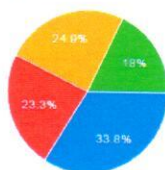
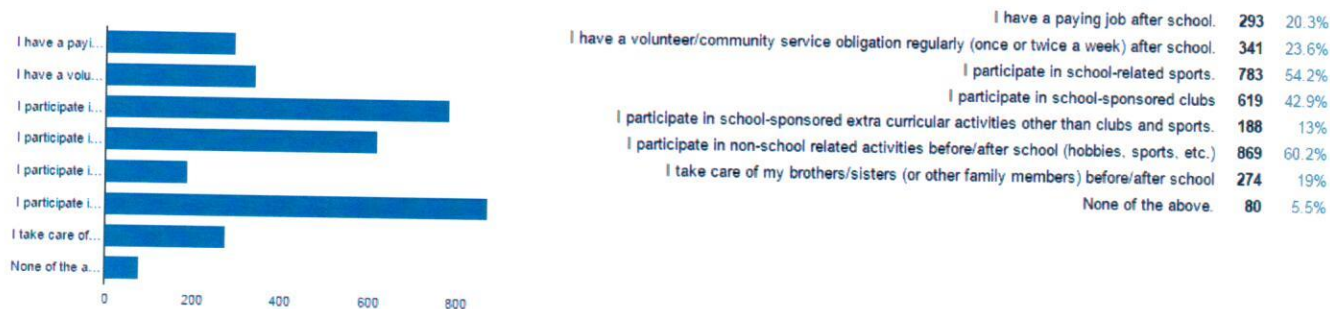


What grade are you in?



9th	488	33.8%
10th	337	23.3%
11th	359	24.9%
12th	260	18%

Do you participate in any of the following activities outside of school hours? (Check all that apply)



If you participate in sports, in what seasons do you play? (Check all the apply)



If you participate in sports, in what seasons do you play? (Check all the apply)

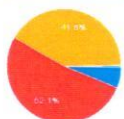


Are you aware of the current recommendations by the American Academy of Pediatrics (AAP), the Centers for Disease Control (CDC), and other medical organizations and scientific studies concluding that overall teen health is significantly compromised when school begins prior to 8:30?



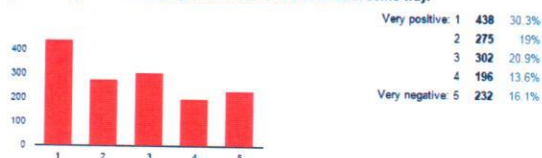
Not aware	228	15.8%
Somewhat aware	676	46.8%
Very aware	540	37.4%

What is your typical mode of transportation to and from school?

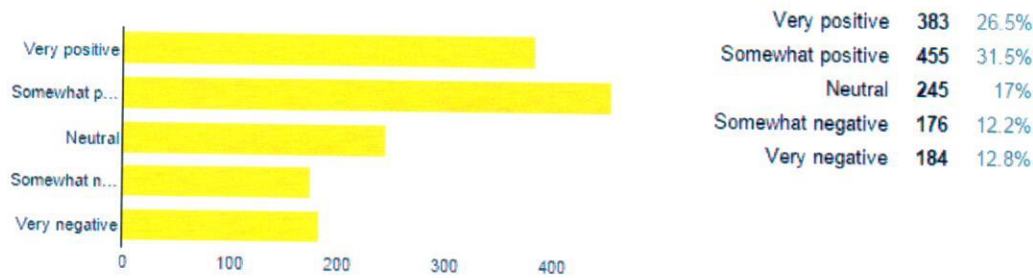


Walk/Bike	85	5.9%
Bus	752	52.1%
Car	600	41.6%
Other	7	0.5%

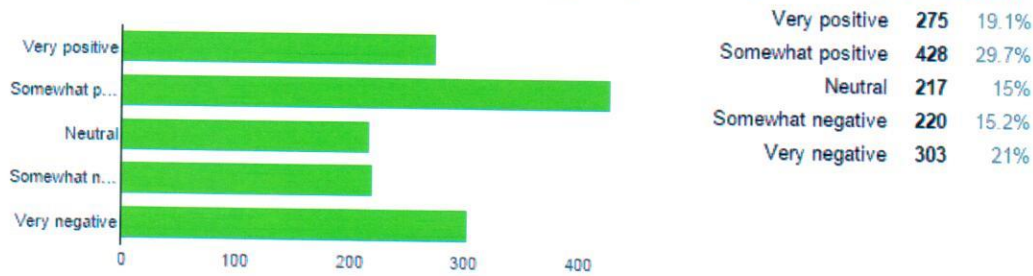
Rate your feelings about changing school start and end times in some way.



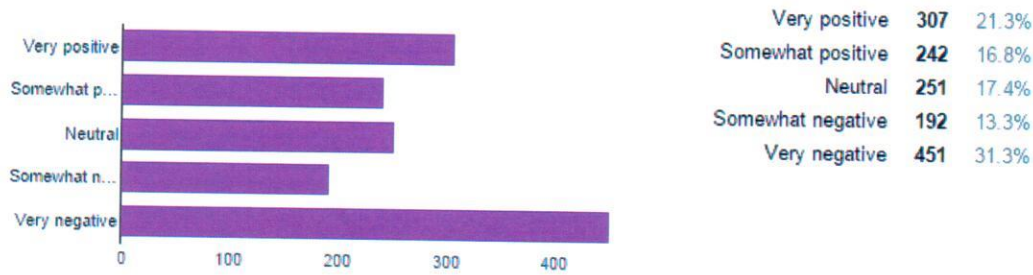
Option 2A: Start and end 30 minutes later (8:00-2:45). [Rate your feelings for the Options below:]



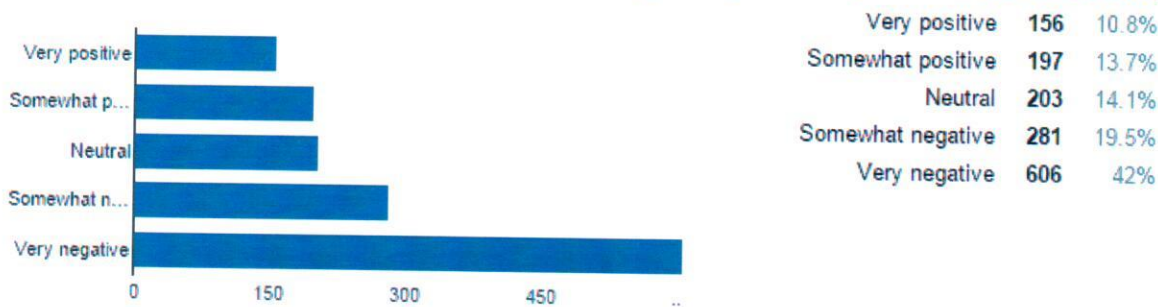
Option 2B: Start and end 45 minutes later (8:15-3:00) [Rate your feelings for the Options below:]



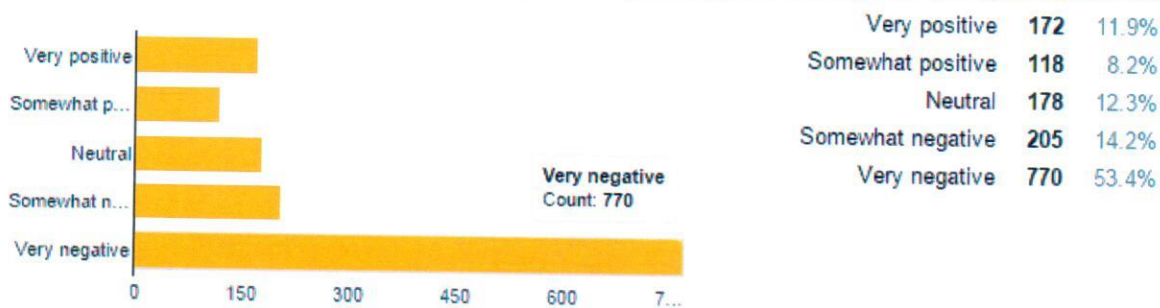
Option 2C: Start and end 60 minutes later (8:30-3:15). [Rate your feelings for the Options below:]



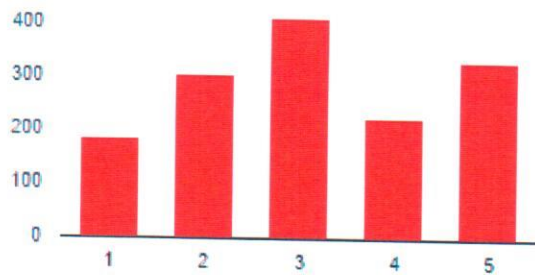
Option 2D: Start and end 75 minutes later (8:45-3:30). [Rate your feelings for the Options below:]



Option 2E: Start and end 90 minutes later (9:00-3:45). [Rate your feelings for the Options below:]

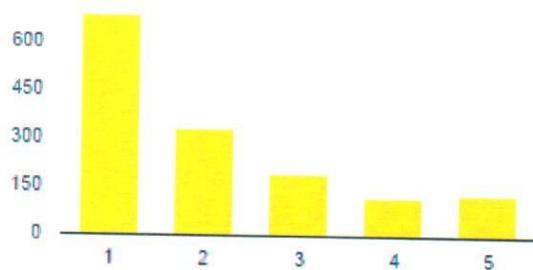


Rate your feelings for the Flex option.



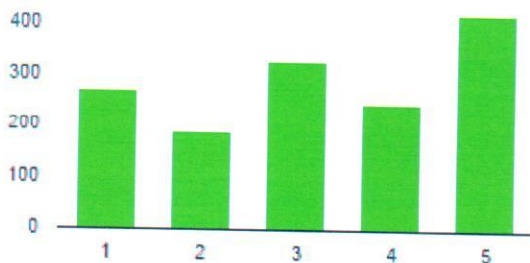
Very positive: 1	182	12.6%
2	301	20.9%
3	409	28.3%
4	223	15.5%
Very negative: 5	328	22.7%

Please rate your feelings for the Recharge option.



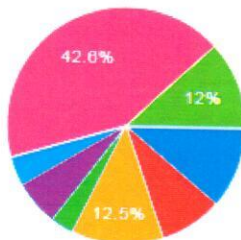
Very positive: 1	682	47.3%
2	329	22.8%
3	187	13%
4	117	8.1%
Very negative: 5	128	8.9%

Rate your attitude/feelings for Option 6: No Change (keep start and end times the same as now).



Very positive: 1	269	18.6%
2	187	13%
3	326	22.6%
4	243	16.8%
Very negative: 5	418	29%

Of all the options, which do you prefer MOST.



Option 2A: 30 minutes later (8:00-2:45)	160	11.1%
Option 2B: 45 minutes later (8:15-3:00)	123	8.5%
Option 2C: 60 minutes later (8:30-3:15)	181	12.5%
Option 2D: 75 minutes later (8:45-3:30)	45	3.1%
Option 2E: 90 minutes later (9:00-3:45)	89	6.2%
Flex Option (7:30-2:15 OR 8:30-3:15)	58	4%
Recharge Option (7:30-2:15 - one day/wk 9:00-2:15)	614	42.6%
Option 6: No Change (7:30-2:15)	173	12%

Comments:

I have homework and I also have sports after school so if it ends later I won't have time to do homework and I would end sports really late

After school daily I ride horses and work at a local barn. I am there from 3-6 sometimes even 7. I get home around 7 on a normal day and then have to start my 1-3 hours of homework and also eat dinner and take care of myself. If school started later I would not be able to get to the barn until 4 causing me to have to stay later till 7 and I wouldn't be able to get home until 8. After homework and everything it would be even later than before and nothing would really change, I would still have the same sleep pattern. I know this situation affects many other students. I believe After school sports will be pushed back and kids will do their homework later and stay up later.

Although it is facing much opposition by parents and others, starting school later is essential to our health.

Regardless of extracurricular activities or time-wasting after school, a teen's body will stay up late no matter what.

The fact of the matter is that we don't get tired early. Therefore, making the school start time later will give precious hours of sleep to those who need it, and it could give helpful time for extra study or extra help from teachers for kids who don't have time for that during the school day. In addition, starting school later will allow for a more productive school day because kids won't be falling asleep in class or feeling too drowsy and exhausted to pay. Although starting later would be nice it would mean having to end earlier which I am not for, I would choose the recharge option or none at all.

An average teenager's internal alarm clock is going to bed at 11:00 and waking up at eight, giving us nine hours of sleep. It is practically impossible for a student to get enough sleep without changing the times to 8:00 or later.

As the school start and finish times are being discussed, I only thing it's fair to also discuss the amount of homework teachers assign is to be discussed as well. Though APs and honors classes are supposed to challenge you and make you work harder 3 hours of homework in each class you take just isn't right and it is what's causing us to sleep later. If the amount of home work assigned is altered to a smaller quantity, then we wouldn't even need Band meets early every morning and I have to be sitting in my chair at 6:30. This is insane and I, along with others have trouble with attending these meetings. Please make this illegal.

better will be 8:00-2:15

By changing the school time period the board of education is not preparing young adults for the future. For instance, that young adult will carry the habit of sleeping at a later time with him or her on the job. I understand that some individuals are obtaining a bereft of sleep and are currently stressed. Hence, the attendance could possibly improve. However, it will not necessarily improve overall performance if the individual does not take his academic performance seriously. Sleep is more individualistic, because I've known alumni that procrastinate on homework assignments and stay on their phones very late and come to school complaining that they're tired. We need to CHANGE THE SCHOOL STARTING TIME NOWWW

Change the start time at GHS.

Change the time

Change the time ASAP

changing school start time could benefit the students as they would be more awake and focused in class. but ending school too late could mess up after school activities

Changing school start times would cause a lot of complications. Teachers have kids that they need to pick up, students have clubs or sports and parents work. As someone who plays sports at a high level soon to be Division 1, sports activities are rigorous and people come home at earliest 6pm and still have to do homework until at least 11pm-12am pushing the start time back will just push everything else back and students will have no benefit.

Teachers and parents also have younger kids that they fit their schedule around and with the change this will create. Changing start times would change my life. We need this change. It's physically proven that changing school start times will help the entire school in all facets. It is time to do what is right for the students.

Changing the school start time is a bad idea because it won't change how much sleep each student gets.

Everything will just be pushed back later, and students would just go to bed later, not getting any more sleep.

Changing the school start time will throw off peoples routines that they have had for years. By changing the start time, it throws off the schedules of all the families in Greenwich. I know that it's important for students to get more rest but honestly changing the start time of school isn't going to make students get more rest. The reason that kids stay up so late is because of their homework. changing the start time is just going to shift peoples days. Instead of going to 11:00, kids still have 12:00am because they still have the same hours of things to do.

Changing the start time will not help. It will push school end times back and in return it will help no one. Everything would just be pushed back an hour because we would get out an hour later, go to sports an hour later, do homework an hour later and go to bed an hour later. In the long run, it will mess everyone's schedule and it will not help people sleep more because all this would be doing is pushing the schedule back an hour or so.

Do not change the school times because it causes inconvenience for everyone. Not only for students but for parents too and the board of education. The time that we have now is already great because students are used to getting up at this time, and they have time to do homework a night and have time for outdoor and within school

Do RECHARGE DAY!!!!

DO THE RECHARGE OPTION, IT IS AWESOME!!!!!!!!!!!!!!

DO THE RECHARGE PLEASE

Does not work for me. Would ruin not only my schedule but my mom's. Would disrupt my tutoring after school and sports. This is asking students to change their whole schedule, the one they have already made around school and Don't change school times or the recharge option is the best.

DONT CHANGE THE ENDING TIME!

DONT CHANGE TIMES!!!!

Even if the time is changed, sports and clubs can also push back what time you go to sleep. So if we start school an hour later, then you will stay up an extra hour

Flex option would be an excellent idea to start this new schedule because that way we as students would know if this schedule really works for us or no

For athletes, start times would be very inconvenient. Some sports already have practices that don't end until the 8s or 9s, and it would be unfair to push that back. Also, it is probable that lots of kids are procrastinating with their schoolwork, which leads to them staying up late.

For the Recharge Option, it would really depend on the day of the week. Please don't make it a Tuesday. Also I have only a vague idea about how the Flex Option would work and I would appreciate it if that were explained.

For water polo some practices already end at 10, with this they would be ending at 11, making it so that we do not get anymore sleep.

GET IT DONE

Having a strict maximum amount of homework that teacher can give would greatly increase the amount of sleep

Having good, healthy, well slept kids is better than having kids that don't sleep and are mad the whole day and

Having to wake up and go to school when its still dark outside just puts my mind and body in a bad place for

coming day. I can't think straight for the first 2 blocks of the day and consistently find myself falling asleep in my

morning classes. This inability to focus has its impact on my grades in those particular classes. My brain and body

simply aren't awake before around 8:30, so why am I being forced to comprehend new ideas and demonstrate my

abilities through examination if I physically cannot work to my potential? Although I might not be getting more sleep

with a later start time, getting to go school when its not dark outside would most likely eliminate the constant and

unconscious concern that I'm awake when I should still be asleep, according to my surroundings. I wake up every

morning half-asleep and feeling like I won't be able to get through the day. It's an attitude that follows all the way

until the end of the day, where I am finally able to go bed, but then have to repeat the whole process only hours

Honestly go to sleep earlier, you babies. Don't inconvenience everyone else by having us have one less hour to get

our work done. Also, if you want an unbiased answer, then remove the question about the "awareness of the study

I also like the recharge option a lot, maybe we could do it 2x per week

I also think the recharge is good I was stuck in between the flex and recharge.

I am a morning person so I don't mind the start time the way it is but I do like the recharge option I think that is very

I am confused on how the Flex option would work

I am heavily in favor of the recharge option.

I am in favor of having a later start time because either way I will be getting the same amount of sleep or more. If

school starts and ends later, I might go to bed later than I do now if I don't manage time well, but I will still be

getting the same amount of sleep since I will be waking up later. The difference is, later start times are shifted to fit

better with my sleep habits so although I might be getting the same amount of sleep, I will feel less tired during the

first few blocks of school when I could have a test. It's pretty basic and simple to understand: get up later, get out

later, maybe go to bed later, get up later, and so on. Everything is just shifted. I feel a lot of students don't

I am in favor of the recharge option, but only if extra days of school are not added because of it.

I am not really sure how the flex option would work.

I am up to anything with changing the start time at this point. I just want something done.

I believe classes in high schools are extremely long. Instead of changing start time at school, shorter classes like 45 minutes would probably give better results. It's hard to keep attention in class for one full hour. We could have more classes per day, each one with less minutes.

I believe it's unrealistic for a teen to get to bed at an early time and that the only way for everyone to be the most successful in school is to start school later. Please consider these thoughts and do it quickly because change isn't I believe that by changing the school start times the school board is only moving the issue not solving it. Students will only stay up later doing homework and will use the extra thirty minutes will only give them the same amount of rest as before. The only way to solve the problem is to reduce the amount of homework so students will be able to I believe that if the school starting time gets later, it would be nice, but if the school's goal is for students to do better in academics, this wouldn't make that big of a difference. Something that I think will make a big positive change in the students' grades and tests are no/little homework. Most of the students have many activities after school which are important. For example, sports are a good exercise and are good for our health, community service is a good experience and is something everyone should do a little bit of, and other activities like art are also good for their brain and might be important for later in their life. I understand that teachers think homework is very important because we need more practice, but we are already learning and practicing in school for seven hours. I feel that homework should be little like finishing work or projects that we did not finish in class, studying for a test or even getting some extra help (tutoring), but not extra work and essays unless they want practice for themselves. This is because we need that time to do our own activities, relax, and live our own life out of school like socializing. With the big homework assignments, it can take time and cause us to stay up late, affecting our sleep and health in a bad way. And I do know that many of the students at Greenwich High School do not get enough sleep. But, if there is less homework, we can sleep earlier and wake up earlier with the right amount of sleep, so we will be awake and ready for school in the morning, plus be healthy. Health is much more important than getting more practice in work. In addition to health, with the good sleep, I believe that we can learn and actually understand better in class. This would be would be more affective than barely being able to concentrate in class, having to learn and practice more at home, and again affecting our sleep. I also understand that the school wants to look good and have a good reputation with kids with high test scores. But, if we get more sleep (from having not having any big homework assignments) and can learn more in class from our teachers with knowledge on what will be on the tests, students might score even better in them. The point is, I think that having no homework will be far more affective to the students' life as a person and student, and the school's reputation, than changing the school starting times. This is because the school starting time would barely do anything. If school starts later, all it will do is make school end later, which can cause the student stay up even later to do homework and have the same amount of sleep as before, because they still need time to do their own activities. It is still the same cycle since most people I believe that students will take advantage of the later start time and that it will be very valuable to students to get an extra hour of sleep everyday.

I believe that the only way for the school start times to be sucessfully pushed back, the work load must be lowered. It would defeat the purpose of pushing back the start time if students had to stay awake until the early morning to finish homework after sports or jobs.

I believe this is better for evryone

I did negative for most because the sports would end later than i would have to go to my club meetings wich would be till super late and i would have no time to do homework or seee a tutor or any of that or go to dance class and i would ended up staying up so late that i would have gotten less sleep than i do with normal times.

I do like the recharge option. I don't understand how flex option would work with busing and sports, you could I do not think that start time are the biggest problem. Homework is our biggest issue. I get about five-six hours of homework a night and I get home from sports at 6. This amount of work and not enough time to do it has a huge toll on mental health of students. Sleep deprivation happens when students are up too late at night doing homework. If school starts later then it ends later and that just means the loads of homework need to be tackled I do not understand completely the flex option and I with that to be explained.

I do not want to have school end so late, as other active swimmers suffer. Some after school sports have said that if the school time is changed the sports will be moved back accordingly, even if it goes into 9-10 pm.

If we are going to push the end time back, then I feel it is necessary to significantly decrease the HW.

I like the recharge option, but I think the school should be open earlier (parent drop off) in case students need to see teachers or have a quiet place to work.

My second choice is the flex option but I feel the bussing may become a big problem with 2 different bus times. I do sports outside of school so yes, I get the varsity sports argument, but everyone has to go to school, but participating in sports is a choice. For everyone who doesn't do sports, having to wake up really early has no I don't care.

I don't get home during the sailing season until 6:30 and if we push school back an hour I won't get home till 7:30 which gives me less time to do homework and causes me to be up later than usual and I will get less sleep regardless of how much time I get because of a later start time. It is a bad idea to change the current system.

I don't think it's appropriate for parents to come into school at the end of the day with posters and candy as bribes saying "change the school start time". We can think for ourselves and don't need parents in our faces after a long day telling us how we should vote (for a change that would affect us more than them).

I don't think the school start time should be later if the school day would end later too. That would just push back the amount of time we can spend on homework. Already a lot of students stay up late finishing homework and doing extra curricular activities, and a later start time would just worsen that. But I think the recharge option would be best since it wouldn't effect when the school day ends.

I don't think we should do major change to the start time, for example max change time would be 30-45 minutes. If we do too much, ex an hour, it would make our schedules very tricky after school along with completing our homework.

Small change would be good because we students are very busy but I believe in getting more sleep.

If we make too much of a change in the time kids may actually end up staying up later anyway Because 1) they can't want to
I don't want to

I don't want to get out of school any later, because if we do have a later start time, then that means I'll be up later doing homework. It all evens out and there's no reason to start later.

I feel if the school starts later and ends later, I don't think that would be a good idea because kids have clubs and sports things to do and it would be late in the day

I feel that it is good in the morning to eat breakfast and be awake but it is not great to have all of our sports be I feel that maybe it would be best to combine the option of pushing the school start time to 8:00, along with the recharge option once a week.

I feel the recharge makes most sense as I feel it really will "refresh" my brain and also give a midweek, much needed break. Also with this school end times remain the same which is extremely important as I am an athlete and honor student with after school obligations. If this option was not available, I would probably choose no change I get home from school every day around 4:30 because of school sports. This leaves me very limited time to do my homework after school, which keeps me up later. With these new plans, I would get home even later and end up staying awake until around 1:30 in the morning doing homework. This defeats the purpose of trying to give the students more time to sleep. With the homework requirements that the teachers give, it would be impossible to do I have spoken to many teachers who I really enjoy being taught by and most of them say they will leave if school start time changes. I really don't want that to happen

I have to be home before my sister comes home because she is 10 years old and can't be home alone. My parents work and I have to take care of her.

I hope the end time will not change, even the school will be start later than now.

I hope this will end with school start times and end times, as the same.

I like sleep

I need more sleep in order to function in the morning. I stay up late doing homework.

I personally think that the recharge option has little to no benefit to the students. Changing the times for one day a week will not do much to improve the health of the students, who attend school for five days a week.

I really do hope school change of more than an hour would take place starting next year.

I really hope GPS changes their times because my cousin in Vermont's school follows option 2A and shes more awake and feels as if she has more sleep and is more aware of things.

I really like and want the Recharge Option

I really like the recharge option because it doesn't effect after school activities.

I really like the time of school to be adjusted, I also read an article but forgot what it was but it was about students who go to school at a later times did well in school then waking up in 5-6:00 am. but I'm still okay with the old time, since from where I came the school start time was 7:00-5:00, which is because I came from a private school.

I really think the recharge option is the best option, since I've experienced it before at another school.

I suggest that if school start time needs to be changed, it should not effect the ending time.

I suggest that you don't push the start time back more than 30 mins because it will only be detrimental and kids will probably just stay up later into the night (2 or 3 am) if class starts at 9am. The recharge option however seems brilliant to me. Whenever I have an open that day, it sort of acts like a recharge for me and I feel much better that I take an early morning religious class combined with students from other school districts, so moving the schedule would actually make me lose sleep because I do homework until I go to bed, so I would have to go to bed later, but still wake up at 5 in the morning.

I think all the studies support teenagers getting more sleep and the benefits it will have in the classroom. Well rested students will do better in the classroom

I think an option should be to have either a half day Wednesday or Friday every week with a regular start time.

I think it would be best to start 30 minutes later, don't change the end time, and extend the school year.

I think it's really important for mental and physical wellbeing and development to have sufficient sleep and therefore a later start-time. People who are arguing to keep it as it is are being selfish-just being the current system hasn't affected them doesn't mean it isn't a problem.

I think teacher and students both will appreciate the later start time.

I think that apart from the start time of school, the homework load is what is causing most students to lose sleep.

There must be some sort of actual limit on the amount of homework the teachers give, and not just some

I think that GHS should definitely make the school start time later, regardless of it's half an hour later or two hours.

It's so important that high school students get the right amount of sleep they need. I understand that after school curriculums are an issue. Maybe for school related sports, practice could start straight after school because I know that some sports don't start practice until an hour after school ends.

I think that if the school began using the recharge option, it would be beneficial to have the day that starts later be Wednesday, as it is in the middle of the week.

I think that the majority of students participate in after school activities, therefore having school end later would negatively affect their schedules

I think that the recharge option is very good.

I think that the start time should stay the same. I am on the cheerleading team and we have practice until 8:30 at night and when we get home we still have homework to do! I believe that with the start and end time changing we will be up later at night and practice will also end later. Some of my friends are on the varsity baseball team. Last year when they got into the finals they were leaving school at 12:00 sometimes 1:00 but they were only missing 1 or 2 classes. But if the school time changes then they will most likely be missing 3-4 classes. So my concern is what I think that this is a very poorly executed survey. By asking us to rate how aware we of health risks, you are adding a wording bias to the survey. People read the first question and are forced to feel guilty if they don't agree to move the start time back. If you want a real answer, take that question out.

I think the recharge option is a great idea. This way the school time won't interfere with after school activities and students will have a day to get more sleep.

I think the recharge system would be MOST BENEFICIAL.

I think the school starting time definitely needs to change because I don't get nearly enough sleep. I would get more sleep with changing the starting time rather than go to bed later.

I think this is a very important issue:

Greenwich High School is a school full of very hard working students. Most of us have jobs, dreams, plays sports, take part of clubs and do amazing work beyond school. The problem is the majority of us are sleep deprived. I can say that some nights I only get 6 hours of sleep or less. I am so desperate for some rest that it impacts my personality and how I feel. The fact is we need more sleep and that is being supported by medical research. However I am not sure whether changing the school start time will specifically help. Think of it as when we fall forward and spring back every year. Yes once we will get an additional hour to sleep but then from on out the time will just be the same. If I currently stay up till 12:00, for example, for doing homework since 3:00, then if we change the school start time to later that may just mean I am staying up till 1:00 and getting the same amount of sleep. I'm not sure which option is most effective but I do know that if we really want to examine why students aren't getting enough sleep perhaps one thing we should do is look into causes. Yes I won't deny some of those late night stay ups are from Netflix, etc but the majority of the times its because of the amount of homework I receive. Overall running topic: We need more sleep and I am glad we are discussing and hopefully soon reinforcing these new ideas the district has. But lets make sure they actually are effective: Assign less homework or actually have teachers discuss with one another and coordinate amounts.

I personally rather have a longer school day and then no to a very minimal amount of homework. That way after I think we all need to change school starting times to get more sleep but we need to have a change that would not affect our after school schedules. I want to have a change in start times but I do not really want to get out of school later than 3:30, I want to have a change that lets me get out of school before 3.

I think we need to shorten the school day by like 3-5 minutes to class so that we can end the school day at a reasonable time and start later

I think we should cut the day shorter all together. People need sleep and have jobs. The school day should be 5
I think we should have a 25 minute lunch, and classes should be 55 minutes.

I think you guys should do so one day a week later, it has a little more rest, because it did more could give something wrong or something.

I want later start times by 45 min or any thing else besides 7:30

I WANT more sleep tho

I want option 6 dont change

If it ain't broke, don't fix itlf it ain't broke, don't fix itlf it ain't broke, don't fix itlf it ain't broke, don't fix itlf it ain't broke,
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ain't broke, don't fix itlf it ain't broke, don't fix itlf it ain't broke, don't fix itlf it ain't broke, don't fix itlf it ain't broke,
If it ends later than 2:45 I feel like I won't have time for homework or sleep and i still have other things to do

if school starts and ends later, after school activities will also be pushed back. That means students will start their homework later and end up going to be even later. Students would end up getting the same amount of sleep if not less sleep because a lot of students will think it will be okay to stay up later since they are waking up later.

Also if school start time is changed I'm sure a lot of our top ranked teachers would consider moving elsewhere.

If school starts later, kids won't have time to do homework, after school activities, or take care of siblings after school. Students would just go to sleep an hour later, and changing the start time won't do much. Also, kids parents won't be able to drive them to school if the start times change, and kids with no bus will have to walk everyday. Changing the time will not solve the problem.

Changing the time will cost a lot of money, when it could be spent on more important things that help our education.

Also, kids doing sports outside of school would be late to the practice everyday because the sports team won't change their start time for a kid. Also, the younger siblings would get home before their older siblings and that

If the recharge option takes affect, I would hope that the one day a week we get to sleep in is rotated between Monday, Tuesday, Wednesday, Thursday, and Friday. That way it would be more fair for kids who sometimes have things to do before school in the mornings such as band sectionals, extra sports practices, clubs, and meetings

If the recharge option was 8:00-2:45 everyday with the 9:00-2:15 this would be ideal.

If the recharge options one does not happen I would like to keep the same time as it is now.

If we are changing the time we should change it a lot in order for it to actually effect us (students). 90 minutes will do a lot more for us than 30 minutes.

If we do not change any of the times, we should just have a half day on Friday. This way we can have more weekend time and we can "recharge" from a long week.

If we go later kids could get more sleep. But if we also go later we would get out later unless we have the Recharge. If we make the start time later, then we must get out later, and for students like me, we have after school obligations. I have to pick up younger siblings because both my parents work, and I would not be able to do so if we alter the start time. However, it is evident that many students (like myself) are tired, and would benefit from a later start time. This leads me to believe that the recharge option would be most beneficial.

Also, I do not believe the school should be focusing so heavily on the start time. In my opinion, a much more pressing topic is the amount of homework, and stress put on the students.

If we start later, we end later and that gives us the same amount of time to do homework so we just go to sleep later. If we start school later we will obviously end later for most of the options. Many of us have stuff to do after such as sports, work, and more. This means very little time for homework which means we will stay up late and wake up sleepy. It would be ok for it to start 5-15 minutes later but that's it.

If you are going to change the school start time do it for one month and then do a survey and see how people feel. If you play sports or have clubs/jobs after school, those would either be pushed back really late or you can't participate in them at all. Also, changing the start and end times in the high school would affect the whole Greenwich schools community. Since the buses circulate, all the times would have to change and this will cause more trouble than it's worth. I believe that changing the start times will be a horrible decision that looks good now, but in the long run, this will be the worst thing that will ever happen in our community.

I'm really tired right now and I want to bed at 10.

In my opinion, a change of at least 60 minutes is needed to have a major effect on students' sleep and morale.

While I am open to any delay in start times, I feel that the most effective option would be the latest one. Since most teens also only feel sleepy around 11 PM, making start times later would give them more sleep in the mornings.

In my opinion, students should get their work done earlier, allowing them to get to bed earlier. A later start time would mean a later end time, and with sports and after school activities, students wouldn't be able to start their work until very late. We have had the same start time for several years and it should not be changed now that it is. It would be best to shorten the school day, since Greenwich High School does exceed the minimum amount of time that students must stay in school (6 hours) by 45 minutes.

It wouldn't be smart to change school times. We all have sports and other activities after school that would just get pushed back so we'd get home later, leading us to push back our homework start time. The real problem is not the start time, it's the amount of homework given by the teachers. We would get the same amount of sleep if we just. It's important for young students to get the right amount of sleep and prepare time in order to excel in school.

I've only been in this school for 1 marking period and already I'm so exhausted that I still feel tired when I sleep in during weekends. As you already know, teens have different sleep cycles than adults which is what causes them to need later school start times. I'm so tired all the time, and I can really feel it taking a negative effect on my health - I'm exhausted and feel disoriented a lot, my parents are exhausted because they have to get up so early to drop me off at school (because I don't get busing), and I know later start times would have a positive effect on everyone. Keep start time-- but like the private schools do make Friday a half day.

Like I had written previously it doesn't really matter as long as the time is reasonable and NOT confusing. Students want a balance, as winter comes it will turn dark sooner. I believe it would be fair as long as the end time is not too. Look, I've been to a public school (Carmel Middle School) that had the time 9:15-4:15 and it was great waking up in the morning at 8:30 for me. However, it was horrible to get out of school at 4:15 because I would get home at 4:45 or sometimes even 5pm. I had no time to do anything and barely had time to do homework. I had to take care of my pets first and take care of my house when my mom and dad were gone to work. After homework, I couldn't relax because I had to eat dinner and then sleep. If you change the school start times like 45 or 60 minutes later, it won't do anyone no good. Some students would love for this to happen, but others who have things to do after school would end up giving up those clubs and volunteer services. Please don't change it into the latest time. Change it to Option 2A or keep it the same because I would be fine with both. I want to put my name in here because I believe More sleep can help students improve their grades, however the late schedule might interfere with after school activities and homework.

Most people I know go home after school to take a nap sometimes until 530 or 6. Changing the start time to a time more than an hour later would bring kids home later, however they would be taking less naps and be more productive after school since they aren't exhausted from the day.

Moving school back would cause people's after school routine to get pushed back and then they would go to bed later. Then kids would still be tired no matter what time they woke up and the whole cycle would start again except at a later time. Everyone loves sleep so pushing the time back isn't going to help people get more sleep. What should really be done is less homework. Then Kids can go to sleep early and wake up with the necessary amount of sleep. Kids aren't getting the right amount of sleep not because of the start time but because of the excess amount of homework. I thought it was a rule that only 45 minutes of homework should be given. This obviously is not Mrs. Barban's option is the best

My favorite options are 8-245 and a recharge option with one day a week starting at 9 but still ending at 2:15
nice

No

No

no comment

nothin

nothing

Obviously, everyone wants to go to school later. But, everyone also don't want taxes. There has to be a logical action, not just make school end at 4:00 pm, which in winter, would already be dark.

One of the real problems behind the need for changing the start time is the amount of work GHS gives its students. The kids are getting 5+ hours of work per night on top of having extra curricular activities and jobs. If work load was cut back changing the start time would not be as opposed because kids would still be getting more sleep. Its important that the start time is changed and the workload is cut back so that kids are actually taking advantage of Over my four years at GHS I realized that classes should be shorter. Every class I have taken is filled with unproductive time that either I or my peers spent slacking off. Instead there should be blocks that are 45 min and for that entire time students should be doing work. That way you can start school at a later time and still end reasonably early so if someone has an extracurricular activity they won't have to start it at 8 or 9 at night to 1 or People are saying we need a later start because kids can't function early in the morning and are too tired. If we get home from school later, we will have the same amount of homework, so we'll go to sleep later, and will still get the SAME amount of sleep!! Having a later start time will not give us an extra hour of sleep! We will still all be tired and stressed from school. The only thing that could give us more sleep is to lower the homework amount or make school shorter. If we change the school start time it will make school so much more unpleasant for me and a lot of people don't realize how bad this idea is, they just automatically think it's good because school will start later. However we need to look at all of the endless negative things about a later start because in the long run it won't be People who play sports outside of school from other organizations won't have time to transition.

Personally, I think we should have the school day from 8:30 to 2:30. I know some private schools that do it that way and they really like it. It works out well.

Please change

PLEASE CHANGE THE SCHOOL START TIMES TO LATER!!!!!!

If you don't change the school start times until later, could you possibly give less homework so I could get to bed
Please choose the recharge option

please do not make school start later i will cry

Please don't change the school times, it is not worth it. I would rather just keeping waking up early, going to school early, and going home early. Then waking up later, going to school later, and going home later. I don't like going to school later because then it is going to throw off every parents', kids', teachers', etc off their schedule. So don't please keep the start time the same. the recharge option would be the best change if a change was needed.

Please make it start at 9 am.

Please make the change for the 2016-2017 year!! We, the students, need more sleep in our lives and this would
Please move start times back!

Please PLEASE don't change the school start times!! I'm very used to the way things go now and my body's biological clock is set for school to start when it does. I have a routine that I do every morning and even though I am not a morning person I wake up every day at 6:20 school or no school so I'd like to keep it the same please.

PLEASE READ. None of the options above include the options that my friends and I find the most appealing. If each class were to be shortened by 4 minutes (I am in 4 APs and I still support this) then there would be 24 minutes that would not have to be added to the end of the school day. For lunch block 1 minute could be subtracted from each lunch which no one has a viable argument against as 1 minute will not harm anything. Now with 24 minutes the school day could only be lengthened by 30-36 minutes depending on what's more appealing. I have proposed this to many of my friends who were opposed to later school start time because of late activities and they all support this because school is only changing by 30 minutes, instead of 60. If school is going to be shifted it needs to be shifted an hour, but an hour takes up a lot of time after school so taking 24 minute out of the school day would benefit this whole ordeal. Those who say "we must maximize learning!!!" well... In four minutes you can pretty please. 9:00 would be a huge improvement. at least give it a trial for a month and decide if it works. Pushing back start times would only mean I get back later from sports. Changing start time would only rotate my sleep schedule meaning I go to bed later and get up later instead of having me get more sleep.

recharge option

Recharge Option is the best!!!

Recharge option rocks!!

Recharge option sounds the best!

RECHARGE OR OPTION 2E PLEASE!!!!!!!!!!!! :)))

recharge:

gives students something to look forward to

breaks up the stress

can sleep in once a week

refresh for the next half of the week

doesn't interfere with afterschool

School can't end too late because of sports but asking kids in high school to wake up before 7 am every day just to get to school is absolutely ridiculous.

School end time should always be 2:15, which, is why I think the recharge option is the best!!

School should start at 8:30 or 8:45..... anything earlier or later than this is not good. We need to make the change and we need to make it now so it will affect the class of 2017. This is important!!!

School start times changing to starting later and ending later can be healthier. Despite this, homework quantities and after school sports or activities will not change. Students typically go to bed late because of homework and sports, combined or not. If start and end times are pushed to a later time, then students will have less time for homework, especially if they have after school sports, activities, clubs etc. This will cause students to stay up late anyway to finish given homework and thus making the later start time ineffective. A solution could be to reduce the amount of time consuming work given to students to allow them to go to bed sooner, achieving the recommended School start times shouldn't change. If the homework stays the same, the amount of sleep will stay the same. If we change the start time the only difference is that students will stay up later, it will not help.

School time definably should not change.

-School time should not be changed due to the fact of sports and activities outside of school. For example if school ended around 3 the sports team would be stuck in traffic and then most likely when coming back more traffic thus cutting off the hw time.

- THE SCHOOL TIME SHOULDN'T BE CHANGED IT'S THE AMOUNT OF HOMEWORK!!!!!!

SCHOOL TIMES ARE GOOD, why you all want a change. kids can go to sleep earlier if they tired!!! come on, take a shower eat a banana grow up. i wake up at 5:45 no problems. If school ends later i wont show up. Any class after 2:15 i will cut everytime cause its too late to be in school. Stop messing up good things... actually, maybe Schools should not change the end time its the worst idea ive ever heard even if they did they would still have this problem because teens would take it to an advantage and go to bed even later knowing they have to get up later so no matter what we are getting the same amount of sleep. Nothing should change the recharge time is the best idea

exponentially more difficult by forcing them to meet this criteria while deprived of sleep. The only thing that can make these goals more attainable is pushing school start times later to allow students to operate under the best conditions.

Later school start times have been linked to improved academic performance. Student performance has become a defining characteristic for students and schools, and pushing back start times by an hour is an easy way to enhance that performance. Students push themselves to the edge by working hard, but because they work under tough conditions they do more work and don't attain the best results. As the debate over school times gains support, a plethora of research has been done to demonstrate the positive effects of more sleep on school performance. Finley Edwards, a Colby College Economist, found a 2.2% increase in math standardized scores, a 1.5% increase in verbal scores, and an increased amount of time spent on homework in schools with a start time of 8:15 a.m compared to schools with a 7:15 a.m start time. These increases in performance are not only beneficial for students, but also for schools. Higher standardized test scores result in an increase in school ratings, attracting good students and teachers, and further increasing the schools performance. For students, higher test scores and grades mean more confidence in their abilities, which in turn leads to more success. Academically, a later start time will function in favor of both student and school.

Postponing start times will also lead to an increase in student health both mentally and physically. Sleep deprived teens are at higher risk of mental health issues including depression, anxiety, and incomplete brain development. Students want to sleep later, and forcing them to wake up before the sun has risen is unfair, as it causes developmental defects. Starting school an hour earlier is not worth the risk of stunting a teen's mental growth. In addition to mental health risks, physical health issues such as obesity and disease are increased among sleep deprived students. Edwards study found that in addition to increased standardized test scores, there is an average of 1.3 fewer absences per student in schools with a start time one hour later because well-rested students have stronger immune systems. Additional research has also shown that crash rates are significantly higher among fatigued teen drivers. Research from The Children's Hospital of Philadelphia shows that teens who sleep less than 8 hours a night are 33% more likely to get in a crash, and in 2009, over 30,000 crashes involved drowsy driving, and the number is only going up. Allowing students to get an extra hour of sleep will save lives and prevent costly accidents. Huffington Post research states that 87% of high school teens are considered sleep deprived and are not getting the recommended 8.5-9.5 hours of sleep every night. This lack of sleep exposes the majority of high school students to life-threatening risks that could be easily avoided by delaying school start times.

Despite support for delaying start times, adversaries believe that later school start times would make it difficult for students to participate in extracurriculars or hold jobs. A later start means a later end to the school day, eliminating time students could be holding jobs. This also means that school sports and clubs would end later, Start school at the latest time possible because thats when I am most awake. In the morning i can also fit in more time for showeing, breakfast, and other things not in a rush.

Starting school later is annoying so I think we should just do the one day a week that starts at 9.

Starting school later isn't adding an extra hour to our day and I feel like I may have to stay up an extra hour just in order to finish my homework because I work right after school and don't get home from practice until 9:30 every Students should get to choose if they want to go in earlier or later and have a different schedule than the opposite.

Their should also not be a later start time because after school activities will have to be changed.

Thank you for caring about and imprlcing our school life. Also glad so see student gov actually does something impactful irl and not just in tv.

The 7:30 on the recharge option should be on Tuesday.

The flex option seems interesting, however has lots of nuts and bullets they needs to be explained.

The original survey had leading questions and the school will lose too many teachers if it changes the time and the quality of education will suffer at GHS.

The real issue is the workload not sleep, if you push back start time kids will have less time after school to do hw and end up staying up later than they would so there would be no change

The reason why it would be hard to start and end school later is because students feel there is not enough time in the day to participate in sports, clubs, jobs, and activities while having an intense of homework. Homework is what needs to be significantly reduced (along with later start time) so students can do their after school activities, as well as get enough sleep to succeed in school and have an overall healthier lifestyle. If homework is not changed, students will only have to stay up later. It is essential for teenagers to get AT LEAST 8 hours of sleep to keep the

The recharge day would be nice, however that night, homework would be really bad since I would have that much less time to do it. Also, I know a lot of friends that have activities right after school. I too would not be able to move the practice at my swim team. How would I be able to do the sports too. Also, the later we get out of school, the less time there is to practice because it will be getting dark soon. I strongly feel that we should not just push the the The recharge option and option 2A are both very good options. you should should pick one of those.

The Recharge option is the best option because I know that one day of good sleep truly makes a big difference on my productivity. I nap after every day of school for 20 minutes because of how late I stay up every night finishing homework and trying to study for tests. Then, when the weekend comes along, there still isn't much time to catch up on sleep with all of the homework/tests we have on Monday. There simply isn't enough time to relax with all of the other things that we have to get done outside of school as well. With this Recharge plan put into effect, kids' will be able to get a good nights rest once a week, take a breather, and get ahead on their work so that they won't have The recharge option is the best option because it gives us extra time to sleep in and we still get out of school at the same time. Teachers should also decrease homework so we go to sleep earlier on the days we wouldn't start at 9am. I currently stay up until 10pm doing homework then I eat dinner and get ready for bed at 11pm and usually fall asleep at 12pm and wake up at 5:45am. The work load is too much.

The recharge option is the most realistic and beneficial option out of all of the options. The main concern is what time school would end if we start later because of sports, clubs, and the rush hour traffic getting home. Having the recharge option would be a great thing to have on a Friday, when students and teachers are both exhausted. It is similar to the private schools that have a half day on Friday, but this would be more beneficial because we all prefer to wake up later instead of to leave earlier. It would be great for a change to made soon, not in 4 years.

The school board needs to consider how options like the flexible option and those that change the start time by more than half an hour are going to impact the students. The flexible option will make running after school clubs extremely difficult because the club members are going to be in class at different times. The options that push back the school start time by more than half an hour are going to make student athletes miss an insane amount of class, as well as interfere with other students' after school commitments. The recharge option is the best option because it allows students to get more sleep but doesn't interfere with after school commitments.

The school shouldn't worry about this as much as putting a hard cap on the amount of AP classes a student can take! If all the students can only take 2, we will have more time to focus on them and enjoy them and we will overall get less work. Since for college we are rated in the context of our schools, then it's so annoying that with each student taking three or more AP, everyone else feels pressured to take more so that they look good. If there was a 2 AP limit, taking 1 or even 2 ap would look really good for us in regards to college. This is the real problem!!

The school start time has always been this way there is no reason to change it

The school start time really shouldn't be altered that much. I don't think administrators and BOE members are aware how AGAINST this all the students are. In my ap calc class, everyone was laughing at the idea because we all thought it was so ridiculous. My teacher complained that he wouldn't be able to work at this school because of the traffic he'd have to go through. I know personally I wouldn't benefit from this time change at all. The start time wouldn't add an hour to the day, it would just change the day an hour back. Instead of getting home from my sports team practice and then after school extracurricular at 9 I would get home at 10. Instead of going to bed at 1, I'd go to bed at 2. It seriously wouldn't solve anything. This is such a bad idea. A lot of us would have to get up at the same time because the traffic is so bad around 7:30, we'd have to leave the house at 7 anyway. I have an after school activity and then another activity after that. It would be impossible to do these two activities and eat dinner ,shower, and do three hours of homework (I'm in four ap classes) and get to bed before 2 am if my activities ended The school start time should either stay the same or we should do the recharge option. If we start school later then kids will go to sleep later. Sports and clubs wouldn't be very reasonable because they would go a lot later. Traveling to school would also be difficult for parents that drive their kids to school and teachers getting to school and leaving The school start times is too early for me and it is affecting my attendance. However, I do not want school to end

The time at which a school starts has the ability to either make or break a student. Teens are coming into school deprived of sleep and are struggling to even keep their eyes open. As I sit here, writing this essay, I find it almost impossible to continue working. The constant cycle of losing sleep and partially regaining some over the weekend doesn't benefit me. Not only am I operating on about 6 hours of sleep, but I have also arrived at school without breakfast. The article, "Let Me Sleep!" written by John Disconsiglio states, "Sleep is as essential as food." I have a limited amount of time to do things in the morning. Having no choice but to wake up at such an early time and survive the rest of the morning without any food isn't something that should be done regularly. However, this unhealthy schedule is repeated over and over again. If sleep can so easily be compared to food, then the deprivation of such a necessity is abusive. Starving a child of food weighs in to be the same as starving a student of sleep. In having later start times, I, along with many other students would benefit greatly.

A great majority of schools aren't very happy to succumb to a student having one too many tardies or absences. Although attendance is so very vital, schools seem to push the student in a direction that they so heavily dislike. Having such an early starting time makes isn't easy on a teen. You are practically asking the child to come in late. "With many high-schoolers now rising at 6:30 a.m. or earlier, getting the recommended nine hours' sleep for an adolescent means going to bed at 9:30 p.m., even though many don't doze off naturally until 11 p.m.," wrote Kristen King in her article, "Some in Norfolk Hope to Ease School Daze". Forcing the human body to run on such a hectic and unnatural schedule is completely unjust. Those who rise at 6:30 are lucky to the many others who have to rise at 5:30 a.m. Tayla Morris, a freshman at GHS says, "In order for me to get ready, and get to the bus stop in time, I There are 24 hours in a day regardless of what time school starts. Students have a same amount of homework each night, and to start and end each school day later simply pushes that amount of homework back.

There are much better results from a later start and end time.

There are several PROBLEMS I have noted with changing school start times:

The problem with Flex option is that sports and after-school activities will have to start very late (after 3:15) to make sure everyone can attend. Therefore, the people who choose the 7:30 start-time option will not benefit at all because they will be starting school earlier and coming home later, after extra-curricular activities have ended. Therefore, seeing the first option is not practical or beneficial for most students (I'm sure almost everyone does something after school), I strongly disagree with ending school a full 60 minutes later for everyone. We have after-school obligations that we must attend and this Flex option makes no sense because we will be forced to choose the later school times so as not to waste an hour between 2:15-3:15 waiting for after-school activities to begin.

I participate in indoor track in the winter and take this sport very seriously. Because our school unfortunately DOES NOT HAVE AN INDOOR TRACK, we practice outside almost every day. If school were to end 60 minutes later, we would be running in pitch black darkness.

This survey also fails to address the consequences for the Recharge option. Of course, those 2 hours lost from school once a week will have to be added somewhere. In the end, our summer vacation will be cut 2-3 weeks short to compensate for those hours of school lost. If this plan were to be implemented, PLEASE DO NOT CUT SHORT There definitely needs to be a change in which we get more sleep!!!! And it should happen ASAP

This is a hard decision and it could go either way. I think the best option should be chosen by the children and parents. Listen to everyone's opinion.

This is a very good idea, and I hope one of these options gets through

This is an extremely biased survey. Asking if I am "aware of scientific and medical studies that support a later start time" is a leading question. This was very poorly done.

THIS IS VERY BIASED!

This survey is completely invalid...first of all those who respond to this are more likely to have a strong opinion on the subject, rather than those who care little. You aren't getting opinions from the general public. Secondly, the question that starts with "are you aware that the current..." includes wording bias and skews the answers as well. I This year is my first year at GHS. Four years prior to GHS I attended a school which started at 8:05am and let students out at 4:15pm (if students didn't have a school sports game). The hardworking students came home, went to some sort of practice, ate dinner. They started their work around 7 or 8 and were sometimes unable to finish by midnight. Towards the middle of the year, when the work load increased, it became worse for some students and many found themselves sleeping 4-5 hours each night. Releasing students at an appropriate time is just as important as starting school at an appropriate time. Please take my comment into consideration. Thank you!

Very hard to wake up at 5:30 am everyday. It's not healthy for young adults especially high schoolers since we have to spend 8 hours sitting in a chair listening to a teacher speak. How are we supposed to keep up with good grades, and stay concentrated at the same time? Going to sleep at night earlier is not an option for us either because of the Waking up at a time where the sun is shining makes my brain think it can actually function.

I'd appreciate if schools would be able to push back student start times and hour or so so that I'm not about to fall asleep my first block.

Waking up earlier for school means getting out earlier from school, which I want since when you leave school later, I tend to stay up later, which is a detriment to your health.

waking us up at 6:00 is the equivalent of waking up an adult at 4:00....

would you like to wake up at 4:00 am and go to work?

We don't need to change the school start time but rather make each block 5 to 10 minutes shorter so students can get home early and do their work and get enough sleep. It's important to learn to wake up early so as to be able to adapt once we go to college or find a job.

We should not change the school starting time, because it's not about the time you wake up, it's about your ability to organize yourself, do your work and go to bed at the same time every day. Changing the school start time is going to make things even worse - students will go to bed even later, because they will know that school starts later. Also, we have to get used of waking up early, because in the real world, nobody is going to ask you 'when do you want to wake up'. It's better for us to wake up, go to school at the same time we have always done that, and to home at 2:15. I think we should not change the school start time, because it's even going to make things worse.

Therefore, believe it or not, the grades will not change at all - because even with this schedule that we have today, there are kids with very high grades, who are also successful athletes and participate in clubs. Just because someone doesn't know how to manage their time properly when they go home, that does not mean the school should change the starting time. Don't change the school starting time, because kids are the ones that do not like doing work and some are very lazy, not the time they have to wake up. We have all had our nights when we go to bed very late and wake up 4 hours later, but that has been a result of bad organization, because the school doesn't give homework that will take 10 hours! If a student has not been doing their assignment on time and can't organize himself properly, that is another topic.

We're not going to get any more or less sleep. It's just shifting our sleep times back half an hour or so. It's not worth the money and time and energy and effort and policy fighting so that our sleep rhythms can be slightly more in what would happen with the busses for flex? 2 busses? this would probably only affect my little brother but..

Whats up with Claymation?

When I have an open in the morning, that usually allows me to sleep 30 mins later which I find is a good amount. I wouldn't want school to start any later than 1 hr from 7:30

When I was being homeschooled for middle school, I always arrived at my tutor's home at around 9:45. We would go late...till maybe 4 in the afternoon. But I always felt awake, when I was with her and her husband. I learned a lot. I enjoyed it a lot. And I hope public schools will start following a similar model, so that school no longer feels like a chore.

When school end time is later, then after school activities start later and that will compromise the time we go to When science is in full support of something, it is negligent and wrong to put other factors first. I understand the concern about getting it right, but a bigger concern should be the student's health. Every year that this is not changed, more students are negatively affected. The budget is important, but I would not put a price tag on my and other's health in any other situation and this should be no exception.

why ask seniors about their opinions when it is irrelevant to us since we are leaving...

Why can't we do a trial month in March or something. See how it affects people's schedules

Why not shorten the school day overall?

Will this change the time of classes?

With the amount of homework we have, we will get the same amount of sleep, and just less time after school to do

With the Flex option I feel like it would cause a lot of trouble with classes, teacher meeting time, friends, and sports

With the recharge plan will there be any additional school time, like will we still end in June?

would it be possible to start later and end at 2:15 (maybe with more days though)

You cannot use the flex option, it will only make things worse for students who want to remain competitive. Please, I will actually cry if you do...

You have to get rid of the question that starts, "Are you aware of the current recommendations..." That's called leading question bias and it skews the results of/invalidates the entire survey.

You should ask what courses kids are taking. Some kids don't have as much hw. I would rather sleep from 11 or 12 to 630 rather than 12 or 1 to 730.

For any of the above options for which you gave a negative response, please indicate any specific reasons

I do not like the flex schedule because it will not work if the split is uneven.

I do not like the flex schedule because it will not work if the split is uneven.

I don't want School to extend into the afternoon

school cannot start as late as 9 because that would push sports back too far and all students should be in class at the same time, there should not be two different times that the students come into school.

"Recharge" option is not ideal because catching up on sleep one day while not getting enough all the other days is not healthy/good for wellness.

(9:00-3:45) 75 minutes later

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1 hour change Would make sports and other activities go to late.

2E

2E

2e because there would be more sleep but school would end late, no time for homework

2e school ends to late

2e. This is way to late and it will cause so many problems

30 minutes makes no real change

30 minutes would not do much honestly...

7:30 is too early for teenagers to function and be prepared for success in school.

75 minutes delayed or 90 is just way too much. People have sports after school and we can't practice outside that

90 min change would be bad because I may get a job soon and join a sport soon

90 min later, sports would end very late and we still need to do homework

90 minutes is enough time in the morning but too late in the after noon.

90 minutes later because I don't think that is necessary and I really don't want to be getting out so late because it will affect my after school activities and the amount of time I have to do my homework

90 minutes later is too late. Especially with sports we would get home at 6:30/7

90 minutes later starts to affect extra curriculars and sports practices

90 minutes will affect me in my job after school

90 minutes would make the sports end at 7

9-3:45 is too late

A flex option would put more pressure on students to take even more classes. The only way it would work would be to limit the number of classes you can take, but even than many would find exception. Also, the potential cost seems higher as a result of more busses, clubs won't do as well as many won't be able to attend, and the same A good time to start would be approximately 30 minutes later but I believe that 75 or 90 minutes later is overdoing A later start time would give me less time to complete schoolwork after school.

A recharge day is better than no change

Adapting to new start times will be a problem itself. 45-90 minute changes will keep students later at school.

After school actives will be starting later, making students get home later than usual.

After school activities will be effected

after school job

Again, I must pick up my younger siblings from school because my parents both work. If we get out of school later, I will not be able to do that, and my entire family would be disadvantaged and burden.

all of them besides the recharge option and no change at all

all of them except the no change

all the times would keep us at school much to late and would interfere with many outside activities an cost lots of

Although starting later is beneficial, ending too late is not, which is why I do not agree with option 2E.

Any option ending school later, because it gives you no time to do what you want after school.

Any option ending school later, because it gives you no time to do what you want after school.

Any plan that requires a later end time to school is undesirable. This would cause students to start homework later and go to sleep later. If students are going to sleep later, that completely defeats the purpose of trying to give the

Any time after 2:45 means I don't have enough time to do my sports (outside) before it gets dark and I won't have anything later than 2:15 is too late

As it is, I often stay up late into the night doing homework. No change would simply keep this trend going, making it Bc 2 different start and end times are kinda pushing it

Because getting out at 2:15 still makes it later for sports and homework
 because i don't agree with it
 because I don't want school to start so late to mess up my schedule
 Because I don't want to waste my afternoon being in school
 because I have homework and I also have sports after school so if it ends later I wont have time to do homework
 and I would end sports really late
 because i think that students need more sleep
 Because i would get home late
 because if it's strat later it will also end later and you are not going to have time to do other things
 Because it's ridiculous to be driving to school when the sun isn't even up yet.
 Becuase of after school activities, the later I stay, the later I go to bed.
 Being a senior, I can vouch that managing my time well is the most important thing I can do to succeed in my
 classes. I use every minute after school to get things done, and by having late starts, I would either be getting less
 time after school or compromising by staying up even later than I usually do, around 11:30 (due to schoolwork).
 Even if we had time in the morning, I would probably use that time to wake up and finish work because of the
 45/60/90 minutes of time I lost after school the day before. Late start times sounds nice at first, but when getting
 By starting at 9, or even 8:45, we would be ending school way too late.
 Changes the school end times
 Changes too drastic
 Changing it one day a week is confusing and having too options would make it harder for each class to know
 eachother also club events for awareness and fundrasing or assemblies would have to occur twice
 Changing school times would induce the amount of students taking advantage of the later start times.
 Changing start and end times is pointless. Its just pushing things back and messing up out of school schedules,
 especially teams that involve other schools. Not in sync with the rest of the county
 Changing the end time would push back sports and activities that cant afford it. Many sports already end very late.
 As a member of the Greenwich Crew team, we have middle schoolers come practice after us, and it already gets
 dark during their practice. Making it later is unsafe.
 Changing the school start time to later will not give students more sleep, the same amount of homework will be
 given which means that the students will be spending the same amount of time doing homework. Changing the
 school start time to later will only cause students to stay up even later. Also afterschool activities out of school will
 have to change all of their schedules to later times which runs into issues related to the sun setting earlier which
 Changing the school start times would interfere with many families routines, and after school activities. My parents
 work, so they cannot leave work early everyday to get my brother off the bus. He gets off the bus at 4, so normally I
 am home to get him, while my parents are working. Also, if the school start time was to change, the end time would
 have to change. I am on a varsity sport. They volleyball team uses the gym before my team uses the gym, so our
 practices start at 6:30 pm. So, if school was to end later, I would have to start cheer later, and then cheer would
 end later, and then I would have to eat and shower and go to bed later. The change of time overall would not be
 Changing the start time is inconsiderate toward both the staff and students who are heavily involved in
 Changing the start time to 90 min later school will end so late that it will cut into after school committments
 significantly. By not changing it at all, students will continue to suffer through unreasonably early mornings.
 Changing the start time to slightly later will not make a difference. It has to be at least an hour later.
 Changing the times in which school begins and ends would mess up a lot of peoples schedules after school.
 Choosing when to start is unrealistic with the current ghs block schedule and would disrupt learning
 Class/school shouldn't end at 3, it
 come home too late
 Commutes for teachers would be crazy
 Commutes for teachers would be crazy
 Consistency is important in a sleep schedule, and so issuing able to sleep late enough in the morning.
 Could cause stress among parents
 Don't change times
 Don't keep it
 Dont make school start later.
 Don't wanna get out of school late
 Don't want school to get out later that wouldn't fix problem at all
 Don't want to get home later

Don't want to get home too late
 don't want to get out of school later
 Effect sports
 Either affected after school commitments or wouldn't help the problem
 Either it's too late and it will effect after school sports, or it didn't start late enough
 End times to much
 End up staying up later and killing after school activities
 Ending around 4 would stink for after school activities
 Ending at 3:30 is too late and so is ending at 3:45
 ending at 3:45 would result in the inability to do as much work as ending at 2:15
 Ending past 3 is way too late
 Ending school late helps no one.
 Ending school later is a very bad idea.
 ending school later shortens students day for out of school activites
 Ending school later would cause me to go to sleep much later at night and still only sleep 7 hours. It doesnt give students more sleep it just changes when they sleep.
 Ending school time too late would be a problem... I have a hard time getting all my work done (with extracurriculars)
 Ending school time too late would be a problem... I have a hard time getting all my work done (with extracurriculars)
 Ending school too late will just push after school activities back and homework would be started at a later hour and as a result be completed even later.
 ends late
 ends to late
 Every student needs sleep and it will help them through the day. I know that acedemics come first so if theis will help our school the times should be pushed back.
 Everyone has things to do after school and if you get home late that means you still have to do your homework. So we wont be getting any more sleep than we're already getting.
 Everything would just be shifted back
 Financial costs, conflict w/ activities: daylight in winter, I like to have more time after school before I go to bed
 Flex and recharge would be complicated
 Flex option would not be available for those who play sports because it can conflict
 Flex: it would be too confusing to implement for students
 For no change, we need more sleep than we are getting.
 For the recharge option, it feels ridiculous to lose 1 1/2 hours of school every week
 Get out of school too late and it would be hectic after school
 Getting out at 2:15 is important for after school sports. I'd rather spend my moring in school than spend my afternoon in school and go home and do homework. If we delay everything an hour that just means that I'll end up going to bed an hour later because of homework. It really won't do anything.
 Getting out at 3:30/3:45 seems way too late in the afternoon and would mess up sports and extracurriculars too much, and would then also interfere with rush hour traffic (which is already bad enough)
 Getting out at 3:45 is too late if you have a job and still have to do homework
 Getting out at any later than 230 is awful.
 Getting out of school later leaves less time to complete homework which leads you to go to bed later. If we were to get out of school so much later the students sleep schedule would just adjust to the homework load and we would all end up going to bed later and not get anymore sleep than we do now. The reason I am opposed to the flex option is because it seems a little bit disfunctional and random and I think students need a solid school schedule to Give too much time in the morning, it will cause after school activities to change drastically. Keep in the in-between like 30-45 mins later then the usual time, not 60 mins
 hard to focus in the morning
 Having no change would be terrible. I need that extra sleep and time in the morning. Even when I get to bed earlier, I feel the same tiredness during my classes.
 Having two different start times would make things very coplicated and having students come in late once a week

Honestly, I don't think start time is the issue, I really don't. I think the issue is that teachers are giving too much homework for the level of their class. I am currently taking 3 APs (the recommended max) and 3 honors classes (the level at which I should be), and I should not have 10 hours of homework every night. I do not need teachers to drown me with busy work assignments like making me do 50 math problems that are just a repetition, or a 10 page packet in French about grammar rules that are just a sequence of exercises that are the same. Instead of changing the start time, try having the departments moderate every homework assignment a teacher gives out to ensure it is I am against all options that will change the end time of school. It would end up causing me to go to bed later than I usually do. I know that waking up at 8:30 gives people a fresher start, but it won't be fresher running on 2 hours of I am always tired when I go to school so the times need to be changed Even when I go to sleep early.

I am very against leaving the start time as it is because of all the reasons listed by the CDC and the AAP.

Additionally, I am strongly against the flex option as I believe it will lead to some high-achieving students requesting to take classes at the beginning AND end of the day. Once students begin doing this, it will become almost a requirement for high achieving students to be able to compete with their peers. This would completely defeat the purpose of the change. Additionally, it would cause immense difficulties with sports and other school-sponsored I believe that the school start time should be changed, thus leading me to give negative responses on all options which do not reach this standard.

I can't keep doing this everyday.

I could use some more sleep and the option that I said to be negative does not fulfill my need of sleep.

I definitely would not appreciate no change.

I despise the flex option. For overachieving students such as myself, it would mean that you would have to take eight classes a day to stay competitive (since I am already aware of 4 people planning on doing this). It would mean that those who want to go to higher tier colleges would become even more overworked to stay in the running. This would solve nothing and actually make the problem worse. Please please please do not use the flex option.

I did not like the idea of having ONE day a week starting at 9 and so forth. It would be troublesome for the teachers and students. Wouldn't there be pressure to getting to another class? Too much stress for one day I think.

I disagree with moving school start time for a handful of reasons 1. Starting school an hour later doesn't actually give you an extra hour of sleep. Greenwich traffic starts getting worse the later you get so a bus route that normally takes half an hour will now take 45 mins. So even if you don't start school until 8:30, you're 6:50 AM bus stop only got moved to 7:35. And you're on the bus an extra 15 mins. 2. Teachers who commute will also have a lot more traffic and good ones might leave the school. 3. Parents who work and rely on their older children to pick up younger ones from elementary school will have to pay for a babysitter or leave work. 4. If you switch high school start time with elementary school start time, the younger kids will get out a lot earlier and the ones that are in childcare because they have working parents will be there from 2:30-6:00 instead of 3:30-6:00, which is a big difference. Plus, many childcares are staffed by high schoolers, who now wouldn't be able to get there on time. 5. If you start an hour later, sports teams will have to shorten practices. Because I know some of my wrestling practices go until 8:30 PM. Making that 9:30 is a big difference. And for outdoor sports, the sun will set before all the teams I dislike the option of no change because I'm often very tired in the mornings and sometimes begin to fall asleep during first and second period.

I disliked option 2e because it would cause me to stay at school later

I do crew after school. Because Juniors aren't allowed to park at school, I walk 30 minutes to get to practice. I am at practice for at least two hours everyday. If the school day were to end later, practice would need to be pushed back meaning we would row in the dark, novice practice would have to be cancelled, and I would start my

I do not like just pushing school back because I do not want to get out late. Also even if they only pushed it back 15 minutes, although it seems like a lot of extra sleep, our body's will quickly adapt, causing it to feel like nothing again I do not like the 90 minute start and end delay because I won't be able to be home to watch my siblings when they come home because both my parents work late hours

I do not like the flex option because it is just confusing.

I do not like the idea of keeping school hours the same.

i do not think we should change it a lot. some people have things to do after school. it will make it more complicated

I do not think we should keep the current start times because it is negatively affecting how my classmates and I are able to participate in class during the day.

I do not want school to end at 3:15.

I do not want school to end later.

I do not want school to start any latter than it does because I do sports and clubs after school and when I stay after and take the late bus I get home at 4:45. I would not want to get home latter than that.

I do not want start times to stay the same because i feel as if i am not performing to the best of ability due to lack of
I DO NOT WANT TO LEAVE LATER it will mess up my whole after school schedule and i would have to start hw
even later making my life very difficult

I do not want to start later because then school would go later, interfering with sports. Sports would either then
have to go later into the night, or be moved to before school, both of which would prevent students from getting any
I do not want to stay in school any later than I have to for sports or anything.

I don;t want start times to change because it wont make a difference

I don't believe that changing the start time to anything more than a half an hour will be practical.

I don't believe that the school start times should not be changed because many students have other activities in
which they need to participate in but come home at a very late hour. So, I believe that to keep the start times the
I don't feel like "no change" should be made because you guys are trying to change the time for a reason

I don't honk we should end later then 2:15. It wouldn't really help the students

I don't like any of the options beyond a 45 minute extension, because I don't want to get out of school too late.

I don't like that you only get one day a week.

I don't like the hour late start because I don't want to get home very late everyday because I have a lot of activities

I don't like the option that delays school start time by 8

I don't like the options of going in 60 to 90 minutes later. I think as high schoolers we don't need to go to school at
9:00. I think it all sounds good in theory, but in reality high schoolers don't want to be in school until 3:45. Also a lot
of students have first or last block open so we come late and leave early.

I don't like the options that are anything above 45 minutes later because then I won't have as much time for

I don't like them at all

I don't like when march comes around it's going to be very dark outside and we don't want parents or school buses
to be out on the road as much when it gets to spring. It's not fair for our students and faculty that they can't sleep in.
They do a lot of work for us. Also people get very tired when we start at 7:25 and really don't have a lot of energy to
i don't mind waking up early if i leave early as well because i have plenty of time to do homework and go to sleep at
I don't support no change because of the lack of sleep

I don't thing makeing school end times later a good thing because as an athlete there is no chance for me to play
sports right after school and do homework at the same time. Also teachers would have to give less homework

I don't think pushing the time back by 30 minutes is enough. If you're going to do it you might as well go big.

I don't think schools need to start at 9am. To me, that's too late.

I don't think that it is good to start too late.

I don't think that school should end after 3 p.m. It would make students feel rushed into doing their homework,
since many students struggle to get it finished as it is.

I don't think that starting at 9am for one day of the week is a good idea because it would make students have an
irregular sleeping schedule which is unhealthy and I think the school should change the times completely not just
I don't think that we should leave the times as they are because I hope future generations that attend GHS, won't
be practically sleep deprived, zombies, when we come to school.

I don't think their is a difference from the normal time to a delayed time

I don't think there should be no change because when kids don't get as much sleep as they need, its hard to pay
attention to anything the teachers are saying in class.

I don't think we should do anything that ppushges our day later

I don't think we should leave school start times the same because I waking up that early can be detrimental to our
physical, emotional and mental well being.

I don't understand what the flex option would mean, and no change makes the school start way too early.

I don't want after school activities running late.

I don't want after school activities running late.

I don't want different days to start at different times I feel it would mess up my sleeping schedule and confuse
everyone. I think that if we're going to change school times, we should actually change the school time for every

I don't want extracurricular activities to be pushed back to far into the evening.

i don't want school start times to remain the same because i know i get better scores when i sleep more

i don't want school to end later

I don't want school to end really late

I don't want school to get out later

I don't want school to get out later

I don't want school to run too late into the afternoon because I have loads of homework and other things to do

I don't want school to start any later if it's going to mean ending school later. I like the time we end school.
 I don't want school to start later
 I don't want sports to be affected
 I don't want start times to go too far back for the sake of what I just said above.
 I don't want the school to end passed 2:30 because if we do that, it messes with the schedule for the rest of the day and I just don't want to wait until 8 or 9 to start going to school
 I don't want the time to be as early as it is
 I don't want the time to be as early as it is
 I don't want to be at school later. Yes I hate getting up so early and it's hard but it would stink more to be stuck in
 I don't want to be in school later than 2 pm because there would be no time for homework, and would be up later, also for people with jobs and sports it would severely change their schedule in a negative way
 I don't want to be in school longer
 I don't want to be in school so late.
 I don't want to be in school until 3 in the afternoon
 I don't want to change the time because it would mess with my schedule that's not connected to the school and the
 I don't want to get out any later than I do now.
 I don't want to push back the end time so much due to the new start time because I participate in other things
 I feel better if I can sleep until 7 or 8 and not 5 or 6
 I feel like the Flex Option would be difficult to monitor and students might take advantage of the choices.
 I feel that if we have a change it should be small or really big no middle option
 I feel that my grades would improve if I was able to get more sleep.
 I feel that school would be ending too late for sports and extra-curricular activities
 I feel tired in the morning even if I get the right amount of sleep.
 I gave a negative response for any option that made school end later than 2:15. The reason being that if we did do that, then we would not have time for after school activities.
 I gave a negative response to all of those that affect end time: students stay up late enough as it is, we can't push it
 I gave a negative response to all of those that affect end time: students stay up late enough as it is, we can't push it
 I gave a negative response to keeping it the same because I am very sleep deprived and partially depressed.
 When you're depressed all you want to do is sleep and sleep makes you feel so much better. I feel that keeping the time the same could severely damage most of the students at GHS and also set us up for failure because of the
 I gave a negative response towards the idea of starting school around 8:45-9 and ending at 3:30-3:45 because I am not a fan of getting out of school later. With the extracurricular activities I am apart of as well as the amount of homework I am required to complete every night; it gives me less time to do all of that.
 I gave the "no change" option bad rating, as it is obvious (through reasons in my response above) that a change is not only desired, but necessary.
 I gave the 2D and 2E a negative response because students have clubs after school and if they changed the time to those hours, I would be getting put around 4:45 because my club runs an hour long. I have honors classes and those are hard enough already. I have too much homework to do after school and I would not want these times to
 I gave the flex option a negative review because it is unfair to the people who do not get the extra sleep and I don't know how that will be determined. I also gave a negative review to things staying the same because I don't get enough sleep and it becomes mentally exhausting in both school and sports.
 I gave the Recharge Option a negative review because I believe it would throw people off balance. If there's one day out of the week, it would toss our balance off track.
 I gave them negative responses because nothing would change/improve for me
 I hate how people are like...."it's too early". It's I
 I hate how people are like...."it's too early". It's life. Plus it's the same amount of hours of sleep if we choose a later start time. To those students who don't mind waking up early, we shouldn't be punished for staying at school later. People are lazy and that's what this whole thing is about. It literally is stupid that we even have to change it.
 I hate starting so early I am always so tired when I go to class.
 I hate the idea of a flex option it wouldn't work and it's hard enough to keep in contact with all our friends let alone with different times going and getting out of school
 I have a job after school that starts at 3:00. Any plan that would make me late to my job I gave a negative response
 I have a job, changing the school times would change my whole routine. I will not have enough time to complete my
 I have a lot to do after school and I would end up staying up later which would defeat the entire purpose.

I have an early morning class before school and I don't want to start school later because I wouldn't catch up on sleep and I would just have to be at school longer making homework harder to fit in my schedule.

I have obligations an hour after school ends

I have out of school sports... If school was to start later it would affect them

I have responsibilities to do

I have talked to many teachers who have directly said they would not teach at ghs anymore if they change the start

I have to take care of siblings, teach religious education, and attend a whole other school, the start time change would kill my schedule and many other's schedules.

I have too many activities after school

I just like it the way it is. Without having to change the schedule.

I like getting out a 2:15 no later than that

I like having afternoons, starting later would take that away.

I like having the dual time because having any of the other times can mess with you after school activities. I do a sport for every season and if school started later it would take time away from the few hours I have to complete my

I like sleep

I like sleep

I like the end time because we get out early. And it gives me enough time to get ready for work and do other out

I need more sleep

I need more sleep

I need more sleep on weekdays

I need to get my homework done before my extra curriculums. The afternoon would not leave enough time to finish

I need to have time after school to get my work done, but I don't want to go to school really late

I oppose any dramatic change to the school time schedule. I would not be benefited in the slightest. I feel it would not give enough time after school and students wouldn't take advantage of it enough for it to be useful.

I participate in sports after school everyday for all 3 seasons and I already get home late enough, I do not want that to be changed. I wouldn't have time to do my homework.

I participate in activities after school and ending later would interfere with it.

I pick up my sister after school, my mom works until late so I need to be able to get her.

I play sports after school every day for the whole year and so do many people. Practices will end later, making us stay up later, so we will still get the same amount of sleep. It doesn't make any sense because we would have to leave early for games or be that one school who has to have later games because we have a later start. I am already stressed from getting home at 6 everyday and trying to do my tons of homework then, and ending later will be so much worse. I think people need to look at how much this start change will negatively affect us. Also, although I play sports so I don't want to get home at such a late time, and also only 30 minutes is not enough time.

I prefer to do my work in the evening. I don't want to stay in school too long so that I have less time for work.

I put negative for most of them because I don't want to get out of school later than it already is and plus it wouldn't be fair to those who play sports after school, so starting school later and getting out later would affect them.

I really do not want to get out of school later. It is a bad idea because we get home later and go to our commitments later and then start our homework later. This start time issue won't change the amount of hours in a

I really don't mind waking up early, but I don't really wish to stay that late after school.

I show up to school tired and not ready to work.

I think everyone should be in school at the same time and the finish time shouldn't change. Also clubs and sports would be complicated if half of the participants were getting out an hour after the other half.

I think for if school started at 9:00 and ended at 3:45 I think that wouldn't be a good idea for people who have clubs and it would take a longer time

I think it is crazy to stay as late as 3:45 because it impacts jobs, sports, and hobbies after school. It also gives students less time to do homework.

I think it will screw up my schedule

I think it would definitely be a negative if we applied Option 6: No Change (7:30-2:15). I think this because right now my bus comes around 6:40 which means I have to wake up at 5:50. To get 10 hours of sleep I'd have to go to bed at 7:50 which will never happen because of my homework load and sports. Plus, I don't get tired until later.

I think it would have a positive effect on teenage life

I think keeping the start time now is negative because kids are just too tired and not able to get through the whole day without falling asleep or taking a nap especially with the course load that Greenwich High School gives.

I think making the school time change would effect students more especially students involved in sports and those who have jobs... I dont think its a good idea. It would also give us less time after school for things like homework. I think more than a 60 minute push back is ridiculous unless you shorten school because you cannot end school that late. And the flex and recharge options are not good either because you need a consistent week you I think no change would be obscured. School starts too early and personally I dont get enough sleep. I think options that require school to go later than 3pm are not good because it's too late. people that take the bus would get home by 4 and sports would go on too late, we would be doing homework till later. I think school should start at least an hour later (for those who want it). I also think that the recharge option would just make it harder to have lessons and damage our education. I think starting at 9:00 everyday is not a good idea because we have sports after school which would then run at later times creating difficulty for students to complete their homework early so they can get rest. I think that 45 minutes won't change anything I think that all of the options aside from the "Recharge" and "No Change" options would just shift our schedules back, and we would not gain or lose any more sleep, and we wouldn't be any healthier than we are now. I also play two varsity sports, and I would have to wake up early to practice anyway, so the changing times wouldn't give me I think that changing the school hours would not benefit my daily life and would end up changing it in a negative I think that it would cause too much conflict to make every day start at later and end later with extra curriculans and I think that no change would be a huge mistake because it simply isn't healthy for students to get so much I think that our school time NEEDS to be changed, this I have a negative response to not changing it. I think that some of the new systems are to complicated and would make things harder I think that the more time you get to sleep, the better. It's vital that all students get enough sleep in order to lead I think that the option where certain students go to school at one time, and others at a different time, may benefit parents and bus situations. However, the students who do not arrive at the later hour will be bitter, sleepy, and at a terrible disadvantage. if the other students start succeeding in their classes because of more sleep, the few students who aren't in this situation will fall behind because their classes will begin to fly by. Th students who get to sleep more will prove to their teachers that we understand what it is happening, and the teachers will move through the lessons quicker. The other students may fall behind and end up in a worse position. also, if we don't make any change to school start time, we will never improve. it is clear that there is a problem, dozens of studies and tests I think that the school start time is fine the way it is I think that the start time does need to change, it is too early for us to be going to school. I think the no change option is a negative option. This is because there has been ongoing controversy about this topic. Also, by doing all these tests, surveys, and hearings, students and parents have put in their opinion on this topic and most of us want a change (even if it's small). It would be a waste of time to have no change to the school I think they are all good options, but by pushing school start time back we are pushing every other activity late. I thought the flex option was very stupid because we should have a consistent start time. I thought the Flex option would be bad because it won't be good for your system if you alternate times and the recharge isn't good because there isn't enough change in start times. I understand some people really do need to be home or elsewhere after school but I don't have the right of a I want a change. I don't want it to be a meager day where we start later, or a new schedule which could possibly prevent me from seeing my friends. I would rather have a later school start everyday. I want a change. I'm somewhat okay with all of these options (though 90 minutes late is pretty extrememe) and would just be happier with any change at all. I want school to be later I want to get more sleep so I want the start time to be later. I was negative on ending school later because that would make after school activities and homework more difficult. I won't have time to finish my work and I won't be able to pick up the kids I babysit from their school. It would be difficult to go to sleep at the normal time because of how late school would go to. I would be unable to participate in my spoet after school if it ended any later than 2:45 I would not like starting school 75 minutes later, it messes up many people's schedules for after school activities I would not want school to end much later than it already does because of all my after school obligations and homework. If it were to end later then I would just be staying up later in order to complete my work, resulting in as I would not want the start time to stay the same, nor would I like a recharge day or a flex option. This is because I feel the outcome would be the same as right now. I would rather be tired and get home earlier then going to school a little later and going home later. I wouldn't be able to get to school with most of the options

I wouldn't want to end school later because then I get less time to do my homework and then I'll go to bed later.

I wouldn't want to have school end times affected

I wouldn't want to keep it at the time it is because it's too early and if it's too late than other people would also

compliance so I think that 1 hour is good

I wouldn't want to start later only because we would finish later and get home too late after participating in sports or other after school activities/jobs.

I'd prefer not to start too late since it would mean we would have less time in the afternoon for other activities.

I'd rather not end school so late, so I wouldn't have to rearrange other activities.

Idk

If it ain't broke, don't fix it

If it was the flex option, coaches for sports teams would definitely have their players take the first option, which is almost above 90% of all students, so it would not be a change for anyone. Everyone would still be forced to go to school at the same time. If coaches don't force that and they give options for the second block of the day schedule, if people in the past were able to get up and go to school. We should be able to as well.

If school ended at 3:15 or later, it would cause sports and clubs to start too late

If school ends after 3 it will really suck

If school is pushed back too far it will keep people from getting out of sports and extra curricular activities until later.

If school were to change you would have to pay more, sleeping wouldn't change, and sports would become later.

If school's start time did not change nothing would change. I would still be going to school barely awake, and incapable of retaining information.

If the school time were to change it would not allow time for extracurricular activities. Furthermore, it would cause controversy with the transportation, traffic, and school funds. The real questions here is not about obtaining more sleep but rather how can one relieve stress in young adults and assist them with avoiding procrastination

If the time of school ending changes it can affect my whole schedule and I would have to stay up even later doing homework and I already stay up til 11-12 ish

If we change the start time, sports will run later, I will end up staying up later to finish work, if anything I will get the same or less amount of sleep.

If we change the time that we end school everything is pushed back so we end up getting the same amount of if we go later I won't be on time for the stuff I have to do after school. Most likely stay up later doing homework.

If we have kids staying in school longer we will get home later, be starting our homework later, and be getting to sleep later. There will be no change.

If we have the recharge day people will be really tired and disoriented the following school days because they would

If we start later, we'll end later. Which means we will have to be playing sports in the dark and starting homework later, which would only make us go to bed later.

If we start more than 45 minutes later everyday, kids won't have enough time after school to do all of their activities. This will just make them stay up later at night and compromise any benefits we would've gotten from being able to

If we start one hour later then we come out one hour later which can mess up our routine that we have

If we start school too late in the day that means that school will end later and then there are still clubs, jobs, sports, etc. There will not be enough time for homework and we will be staying up even later.

If we start too early we are sleepy for the rest of the day and if we start too late at 9 for example we wouldn't be able to do homework after sports so the best option is the start right in the middle.

If we started at 8:00 and went to 2:45 and then we had practice, we would get home at almost 6:00 PM and not

If we started school an hour later, it would cut into time for after school activities and they would end later.

If we were to have the old schedule, teenagers can be more productive and can use time well.

If you are going to change the school make it a big change and not a little

If you change the school time to start at 7:30 and one day of the week to 9:00, it's not the best idea because students will lose what day of the week it is and they will get it mixed up with a day that you have to be at school at

I'm highly against changing because I don't want to have to push back all of my activities.

I'm neutral on most things. I'm a senior after all I won't be here next year

I'm tired.

I'm way too tired to get up for school this early every day, and I go to bed before ten o'clock every day.

I'm worried since I participate in school sports and all honors classes that when I get home later, I will be flooded in

I don't have any

It becomes counterproductive if get out of school too late because we will just stay up later doing homework

It doesn't make sense

It hinders our abilities to do things outside of school
it isn't what students need and I like still having time after school to do things.
It makes it harder for non school related activities
It sounds bad
It will mess up after school sports
It will not help. Schedules would just be pushed back
it would be helpful to start a little later but I don't like the idea of school ending closer to four so that's why I am not
It would be too complicated and there needs to be a change
It would have little to no effect to start before 8:45, and I don't even know why the recharge day is an option.
It would interfere with after school activities
It would not be effective to only start school at 9:00 one day a week (recharge option) and keeping school start times the same as now would also be ineffective.
It would severely affect the times for after school sports and people would be up much later doing school work.
It's either too little start time or too late start time
It's hard to balance sleep and school and get up at 6 in the morning and not be tired.
its not changing anything, having a recharge day? we aren't robots we are only human, we need sleep like every
It's the amount of homework that's the problem
Its too early right now
Its too early right now
It's too late and could interfere with kids' schedule
Just changing the start/end times causes too much change and won't benefit in the long run.
just like how it is now
Keep start time the same, people have things to do after school.
Keeping schools start times gives no focus
Keeping the start time the way that it is currently would not be good for student's health.
Keeping the time the same is a terrible option because this would not help with the problem with the lack of sleep.
Kids are struggling with sleep deprivation a lot in their high school years so something needs to change.
Kids have to many after school activities. This would just get in the way of finishing homework.
Later school start times will only mean getting out of school later, which means that I (and my peers) will be staying up later to doing homework and other activities. We already stay up WAY TOO LATE. It would be unnatural and undesirable to adapt to a sleep plan from about 12:45pm. to 8:00am. Making school start times later is NOT practical. Also, it will prepare students very poorly for real-life working scenarios. For the good of the students, Later start time would lead to more issues with traffic, teachers would probably need to be paid for longer days (due to traffic, many of them would probably need to leave for school as early as they do now, even with a later start time), after school activity schedules would be disrupted
Leaving school later would really affect my sports and get home much later
Less sleep
less sleep
Less sleep is a bad thing
Less time to do homework
less time to study if school day were to end later than it does now
Makes school end too late
Making the school start time later makes it hard for people who do sports.
Making the start time later because I don't want to get out of school any later, especially with clubs
Many teachers would quit because of the later start times
Most of the other options are either too big of a change or too little of a change.
Most of these would make activities after school start later and that would be bad.
Moving the start and end time of school back is a terrible idea. After school sports and activities will be very negatively affected. Students who have games immediately after school will have to miss most of last block on game day in order to make it to the games on time, which is ridiculous. Further, students' circadian rhythm would just change to accommodate the new schedule. They would go to bed later and wake up later.
My extra curriculars end at the perfect time for me to be able to do my homework and then relax for a couple hours if times were pushed back then my homework would push into my sleep time
My father drives me to school and has to be at work before 7:20 am, also sports would be end at later times.
n/a

N/A

NA

Need more sleep

No

NO CHANGE

No change has shown exhaustion in many students, including myself. It is detrimental physically and mentally.

No change is not a good idea because then all of these surveys and meetings go to waste.

No change isn't the best option we have available— this isn't the healthiest option for students because it forces many of them into getting a maximum of 7 hours of sleep each night. Flex option will inevitably lead to some high achieving kids taking 9 classes from 7:30-3:15. Option 2D and 2E goes later than what the AAP recommends, so there's no way it can be passed without other scientific evidence backing up why it should be.

No change should not be an option! Waking at 5:45 am every morning is hazardous to my health and makes it impossible to function normally.

no change would be negative because a change, even a small one, would help improve the teen's sleeping!

No change would be bad because students need sleep

No for all the other ones because community service won't be able to be done.

No longer end time

No negative responses.

No time for sports or clubs

none

none

Not changing anything will continue to harm my schedule and decrease productivity throughout the day.

not changing the time could anger some people

Not changing the times still leaves the students tired and unmotivated.

not enough of a change

Not enough sleep

Not enough time after school to get things done between clubs, sports, and homework.

not enough time after school for sports

Not too late because it will interfere with after school activity

nothing

Option 2D, too early for sports in the morning and too late for sports in the afternoon

Option 2e

option 2e is a little crazy because we shouldn't start that late and end that late

option 2e school ends too late

Option 2E wouldn't be the best option because school ends too late and I feel I won't have enough time to do

Option 2E, despite the much later start time (meaning more sleep) may be negative for several people because it will take a lot of time away from what they may normally be doing after school

Option 2E: because some students may abuse that they enter school later, and would sleep later

Option 2E: is the worst option

Option 6: I don't get enough sleep. Flex option: It would make things confusing. Option 2E: It's not necessary and it's too late in the day to end which would affect how late I have to stay at practice.

Options 2D and 2E would have some students with several activities would have to stay up very late.

Options A and B aren't worth it; they don't impact the amount of sleep a kid will get significantly enough. Yet

options D and E are too drastic. Although they give the perfect amount of sleep time in the morning, the impact on afterschool activities would make me stay up late doing homework anyway; it would backfire.

Our parents have jobs as well and can't always drive us or pick us up so it affects them too as well as our sports people have jobs and have other lives to live. why change the time now over all these years. wasting a whole lot of our parents money and just running away from the problem

practice starts early in the morning or ends late at night

pushing back start time to more than 30 minutes won't be effective in my opinion because as long as school is ending later, changing the times will bring us no benefit or positive adjustment.

pushing back the time everyday without shortening the day will only push back the schedule and the time I go to sleep. It is not a matter of when I wake up, but how much time I have.

Pushing school back for everyone will mess with my work schedule

Pushing school start times back an hour to more than an hour every day would push sports practices which, for me as well as many other students, occur from 2:15 until 5:30 or 6:30 already every day.

Recharge gets too confusing in my opinion too much chaos

Recharge option, because of inconstant sleep and wake up times.

Recharge ruins sleep cycle. Students need change. Other options do not provide ENOUGH change.

Same as above, anything more than an hour is unnecessary

Same time, I am just too tired in the morning

School ending any time after three would just be an inconvenience to all involved. Students have prior commitments, and sometimes it's not that easy to alter their schedules. As for arriving later, it would be more difficult for students/teachers to get to school, and it would create more traffic.

School ending later means less time for student athletes to have practices and games/makes them end later which gives them less time to do homework, would also conflict with bus schedules.

school ends too late

school ends too late

School ends too late, leaving less time to do homework. Starting early once a week has basically no effect.

school needs to start later

School should not end after 3:30

school should not end later, interferes with everything

School should not start at 7:30

school should start later 100%

School start times are simply way too early way too much. We need a break

School start times should be changed

School starting at 9 is way too late and having it be 9-2:15 one day of the week is a bad idea because that would mess up routine and schedules. It would be very confusing.

School starts too early and makes it hard to focus in class

school times are good

School times need to change because it's an issue to everyone. It cannot stay the same

School will end too late and it will be hard for students to manage all activities and school work

School will end too late if it starts late. What will sports do?

School would end too late

school would end too late

School would end too late.

See comments below

See question above.

Sleep deprivation does not appear to affect me enough for me to care a ton.

Some end times are a lot later than the usual one.

Some of these options would make the day go too late, with sports and other activities, meaning that kids might not be starting their homework until 8-9pm.

Some of the very late changes are too late. I want to be able to do sports and not get home extremely late

Some options are too late

Sports after school would end really late.

sports can't be pushed out

Sports done too late

Sports will end so much later causing people to stay up later with hw

Sports would get out very late if the school start time is pushed dramatically and students will end up staying up later to finish homework and waking up later, therefore not changing the net amount of sleep each student gets.

Sports would just run later and later, teachers would start scheduling test review/extra help before school, clubs would be before school, extra time wouldn't necessarily mean more sleep, just more opportunity to do things before

Sports would start later

Start time must change, I believe it must be constant

Starting anytime later everyday I do not agree with. This would just push back sports and activities causing students to go to sleep later, thus not changing anything or adding health benefits.

starting at 8:45 or 9:00 delays our end time way too much

Starting early gives us an opportunity to leave early leaving us with a full day ahead, letting us do lots of things outside of school as well as pick up siblings from school since we do end at a convenient time. I would rather wake

Starting late and going late every day would only result in students going to bed later, and therefore getting the same amount of sleep. Sports would end later, and teachers who live far away would have problems with their Starting later and ending later everyday.

Starting later means ending later, and this often causes conflict for sports and other activities. Students would be going home later and later and therefore be staying up later to do homework or cause a failure to even complete it. Starting later would make us kids come home later after sporting event because once we leave the school later the more we will be stuck in traffic.

Starting school an 45 minutes to an hour later would only make our after school schedules more complicated starting school an hour or more later, will interfere too much with after school things, jobs sports activities etc. starting school anywhere after 8:30 is ridiculous, I rather walk up early and leave at 2:15 then wake up later and starting school at 9 and ending at 345 is unrealistic for people who do sports, clubs, or have to work when they get Starting school at 9 I thought very negatively of, because it would only make me go to sleep later. Practice would end later, therefore I would go to sleep later.

starting school late would mean we would get out late and some students have other things to do after school and school would interfere with the other activities

Starting school more than 30 minutes later would pose lots of problems for any kind of after school activity. Shifting the start time for classes would shift the start time for all activities, making students get home (and start homework)

Starting school start times only 30-45 minutes later will not be affective because students will still have to get up early to beat the traffic during that time.

Starting school too late and having too late of a start time would make it much harder to do extracurricular activities. Also, the Recharge Option seems stupid - extra sleep for one day won't help me feel any less exhausted.

Starting school too late means that there's less time for activities and doing homework after school

Starting school up to an hour later will also cause it to end an hour later.

Starting the school any later would mess up the current flow of everyone's daily life.

Starting too late would effect transportation and after school activities

Starting too late, will just make me stay up later doing homework.

Starts too late and ends too late

Students don't have energy if they wake up early every morning and they can't even think.

Students may stay up later

Students wouldn't gain any extra sleep, they would just be forced to stay up later because of later sports practices/ games, more traffic, later start on homework, etc. Also, for activities such as early sports games, students would need to miss more class in order to make it on time, therefore giving them even more work to do at home.

Teachers already overload us with homework and having later start times will give us even less time to do

The amount of time that is added is not significant enough, students need more sleep than the shorter options will

The change in my routine would be so drastic, I feel the cons of having a major change in routine would outweigh

The current system is not adequate, and I do not want to arrive home later than 4 PM.

The earlier school starts, the worse I perform and function during the day.

The earlier, the worse

The flex option I gave a negative response because school ends later which I don't like.

The flex option makes no sense because it would mess up teachers' schedules and it would be hard for them to keep track of who is coming in at the later time and who is simply skipping class.

the flex option seems to be too chaotic

the Flex option sounds complicated when it comes to the bus. I don't want to stay on a normal schedule if that means I have to stay an extra hour for the bus. I like the normal schedule but I think that everyone should be happy

The flex option sounds nice but I participate in a sport outside of school. About 100-200 other high school students from GHS row at Greenwich Crew with me. Our practice starts at 3. This means that we would not be able to participate in the flex option and nothing would benefit us or anyone with activities after school.

The flex option will make school difficult on both an academic and social level.

The flex option would be a disaster.

The Flex option would be hard to do logistically, and the Recharge option would make it harder for teachers to

The flex option would be very disruptful since kids would lose friends since they would no longer be going to school at the same time and would no longer be participating in the same classes.

The flex option would destroy clubs at Greenwich High School. There is little chance most members would wait an extra hour to attend a club when they could just go home. Don't undervalue clubs at GHS... they're apart of the the flex option would force outside activities to have different schedules

The Flex option would require the most resources, schedule changes, and would not help the majority of students. The flex option wouldn't actually be flexible as you would have to take a certain schedule based on what classes you were taking. It would also mess up sports and clubs and require more buses.

The flexible option is horrible because it interferes with after school clubs and activities. This option is by far the worst, but all options that suggest more than a 30 minute delay in the school day are also awful because they interfere with after school commitments as well. Student athletes are not going to want to miss more class than the later ending times of school. Interfere with after school activities.

The later we start and end school, the less time we'll have to do homework after school, so I would hate to start school an hour or more later after school.

The later we start the later we get out which allows less time for hw and sports after school

The less time there is in the afternoon the harder it is to complete homework.

The more time we push it back the later the after school activities will go. We would have less time to do the huge amount of homework we are given. We would end up either not finishing our homework or waking up earlier to finish it. We would be getting the same amount of sleep we do now.

The more time we push it back the later the after school activities will go. We would have less time to do the huge amount of homework we are given. We would end up either not finishing our homework or waking up earlier to finish it. We would be getting the same amount of sleep we do now.

The one recharge day would not work because all of the teachers would give a test on that day. Option 6 is a definite no because the school start needs to change if we want to actually be able to focus and learn the material. The only option I do not like is option 6, since I believe the start and end times need to change.

The only thing negative for me was the "no change" option. Clearly, we need some kind of change. 60 minutes is optimal, but maybe even 30 minutes can help us.

The option 2E is a very poor choice in my opinion as nobody wants to stay in school later than they already do

The options that do not make start times start at 8:30 or later will have no profound impact on helping students.

The start time needs to be later every day as plenty of research supports.

The Recharge Option is bad because it would mess up people's schedules and routines.

the recharge option is close to no change which is not effective

the recharge option is close to no change which is not effective

The recharge option is too confusing and will not really affect how much sleep students get if they only have one day in which school start time is delayed.

The recharge option makes absolutely no sense.

The school start time needs to change so everyone can get enough sleep and be healthier so I don't support keeping the school start time the same. However I also don't support the flex option because I feel like that will just be confusing and inconvenient for students, teachers, bus drivers ect. Also the recharge option seems to just be putting a bandaid on the problem rather than fixing it and would also probably result in a lot of confusion and would not overall help students because in order to be healthy teens need enough sleep but also a consistent sleep. The school start time should be changed.

The school start time should either stay the same or we should do the recharge option. If we start school later then kids will go to sleep later. Sports and clubs wouldn't be very reasonable because they would go a lot later. Traveling to school would also be difficult for parents that drive their kids to school and teachers getting to school and leaving. The system that we have right now is very bad for growing teens, and many teens aren't getting enough sleep for them to be able to stay healthy.

the time it is right now is hurting my grades!!!!!!

The time school starts at the moment is making me tired all day and it's affecting my grades and health

There are so many moms that work early and cannot bring their children to school later than 7. Also kids will end up sleeping later with the knowledge of starting late.

There is no point in changing the start time by 30 minutes or an hour you might as well keep it the same.

There isn't enough time after school already.

There needs to be some change permanently and recharge and not doing anything won't do anything. these change the end times

They affect school end time too much. This will hurt after school activities as far as late time commitments they are either too late or the current school start time is too early

They are ok

They are too complicated or they would not make a difference.

They had an impact on after school times

They logistically don't make sense
They were too drastic of a change
Those times were unreasonable
The flex option will be too complicated and the recharge option goes against our body's clock
The flex option will be too complicated and the recharge option goes against our body's clock
Time to do homework
Time would be a small issue
tired
Too late getting out
Too much HW and After school activities=same amount of sleep
Too early I am asleep in first block
Too late
Too late start time is not beneficial because after school activities would start later
Too little a difference or too late in the day
Too long for a school day to end at 3:45
Too much hassle; no large impact
Too much of a change
we can't get out later because then we will have no time to do homework
we don't need to change anything
We get out too late and some of us have a lot of homework to do
We need change
We need sleep, this schedule is exhausting for everyone.
We need to change the start time.
We need to change the start times even if they are changed by a few minutes.
we should implement change
We should not have only one day to recharge because that doesn't make a difference
We shouldn't change it permanently because it's going to cause so much trouble with busses and people who have sports after school already don't get home until like 6:00 on practice days and like 9:00 on game days. It's great that we will be able to learn better, but we won't have time for homework and will be up very late so we won't get the
We shouldn't get out at 3:45 because of extra curricular activities and after school sports.
we won't have enough time to do homework and activities.
why and bad finish school later
why wouldn't this have been considered years prior?
will have less time for homework and sports
With all the homework juniors and seniors get, starting later would require ending later, which means less time for
With later start times, I wouldn't have enough time to do sports and other activities after school and do all my
with option 2E I just feel we would be getting let out of school too late.
With the recharge option or the flex option, it would get way too complicated and I know that I and others would get
Work and volunteer require specific hours, and school would overlap.
worried that we would get out too late
wouldn't be able to get to practice
You can't start at 9 and go until 3:45, that is almost ridiculous. There would be no way to fit everything into the day. I
think 30 mins later is your best option.
You don't get to wake up later everyday just one day a week, I think 2 days a week might better suit us.

For any of the above options for which you gave a positive response, please indicate any specific reasons for that response

I like the flex option because it gives me an option

I like the recharged option, because it does not interfere with your afterschool (outside of school) activities

I thought it was very reasonable to start school at 8:00 and we would still get out a reasonable time.

It would be much better start a day later to school, because it would give a little more rest

1 hour is the right amount of time for allowing students to get enough sleep but it also does not totally interfere with after school sports

1 hour of extra sleep would be good. Any less is not very helpful and more would just result in students going to bed later and too much of the day after school would be gone

2B would let students get more sleep in the morning and you still get home at a reasonable time.

2c because we would get more sleep and get out of school not too late

2c Students don't get enough sleep, and this affects their ability to perform at their best and their health

30 minutes is too little of a change to go to all this trouble; an hour later seems reasonable and 3:00 or 3:15 is not too late to be getting out.

30 minutes would be perfect because i can get more sleep

45 min late is a good time because its not to late but not to early

45 minutes later is perfect

45 minutes later is perfect

45 minutes won't affect to many after school activities and it is a lot of extra time that you can sleep so you have energy to eat breakfast and get to school energized.

60 minutes later would allow students to get more sleep, but it also doesn't end too late

7:30 is definitely too early however school does not need to start extremely later. 8:15 is a good time to start and at least get some more sleep, while still getting out of school early enough to do sports and hw.

75 is enough to make a real difference, yet not too much to take up the entire rest of the day.

A 9:00 start time once a week will allow students to get more sleep, but will not interfere with extra-curricular

A bit later can make a big difference

A good idea to get you back on track...

a little extra sleep

After school I have 2 hours of sports practice for each season. If school started 75 minutes later (Option 2D) I would get 9-10 hours of sleep, which is what my doctor recommends.

All we need is a little recharge every now and again to lower stress levels

Allows me to go to crew practice on time

Although a half hour doesn't seem like a lot of time, it makes a difference when trying to wake up early in the morning. Also, it doesn't make school end too late that it would push everything, such as after school sports to far

An added 30 minutes is a perfect way for students to feel more rested and allow us to have time for after school an extra 45 minutes of sleep would be nice, but school shouldn't end too late because of after school activities.

Option 2B is overall good.

an extra hour holy cow that would be incredible

An hour later could make a huge difference on my overall mood, health, and therefore success in school, while not compromising the time for after school activities too much.

An hour more of sleep could be very affective

any other time would be too late for school to end.

Anything else would have us get home too late and in the later seasons and months it would be dark out if we pushed school start times back further.

At one of my old schools, our start and end times were like the recharge option, which I loved because the one day of more rest made everyone feel better, and boosted people's spirits on a Wednesday.

Because 30 minutes more in the morning time will help a lot to wake up totally and be ready for school .In addition 30 minutes more after school is not going to affect me

Because an hour is not too much or too little time. It's a median for the new times.

Because atleast we should get and hour change but if we get a little more than an hour it'd be perfect

because half an our it's enough time, and also in this way school doesn't end to late, so you have time to do other

Because I don't want to waste my afternoon being in school

because I think it would be better to sleep in and recharge but not have the school end time too late.

because it doesn't take away from sports, yet it allows students to catch up on some sleep

because it is better for my health

Because it pushes back the start times but at the same times end school at a reasonable time

Because it will give students a chance to catch up on sleep and teenagers need sleep to perform better in school

Because it would give students a change to sleep in one day a week, however won't interfere with any after school activities or obligations

Because of the current start time, I must wake up earlier than 6AM every morning in order to complete my brief morning routine, get a decent breakfast, and see my parents for only about five minutes before I must rush off to school. There is traffic at this time of the morning, so we always must leave earlier than expected. I also have school sports and extracurricular sports outside of school. Two or three times during the school week, I am not home until 8PM, when I then must eat dinner, and do my homework. Even if I complete my homework by a reasonable hour, my brain cannot turn off until nearly 11PM. This is natural for kids at our age. Because of this, I am only getting about 7 hours of sleep; however, the recommended sleep time is 8.25-9.5 hours by the national sleep association. Sorry if this is more than you wanted us to type but I've done three projects on this issue in the

Because school is okay as it is now I don't see it interfering with my learning, however it would be nice to one day be able to get some rest to "Recharge" to optimize my learning capability

Because students need more sleep

Because the time in Brazil is a lot shorter they start school 7:30 and end around 11

Because the times after school won't change so extra-curriculars aren't pushed back

Because then I won't have to stay in school for too late

Because those times are reasonable

because we would have 1 day

Being able to catch up on more sleep is really good, it will help me focus more on school with the extra sleep I will better how it is. Because we need time for homework. I spend at least 3-6 hours on homework

both of my parents work so I must pick up, and babysit my younger siblings after school everyday. I believe the recharge option would help given that it lets us sleep in one day, yet still gives me the ability to care for my younger. Can't start later, have sports

Change for later

Changing start time wouldn't help if end time did also. I have after school activities and so much hw I would get the same amount of sleep. That's why the Recharge is the best option

Changing the start time of school could affect parents who have set hours for work during the school year. This change could hurt the family income.

Changing the start time to 75 minutes later will make a bigger difference than under an hour. Honestly changing it to 90 minutes would be good too

Cuz there's less school for one day. Plus we don't have to change school start times

Doesn't change too much

Doesn't cut into sports practices in a negative way.

Don't change times

due to the many homework that students receive and the late night that they have to work on it they only could get a few ours to sleep which could distract the student from learning

Ending school late helps no one, so that's why it should stay the same.

Ending school later to me is not an option

Enough sleep, not so late

Even if I try to sleep at 10:30 now I have trouble falling asleep, so moving the entire schedule would benefit me, because even if I don't get more sleep I sleep at better times.

Every day of the week I find myself more and more exhausted as I end up losing sleep due to homework. A day with added sleep would be very significant for my energy.

Everyone gets an extra day of sleep, only if it's one day of the week.

everyone will have to face the same school times that we have dealt with for years

Everything works so well but it would be nice to have for example Fridays or Mondays start at 9:00 one day every extra sleep time but end time is early enough for extracurricular activities

Flex because getting more

flex option enables students pick what works best for them

Flex option: you can sleep in on days you stay up late or study late but if you go to bed early you can come in the

For band I already have to go to school an hour early. If school started later I would've been able to better engage in school and perform to my fullest.

for the recharge one i put the positive response because i like that one day a week we would start at 9 but still end
For the recharge one, you dont have to change what time school ends, its just one day out of the week where
For the recharge option, I said I like it because it's still progress. I would prefer some of the other options, but it
would still be an incredible step forward.

Get more sleep, and can function better in school

Getting sleep is extremely important and as a freshman I find myself extremely tired during the week and especially
during sports or other physically demanding activities.

Getting through the day is very hard when u have no sleep

Getting to start later without ending later

gives more sleep but still gets home early enough

Gives people a chance to sleep

Going to school at a later time would benefit students.

Good compromise for both sides.

good for everyone

Great idea

Having a later start time would allow me to get more sleep and actually eat breakfast, another crucial part of the
day. I am in favor of any change to make the start time later.

health

Help sleep more

Helps schoolwork and amount of sleep

High school students go to sleep late and wake up early thus reducing their health

I am always tired in the morning before school.

I am constantly tired and cannot get up in the morning. I do sports and have homework daily and therefore never
finish with both of these early enough to get a good amount of sleep.

I am constantly tired when I wake up, but not tired when I go to sleep

I am in favor of having a later start time because either way I will be getting the same amount of sleep or more. If
school starts and ends later, I might go to bed later than I do now if I don't manage time well, but I will still be
getting the same amount of sleep since I will be waking up later. The difference is, later start times are shifted to fit
better with my sleep habits so although I might be getting the same amount of sleep, I will feel less tired during the
I am in support of keeping the school schedule relatively close to what it is now because I have a very time
consuming schedule delicately build around this schedule and changing the school time would throw it wildly off
balance. I also would support the recharge day because it would give me a nice break to take off stress without
I am so tired

I am usually very tired in school and I see that my classmates sometimes struggle to stay awake during school.

I am very against school start time change and the only option I support is the no change option.

I am very happy with the school hours now because I am used to it and I enjoy getting up early so that I can go to
bed early enough too.

I am very much in favor of those options which change the school start time to at or later than 8:30 for all students

I am VERY sleep deprived every single day. I feel as though starting much later would have a VERY positive
outcome because I know it would help me very much to succeed.

I am very tired in the morning

I am very tired in the morning and need school to start later... plain and simple

I am very tired while at school, so I would like to start a little later.

I am waking up too early with the current option.

I b

I barley get any sleep because of the amount of homework I get everyday.

I believe it would be good because you have a choice. Check your schedule after school that day and if you are
busy than wake up early but if you are not then wake up later

I believe that an extra half an hour of sleep will not significantly interfere with after school activities and could be
overwhelmingly beneficial for the student body's general health.

I believe that an extra hour or more of sleep would greatly help me in school because I find it difficult to sleep
before 12, leaving me with just 6 hours of sleep under the current schedule. I frequently wake up tired and I believe
I would benefit greatly from the change in start time.

I believe that the recharge option would be the best because it does not affect the school finish time which is good for kids who have after school activities. Also it only affects the school start time one day which will let kids sleep in one day of the week and will give them a chance to catch up on sleep which is very needed.

I believe that it's like a small "reward"--Recharge Option. Perhaps Fridays...

I believe that one day a week students should have some time to sleep in and get more sleep

I believe that school should stay at the same time it is now because of sports and sporting events.

I believe that students will be more awake during the 2 blocks in the morning

I believe that the current start and end times are truly unacceptable. As a student at GHS, I have first hand knowledge in how the school start time affects my capacity to work as well as my health. I am often very sick and exhausted, usually getting less than 2 hours of sleep per night and having to stand waiting for my bus in the dark and cold at 6:40 AM. I believe that the wellbeing and quality of educational opportunities is worth the effort of changing the time to accommodate students. I believe the best option is the recharge option. Although the standard options of delaying the start and end time by equal increments of time would be an improvement, in reality schedules would simply adjust as if nothing had changed, and everything (including sleep) was shifted one hour forward. School would end later, activities would start later, so homework would start later and bedtimes would therefore be later. The effects would cancel each other out. The recharge option is least disruptive to current bus schedules. I believe that the flex option is very appealing to ALL students because with everybody having different activities before and after school it is best to let everyone choose the best fit for themselves.

I believe that the recharge option is the "better" option. This is because students like the fact that they can get out of school at 2:15 everyday, especially if they have after school sports, clubs, or any other activities. This option also gives one day where everyone can sleep in and STILL get out of school at 2:15. We don't need to change the school start time for everyday, one day is enough to catch up on sleep.

I believe that the recharge option is the best because, it is not too much change, would not make the school-day end later, but would still give students more time in the morning. Students would have at least one day when they could wake up at a time better suited to themselves.

I believe that the school start times should at least change the start time to 45 minutes later. I think that this would help the students be more proactive and awake for school.

I believe that we should start school a bit later in the day (8:30) in order to be more proficient in our studies and be able to wake up in the morning.

I can get more sleep hours in the morning

I can get more sleep with Option 2B without the schedule interfering with my activities after school.

I can get sleep, yet have time after school.

I can't be let out of school later, I have sports and a lot of homework to do that I already have to stay up late doing, it'll only push me back another hour if it was delayed.

I chose option 2D because that is the time my elementary school started so it would be easier to just swap the elementary and high school start times.

I chose this one because I have to do community service and all the other ones will prevent me from doing this. However I really do like the Recharge option, it will work also.

I come to school very tired.

I definitely agree on making the school start time later, considering the recommendations from AAP and CDC, I think that starting an hour later is good.

I do enjoy wake up early because we leave school earlier

I do not want an impact on after school times

I do not want school to end later, but I want to get some sleep sometimes, and that would be a nice way to do it.

I do not want school to end later, nor, do I have time for it to be ending later because I have out of school activities and duties, but we need to start later so we can sleep more.

I don't care

I don't think most of the start times should be pushed later because of the costs and the conflict w/ the activities, but I like the idea of having one day a week where I could sleep in and feel refreshed for the rest of the week.

I don't think school should start that much later because it could mess up morning routines and interfere with schedules and cost money. I like the idea of it starting a little later because it would give students a little extra time to sleep and that could make a big difference.

I don't think the end time should be changed, so the recharge option would be okay.

I don't want any change because I think that the start and end time right now is fine.

I don't want school to end any later

i dont want school to end later

I dont want school to end later, so I have time for homework and me time, but I would not mind more sleep.

I don't want the end time to change however I would appreciate it if the school start time was delayed

I don't want to be at school any later than I have to be. I work and then I go home and do homework and sleep at 10. I like this and don't want to go to bed later

I dont want to be in school any later than I am now.

I don't want to get out of school any later, because if we do have a later start time, then that means I'll be up later doing homework. It all evens out and there's no reason to start later.

I don't want to stay in school any time past 2:30 because I have after school activities I think many would agree with me and like the Recharge Option.

I don't want to stay in school any time past 2:30 because I have after school activities I think many would agree with me and like the Recharge Option.

I enjoy starting school at the same time every day or the recharge option. Our bodies are now used to waking up at that time and it prePres us for the real world and real jobs we are going to have. Many of the students at ghs have comittments after school that would be effected by the time.

I feel as if I need more sleep, but there is no way for me to get it. I like the recharge option because students are able to get enough sleep.

I feel better if I can sleep until 7 or 8 and not 5 or 6

more sleep is a great improvement. I particularly like the recharge option since I think it will help me get through the I feel like kids won't be as tired in the morning.

I feel like the Recharge Option would not only allow for the opportunity of more sleep, but also allow students to I feel more "ready" for school because I get more sleep and more time to collect myself for school, especially if the previous night was full of homework/or other activities. I also won't have higher chances to miss anything because I will not have a higher chance to fall asleep and/or not be too late for class

I feel that if students start school later it would give us more of a boost. We would also be very awake during

I feel that option 2E is the best option because we would get a lot more sleep and would still have time to do

I feel that starting later than 8:00 would not allow students to make the most of their day after school.

I feel that studenst should have a day where there is a shortened school day because they might need to be more

I feel that the 8:30 start time would be the best because it would give us time to sleep in while only losing one hour of after school time.

I feel that time is better than the other options

I feel the extra day to sleep in would be very helpful

I gave the option 2A a postive response because it does not have a big impact on the hour change and I would still have time to do everything for my clubs after school and homework if it started at 8:00.

I gave the recharge option a positive response because we would practially have a half day once a week.

I gave them positive responses because they would help me do better

I had positive responses for te flex time and recharge options because both permit students to stay active in the sports they participate in after school.

I hate getting up early, it's killing me

I have crew practice after school

I have lots of agter school activities to do

I have one bathroom, 5 other people live with me. Also my ride sometimes comes a little late.

I have practice from 8-10 every night, I do not want to get home from practice any later than I already do.

i have things to do after school so I don't want the school to end up late

I have too many commitments after school that would be affected by a later school end time. However I feel with the recharge option, the students would have one day out of the week to regenerate and gain their energy back that

I honestly just believe we need to change the start time, basically any of the options are okay.

i just feel that people would be less late and be more on time because most students are late and they need more time in the morning

i just like it how it is now

I just think that a hour more of sleep would never hurt

I just want school to be later. I don't care what it takes

I like 60 minutes late and recharge to a lesser degree because they're both progressive and would allow me to

I like having one day a week where we come in two hours later but still end at the same time.

I like having one day to sleep in and then end school at the same time.
 I like how the school still ends at 2:15 and I believe that one day a week having a 9:00 start time is a good
 I like how we would be given one day to gain rest yet not have to end later so no after school activities would be
 I like option 2A or 2B because it allows students to sleep a little bit more but also not get out of school very late.
 I like option 2C the most because it doesn't start or end too early or late.
 I like school ending at 2:15, and having it start at 7:30
 I like sleep
 I like sleeping in
 I like that it starts later without ending too late in the afternoon.
 I like that school won't get out too late in the day
 I like the "recharge" option but I feel it could get very confusing. Flex would also most likely be a scheduling
 I like the Flex Option because students would be able to chose when to come or leave school
 I like the flex option because then children have the choice for which ever one they want. therefore all the students
 I like the idea of a later start time because everyone that I know goes to sleep really late (all of the time) and the
 early start time that we have leaves us all with little time in the morning, barely able to get ready unless we wake up
 at 5:30 or 6, let alone eat breakfast. We'd all get more rest which results in more energy, better grades/higher
 I like the idea of being able to date later one day a week since it would allow well needed extra sleep
 I like the idea of having a day to catch up on sleep.
 I like the idea of having one recharge day because we would go in later and not end later.
 I like the idea of not having to change my after-school schedule too much with a schedule ending later.
 I like the idea of not having to change my after-school schedule too much with a schedule ending later.
 I like the idea of starting 60 minutes later because I never felt sleep deprived in elementary school, as the times
 didn't impact my sleep schedule in a bad way.
 I like the idea of the recharge every wednesday.
 I like the recharge because it doesn't make us end any later but it gives us a chance to catch up on sleep.
 I like the recharge method because it would give us a chance to catch up on some sleep that would otherwise be
 I like the recharge option a lot
 I like the recharge option as it doesn't change end time but it also gives the students a little relax time.
 I like the recharge option because for one day a week we get to sleep in a bit but it doesnt affect after school
 things like sports and jobs.
 I like the recharge option because I don't necessarily mind getting up at the regular school start time. However, at
 some points I do become very tired and it would be nice to have that one day of the week where I have the
 opportunity to wake up at 9 and leave school no later than 2:15.
 I like the recharge option because I think that it will positively impact our grades
 I like the recharge option because it doesn't mess with the time we get out of school because I have many things I
 dedicate myself to after school. I would just hope this would not increase the amount of days per year we are in
 school or decrease the amount of breaks we get.
 I like the recharge option because it gives students a chance to catch up with some sleep and also doesn't make
 them have to push everything back by having a later end time.
 I like the recharge option because it won't make the school end time later like the other options will. Therefore, it
 doesn't affect sport start times.
 I like the recharge option because then school ends at the same time and we get a day to rest.
 I like the recharge, because this day wont affect endtimes and will give students a day to sleep
 I like to have more sleep in the morning to concentrate
 I like to start school a little later and leave school a little later
 I liked the flex option because it gave the option to have things stay the same, but also accommodated others that
 want a change. I thought the recharge option was okay because it was only one day where we would get out late.
 I liked the Recharge option the best and gave it a positive response because it was an interesting approach to the
 start time change and it wasn't everyday, so that is good
 I live very close to school and I don't have any problem with the time. For me is better to end at 2:15 because I can
 I love the idea of the recharge option because it gives students a chance to not be so tired every single day and
 doesn't interfere with after school activities.
 I love the recharge option because students have one day to gain energy and sleep, however are not required to
 stay longer after school in return. Doing this will not affect after school jobs or hobbies but will give the students
 what they want at the same time!!!! RECHARGE OPTION!!!!

I need
I need a little extra time to sleep in the morning, but I don't want to leave school at or 3 PM
I need more sleep
I need more sleep
i need more sleep im severly depressed and dont sleep some nights because im always stressed out id love if we
I need more sleep on weekdays
I NEED MORE SLEEP TO DO WELL IN SCHOOL!
I need more sleep to stay healthy and grow. When i say this i mean physically and mentally
I need more sleep, for sure like no way around that however I don't want school to run too late into the afternoon due to sports. There defiantly needs to be a change. I like the recharge option because school will let out at the same time and one day of the week you get extra sleep. However I also really like option 2A and 2B
i need more sleep. homework load is too big
I need sleep but my sport practices start at 3:00 and they end at 5:15 and sometimes later. Shift in start times means that they will have to push practices back and I will have to stay up later in order to finish my HW
I need sleep in order to learn and if there is an opportunity for me to sleep, then I will take it.
I need some more sleep, but I also need a schedule where I can get work done after school even when I have
I personally prefer the Recharge Option. At my old school, we had something very similar to this every Wednesday. It gave students a chance to sleep in one day out of the week so that they were not as tired the rest of it. It also gives students something to look forward to during the week and acts as a nice break (which would be especially adored by stressed high school students). It is extremely apparent that high schools at GHS LOVE morning opens and instituting one of these for the entire school every week would be a beneficial and refreshing break.
I picked option 2C is not too early or too late, so all students should be satisfied.
I picked Recharge Option (7:30-2:15-one day/wk 9:00-2:15
I play sports do homework and go to sleep. No free time
I rather get up early and finish early than being there later after school because i don't get home from after school activities early as it is.
I really hate waking up in the morning
I really like the idea of the recharge option because one day a week it gives us a break to sleep in and we get out of school the same time as we usually would.
I really like the recharge option it accomidates to everyone's needs.
I really love the recharge option because school will still end at 2:15 and start 9 four days of the week. This is great because it gives me time after school to play sports and do other stuff.
I really love the recharge option because school will still end at 2:15 and start 9 four days of the week. This is great because it gives me time after school to play sports and do other stuff.
I really love the recharge option because school will still end at 2:15 and start 9 four days of the week. This is great because it gives me time after school to play sports and do other stuff.
i sleep just about everyday in class for about one block, so about an hour of sleep would make the difference
I sleep later without starting my homework that much later in the day
I support the recharge option because the one day will give students time to catch up on sleep
I think 2C is the simplest option and best compromise.
I think 3:15 is a good end time and just thinking of the beautiful sleep I will get before 8:30 is great.
I think a recharge day would be very useful
I think an hour more of sleep would really benefit me, but anything more is unnecessary
I think for keeping start time the same, i dont mind the time right now
I think have one day a week to wake up late and start school at 9:00 is a positive way to look at the school start
I think having one day where we start school at 9 is a great idea. it gives us a little break but it doesn't conflict with our after school activities or responsibilities
I think if school started around 8:15, students would be able to get better sleep and be more attent at school.
I think it is a great idea to give students a chance to relax one day and i do not want to change the start time for any of the other days
I think it is better
I think it will allow me to stay up and focused
I think it will improve my preformance in school and my heath because I am always tired, even when I go to sleep early, When I arrive at school.
I think it would be beneficial to start as late as possible.

I think it would be better if school started at 9 so we could get that extra hour of sleep and we'll have a better
 I think it would be beneficiary to the students and teacher if they had one day (Monday for example) to have a little
 more time before school
 I think its a good idea to do the recharge option but i would not support it if it took away breaks or added school
 I think option 2A it's school doesn't start too early or end too late
 I think starting and ending school 30 minutes is the best option. No other option would be practical, for reasons I
 have addressed in the comments box.
 I think that if we end later it would be harder for athletes and clubs. We are actually staying up later in the night. I
 don't mind waking up early but I think the recharge action is that best one for us
 I think that if we end later it would be harder for athletes and clubs. We are actually staying up later in the night. I
 don't mind waking up early but I think the recharge action is that best one for us
 I think that it would be good to always end school at regular time which is at 2:15 because there are still sports and
 it's not easy sometimes for us because then we also have homework and get ready for the next day.
 I think that It would give students an extra rest within the week so that they can be more energetic towards the end
 of the week as well as the beginning
 I think that sports and activities would be negatively affected by a change in school end time.
 I think that the recharge option is a good idea because it allows people one day a week to take off some of the
 I think that the recharge option is great for people who do sports because sport start times would not be affected.
 I think that the recharge option is the best option because it allows students to catch up on much needed sleep
 without interfering with after school commitments. This is the only option that is better than no change.
 I think that the recharge option would give students an opportunity to catch up on sleep without affecting their
 I think that the start time should stay the same with the accept ion of one day during the week to start at 9:00. I
 believe that is the best option because this year without the start time changing my practice after school starts at
 6:00 and ends at 8:30, if the start time changes then I will most likely be at practice until 9:45 at night when I still
 I think that there should be a start time of 8 a.m. because it gives the students a little more time to sleep in and get
 ready for the day, but not too much in the sense that half the school day is already gone. Plus, the school day
 I think that we deserve more time to sleep especially since we go to bed so late with the amount of work we have to
 do once we get older
 I think the flex option is a good idea because everybody wins.
 I think the flex option will work great for
 I think the idea would work very well and it is just what students need.
 I think the no change option is the best option because everyone is already used to the times.
 I think the Recharge Option is perfect because it won't affect after school commitments but also will significantly
 I think the Recharge option is the best because oneday a week we can have a break from waking up early
 I think the recharge will help everyone without disrupting their everyday schedual
 I thinks its just fine the way it is
 I want more sleep
 i want recharge but only if they don't shorten our breaks or add days to the end of the year
 I want school to start a little later, but not too much later.
 I want school to start later
 I want school to start later
 I want school to start later but not by too much
 I want to start school about 45 minutes later because of how students will feel more aware to learn and absorb
 more information. In addition, many prestigious organizations have data to back up that when students get more
 sleep, they achieve more and their health is better.
 I wanted to change teh tymezz
 I will have time to do my commitments after school. I won't need to worry about staying up late finishing homework.
 I would chose no change because now I have more time for hw and after school sports. They wouldn't need to be
 pushed back because of school times.
 I would definitely love school to start later every day, because even though I have commitments after school I am
 so exhausted I can barely stay awake throughout the day.
 I would like a later start time because in the mornings I feel very tired, and it affects my learning and academic
 I would like extra time to sleep, but homework and other activities after school would have to run later, meaning
 less time to relax at home and to sleep.
 I would like later start times but not so much that we get home late

I would like the recharge option because I horseback after school everyday so this way I would still get out at the
I would like to come in early and end later.

I would like to see school start later.

I would like to start school later so that I can have a better sleep schedule

I would love more sleep.

I would not change the school time because everyone is already used to the fact at getting up at around 6 or 6:30 in the morning. People also have sports after school and if you change the time, their practice will end later and they won't have time to do homework.

I would not like to start later every day but one day a week would be nice.

I would prefer to end school earlier, even if it means getting up early.

I would prefer to sleep later.

I would rather keep the times the same as it would leave time for extracurricular activities, as well as letting my father drop me off in school in the morning

I'd be totally awake by 9am

I'd like to delay school start time a little, but I like that only pushing it back 30 minutes won't mess everyone's usual routine entirely, and beginning school at a time in between the hour and half-hour mark will be really confusing.

i'd like to keep the same as it is now.

If it ain't broke, don't fix it

If school start time is changed it will affect everything in my life and will have no rewards. My work will be pushed back, i would have wake up earlier in order to practice.

If school started too early, it would still be detrimental to teen health. If it started too late, it would interfere with after-

If school starts and ends later, that means all after school activities will be pushed back. At some times during the winter season, Cheerleading practice goes until 9 pm. If it got pushed back even more, that would be worse for the girls' health than waking up early. Also, many teachers would not be able to get to school on time because of the rush hour traffic going south on 95 or the merit. School should stay at the same time because our bodies are used
If studies show that teens need more sleep than they are getting, than why not shift? Health > Sports/Clubs

If the 7:30 day from the recharge option is on a Tuesday it would be the best

If the start time is pulled back, students can then go to bed a bit later to get homework done.

If we can fit in any extra sleep then we should do that if we can. I come to school exhausted from the day before.

If we have kids staying in school longer we will get home later, be starting our homework later, and be getting to sleep later. There will be no change.

If we started school at 9 I would be able to have crew practice in the morning before school instead of staying later

If we started school later than you wont get out until even later and I do clubs inside of school and sports outside of school and I need the extra time after school to stay on track with school and get all homework and studying done.

If you leave school too late you might not have enough time in the afternoon to so all your activities

I'm already accustomed to the school start time now that's why I chose no change. I also try to get involved in many school activities and I'm already out till maybe 7 at night and I don't want to be home later than that.

I'm exhausted all the time at school.

I'm tired.

I'm tired. So so so tired. Extra time in the morning will make a difference.

I'm very tired in the mornings, so it makes it hard to focus.

It allows a break for kids

It allows choices

It allows for people to be well rested

It allows people to choose if they would prefer to start their day earlier or later rather than forcing everyone have to be forced to follow one set schedule.

It allows people who are happy with the current start time to not have to change their schedule while following cdc guidelines and providing for those who need more sleep.

It allows students to have more energy the next day and possibly catch up on assignments

It doesn't affect the school end time too much

It doesnt change the school end times

It doesnt end too late if kids work after school they still can

It doesn't make school end super late

It doesn't make the end time later, but it gives students an opportunity to sleep!!!

It doesn't take away from out of school activities.

It fits with my schedule, my routine if we were to not change the times at all
 It gives us a day to be able to sleep in and be ready for learning. I like sleeping in and getting out early which
 It gives us a day to sleep in but still end at the same time.
 It gives us a day to sleep in but still end at the same time.
 It gives us healthy amount of sleep but still lets us do after school activities
 It gives you a chance for 1 day a week to be able to get a little extra sleep. Even with it being one day a week it
 It is a fair time change because it does not start too late and does not end too late either
 It is almost like we have a half day every week.
 It is always nice to have one day a week to recharge it makes you feel fresh and ready to learn
 It is crucial for teenagers to wake up around 8 the way their bodies are hardwired to do.
 it is easier to wake up later and the school end time isn't too late
 It is good to get the opportunity to recharge every once in a while
 It is important that teenagers maintain a sleep cycle. Options like the recharge break that cycle and impact teens
 mental and physical health negatively. No change is not a good option because it is clear that students are
 SEVERLY struggling and need change. It is a proven fact that teenagers natural sleep cycles don't reach sleep
 until 11 pm with the average teen and that is without homework. The 9 an option allows students to get the correct
 amount of sleep with the work given and still have time to complete after school activities.
 It is important to get sleep, even more for students who take honors and AP classes.
 It is nice to give people a choice between decisions to compromise.
 It is not too much later that interferes with after school activities, but it is late enough that students get an extra 30
 min of sleep. While this may not seem like a lot, it makes a big difference in student's lives. (Option 2A)
 It is so hard to wake up so early and i dont care about getting out an hour or so later.
 it is the most similar to the normal time just moved back a little
 It is unbearable waking up every morning at 5:45 after spending most of my evening doing homework in addition to
 after-school commitments. Changing the school start time using the Recharge Option would be an idea way to fix
 this, but without cutting into after-school time constantly. This way, there is only one day where you have to wake
 It is very similar to my old's school schedule.
 It keeps the end time the same which is th most important thing
 It keeps the end time the same which is th most important thing
 It makes sense
 It seems the best because kids feel like they're recharged
 It sounds good
 it starts later and doesn't end too late
 It still ends at the same time while also getting more sleep on one day of the week
 It will give me more energy
 It will give us more sleep and still give us time to do our after school things
 It will give us one more day to rest
 It won't change every day
 it works with my afternoon schedule
 It would allow students to not get burned out halfway through the week. The reason we oppose a later start time is
 because we would be getting home later, this option fixes that.
 It would be amazing
 It would be beneficial to everyone in the school with health and better peeformance
 it would be easier to get up in the mornings
 it would be easier to get up in the mornings
 It would be good to sleep in one day a week.
 It would be nice to have 2hours less of school
 It would be nice to wake up later and would cause less stress
 It would give some choices, although I would still need to know more about it. The recharge option also sounds
 It would make the health of the students better
 It wouldn't change the end time but it would give us a break.
 It wouldn't change the schedule too much. Waking up earlier instills responsibility in teenagers. You learn that its a
 necessity to get more sleep in order to excel in school.
 It'd be nice to start later but I have no interest in ending later.
 It's a good idea to let teens sleep longer

It's a little bit more time to sleep in in the morning, but it will make a big difference, and we won't be getting out of school incredibly late.

It's better for the kids

Its crucial for the start time to be changed because the lack of sleep is taking over each students life and causing extreme depression, anxiety, and of course stress.

it's hell getting up early and actually staying awake during the day, ive fallen asleep multiple times in class, ive never done this before, within my old school we started at 9:00. i feel like dying every morning.

It's just one day and it ends at the same time.

It's late enough so that we get extra sleep but we still get out somewhat early enough for sports.

it's not a huge impact on people's schedules compared to an hour later

It's the best option

It's very important that students get more sleep. I would still go to sleep at the same time, and I would get 90 more Just more sleep!

Just the right amount of time

Kids need more sleep

Kids would just stay up an hour later, plus it's one less hour to be working after school so it would do more harm lack of sleep due to after school commitments and hw

late start with no time added to the end of the day. Flex or recharge isnt explained will so if recharge adds more time at the end of the year or takes away february break then nobody would want to do that

Later start time

Later start time is better

Later times for School activities

Leave school start time the way it is. Making it later doesn't add an extra hour to the day so it's not going to let people sleep more. All it's going to do is cause several problems that I have listed below.

Many people have after school obligations but sleep is still very important.

Many studies say that teens require 9 Hours and 15 minutes of sleep. If school starts at 8:30, many students will get up at 7-7:15 meaning they can achieve that amount of sleep by going to bed at 10-10:15. Only a one hour shift leaves plenty of time after school to complete work. Earlier than that may not lead to much change.

Many studies say that teens require 9 hours of sleep

Maybe clubs could happen in the mornings before school starts if Options 2a-e

MORE FOCUS

more sleep

More sleep

more sleep

more sleep

more sleep

More sleep

More sleep

More sleep

More sleep

more sleep

MORE SLEEP

More sleep

More sleep and students will be able to be more focused.

more sleep and students would feel more awake and focused

More sleep and time for homework

More Sleep is a good thing

More sleep makes a better student

More sleep really affects education and health

More Sleep, still get out early

More sleep: even with the school day ending later and prolonged sports practices, I would be able to finish my hw and go to bed at the same time regardless of school start times, therefore it would enable me to sleep an extra

more time in the AM to wake up before starting school

more time in the AM to wake up before starting school

more time in the morning, for bus takers

More time to sleep

more time to sleep but still ends at the same time

Most of the students that I know at Greenwich High School do not get the amount of sleep that they need in order to be able to perform their best at school.

My extra circulars end at the perfect time for me to be able to do my homework and then relax for a couple hours

N matter what the starting time is, the earlier we are done the better. Also, even if the starting time is pulled ahead, there will still be a lot of student that will go to bed super late and speculate with the s hook stray time change. I will not change anything - student will get the same amount of sleep and it's just going to make all the other school

N/A

NA

Natural circadian rhythm of teenagers

Need more sleep, but school should start that late because of after school activity

need more sleep, just half an hr makes a colossal difference.

nice compromise

No

no change

No change because I like the times how they are now

Not as big of a change because sports will still take place after school, but still allows kids to sleep in.

Not Effecting After School

not to early and does not end to late

One day a week to "catch a breath" will benefit everyone when it comes to stress.

One day a week we get to sleep in and it doesn't interfere with my sports after school

One day a week would give students the ability to refresh themselves, but not alter any schedules.

One day for extra sleep is best

One day of heavenly sleep

One day starts late and ends at the same time is very good

One day we get less school and can sleep more and it doesn't affect after school activities

Option 2A would be the best for me because I have shores to do at home and other activities

Option 2A would still provide students, and possibly teachers, tim for any after school activities and more for before

Option 2B is hard to oppose because it's a change of less than an hour, but it will make a big difference in terms of how much sleep students get.

Option 2B would allow students to sleep more, but still have time to do after-school activities.

Option 2C

Option 2d: Because it is perfect because its perfect because its not to late or early

Option 6

option 6

option b because school does not end too late

Option C gives a significant amount of more sleep per night (1 hour) but wouldn't drastically impact after school activities. The recharge option is a very good idea, but I'd still be tired for 4 out of 5 days.

people would be awake for school more

People have to do stuff after school so having school at the regular time is good for them. Other people have to do stuff before school so having it start later is better for them.

performances and attendance will rise

Promote better health

Pushing back the hours will only make us go to sleep later because our activities will be pushed back and we still have a lot of homework

Reacherge option seams interesting but im not sure if it would work very well.

RECHARGE

Recharge all day every day

Recharge also could be good as well as 30 minutes later.

recharge because it gives students a break and something to look forward to once a week

Recharge because it gives us a break in the middle of the week

Recharge because it's great for kids to get a day of rest!

recharge because Mondays are always tough

Recharge- end times should stay the same

recharge gives students opportunity to catch up while still being able to attend to after school obligations.

Recharge is a good compromise

recharge is best hands down Amazing do that please

Recharge isn't awful

Recharge makes it easier for everyone to sleep in once a week and still have time for sports.

Recharge option

recharge option

Recharge option bc starts later but ends same time

recharge option because it gives us at least one day to rest and stay in bed for a while

Recharge option does not greatly impact schedule and would simply be like having a delay once a week- when there is an actual delay for snow that day could automatically become the shorter day to ensure that there are no weeks with multiple delayed starts. We already have all the schedules for a delayed start so it would not impact

Recharge option doesn't harm school end time which is the main reason we shouldn't change it in the first place and does give you a "recharge" day which I assume would be every Wednesday since it's in the middle of the

Recharge option gives students the break they need, once a week.

Recharge option is cool because you get the best of both option. You get a day to sleep in and still get out on time

recharge option is nice because for most of the week I can handle the early morning, but it would be nice to have a

Recharge option is the best!!!

Recharge option is very appealing. 30 mins later is best so it doesn't interfere too much with sports. Keep in mind when we have games, the early releases will make us miss more class time though.

Recharge option makes way more sense because it still allows the kids to have some sleep times

Recharge option seems the best "moderate" action; not conservative or too liberal

Recharge option would give us students a day to be able to rest while still ending school at the same time

Recharge option would help students feel less overwhelmed and to catch up on sleep, without disrupting after-school activities every day of the week.

Recharge option, because we get a day of more sleep and doesn't affect after school times

Recharge option, less school one day per week

Recharge option. Does not affect end time.

Recharge option: because we would have a day were you can finally wake up later in a week-day and it wouldn't affect in any other school activities after school

Recharge sounds like a good idea because students would get to sleep for one extra day and still get out the same

Recharge would allow students a day to catch up on work or sleep but would not completely disrupt the current school schedule. I think it's a great idea; I much prefer it to any of the other options

Recharge would be helpful. It would allow me to sleep for a longer time at least one day of the week.

Same end time

School can not end any later or else people will still not sleep as much. The only solution would be to lessen out of school work given by classes.

School end times don't change

School makes students very tired.

School needs to start later so everyone can get a sufficient amount of sleep and I think pushing the school start time back 75 min would allow everyone to get enough sleep while still not having school get out too late

school should have a recharge time

School should start at 8:00 because this way, students like me won't have to wake up at 5:30 every morning

School should start earliest as 8:30 like the AAP and CDC have suggested is beneficial to teenagers, who would be the community most affected by the change.

school should still end at 2:15

School starting at 8 is a good idea because people are able to get more sleep but school doesn't start that late.

School starts too early that students are not able to listen well during their first 2 blocks.

school wont end to late and students would have 45 minuted more in the morning.

Seems good

Shorter days and more sleep

Sleep

Sleep helps

Sleep in time

Sleep is essential for teens.

sleep is good
sleep is very important
Sleep.
Sleeping in 90 minutes more to allow teens' body clocks to function correctly
Sleeping in would allow us to be more awake for school.
So i have a little time to make it to work
So my mom can pick me up on time.
So that I can stay up as late I need to study properly, without worrying about being over-tired the next day.
so that I don't have to wake up early in the morning
So the school end time won't change. Because of sports, I still want enough time to complete my homework in a
Some options seem like they would help
sometimes i need a recharge
Sports
sports
sports after school can continue to stay the same
Start time needs to change, kids are waking up way too early.
start times and end times are NOT drastically changed, so general routines wont be as impacted.
Starting 45 minutes later seems a fair time in which we as teenagers will receive enough sleep
Starting at 8:00 gives a precious half hour of extra sleep/extra help at school. Ending at three is also a good
compromise because it's not too late for extracurricular activities to start.
Starting school 30 minutes later and still getting out of school before 3 is the best response because that still gives
people time to do there extra curricler activities and get 30 mins extra of sleep
Starting school 30 minutes later will be just enough for a better rest.
Starting school 60 minutes later is not too much later or too early - it is the perfect amount.
Starting school later could give me time to shower and eat in the morning
Still get out at 2:15
Still leaves time for after school sports to function and leaves enough time to do homework.
still starting late and ending on time.
Students are able to sleep more, this way able to focus
Students could use one day to recharge and it would help a lot
Students need a lot more sleep. Especially since most students are sleep deprived. If we can adjust the school
times to fit our natural body clocks, it would be amazing.
students need more sleep
Students need more sleep and starting a little bit later doesn't affect sports that much and gives students a chance
students need their sleep!!
Students will be able to choose depending on how tired they are in the Flex Option
Students will get more sleep
students will get more sleep and better able to focus in class
Teachers can still get to school on time as well, and a recharge might be easier than full change
Teenagers in this generation have a habit of staying up for many reasons, talking with friends, playing games,
doing school works. They practically sleep only about 5-6 hours which is okay but it's better if we can get more
sleep that we need. Sometimes we can also wake up early for school reason like studying for a test, homeworks,
That day it gives us a little break, and helps us with our sleep
That one day we have to start at 9 really helps everyone.
the 2:15 end time is crucial for students with Jobs or other after school priorities.
The 30 minute shift allows students to still be able to participate in after-school activities while not having to wake
the 60 minute later start time wouldnt push sport times back too far.
The 8:15 would give students more sleep without pushing activities too far back. The flex or recharge option would
The 8:15 would give students more sleep without pushing activities too far back. The flex or recharge option would
The amount of homework we get is so much that I usually do not go to sleep until around 12 (I get home from
sports practice at 6). I wake up at 6 in the morning to try to catch the bus at 6:47, but i usually miss it because I
cannot wake up in the mornings in time for it. Making school start later will help me wake up with more energy, and
the current start time and end time works perfectly with my afterschool activities(i row) and if they were changed to
later this would have a big effect on the start and end times of these activities
The end time for 2A.

the end time of 2:15 should stay

The extra hour of sleep would go a long way

the flex option is best cause it gives option for the students

The flex option make s everyone happy

The lack of sleep that kids suffer from negatviely affects the synaptic pruning process that occurs in this critical period for brain development

The later, the better.

The only reason to not start school significantly later is because of the work load we are given which is another problem that we will be forced to address if the time is pushed back and therefore an additional positive outcome. Also, as a member of the crew team we have morning practice at 5:30 am some days and instead we would be able to have them at 7:30 and get to school by 9 am. Everybody would be much less stressed and the mental health of the students would benefit greatly. There is a definite problem with mental health in our school.

The options I chose seem to be reasonable enough. The Flex option is not too bad and 2A and 2B aren't such a big deal. Actually, I am fine as long as the time is not too exaggerated and is fair enough. I would not cause an uproar

The options with more time will give students enough of a significant change that they will feel positively affected by

The reason why I want a 8:45 - 3:30 is because some students stay up late studying

The reason why I want to start at 8:45 is because many students have after school activities like varsity team sports. A lot of people stay up late studying at home and doing homework. For the teachers that have kids in their household they can actually wait for the bus for their student or drop their students off at school. They can also run

The recharge could be useful to students that are behind on work or sleep and would be given extra time

The recharge option allows for students to not have to worry in the mornings about assignments as much get more sleep to help them be productive throughout the day and rest of the week

The recharge option allows students to catch up on any sleep they might be missing during the week.

the recharge option because i think it is very stressful for kids at the beginning of the week so this is really good for the recharge option because it gives us 1 day of the week to rest a bit more than usual and would keep us awake and make our grades better

The Recharge Option does not conflict with my after school activities, yet it gives us one day to sleep in, which the the recharge option doesn't affect after school acts

the recharge option doesnt chnage after school and gives us once a week to sleep in which is awesome

The recharge option is a better choice in my opinion. Even though some people don't wake up easily in the morning, one day a week starting later sounds very good especially for some days that may drag on and for some

The recharge option is a good idea, but I'm honestly confused about it. Would we have to add more days to the school year because we are essentially just shortening one day? And what health benefits would this have?

The recharge option is a positive idea because it gives students a chance to get that extra sleep they may have missed out through out the other days within the week.

The recharge option is best because it gives students a break without messing up after school activities

The Recharge Option is essential for students to have one day of the week to make up for the sleep they might have lost during the rest of the week

The recharge option is great- it still provides an adequate amount of time after school while giving students a

The recharge option is great- it still provides an adequate amount of time after school while giving students a

the recharge option is great unless it gives us more days of school

The recharge option is ideal, as I do not want to be in school after 2:15.

The recharge option is perfect because we don't have to get out of school later. The only downside I see to the recharge option as a student is that teachers could take advantage of the recharge day and assign more homework the night before with the mentality that we could do whatever we didn't finish at night in the morning. If all teachers (AP and honors included) agreed not to take advantage of the recharge day I would strongly suggest that is the The recharge option is the best because it will not interfere with the after school activities and it will, at the same, give students more time to sleep. As a swimmer, I know pool time is limited at GHS so if school ended later my practice could end up finishing around 10-10:30pm which is too late of a night. I wouldn't end up getting home until 11pm and I would still have to shower and finish the rest of my homework. Obviously the recharge option is the best because it allows for more sleep while not interfering with after school activities.

The recharge option is the perfect balance for people who have sports and other activities because it lets kids rest a little but still lets out early.

The Recharge Option seems fairly reasonable to give students one day to catch up on their sleep, and that it will not effect and sports or after school activities.

The Recharge Option seems the best to me because I usually have 1-2 days a week where I have nothing after school, and on those days it would be nice to sleep in.

The recharge option seems the best. I don't think that that pushing start and ends time would be effective due to all of my extra curricular activities. I would only be sleeping later than I already do which woudont be healthy.

the recharge option sounds awesome lets do that one. As long as we get out of school at 2;15 I'm happy.

The recharge option sounds nice because school wouldn't get out any later.

The recharge option would allow students who participate in extracurricular activities to still have enough time to do that sport and do their homework. One day a week in which school starts later is the best choice.

The recharge option would be a good change for school

The recharge option would be the best because we would have one day to like sleep in a bit later but still have end school at the same time which is convenient for me cause I have to pick up my sister after school some days.

The recharge options gives students extra sleep and not a major change in after school schedule. Recharge day should be on a Wednesday as it's the middle of the week.

the recharge s great and hence the name, would really help students recharge! I think it would really take students into consideration and be the best option

The recharge will be the best.

The recharged option seems to be the better route to go. So many student at GHS have accustomed their after school activities or jobs to leaving at 2:15 in addition to having one day were everyone gets to start school at 9 am could help many students who need to recharge from sports or jobs.

The school is fine and sports run too late to begin with.

The school start time should either stay the same or we should do the recharge option. If we start school later then kids will go to sleep later. Sports and clubs wouldn't be very reasonable because they would go a lot later. Traveling to school would also be difficult for parents that drive their kids to school and teachers getting to school and leaving. The time change of some sort would be beneficial to my sleep needs.

The time right now is effecting my health

The time that we start is fine.

The time was later but not to late

The way things are now if the best option for everyone.

There is more sleep, and it's easier for students to be awake during their classes

There isn't enough time after school already.

These options do not change the finishing time

They don't seem like they will have a big impact on after and before school activities

They start later than the current start time

Thirty minutes is negligible in terms of extra sleep and anything above 45 minutes is too much time and will affect after school clubs, jobs, etc.

This is a great idea because students will still be able to get out of school in time for sports or other activities but will also get one day a week to "recharge" and get the rest they need and deserve

This is the most realistic because busses won't have their schedules messed up too much and it would give students a more relaxed school week. If you push the start time, people will simply call for a bigger push.

This one wouldn't affect after school activities, but it also allows for extra sleep

This one wouldn't affect after school activities, but it also allows for extra sleep

This would allow for students to feel more refreshed without affecting extracurricular activities

This would greatly affect outside activities unrelated to school and even 30 minutes more sleep per day can help time for after-school activities

tired every day

To start at 8:30 because students can sleep in.

Very effective one day a week mabye friday would be good

Very tired in the morning and never get to eat breakfast. For the first couple blocks I am extremely tired

Waking up later helps teenage mind sets. Just an hour later would help, but still give time for after school sports or waking up later would allow students to be well rested

We can recharge for the rest of the week every monday, and we don't have to stay in school later.

we don't need to change anything

We don't need to exaggerate.

We get more sleep yet still end at the same time as now.

We need more sleep and option 2E would allow us to have more time to sleep.

We need more sleep than we are getting.

We should keep the change within 30 minutes or an hour in my opinion.

we will get a break and a day to feel awake one day out of the week and still go home at the same time

We would feel more awake, better in class, less injuries during sports if we could just wake up one hour later when

we would feel more awake since we wouldn't be waking up when it's dark and in the middle of our deep sleep that

We would get a good night sleep and also we would end at a perfect time for everyone

we would have less time to do homework and in the winter would be dark within 30 min of getting home

We wouldn't get out later but would still be able to get extra sleep. For the Recharge option

What difference does 30 minutes make?

When I have first block opens and get to sleep, my entire day is changed for the better

When I wake up in the morning, I feel tired until at least 2nd block. Any sort of change to delay start times would be positive to me, but the later options would allow me to get the sleep I need.

While changing the start time everyday would be inconvenient for after-school activities and teachers who live far away, the Recharge Option sounds very ideal because GHS students are seriously sleep deprived. This has contributed to the high levels of anxiety and depression I have seen among my peers, so I think that the Recharge Option is healthy and wouldn't compromise after-school activities.

While I would love to start 45 minutes later, I think that that probably of that happening is on the low side. I think that the Recharge option is something that no matter if you are for or against the change in school start time, your will still like this option because we end at the same time.

Will only affect after school time on one day, and teachers and students can prepare for this by giving less work

With my after school and before school activities ranging from sports to band, I need more sleep. Waking up at

5:00 after finishing homework at 10:30 is not ideal, and I can only imagine that work load will increase as I move

With no change, teachers will be able to commute to school without rush hour traffic.

With option 2A, students would be able to sleep in without having to much time taken away from our afternoons.

With the 2a response it is ahead enough to help teen health, and it also dosen't push times so far that students are kept too late after school.

With the No change option, students are capable of getting to school the same way if dropped of by a car, and it gets students out early still so there is time for outside school activities. The recharge option, lets students get rest

With this option, everyone would be able to catch up on their sleep and be more awake in class. I think that having one short day per week can make a huge difference in kids' attitudes

With this option, schedules outside of school would not be heavily affected, nor would the bus' and the it would be

Would allow for at least one day of 9 hours or more of sleep.

Would help increase sleep time without making students get out very late

Wouldn't change my after school activities that much, plus I could get a bit more sleep

You don't get out of school to late but still get to sleep.

You need to change the time because it is crazy to wake up this early when you can't focus in class and don't get enough sleep so you don't get anything out of going to school.

you sleep a little more

You still get to sleep longer and school doesn't end too much later.

You would get more sleep and feel a lot better throughout the day, and be in a better mood.