










1. Have you read the "Sleep Facts" and "FAQs" documents available on the school web site? If please do so before proceeding. The information is available at <http://www.doversherborn.org/index.cfm/page/School-Start-Times/pid/21393>.

		Response Percent
I have read the "Sleep Facts" and "FAQs" documents		94.8%
I have not read the "Sleep Facts" and "FAQs" documents		5.2%
answered question		
skipped question		

2. Please check the current grade of each child you have in the Regional schools. If you have multiple children in a single grade, check that grade only once.

		Response Percent	Response Count
6		27.2%	119
7		19.5%	85
8		21.7%	95
9		21.1%	92
10		19.5%	85
11		19.9%	87
12		15.1%	66
	Comment		6
answered question			437
skipped question			10

3. Some questions in this survey ask about the habits and routines of your children. Because different children may have different experiences, you are welcome to complete the survey more than once to reflect different children. To do so, complete and submit the survey for one child, then log in again to complete and submit the survey for each additional child. Each survey should take no more than 15 minutes to complete. I will be completing this survey

		Response Percent	Response Count
Once		68.7%	298
Twice		25.6%	111
Three times		5.3%	23
Four times		0.5%	2
Five or more times		0.0%	0
	Comment		7
		answered question	434
		skipped question	13




4. On school mornings, my child usually wakes up

		Response Percent	Response Count
Before 6:00		12.0%	52
6:00-6:30		63.2%	275
6:30-7:00		22.1%	96
7:00-7:30		2.1%	9
After 7:30		0.7%	3
Don't know/ Not sure		0.0%	0
	Comment		7
	answered question		435
	skipped question		12


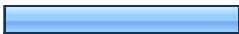




5. On school mornings, my child

		Response Percent	Response Count
wakes up naturally on his/her own		6.9%	30
needs to be woken up by an alarm clock or by someone		92.9%	404
I don't know/ I am not sure		0.2%	1
	Comment		14
	answered question		435
	skipped question		12





6. To get to school, my child usually

		Response Percent	Response Count
Takes the bus		63.6%	276
Rides with someone or drives him/herself		35.9%	156
Walks or rides a bike		0.5%	2
	Comment		18
		answered question	434
		skipped question	13



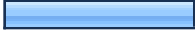





7. During your child's busiest season or time of year, what is the average number of hours of planned after-school activities (e.g., sports, clubs, job, lessons; at school or away from school) that your child is involved in each week?

		Response Percent	Response Count
0 to 5 hour per week		12.7%	55
6 to 10 hours per week		35.0%	152
11 to 15 hours per week		28.8%	125
16 to 20 hours per week		15.7%	68
More than 20 hours per week		7.6%	33
I don't know/ I am not sure		0.2%	1
	Comment		12
		answered question	434
		skipped question	13

8. On most school nights, how many hours of homework does your child do?

		Response Percent	Response Count
Less than 3 hours per night		61.8%	268
3 to 4 hours per night		30.9%	134
More than 4 hours per night		6.2%	27
I don't know/ I am not sure		1.2%	5
	Comment		11
	answered question		434
	skipped question		13

9. On the average school night, what time does your child usually go to bed?

		Response Percent	Response Count
9 to 9:30		19.8%	85
9:30 to 10		19.8%	85
10 to 10:30		28.1%	121
10:30 to 11		15.6%	67
11 to 11:30		8.6%	37
11:30 to midnight		4.9%	21
After midnight		2.8%	12
I don't know/ I am not sure		0.5%	2
	Comment		24
	answered question		430
	skipped question		17






10. On the average school night, how many hours of sleep does your child usually get?

		Response Percent	Response Count
Less than 6		2.8%	12
6 to 7		24.0%	104
7 to 8		41.8%	181
8 to 9		27.9%	121
More than 9		3.0%	13
I don't know/ I am not sure		0.5%	2
	Comment		9
answered question			433
skipped question			14






11. How often does your child seem sleepy or sleep-deprived during the school week?

		Response Percent	Response Count
Almost never		17.1%	74
1-2 days per week		37.3%	161
3-4 days per week		20.6%	89
Every day		22.0%	95
I don't know/ I am not sure		3.0%	13
	Comment		18
answered question			432
skipped question			15

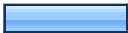




12. One option being considered is to begin the middle and high schools later in the morning (20 to 50 minutes later). If your child's school were to start later, what impact would this have for your family in the morning?

		Response Percent	Response Count
It would make the morning easier		51.3%	222
It would have no significant impact		26.3%	114
It would make the morning slightly more challenging		8.5%	37
It would make the morning much more challenging		11.3%	49
I don't know/ I am not sure		2.5%	11
		Comment	39
answered question			433
skipped question			14

13. Starting school later would also mean ending later. This would likely mean that some after-school activities would end later as well. What impact would this have for your family at the end of the day (i.e., afternoon/early evening)?

		Response Percent	Response Count
It would make the end of the day easier		17.4%	75
It would have no significant impact		50.6%	218
It would make the end of the day slightly more challenging		17.4%	75
It would make the end of the day much more challenging		13.0%	56
I don't know/ I am not sure		1.6%	7
		Comment	33
		answered question	431
		skipped question	16

14. If the decision were made to start the REGIONAL SCHOOLS later, what do you think should be the major reason to make the change?

		Response Percent	Response Count
Effect on academics		18.3%	77
Effect on social-emotional health		35.4%	149
Effect on physical health		39.4%	166
Effect on driving safety		0.2%	1
I don't know/ I am not sure		6.7%	28
	Comment		84
	answered question		421
	skipped question		26

15. Please share any other comments you wish. Thank you for your input!

	Response Count
	171
answered question	171
skipped question	276