

Des Moines Public School Parents and Community Members:

Research has shown that teenagers benefit from later school start times that would result in more sleep, better health, increased academics and improved attendance rates. Similarly, elementary aged students benefit from school starting earlier, which is closer to their natural waking times.

Des Moines Public Schools is considering changing school start and end times for students to better align with American Academy of Pediatrics recommendations.

- Middle and High school students would start no earlier than 8:30 a.m. and end at approximately 3:30 p.m.
- Elementary school students would start at 7:50 a.m. and end at 2:45 p.m.
- Smouse, Ruby Van Meter, District Wide Programs and Early Childhood Special Education would start at 9:15 a.m. and end at 4:10 p.m.

Des Moines Public Schools is seeking input on these proposed changes from the community. Please complete the following survey which will take approximately 10 minutes. Your feedback is an important part of this decision-making process.

1. Which of the following best describes your student(s)? Select all that apply

- Elementary School Student
- Middle School Student
- High School Student
- No student enrolled at Des Moines Public Schools

2. Please prioritize the following factors from 1 to 6 when considering student schedules, where 1 is the most important and 6 is the least important.

- \_\_\_ Students' sleep and general wellness
- \_\_\_ Students' academic performance
- \_\_\_ Before and after school care
- \_\_\_ My work schedule
- \_\_\_ Availability of transportation other than the bus
- \_\_\_ Timing of after-school and extracurricular activities

3. How would the change in start time impact you and your family?

- Very positive impact
- Positive impact
- No impact
- Negative impact
- Very negative impact

4. Please read each of the following statements and select to which extent you agree or disagree.

The change in start time would allow for a better sleep schedule for students	Strongly Disagree	Disagree	No Opinion	Agree	Strongly Agree
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The change in start time would reduce tardies and absences	Strongly Disagree	Disagree	No Opinion	Agree	Strongly Agree
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The change in start time would increase academic performance, specifically at the beginning of the day	Strongly Disagree	Disagree	No Opinion	Agree	Strongly Agree
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The change in start time would reduce the risk of drowsy driving for high school students	Strongly Disagree	Disagree	No Opinion	Agree	Strongly Agree
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The change in start time would improve students' health and well-being	Strongly Disagree	Disagree	No Opinion	Agree	Strongly Agree
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The change in start time would prevent students from having an after-school job	Strongly Disagree	Disagree	No Opinion	Agree	Strongly Agree
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The change in start time would create a problem with childcare for my student(s)	Strongly Disagree	Disagree	No Opinion	Agree	Strongly Agree
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The change in start time would prevent students from participating in after-school activities	Strongly Disagree	Disagree	No Opinion	Agree	Strongly Agree
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

5. Do you have any additional comments or concerns regarding the change in school start time?

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