Spofford the kids don't get home until 4:00 or

1 later and they always felt like they had no free
2 time after completing homework. They were at
3 times stressed out about this. They rarely
4 complain about being tired. From a parent's point
5 of view I work full time and have had to start my
6 work day 1 1/2 hours late for the last 9 years
7 because of the elementary start time. I was seeing
8 light at the end of the tunnel only to be facing the
9 possibility of continuing this. I know people like
10 to say that the parents' work schedules aren't as
11 important as the kids sleep time but it IS
12 important for parents to be home for dinner with
13 their children too. If the kids need more sleep
14 they should go to bed earlier. - PreK-12 Parent,
15 grades: 7 5 3 (have read a number of articles on
16 the topic)

17 Teens need more sleep - and they need to sleep
18 later in the morning. 6 am wake up is foolish -
19 when the info out there suggests they would be
20 better suited to learn and listen with a later start
21 time. - PreK-12 Parent, grades: 9 (have heard
22 some information on the topic)

23 I believe Masco starts too early and that teens
24 don't get enough sleep due to the fact that they
25 stay up much later than the time they are sent to
26 bed. Also many sports run late in the afternoon,
27 early evening and with homework and dinner it's
28 hard to get kids to bed early. Also, kids need to
29 wind down after a full day of school and sports. -
30 PreK-12 Parent, grades: 8 2 (have heard some
31 information on the topic)

32 Have always wished for a later start time even
33 though it may require us to change things. I
34 would suggest starting elementary kids earlier
35 and high school kids later. - PreK-12 Parent,
36 grades: 7 5 4 (have read a number of articles on
37 the topic)

38 this is great. thanks for the survey! - PreK-12
39 Parent, grades: 7 5 (have read a number of
40 articles on the topic)

41 My son attended Middle School at Masco with the
42 earlier start time. He switched to SJP in 9th grade
43 with a later start time and that has worked out
44 really well. He gets more sleep now and its better
45 all around. My daughter is at Proctor and is still
46 able to get the needed sleep. I am concerned with
47 the earlier start time at Masco that she will no
48 longer get the sleep that she should. - PreK-12
49 Parent, grades: 8 (have read a number of articles
50 on the topic)

51 Kids are definitely not getting enough sleep these
52 days. Structuring the day and homework amount
53 would help this. - PreK-12 Parent, grades: 12 11
54 (have read a number of articles on the topic)

55 Keep things the way they are - PreK-12 Parent,
56 grades: - 11 (have read a number of articles on
57 the topic)

58 I think the current schedule is just fine. - PreK-12
59 Parent, grades: 7 6 (have read a number of
60 articles on the topic)

61 I work in a late school myself. It is a mess for kids
62 who play sports and need to be dismissed. The
63 later the start the later the kids get out and in the
64 winter and you will have Jr. High and high school
65 kids walking in the dark or driving in the dark.
66 The kids will still be tired and late with a late
67 start. They will go to bed even later. If a student
68 needs to stay after for help they may not be able
69 to if they work. Keep it the same it has worked for
70 years. - PreK-12 Parent, grades: 7 7 (have read a
71 number of articles on the topic)

72 I am in favor of moving the start time of school. I
73 would assume that the sports activities schedule
74 would need to be adjusted. I am in favor of a
75 flexible schedule for those times my son may
76 need it for work or other activities. My only
77 concern is homework time and perhaps a
78 mandatory study hall each day to help with this. -
79 PreK-12 Parent, grades: 11 8 6 (have heard some
80 information on the topic)

81 Might make sense to have HS students start a
82 little later to give them more sleep. - PreK-12
83 Parent, grades: 11 8 (extensive reading on the
84 topic)

85 I would fully support a later start particularly for
86 Masco - PreK-12 Parent, grades: 12 8 (have heard
87 some information on the topic)

88 My children are competitive swimmers for a year
89 round club team and during the winter for Masco.
90 Their schedule is extremely difficult, particularly
91 in the winter months. However, there is no way
92 around it. If my kids want to compete for the high

1 school they have to deal with double practices all
2 winter, plus hours of homework. If you try to
3 alter school start times, there is no way my kids
4 could participate in both. Unfortunately, there are
5 not enough hours in the day to help my kids get
6 more sleep unless you reduce the hours they are
7 required to be in school. - PreK-12 Parent, grades:
8 8 6 (have read a number of articles on the topic)

9 I think it sets the kids up for trouble in "the real
10 world" There are studies that indicate later start
11 times would be detrimental to our children -
12 PreK-12 Parent, grades: 11 9 7 (have read a
13 number of articles on the topic)

14 I would be in favor of a later start for Masco and
15 an earlier start for elementary schools. This is
16 based on the sleep habits of my two boys - the
17 school start times appear out of sync with the
18 actual sleep habits of both boys. We try to get the
19 older one to get to sleep earlier but it is
20 impossible based on his internal clock - even with
21 electronic devices put away by 9:45 pm. - PreK-
22 12 Parent, grades: 9 7 (have heard some
23 information on the topic)

24 I am in favor of a later school start time. It is
25 currently too early and the kids don't get enough
26 sleep. The lack of sleep adversely affects their
27 development. - PreK-12 Parent, grades: 10 (have
28 read a number of articles on the topic)

29 The bus rides are way too long. They do not need
30 to stop at every house on main streets. That will
31 help reduce time transporting to and from school
32 and will help with sleep and homework time.
33 Problem solved! - PreK-12 Parent, grades: 9 6
34 (extensive reading on the topic)

35 More sleep is needed no matter what the
36 concessions are - PreK-12 Parent, grades: 10
37 (have read a number of articles on the topic)

38 I think they should start school later . - PreK-12
39 Parent, grades: 8 10 OD OD

40 I believe that changing the starting hours will be a
41 great idea. My twins don't have enough sleep. -
42 PreK-12 Parent, grades: 10 8 4 (have read a
43 number of articles on the topic)

44 While I know my kids need more sleep, we worry
45 a later start schedule with their after school

46 sports would just keep them up later trying to
47 finish homework... - PreK-12 Parent, grades: 9
48 (have read a number of articles on the topic)

49 You can see from my responses that my own
50 children aren't enrolled at Masco. Some of the
51 questions are difficult to answer as a result. I
52 don't rely on a "Masco" student for childcare, but
53 I do rely on my older children for some childcare.
54 If they were enrolled at Masco, and start times
55 changed such that they couldn't do that anymore,
56 it would be EXCEEDINGLY difficult to make
57 adjustments. So even though we're not "at
58 Masco," I feel I can honestly offer you that
59 information. As far as actually changing start
60 times, I'm very frustrated by the conversation
61 about how much more sleep some of my friends
62 image their older, Masco children getting if we
63 "swapped." This just doesn't make sense for the
64 kids I know, that are the most sleep deprived. It's
65 math. If they're at school for x number of hours,
66 and then they do sports, and then they do
67 homework, and throw in some volunteer or other
68 activity, and they sleep in what's leftover. I don't
69 know many kids that are watching hours of TV a
70 day. The biggest challenges to sleep are the
71 number of hours committed to other activities
72 and family choices about electronics. So much
73 sleep research has told us that having our faces in
74 electronic devices before we sleep is disastrous.
75 And yet that's what we and our children are
76 doing. With children in 1:1 schools, I can tell you
77 that this is a mother decision for Masco to avoid.
78 If they're doing homework right up until they go
79 to bed and they're doing it on an iPad or other
80 device, we're directly undermining their sleep.
81 Another issue is activities. If Masco students
82 couldn't be on the bus for a game until 3:30, they
83 aren't going to be home until very late. I'm under
84 the impression that many students participate in
85 after school activities, and this would be
86 problematic. Further, faculty help in advisor
87 roles, and if they have younger children that
88 require care, most of them can pick their children
89 up early enough in the afternoon to have some
90 family time. Making this change would be a
91 significant departure from current working
92 conditions and I can't imagine we'll get away with
93 that, even if the school committee does retain the
94 right to schedule in the agreement, without

1 significant cost at re-negotiation. Since the Masco
2 contract is already killing all three towns, not
3 least because the elementary school associations
4 think their should look similar, this seems to
5 make it financially non-viable to me. I don't
6 believe the change is prudent. Kids in elementary
7 schools can't have most of their sports activities
8 until later in the evening because they need
9 parents that work during the day to serve in
10 coaching roles. So if they're home at 2:30, their
11 activities still can't start until 5 or later. That
12 would destroy their bedtimes for an earlier
13 rising. For older kids, it's just a game of shift-the-
14 clock for sleeping. instead of my friend's daughter
15 sleeping from 12 to 6, maybe she'll sleep from 1
16 to 7. The math stays the same, and as a parent
17 you'd be killing me because I can't waltz off to
18 bed while my child's still up working away for
19 another 2 or so hours. In short, there are many
20 logistical reasons any change would be a
21 challenge. If there was a clear "win" at the end, it
22 would be worth jumping through the hoops.
23 Since we're just looking at "shifting the clock," I
24 think the conversation is misdirected and
25 unrealistic. Energy should be focused in other
26 corrective directions. My family has worked
27 VERY HARD to put good sleep practices and
28 schedules into place. It has been a mindful
29 process, and I believe that we are at a very good
30 place. It isn't because the schools we attend are
31 so great at giving kids extra time in the morning,
32 but rather because we plan and ask our children
33 to take a long view on assignments. They work
34 ahead every weekend so that they don't rob
35 themselves of sleep mid-week. We've also never
36 watched TV during the week. Not even parents,
37 except if we're exercising on a machine which is
38 midday. My older children do their device-based
39 homework earlier in the evening and then do
40 paper-based or reading work in the time before
41 they go to bed. This allows them to wind down.
42 We also stick pretty closely to our usual sleeping
43 hours on the weekend, as well. since research
44 shows that dramatic shifts, for even one night,
45 can really mess with our bodies. This isn't about
46 schedules. It's about decisions and knowing more
47 about sleep. You can't force parents to come to
48 the great educational offerings you have, but
49 forcing everyone to change schedules won't

50 work, either. - PreK-12 Parent, grades: 9 (have
51 read a number of articles on the topic)
52 My daughters are 6 & 4 (turning 7 & 5 this
53 summer) and, while I think the schedule is
54 roughly ideal, I think pushing the school day
55 another 15 minutes would increase their sleep
56 and alleviate some minor stress getting them up
57 and prepped in the morning. No change would
58 also be fine as it's what we're currently working
59 with. An earlier school day would be a step
60 backward, in my opinion. - PreK-12 Parent,
61 grades: - 12 6 (have read a number of articles on
62 the topic)
63 If school starts later, kids will go to bed later. I
64 don't think starting school later will help kids get
65 more sleep. It will make after school activities go
66 later in the day, which means homework later in
67 the day, and in the end if school ends later I feel
68 kids will have less family time. The morning is not
69 a good time for family time- the evening is much
70 more conducive to a more relaxed family
71 atmosphere. I strongly feel starting school later
72 will have unintended detrimental effects. - PreK-
73 12 Parent, grades: 9 (have read a number of
74 articles on the topic)
75 I think that teens should start later, they would
76 be more alert as the body does so much growing
77 during these years and most kids are trying to do
78 so much. I feel more children would be able to do
79 more if there were ways for them to get home
80 after school activities were done. It's a shame that
81 there are no late buses - PreK-12 Parent, grades:
82 12 12 (have read a number of articles on the
83 topic)
84 I only have one child at MASCO and they were in
85 7th grade this year. He is typically not a morning
86 person, but he has gotten used to the schedule of
87 getting up early and doesn't put up a fight. I really
88 like that he gets home an hour before my other
89 two kids and can get a jump start on his
90 homework before heading off to after school
91 activities. On the flip side, I think the elementary
92 schools get out too late and it makes it difficult to
93 get any homework done before after school
94 activities. I pick up on the days of early activities
95 so they can get a jump start on their homework. -

1 PreK-12 Parent, grades: 7 3 (have heard some
2 information on the topic)

3 No question addresses impact on parents job. A
4 later start would have a significant impact for
5 some parents, as far as getting to work on time. -
6 PreK-12 Parent, grades: 7 5 (have read a number
7 of articles on the topic)

8 Thank you for looking into this for our children.
9 There are times throughout the year when the
10 children seem to be "burning the candles at both
11 ends," going to bed late and waking up early. -
12 PreK-12 Parent, grades: 9 7

13 Although, late start at school will give my
14 children the opportunity to sleep longer, it will
15 definitely complicate their departure to school,
16 because my husband and I won't be able to be
17 home. We have an early start at work , and
18 everything with Masco schedule works perfectly
19 fine for us so far - PreK-12 Parent, grades: 10 7 4
20 (have read a number of articles on the topic)

21 My children are elementary age but I think that
22 school starts too early for middle and high school.
23 I believe until middle school children should have
24 very little homework during the year. I would
25 rather see the young kids have homework books
26 or projects to do over the summer because it is
27 balanced with so much free time. - PreK-12
28 Parent, grades: 5 9 (have read a number of
29 articles on the topic)

30 The other day my St. John's student had a delayed
31 start at 9am. Even I felt more awake driving him
32 to school at 8:30 rather than 7:30. I felt more
33 ready to face the day. Imagine how he felt! - PreK-
34 12 Parent, grades: 11 (have read a number of
35 articles on the topic)

36 I think start time should absolutely be later for
37 the middle and high school, especially because of
38 the overwhelming evidence that teens need more
39 sleep in the morning. - PreK-12 Parent, grades: 7
40 4 2 (have heard some information on the topic)

41 We must move Masco's start time to be later.
42 These kids are just not getting enough sleep and
43 it affects their development. It's also too early for
44 them to feel hungry for breakfast or to be willing
45 to wake up extra early to leave time for breakfast,

46 and that isn't good either. Let's be bold and a
47 leader on this one...let's do it! - PreK-12 Parent,
48 grades: 12 10 6 (have read a number of articles
49 on the topic)

50 Generally speaking I think we are rushing our
51 children through life... beginning with the second
52 they wake up in the morning. it's always, hurry
53 up and get dressed, hurry up and eat, hurry up
54 and get in the car or to the bus stop... they don't
55 have any time to think for themselves or think
56 about how they might help out around the house,
57 do chores or share a story they found interesting
58 or a thought they might about something that
59 happened to them because we are constantly
60 pushing them on to experience the next thing
61 without being able to digest the thing that just
62 happened. I think starting school later would
63 allow a bit more relaxed time in the morning for
64 our kids (and us as parents) to actually interact
65 and begin the day calmly, instead of adhering to
66 the rigid, scheduled routines that we have come
67 to accept as our normal way of life. It also seems
68 that the medical reports indicate that more sleep
69 has so many benefits to our growing children --
70 greater focus throughout the day, less anxiety,
71 less tension -- if you look at the empirical data
72 about sleep and kids, it seems like a no brainer to
73 let them sleep longer. - PreK-12 Parent, grades: -
74 10 8 1 (have read a number of articles on the
75 topic)

76 The start time is too early not only for the child,
77 but it forces the parents to wake up earlier than
78 we would otherwise! Our work schedules do not
79 require such an early start to our day. - PreK-12
80 Parent, grades: 9 6 (have read a number of
81 articles on the topic)

82 I'm not too concerned with the Cole and Spofford
83 start and finish times or amount of homework.
84 My concern is the length of time on the bus each
85 way and the amount of time necessary to
86 participate in sports that takes away from family
87 dinner time, evening family reading time and
88 sleep. I wish there were a more low key way to
89 participate on teams for exercise and team work,
90 etc. Maybe right after school for 1/2 an hour
91 instead of an hour and a half during dinner hours.
92 - PreK-12 Parent, grades: 12 3 (have heard some
93 information on the topic)

1 I really feel that with activities and homework I
2 don't see how high school students would be able
3 to leave later and be able to achieve what they
4 needed to - PreK-12 Parent, grades: 7 1 (have
5 read a number of articles on the topic)

6 I think teens are different than elementary school
7 children. When my kids were younger, I could put
8 them to bed earlier. Teens nap in the afternoon
9 and stay up late and (most) are just generally not
10 early morning people. - PreK-12 Parent, grades: 8
11 5 (have read a number of articles on the topic)

12 I think there may need to be different plans made
13 for increasing bus transportation among the
14 towns since it has been described as an issue for
15 changing the start and end times. The school
16 times should be developed based on the needs of
17 our students, not based on bus availability so as
18 to force decisions based on buses. - PreK-12
19 Parent, grades: 10 (have read a number of
20 articles on the topic)

21 I drive my kids to school due to the very early
22 pick up times and the extended length of time the
23 children are on the bus. By driving them it allows
24 them to sleep later and be better prepared. A
25 later start time would a plus for the older kids
26 due to the high pressure, loads of work and
27 extensive amounts of outside activities in and out
28 of school that make up their schedules. The
29 younger children wake up earlier and have less
30 demands on themselves and their schedules.
31 They would be better served with the earlier
32 start time. - PreK-12 Parent, grades: 8 6 (don't
33 know much about the topic)

34 Start time is not extremely early for Masco but
35 bus routes are long and arrive too early - PreK-12
36 Parent, grades: 7 3

37 I support a later start time for Masconomet
38 students. My niece & nephew's high school did
39 this & it was overwhelmingly positive for them.
40 Emotionally & academically. - PreK-12 Parent,
41 grades: 8 7 (have heard some information on the
42 topic)

43 If there wasn't so much nonsense busy work
44 given as homework then kids would have more
45 time to sleep. The teachers are giving 6 hours of
46 homework they think should be finished in 3.

47 Studies show that homework is not that
48 beneficial. Also much of the homework given is
49 work that has never been seen before but meant
50 for the kids to learn on their own. Homework
51 should be very short and used only as
52 reinforcement of the new information they
53 learned in class that day, not for the kid to go
54 home and have to learn and teach themselves.-
55 PreK-12 Parent, grades: 12 9 (extensive reading
56 on the topic)

57 I truly believe a late start can be very beneficial
58 but in reality is not realistic. If I had to responded
59 the questions mentioned on this survey for an
60 older child that has to be at work at 3pm and
61 leaves at 6, does exercises class afterwards and
62 still have to do the load of homework assigned for
63 a HS student, it will be impossible to achieve all
64 that. The real question for all of you is: how does
65 the Homework load will be impacted for a HS
66 student (especially junior or a senior) if the
67 changes on the later time occurred? Do the
68 parents involved in this committee have had the
69 experience of HS student involvement level that
70 is required from them (community service, high
71 level of sports (which is major in the society, and
72 can't be ignored, projects, etc). The pressure that
73 some of them feel? Do the committee think about
74 asking to HS students for their opinion? How do
75 their lives would be affected if this change take
76 place? Do the students have to stay up late to
77 catch up with the daily assignments (homework,
78 projects, studying for a test, etc) even though they
79 can start their day a bit late? Will that balance the
80 change? Just some of my many concerns... - PreK-
81 12 Parent, grades: 7 4 (have heard some
82 information on the topic)

83 We are new to the school system and although I
84 don't yet have kids at MASCO both are at SPS, I
85 say BRAVO and THANK YOU for exploring
86 alternate start times. The research that points to
87 the too-early start for middle and high school and
88 mismatch with a teen's natural biorhythm are
89 well-documented. I sincerely think this
90 correlation between school start and sub-par
91 performance has been well-documented and am
92 so grateful you are evaluating this in hopes that
93 this will change by the time my kids get there. My
94 older one is already a "night owl" and I am
95 dreading how the even earlier start will impact

1 him in his highly impactful middle- and high-
2 school years. - PreK-12 Parent, grades: 10 (have
3 heard some information on the topic)

4 I understand the research, but I do have concerns
5 about the Masco students getting out later. Due to
6 after school activities, students would not be able
7 to start homework until even later which would
8 also lead to less sleep. I do feel that their current
9 start time is early especially with the time that
10 buses start. - PreK-12 Parent, grades: 9 9 7 5 3
11 (have read a number of articles on the topic)

12 I have a bigger issue with the amount of
13 homework and pressure put on the students
14 rather than start time. Yes I think school starts a
15 bit too early for masco but they also are getting
16 run down by the ridiculous amount of homework.
17 It's counterproductive as the kids just rush to
18 finish rather than learn from it - PreK-12 Parent,
19 grades: 9 (have read a number of articles on the
20 topic)

21 Elementary Schedule seems just about right, but I
22 believe the middle and high school age kids
23 would benefit greatly from a later start. - PreK-12
24 Parent, grades: 7 5 (have read a number of
25 articles on the topic)

26 One the biggest issues is the length of time on the
27 bus. My daughter is the second kid picked up and
28 second to last dropped off. Over an hour on the
29 bus each way. - PreK-12 Parent, grades: 8 5 4
30 (have read a number of articles on the topic)

31 Why are people who put there kids to bed on
32 time being punished? - PreK-12 Parent, grades: 7
33 4 (have heard some information on the topic)

34 I think people complain too much. I talk to my
35 kids and the problem is that a lot of children do
36 not have a strict bedtime. Bedtime in my house is
37 BEDTIME!! No excuses. People complain about
38 the starts of school times but I feel kids get home
39 too late, are allowed to stay up too late and have
40 no rules to follow. No TV in the bedroom, no
41 electronics - just bed. My kids are busy, mostly I
42 my second child and she handles it completely
43 well because of our structure. I stared elementary
44 school at 8am as a child taking public
45 transportation. School come first in our house
46 and if my child couldn't handle the school time

47 then we'd reevaluate the after school
48 commitments. I am a working mother and I
49 cannot have a change in the school day. If school
50 starts and ends earlier than I think free or
51 extremely discounted day care should be offered.
52 Truthfully, I feel this whole campaign is another
53 stance to blame other people because parents
54 cannot get their kids to bed. - PreK-12 Parent,
55 grades: 8 6 (have heard some information on the
56 topic)

57 I do think Masco should start later. Kids won't go
58 to bed earlier but they will sleep later. More sleep
59 the better they function. However I don't think it
60 should require the little ones to start school
61 earlier. I feel it will be the same issue as above. I
62 also can't imagine a first grader catching the bus
63 at 6:45 am. - PreK-12 Parent, grades: 12 8 (have
64 read a number of articles on the topic)

65 My daughter is a late sleeper by nature. Starting
66 early will be extremely difficult for her. - PreK-12
67 Parent, grades: 12 8 (have heard some
68 information on the topic)

69 The schedule is just fine. Kids adjust and part of
70 growing up is learning to balance your schedule.
71 Absolutely no need for changes. Parents should
72 look in the mirror if their kids don't get enough
73 sleep. Don't inconvenience the whole school for
74 the desires of a few. - PreK-12 Parent, grades: 9
75 (have read a number of articles on the topic)

76 Changing the school start time dramatically will
77 not improve student sleep habits. I've spoken to
78 several Masco students and their first statement
79 is always - yes! That means I can stay up later! My
80 children sleep very well. Get plenty of rest on
81 both school and non-school days. So why are my
82 children punished for good habits? Why can't
83 other parents teach their children good habits? It
84 all starts at home and an early age. My child
85 would have to give up after school activities as
86 they are not held at Masco, but a different
87 town/school. I don't think it's fair to punish my
88 child just because other children can't go to bed
89 on time. I am NOT in favor of changing the school
90 start time. - PreK-12 Parent, grades: 10 -
91 (extensive reading on the topic)

92 If you start school at a later time...teens will stay
93 up later. They do not get enough sleep but a later

1 time change will not help with that. - PreK-12
2 Parent, grades: 9 (have read a number of articles
3 on the topic)

4 I support a later start - PreK-12 Parent, grades: 9
5 6 (have heard some information on the topic)

6 As kids are involved in more activities with later
7 practices, earlier bedtimes are impossible, thus
8 later school start times would enable them to get
9 the sleep they need. - PreK-12 Parent, grades: 11
10 7 (have read a number of articles on the topic)

11 Please - PreK-12 Parent, grades: 8 (have read a
12 number of articles on the topic)

13 There were many facts I did not know. Thank you
14 for sharing and taking the initiative to help our
15 students! - PreK-12 Parent, grades: 10 8 4 (have
16 read a number of articles on the topic)

17 I think a later start time for Masconomet would
18 make a huge change for the better for my kids. I
19 feel like they would perform much better at
20 school if they could sleep a little later. Even a half
21 hour would make a difference. - PreK-12 Parent,
22 grades: 8 (have heard some information on the
23 topic)

24 My 7th grade daughter is tired most of the time.
25 Between lack of sufficient sleep and the number
26 of hours of homework she is forced to do each
27 night, she is no longer interested in being
28 involved in extra curricular activities. She does
29 participate in a fall sport, but she finds that
30 difficult to manage with the overwhelming
31 amount of homework. I believe homework should
32 be limited to studying for tests/quizzes and
33 reading. Students should complete all written
34 work at school or have a study period built into
35 their day, where homework could be completed. -
36 PreK-12 Parent, grades: 12 9 (have read a
37 number of articles on the topic)

38 I work at another high performing school district
39 and we are not looking at a later start time. If you
40 start later, you end later, sports start later, they
41 get home later, and start/finish homework later.
42 It just becomes a cycle that you can never catch
43 up on. We are looking at: examining our
44 homework load and building support blocks into
45 the school day, blocks where teachers are not

46 teaching, but available to students for extra help,
47 etc. Parents/students also need to take a look at
48 the decisions they are making - what is the rigor
49 of their curriculum? How many classes are they
50 taking? It's hard to complain about the
51 homework load when you're (or your parents
52 are) choosing to take all Honors/AP classes
53 and/or extra courses. Parents and students also
54 have to be honest with how effective
55 homework/study time is being managed. Are
56 they really doing HW/studying for 4 hours, or are
57 they "multi-tasking" w/cell phone at the ready,
58 social media blaring in the background,
59 snapchatting, and group studying? I could see
60 starting a little bit later, but "much later" is not
61 going to help, only continue the cycle. Please take
62 a harder look at some of the other options and
63 have students/parents take a look at their own
64 practices..... - PreK-12 Parent, grades: 10 (have
65 heard some information on the topic)

66 No thank you. - PreK-12 Parent, grades: 10 (have
67 heard some information on the topic)

68 I think that it is nearly impossible for my teenage
69 children to get the sleep that their bodies need
70 with the current 7:35am start time at Masco. I
71 feel that this lack of sleep contributes to sick time,
72 trouble concentrating in school and mood swings.
73 I worry that they are more prone to injury in
74 sports. My daughters will be starting to drive in
75 October and I am very worried about them
76 driving while tired. - PreK-12 Parent, grades: 9 6
77 1

78 High school should start at least one hour later.
79 Teens need more sleep than they get and
80 homework prevents an earlier bed time. - PreK-
81 12 Parent, grades: 12 10 (have heard some
82 information on the topic)

83 As with anything the need to weigh pros and cons
84 is pretty substantial. In my opinion our children
85 would benefit in having a later start/end time as
86 it would allow a much better sleep/school
87 balance. Although the saying goes there is never
88 enough hours in the day....I feel that sending a
89 child to school half asleep is not beneficial to
90 anyone (including the teachers), and I feel as
91 though they would certainly appreciate a bit
92 more shut eye! And the parents would enjoy well

1 rested children..... Good Luck! - PreK-12 Parent,
2 grades: 10 (have read a number of articles on the
3 topic)

4 I'm glad the school board is seriously considering
5 delaying the start of school. My teenager really
6 needs more morning sleep. - PreK-12 Parent,
7 grades: 7

8 Adolescents' natural sleep cycle is that their
9 bodies naturally fall asleep later and wake up
10 later - PreK-12 Parent, grades: OD OD 7

11 I don't want to see a change in the elementary
12 school time or bus schedule I have worked hard
13 to make the current schedule work and changing
14 it would make things difficult for my family. -
15 PreK-12 Parent, grades: 10 (have read a number
16 of articles on the topic)

17 I believe the start time that currently exists is a
18 natural time to start the day. I believe it is the
19 best interest of overall health to wake earlier in
20 the morning and therefore maximizing the day. -
21 PreK-12 Parent, grades: 7 (have read a number of
22 articles on the topic)

23 I support the later support time for MASCO -
24 PreK-12 Parent, grades: 11 (have heard some
25 information on the topic)

26 I am of the opinion that Masco does start too
27 early. My child does get a decent amount of sleep,
28 but I believe there would be some advantages to
29 shifting the start time. It must, however, be
30 balanced with working parents' schedules. It
31 seems that schools are not particularly friendly to
32 families that do not have stay at home care. -
33 PreK-12 Parent, grades: 7 (have heard some
34 information on the topic)

35 I would prefer a later start time for Mascnomet
36 students or cut down on homework time. - PreK-
37 12 Parent, grades: - 12 7

38 I'm hopeful that start times could change in a
39 relatively short amount of time so that my two
40 girls could get more sleep. I'm thankful that this
41 committee seems to be dedicated to moving this
42 issue along. Thank you! - PreK-12 Parent, grades:
43 11 (have read a number of articles on the topic)

44 Pay for separate buses so the Masco kids can go
45 to school later. Taxes here are cheap. Raise
46 them!!! Charge a bus fee. I paid 40grand in taxes
47 in [deleted] because My home was 3 million
48 dollars and they charged a bus fee. I will probably
49 send my kids to private school for high school. for
50 the later start... boxford is a bargain :) - PreK-12
51 Parent, grades: 7 6 4 1 (don't know much about
52 the topic)

53 Occasionally my older daughter does need to get
54 my younger daughter from the bus and be with
55 her for a short period of time but it currently is
56 only occasionally. - PreK-12 Parent, grades: 8 6 3
57 (have heard some information on the topic)

58 We have always felt the start time and bus pickup
59 time for Masco was too early. Our son is often
60 tired part way through the week. - PreK-12
61 Parent, grades: 10 8 (have read a number of
62 articles on the topic)

63 I think it would cause a huge disruption at this
64 point to change the start time of high school.
65 Now, my children are able to finish their
66 homework for the most part prior to their sports
67 and then when they get home, they have about an
68 hour to relax, read and eat dinner. - PreK-12
69 Parent, grades: 11 8 8 (have read a number of
70 articles on the topic)

71 Perhaps if my son had the opportunity to sleep
72 later, he would be less likely to require an alarm
73 clock and, therefore, avoid awakening with
74 migraines. - PreK-12 Parent, grades: 11 (have
75 read a number of articles on the topic)

76 I think High School day should start 8-830am -
77 PreK-12 Parent, grades: 12 10 (have read a
78 number of articles on the topic)

79 My concern is starting 7th grade next year the
80 extremely early start with homework/ sports my
81 child will not have enough sleep and it will affect
82 her school work - PreK-12 Parent, grades: 12 11

83 Adolescents consistently do not get the amount of
84 sleep they need and we should make it easier for
85 them to balance school, extra-curricular, and
86 sleep - PreK-12 Parent, grades: 9 7 (have read a
87 number of articles on the topic)

1 I'm most concerned about the conflicts with after
2 school sports and activities and that a later end
3 time would just push the homework even later to
4 end up going to bed after midnight - PreK-12
5 Parent, grades: 10 8 (have heard some
6 information on the topic)

7 a stay at home parent still "works" you know.... -
8 PreK-12 Parent, grades: 10 9 (have heard some
9 information on the topic)

10 Starting later is a real good idea. Thx - PreK-12
11 Parent, grades: 10 7 (have heard some
12 information on the topic)

13 I do not think that Masco should change the start
14 time of school. - PreK-12 Parent, grades: 8 6 4
15 (have read a number of articles on the topic)

16 Please follow up with the results of the survey. -
17 PreK-12 Parent, grades: 10 8 6 (have heard some
18 information on the topic)

19 I think the start times of too many high schools
20 are detrimental to the health and development of
21 the students. It is outrageous to be basing school
22 schedules on ANYTHING but the health and
23 wellbeing of the students. Finances and
24 inconvenience should not be part of the equation
25 when scheduling the school days. Parents who
26 overschedule their children can adjust or not, and
27 the schools need to listen to parents who actually
28 are serious about the effects of these insanely
29 early start times. Thank you for this survey. -
30 PreK-12 Parent, grades: 12 (have read a number
31 of articles on the topic)

32 Later dismissal would be horrible because that
33 would make the after school sports start later and
34 end later then dinner later then homework later !
35 How does this help ??? Parents need sleep too in
36 order to keep up with everyone's schedule! I
37 wouldn't go to bed until kids in bed. I wouldn't
38 want to go to work in am with my kids in bed
39 either. We leave at same time and that works
40 great ! Club sports such as hockey etc run at night
41 . Then that would conflict because sports run
42 later and then the homework issue . I think school
43 time is perfect. - PreK-12 Parent, grades: 7 6 5
44 (have read a number of articles on the topic)

45 If the buses and routes were doubled and school
46 started a half an hour earlier and the kids got out
47 of school earlier, enabling extra curriculums to
48 start earlier so that children are home having
49 dinner earlier - bedtime would be earlier and
50 there would be much less rushing around for
51 both children and their caregivers. It's currently a
52 huge vicious cycle. - PreK-12 Parent, grades: 7 5
53 (have read a number of articles on the topic)

54 if school starts later, my opinion is that my
55 children will go to bed later...and get same
56 amount of sleep. Not sure, would like to try a later
57 start time for 3 months. - PreK-12 Parent, grades:
58 11 10 PK (have read a number of articles on the
59 topic)

60 Time spent on activities varies by day. Late
61 school time would make it harder to schedule
62 doc/dentist appointments. Generally it's easier
63 getting older kids to school than younger ones. -
64 PreK-12 Parent, grades: 7 5 (have heard some
65 information on the topic)

66 I am in favor for a later start time at Masco.
67 Mostly because I feel my child will learn better
68 later in the morning and of course more sleep
69 would also help with her being more focused and
70 less stressed about the pressures of having to get
71 up so early - PreK-12 Parent, grades: 10 7 (have
72 read a number of articles on the topic)

73 Sleep deprivation can decrease attention and
74 affect test scores and productivity. It can also
75 increase irritability. - PreK-12 Parent, grades: 7 5
76 1 (have read a number of articles on the topic)

77 In the end students will still want to fit in the
78 same amount of class time, extra curricular
79 activity, studying, work, etc. Will changing the
80 start/end time have any significant impact on the
81 number of hours students sleep? Sports is an
82 integral part of many students' high school
83 experience and I wonder if having a later end
84 time would adversely affect students ability to
85 participate and compete with other teams. -
86 PreK-12 Parent, grades: 9 5 (extensive reading on
87 the topic)

88 I think getting out at 2:15 is great. It gives
89 students a chance to start homework or stay after
90 school for help before activities start in the

1 afternoon. If they were to get out later, they
2 would have to go right to afternoon activities and
3 not be able to start homework until much later.
4 This would make bedtime even later. Right now
5 my children go to bed at a reasonable hour. They
6 are able to fall asleep because they are tired from
7 their day. I would not want to see them stay up
8 even later doing homework because they don't
9 have time after school. I also would not want to
10 see them miss out on extra help from teachers if
11 they had to rush to a scheduled activity after
12 school. - PreK-12 Parent, grades: 12 9 7 5

13 Some kids need more sleep than others. Our
14 Masco child wakes up right before the bus comes
15 at 7:00. We try early bed time but for years, she
16 needs a lot of sleep. I like the idea for her
17 circumstance. In general, the older the kids get,
18 the later their hockey practices start, 8:00pm
19 start time twice a week. 7:25am is early, we
20 would support moving the Masco start time to
21 8:30 or 9:00. Thank you - PreK-12 Parent, grades:
22 11 8 3 (extensive reading on the topic)

23 I currently do not have a masco student and will
24 not for a few years. I like the start and stop times
25 for the elementary students but feel it would be
26 fine to start as early as 8:00 but no earlier.
27 Although teens need there sleep younger bodies
28 and minds need even more sleep and do not
29 know how to manager their feelings and well
30 beings on less sleep. It is easy to say put them to
31 bed earlier but when driving the older children
32 back and forth to activities it is often not possible.
33 - PreK-12 Parent, grades: 8 2 (have read a
34 number of articles on the topic)

35 I believe that an early bedtime is key to successful
36 sleeping habits. We have no issue with the
37 current start times at school. Both my children
38 get to bed early , wake up refreshed and do very
39 well at school, - PreK-12 Parent, grades: 9 6 (have
40 read a number of articles on the topic)

41 With my kids being spread out in age - my twins
42 will be at Masco starting in one more year while
43 my littlest will just be starting 1st grade! So we
44 will always juggle the early/late schedule. Also
45 currently the twins take part in an athletic
46 program outside of the Boxford school/town
47 athletic program that is fairly demanding and I

48 am wondering how they will be able to fit that in
49 if the Masco start time is moved till later in the
50 day....but I am open to whichever direction the
51 committee determines is best for all students to
52 move. - PreK-12 Parent, grades: 10 (have heard
53 some information on the topic)

54 The thought of moving school start and end times
55 is a frivolous exercise in futility. If you start day
56 later, kids will stay up later and intern sleep later.
57 You ARE NOT HELPING students sleep patterns,
58 merely altering for the needs of the few narrow
59 minded parents who think because their children
60 do not participate in any sporting events or have
61 jobs that this is best for all children, There is no
62 doubt that additional sleep will allow students to
63 perform better, but you have to research the real
64 reasons why students are staying up later, and
65 that is the constant distractions of technology
66 such as iPhones, ipads, social media, video games,
67 and TV as well as the ridiculous workload
68 expected by the teachers at Masco HS. My
69 children have far too much homework in many of
70 their classes and the expectation of having to stay
71 after school for a test review or for extra help
72 which causes students to miss the bus is also
73 ridiculous! - PreK-12 Parent, grades: 10
74 (extensive reading on the topic)

75 Sleep has become a real issue for my oldest child
76 (a freshman). Even on the few nights when he
77 finishes his homework before 10 pm, he isn't
78 tired enough to fall asleep before then. Getting up
79 in the morning is very difficult, particularly on
80 mornings when he has before school activities
81 and is waking up at 5:30 am (3 days a week at
82 certain times of the year). I worry he is not
83 getting enough sleep. I strongly support starting
84 Masco later, even if it means my elementary
85 school child needs to start earlier (he is up most
86 of the time anyways). - PreK-12 Parent, grades: 5
87 7 (extensive reading on the topic)

88 My thought is that starting school later would
89 mean kids go to bed later and nothing is really
90 gained. Decreasing the amount of homework
91 would be more beneficial. Less testing at school
92 to allow for more practice at school and less
93 homework. - PreK-12 Parent, grades: 11

1 Although it will be a bit harder getting my
2 youngest up for an earlier elementary start time,
3 it will undoubtedly be much harder getting him up
4 early for Masco. As a family doctor, I know that
5 the evidence shows later start times for
6 adolescents are very beneficial. In terms of being
7 two working parents, the change will make
8 mornings easier as we won't need to find
9 coverage if we both need to leave earlier. I
10 strongly support making the switch. - PreK-12
11 Parent, grades: 10 9 6 (don't know much about
12 the topic)

13 I would like to see MASCO have a later start time.
14 - PreK-12 Parent, grades: 10 5 (have heard some
15 information on the topic)

16 Like everything in life, it is a balancing act. While I
17 think that having HS students get on a bus at
18 6:25AM seems VERY early, I also feel like
19 delaying the start of their day will just result in a
20 later END to their day, thus making more sleep a
21 moot point. They will go to bed later because they
22 will get home from sport activities later, eat
23 dinner later, do homework later - PreK-12
24 Parent, grades: 11 (have read a number of
25 articles on the topic)

26 I would very much like everything left as it
27 currently is. - PreK-12 Parent, grades: 11 8

28 Too much homework- PreK-12 Parent, grades: 10
29 (have read a number of articles on the topic)

30 I think if school started later, the entire day's
31 schedule would be affected. Homework would be
32 started later and kids would get to bed later
33 which would not allow for any additional sleep. -
34 PreK-12 Parent, grades: 9 6 (have read a number
35 of articles on the topic)

36 Let the teenagers have a school schedule that
37 matches their sleep schedule. This change in our
38 society is well overdue. Thanks for being a leader
39 in the educational world by examining this
40 important topic. - PreK-12 Parent, grades: 10
41 (have read a number of articles on the topic)

42 This is a net-zero discussion. They would simply
43 go to bed later and get up later. (That is called
44 Human Nature.) - PreK-12 Parent, grades: 8 6
45 (have read a number of articles on the topic)

46 There is only 24 hours, whether a child wakes up
47 earlier or later it is up to the parent to ensure
48 they have enough sleep. Starting school later
49 means later sports and homework. We only have
50 24 hours a day it's parents keeping balance for
51 their kids. - PreK-12 Parent, grades: 11 8 (have
52 read a number of articles on the topic)

53 my children participate in one sport year round
54 that runs from Sept to July. By the time they get
55 home from school and rush to get to a 5 pm
56 practice three days a week. By the time we get
57 home at night, it is 7:15 and the schedule is
58 rushed to complete homework/reading, eat
59 dinner, and get them to bed as early as possible.
60 On days they do not have practice, neither parent
61 is home before 6:45-7 pm, so the schedule is
62 equally as stressful. Assigned homework for both
63 children takes 2-3 times the estimated time to
64 complete i.e. 2nd grader est 20 min - takes 45-60
65 min to complete plus 5 min math drills and 20
66 min Redding. - PreK-12 Parent, grades: 7

67 All research done by experts has shown that
68 adolescents need a different schedule than the
69 current Masconomet school schedule allows. My
70 kids are ALWAYS tired, mornings are a struggle.
71 Little kids naturally wake up earlier and should
72 be going to school at that time.... I'm a proponent
73 of the later start times, obviously. - PreK-12
74 Parent, grades: 10 8 5 (have read a number of
75 articles on the topic)

76 My child will be a senior next year so this topic on
77 early or late start times will not affect her. What I
78 can say is that because both parents work in our
79 household, if we had other school age children,
80 later starts would be a problem. - PreK-12 Parent,
81 grades: 9 9

82 I think the start end times the way they are are
83 good. Talking with the kids, they like the idea
84 about going in a little later but HATE the idea
85 about staying later. They all enjoy getting out just
86 after 2:00 and I agree with them. I'd rather go in
87 earlier and get out earlier. Masco has always been
88 a great school, with great students and always
89 ranks high in the state for academics. And the
90 start/end times are the same now as they were
91 40 years ago when I attended Masco. - PreK-12

1 Parent, grades: OD 12 8 (have read a number of
2 articles on the topic)

3 The research and outcomes are clear: later start
4 times yield superior results (better grades, fewer
5 accidents/fatalities). Many other districts in Mass
6 and across the country are moving in the
7 direction of later start times. Masco should follow
8 suit. It's simply the right thing to do for our
9 children and our community. - PreK-12 Parent,
10 grades: 11 8 (don't know much about the topic)

11 My kids all play multiple Masco Sports. I would
12 advocate for a later start and to the day but
13 wonder how that would be impacted by Sports
14 schedules. I also worry if they day was later,
15 would students use the time wisely or we
16 everyone just default the same rut. NOTE: We are
17 all night people not morning people so my
18 opinion comes with bias. - PreK-12 Parent,
19 grades: 8 (have heard some information on the
20 topic)

21 Studies have shown homework doesn't help
22 students learn/master their material, do away
23 with it. Kids learn through exploration, give them
24 the time. A lot of recent studies say the most
25 important thing for kids is sleep, I get parents'
26 jobs impact start/end times but some one has to
27 be a first mover to create change, business isn't
28 going to do it...there is no way school should start
29 as early as high school currently does in my
30 opinion. - PreK-12 Parent, grades: 9 7

31 I feel very strongly that a later start at Masco
32 would be beneficial to students' growth and
33 learning. - PreK-12 Parent, grades: 12 10 (have
34 heard some information on the topic)

35 School time should stay the same, I do not agree
36 with a later start. I believe the time is perfect the
37 way it is - PreK-12 Parent, grades: 9 7 (have read
38 a number of articles on the topic)

39 I wondering how the time change would affect all
40 the afterschool sports. This would mean later
41 game time starts, practices are later, and then the
42 students would have to do homework later. I
43 believe for students who participate in sports the
44 later start would not benefit them. - PreK-12
45 Parent, grades: 11 9 8 (have read a number of
46 articles on the topic)

47 Love the idea of having s later start time for
48 Masco and an earlier start time for the
49 elementary school - PreK-12 Parent, grades: 12

50 I Think the best compromise would be a 30 min.
51 This would enable my student to get the extra 30
52 min of sleep and get a good breakfast in the
53 morning. If the day extended 1 hour, one
54 possibility would be to hold an athletic practice in
55 the AM freeing up the additional time in the
56 afternoon. Some sports such as Ice Hockey might
57 be able to save money due to the cost of ice time
58 being non prime time. - PreK-12 Parent, grades: 8
59 (have heard some information on the topic)

60 Teens should not start school as early as 7:25.
61 Our bus is 6:40, with this schedule, teens are not
62 at their best to learn in the early hours. We
63 strongly support a later start time. Is the early
64 start time to benefit the adult teacher? Adults are
65 more apt to start their day early. - PreK-12
66 Parent, grades: 12 10

67 I think the start/end times are fine as is.
68 Homework levels vary -- the survey does not
69 allow comment on that, on average time is 1-2
70 hours -- however, Projects can greatly impact that
71 time --they don't come often, but when they do,
72 they mess up the weekly schedule and keep the
73 kids up much later than normal on those weeks.
74 Projects need more in school time, or extended
75 deadline dates (middle school is ok, HS has more
76 projects across multiple classes at the same time)
77 - PreK-12 Parent, grades: 12 10 (don't know
78 much about the topic)

79 Multifactorial problem .. yes studies indicate
80 adolescents are not getting enough sleep but
81 parents are allowing high levels of caffeine
82 consumption and over scheduling coupled with
83 excessive (and pointless) homework equals
84 recipe for disaster. Then there are children who
85 are medicated on stimulants in addition to other
86 factors. Good sleep hygiene begins in
87 infancy/early childhood along with healthy
88 eating habits and facilitating a love of learning. if
89 school started an hour later are children really
90 going to go to bed much earlier? When I was at
91 Masco school started at 7:40ish and ended at
92 2:15ish..if memory serves. I played sports, was in
93 honors classes and played piano for 9 yrs and I

1 still found time to hang with friends. - PreK-12
2 Parent, grades: 9 8 5 (extensive reading on the
3 topic)
4 Starting school at 7.35am is rather early
5 especially for growing school kids. Starting a little
6 later and finishing a little later would make a big
7 difference to our son and kids in general. Can we
8 see if we can reduce the time of the Home Room
9 it seems like it could even be eliminated all
10 together. - PreK-12 Parent, grades: 7 (have read a
11 number of articles on the topic)
12 Please hurry up and make the start time later
13 ASAP. And can we have later times for midterms,
14 finals, PARCC, AP, and SAT testing too? - PreK-12
15 Parent, grades: 11 (have read a number of
16 articles on the topic)
17 I am strongly in favor of later school start times,
18 particularly for middle and high school students.
19 The science is irrefutable, and we (parents,
20 teachers, administrators) need to work together
21 to make late start times a reality. Thank you! -
22 PreK-12 Parent, grades: 11 (have read a number
23 of articles on the topic)
24 Our three children take music lessons. Twice a
25 week they have very long days plus homework
26 and time intensive class projects. Thursdays 5:30
27 waking - 5pm they have to be alert with no
28 breaks. They have little time other than
29 weekends for personal exploration and creative
30 pursuits. Recently, my daughter worried aloud
31 that she is losing her creativity as a direct result
32 of school. - PreK-12 Parent, grades: 7 4 4 (have
33 read a number of articles on the topic)
34 Kids need their sleep and should not have
35 homework. Do the work at school and let them be
36 kids at home. - PreK-12 Parent, grades: 12 6
37 (have read a number of articles on the topic)
38 I work in a school district which has elementary
39 starting earlier than middle/high school and it all
40 works out fine. My vote is for changing
41 middle/high school to later time and have
42 elementary start earlier. - PreK-12 Parent,
43 grades: 7 3 (have read a number of articles on the
44 topic)

45 Masco use to start later and elementary school
46 started earlier and at that time it appeared to
47 have worked out fine. High school and middle
48 school extra help could be in the morning instead
49 of afternoon and not cause there to be any need
50 to change sports a great deal - PreK-12 Parent,
51 grades: 8 5 (have read a number of articles on the
52 topic)
53 As an educator at a local high school (not Masco)
54 I am very much in favor of a later start time. I
55 have read the studies and seen the lack of
56 alertness in class first period (7:30 am). I believe
57 an hour later would be ideal as students seem to
58 wake up around 2d period, but even a half hour
59 would make a difference. I am strongly in favor of
60 such a change. - PreK-12 Parent, grades: 9 6 (have
61 heard some information on the topic)
62 Would love for Masco to start later! - PreK-12
63 Parent, grades: 10 7 (have read a number of
64 articles on the topic)
65 I have a toddler and an elementary aged child. I
66 support the idea of starting Masco later.
67 However, I will absolutely not support it if it
68 means starting elementary earlier. This would
69 put great stress on my family, in loss of sleep for
70 my children, in trying to get my children ready
71 for school in a compressed schedule, and in trying
72 to provide more childcare at the end of the day. I
73 can't change my work schedule and I can't afford
74 more childcare. It makes no sense to make the
75 younger kids lose sleep so the older kids can have
76 enough. - PreK-12 Parent, grades: 8 (have read a
77 number of articles on the topic)
78 The amount of homework and stress from school
79 definitely affects the amount of sleep my children
80 get. If school got out later then 2:15, my children
81 would lose their jobs and volunteer work. They
82 would also go to bed much later because of the
83 amount of homework in high school. - PreK-12
84 Parent, grades: 9 6 (have heard some information
85 on the topic)
86 I understand school is more important than after
87 school activities, but the overload of
88 homework/projects make it very difficult for the
89 children to enjoy their after school activity. This
90 means staying up late to complete the
91 homework/project assignments. The children

1 need a balance between homework and after
2 school activities. - PreK-12 Parent, grades: 7
3 (have heard some information on the topic)

4 In general, a later start for teenagers would be
5 better. If the later start is important for younger
6 children as well, and the only reason for the early
7 start is the Bus Logistics, then we should find
8 alternatives to buses so that both groups of kids
9 have later starts. - PreK-12 Parent, grades: 10 8 4
10 (have read a number of articles on the topic)

11 I know that they do need more sleep. Mornings
12 are brutal with rushing, skipped (or discarded)
13 breakfasts, forgetting items, causing a parent to
14 drive them to school daily. Having an older,
15 driving student has helped us over the years. I am
16 not sure if it would be better if the time was
17 moved an hour later since they might just adjust
18 their hours accordingly like they do on the
19 weekends. (Stay up later, friends texting later, etc
20 keeping them from really getting that extra hour
21 of sleep. Hopefully not though. I personally would
22 try to encourage the use of time as designed but
23 older kids have a mind of their own. With sports
24 and jobs, I do like the early dismissal to allow
25 more time. I asked a Canadian student I know
26 who said that Alberta had a 9:15 am-3:10pm day
27 in HS and she "loved it" She did not feel stressed
28 or tired like she hears about our US students in
29 HS. - PreK-12 Parent, grades: 9 8 8

30 I believe that teenage children have a difficult
31 time getting up early and being able to properly
32 function at school at 7:30 AM. - PreK-12 Parent,
33 grades: 12 9 8 2 (have heard some information on
34 the topic)

35 My 7th grader had a very difficult experience
36 with the early start time when he transitioned
37 over to Masco. - PreK-12 Parent, grades: 8 5
38 (have heard some information on the topic)

39 From my focus group of four, I believe that the
40 early Masco start time is actually hindering the
41 learning of my children. It is quite obvious that a
42 later start time would be extremely beneficial. -
43 PreK-12 Parent, grades: 8 6 4

44 I think it is the responsibility of parents and
45 students to decide how much sleep the student
46 needs and then make sure that he/she gets it.

47 Changing the school start time will interfere with
48 other activities including school sports and club
49 sports. It is already hard enough to fit these in.
50 Will the sports teams need to cut classes to get to
51 their games? - PreK-12 Parent, grades: 10 10 12
52 (have read a number of articles on the topic)

53 Please let us stay focused on what is right for our
54 students. We must move to start school later
55 because it is scientifically proven that it is best for
56 the health of our children as they move through
57 adolescence. - PreK-12 Parent, grades: 12 (have
58 heard some information on the topic)

59 Please consider working families who are
60 expected to be at work at a regular work schedule
61 and may have to commute in the am. Please also
62 consider that younger kids like to have a little
63 time in the morning to connect with parents, plan
64 their day etc. I would hate to have to run them
65 from bed to the bus. - PreK-12 Parent, grades: 7 4
66 (have read a number of articles on the topic)

67 Start times are fine. If parents are worried about
68 sleep deprivation, they should be the parent and
69 insist on an earlier bed time. Weekend homework
70 should not be allowed. Weekends are for family
71 time. I feel far more strongly about this than any
72 discussion about sleep! - PreK-12 Parent, grades:
73 12 8 (have read a number of articles on the topic)

74 Please change masco start times. My older
75 children can't participate in sports, eat dinner, do
76 homework, and get enough sleep to stay healthy.
77 Thank you. - PreK-12 Parent, grades: 11 8 (have
78 read a number of articles on the topic)

79 Mascot starts way too early and ends too early! -
80 PreK-12 Parent, grades: 10 8 5 (have heard some
81 information on the topic)

82 Thank you for taking the time to consider this
83 issue. I think the start times for Masconomet and
84 elementary school are best as they are currently
85 scheduled. In discussing this topic with my child
86 in Masconomet, she and her friends feel that they
87 would stay up later if they started school later so
88 they would not get more sleep. School start times
89 do not appear to be a sleep matter as
90 parents/students manage their schedule for sleep
91 based on the timing of school, ie they sleep as late
92 as they can before school and they go to bed as

1 late as they need to based on all other activities,
2 including homework and personal time. In
3 addition, I would prefer that my children go to
4 bed before me so that I am aware of what they
5 are doing at night. If they stay up later to
6 complete homework because their school day
7 starts later and their activities end later, I will not
8 be able to assist with homework or observe other
9 activities. Furthermore, I much prefer to have my
10 Masconomet student arrive home before my
11 elementary student when there are no activities
12 after school and a parent is not yet home. It
13 would be irresponsible to send young children
14 home before anyone else is home and it would be
15 very difficult to arrange for a very short child care
16 coverage in the middle of the afternoon. Another
17 issue with a later end time for Masconomet
18 students is shared gym times would lead to much
19 later end of scheduled activities for these
20 students disrupting homework and family time.
21 An earlier start time for elementary students
22 would make an earlier bed time difficult when
23 they see their older siblings staying up later
24 because they have a later start time. - PreK-12
25 Parent, grades: 7 4 (have heard some information
26 on the topic)

27 As a household with two working parents the late
28 start time for the elementary schools always
29 presented a challenge--but those were our
30 personal logistics to figure out. The early start
31 time at Masco-- with children growing and
32 learning outside of the classroom after school in
33 sports and activities (and building a resume for
34 college) --coupled with homework that always
35 seems to come in waves and often seems like
36 busy work --does not provide a setting for
37 optimum learning (speaking as someone with 10
38 years of teaching experience and a M.Ed.)--why
39 are questions like would a change impact your
40 childcare? or your teens caring for younger
41 siblings? or does my child eat breakfast? or
42 impact activities transportation or activities part
43 of this survey? Our school system's role is to
44 provide the best education for our children. My
45 job as a parent is to make sure they have
46 breakfast, figure out childcare and transportation.
47 - PreK-12 Parent, grades: 12 OD (have heard
48 some information on the topic)

49 I know sleep is essential for all and we as a whole
50 get far too little sleep. When my children were
51 younger I felt as though they were always up and
52 ready to go early in the morning....for our family
53 this survey is coming a bit late since my youngest
54 will be a senior next year! :) - PreK-12 Parent,
55 grades: - - - 11 (have read a number of articles on
56 the topic)

57 Please give our teens the sleep they need by
58 changing the start time of school, it will make a
59 difference in their precious lives! - PreK-12
60 Parent, grades: 11 8 5 (have heard some
61 information on the topic)

62 I am strongly against the time change. I feel that
63 students are responsible for managing their time.
64 The later start time would effect my children in
65 the opposite way. It would make them have to
66 stay up later to complete homework. I am curious
67 if students are being asked if they would like a
68 later start time. I know from my past experience,
69 I liked completing the day earlier. It allowed me
70 to play sports after school and get home in time
71 to do homework. I believe my children feel the
72 same way. - PreK-12 Parent, grades: 7 5 (have
73 read a number of articles on the topic)

74 I am very happy with the elementary school start
75 and end times. My daughter will be entering 7th
76 gr. in the Fall and it is going to be tough for her to
77 get up in the morning for such an early start time
78 of 7:35am. - PreK-12 Parent, grades: 12 10 4
79 (have read a number of articles on the topic)

80 Now my child participates in the school music
81 band, which has practices before the school
82 starts, very early (7:15) and now it is 4 days a
83 week. This is too much for my child. I would
84 prefer if it were done after school at least on
85 some days. - PreK-12 Parent, grades: 9 7 (have
86 read a number of articles on the topic)

87 I see no need to change start times, bus
88 schedules, sports times and parents work
89 schedules just so teenagers can sleep a little
90 longer. Get over it. Teach responsibility, discipline
91 and how to use a alarm clock to get up on time.
92 Everyone is tired, that's life. No need to disrupt
93 the routine of every single household in the tri-
94 town. - PreK-12 Parent, grades: 10 7 (extensive
95 reading on the topic)

1 I do not want to lose any bus services if start
2 times for masco become later. I feel the \$\$ for
3 bussing all kids at once would be huge and
4 unnecessary. Keep schedules as they are. - PreK-
5 12 Parent, grades: 10 8 (have heard some
6 information on the topic)

7 I feel the present school start and finish times at
8 Masconomet are fine. My child is able to get 8.5-9
9 hours of sleep on school nights because he has
10 learned to manage his day to do homework when
11 he has available time. My child is aware that he is
12 too tired to start homework after 8 pm at night. -
13 PreK-12 Parent, grades: 12 10 (have heard some
14 information on the topic)

15 I have 3 boys that already get too little sleep. My
16 teenager has become a night owl and if you did
17 not tell him to go to bed, he would not be in bed
18 before 11.30 pm any night of the week. - PreK-12
19 Parent, grades: 10 8 5 (don't know much about
20 the topic)

21 This initiative is the pet project of a few parents
22 whose children have trouble getting up in the
23 morning. Still, changing the start and end times is
24 an idea worth exploring. After all, who wouldn't
25 want their kids to get more sleep? But I hope the
26 community will take into consideration the needs
27 of ALL the stakeholders--parents, children, and
28 teachers, and also the folks in other school
29 districts who would be impacted by a change. -
30 PreK-12 Parent, grades: 12 9 3

31 Too much homework.... Not enough time to do the
32 after school activities or make play times with
33 friends..kids are too stressed! - PreK-12 Parent,
34 grades: 12 11 9 7

35 This is already proven to be beneficial (in other
36 systems and states). - PreK-12 Parent, grades: 12
37 10 (have read a number of articles on the topic)

38 I can see the benefit of the older kids not having
39 to get up so early since these students will
40 generally be going to bed later than elementary
41 school kids due to after school activities and
42 homework. My kids are generally early risers but
43 we keep a pretty steady early bedtime. However,
44 if the kids could get off to school sooner I could
45 get on my way to work sooner. If younger kids get
46 home earlier would mean paying more in

47 childcare. I use a Masco student 2-3 days a week.
48 The way things are currently work for me.
49 Sometimes I wish they were on the bus a little
50 earlier so I could get to work earlier. I'm more
51 concerned with the idea that the teens may have
52 different sleep needs that perhaps are being
53 ignored. - PreK-12 Parent, grades: 9

54 There is never going to be consensus among
55 parents/ families. The evidence based practice
56 should be what is used to guide decision making.
57 - PreK-12 Parent, grades: 8 5 PK

58 In our situation, my Masco student is very slow to
59 complete her homework. This means that she is
60 up until after 11:00 pm most nights. Is there
61 really an evidence based reason why there is so
62 much homework? I can understand the projects,
63 but some of the homework appears to be busy
64 work. I'm just not sure it's worth all the time. So
65 it's late to bed and up so early. - PreK-12 Parent,
66 grades: 8 5 (have read a number of articles on the
67 topic)

68 Start school later and extend the school hours.
69 Sleep is very important and they will be better
70 well rested for a busy day. - PreK-12 Parent,
71 grades: 9 (have read a number of articles on the
72 topic)

73 Would be nice to make the school start time later
74 by an hour or at least 30 min for both elementary
75 and middle/high schools. - PreK-12 Parent,
76 grades: 9 (have read a number of articles on the
77 topic)

78 Please refer to the AAP (amer acad pediatrics)
79 recommendations on school start times. It is
80 nearly impossible for most middle and high
81 school students to get the recommended amount
82 of sleep based on these early school start times -
83 PreK-12 Parent, grades: 7 5

84 I have both a high school student and a grade
85 school student I feel that the high school starts to
86 early but can only be adjusted slightly a too late
87 start interferes with after school activities and
88 family dinner time. I think the high school needs
89 to let out before the grade schools because it is a
90 tremendous help to us working parents. I would
91 prefer the grade schools to start a little earlier
92 though on the other end but I am not sure how

1 that would effect band and language which are
2 wonderful activities available and if they were
3 not in the am they would interfere with sports. So
4 maybe we keep the later start date and continue
5 to offer am activities. Overall the high school
6 hours are the biggest issue I do believe they need
7 more sleep but regardless of a change I still think
8 my child would not go to bed before 11 - PreK-12
9 Parent, grades: 9 7 3

10 The start time of school is not the issue. Total
11 sleep hours are the issue. Changing the start time
12 is a band-aid. This should be an issue handled at
13 home. Parents need to set guidelines, remove
14 phones/tablets/etc from children/teen bedrooms
15 after a certain time each day, but ultimately
16 teenagers need to be held responsible for getting
17 a solid amount of sleep each night. - PreK-12
18 Parent, grades: 12 6 (have read a number of
19 articles on the topic)

20 The later start time for Middleton elementary is
21 difficult in a single parent household - PreK-12
22 Parent, grades: 9

23 I would prefer that the start time at MASCO
24 would be closer to 8:00 am - PreK-12 Parent,
25 grades: 11 9 (have read a number of articles on
26 the topic)

27 Please allow students to begin school at a later
28 time of day. It will improve their health and
29 performance level. - PreK-12 Parent, grades: 11
30 (have heard some information on the topic)

31 Feel as though the elementary schedule is good
32 now. We don't have teens yet but feel 7:25 is way
33 too early considering travel time. - PreK-12
34 Parent, grades: 7 6 (have read a number of
35 articles on the topic)

36 I understand the rationale for a later start time
37 for Masco, but think it would be worse to have an
38 early start time for elementary students - as their
39 sleep is equally or more important. - PreK-12
40 Parent, grades: 12 7 4

41 I firmly feel that the start and end times at Masco
42 are fine. However, I do feel that the home work
43 load that most students have is overwhelming.
44 With today's demands on students to be well
45 rounded, active in school activities, and either hs

46 or year round sports, we need to find a better
47 balance. I do not believe changing the start times
48 will help. I believe a better balance between
49 school work and activities should be the focus. I
50 have two students that approached their hw
51 differently. One, if it was 9pm, hw was done if it
52 was or was not completed. The other works until
53 12 if necessary to complete hw. In regards to
54 after school activities, the students will still want
55 to participate. Activities (including sports) will
56 still last just as long. Also, year round clubs will
57 still have the same demands into the evening
58 hours. There could be a conflict for some year
59 round clubs that start at 6:00. How will moving a
60 start time forward an hour, change the demands
61 of afterschool? Also, the hw demands? So, my one
62 student will be up until 12-1 to complete hw just
63 to gain 1 hr extra sleep? I also feel that once the
64 students step into college and the working world,
65 they will have to learn about getting up and going
66 to work early. I feel this is part of life and the
67 learning process. Again, teaching a balance
68 approach. We also have to be concerned about
69 the teachers and their families. Many work out of
70 state and have small children of their own. Their
71 students maybe on a different schedule as well. I
72 believe speaking to the teachers and staff should
73 be a concern. Now we are asking for them to stay
74 until 4:00 for after school help, 5:00 for sports or
75 clubs to begin. You have such a terrific teaching
76 staff, I would hate to loose a teacher because of a
77 change in start time. I have seen the emails and
78 articles that have been distributed. I have
79 discussed this issue with my remaining student,
80 and they too do not see a benefit. They are more
81 concerned about having time to complete their
82 overwhelming hw load and being able to be part
83 of a club after school. If there is a change in time,
84 they will give up either club or sports. This is a
85 shameful loss just to ensure a better balance
86 because of a change in a start time. I truly feel
87 that there is no benefit to this course of action.
88 Let's concentrate on balance first. Then discuss a
89 change in start times. - PreK-12 Parent, grades: 9
90 (have heard some information on the topic)

91 Later start times for teens is well-supported in
92 both the literature, and in practice, and has been
93 so for a very long time. Restructuring for later
94 start times for MASCO is a reasonable and

1 appropriate idea for the kids. As for the child care
2 needs outside of school, which might be required
3 by either earlier or later start times for the
4 different ages, offering appropriate before school
5 (gym, music, creative, etc) activities would be
6 appropriate, as would offering after school
7 activities (creative, homework help, sports,
8 music, etc) as needed to help parents with full-
9 time jobs and child-care needs. - PreK-12 Parent,
10 grades: 8 4 4

11 I would not want my child to have early dismissal
12 on their record for leaving early for sports or job.
13 I believe in order for the start time of school to
14 change all districts with sports in same division
15 would have to change too. I'm sure the teenagers
16 could use more sleep but I also believe if they
17 have to go in later they will stay up later. - PreK-
18 12 Parent, grades: - 12 11

19 I think that the current school hours are just
20 right. I do not recommend any changes. In
21 rebuttal to those who argue that middle school
22 and high school starts too early, I contend that
23 the current school start times are good
24 preparation for the real world. - PreK-12 Parent,
25 grades: 12 6 (have read a number of articles on
26 the topic)

27 I do NOT agree with late start for school. I think it
28 is the parents/student responsibility to be
29 responsible and GO to bed and get rest! Not the
30 school. It is not completely a school issue at all.
31 Phones, computers, etc. are to help in this
32 situation. - PreK-12 Parent, grades: 7 5 2

33 It seems that the buses could start picking up the
34 children later. Our bus gets to Masco at 7:05. 20
35 minutes before the first bell. - PreK-12 Parent,
36 grades: 8 8 (have heard some information on the
37 topic)

38 Later start times would be excellent. Shorter bus
39 routes would also be helpful! - PreK-12 Parent,
40 grades: 11 9 7 (have read a number of articles on
41 the topic)

42 I am concerned about the pressure of kids
43 nowadays with the amount of workload at school
44 they experience. They are learning things that
45 were taught one to two grades of them when we
46 were in school. The pressure of the government

47 to force curriculum that we see our kids brains
48 steaming. It truly is the race to no where. Then
49 the pressure of middle school and high school,
50 kids staying up into the a.m. hours to complete
51 their work, then get up at 5 a.m. to get ready for
52 school. We are burning out kids out like a mid life
53 crisis. We should truly look at the 40
54 developmental assets and really see a good well
55 rounded child doesn't have education as the 1
56 and only thing for a developmental asset, there
57 are 39 others. With the amount of pressure and
58 work our school kids face, they hardly have time
59 to touch the other 39 assets needed. We are
60 creating robots. - PreK-12 Parent, grades: 10 8
61 (have read a number of articles on the topic)