

# STAC Student Options Survey Results

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April 17, 2017 DRAFT

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## Table of Contents

Summary .....	2
Survey Respondents .....	5
Q1: On an average school night, how many hours of sleep do you get? .....	6
Q2: How do you feel about the amount of sleep you get? .....	8
Q3: What time do you feel awake and ready to learn at school? .....	9
Q4E and Q5M: Athletics .....	10
Q5E and Q6M: Before and after-school programs.....	12
Q7M: Do you currently have a job? How many hours do you work in a typical school week?.....	13
Q8M: Are you expected to take care of younger siblings after school? .....	14
Q16M: What do you think of Option A (no change)?.....	15
Q7M: What do you think of Option B/C: 7:50am-2:25pm? (Masco) .....	17
Q15M: What do you think of Option D (8:40am-3:20pm)?.....	19
Q13M: What do you think about Option E/F: 8:20am-3:00pm? .....	21
Support for Each Option .....	23
Q19M and Q20M: Rank options (Masconomet) .....	24
Q11E and Q12E: Rank options (Elementary) .....	25
Which options are acceptable and unacceptable?.....	26

## Summary

### Student sleep

The student surveys began with questions about sleep and scheduling. Students in grades 5-12 reported below-normal levels of sleep, reporting less sleep with each progressing grade. The average sleep reported for students in Grades 5-6 was 8.3h. The average sleep reported for high school students was 6.6h. By grade 12, students reported an average of 6.2h.

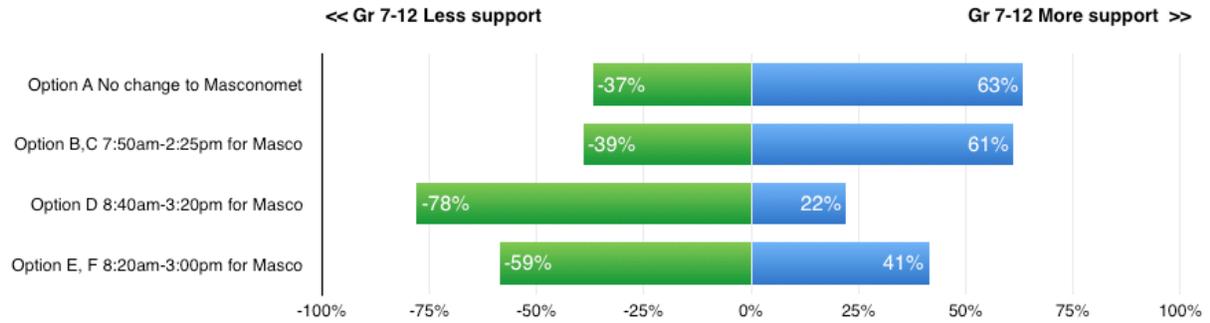
### Options for students

Two different surveys were administered to students in grades 5-12 during school hours. Grades 5-6 were presented with four options that were described in terms of school start and end times that would correspond with the options presented to Masconomet students, with descriptions of the impacts on their elementary schedules. Grades 7-12 were presented with four options whose times and schedules aligned with the parent and staff survey, but without the logistical and cost variations that were presented to parents and staff.

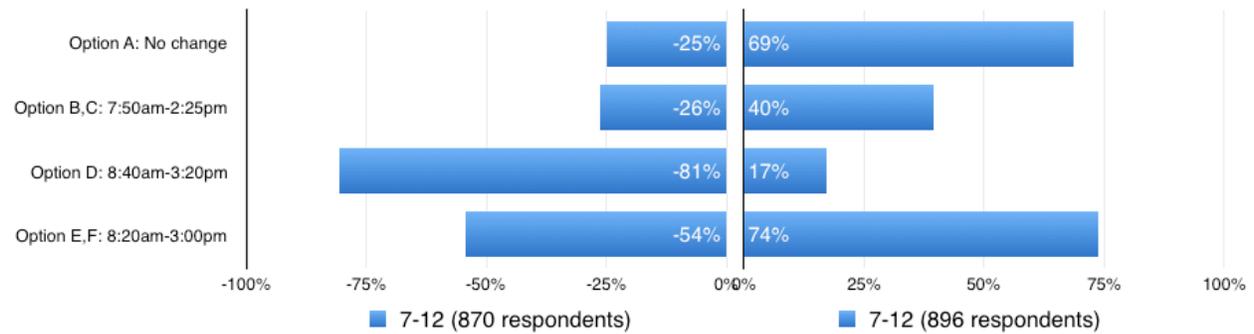
A demonstration of how each option was presented to each group:

Parents/Staff Survey	Masconomet Student Survey	Elementary Student Survey
Option A: No change	Option 4: No change	Option 4: No change
Option B: Tighten schedules and add 3 buses	Option 1: 7:50am-2:25pm	Option 1: Start and end school 15m later
Option C: Neighborhood stops and tighten schedules	Option 1: 7:50am-2:25pm + questions about neighborhood bus stops	Option 1: Start and end school 15m later
Option D: Elementary first, Masconomet second	Option 3: 8:40am-3:20pm	Option 3: 8:00am-2:30pm
Option E: Start near 8:30am with K-12 busing	Asked about K-12 busing: not presented as an option.	Option 2: Same school times, K-12 ride bus together
Option F: Start near 8:30am with double busing	Option 2: 8:20am-3:00pm	Option 4: No change

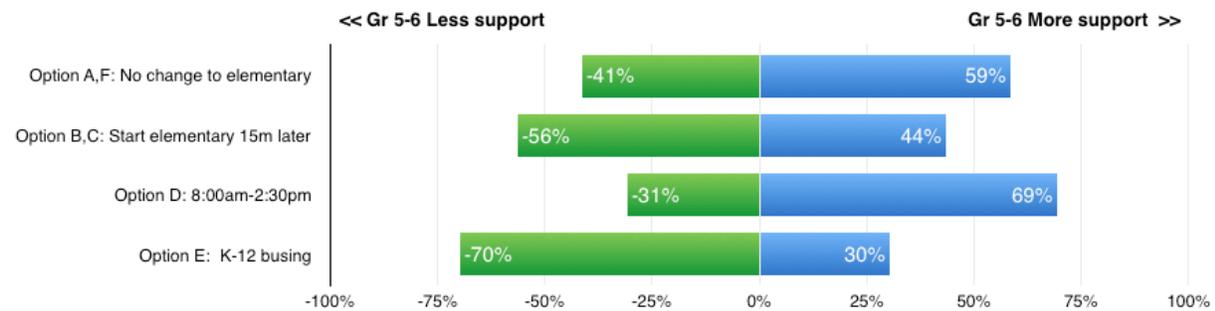
## Masconomet Support/Acceptability of the options



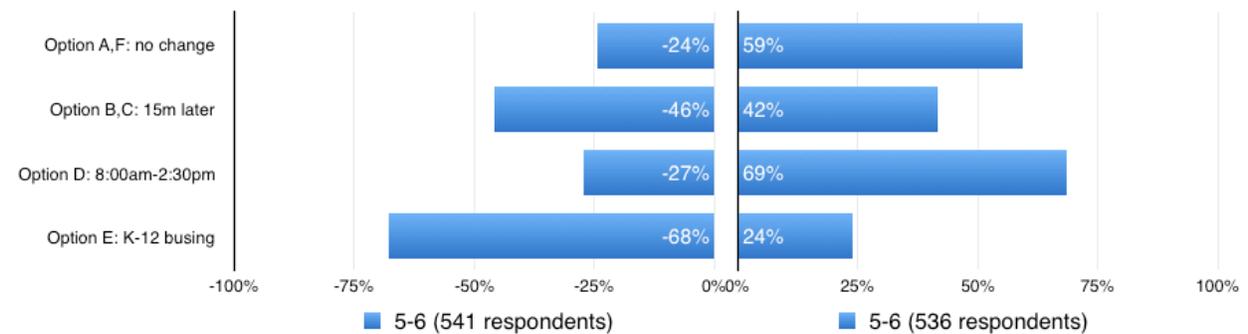
Q22: % who consider the option UNACCEPTABLE    Q21: % who consider the option ACCEPTABLE



## Elementary Support/Acceptability of the options



Q22: % who consider the option UNACCEPTABLE    Q21: % who consider the option ACCEPTABLE



## Student support for options

Masconomet Student Survey	Elementary Student Survey
<p>Option A (4 in survey): no change</p> <p>Masconomet students prefer Option A: No change (63%). 52% of Masconomet students were worried about the effects of this option on their sleep, and 37% were worried about the effects on their health.</p>	<p>Option A (4 in survey): no change</p> <p>59% of elementary students support this option. 59% of elementary students found this option acceptable.</p>
<p>Option B/C (1 in survey): 7:50am-2:25pm</p> <p>59% of Masconomet students support Option B. The main worries cited were activities outside of school (55%). Overall, 67% of students found this option acceptable, with an end time of 2:25pm. For Option C, 33% of Masconomet students indicated they would be willing to walk 5 (19%) or 10 (14%) minutes to a stop.</p>	<p>Option B/C (1 in survey): Start and end 15m later</p> <p>Low support. 44% of elementary students support this option and only 42% found it acceptable.</p>
<p>Option D (3 in survey): 8:40am-3:20pm</p> <p>Only 25% of Masconomet students supported Option D, with the biggest worries around activities outside of school (72%) and Masconomet athletics (66%). Only 19% of students found this option acceptable.</p>	<p>Option D (3 in survey): 8:00am-2:30pm</p> <p>Elementary students prefer this option over all others, with 69% supporting this option, and 69% finding it acceptable.</p>
<p>Option E (2 in survey): K-12 busing</p> <p>Only 20% of Masconomet students believe that K-12 busing is acceptable.</p>	<p>Option E (2 in survey): K-12 busing</p> <p>Only 27% of elementary students believe that K-12 busing is acceptable.</p>
<p>Option F (2 in survey): 8:20am-3:00pm</p> <p>47% of Masconomet students prefer Option F. The main worries cited were activities outside of school (66%) and Masconomet athletics (59%). Overall, 43% of students found this option acceptable.</p>	<p>Option F (2 in survey): no change for elementary (same as A)</p> <p>59% of elementary students support this option. 59% of elementary students found this option acceptable.</p>

## Survey Respondents

Survey was administered to the student community in-school during March and April of 2017.

### Total Respondents

Grade	# Respondents	# Students	% Responses
5	287	292	98%
6	295	329	90%
7	314	316	99%
8	256	333	77%
9	276	285	97%
10	243	278	87%
11	205	289	71%
12	178	335	53%
<b>TOTAL</b>	<b>2,054</b>	<b>2,457</b>	<b>84%</b>

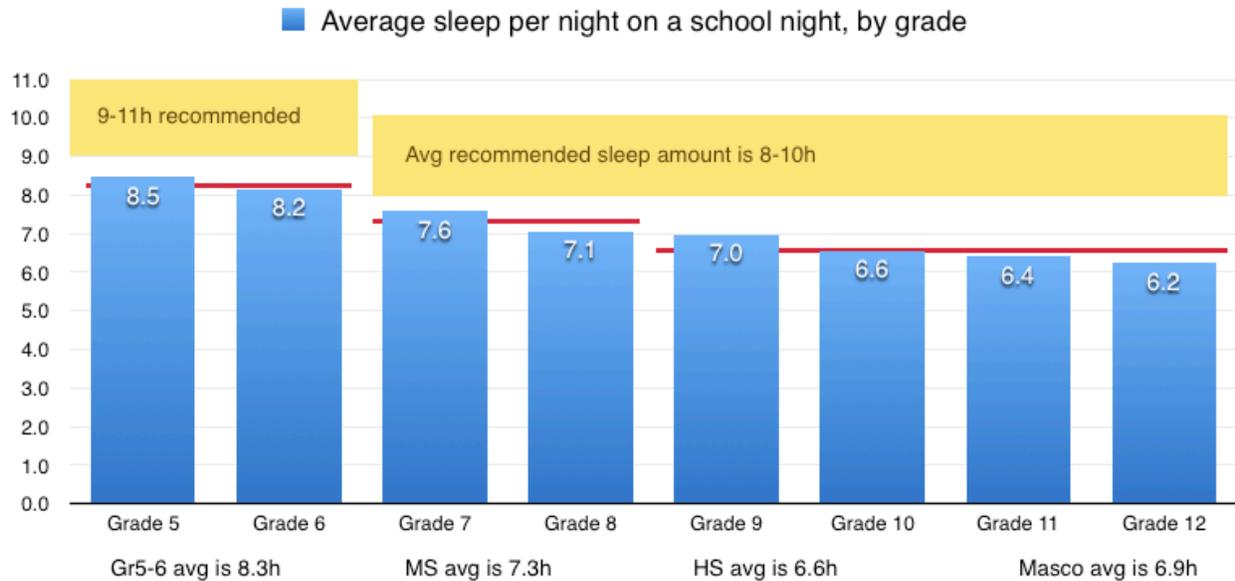
The Elementary survey had a total of 582 responses, and the Masconomet survey had a total of 1,472 responses for a grand total of 2,054 responses, or 84% of the student community.

Since some questions were skipped, the percentages for each question show the *% of those who answered the question*, not the % of total respondents.

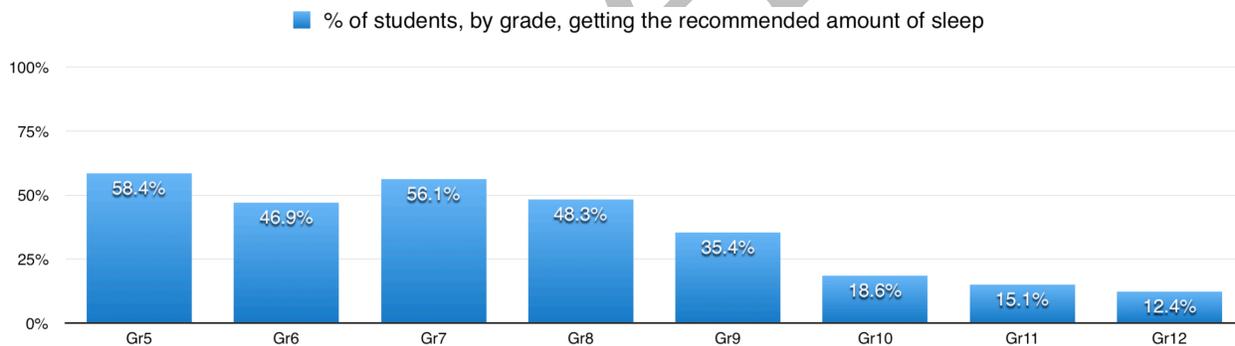
Throughout this report, when question numbers are shown, they are formatted as: Q5M (meaning question 5 from the Masconomet survey) or Q5E (meaning question 5 from the elementary survey). If it is marked "Q5" then it was the same question number on both surveys.

## Q1: On an average school night, how many hours of sleep do you get?

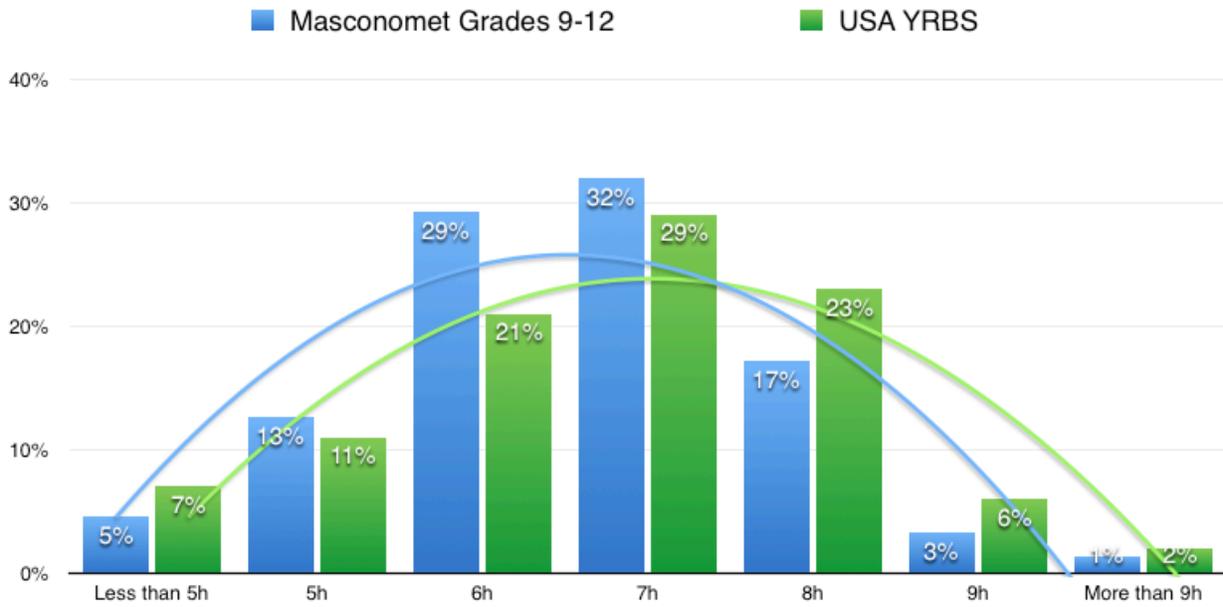
The average amount of sleep on a school night is shown in the chart below, by grade. For reference, the National Sleep Foundation recommended sleep ranges are shown in yellow. The average sleep for students in Grades 5-6 is 8.3h per night. The average sleep for students in Grades 7-8 is 7.3h. The average sleep for students in Grades 9-12 is 6.6h per night.



Looking at the individual responses, we can see what proportions of our students get at least 9 hours for grades 5-6 and 8 hours for grades 7-12:



We can compare the responses for students in Grades 9-12 to the national Youth Risk Behavior Survey for high school students, which asks the same question. Masconomet students are getting less than the national average: the bell-curve trendline for Masconomet (blue) is shifted to the left of the bell-curve trendline for the YRBS Grade 9-12 national data (green).

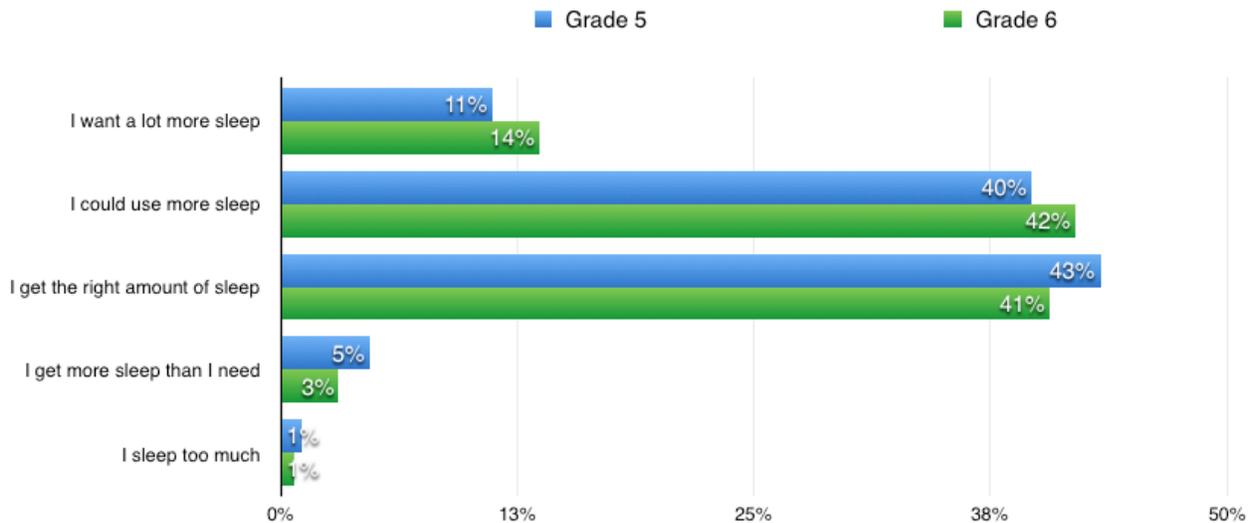


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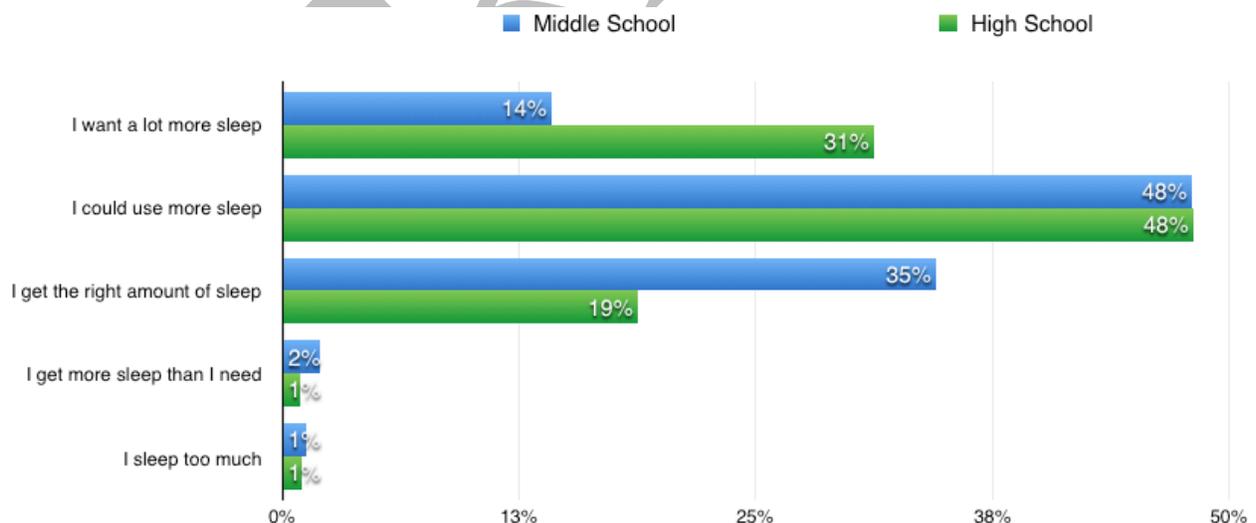
## Q2: How do you feel about the amount of sleep you get?

In addition, we asked students to reflect on how they feel about the sleep they are getting.

43% of students in grade 5 and 41% of students in grades 6 report that they are getting the right amount of sleep. 11% of Grade 5 students and 14% of grade 6 students say that they want a lot more sleep.



35% of students in Grades 7-8 say that they are getting enough sleep, while only 19% of students in Grades 9-12 agree. In Grades 7-12, 48% report that they could use more sleep. In Grades 9-12, 31% say that they want a lot more sleep.



### Q3: What time do you feel awake and ready to learn at school?

Students were asked to choose between a set of times: before 7:35am, 7:35am, 7:45am, 8:00am, 8:15a, 8:30am, 8:45am, 9:00am, and after 9:00am. Responses were collected and then the average time was calculated.

	<b>Awake and ready to learn</b>
<b>Grade 5</b>	8:11 AM
<b>Grade 6</b>	8:17 AM
<b>Grade 7</b>	7:54 AM
<b>Grade 8</b>	8:12 AM
<b>Grade 9</b>	8:10 AM
<b>Grade 10</b>	8:18 AM
<b>Grade 11</b>	8:20 AM
<b>Grade 12</b>	8:28 AM
<b>Grade 5-6 Average</b>	8:14 AM
<b>Grade 7-8 Average</b>	8:03 AM
<b>Grade 9-12 Average</b>	8:19 AM
<b>Masconomet Average</b>	8:11 AM

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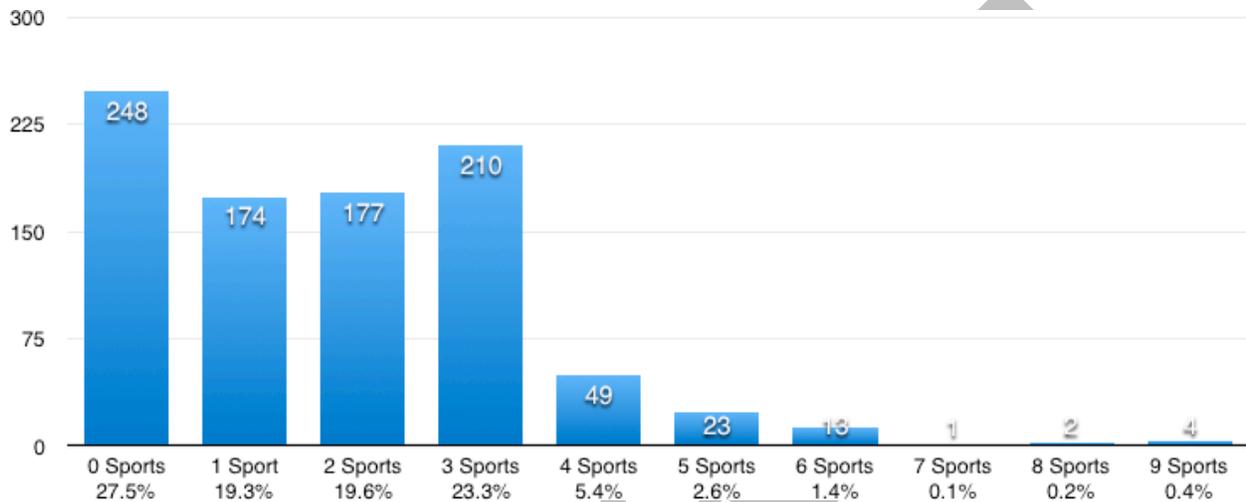
## Q4E and Q5M: Athletics

We asked several questions about athletics, summarized below.

### Q5M: In this school year, have you or will you participate in athletics (Masconomet and non-Masconomet) in the following seasons (check all that apply)?

This question was *only asked for grades 9-12*:

By looking at the responses, student by student, we were able to see how many sports students participated in, over the course of the school year:



27.5% of students do not participate in a sport at all, and 62.2% of students play 1, 2, or 3 sports during the entire school year. 5.4% of students play 4 sports during the year, and 2.6% play 5 or more sports during the year.

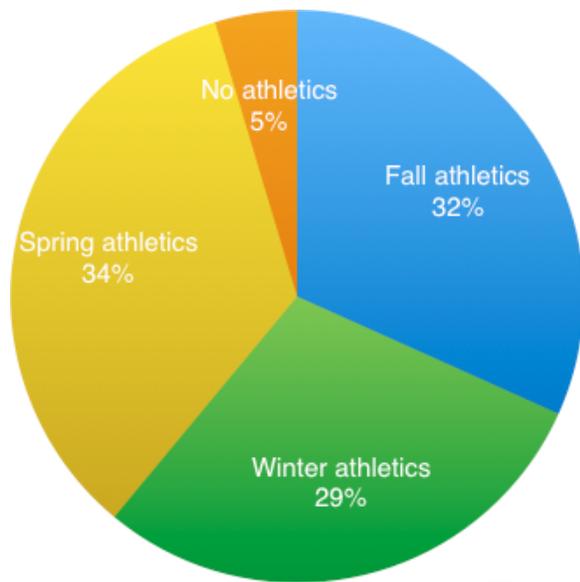
A closer look reveals that 97 out of 902 (10.8%) students play more than one sport at a time, although not necessarily school-sponsored, in any season during the school year.

The average is 1.8 sports/student for all students (including those who play no sports), or 2.5 sports/student for those students who do play sports.

**Q4E: In this school year, have you or will you participate in athletics in the following seasons (check all that apply)?**

This question was only asked for grades 5-6:

	Grade 5	Grade 6	Gr5-6	%
<b>Fall athletics</b>	219	213	432	32%
<b>Winter athletics</b>	202	197	399	29%
<b>Spring athletics</b>	236	232	468	34%
<b>No athletics</b>	21	42	63	5%
<b>Total Responses</b>			<b>1362</b>	



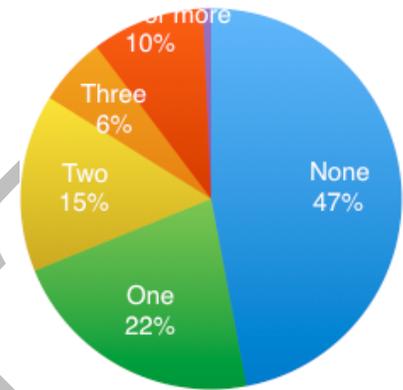
## Q5E and Q6M: Before and after-school programs

We asked questions about other after-school activities in the Elementary and Masconomet surveys. They are listed below:

### Q6M: In this school year, how many Masconomet clubs, including academic clubs, Drama, or Music do you regularly participate in?

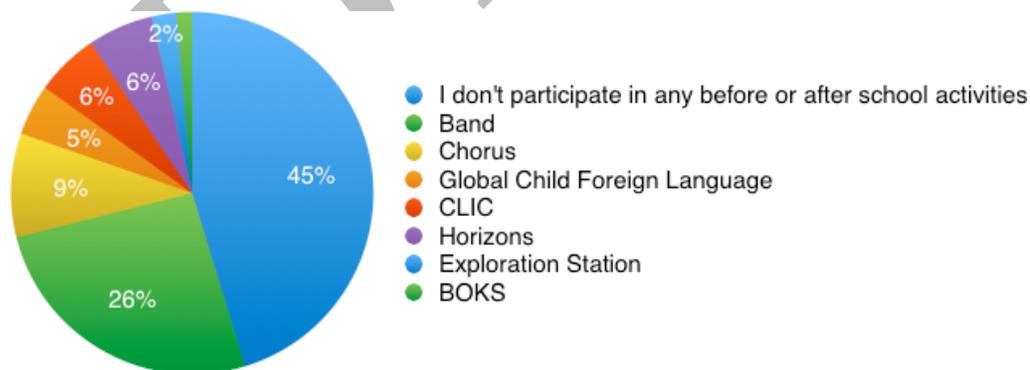
This question was *only* asked for grades 9-12:

	Grade 9	Grade 10	Grade 11	Grade 12	HS #s	%
<b>None</b>	147	132	70	63	412	47%
<b>One</b>	69	49	37	36	191	22%
<b>Two</b>	27	28	41	36	132	15%
<b>Three</b>	12	4	20	15	51	6%
<b>Three +</b>	14	17	28	25	84	10%
<b>Not sure</b>	2	3	1	0	6	1%
<b>Total</b>					<b>876</b>	



### Q5E: In this school year, what before and after school activities do you participate in? (check all that apply)

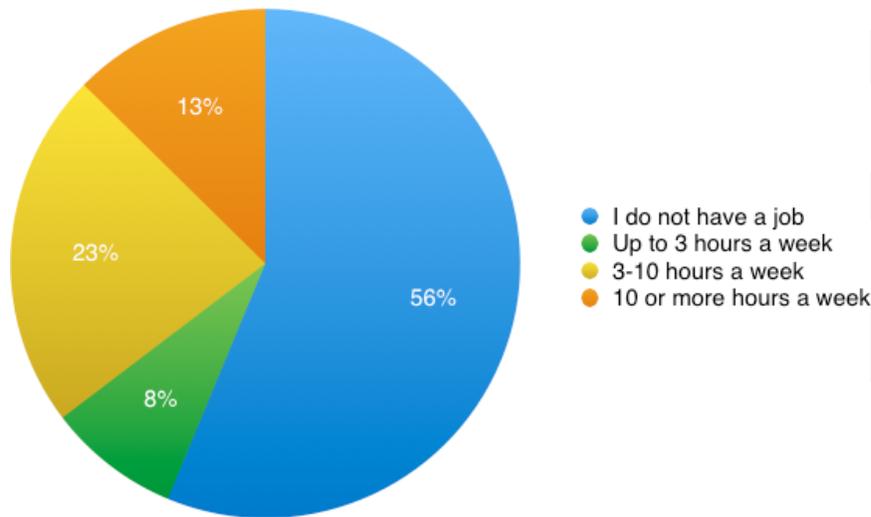
	Grade 5	Grade 6	Total	%
<b>I don't participate in any before or after school activities</b>	134	154	288	45%
<b>Band</b>	92	72	164	26%
<b>Chorus</b>	18	41	59	9%
<b>Global Child Foreign Language</b>	9	20	29	5%
<b>CLIC</b>	24	12	36	6%
<b>Horizons</b>	23	14	37	6%
<b>Exploration Station</b>	9	5	14	2%
<b>BOKS</b>	2	7	9	1%
<b>Total Responses</b>			636	



## Q7M: Do you currently have a job? How many hours do you work in a typical school week?

This question was *only asked of students in Grades 9-12.*

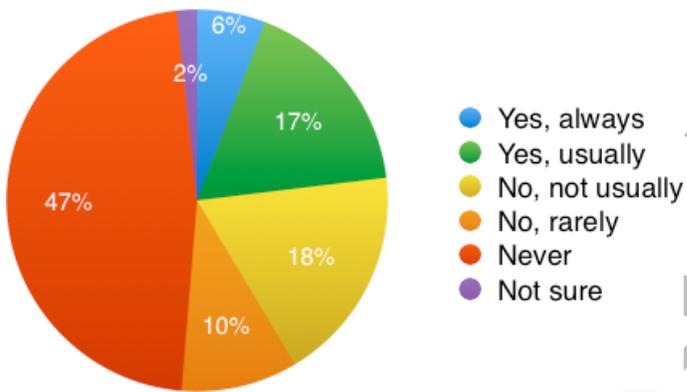
	Grade 9	Grade 10	Grade 11	Grade 12	HS #s	%
<b>I do not have a job</b>	219	139	81	56	495	56%
<b>Up to 3 hours a week</b>	17	26	20	11	74	8%
<b>3-10 hours a week</b>	31	50	62	57	200	23%
<b>10 or more hours a week</b>	6	20	34	51	111	13%
<b>Total Responses</b>					880	



## Q8M: Are you expected to take care of younger siblings after school?

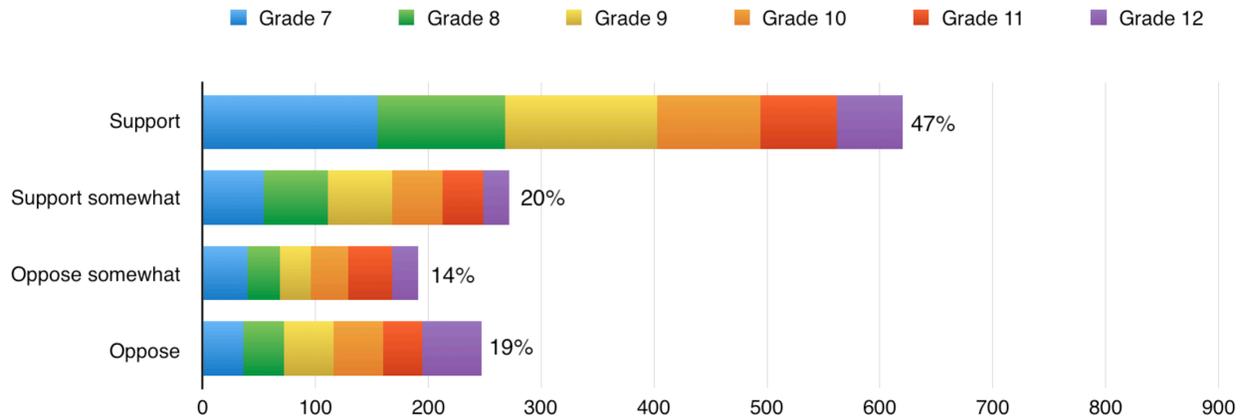
This question was *only asked of students in Grades 9-12.*

	Grade 9	Grade 10	Grade 11	Grade 12	HS #s	%
Yes, always	11	18	12	10	51	6%
Yes, usually	54	43	32	23	152	17%
No, not usually	43	42	38	38	161	18%
No, rarely	26	25	22	14	87	10%
Never	133	100	90	90	413	47%
Not sure	5	7	3	0	15	2%
					879	



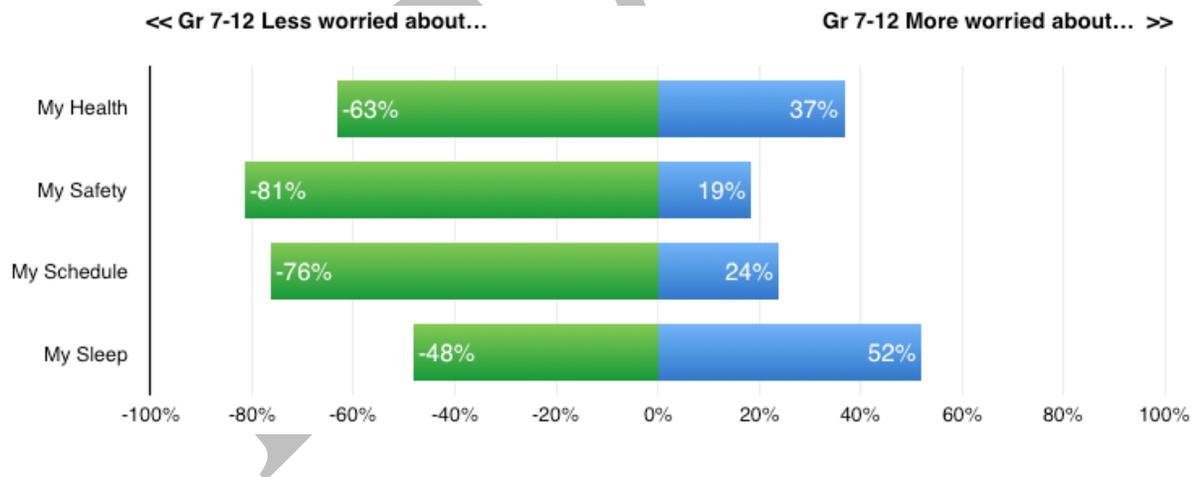
## Q16M: What do you think of Option A (no change)?

This option was presented to Masconomet students as Option #4. This option is equivalent to Option A (no change) on the Parent/Staff survey. The options that were presented to students were slightly different than the options presented to parents and staff, primarily because variations in how the options are paid for are not of interest to the students.



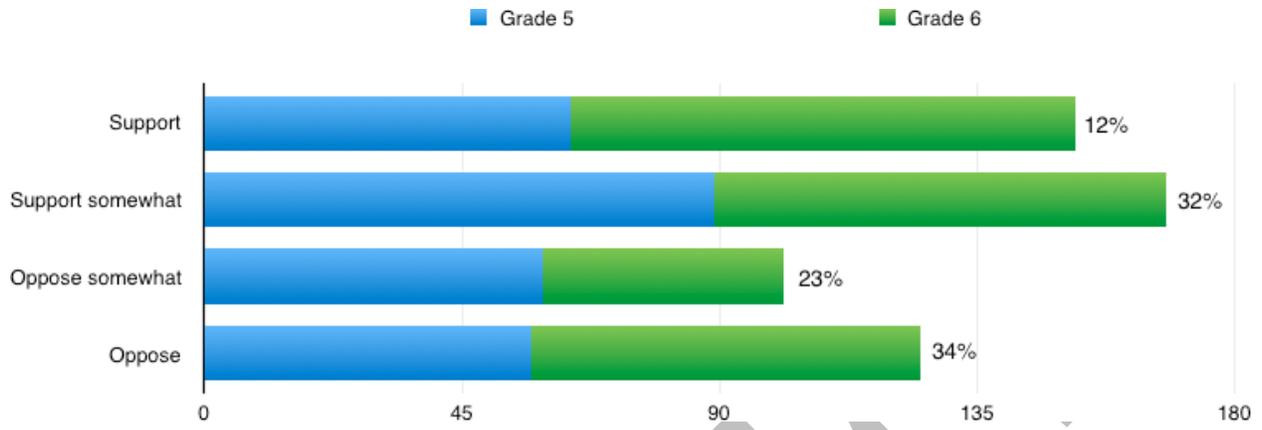
## Q12M: I am worried about the effect that Option A (8:20am-3:20pm) will have on...

This question was asked only of Masconomet students. Responses for *Agree Somewhat* and *Agree* are combined and shown as positive numbers. Responses for *Disagree Somewhat* and *Disagree* are combined and shown as negative numbers. Students were not offered a neutral response.



### Q10E: What do you think of Option A (no change)?

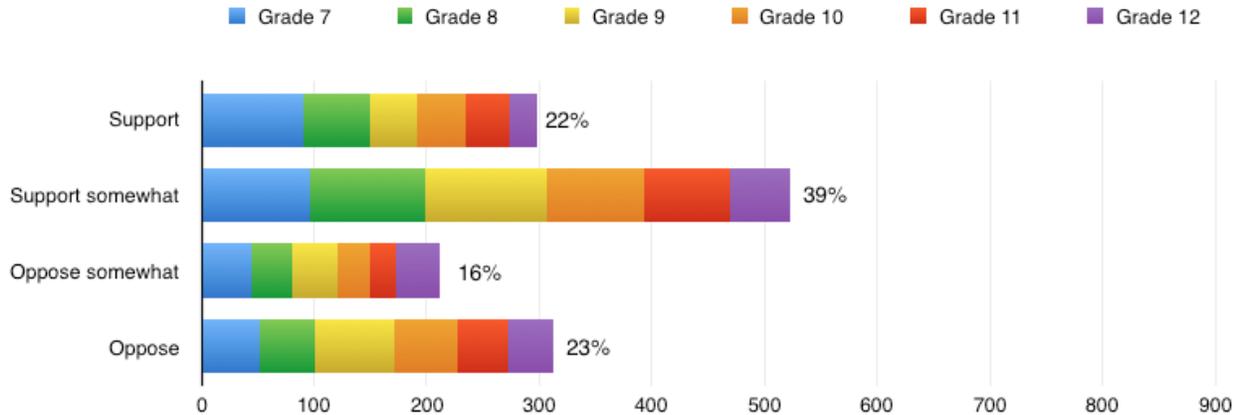
This question was asked of students in Grades 5-6, and refers to the change in start time for the *elementary school*, not Masconomet. This option is equivalent to Option A (no change) on the Parent/Staff survey.



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## Q7M: What do you think of Option B/C: 7:50am-2:25pm? (Masco)

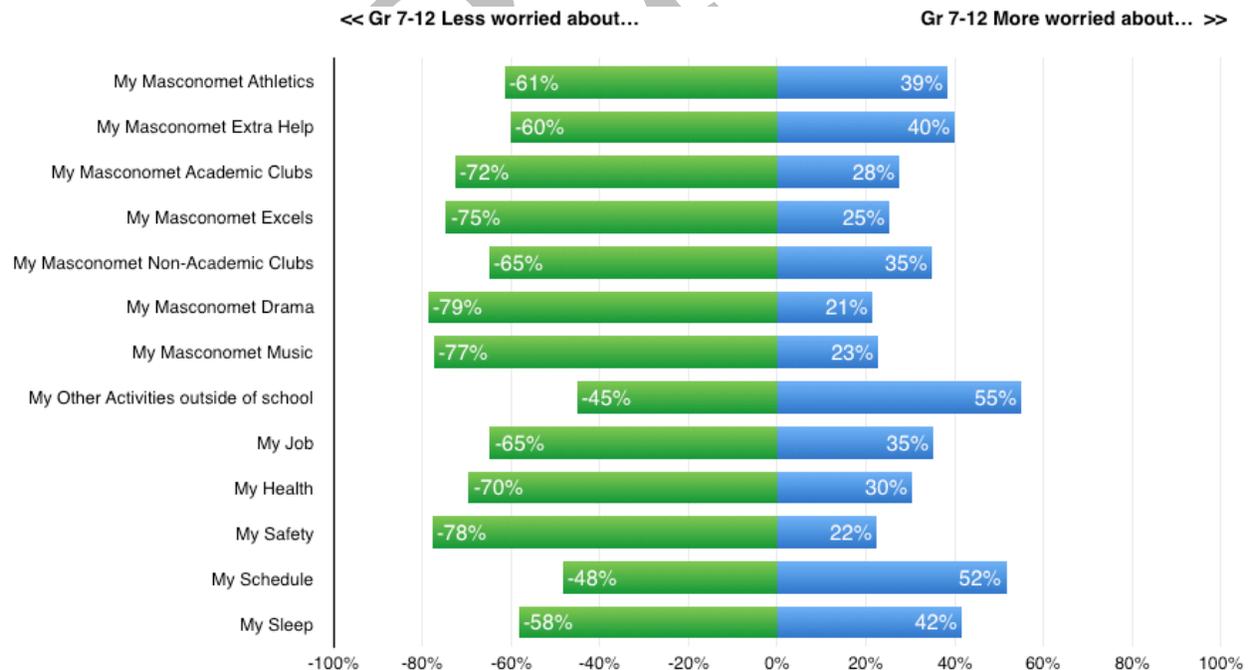
This option was presented to Masconomet students as Option 1. This option is equivalent to Option B (add 3 buses) and Option C (neighborhood stops) on the Parent/Staff survey. The options that were presented to students were slightly different than the options presented to parents and staff, primarily because variations in how the options are paid for are not of interest to the students.



## Q8M: I am worried about the effect that Option B/C will have on...

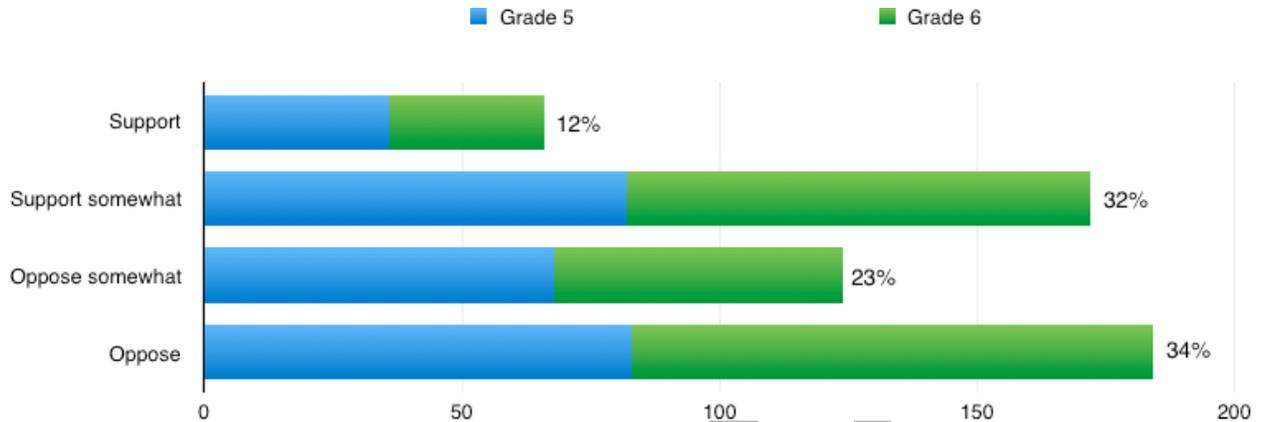
This question was asked only of Masconomet students. Responses for *Agree Somewhat* and *Agree* are combined and shown as positive numbers. Responses for *Disagree Somewhat* and *Disagree* are combined and shown as negative numbers. Students were not offered a neutral response.

With an end time of 2:25pm (10m later than the current end time), 55% of Masconomet students were worried about the effects on their activities outside of school.



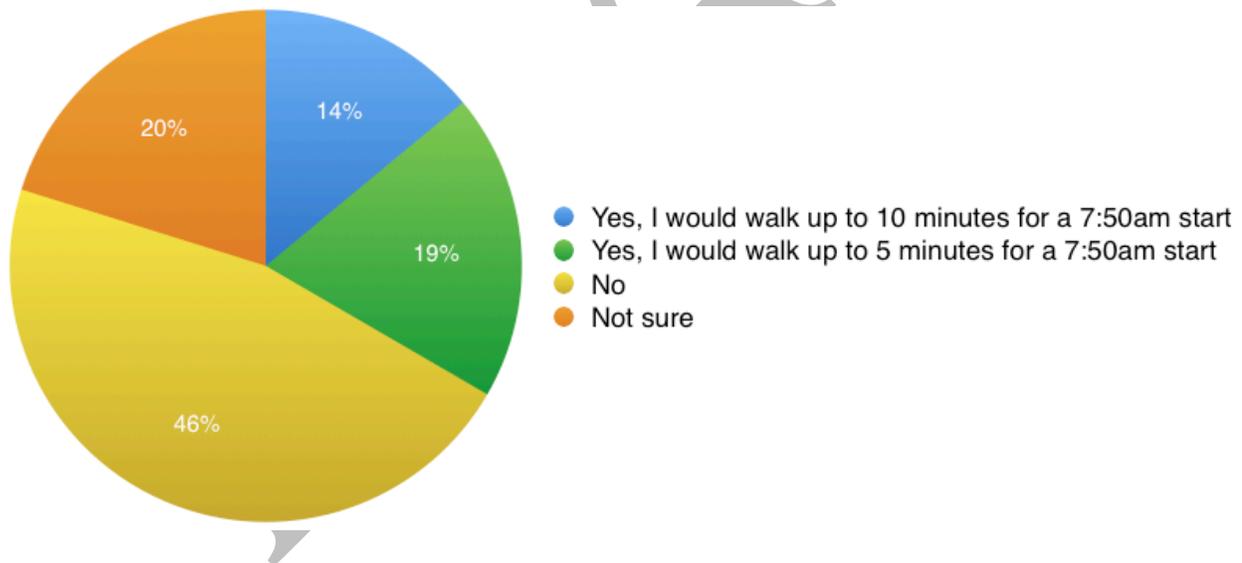
### Q7E: What do you think of Option #B/C: Start and end elementary school 15m later?

This question was asked of students in Grades 5-6, and refers to the change in start time for the *elementary schools*, not Masconomet. This option is equivalent to Option B (add 3 buses) and Option C (neighborhood stops) on the Parent/Staff survey. The elementary students were told that this option would start and end elementary schools 15m later.



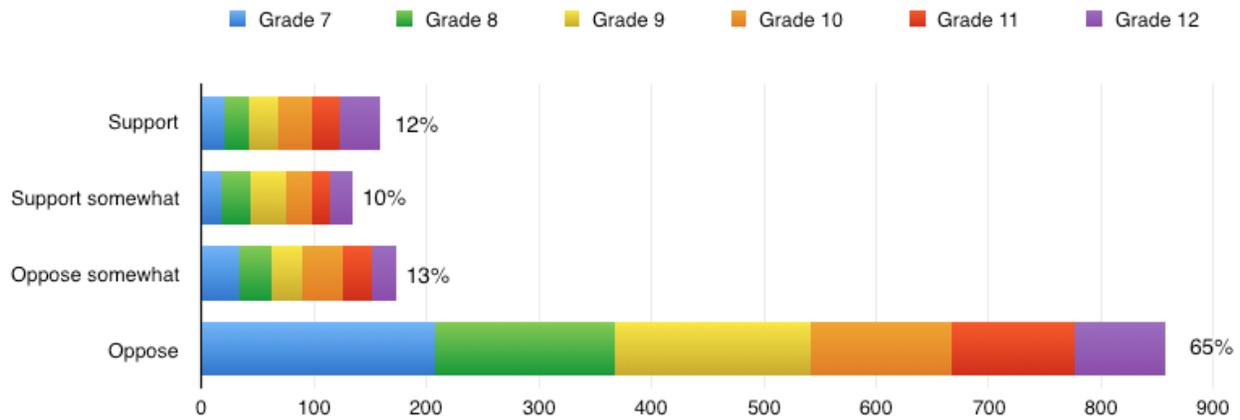
### Q23M: Are you willing to walk a little further to your bus stop in the morning for a later start (assuming it's safe to do so)?

This question was only asked of Masconomet students (elementary students were not expected to walk to neighborhood stops under Option C).



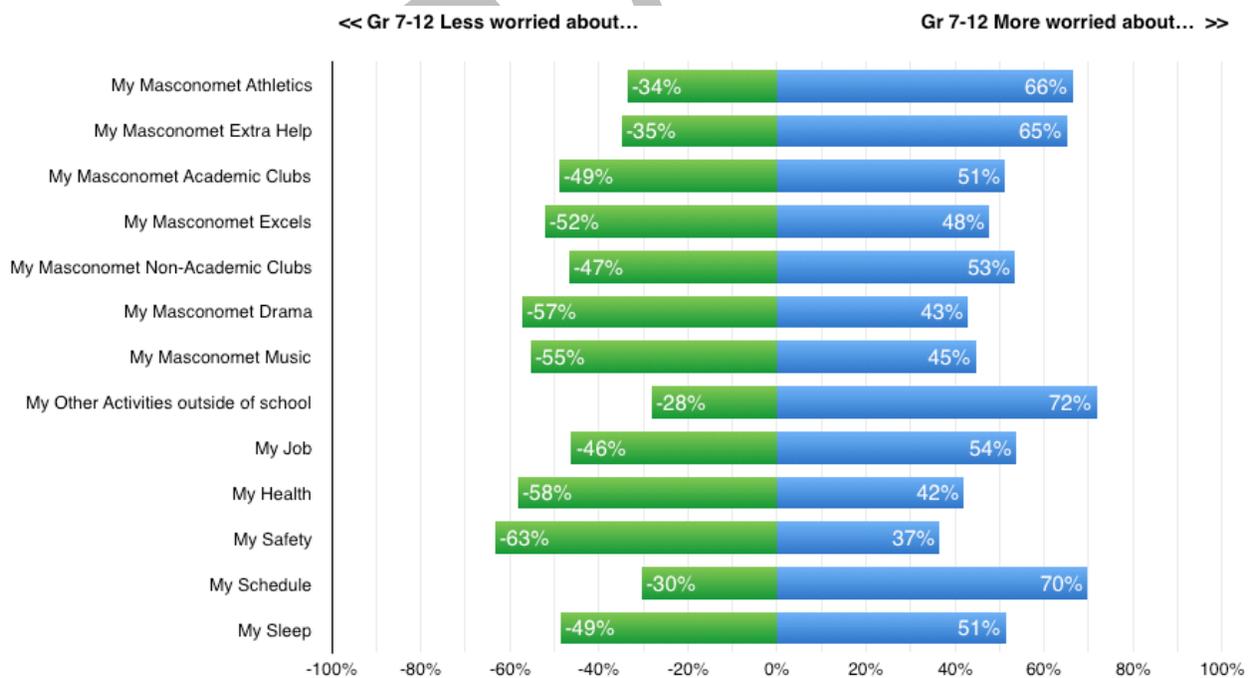
## Q15M: What do you think of Option D (8:40am-3:20pm)?

This option was presented to Masconomet students as Option 3. This option is equivalent to Option D (swap) on the Parent/Staff survey. The options that were presented to students were slightly different than the options presented to parents and staff, primarily because variations in how the options are paid for are not of interest to the students.



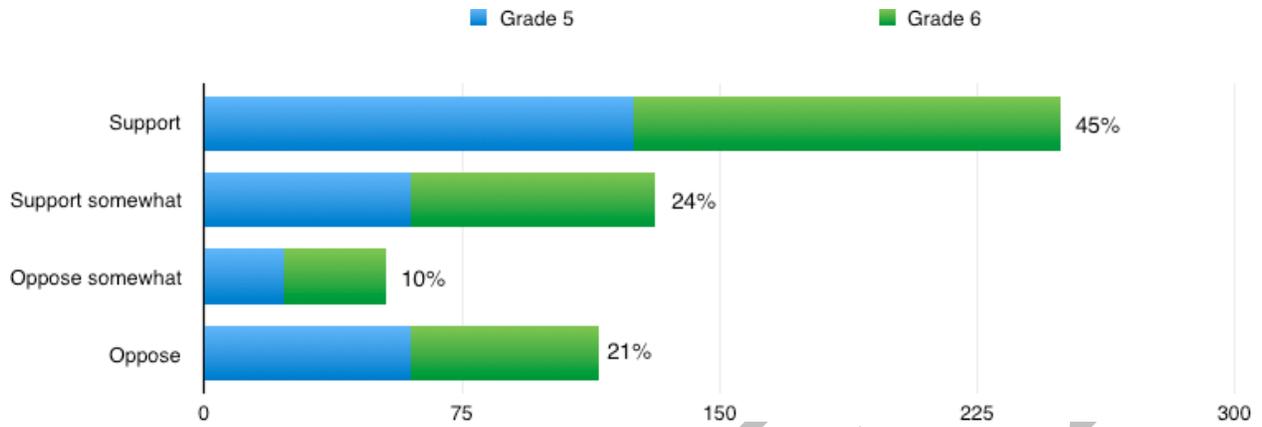
## Q12M: I am worried about the effect that Option 3/D (8:40am-3:20pm) will have on...

This question was asked only of Masconomet students. Responses for *Agree Somewhat* and *Agree* are combined and shown as positive numbers. Responses for *Disagree Somewhat* and *Disagree* are combined and shown as negative numbers. Students were not offered a neutral response.



**Q9E: What do you think of Option #3/D: Start and end school earlier (8:00am - 2:30pm)?**

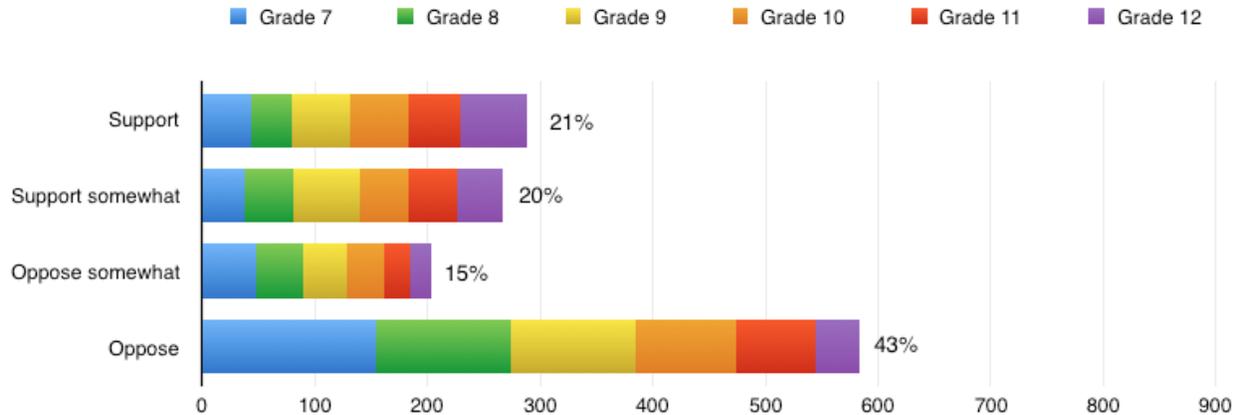
This question was asked of students in Grades 5-6, and refers to the change in start time for the *elementary school*, not Masconomet. This option is equivalent to Option D (swap) on the Parent/Staff survey.



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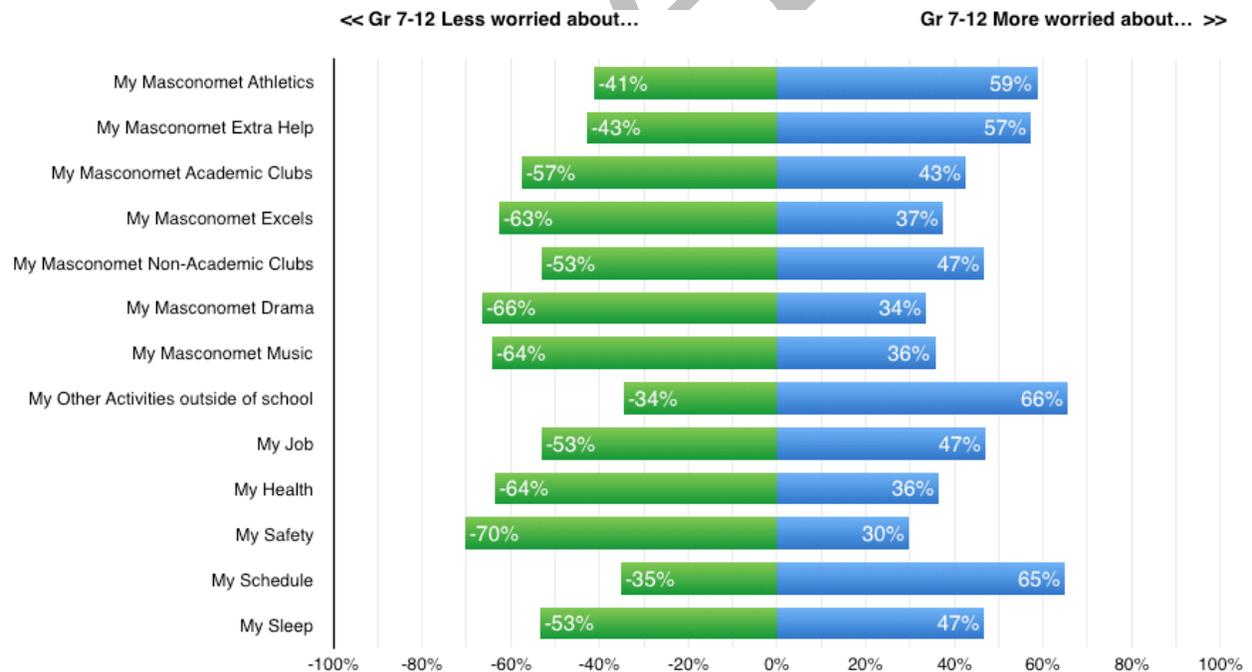
### Q13M: What do you think about Option E/F: 8:20am-3:00pm?

This option was presented to Masconomet students as Option 2. This option is equivalent to Option E (K-12 busing) and Option F (double busing) on the Parent/Staff survey. The options that were presented to students were slightly different than the options presented to parents and staff, primarily because variations in how the options are paid for are not of interest to the students.



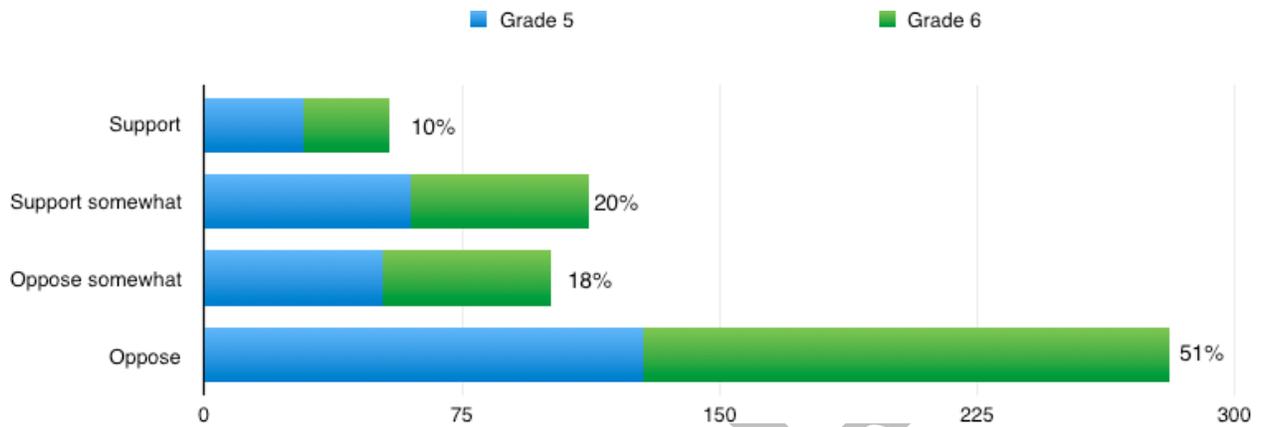
### Q14M: I am worried about the effect that Option E/F (8:20am-3:00pm) will have on...

This question was asked of Masconomet students only. Responses for *Agree Somewhat* and *Agree* are combined and shown as positive numbers. Responses for *Disagree Somewhat* and *Disagree* are combined and shown as negative numbers. Students were not offered a neutral response.



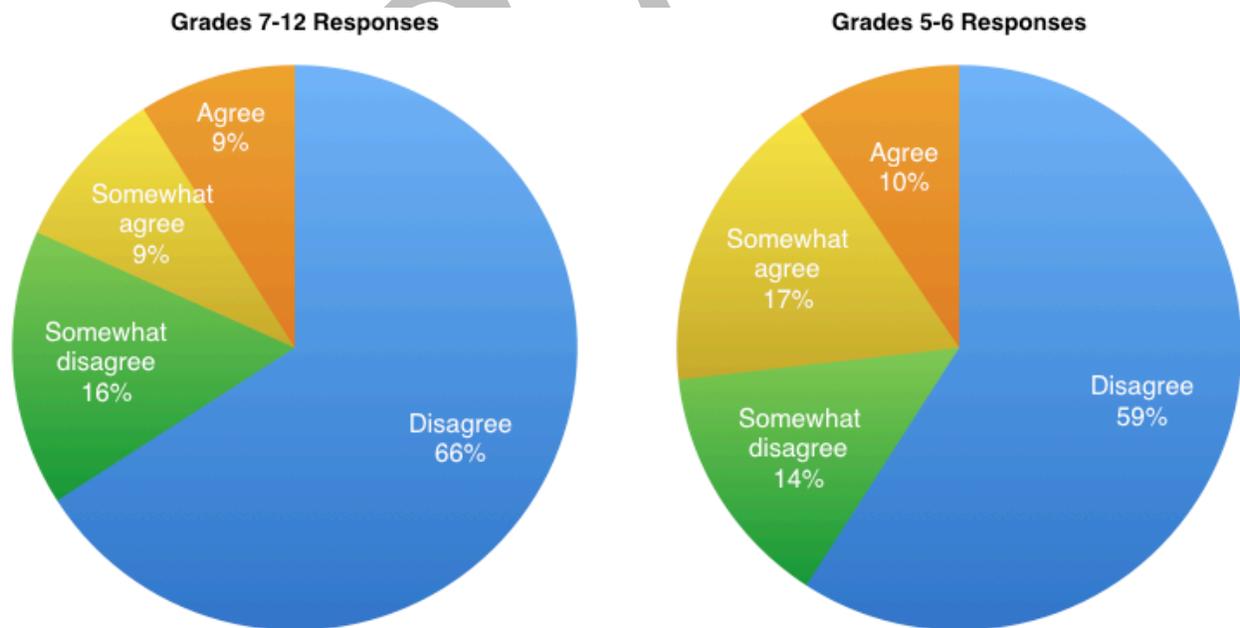
**Q8E: What do you think of Option #2: Same school times, grades K - 12 ride the bus together? (Elem)**

This question was asked of students in Grades 5-6, and refers to the change in start time for the *elementary school*, not Masconomet. This option is equivalent to Option E (K-12 busing) on the Parent/Staff survey.



**Q24M/Q15E: I think it is acceptable to have students in grades K - 12 ride the bus together.**

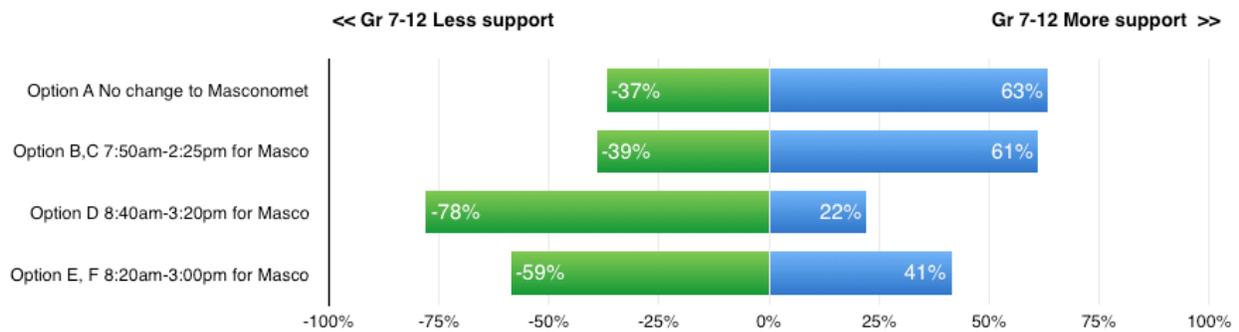
Option 2 for Masconomet students is equivalent to Option E (K-12 busing) and Option F (double busing) on the Parent/Staff survey. In Q24, we asked Masconomet students if they would be willing to walk a little further for a later start (Option C). We asked Elementary students the same question in Q15 of their survey. Their responses are shown here.



## Support for Each Option

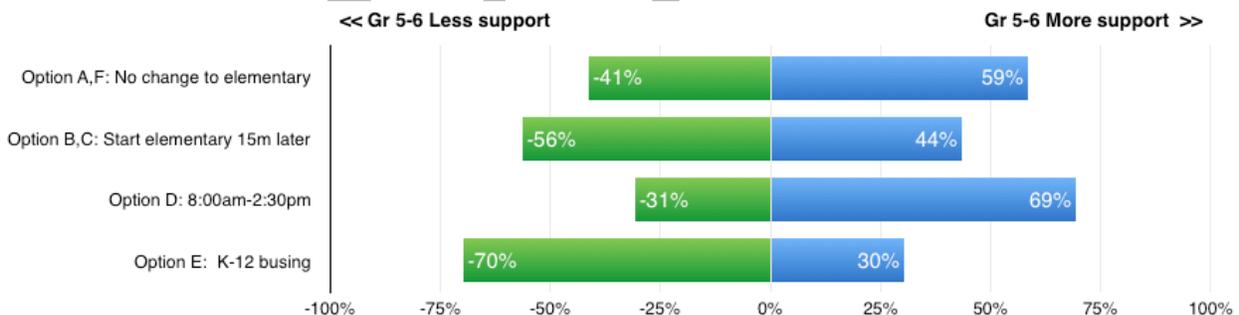
### Masconomet support for options

Responses for *Agree Somewhat* and *Agree* are combined and shown as positive numbers. Responses for *Disagree Somewhat* and *Disagree* are combined and shown as negative numbers. Students were not offered a neutral response. Note that the times shown here are start/end times for Masconomet.



### Elementary support for options

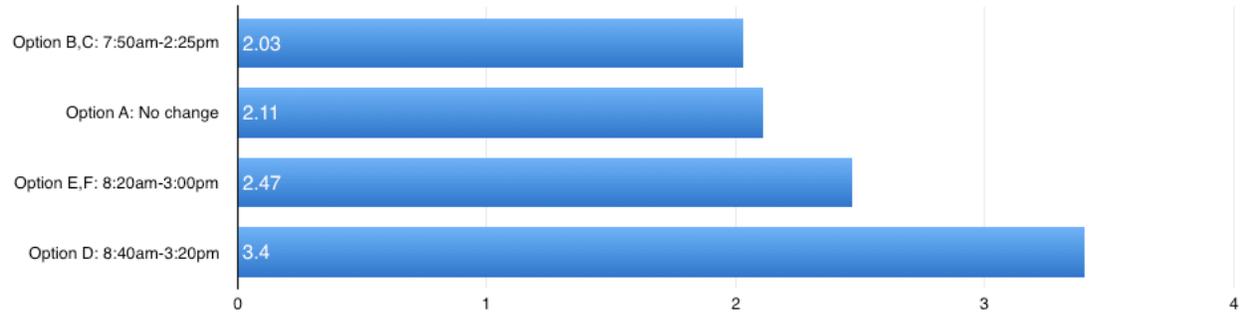
Responses for *Agree Somewhat* and *Agree* are combined and shown as positive numbers. Responses for *Disagree Somewhat* and *Disagree* are combined and shown as negative numbers. Students were not offered a neutral response. Note that the times shown here are start/end times for elementary school.



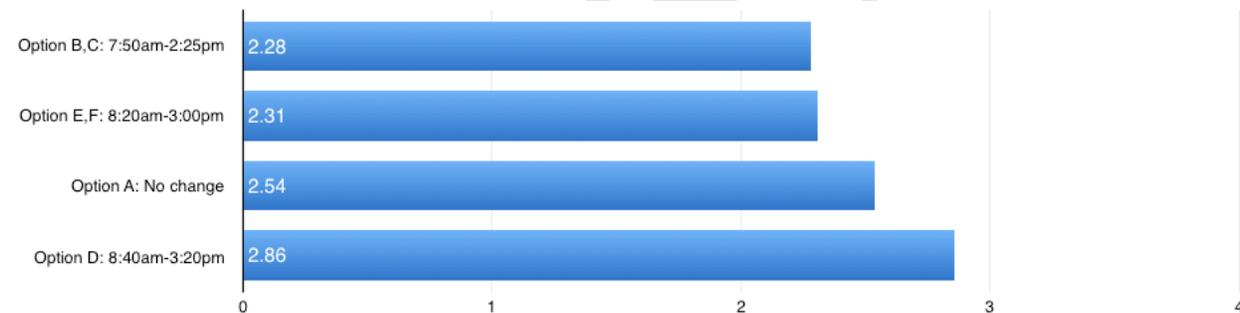
## Q19M and Q20M: Rank options (Masconomet)

We asked Masconomet respondents to rank the options in order, 1-4, with #1 being the highest ranking and #4 being the lowest. In reading these results, an option that was ranked #1 by everyone would receive an average ranking of "1" and the option that was rating #6 by everyone would receive an average ranking of "4". Responses are shown in order, from highest to lowest rank. Note that the times shown are for *Masconomet*.

### Q19M: How would you rank the choices?



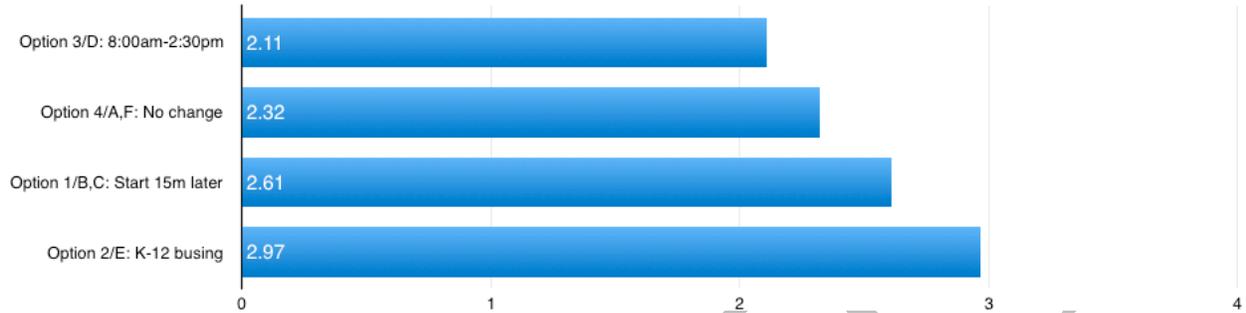
### Q20M: If you didn't have to worry about after school activities (like athletics, clubs, Extra Help), how would you rank the options?



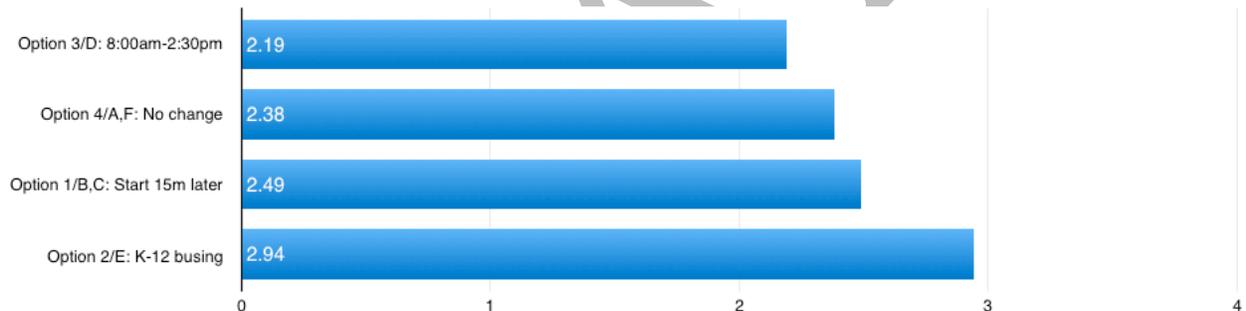
## Q11E and Q12E: Rank options (Elementary)

We asked elementary respondents to rank the options in order, 1-4, with #1 being the highest ranking and #4 being the lowest. In reading these results, an option that was ranked #1 by everyone would receive an average ranking of "1" and the option that was rating #6 by everyone would receive an average ranking of "4". Responses are shown in order, from highest to lowest rank. Note that the times shown are for *elementary schools*.

### Q11E: How would you rank the choices?



### Q12E: If you didn't have to worry about after school activities (athletics, and lessons, for example), how would you rank the options?

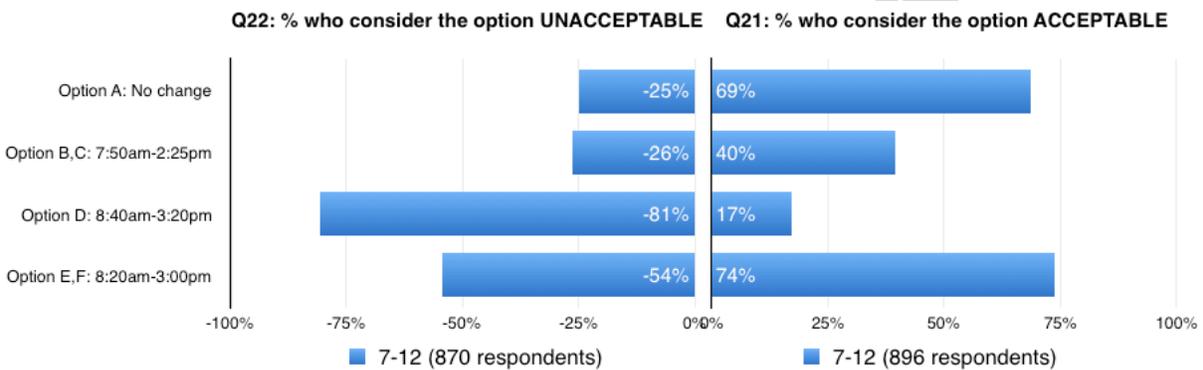


## Which options are acceptable and unacceptable?

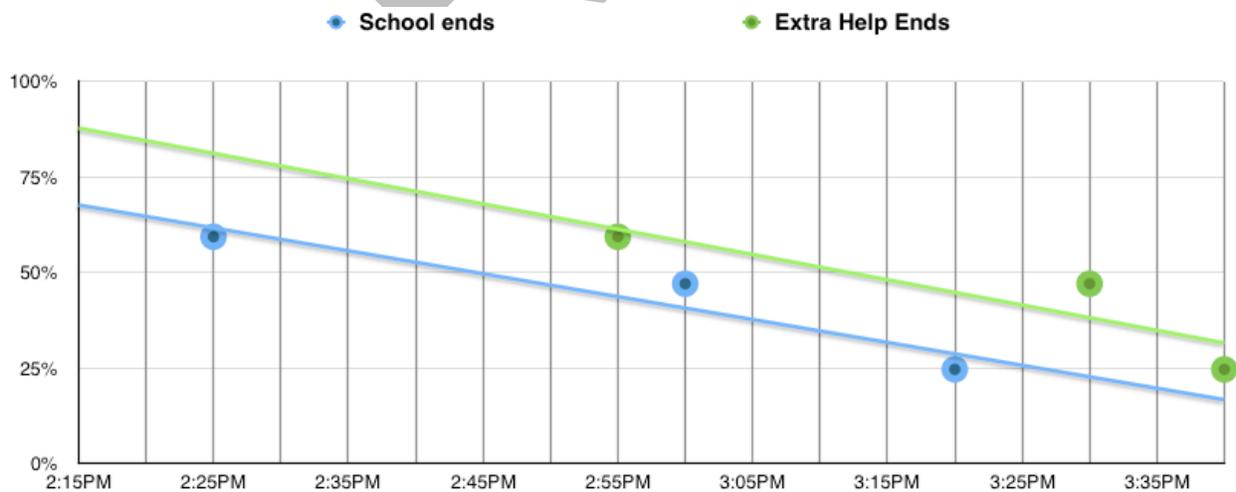
We asked respondents to select the options they considered acceptable and to select the options they considered unacceptable. The results show the % of respondents who considered an option acceptable (positive percentages) or unacceptable (negative percentages). For example, a 100% would mean that everyone agrees that the option is acceptable and a -100% would mean that everyone agrees the option is unacceptable.

### Q21M and Q22M

These are the acceptable/unacceptable ratings for the Masconomet students. Note that the times shown are for Masconomet.

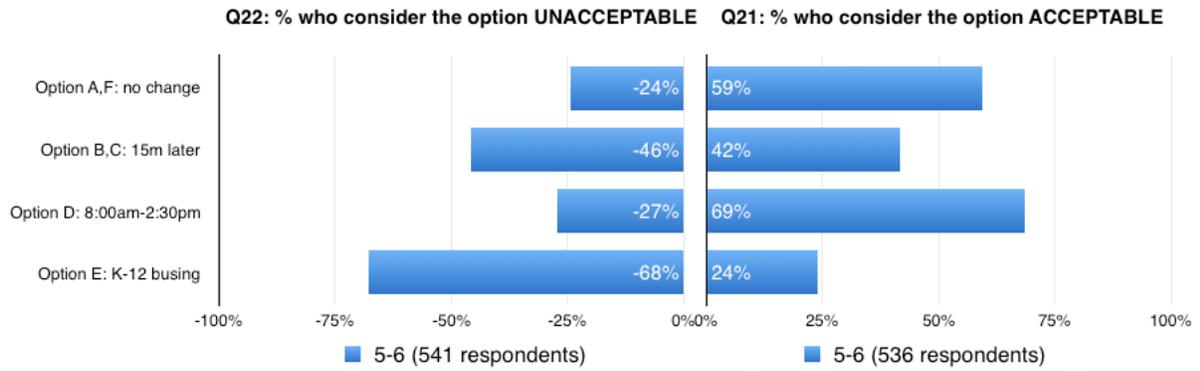


Acceptability corresponds with end time. The later school ends, the less acceptable the option is. Notice that acceptability corresponds with end time. The following shows proposed ends times for school and Extra Help, with acceptability for those times marked. The later these times are, the lower the acceptability.



### Q13E and Q14E

These are the acceptable/unacceptable ratings for the elementary students in Grades 5-6. For elementary students, an 8:00 start is the most acceptable, followed by the current schedule. More students consider a 15 minute later start unacceptable than acceptable.



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