

Superintendent's Report

Syosset Board of Education
April 18, 2023

Survey Overview



4,256
Participants



2,897
Thoughts



54,543
Ratings



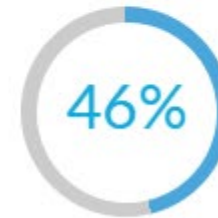
2,594
Participants shared
thoughts



2,308
Participants rated
thoughts



1,965
Participants explored
thoughts



Respondent Overview

- How do you most closely identify with the District?



%		Answer
68%	(2,639)	Parent/Guardian
13%	(493)	Student
1%	(57)	Community Member
18%	(706)	Staff Member

- Participation languages



%		Answer
97%	(4,125)	English
2%	(85)	Chinese Simplified
1%	(22)	Korean
0%	(10)	Chinese Traditional
0%	(9)	Japanese
0%	(3)	Spanish
0%	(1)	Czech
0%	(1)	Albanian

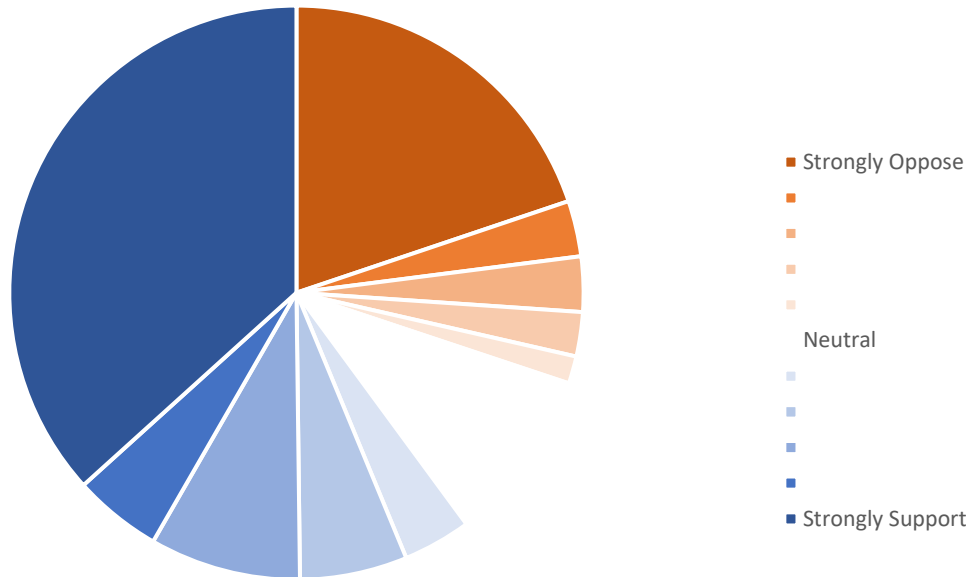
- Please choose the school level you are most closely associated with.



%		Answer
41%	(1,583)	Elementary School
21%	(826)	Middle School
36%	(1,394)	High School
2%	(71)	Not Applicable

Overall Support for Changing Start Times

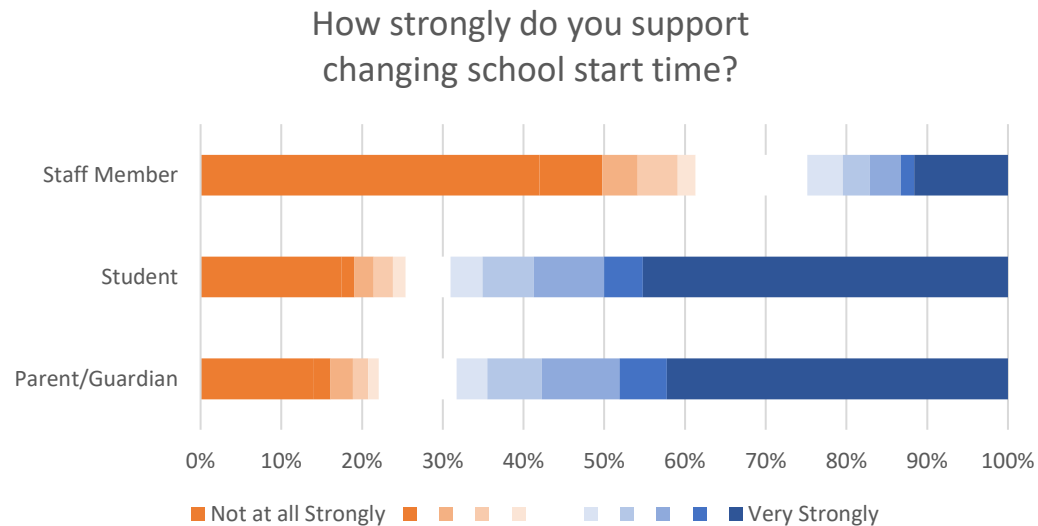
How Strongly Do you Support/Oppose Changing Start Times?



On balance, there appears to be support for changing start times:

- 37% strongly support
- 20% strongly oppose
- 60% with some degree of support
- 30% with some degree of opposition.

Difference in Perspective Between Staff and Parents

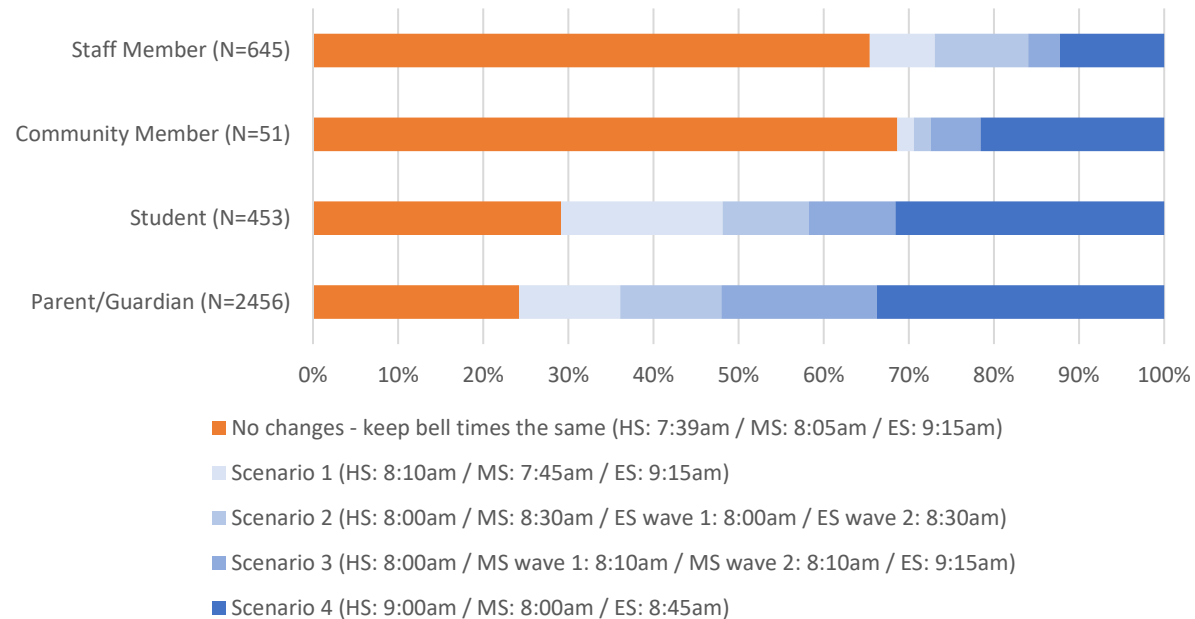


Parents and students are much more supportive of change than staff.

- 39% of parents strongly supported and 13% strongly opposed.
- 41% of students strongly supported and 16% strongly opposed.
- 10% of staff strongly supported while 38% strongly opposed.

Scenario 4 Was the Most Popular Proposed Change

Preferred Bell Time



Among the options for change, the most support is for Scenario 4.

- 39% of parents strongly supported while 13% strongly opposed.
- 41% of students strongly supported while 16% strongly opposed.
- 10% of staff strongly supported while 38% strongly opposed.

“ Side ‘A’ ” - Supportive of Change

Thoughts (Ratings: Side A -- Side B)

•High school kids need more sleep especially after clubs and sport they need time at night to do homework, in order to stay awake with their schoolwork
Kids need sleep and have energy to stay engaged 4.9 - 1.2

•Teens these days have a lot more stressors and thus more and more are being diagnosed with anxiety disorders. Later time would help with reducing this
Anxiety of getting to school earlier among other things or getting detention, is something avoidable by switching to a later start time. 4.7 -- 1.2

•I strongly agree with this change. We were talking about it before the pandemic and it never happened. This is the time to change!
This is a great idea since my high schoolers are not getting enough sleep every day. It is affecting my sons' physical and mental growth. 4.9 - 1.3

•Our high schoolers NEED sleep! You'll be grateful when your elementary child starts high school in the future
We need to prioritize our students mental health. 4.9 - 1.3

•A late starting time benefits Hs students.
It is important for their physical and emotional health. 5.0 - 1.7

•Fully agree with delaying opening specially for high school
Teens are more productive slightly later in the day 5.0 - 1.4

•I strongly agree with high schooler starts school after 8:30. They need more sleep since they have heavy school work. 5.0 - 1.2

•The high school starts too early
Science has shown that a later start time will help 4.9 -- 1.4

•older kids are typically up late due heavy workload, It would make sense for them to start later so they can get enough rest
They need their sleep to function and focus better throughout the day 4.9 -- 1.3

•current high school start time is too early
top priority should be optimizing student health 4.9 -- 1.5

“ Side ‘B’ ” - Opposed to Change

Thoughts (Ratings: Side A -- Side B)

Someone who wakes up at 6:00, ends school at 2:00, and then goes to bed at 11:00 after doing homework gets around 6-7 hours of sleep.

A student who wakes up at 7:00, ends school at 3/4, and then has to stay up later to do work, goes to bed at 12:00 also gets 7 hours. No difference. 1.1 -- 4.7

Working with students, I don't think that moving the HS start time will result in more sleep. Students agree they will only stay up later.

If the intended pro is for students to get more sleep, I don't think shifting start times will help since they still have so many commitments. 1.2 -- 4.9

no need change

It is perfect time 1.1 -- 4.9

The buses have enough problems.. this will escalate them

No need to change what has been trying to be perfected 1.3 -- 4.6

Not recommended to change

The original schedule was very reasonable 1.3 -- 4.8

No need to change the current schedule

High school students should learn to adjust their work and rest time, go to bed early and get up early to ensure adequate sleep. This good habit is also very important for college and work 1.0 -- 4.9

If your child needs more sleep, go to bed earlier

1.2 -- 5.0

Cost

Budget is shaky now. Makes no sense to spend anything on this. We have a premier district and the times have been this way always. Why change it? 1.5 -- 4.7

No necessary to changing time. 1.0 -- 4.6

Keep it the same

No need to spend more \$ 1.0 -- 4.8

Common Ground (highly rated by both sides)

Thoughts (Ratings: Side A -- Side B)

Please do not put the elementary students on the same bus with older students. 3.8 -- 5.0

I have an elementary school child that cannot be home alone all afternoon!

Not all elementary-aged children wake up at early and my children also need their sleep. To force them to wake up at 6am is not healthy! 4.1 -- 4.4

Changing school start times doesn't guarantee more sleep; good sleeping habits, like going to bed early, are more important. 4.3 -- 5.0

I'm confused on elementary school kids and secondary school kids riding together? If you mean on the same bus at the same time, I'm not okay with that AT ALL. my k child doesn't belong with a middle school or high school kid 4.7 -- 4.4

Club and sports still should be after school

The whole point is to sleep more in the morning, and many students prefers clubs after school 4.7 -- 3.7

Elementary students typically go to sleep earlier than high schoolers 4.4 -- 4.1

Kindergarten students may go to bed earlier, but that doesn't mean they want to be on bus going to school at 7 am! 4.3 -- 4.6

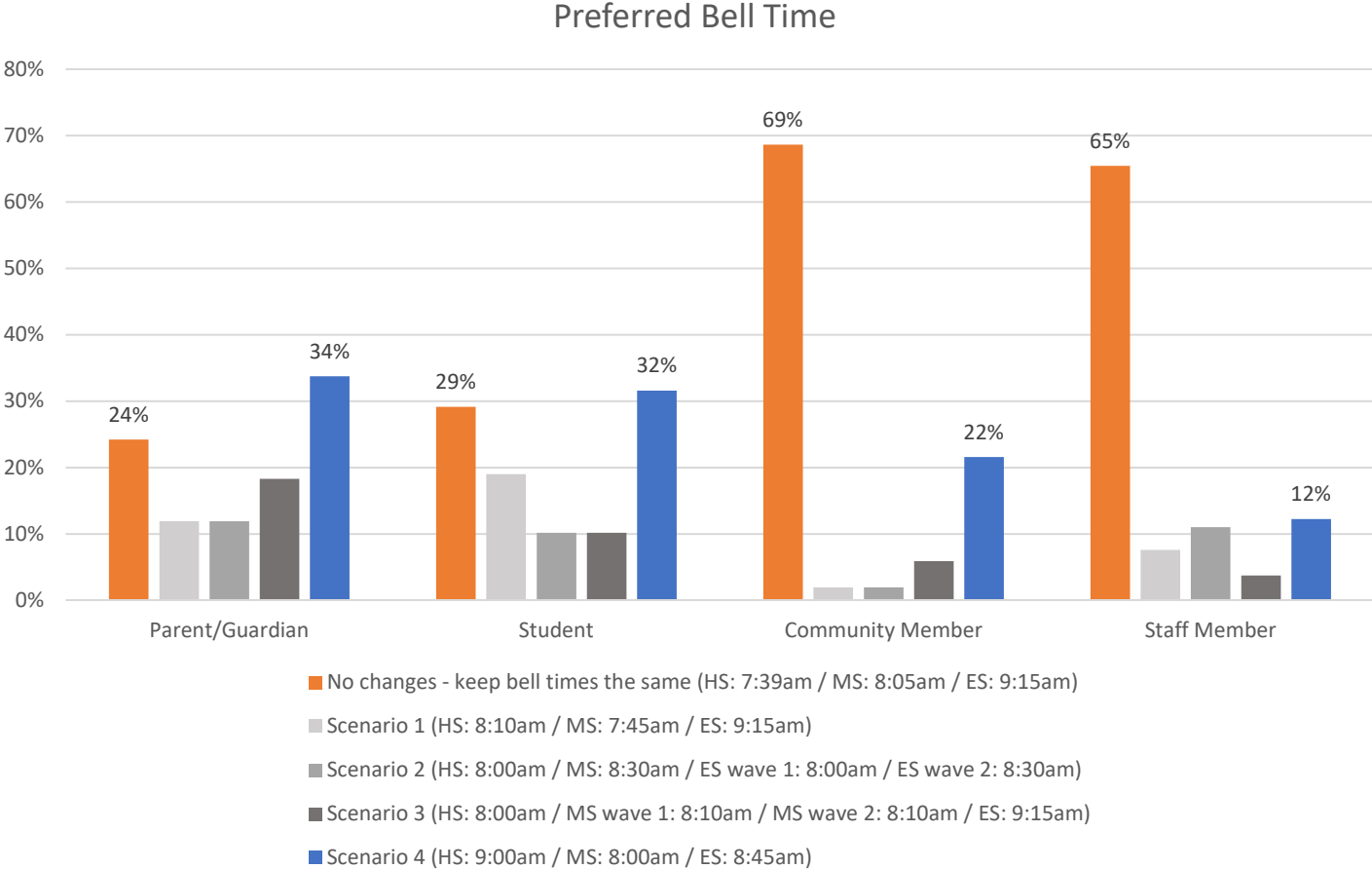
Parents need to ensure that their students have an adequate sleep schedule and keep them off social media at night 4.5 -- 5.0

I really do not like the wave scenarios where kids go home at different times from the same school. This would create tremendous amount of confusion and inconstancy. Also dismissal processes occurring 2 times. 4.1 -- 4.4

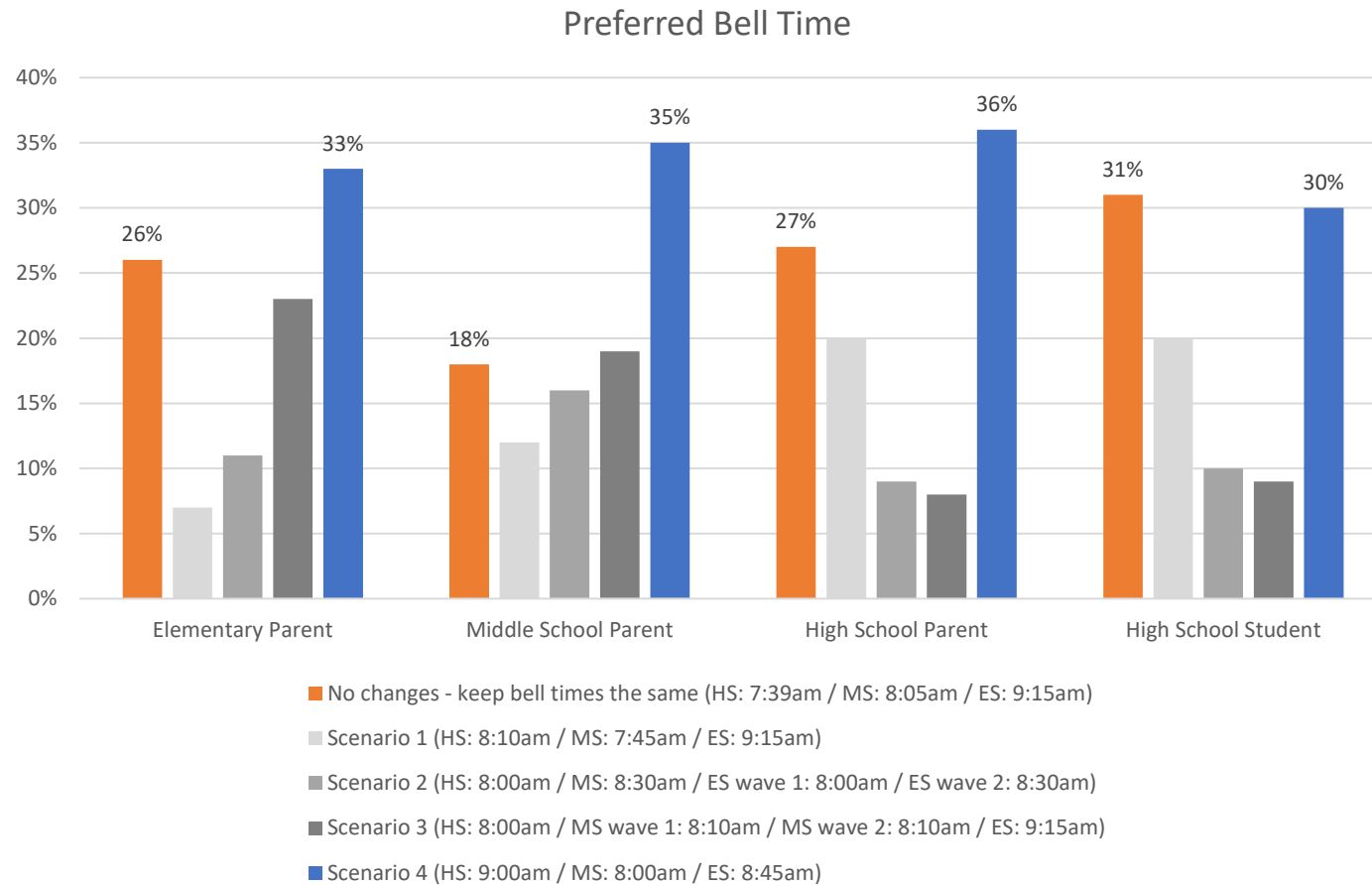
Elementary students DO NOT belong on a bus with middle school students!!!

The youngest students are 4 and 5 years old. They should not be on a bus with middle school kids and no supervision! 3.8 -- 5.0

Preferred Bell Times by Role

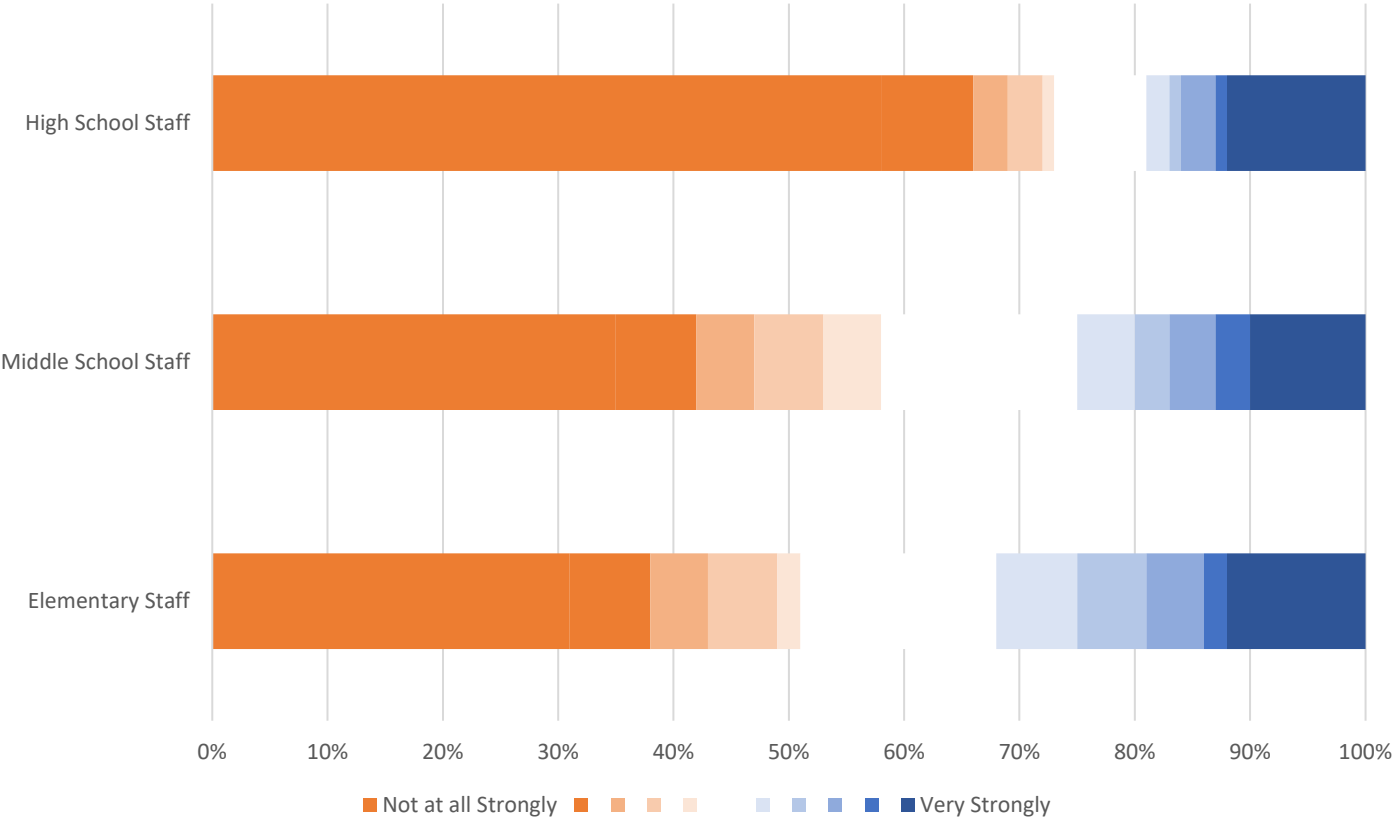


Preferred Bell Times Among Parents and Students



Level of Support By Staff Role

How strongly do you support changing school start time?



Conclusions

- ▶ There is support for changing school start times among parents and students;
 - ▶ The support exists among parents of children at any age;
- ▶ There is opposition to changing school start times among staff;
 - ▶ The opposition is strongest among high school staff, less so at elementary;
- ▶ Of the various scenarios proposed, Scenario 4 has the most support among parents and students, regardless of the age of the parent's children.
- ▶ Regardless of support for change, there is consensus around:
 - ▶ Not commingling elementary and secondary students on buses.
 - ▶ The need for students to develop better sleep habits.
 - ▶ Concerns about the impact of social media on sleep.