

Northfield Public Schools Board of Education

Monday, December 16, 2019 Work Session

5:00 p.m. - 7:00 p.m.

Northfield High School Media Center

Agenda

1. Welcome and Overview
2. Late School Start Time
 - a. Process review
 - b. Draft plan review
 - c. Student, staff, and parent feedback review
 - d. Transportation impact review
 - e. Activities impact review
3. Next Steps

Why are we considering a later start time to the school day for secondary students?

Medical research has demonstrated that teenagers’ internal clocks, around the time of puberty, shift later. Biologically, the release of melatonin begins later than it did before pubescence. Melatonin is the hormone that governs a person’s sleepiness. The hormone returns to the pre-pubescent level when a person reaches their mid-20s. This change in the release of melatonin means that a teenager isn’t being difficult when they say they aren’t tired. It also means that they aren’t fully awake during the first class period of the day. Dr. Bryan Hoff, a board-certified sleep medicine physician, has presented to the school board and high school staff in the past more deeply explaining the medical changes that occur and how they impact teenagers. The impact of a later start to the school day has also been demonstrated to increase student academic performance, improve student mental health, positively impact student physical health, and increase athletic performance.

Family and staff impact

The District recognizes there will be an impact on families and other schedules within the community. Any change to the school schedule could also affect staff members, especially those who live in other communities. This impact is taken very seriously.

How did we get here?

A committee comprised of teachers, administrators, and parents met in the Spring of 2019 to review the research identified above. In June, Director of Teaching and Learning Mary Grace Hanson presented the committee’s recommendation to the Board of Education. Based on the evidence, this recommendation was to create a draft schedule to analyze how a later school start time could work in Northfield.

The possibility has been shared multiple times with district staff through the semi-monthly staff newsletter and with parents through a video message sent in August. The *Northfield News* did a story about this possibility in August and it has been discussed extensively on KYMN radio. There have been emails to parents alerting them to this conceptual change as well as a district social media post. Several feedback sessions were offered to secure parent, staff, and student feedback. Feedback is discussed later in this updated document.

Preliminary schedule parameters

The district is operating with four criteria:

- The change should be as close to cost-neutral as possible.
- The secondary start time must be after 8:30 am to align with the medical research.
- The elementary school start time should be similar, or earlier than it is right now.
- The change must satisfy the minimum number of instructional hours required by the State of Minnesota.

Draft schedule concept

The following is a *draft* schedule concept. The times are approximate and for modeling purposes only. These updated draft times are based on a Benjamin Bus routing simulation.

Age Level	Draft Start Time (approximate)	Draft End Time (approximate)
Elementary	8:00 a.m.	3:00 p.m.
Middle School	8:30 a.m.	3:24 p.m.
High School	8:45 a.m.	3:39 p.m.

Rural bus routes would continue to pick up all students, Kindergarten through 12th grade. Buses would most likely begin to pick up rural students at approximately 7:20 am. Employee schedules are still being reviewed for the most efficient start times.

Feedback

The District held feedback sessions at Bridgewater, Greenvale Park, Sibley, Northfield Middle School, and Northfield High School (two sessions.) A feedback session is scheduled at the ALC on December 10th. Parent feedback was also solicited through feedback sessions on November 18 and 21. The District Youth Council (DYC) solicited feedback from Northfield High School students on November 20 during the school's flex period. The DYC feedback was debriefed on November 25. Additional online feedback opportunities are planned for staff, students, and parents. Data from the feedback sessions prior to November 21 accompanies this document.

Participants were asked three questions:

- What are the benefits of a later school start time for secondary students?
- What are the problems to be solved?
- What additional questions do you have?

The following table includes top themes from the feedback meetings. A copy of the notes taken during each feedback meeting accompany this document. This process elicited the benefits, the problems, and the questions but was not able to capture how strongly the groups felt about each item. While the benefits identified are more broadly stated, some problems identified impact specialized groups or events. Some items were identified in both the problems and questions category. Some “questions” could be “problems” but aren’t a certainty in a hypothetical discussion.

Benefits	Problems	Questions
<ul style="list-style-type: none"> ● Medical research demonstrates significant benefits ● Improved academic performance ● Improved physical health ● Improved mental health/reduced anxieties ● Sleep cycles align better with the school schedule, providing a more natural bedtime 	<ul style="list-style-type: none"> ● Disrupting family schedules ● Childcare challenges ● High School athletics/lack of facilities to run more events simultaneously. <ul style="list-style-type: none"> ○ Practice times later ○ Additional class time missed for away contests ○ Additional substitute cost to cover coaches leaving early ○ Coaches have a later schedule ● Youth sports: practices also now begin later ● Rural busing: students may not get a similar benefit ● After-school jobs could be impacted ● Transportation changes doable may not be ideal (at first) 	<ul style="list-style-type: none"> ● What about Professional Learning Community times? ● What happens to the HS flex period? ● Would some coaches stop coaching because of the later time? ● Would some commuting staff leave because of times that don’t align with their own children’s schedule? ● Would this impact the quality of applicants for coaches and teaching positions? ● Can other changes happen simultaneously? (i.e. modify current building schedules, adjust homework expectations, etc. ● Does this schedule change prepare kids less for the workforce?

What’s next?

The Board will hold a work session on December 16 at 5 p.m. to further discuss this issue and the concept plan. There may need to be additional feedback sessions. I recommend the Board make any final decision for the 2020-21 school year by the end of January 2020.

HS Comments on later school start time 11.11.2019 and 11.13.2019

What do you see as the benefits of the change?

Compelling research it's good for kids
Older kids being around for younger siblings in the morning
On bad weather days maybe roads would be cleared
Safer more sunlight
Better mental health

First hour the kids would be more engaged
Take a survey of teachers?
We believe the study
Positive for kids

What problems do you see that need to be solved?

There may be other strategies the district could engage in to help with exhaustion (there may be other parts of the equation that could help with this issue)
Make sure we do not shorten instruction time
Cost of coaches and students leaving early
More sports during daylight
Students leaving early and missing class
If flex hour is maintained can it be moved to another time
What's cost-neutral for district may not be cost-neutral of families
Do we end up with more tardiness because kids sleep in because parents aren't there
We do so much with our kids in the morning ... test collection, tutoring, etc because nothing can happen before school starts
We can't control when students are working so they may work in the morning before school
Transportation issues
Teacher coaches would be out of the classroom more

Will kids just stay up later? Sleep people say no
All schedules getting pushed back later ... less homework time
Sports specific, how does that work with athletics and leaving early and missing more school and getting home so late
What about kids that have jobs or teachers/coaches that have other jobs?
Are the busing pool affected/drivers?
How does this work with flex and CCR? We went to flex to engage CCR
We would have to think differently about PLC ... that will not happen as it does now
Kids that go directly into the workforce, are we doing them any favors by letting them sleep in and are we getting them career ready?
The overall family impact is enormous and as a coach I get home late and students get home even later

Some kids stop being involved in co-curriculars because they don't want to miss school, and now they would miss more school.

We need more facilities for athletics

Students are excited to sleep in but then don't like that they wouldn't get out until 3:45

How will it work with younger students and older students at home alone in the morning

There is a concern about ice time if HS hockey takes three hours after school and then youth hockey wouldn't get on ice until 7pm

How does busing work /transportation with two routes

These are the questions I still need to be answered?

What are the results of this research and implementation?

Opportunity for a zero hour?

Is staff able to flex if needed?

Teacher contract can change by 45 minutes

Elementary kids vs MS and HS kids time on the bus

Are kids actually getting extra sleep? Going to bed later because they can sleep in?

DYC was involved in the initial study last spring

Recommend a policy that limits what and when morning activities can occur if we go this direction

Don't believe the community understands the value of athletics

How would late start affect food service?

How would the school day schedules be developed and changed?

Could the start time be 8:15 instead of 8:45?

The medical research is settled; there isn't research out there that debates the medical research

Preliminary Later School Start Time Plan Feedback | Northfield Middle School | 11.12.2019

Looking at the start time for secondary students - research is biological and settled. Dr. Hoff. Pubescence = circadian rhythms shift, and bounce back after puberty. The biology of teenagers. Mental health and academic health are impacted positively with later start times.

Cost neutral approach. What would it look like in Northfield? How would it work here?

Segue into Four Criteria:

1. Cost neutral
2. Secondary start time after 8:30 AM
3. Elementary start time similar, or earlier
4. Must satisfy instructional hours by MN

Draft Schedule

Teenager Study on car accidents (Northern State vs. Kentucky)

California Law/Statute - HS start time is after 8:30 AM

BIG9 Impact

Timeline: 11/25 - proposal to school board, 12/16 - board work session, Late January - board decision

1. What are the benefits you see to later start times?
 - Strong research
 - Students learn and understand it and they want it
 - Prep time before school for teachers
 - Benefits to mental health
 - Bus routes will stay the same for rural students
2. What are the problems you see to later start times?
 - Bus routes will stay the same for rural students
 - PLC time - when would it be or how would it look?
 - Student-athletes - missing additional class time, flex time (athletic release time ave 1:15p)
 - MS student-athletes playing HS sports - missing class? Avg dismissal time around 1:10 PM
 - No before-school practices
 - Gym space in the district - younger ages practicing later at night
 - Flex time at the HS
 - Disruptions to family routines
 - Parents still dropping kids off or picking up late / Supervisory issue
 - Home later at night - cutting into family time
 - Families who rely on MS or HS students for childcare
 - Childcare options
 - Participation and attendance for afterschool programs - increase or decrease?
 - Some students stay up longer; later start time does not = more sleep. Some will stay up later to play games
3. What questions do you still have?
 - What would PLC look like?
 - What is best practice for optimal mental health
 - Educate families in other areas beyond sleep challenges - screen time, nutrition, etc.
 - Is sleep too general?
 - How are we going to fix this systematically and what's best overall
 - What about HS/MS scheduling throughout the day?
 - How will we know it's working? What's the goal(s)?
 - How will the board hear our concerns?
 - What does PLC late-start data suggest? (MS write-ups are second most on this day-Mondays are worst)

Greenvale Park Feedback on Later School Start Time

What are the benefits of starting school later?

- Obvious Benefits
- Elementary teachers who coach can stay at school longer before coaching
- Elementary students can watch younger siblings in the morning
- Elementary students would be on the bus for less time
- Staff could have meetings before school vs after school

What are the problems with starting school later?

- Elementary students would be on the bus longer in the afternoon
- Is the extra hour truly going to be sacred? When will before school activities start?
- Later sports practices, later dinners for families
- Community sports practice after school sports practices
- Sports fields don't have lights
- Rural high school students will not gain as much sleep as in town students
- Elementary students would not have older siblings to watch them after school
- High school students wouldn't be able to help with Ventures after school
- High school students with jobs are starting and working later
- High school students would wake up to take care of younger siblings are they getting the extra hour of sleep?
- Students who leave early for appointments would be missing more school

Anything Else?

- Flex hour at the high school - can it get moved to the end of the day?
 - Students in sports wouldn't miss as much school for games
- How would this help or affect traffic by the high school and middle school?
- Could there be a universal process for students missing class vs having to check in with each teacher
- How have students responded?

Sibley Elementary feedback on a later school start time for secondary students

11.14.2019

Benefits

Research on science behind it.

Elementary eases in with morning meeting and HS starts right away.

Bus times being pushed back for MS/HS

Morning benefit for families with child care dilemma.

Mental health benefits

HS Rally and other club times pushed back.

Opportunity to open the discussion on bed times for younger students.

Problems

How will this impact PLCs?

Making sure kids are well fed.

Child care.

Athletics is a large issue.

Work force issue for kids who have jobs after school.

Committee meetings at the district level may be challenging.

Tardiness factor for students who have parents already gone for the day.

Questions

Would the MS/HS have to shift their teacher duty day?

Will Extra Curricular schedules increase students missing more school in the spring?

Bridgewater Staff Discussion Notes | 11.06.2019

Good

- It is in the best interest of kids
- Good for kids - medical research
- Improved traffic pattern
- HS drivers will not be on the road when BW students are walking home.
- BW will be in school before student drivers are going to the HS.
- MS kids will not be coming down to BW at the end of the day
- Sleep cycle will improve for older kids = improve performance in school and sports
- Better staff work times
- More teaching time in the morning before lunch
- Elementary teachers that coach will be able to be to practices on time
- FFA & PSEO students have time in the morning to take classes elsewhere and then return to NHS for most, if not the entire school day.
- HS teachers could have a before school job

Challenges

- Logistics
- Sports
- Rural kids - amount of time on the bus
- Homework - less time to complete assignments at night
- Other disruptions
- Before and after school daycare
- District meetings
- Childcare - Extra financial burden caused by this change
- After school volunteers (PLUS) are typically HS kids
- Facility use for after school activities (gym, ice, golf course, etc.). This will push practices back for all levels.
- Added stress on families getting younger kids ready in the morning

Questions

- What will we do with Wednesday late starts?
- How will this affect flex hour at the high school?
- Have we thought about adjusting the school day to help with sleep time instead of moving things up? (Shorter School Day)
- How much extra class time will be missed by students in activities?
- Could this be on a trial basis for a short period of time (like a month)?

Student Public Comment Later Start Time!

Intros:

1. Jack and Alice introduce themselves
2. Tell everyone what the school board is talking about

Small Group Discussion

1. What are the good things about the later start time?
2. What problems do you see?
3. Flex or Late Start?
4. Other questions/comments?

Large Group

1. More sleep
2. More productive at night due to hormones
3. Teenagers are biologically programmed to go to sleep around 11 and wake up around 8
4. Better development
5. Healthy body healthy mind
6. Activities and sports practices: ending later and missing more school
7. Increased enjoyment/performance in activities because people are less tired
8. Students who work or have appointments would have to adjust, scheduling gets difficult!
9. FFA students
10. Transportation and drop off, busing
11. Intradistrict transfer
12. Overwhelming support of FLEX over the later start (if necessary to choose between)
13. What will happen with snow days? Hour/two hour late start days/early releases?

(20-30 students in attendance)

APPROX 50-50 POLL, MAYBE 40-60 FAVORING NOT SUPPORTIVE

December 10, 2019

Benefits

- ALC students will benefit the most of all the district because of the unique demographics of the school.
- Commuting staff on mornings that aren't great weather-wise. Traffic improvement.
- Student engagement - the better sleep cycle could help with "students being present."
- Large number of kids who have insomnia issues -- positive.

Problems to solve

- Parents/ALC students with younger students whose secondary school students do after-school care.
- After school jobs? This could be an equity issue for students who are primary breadwinners for their families or themselves. Already an overlap -- could this make it worse.
- Student feedback to the ALC staff (Cheryl) has been negative.
- Students will stay up later...school does not have control of when students go to sleep.
- Economic issues could be pronounced.
- Student responsibilities may push students to go to bed later because of later arrival at home
- There could be a greater need for staff to take time off for personal appointments (Dr., Dentist, etc.)
- Child care issues.
- This may not help the ALC students as much as others (equity lens.)
- Experience: students there and more credit at the earlier part of the day but decrease at the end of the day.

Questions

- Will it improve attendance? Current Wednesday data suggests that it doesn't make a difference.
- Will teacher/staff start and end times be different across the district?
- Could students take advantage of the morning time to complete additional school work.
- Could there be a zero hour at the ALC for students for credit recovery?
- Would there be students who want to take advantage of work experience? Could this increase credits?
- How will this impact our ability to get substitutes?



Later School Start Times
LF Feedback Meeting | December 10, 2019

December 10, 2019		
Benefits	Problems to solve	Questions
<ul style="list-style-type: none">• The potential positive benefit to starting younger students earlier in the day (if we move pre-school day earlier.)	<ul style="list-style-type: none">• Home visits for pre-school could be an issue because of a later start.• Child care issues.• After school activities - how does this impact?	<ul style="list-style-type: none">• What happens to pre-school transportation.• What happens to pre-school start times?

November 18		
Benefits	Problems to solve	Questions
<ul style="list-style-type: none"> Students feel more rested and better able to pay attention Improve memory Improve grades +2 More sleep for high school students - solid research +3 Earlier start times for elementary students who wake up earlier Benefits mental health, depression/anxiety +2 More time in morning to schedule medical appointments +1 Less dropouts Better physical health More productive time - kids not doing homework late, finishing in morning with clearer thought Stated medical benefits Would be helpful for some students that we don't normally see at these types of meetings Willing to study with large groups of people Adjusting start times could help students fall asleep at a more comfortable time This will give an opportunity for students to establish a morning routine Will more teachers be available to help students in the morning? +1 Decrease in car accidents Wednesday students are more awake Benefit for elementary kids to start earlier +1 	<ul style="list-style-type: none"> Be careful about not inserting all activities before school Sports practices too late/youth sports +2 Family time +2 How to preserve staff professional development Rural busing/how do they benefit +2 Businesses rely on students to work after school around 3-3:30 p.m. +2 Students missing more class time due to activities +1 Less time to practice for sports More stress for student athletes Later practice times could hurt teams as daylight decreases and not having lights to practice under (golf, nordic) +1 Kids not using time to make up sleep +1 Look at issue systemically - athletics/school work Any added cost to needing to get kids to school early due to work schedules? Same wake up time for rural kids Later go-to-bed time because of shifted schedule Athletic practices would move to mornings +2 Youth/non-school related scheduling issues (church activities) Dinner? How will later starts affect students who have 	<ul style="list-style-type: none"> Impact on students getting breakfast at school Special Ed transportation Student supervision at home Flexibility of high school athletics - can we make adjustments? Will we still have flex hour for high school students? +1 Will we still have Wednesday late start?/We argue no and spread the 12minutes across the 5 days +1 Impact on district staff? Could we shorten flex to get an earlier end time for high school? Flexibility for rural students to catch the bus at an elementary school? Are the rural families seeing any benefits? How would this impact CCR? How can we help students get adjusted to the school day right away in the morning? What is the number/percentage of rural kids? +3 Does PLC remain on Wednesdays? +1 Do kids from schools that have done this actually get more sleep? Could Monday-Thursday athletic start times be adjusted earlier instead of, or in addition to, moving school start times? How will this affect the school day length for elementary as well as high school students?

	<p>to wait at bus stops, especially in winter?</p> <ul style="list-style-type: none"> ● This could push students driving home during a specific rush hour ● Will more school meetings with teachers be moved to this extra hour? ● Families who can't adjust schedules with work will be affected/children will have to be alone? +1 ● This could affect us later in life after college because we will have to wake up earlier for work/life lessons +2 ● Teacher coaches hours will also be affected/more subs +1 ● Will this affect the kind of teachers that will be available to us (possible certain classes would not be offered)? +1 ● Later homework due to sports ● Worry about MS students being trusted to leave house on own ● PLCs & contracted time +1 ● Elementary kids home before HS/MS so home alone +1 ● After school child care staffing ● Many kids are awake early - based on time of light ● Bus driver availability 	<ul style="list-style-type: none"> ● Will rural pickup times still be the same in the morning? ● During this time of the year when it gets dark sooner, will this be safe for students who need to drive or walk home after school? ● Could we decrease the amount of school periods? ● What are the differences in GPA between 1st period math and 3rd period math, etc. ● Grade differences on Wednesday tests vs M,T,R,F tests? ● Have school end at same time since we're ahead on minimum requirements ● In fall, daylight savings switch is there a benefit to the switch? ● FRP - how will those students still get food? ● Do we get to vote on this topic? Will all students have input? ● What will rural students do when they arrive Wednesday late starts at school? ● How does this affect programs like Ag classes in Randolph? CNA course?
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November 21

Benefits

- Improves academic performance +7
- Makes sense, the benefits are clear & they are not just “medical” +2
- Less car accidents is very compelling +1
- Sports performance +1
- Feeling better, probably less depression because of aligned sleep; maybe less suicide
- Kids who spoke up seemed to think there would be a benefit to some who had a change felt like a new person
- Eating/better food choices +1
- ADD meds kick in/kids with learning disabilities benefit from a later time as their med have more time to kick in +2
- Kids can sleep according to their schedules +2
- Improved mental health +5
- Aligns with daylight, so students aren’t waking up in the dark/safer +1
- Childcare costs could benefit
- Students who work on family farms
- Teenagers energy increases when most other age groups begin to get tired
- Later in the day = better focus/better memory +2
- Biological clock/sleep cycle/circadian rhythm +2
- Not necessarily more sleep but better sleep
- More sleep increases involvement in extracurriculars
- Awake during the 1st hour/more refreshed +2
- May reduce reaction/need to “crash/meltdown by end of week
- Kids (much younger) are up early anyway, so having them start earlier would be good
- Fewer tardy disruptions +1
- As an educator, kids are more alert by 3rd hour

Problems to solve

- Letting more people know about the discussion sessions; there was some complaining
- Concern about littles and their sports having to go later +2
- Kids after school jobs start times/work schedules +6
- Start time spread between levels; hard to manage drop offs spread over long times if drive kids to school; it takes 30 min now vs 45 min
- Other after school programs affected not just athletics
- Effects on wednesday church activities +2
- Morning if parents go to work first, would there be an increase in truancy?
- Rural kids would not benefit +3
- How will sports be affected/athletic practices getting out later +2
- Is it a safety issue for students to be getting off the bus/driving in the dark? +4
- What about the students who go to bed early and get up early?
- Flex? Keep it. Students love it
- Administration contracts & PLC with current late start
- Arcadia/other extra electives offered other places with adjusting schedules
- Daylight for outdoor winter sports (XC ski) +1
- Childcare? Older sibling care no longer an option
- It is impossible to “catch up” when you wake up before 7:00 every morning
- You can’t binge sleep - it contributes to sleep deprivation
- iPad (bluelight) isn’t helping when it comes to long, quality sleep

Questions

- Will kids just go to bed later? And get no more sleep? What does the research say about that? +1
- Why aren’t we discussing starting even later since it is good for students later than 8:30am?/Are other time being considered -Sibley swap +1
- What does the research say about younger kids’ start times?
- What happens to flex? Could they take 20 min out of flex to make end time earlier to help athletes & students who work? Or just shorten it? +2
- Is there research about better sleep/performance results on into the future (more prepared for workforce)?
- Would Wednesdays be the same as other days or later like now? +5
- Would kids opt for college prep classes/electives instead of senior transition 1st hour?
- How will late starts be affected?
- Our school already does more hours than the State requires. Why not decrease the time we are in school? What are the consequences? +1
- Could we do a trial run for 1 month then work out the quirks after? +1
- Would kids still be awake & alert at 3:45?
- How would class schedules/lunch be affected?
- The bus times for elementary, MS and HS seem really close together. Would the elementary start even earlier?
- Why don’t we switch up the daily schedule? How difficult would it be? Block schedule? +2
- Arcadia start time change - the same as HS?
- Would kids be able to be at school early?

- College earlier 8:15am (least subscribed classes)
- Fewer caffeine/energy drinks
- Longevity
- Late start vs shorter day = Wednesdays
- Some extracurriculars that now start at 7am can start later
- Correlated with lower rates of drug/alcohol use, car accidents, etc.

- Impact on family time +2
- Cycle of homework at home with parents possibly having 3 cycles of homework time
- Sounds good to sleep in but losing the time after school sounds not so good
- Missed class time for athletes +1
- Athletic schedule - less time for homework
- Children arrive early at school
- Teacher schedules working later & being an advisor to after school activities. Kids in different school districts or different schedules.

- What's the current tardy/attendance rate st hour compared to other hours?
- Will evening/after school activities be pushed later?
- Would early bird practices and/or "zero hour" classes become a trend? Would there be parameters in place?
- Could the district amend after school care options & transportation for elem kids? +1
- Could there be an aligned dismissal between MS & HS?
- Could the instructional hours be shortened?
- Attendance correlation?
- Would we consider getting rid of the iPads?
- For incoming 1st year students would there be a way to hold a mandatory workshop or 2-3 week class to address organizational & study skills?
- Do teachers notice any academic improvements on Wednesdays?
- What is the impact on school lunch service?
- Create class schedules for after school extracurriculars that have book heavy classes at the end of the instead of (art, chemistry, wood shop) hands on classes?
- A ban on morning practices? More sports on the weekend? Will sports call for morning practices? +1
- Would practices be shorter?
- Research: what is the measure of academic improvement?
- College-like class options/budget problems
- What time will HS doors open for early kids?
- What specific events or issue sparked this idea?
- Do teenagers have an afternoon slump?
- Flex time may be preferred over late start
- Does this change PLCs for teachers?
- Is there a way to start later, change class schedule, & keep same end time?
- Eliminate flex & go back to old lunch schedules
- Screen time effect on sleep
- What is the ratio of city kids vs rural?

Youth Sports Collaborative Later Start Feedback

Northfield Public Schools has been discussing the possibility of modifying its school start times to better align with medical research about teenage sleep cycles. During our initial feedback meetings with parents and staff, the schedule for youth sports has been raised as a problem due to the possibility of later youth practices. While this concern makes sense right away, I am reaching out to ask your organization these questions:

Association Name *

Northfield Volleyball Club

Person completing this form on behalf of the association.

Jessica Hafemeyer. board member/coach

E-mail address of person completing this form on behalf of the association.

jhafemeyer@yahoo.com

How do you see a change in the school start times impacting your specific association? While we have some assumptions about the effects, I want to make sure we have your specific analysis.

If high school were to start and end an hour later, we assume that we would not be able to start our practices until an hour later. We currently run practices 6-7:30 and 7:30-9. We try to have our youngest girls practicing at 6 and have been mostly successful in doing some, but we have 12 and 13 year olds practicing until 9 pm two nights per week. If we are pushing those practices back one hour, I think we will have a hard time finding coaches that want to finish practice at 10 pm, as adult work schedules certainly don't get pushed back an hour. Practicing until 10 pm does not offer any advantage in terms of sleep for these kids - they're going to bed an hour later. Parents that have to work early in the morning do not want to have to bring kids home at 10 pm. Gym space is at a premium in Northfield. We already have teams practicing on Fridays as well. If we lose an hour of practice time, we are likely to have to cut teams and therefore serve fewer youth players.

Are there efficiencies or other strategies that you could see mitigating the perceived negative impacts of such a change for your association?

Unless there are more gyms available in the district, I struggle to see how this could be anything but a negative for our club and other clubs in Northfield. Gyms are currently dedicated to school sports until 6 or 6:30. Pushing this back an hour makes it difficult or impossible to accommodate all of our teams without very late practices. It would not be feasible to have practices earlier (like before school) because coaches would not be available - and this would defeat the purpose of starting school later anyway.

Please provide any other relevant feedback related to this discussion about how youth sports could be impacted by a change in the school schedule.

I understand that sports are not the top priority for the school district. However, virtually all activities will be impacted by later start times. Research shows that kids that participate in activities are less likely to get into trouble - we don't choose Northfield Schools just for the schooling but for the overall experience for our children. I worry that fewer kids will be served by organizations that bridge the gap between the school offerings with this change. There are no other options for girls under 6th grade to participate in volleyball in Northfield. The middle school program is more of a recreational league, with low skill levels and inexperienced coaching - the better players do not play middle school ball, instead trying out for the 9th grade team or playing with our organization.

This form was created inside of Northfield Public Schools.

Google Forms

Youth Sports Collaborative Later Start Feedback

Northfield Public Schools has been discussing the possibility of modifying its school start times to better align with medical research about teenage sleep cycles. During our initial feedback meetings with parents and staff, the schedule for youth sports has been raised as a problem due to the possibility of later youth practices. While this concern makes sense right away, I am reaching out to ask your organization these questions:

Association Name *

Northfield Boys Basketball Association (NBA)

Person completing this form on behalf of the association.

Steve Fox

E-mail address of person completing this form on behalf of the association.

nbaraiders.president@gmail.com

How do you see a change in the school start times impacting your specific association? While we have some assumptions about the effects, I want to make sure we have your specific analysis.

It seems that the if the ending time of HS is pushed back one hour that would lead the winter HS sports practice schedules to start one hour later. That would push them one hour later in the gyms which would prevent our youth teams from getting into the gyms until 7:00 or 7:30 pm. This would mean our young players would not finish practice until 10 or 10:30 pm! This is far too late for 6th, 7th or 8th graders in my opinion. There's not enough facilities available to fit enough practice time in without ending that late at night.

Are there efficiencies or other strategies that you could see mitigating the perceived negative impacts of such a change for your association?

From the NBA standpoint one strategy might be to have HS practices happen before school, but this seemingly would defeat the purpose of adjusting the start time of school in the first place. The only other strategy would be to shorten our practices by 30 minutes but this would also be negatively looked upon because coaches already complain about lack of practice time. In my opinion this is a difficult obstacle to overcome.

Please provide any other relevant feedback related to this discussion about how youth sports could be impacted by a change in the school schedule.

The Boys NBA routinely has 10 teams (2 per grade level from 4th thru 8th) plus an in-house program. We would need 32-33 hours per week (mon-fri) for practices. We pair up teams from each grade level in the same gym already so we're really only using 16-17 hours of gym time now (sometimes 3 teams in one gym). Keep in mind this is just for the Boys teams. The Girls teams would also need practice time for their teams. Both Girls and Boys teams play ALL of their tournaments on weekends so weekend practices are not possible.

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Youth Sports Collaborative Later Start Feedback

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Association Name *

Northfield Swim Club

Person completing this form on behalf of the association.

Chris Morgan - 612.239.3734

E-mail address of person completing this form on behalf of the association.

headcoach@northfieldswimclub.org

How do you see a change in the school start times impacting your specific association? While we have some assumptions about the effects, I want to make sure we have your specific analysis.

Athletes getting more sleep is so good on so many levels. We are all for that. However, we must have access to a pool to train and improve as a swim team. We cannot train anywhere else. Currently we get in immediately after the girls HS team trains in the fall, and the boys HS team trains in the winter. At present that leaves 3 hours of pool time (6-9pm) for us to serve our membership of 120 families. It's cramped, and we often have 3-4 training groups in at the same time to get our kids out of the pool and on their way back home by 9. We feel that 9 is pretty late, but with our size, it's the only viable solution where we have the room to train. So as long as we can still get in by 6pm - it's fantastic that the kids can get more sleep. If our start time is pushed back - I do not have the psychical time or space to accommodate our team. It would fundamentally change our team dramatically.

Are there efficiencies or other strategies that you could see mitigating the perceived negative impacts of such a change for your association?

We have tried for years to gain access to St. Olaf or Carleton's pools. They have no interest in taking on the insurance to allow renters into their facilities at this time. We are currently regulated to the Middle School pool. If we are forced to find other locations, is there anything the district can do to help open the doors at the two local colleges?

Please provide any other relevant feedback related to this discussion about how youth sports could be impacted by a change in the school schedule.

Our Club Team was founded in 1970. We will be proudly celebrating our 50th year of serving this community next year. We will be celebrating the positive culture, the inclusiveness, and the diversity this town and it's surrounding area offers. We are a positive reflection of this community, and that is why we have endured for this long. We are not prone to boasts - so forgive the following: 19 Athletes in our history have competed at Olympic Trials (top .01% of the sport). We have collected 36 state titles in our 50 year history, including a 14 year winning streak we are currently maintaining. We are a year round club that has served over 100 families consistently for generations. As mentioned, without pool time, we simply cannot do what we do. Please please allow us to continue to serve as we do now. Your high school swim and dive teams will thank you by delivering many more trophies into your hallway cases.

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Youth Sports Collaborative Later Start Feedback

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Association Name *

Northfield Area Family YMCA

Person completing this form on behalf of the association.

Krista Danner

E-mail address of person completing this form on behalf of the association.

CEO@northfieldymca.org

How do you see a change in the school start times impacting your specific association? While we have some assumptions about the effects, I want to make sure we have your specific analysis.

Staffing: we have a number of 18 and younger employees who provide programming needs for us (beginning at 3:30 - 4:00 shift times). So we will have a gap in staffing needs and might need to fill those spots with 18 and older for the shifts.

Are there efficiencies or other strategies that you could see mitigating the perceived negative impacts of such a change for your association?

Ensuring appropriate childcare needs for parents with later start time.

Please provide any other relevant feedback related to this discussion about how youth sports could be impacted by a change in the school schedule.

Potential opportunities for health / wellness / fitness programming in the AM for youth. We've received some feedback that youth want to participate in our morning fitness classes, however, they do not line up with school time.

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Google Forms

Youth Sports Collaborative Later Start Feedback

Northfield Public Schools has been discussing the possibility of modifying its school start times to better align with medical research about teenage sleep cycles. During our initial feedback meetings with parents and staff, the schedule for youth sports has been raised as a problem due to the possibility of later youth practices. While this concern makes sense right away, I am reaching out to ask your organization these questions:

Association Name *

Northfield James Gang Wrestling

Person completing this form on behalf of the association.

Bob Pagel

E-mail address of person completing this form on behalf of the association.

bpagel10@gmail.com

How do you see a change in the school start times impacting your specific association? While we have some assumptions about the effects, I want to make sure we have your specific analysis.

With only one wrestling room, later school, later high school practice equals later youth practice

Are there efficiencies or other strategies that you could see mitigating the perceived negative impacts of such a change for your association?

Maybe practice before school or work with high school program for them to practice before school 2 days a week to have access to room at normal time

Please provide any other relevant feedback related to this discussion about how youth sports could be impacted by a change in the school schedule.

It may or may not impact coaching availability for youth programs. Not sure

This form was created inside of Northfield Public Schools.

Google Forms

From: **Nancy Johnson** <njmjohnson@gmail.com>

Date: Thu, Nov 21, 2019 at 3:54 PM

Subject: data, transportation options

To: Valori Mertesdorf <vmertesdorf@northfieldschools.org>, Matt Hillmann <mhillmann@northfieldschools.org>

Cc: John Benjamin <jbenjamin@northfieldlines.com>, Jenna Dardis <jdardis@benjaminbus.com>

Matt and Val,

Attached is a breakdown of the numbers of students with ride times of 19 minutes or less, and ride times of 20 minutes or more, by school. This does not include special ed or McKinney-Vento students. This also does not include ALC, Arcadia, Prairie Creek, and St Dominic students. I've been working on a detailed spreadsheet and with more time I could give you numbers for the four schools, and more specific information if you think it would be helpful. Please let me know if you would like more information.

A ride of 20 minutes or more will generally indicate a rural address, but there are some rural students who may have a ride of less than 20 minutes in one direction or both.

In the routing scheme that I presented on Tuesday, I indicated a two wave departure from the middle school, with eleven buses departing about 8 minutes after dismissal, and a second wave departing about 7 minutes later, with both waves of buses turning left to go to Northfield High School. While it could be done, I do not support this as a reasonable part of a routing scheme because the rural elementary students are already on board when the buses arrive at the middle school, as well as all ALC, Arcadia, Prairie Creek, and St Dominic students. It is not a good plan to have these students sitting on buses idling in the Middle School parking lot any longer than it takes to load Middle School students, and half of the middle school students would need supervision for an extra 7 minutes. And, after these two tiers depart, they would slowly proceed to the high school and spend another 5 to 7 minutes there while additional students board the buses. Could it be done? I guess. Should it be done? No.

With our current tier-and-a-half routing scheme, we have achieved efficiency, but in routing we are also well-aware of how rural students are affected by it. Rural students experience the following in the morning:

- High School: rural K-12 route, town secondary stops, arrive HS
- Middle School: rural K-12 route, town secondary stops, drop offs at HS, arrive MS
- Elementary (GP or SIB area): rural K-12 route, town secondary stops, drop offs at HS, drop offs at MS, limited town elementary stops, arrive school
- Elementary (BW area): rural BW route, town stops, arrive BW (4 of 6 BW buses do secondary routes before starting BW routes, but all BW buses are empty when they start BW pick ups). Circle Lake bus 24 is an exception.

Afternoon:

- High School (GP or SIB area): depart HS, town secondary stops, load students at GP or SIB, town elementary stops (~4 GP area buses have no town stops), rural K-12 route.
- High School (BW area): depart HS, load students at MS, town stops, rural secondary route
- Middle School (GP or SIB area): depart MS, town secondary stops, load students at GP or SIB, town elementary stops (~4 GP area buses have no town stops), rural K-12 route.
- Middle School (BW area): depart MS, town stops, rural secondary route. Circle Lake bus 24 is an exception.
- Elementary: depart GP, SIB, or BW, town elementary stops (~4 GP buses have no town stops), rural K-12 route

We try to make the routes flow well and use group stops in town to keep the rides as short as possible. Rural Greenvale and Sibley elementary students endure extra ride time in the morning, but their afternoon rides are shorter and more direct. In the afternoon, Greenvale and Sibley area secondary students endure both secondary town stops, loading at an elementary school, and elementary town stops, but these secondary routes start at either the HS or MS; they do not go to both schools. This saves about ten minutes in the afternoon and is important in keeping afternoon routes acceptable. A great deal of work has gone into balancing efficiency and ride times for rural students, and this is on-going. It is not a simple matter to replicate what we have achieved with a flipped school bell schedule.

A few thoughts:

- Our ongoing challenge is providing efficient (ride times and cost) service for students of all ages spread throughout the rural area. More densely populated urban and suburban districts do not have this issue. We can not fill buses in rural areas because it would take too much time. Rural buses may be 1/3 to 1/2 full when they come into town. A few town stops fill the buses, but then we need to get students to multiple schools. We minimize stops at schools and transfers to limit overall transportation times for students.
- Initial routing for the proposed 8:45 HS start results in an 8:30 MS start, 8:05 GP & SIB start, and 8:00 BW start (class start times, not first bell). As rural K-12 buses would need to arrive at elementary schools between 7:50-7:55, morning routes would begin only about 20-25 minutes later than they do now to achieve a high school start that is 54 minutes later and a middle school start that is 33 minutes later than the current schedule.
- Shortened elementary days tend to result in rural elementary students have long rides both morning and afternoon. They trade class time for bus time.
- Has there been an effort to limit before school HS activities? Meetings, rehearsals, small groups, practices? My children graduated 10 and 12 years ago, but these things were scheduled at 7:00 or 7:15AM.
- We consider efficiency in going from point A to point B, and would avoid options that take more time. We look at every opportunity to make it work. For

example, we use both the inbound and outbound lanes for buses exiting the MS bus lot. Buses turning left use the inbound lane and buses turning right use the outbound lane. If all buses have to turn left, it will take longer. Every minute is valuable.

I continue to ponder transportation options for the later start for secondary students, including how it might work if there was a separate bus lot large enough to accommodate all of the buses and transfers at the high school. I'm also considering if elementary attendance area changes could be helpful. If I come up with anything that could be helpful, I will share it with you. Hopefully before December 16. I would be very happy if I could come up with something that would work well for the desired schedule.

Please contact me if you have any questions, ideas, or concerns. I will be out of town Nov 25 - Dec 6, but can be reached by phone, text, or email.

Nancy Johnson

School	students listed for bus	Ride time < 20 minutes	Ride time >= 20 minutes	Notes
High School AM	HS 881*	684	160	7:30-7:40: Rural K-12 + town secondary buses drop off at HS first
High School PM		661	217	2:45-2:52: 9 buses load town and rural HS students; 4 then go to MS and BW area, 3 do GP area drops; 2 do SIB area drops
Middle School AM	MS 862	510	320	7:35-7:45: Rural K-12 + town secondary buses drop off at MS second; rural K-5 remain on
Middle School PM		627	241	2:47-2:59: 17 buses load town and rural MS & transfer students
Greenvale Park AM	GP 174	69	91	8:00-8:10: 8 buses unload rural + GP town area K-5 at GP
Greenvale Park PM		93	67	3:15-3:20: 8 buses load town and rural GP students (rural secondary & transfers already on)
Sibley AM	SIB 295	203	80	8:05-8:15: 6 buses unload rural + SIB town area K-5 at SIB
Sibley PM		196	92	3:15-3:20: 6 buses load town and rural GP students (rural secondary & transfers already on)
Bridgewater AM	BW 363	191	154	8:15-8:20: 7 buses drop off rural + BW town area K-5 at BW
Bridgewater PM		228	120	3:20-3:25: 5 buses load town and rural BW students (buses arrive empty at BW except for bus 24 which has secondary & transfers on)
Total AM (5 schools)		1657		Data does not include students from ALC, Arcadia, Prairie Creek, & St Dominic, or sped and M-V students. AM & PM totals do not equal total transported because a few students ride only AM or PM.
Total PM (5 schools)			737	
Total transported (5 schools)	2575			

* High School students listed for routes; individual ridership varies. We are gathering information from drivers to determine more precise ridership numbers.

Proposed p. 1

	Bridgewater	Greenvale	Sibley	Middle School	High School
7:10					
7:15	ALL schools rural routes	ALL schools rural routes	ALL schools rural routes	ALL schools rural routes	ALL schools rural routes
7:20					
7:25					
7:30					
7:35					
7:40	BW elem town routes	GP elem town routes	Sib elem town routes		
7:45					
7:50	7:50-7:55 buses arrive/depart				
7:55	7:55 first bell	7:55-8:00 buses arrive/depart	7:55-8:00 buses arrive/depart		
8:00	8:00 classes begin	8:00 first bell	8:00 first bell	7:55-8:15 MS/HS/other town routes	7:55-8:15 MS/HS/other town routes
8:05		8:05 classes begin	8:05 classes begin		
8:10					
8:15				8:12-8:20 buses arrive, TRANSFERS	HS students on 3, 9, 10, 11, 12 TRANSFER at MS
8:20				8:20-8:25 buses depart	
8:25				8:25 first bell	
8:30				8:30 classes begin	
8:35					8:27-8:35 buses arrive
8:40					8:40 first bell
8:45					8:45 classes begin
8:50					
	school day 8:00-2:55	school day 8:05-3:00	school day 8:05-3:00	school day 8:30-3:24	school day 8:45-3:39
2:55	2:55 dismiss				
3:00	3:02 buses begin departing	3:00 dismiss	3:00 dismiss		
3:05		3:07 buses begin departing	3:07 buses begin departing		
3:10	BW elementary town routes	GP elementary town routes	Sib elementary town routes		
3:15					
3:20	3:20-24 2 BW area buses to MS			3:20-3:24 * 22 buses arrive	
3:25	3:20-4:05 3 BW rural routes	3:20-3:24 buses arrive at MS	3:20-24 buses arrive at MS	3:24 dismiss TRANSFERS	
3:30		GP on 4, 5, 8 TRANSFER at MS		3:32 * 11 buses begin departing	
3:35				3:39 * 11 buses begin departing	3:39 first wave buses (11) begin arriving
3:40					3:39 dismissal
3:45					3:47 first wave buses (11) begin departing HS
3:50					3:47 second wave buses (11) begin arriving
3:55					3:55 second wave buses (11) begin departing HS
4:00					
4:05					MS-HS town routes in BW, GP, & Sibley areas
4:10					
4:15					
4:20		ALL schools rural routes	ALL schools rural routes	ALL schools rural routes	ALL schools rural routes
4:25					
4:30					
4:35					
4:40					
4:45					
4:50	NOTE: deadhead time to/from shop is not included				

proposed p. 2

	ALC	Arcadia	Prairie Creek	St Dominic	
7:10					7:10
7:15	ALL schools rural routes	ALL schools rural routes	ALL schools rural routes	ALL schools rural routes	7:15
7:20					7:20
7:25					7:25
7:30					7:30
7:35					7:35
7:40					7:40
7:45					7:45
7:50					7:50
7:55					7:55
8:00	7:55-8:15 MS/HS/other town routes	7:55-8:15 MS/HS/other town routes	7:55-8:15 MS/HS/other town routes	7:55-8:15 MS/HS/other town routes	8:00
8:05					8:05
8:10					8:10
8:15	8:12-8:20 buses arrive MS	8:12-8:20 buses arrive MS	8:12-8:20 buses arrive MS	8:12-8:20 buses arrive MS	8:15
8:20	TRANSFERS	TRANSFERS	TRANSFERS	TRANSFERS	8:20
8:25	8:25 bus departs MS	8:25 bus departs MS	8:25 2 buses departs MS	8:25 bus departs MS	8:25
8:30		8:32 bus arrives Arcadia			8:30
8:35	8:35 bus arrives ALC			8:35 bus arrives St Dom	8:35
8:40	8:40 classes begin	8:37 classes begin		8:40 classes begin	8:40
8:45			8:45 2 buses arrive PC		8:45
8:50			8:50 classes begin		8:50
	school day ~ 8:40-3:10	school day ~ 8:37-3:15	school day ~ 8:50-2:55	school day ~ 8:40-3:05	
2:55			2:55 dismissal		2:55
3:00			3:02 2 buses depart PC	3:05 dismissal	3:00
3:05	3:10 dismissal				3:05
3:10	3:12 bus departs ALC	3:15 dismissal		3:12 bus departs St D	3:10
3:15		3:17 bus departs Arcadia			3:15
3:20	3:22 bus arrives MS	3:22 bus arrives MS	3:22 2 buses arrive MS	3:22 bus arrives MS	3:20
3:25	TRANSFERS	TRANSFERS	TRANSFERS	TRANSFERS	3:25
3:30	3:32 * 11 buses begin departing MS	3:32 * 11 buses begin departing MS	3:32 * 11 buses begin departing MS	3:32 * 11 buses begin departing MS	3:30
3:35	3:39 * 11 buses begin departing MS	3:39 * 11 buses begin departing MS	3:39 * 11 buses begin departing MS	3:39 * 11 buses begin departing MS	3:35
3:40					3:40
3:45	3:47 first 11 buses begin departing HS	3:47 first 11 buses begin departing HS	3:47 first 11 buses begin departing HS	3:47 first 11 buses begin departing HS	3:45
3:50					3:50
3:55	3:55 second 11 buses begin departing HS	3:55 second 11 buses begin departing HS	3:55 second 11 buses begin departing HS	3:55 second 11 buses begin departing HS	3:55
4:00					4:00
4:05	MS-HS town routes in BW, GP, & Sib areas	MS-HS town routes in BW, GP, & Sib areas	MS-HS town routes in BW, GP, & Sib areas	MS-HS town routes in BW, GP, & Sib areas	4:05
4:10					4:10
4:15					4:15
4:20	ALL schools rural routes	ALL schools rural routes	ALL schools rural routes	ALL schools rural routes	4:20
4:25					4:25
4:30					4:30
4:35					4:35
4:40					4:40
4:45					4:45
4:50					4:50

CURRENT

P1

	High School	Middle School	Greenvale	Sibley	Bridgewater
6:45					
6:50					
6:55	ALL schools rural routes	ALL schools rural routes	ALL schools rural routes	ALL schools rural routes	ALL schools rural routes
7:00					
7:05					
7:10					
7:15					2 BW only rural routes
7:20					
7:25	7:18-7:35 MS/HS/other town routes	7:18-7:35 MS/HS/other town routes			
7:30					
7:35	7:30-7:40 buses arrive/depart				
7:40		7:40-7:47 buses arrive, depart			
7:45	7:45 first bell	TRANSFERS-ALC, Arcadia, PC, St D	GP elem town routes	Sib elem town routes	
7:50	7:51 classes begin	~7:52 five transfer buses depart			
7:55		7:57 classes begin			BW elem town routes
8:00					
8:05			8:00-8:08 buses arrive	8:00-8:10 buses arrive	
8:10					
8:15			8:15 first bell	8:15 first bell	8:14-8:18 buses arrive
8:20			8:20 classes begin	8:20 classes begin	8:20 first bell
8:25					8:25 classes begin
	school day 7:51-2:45	school day 7:57-2:51	school day 8:20-3:15	school day 8:20-3:15	school day 8:25-3:20
2:25					
2:30					
2:35					
2:40					
2:45	2:45 dismissal				
2:50	2:52 9 buses depart (4 to MS, 3 GP, 2 SIB)	2:51 dismissal			
2:55		TRANSFERS			
3:00	3:00-3:10 HS town routes	2:59 17 buses depart			
3:05		3:03-3:15 MS/other town routes			
3:10					
3:15			3:15 dismiss	3:15 dismiss	
3:20			3:20-22 buses departing	3:22 buses departing	3:20 dismissal
3:25			GP town routes	SIB town routes	3:25-27 buses depart
3:30					3:30-3:45 BW town routes
3:35					
3:40					
3:45	ALL schools rural routes	ALL schools rural routes	ALL schools rural routes	ALL schools rural routes	3:45-4:15 BW rural routes
3:50					
3:55					
4:00					
4:05					
4:10					
4:15	NOTE: deadhead time to/from shop is not included				

	ALC	Arcadia	Prairie Creek	St Dominic	
	ALL schools rural routes	ALL schools rural routes	ALL schools rural routes	ALL schools rural routes	
7:10					7:10
7:15					7:15
7:20					7:20
7:25	7:18-7:35 MS/HS/other town routes	7:18-7:35 MS/HS/other town routes	7:18-7:35 MS/HS/other town routes	7:18-7:35 MS/HS/other town routes	7:25
7:30					7:30
7:35					7:35
7:40	7:40-7:47 buses arrive MS	7:40-7:47 buses arrive MS	7:40-7:47 buses arrive MS	7:40-7:47 buses arrive MS	7:40
7:45	TRANSFERS	TRANSFERS	TRANSFERS	TRANSFERS	7:45
7:50	~7:52 transfer bus departs	~7:52 transfer bus departs	~7:52 two transfer buses depart	~7:52 transfer bus departs	7:50
7:55					7:55
8:00	~8:02 bus arrives ALC	8:00 bus arrives Arcadia		~8:02 bus arrives St Dom	8:00
8:05	~8:05 classes begin	8:05 classes begin		8:10 (?) classes begin	8:05
8:10			8:12 two buses arrive PC		8:10
8:15					8:15
8:20			8:20 (?) classes begin		8:20
8:25					8:25
	school day ~ 8:05-2:40	school day ~ 8:37-3:15	school day ~ 8:20-2:25	school day ~ 8:40-3:05	
2:25			2:25 dismissal		2:25
2:30			2:30 buses depart PC		2:30
2:35	2:35 dismissal	2:35 (?) dismissal		2:35 dismissal	2:35
2:40	2:40 bus departs ALC	2:43 bus departs Arcadia		2:40 bus departs St Dominic	2:40
2:45	2:47-2:50 buses arrive MS	2:47-2:50 buses arrive MS	2:47-2:50 buses arrive MS	2:47-2:50 buses arrive MS	2:45
2:50	TRANSFERS	TRANSFERS	TRANSFERS	TRANSFERS	2:50
2:55	2:59 17 buses depart	2:59 17 buses depart	2:59 17 buses depart	2:59 17 buses depart	2:55
3:00	3:03-3:15 MS/other town routes	3:03-3:15 MS/other town routes	3:03-3:15 MS/other town routes	3:03-3:15 MS/other town routes	3:00
3:05					3:05
3:10					3:10
3:15					3:15
3:20					3:20
3:25					3:25
3:30					3:30
3:35					3:35
3:40					3:40
3:45	ALL schools rural routes	ALL schools rural routes	ALL schools rural routes	ALL schools rural routes	3:45
3:50					3:50
3:55					3:55
4:00					4:00
4:05					4:05
4:10					4:10
4:15					4:15

Parent Feedback Survey: Late School Start Times | 12.11.2019 | Northfield Public Schools

The responses contained in this document were collected via a parent survey following the two parent listening sessions held on November 18 and 21, 2019. The questions were the same questions asked during the in-person listening session. The survey was emailed to district parents via Skylert on November 25, 2019. The survey was available through December 6, 2019. There were 298 responses. The following responses were copied verbatim from the Google spreadsheet associated with the form. Blanks have been eliminated. You will see some random quotation marks (“). These circumstances are where there were extra spaces included in the response. In an effort to truly provide raw data, they have been left in place.

What benefits do you see of starting school later for secondary students?

- None
- Potentially more sleep
- I don't see any benefit
- None
- None
- I don't think there is a benefit. They already have late start one day.
- Time to sleep in - especially after a late evening of activities and/or homework.
- More alert assuming they don't stay up later in anticipation of a later start
- None! It will be most harmful to family life. Kids aren't going to “get more sleep”. Because of the lack of family time at night and the extra headache in schedules, it will more than likely cause less sleep
- None
- None
- I don't
- None. If they get used to staying at 9 now, in 10 years the next thing will be to start at 10. Slippery slope.
- Extra sleep
- Fits students internal schedule
- More time to complete homework or get help before school
- Sleep for middle and high school students. Safer roads for elementary students who walk or ride to school.
- I don't kids will just stay up later and not get anymore sleep
- Ability to schedule dentist/doctor appts before school.
- All of the research points to overwhelming health benefits
- It would be way better for my son who sleeps until the last possible second. Even with the later start time it takes effort. I would much rather deal with a slightly different or more complicated afternoon schedule than a sleepy kid.
- Targeting most effective learning hours for adolescents
- None
- I don't see a benefit at all. I read the research. I think kids are lazier than ever these days and this will just make them even lazier.
- None
- I see none. Days are jammed packed as it is. And pushing it later into the evening, makes it harder to wind down and get a decent nights sleep.
- Potentially more restful
- Their sleep patterns are such that they stay up later and need to sleep in.
- Students will be well rested, better functioning, academics, improved mental health
- Huge benefits for mental and physical health of students!

- I definitely have seen the need for my high school students to have a shift in their sleep cycle. I have been following the research and I think it is a good time to consider what the medical community is saying.
- None
- Supposedly this move is more inline with the natural sleep cycle of this age group
- More sleep for growing bodies
- I see minimal benefits.
- Less edginess of students that have to wake at early hours.
- I am not sure that I see any. As a full time working parent it may be difficult.
- more sleep
- Students will preform / function better with more sleep.
- aligned with the new sleep studies , but do we really know that it will make a difference? My son says on Tuesday nights, due to the later start time on Wednesday, his friends stay up later. So I would think this behavior would transfer to all the days if the start times were changed. they would get no more sleep than now.
- More sleep when they really need it, and more energy and attention to start the day.
- None
- NONE, impacts family and work schedule, make kids go to bed earlier.
- None except the students get to sleep later. They will not get more sleep. They will just stay up later knowing they can sleep later.
- They would be more rested and ready to learn right away. They aren't on the roads when others are commuting, more roads would've plowed
- Don't see any benefit
- The benefit of the later start time would be offset with kids getting to bed later due to extracurricular activities needing to be pushed back.
- None
- Medical , better sleep
- None. Terrible idea. Kids should learn to get out of bed in the morning and go to bed at night. Early bird gets the worm.
- The benefits you listed which are supported by research would be positive... particularly around mental health. I'm not sure what time the middle and high schools start now since my child is in elementary school, but a start time around 8:30am seems good for both. I'm also looking all over the Northfield schools website trying to figure out what time the middle school and high school currently start and end - and I can't find that info - that would have been helpful information to include in this information so I can understand how it may change.
- Not as many tardy's and more of a clear mind
- I honestly do not see any. You can study student data about so many issues. This topic is not in the top 10 for what schools should be concerned about with helping students at this time. Mental/emotional issues, work ethic, spending quality time with family, anxiety in students, these are some of my top 10.
- I do not.
- He wouldn't have to walk in the dark to get to the bus stop!
- They will be more sane, it is SUCH a good idea, more sleep on their teen brain schedule means better health!!
- I have seen the research, , however based on my kids, once they are up, they are good to go about an hour after waking. If they sleep in, they are stay up later. It seems to have more to do with their schedule.
- Not really any. Knowing and working with teens I know what will be done is they'll stay up that extra hour because they'll know they don't need to be at school till an hour later. Just like it's being done on hour late start Wednesday. It is real and true at our house.
- More reasonable hours of sleep/bedtime/wake time for the kids
- An opportunity for a little more sleep
- Nothing tangible, just fashionable due to "science."
- Your average teenagers' circadian rhythms are better suited for staying up a little later and sleeping in a little later

- Not much. Non-rural students will get to sleep in later but all students may likely end up staying up later in order to finish homework, which negates the benefit of sleeping in later. This will certainly be the case for our kids.
- More sleep
- Better sleep equals healthier kids - this is science based and smart to do.
- None
- None outside of the evidence provided in the document.
- Improved mental health, academic performance, and physical health for HS students, maybe MS students
- Improvements with learning and mental health.
- My child has to be on the bus at 6:40 am! Way too early. Please consider a later start time for middle school. Especially with winter travel a later start time would be better and safer.
- Nothing tangible, just fashionable due to “science.”
- None.
- Kids not driving tired, not spending the weekend catching up on sleep.
- None
- Sleep cycles shift at this age and a late start will help students get better rest
- my kids almost never wake up on their own before 8am, but they frequently have trouble falling asleep before 11pm. They will definitely get more sleep.
- better sleep pattern and academic performance
- I actually do not see any benefit at all. Sports, activities, homework and family time are important.
- Developing kids need more rest
- Kids will be more awake and will be able to concentrate better on the learning curriculum
- Improved mental and physical health
- A healthier kid
- Better quality sleep, better learners.
- Better for health
- The benefits are immense. Chronic sleep deprivation contributes to an incredible number of personal health/mental health issues for our youth as well as risk taking choices that need not happen at the rate they do. Restful sleep allows the brain to rid itself of built up toxins and become more ready for learning and thought elasticity.
- Possibly less moodiness and stress
- None
- Increased health and academic performance
- School should start at 8am every day all year round. Late start creates lazy kids. Keep them off their cell phones each night and make them go to bed early to get the sleep they need.
- It's better for students mental health and can help kids to do better academically. Also, since sporting events sometimes get late for the high school age it would be nice to be able to sleep later the following morning. For kids who don't play sports it will still be beneficial to start later because they will have less time between when they get out of school and when parents are typically home.
- Driving students will be driving to school with more daylight in the winter months.
- Meeting the needs of teens internal sleep clocks to more align school with when they are more awake and functioning. Should be able to pay attention better and understand and do better.
- Fits the natural sleep cycle of teens
- I think it is a good idea to have high school students start their day later for the reasons mentioned.
- The science shows increased learning.
- Some households might benefit; ours will not however. We will still have to get our child up at 6:10am to drop off at KidVentures so we can go to work.
- None.
- Students more awake in school, easier to get them up and out in the morning
- None, unless they end at the same time as before.

- Obviously more sleep, reducing stress and anxiety
- More sleep
- Better alignment of teenagers' natural sleep cycles with their school schedule, leading to more alertness and better sleep overall, hopefully leading to improved learning.
- More sleep
- It would allow students to sleep in
- Nine
- I don't think starting later will be a benefit.
- It fits their physiology.
- None
- None, my daughter will still need to be woke up and dropped off to school early. It would even be earlier now since I will not be able to bring her to the bus stop. She would actually lose sleep over this decision.
- It feels like this is a done deal and you've already decided to do it - but it's a bad idea. Parents don't need this stress!
- more engaged earlier in day
- None.
- Scientifically substantiated cognitive and behavioral/mental health benefits.
- Fits better with teens' sleep cycles. More time for plows to clear roads, so maybe fewer 2-hour late starts? Fewer tardy students and fewer behavior problems.
- None
- ability for secondary students to arrive at school better rested
- More sleep for some students
- Older kids need more sleep. It been studied. Go for it!
- Kids can sleep in a bit possibly
- None
-
- Students can sleep longer, more rested for school
- Enhanced learning and better health
- More sleep, less chaos in the mornings
- More sleep in mornings
- More sleep
- None
- "It would allow teens to better follow their natural sleep/wake cycle . It would improve their attention and cognition leading to improved academic performance.
- One of the leading causes of teen deaths is motor vehicle collisions and sleep deprivation has been shown to contribute. A later start time could save lives!
- It may help reduce reliance on caffeine.
- I like seeing authority figures, and entire organizational systems, taking intentional action to put health/wellness above other things. This models the priorities that we should make for ourselves...and goes in the opposite direction that our current culture is heading (i.e. becoming more and more busy with less and less time to care for yourself). I think academics, athletics, and other extracurricular activities are extremely important...but sleep is much more important. Sleep is non-negotiable for physical and mental/emotional health. So I see one of the main benefits of this change would be modeling/emphasizing the importance of self care by changing an entire system.
- I don't see a benefit.
- None
- Less fatigue, more alertness during school day. Better academic engagement. Better mental health for well-rested students.
- Better learning outcomes, better socialization for the kids
- None
- None

- I don't really see any benefits
- Less missing the bus, less being tardy or missing first hour all together. Less stressed if sleep is interrupted for some reason. If there's a out of town match, game or whatever then more time to sleep. Less crabby.
- Adequate sleep is connected to mental and physical well-being, academic performance, and resilience
- Healthier functioning students
- better rested students more prepared for learning
- High schoolers get to stay up later and sleep in.
- Better for mental and physical health
- Better grades and better mental health
- increased learning potential and health form adequate sleep
- Able to have a real breakfast before running out the door, a bit more sleep.
- Benefits are well documented in research however little "real world" results have been demonstrated when put in place.
- Time to finish homework in the morning
- More sleep for our kids, working more with their sleep/awake schedules.
- More rest and less anxiety about getting to school early. Also more flexibility.
- None
- NONE, there are research papers and medical studies and then there is real life.
- None, just problems
- Easier morning routine for waking up students for school.
- better rested students
- I don't because not ALL students will get an extra hour of sleep due to rural bussing.
- Research for sleep,
- years of research show it's best for secondary students, so it seems like a no brainer.
- Ability to get more sleep and be better learners
- Research indicates that it may be better for them.
- Research shows it is beneficial for the students.
- It may resolve some traffic problems for students driving the same time as workers
- I don't see any benefits
- Children less tired
- None
- No benefits at all. In fact I think it will have an adverse effect and make it worse for kids who will now have to give up their evenings for homework or late sports
- They will get more sleep and be more attentive in school.
- The evidence is pretty clear
- I agree with the benefits summarized in the table from the feedback sessions. In a science profession myself, I definitely understand the value of evidence-based decisions about student health.
- None
- More well rested kids leading to greater alertness and a stronger likelihood of increased academic performance.
- Better sleep, a more clear mentality, better breakfast, better academic work, less stress and less pressure on timing to study and having to go to sleep earlier. Younger kids are able to go to sleep much earlier and easier than teens. I think this would help anxieties and mental health. This would also help with sleep deprivation that often goes throughout life.
- Eating netter, and more rest
- None. Later start time is not realistic preparation for demands of life such as college or career schedules.
- Those that are referenced in the medical research
- Better sleep patterns for better performance in school!
- Most youth have a developmental shift that delays their biological sleep cues, making it harder to fall asleep early and get up early, leaving them sleep restricted with the early school start times. A later school start will benefit most students by affording more time to get adequate sleep and to learn and function better at school.

- Better sleep for adolescents = better outcomes (academic, physical health, mental health)
- Improved academic performance and engagement in school for the students.
- Realistically none. Later start times means that students will more likely stay up later and students driving will probably still leave home at the same time and socialize more in the morning.
- My 9th grader will be able to get up easier in the morning with a later start. She will also be more awake for those core classes first thing every day. A later start will also improve her mood. She won't need to "catch up" on sleep as much either if she is given another hour every morning.
- Absolutely NONE
- Honestly - none.
- More time to sleep given how much homework is being given (+++).
- The statistics are clear that a later start time could benefit secondary students in a number of ways. Obvious to note are being generally more alert in the first class(es) of the day, later start time means they are driving when roads are less congested (likely contributes to less accidents), etc.
- MIGHT get more sleep.
- alignment with sleep research
- The health benefits for students seem very compelling.
- Schedule more aligned to their body schedules
- I agree with medical findings
- More alert, engaged students. Less days getting up in the dark to get on a 7 am bus will reduce stress on family.
- Better sleep schedule
- This change will impact all students K-12 not just secondary students.
- Learning success in the first two periods of the day
- health benefits for students
- A later start time would align with natural sleep rhythms, fostering better health.
- None
- Absolutely NONE!
- More sleep for in town students
- None
- Better student performance. Improved mental health for students. Students are able to sleep more. Better morning light for newer drivers. Possibly more time for breakfast.
- Not much - kids are likely to try and stay up later at night - defeating goal of additional sleep benefits
- More time for a healthy morning routine.
- Honestly, I don't really see how this will be beneficial. I read the information in the links provided. I think that students are more incline to stay up later if they are allowed to ""sleep in."" My child does this on Tuesday nights. She thinks it's the opportunity to have a little more fun in the evening because she is able to get a little more sleep.
- I also think that sports teams will be an issue. My child's team practices early in the mornings on Wednesdays starting at 6:15am. During the season (when she isn't sleeping in) she has to get up earlier than normal to make it to practice before school. I'm afraid you'd find this with many sports teams. I would also think that for those students who need to leave early to travel for away games would be greatly effected. Would tutors be provided for these student athletes who would be missing more classes? Would there be an additional cost for that? What about after school practice times? How would that work?
- What about students who have to watch younger siblings before or after school?
- My last concern would be the additional cost of transportation? Would there be additional buses needed to accommodate different start times at the different school levels? Would students need to be on the buses longer? "
- None - we are teaching our kids that the world should change for them. How is this going to be helpful once they get into the adult world, college, etc.?
- ?

- The benefits to the students' diurnal schedule are as stated in the research; however, I do not agree with the proposed later time start. See below.
- Better overall health for students
- Help students concentrate better by being more well rested, which will in turn help them be more successful in school"
- Perhaps getting more sleep.
- None
- None - Kids need to be able to get up when they need to, it is a life skill if they intend on having a job. Kids adapt and are resilient
- Better aligns with their biorhythms!
- More on time attendance and more well rested students
- I don't see any benefits. This is only teaching them to be lazy with bad learning and work ethics.
- More sleep
- None
- While I have reviewed the research I don't see any benefits for students who do anything in addition to simply attending school. It is a great idea for kids who get up, go to school, and come home. How many Northfield students have a schedule like that?
- Students will get more sleep.
- If it is going to help students learn more and better I am all for it
- It's better aligned with students' developmental needs, as noted in the research.
- Ideally, sleep in.
- less stress in the morning, more sleep
- I don't see any benefits. They will just stay up later.
- There are no benefits that I see for a later start time for Northfield's secondary students. Northfield's start time is already near 8am. So the adjustment would have no benefit. Also we have a high number of rural students for which this would negatively impact.
- No Benefits
- Kids can get more sleep. Hopefully be more alert during school leading to better grades, less stress, etc. We love Wednesday mornings at our house - every day could be a Wednesday!
- I think they will get better rest and have better performance. I like it.
- Sleep habits of teens are unique to their development and therefore important to address.
- Improved sleep hygiene.
- None
- Better emotional outcome, with better opportunity to learn.
- High schoolers will get more sleep... IF they use the extra time to actually get more sleep rather than just extending their bedtime to later at night.
- I don't see any.
- No benefit. I can't figure out why they are doing this
- None - they will just stay up later
- Students are exhibiting increased mental health issues. Research indicates that starting school later may improve their mental health, which may then benefit their academic performance.
- physical/mental health; academic improvements because kids are better able to learn after appropriate sleep
- Secondary students are able to focus more and a result is better attention during school, increased retention of materials learners and better I grades.
- Potential for more sleep- less grouchy, safer driving
- Absolutely NONE!
- There are no benefits to starting later. Your internal schedule is developed from routines.

- I believe that science will direct the culture to do what is most beneficial for kids! Follow the physicians advice makes the most sense to me! More rested adolescents will make for a better learning environment- we will need to hold the culture of youth sports and other priorities from filling in the empty space or demanding too much of youth.
- More in line with what they need. Better moods, emotions, and performance. Fewer accidents and easier morning routines (once it becomes routine).
- None
- None
- I have witnessed both of my teenagers struggling to get to sleep in order to have an adequate night's rest, even when they go to bed early. The research lines up with our own data set of two, and we appreciate the learning and health benefits.
- They will be more awake and attentive to their learning. With the current start time, they basically aren't able to take advantage of all they should be learning in first period.
- Students will be more awake for their classes.
- A later start for secondary students appears to match the shift in internal clock that adolescents deal with.
- more sleep for growing teens
- none
- I think the idea behind it of them getting more sleep as it easier for them to wake up a little later is good but in talking to a lot of the high school kids it sounds like they will just use that as a reason to go to bed later. Plus it's going to shift all of the evening activities later including dinner and family time. I think overall family time will suffer If the secondary start time is put too much later.
- Health benefits for adolescents, improved academic performance
- Health benefits for teens.
- none - high school students already stay up late after midnight or 1 am doing homework and being on social media - this late start will only encourage them to stay up later - they will simply adjust their sleep schedules accordingly and your perceived benefit will be negated
- The research is compelling that there are pedagogical reasons to start school later. Given the empirical evidence, I can see district families benefiting. This policy change would provide Northfield district children an important boost which would be an advantage in their learning.
- I can see through the research that secondary students might perform better if they start later in the day. That's it. That's the only benefit I see.
- None
- I agree that sleep is very important for kids, teens and adults! It keeps us healthy mentally and physically. As a parent it is my job to make sure my kids are getting adequate sleep each night.
- Better mental health and sleep schedules
- None
- I see that starting school later would benefit kids in many ways! Physically and mentally!
- None at this time
- I understand the medical portion of why it would be beneficial for a later start time. With that being said, the parents would still have to implement their children to turn off their iPads, cell phones and television and have their children still go to bed.
- Better rested students. These early mornings are so hard for some of my kids, I think they're asleep for the first couple of class periods.
- Those students who are able to sleep later may get more rest.
- I don't see any benefits to this. People keep saying "Research shows". Test Scores were not included in the above link.
- "If the research truly is correct I guess the concept makes sense. I don't feel like there has been enough information provided to families with elementary aged children who aren't aware of the current daily schedules at the high school and middle school.
- In winter, I see this as possibly reducing the number of snow days because there would be more time in the morning to get the roads cleared so that school could still be in session."
- I do not see a benefit.
- Teens need to sleep in later. This would be good for them.

- NONE
- Students may be more rested, feel more positively about school
- None-we are in the rural area where over half of your population lives and they already have bus rides that are too long meaning over an hour. It's my understanding that they won't benefit much from the later start and it will just result in even longer bus rides!
- Sadly at this time I am not seeing many benefits expect that the students may be more prepared for their day.
- Much of the feedback in the document is relevant
- I do not see this benefiting students.
- Health benefits. This is such a no-brainer. So grateful Dr. Hoff has advocated for this. This **should** be federally mandated for the entire country.
- Medical research demonstrates
- significant benefits
 - Improved academic performance
 - Improved physical health
 - Improved mental health/reduced
- anxieties
 - Sleep cycles align better with the
- school schedule, providing a more natural WAKE UP time (bedtime should be the same)

What problems do you see with starting school later for secondary students?

- Later nights for the kids, effects of afternoon activities. In the winter it gets dark much earlier and kids should not be walking home in the dark.
- Sports and other activities getting shifted to before school will defeat the point if late start.
- 1. Sports and practices will be effected. Making some practices late into the evening. 2. Families with young siblings will need to find alternate care for children potentially at a cost.
- Getting the kids to school after 8 will be impossible for us and kids will get tired towards the end of the school day. And what will happen with sports
- Sports, I feel my kid would then stay up later, and that isn't acceptable when the parents have to get up at 5am!
- Transportation especially rural routes. Sports, other siblings that are younger. After school care for younger scholars that have a high school sibling. And start time of jobs.
- How will programs that are typically staffed by high schoolers (KidVentures, for example) be impacted? How will finding practice times in local facilities for sports impact younger students (since they would have to wait until high school/middle school practice is finished before their practice begins)?
- Later end time for activities resulting in homework being conducted later in the day/evening
- Finishing later starting sports or after school activities or work later going to bed later defeating the purpose
- Detrimental to family life, detrimental to parents who work, detrimental to teenagers who have after school activities or jobs that depend on them. This will hurt coaches who more than likely travel from out of town. This will hurt teachers who travel from out of the area. This is just wrong
- Later days, sports run later, family time is now homework time, scheduling after school appointments for kids, second bus routes everyday, parents who drop off kids on their way to work, church activities, non school related sports/activities, my kids walking home in the dark all winter, the list is endless
- 1. It will cause secondary athletics practices to go later, impacting other students in the district partaking in club or association sports 2. Students will miss more school when having to leave early for athletic competitions 3. Students will not get more rest. They will either be up later doing homework or just up later thinking they can just sleep in 4. Students who need to work will have less time available
- If they have younger siblings it isn't going to make a difference for them because the family will all be leaving at the same time.
- Develop poor time management habits.

- I don't see a problem with later start time but a later dismissal will definitely be a problem.
- Requires families to be flexible in ways that may not be possible without expense to the families
- Shifts all athletics later
- Conflicts with student work schedules and some students would need to work later to help support their families "
- Those who are open enrolled will have a more difficult time getting to and from school, those in sports/activities will miss more class than they already do when leaving early for competitions, later start time means "I can go to bed later" which still causes a lack of sleep for the child, and it provides students with less opportunity to seek employment and gain valuable work experience because they will have less available "free time"- this time now devoted to getting school work done
- None
- Late night sports, kids afterschool jobs. Not all kids dont work.
- Parents schedules do not change. Athletes (especially spring) would miss more school when bus times are early.
- I have kids who are student athletes so I worry about that with practice/gym availability and missing school. There is also a huge impact on my younger child since the teenagers watch her after school
- None
- If something doesn't change with homework load, students will be staying up later to complete assignments (especially after school related activities, go to bed later, and not benefit from more needed sleep.
- After school activities will now go too late
- Later sports. Missing end of day school because of games in other districts. Harder to plan younger siblings to get home safely without their older sibling. More money for families who have to now pay for after school daycare.
- It will impact sports, school activities, religious commitments, and jobs. These are important things to help form them as adults and learn lessons outside of school, and it will be drastically impacted.
- It makes the days longer. Its an inconvenience to daytime working parents. An assumption that because I can get up later, so I can stay awake later.
- School starting later means one hour less of gym time or pool time after school. After school activities (school sponsored or not) will all get pushed back and hour later. Will the basketball practice that ends at 9:30 pm or play practice that ends at 9:00 really go until 10 or 10:30? That isn't healthy for the family members who are transporting and coaching students.
- Having more homework do to sports participants needing to leave class early.
- If others districts in our conference don't adjust, that could be difficult but certainly not impossible to schedule.
- After school scheduling might be complicated, but it is worth it.
- I am most concerned about how it affects after school activities. I am afraid that sports programming would see this as an opportunity to move practice earlier in the morning. This would negate the districts efforts.
- As a private music teacher with a studio in Northfield, I may have to tell some students that I can't teach them anymore, as my after school hours to teach with shrink. I know there are some options, but I am concerned about how this would impact programs such as mine in the community.
- I am frustrated by the fact that not all students in the district would be able to benefit from this. Rural students who take the bus will not. I would like to see creative problem solving around this issue.
- Kids staying up later so they're really not losing any sleep bus times are going to be around the same and parents getting off to works for before their kids even start school
- Reduced parental support and supervision; later after ciricular driving for students, more missed class time for events, increased costs for care, greater burden on parents when students realize they don't have what they need for the next day and it is now even later at night
- Late release time is the only concern as Kids do have extracurricular activities after school dance sports I may already set and scheduled
- I will have to find day care so that my students can get to school or change my career. It will negatively affect family time at home. I see it creating a problem with later sports. As it is now my daughter doesn't get home until 930pm from her sport. This affects my ability to get her home and get up for work in the morning. I see less homework time. My oldest assists with watching her younger sibling for a short period of time. In the future it may affect start times for job opportunities.
- Additional child care costs for parents of younger children.

- Their day ends later and pushes homework, dinner and bedtime routines later this not actually accomplishing the goal of allowing kids to sleep more because they are going to bed later therefore getting the same amount of time.
- busing, more time missing school because of sports and activities, activities and practices would start later
- none for our family
- Miss more school when have sports, because other schools have " normal" hours. Or the students would get home later if other schools adjusted for sports. Students that have jobs, would not be able to have one/ and or work as long. It would be almost dark in the winter when kids get home an hour later. Would be disruptive to parents trying to get their Kids to school before work.
- Late evening sports practices
- Getting out later, not preparing them for their work career as most work hours start before that.
- Parents work, getting kids to school for later start time, more kids will need to be at school early, defeating the whole concept of this.
- For one, the day goes later. After school activities will go later which means supper as a family either has to wait later or you eat without your child. How is that helping them. It doesn't. It creates a strain on the family.
- It would go loner into the evening, which would take away homework time
- Sporting events happen at the same time making student athletes miss more class periods throughout a season.
- At first was I was for this I think that any benefit would not be worth the cost now that I see the full picture.
- Encourages laziness and a sense of entitlement among young adults
- Less time to do homework after school before evening activities start. No benefit for rural students, they only get 15 mins later at home which makes no difference. meaning this isn't an equal benefit and is biased to town students. Less time for after school appt's such as dentist or doctor. Longer time on bus for students rurally.
- Future employers won't appreciate future employees lack of self discipline to get to work early.. Sets a bad example for students that employers will adjust their schedules so they can sleep all day. Students need to deal with adversity and this policy change does the opposite .
- It seems people are concerned about after school activities and how late they will go if high school and middle school students start later... both for the students and for the teachers, coaches and other school staff. I can understand this but I also don't think an end time around 3:30pm is unreasonable. And I'm sure my child would prefer an 8:30am/8:45am start time instead of earlier. (as would I)
- Everything after school pushed into a later time slot. There are a million things that we all should be doing for our health. Kids are not going to get more sleep by having a later start time.
- All of which was already stated with the addition of "real life" hitting them once they graduate. What adjustment issues will this create for college and career achievement? This should be concerning being that it states the sleep cycle is through mid 20's.
- We have none.
- NONE - it is such a good idea - PLEASE!!!! this is good science based action for their health.
- You are just adjusting their schedule, i currently have a grade schooler who is struggling with his am schedule, he could use an extras hour! I think parents need ro work on adjusting schedule accordibg to their students needs. Similar start times are important for parents who have more than one student in a different school.
- It isn't preparing the children for their adult life and teaching them about getting up on time early for work. Also we rely on our oldest Son to get home before our elementary age child so we don't need to pay for daycare. Late start would cost us way more than affordable for us because we'd need to pay and find child care for our youngster. Our high schooler is in sports in the spring and that would prolong his getting home time after practice that would start later and in return push back homework time causing late night up getting it done. Also as an employee in the school this would cause my work hours to be altered and make supper and after school homework help for my children run much later.NOT GOOD IDEA FOR LATE START.
- Impact to parents work schedules for those requiring transportation. Getting out of school later means later practices means later homework start means LATER going to bed. Not sure how this solves the problem AT ALL! Sports are a HUGE piece of this issue. Students don't get home until way too late from sporting events and then have homework to do and don't get to

bed. This will NOT fix that problem. It's also a parental thing. Parents don't give kids bedtimes anymore, and PHONES have not helped either, with students taking their phones to their rooms and being on them at all hours.

- If bussed kids do not receive the benefits, then I think that's a HUGE flaw. I am all for the later start time, I have a high schooler, but we also use the bussing system. There are a lot of kiddos that do not have the benefit of having a parent drive them to school, that's privilege! So if research shows the benefit to the later start time, I'm only for the later start time if we can remove barriers for ALL kids, not just those with the privilege of having a parent or sibling drive them. Removing barriers to this should be a priority.
- Disruption schedules for all the things that happen after school, such as practice for sports and other activities; childcare challenges for those who rely on their Older kids to help care for younger students when they get home from school; incompatible schedules for teachers and coaches with students in other districts and keeping them at work longer, and the risk of losing good teachers and coaches; negative impact on student after school work opportunities; and finally disruption or possible loss of family meal opportunities. This can already be challenging in many homes but this schedule change may make it nearly impossible. The importance of family dinner has also been researched, and this is still important to some families.
- Everything that the District has listed on the informational email, and more.
- 1. We would be one of the only schools in the conference/section to have school start and end at the time we do. Because of this, our students would be disproportionately, negatively affected by game start and end times because kids will have to compensate more for the school they will miss because dismissal times won't change. 2. For before-school activities, kids will still have to get up earlier than they ""should"" according to research. This means that they will have to go to bed earlier (if they care about sleep), and therefore have less time for homework than they did before the change because school got out later. In essence, kids in activities like jazz band will be disproportionately affected by the change. 3. The highest achievers will be disproportionately affected by this change. Those that are high achieving often have multiple AP classes and multiple activities in a given day. Also, not everyone likes to go to bed later. Yes, in general, teenagers' circadian rhythms are better suited for later nights, but a generalization simply cannot be applied to every single kid"
- Staying up later to complete homework. Rural students do not get to sleep in much later. There will be less time for after school activities. Youth sports will be pushed even later in the evening. Fall sports that practice outside may run into shortened practice times due to darkness. The potential to lose flex hour for high school students. Conflicts with extracurriculars that do not change their schedule if/when Northfield changes it's schedule.
- None
- Flex time has been very positive for reducing the stress level in high school, losing that would be a mistake.
- Day will get too late, complicates transportation with multiple children of different ages
- Later days, longer days, tendency to stay up later anyway. Poor light in winter for sports and safety with sunset beginning at 4:30 to 4:40. Later nights for activities. More missed School leaving earlier for sports and other activities. Less family time in the evenings. Kids checking out in the spring when still in. class at 3:30 on a beautiful spring day. Limited lot fields for baseball , softball soccer. Poor safety Nordic and cross country in the dark.
- Kids with special needs often can't be left alone if parents need to leave for work.
- After sports practices and activities my son currently stays up until 10 or 11 most nights doing homework, I am concerned this might get worse.
- A few students may miss more class time for sports
- Interferes with scheduling of after school sports, particularly hockey.
- None. It gives them more time to sleep in and wake up and study in the morning if needed.
- Everything that the District has listed on the informational email, and more.
- How are working parents to make sure their kids get off to school? Are we really benefiting our kids by teaching them that life doesn't start until later in the morning...I dont think so. Let's talk about sports...How is that going to work? We have a hard time getting home work done now....This will make it even more difficult. A part time job for kids would be impossible for sure during the week.....the list just keeps going...
- Hopefully it doesn't affect coaches and after school programs.

- Increase day care cost. Loss of jobs. School bus company already struggling to have staff, will make worse. Increased costs. Taxes already too high. Coddling our children. They need to be prepared for life and this won't help with expectations as an adult. Families moving to other districts so don't lose job and can afford day care.
- None
- It could affect my start time at work.
- all the extra costs and the missed class time for athletics
- The problems I see arising would be the high schoolers not getting to bed any earlier due to after school sports, activities, etc. An actual 54 minute delay in the day would just be delaying the whole entire day.
- parents will be bothered by the change
- I see no problems. The most important thing is our kids education and what works best for the children. We as adults can figure out how to work with the change. It's not like it's hours difference where it wouldn't work. At that age kids can be responsible enough to get home on a bus or not need daycare
- I see none in the long term. Short term logistics only.
- None
- None from my family's perspective.
- None
- The noise created by all the adults who are thinking about how this impacts them instead of how this impacts secondary students.
- My kids won't benefit. They are rural kids and have to get up and leave when I get up. Regardless of the later start time, they will still get up at the same time.
- Certain sports are perhaps impacted
- Kids need to be prepared for the real world. Start 8am. All day everyday year round. This is what they will do when the have jobs as adults.
- I don't really see any problems.
- After school jobs impacted, students with younger siblings who they give rides to and from school won't see a benefit as they will be up just as early to get them to school on time.
- Kids being left at home alone while parents go to work. School activities end later. Family schedules.
- Virtually none
- I imagine that it might have an impact for families with younger children.
- Everything will be later throughout the day-school, sports, extra curriculars. Starting the day early allows for more work to be accomplished. Students will stay up later with a later school start. Athletes missing school for sporting events.
- Before and After School care is a huge issue; especially with 2 working Parents in a household who commute to work. KidVentures already costs us +\$300 a month for 1 Child. This price would go even higher if before school care hours are extended.
- Afternoon athletic practices running out of daylight. More difficulty getting after-school jobs. Parent work schedules not being compatible.
- No major ones. We might have to be gone for work by the time they go, but they should be able to manage that themselves. (We hope, our kids are middle school age right now.)
- They won't get any more sleep than before, later release time is harder on families, school staff, and bus drivers.
- Late starts create a lot of havoc on the family. With other kids start times and a two working parent household this makes it very difficult. My older kids have had to miss 1st period of school to put my youngest on the bus... if school starts later we may have to find and pay someone to help us out putting financial strain on the family.
- School activities running later, unable to have jobs. Less evening hours to do homework.
- Conflicts with after-school schedules of all sorts. Less after-school time for homework.
- Will early parent work schedules require students to be at the high school early anyway negating the benefits of later start times? What about families with children at multiple ages...if they are driving children to school then everyone has to get up anyway. What about how this will impact Arcadia Charter school with busing?

- Negative impact on after school activities. It would push practices and rehearsals late, causing students to stay up later anyway. Due to lack of gym space, it would also negatively impact elementary aged athletes.
- No supervision in the mornings for families where parents need to be at work early could result in attendance issues"
- A big hassle to rework childcare., work schedules
- Rural kids will still be picked up super early and ride bus longer than average. No benefit. Sports, work. Everything will just get compressed later in the day. I see parents having issues managing the family both in the morning and evening if it is all pushed back one hour.
- I think it would negatively affect Nordic skiing schedule with limited daylight and perhaps some of the other evening activities, for example fitting in dinner before band concerts start. I see benefit to all schools starting at similar times. Our schedule works well for us right now. Changing seems like a negative for students that have extracurriculars, makes it harder. It is very challenging to make up work in classes on sport event days, I feel parenting fail when my kids have to miss lectures for sports.
- They will stay up later if they are in sports or other activities
- Many! Kids will still need to be up early, it will create less supervision in the mornings, more kids standing outside at cold bus stops, and many more kids hanging around in the school early and ready to start their day. Rural families that have to get to work will not be able to drive their kids to the bus stops in the freezing cold, and other MN weather.
- Rural students would not see a benefit unless the bussing was changed
- Who will provide after school care for the elementary kids if the HS I'd out late and the little kids get home early? Are you going to expand the Ventures program and make it free to parents who have to work until 3:00?
- parents still work, so MS kids still arriving early and then sitting around- defeats the purpose. lots of sports and musics- leaving earlier and missing more school. not around to help with younger siblings after school. working on homework later at night- messes up family schedules. dinner together is important, research says that too, extracurricular activities would potentially take that away or make too late for siblings.
- They will just stay up later. The schedules that this will affect is huge. Don't think it is worth the change.
- Starting later means ending later, which will require shifts in co-curricular scheduling. Students who are already over-committed (work and co-curriculars) and staying up too late to complete homework may end up just staying up even later (or still starting earlier), possibly negating the benefit to the most exhausted and anxious students. Economic need and a culture of competition and overwork are part of the problem, too, and so a later start time should not be viewed as a panacea.
- Sports scheduling, although I believe academics should have priority.
- Push everything to later in the day, facility use, sports, childcare problems, after school jobs, LESS FAMILY TIME, potential loss of staff, Family schedule conflicts, no more sleep for students they will stay up later, not prepping students for the real world.
- am concerned about after-school activities and our gym space shortage
- With parents work schedule child still has to be up at old time and then sit around school for an hour in the morning
- None
- Pushing end of the day back has a huge ripple effect on after school extracurriculars, homework, and sports practices/games.
- Most parents have to be at work before school would start. this will put a big strain on family's
- Missing more school due to afterschool events starting before the school day is over.
- Students will get home later from all afterschool events. This will have a domino effect all the way to elementary students with after school events and parents having to take them with to pick up older siblings. "
- Picking up siblings from elementary school.
- With extracurricular activity pushed back to later in the school day, it seems very possible that students will stay up even later and the same compression of scheduling will occur causing continuous loss of sleep
- None
- Coordination of work schedules and transportation schedules
- Sports practices and work after school will need to adjust
- Difficulty with getting to job, problems getting homework done because of no time between sports practice or games. Later nights because practice has to start later.

- It would be an adjustment for after school programs and family schedules, but still feel the benefits are worth it.
- Plenty, because it would disrupt a lot of things (after school programs, staff schedules, etc.), but I believe the disruption is worth it if students (and hopefully families) get better sleep.
- Parents would have to leave kids home alone to get themselves to school or change their work schedule. Plus would be running buses more. Burning more fossil fuels...
- After school jobs, sports schedule
- None. This would be a real benefit to our kids. Families can adjust.
- None
- Messing up so many schedules! My high schooler will not be home when my elementary kids arrive home. This creates a need for child care.
- I don't believe that it will change anything. The later start time will just mean kids are up later. Truthfully, how many students stay up later on Tuesday night now because of the late start on Wednesday? I discussed this change with my kids. My Middle Schooler asked, ""If they're tired in the morning why don't they go to bed earlier?"
- As a farm kid I was up at 5 every morning... There wasn't a question. I went to bed by 8 every night until college. Your body adapts to the schedule it needs to follow. "
- Not being when a child who needs extra guidance leave for school
- Students involved in extracurricular activities missing more instruction time for away contests, no PLC time for teachers, possibly losing good teachers/coaches due to getting off later, takes working hours away from students who need to work after school, not encouraging students to be responsible with their time management
- The way our mornings are around here with my teenager-I see NO problem with a later start. It would be so much better for everyone, my student, me and the school. Currently Wednesday mornings go great with that extra hour of sleep so if that was everyday that would be nice
- None. The community will adjust. A later start is the right thing to do.
- It will take a while for people to adjust to the change.
- Not being able to get younger siblings off the bus, high schoolers not using their extra time wisely, staying up even later, missing more school when there are sports, sports running later,
- None
- Would bus times be different for different age kids? Could be a challenge in families where the older kids help the younger ones on the bus
- Possible interferes with extracurriculars but they are extra education is the primary importance
- May just wanna stay up later, back home late at night due to after school activities, come later can change family schedule, harder to go places if needed after
- "Big problem for rural students. This change only really applies to ""townie"" kids that don't take the bus since MS and HS must still comply with Elementary schedule. Another mandate
- by the school board that the school accrues the benefits and the parents do all the work. "
- Students will likely not be using the extra hour to sleep more as they may just end up staying up later at night. Having the extra hour in the morning to finish homework may lead students to put off homework for the morning, creating additional stress when they try to finish it within that hour, and will not be getting the most out of their work if they are trying to cram it in.
- Busing for kids that do, parent work schedules...but this doesn't affect our family.
- Schedule conflicts with parents working. Less actual hours in school learning.
- Less time for homework after school, less time with family, later sports
- Running later for extra curricular activities and after school jobs. Kids will just stay up later.
- High school sports starting/ending later. Swim club with little kids starting later/ending at 10pm. I would not have my swimmers getting to bed at 11pm on any night. Loss of enrollment loss of club money. Sports kids would have to miss too much school. My kids are early riders so this would not benefit us. Busses still need to pick up little kids ..meaning pick up older kids at same time. Especially country kids.
- Parent work schedules and school start times May conflict making it more challenging for parents to ensure their kids get to school in time.

- Students will be on their own in the morning before school
- Losing more sleep by having to stay up late to complete homework because practices will be pushed back, making students arrive later to home and their bussing is scheduled to arrive just 20 minutes later than now. They will also be missing more class time to get out for sports.
- Court/ice times getting pushed back even later for youth sports
- I know folks are concerned about how the later start with effect things like gym and ice time for younger students, who already practice late. BUT our primary focus should be educating our students and a lack of gym/ice space shouldn't drive our decision. Perhaps we need to address the space problem in a different way. The research shows our secondary students do best with a later start time, so let's do what's best.
- None
- Later sports practices for high school and club sports; difficulty in getting students to school when parents need to be at work at 8:00; rural students would a still need to be on the bus at an earlier time, due to busing schedule; difficulty for students who rely on after school work, as it may shorten the time they can work; challenges for teachers and coaches (may not like schedule and choose to move to other districts); kids will just stay up later and get the same amount of sleep; elementary students would be home before older siblings, possibly alone. If flex hour was lost at the high school that would also be a concern.
- Plenty. This will cause sports to run later, the student will get the same amount of sleep as they do now. For rural parents/students (myself included) we already get home after practices later than i think is reasonable. Also having such a difference in start times between elementary and middle school will be difficult for parents like me who choose to drive their kids to school to avoid long bus rides. I will still have to wake my middle schooler up at the same time only to sit in the car with me for 30 minutes before i can drop him off!
- I don't think anyone disagrees with research showing sleep helps students or people for that matter but starting school later will have little impact on a school that is still mostly rural. Students are already up before 6am.
- Bus schedules, sibling schedules, family work schedules
- Schedule conflicts for parents
- Parents work time altered
- Daycare, work schedules, family conflict
- none
- Interferes with transportation to school if parents work. Getting home later when playing sports means less family time.
- My main concern is regarding dismissal times. Students leaving the middle school or even Bridgewater on foot could easily get caught in the traffic of high school students leaving the parking lot. The high school parking lot is chaotic, to say the least, and without significant changes to traffic control in the lots, I'd really worry about my children walking home from school. They need to take the path on the west side of Jefferson and the crosswalk at the high school entrance and Division St is wide and I've observed very unsafe driving from students there.
- I am extremely concerned that this will unintentionally widen health and performance gaps among students from different socioeconomic backgrounds. Of course, the genuine intention of the change is to help ALL students, and that's wonderful if it can be implemented. But unless additional costs are incurred for direct things like busing (for rural students and for students who would otherwise need to be dropped off early at school anyway) and for indirect things like child care options (for families who rely on their high school children for after school care for their elementary and younger children), then the outcome would be to inadvertently help the already privileged students.
- Transportation, getting home later because everything starts later, missing more school for those in sports, longer times on the bus, childcare issues.
- Possible havoc on parents' schedules. Children being left on their own to get to school on time... scary.
- I don't see a big impact starting later. Maybe wake up times for younger ones might be affected if having to wake up earlier for school vs. the time they have set up now.
- This is not good for us because I make sure my child is up before I leave for work. Now I will make sure my child is up and there will be an hour of sitting around waiting for a bus. This hurts 2 parent working families. The privileged 1 parent working families will not feel the burden of this time change.
- None

- Interference with after school extra curricular activities, part time job opportunities, and rural busing.
- Less time for homework and activities after school
- None
- Our family consists of all early risers. We fall asleep early and get up early, so the current school times work fine for us. It also means that the kids have more free daylight time after school to play outside with friends. We imagine that this would diminish outdoor play time after school and impose a sleep phase shift contrary to our natural rhythms.
- For our family, none
- Parents who need to leave for work early would be burdened to meet home and work requirements.
- Way to long of a day for the elementary kids riding the bus.
- Not getting off of the bus until potentially dark in the winter.
- Sports either practicing in the morning which defeats the purpose of the late start or going longer in the evenings.
- Less "home" time for athletes to get homework done.
- Too many more to list!"
- There are problems that will arise but all can be solved. We can move forward with research-based and proven (in other communities) practices knowing that everyone will adjust in time.
- Students with after school jobs will have less time to work; athletics will take kids out of EVEN MORE school time.
- Those involved in sports will need to miss more school on days of competitions. Family schedules in the evenings will need to adjust. Rural students will not realize the same impact as in town kids and is this fair? Will kids get any more sleep than they do now? I feel many will just stay up later because they can sleep in later in the morning.
- Later leave times for extracurricular activities and staff. Rush hour impact for transportation.
- Family work schedules, bus system conflicts, youth activities conflicts (below).
- My view is that you are simply pushing the clock ahead for everything including sports, homework, evening activities, and bedtime. My son definitely stays up later if he knows school is later on Wednesdays. My daughter, an NHS graduate, believes this as well. She was early to bed and early to rise and I think she leads a far healthier lifestyle than my son. I am concerned that the sleep data might be skewed today because of poor diet and lack of exercise and moving to a later start time will make this even worse.
- -staffing for after school programs
- -HS students being able to have an after school job
- -childcare increase for families who rely on MS and HS students to meet elementary school students off the bus,
- -youth sports and the late gym access after later start of HS activities
- -student athletes missing even more instruction time"
- For me, no problems.
- Athletic timing conflicts with early release for activities
- it creates logistic problems for parents driving kids to school but we can adapt
- Sports/Activities go later, May not be available to work an after-school job, not available for younger siblings
- None for us. They'll get home later, stay up a little later and sleep a little later - the schedule will shift to align with natural rhythm that is more comfortable for all in our family.
- Sports practices going too late into the evening, difficulty dropping off for parents that work (potential for bus overcrowding), evening "family time" is so limited as it is--this would make it even worse
- This change will impact all students K-12 not just secondary students.
- Scheduling, sports, work
- people adjusting to change
- "I see the bigger problem as ending the school day later for high school students. There would be too much missed class time for athletes leaving school early to get to scheduled meets. This year, my son will participate in approximately 22 out of town meets (there are no cross country, nordic, or track meets at home). With the current schedule, he will miss at least 22 hours of instruction. With the new schedule, given meet start times as they are now, he would miss at least 44 hours of instruction. The health benefits of exercise are well established; participation in sports should be supported and encouraged. Forcing

practice later, into hours of darkness, discourages participation. It gives student athletes less time to fit in homework, on top of dealing with the extra work due to all of the missed class time.

- Later night with sports and other activities, then homework after
- Inconvenience working adults, interferes with athletic activities at all age levels, does not include the entire student population, does not prepare students to join the workforce.
- Later release time. Won't be prepared for adult life. After school jobs. Less family time. More school missed for activities. Rural kids won't see advantage. Disturbing working families routine. Only benefits families of wealth/stay at home moms.
- Work time disruption for both parents.
- Sport schedules.
- Fitting in sport activities- currently dropping child off at 6:30 am for weight lifting- coaches likely to plan earlier practice sessions
- Bussing and dropping kids off at different schools. Less time for homework and after school activities.
- See above - since I didn't see any benefit to this, all my answers are the same.
- The problem that I see, is only my own. My child lives 1.5 mile outside of the district and I drive them to a bus stop. I have set up my work schedule around that, and may not be able to continue sending them if the time changes.
- Also, my child is in a winter sport and we're already picking them up between 6-7 pm most nights. I'm guessing that would turn into 7-8. Which means dinner and homework gets pushed back, which ends up not increasing sleep time at all as they go to bed later."
- See below.
- The impact on extracurricular activities' schedules and facility availability.
- The parents' work schedules may have to shift to accommodate childcare if the secondary students had been relied on for younger siblings."
- Less time for extra curricular activities, jobs, homework and families.
- Bussing, daycare for siblings, and sports schedules
- Parents getting to work - the same problem as late start Wednesday
- Change is hard.
- Later sports, conflicts with after school jobs
- For the athletes to be able get homework done on away games that are late. It's not ok to go bed late because of homework. It creates Huge issues for daycare, after school jobs.
- None, everything that might be challenging is about me and my schedule. I will adapt.
- Bus coming having two routes. Missing the last hours for sports. Practicing going later into the evening. This is not preparing them for the real world/job world. They will just stay/be up later at night.
- Any student who also has a job, is in athletics or activities, or any other family responsibilities will not realize the benefits of this change.
- After school activities will be later.
- None
- There will, of course, be logistical problems to solve (transportation schedules, parents who have students starting at two different times and need to make two trips, etc.), but that seems less important than doing what's best for kids.
- Everything runs later, kids just stay up later. Effects family time - more children will need school transportation but parent won't be able to drop off or pick up. Does this really prepare kids for the workforce? As an adult you need to adjust your sleep schedule so you get enough sleep and arrive to work on time. Sports activities run later. More school missed to away activites - sports or bowl teams.
- Scheduling and timing issues for parents
- It will affect families, their jobs, in a negative way.
- Rural students would be negatively impacted as busing schedules would remain the same. Any perceived benefits (studies are flawed and are focused more on start times of 7am) of a later start time are far outweighed by the cons. Cost increases of busses, impact to family, student work and sports. Northfield already starts close to 8am. The current start times (minus the

ridiculous Wednesday late start) for elementary and secondary provide a balance for families with children in both elementary and secondary.

- Throws everyone's schedule in a loop, after school activities, sports, parents jobs, the students jobs, etc..... Not everyone in Northfield has a stay at home parent like it seems the district believes to adjust their whole schedule to the needs of what the district thinks should happen. What does this do to these students in the future for jobs,(they will start to believe they are entitled to have work schedules that only revolve around them) somehow us parents manage everyday going to our jobs and not complaining about start/end times, you just go and do it. Don't fix what isn't broken people.
- None for us but I imagine it could cause concerns for other families - change is hard.
- Just transportation as my kids bus is too crowded so they usually need me to drive them but I won't be able to with my work schedule. Please work on the over crowded buses.
- None really. They are old enough to get themselves on the bus and if needed, do homework in the morning.
- Decreased time for physical activities, which are also an important aspect of health
- Parents work schedules are tough enough and are we really getting any better results with 1 hour late starts on Wednesday or is this just more convenient for a noisy few?
- Sports start and end later, rural students who ride the bus still have to get up around the same time, parents go to work before the students have to leave for school, elementary students on the afternoon bus for even longer
- My family will have no problems with this change.
- School would end later, thus activities like play practice, speech, and sports practice would start later, thus kids in activities and sports would get home later, and still have hours of homework to do. My high schooler has already been up until 11 p.m. some nights doing homework after sports practice...and that's with school ending at 2:45. If school got out later than that, would she be up till midnight doing homework? That would be insane (her dad & I don't even stay up that late! we have to get up early for work in the morning!), and I do not believe that would actually result in the purported benefit of more/better sleep. She'd just be up later, and thus just as tired in the morning. I'm also concerned for younger students. At present, kids in rec league sports have to wait to have practice until HS sports are done practicing (due to lack of gym space). This can mean that kids as young as 6th grade can be practicing until 9 or 9:30 at night. If high school starts and thus ends 45-60 min. later than at present, rec league practices would have to run 45-60 min. later as well. Do we really want elementary and middle schoolers practicing until 10 or 10:30 at night?? And parents having to go out to pick them up at that time? If practice ends at 10, kids still need to get home, shower, and get ready for bed; many would not actually get into bed until 11 p.m. That's ridiculous.
- Harder on families who work with transportation and daycare before school. Harder for children in after school activities. Takes away more of the small amount of time children have with their families at night.
- Child care. Before and after school. Messing with work schedules. Ours and kids. HS kids alone in the AM. Kids being up late because they do not go to school until late. They need to be home not out!
- "Kids at home with less supervision, more time to make trouble, country kids will see little to no benefit, disruption to kids in extra curricular activities
- Some students may not be able to reap the benefits of a later start time. While the schedule may be changed, some students may still have to get up at their current time to accommodate their caregiver's schedule(s).
- I understand there may be complications for other families, but for ours the proposed schedule works better.
- Sports and other activities could be impacted due to lack of gym/facility space. Though this needs to be balanced we also need to stop pushing our kids to be busy all the time.
- Work and sports aft school. Parents work schedules
- "One of my older children watches his younger sibling after school until parents get home from work (5:30)
- My other older child has an after school job, so now he would have to give that up,,(he's trying to save for college) , further more, if this later start time is SO "" beneficial"" for the older kids, then ya best offer it to ALL the high schoolers!!! the ""rural"" kids don't need as much sleep??? RIDICULOUS, ALL IF IT!
- STOP the insanity! I'd like to sleep later in the morning too, however my job requires me to be at work at 7:00 am,, THIS IS CALLED LIFE!!"

- The rest of the world does not start or stop because a couple of Dr.s say people need to sleep in. These kids need to get their bodies on schedule. They need to put their phones away and get off their computers/games and go to sleep at night at a reasonable hour. This is a Parenting problem if kids are tired in school and learn better at 9:00 rather than 8:00.
- Sports will see reduced practice times by a little bit and make up for it in a later in the evening than is appropriate way. Parents will have to let their kids be accountable for getting out the door- many may not like it or be prepared.
- Adjusting to the new schedule.
- Schedule issues
- Disruption in family routines - work schedule, after school transportation, after school daycare , after school activities
- In the winter months afterschool activities would end -- and sometimes begin -- in the dark. This would be a special challenge for outdoor sports that practice into the shorter days.
- If it gets too late, there could be idleness before school, which could lead to problems as well. I think most family schedules could be accommodated with children of that age. For the younger students, the shift is minimal and wouldn't impact family schedules much. I could see an impact to sports schedules, but not all students are in sports. That may just be something that, as a student athlete, you accept and ensure you stay on top of your work.
- Sport teams will practice later. Some practices will be early in the morning. This may impact parents who share a vehicle with their children.
- The early pick up time for students that ride rural routes, seems to decrease some of the time shift benefit.
- The studies show that students can benefit from more sleep but that is in an ideal world. With later start times, students will end up going to bed later due to activities thus taking away the advantage of "more" sleep. I don't think our community can support this change with our facilities and thus the advantage will be negated.
- life schedules, family time, work, club and sport activities, missing more class time to travel to events, recruiting/retaining highly trained teachers and coaches, unrealistic preparation for future plans (college, work...)
- What is going to happen with the younger kids who will now get home earlier than their older siblings who are in charge of watching them. Another expense for families to have the younger kids in afterschool care. Also what about the high school kids who work to help support their families. They will be having to reduce their hours of work due to getting out later.
- Disparities between rural students (who will need to be bussed in earlier) and in-town students.
- It is hard for people to change their routines.
- PSEO students will have a tougher time finding classes not going too late into the night, kids who work will have less hours, sports/activities kids will be getting pulled out of classes more often to travel to other schools, working outside of home parents will have tougher times in the mornings
- "the disruption to the student athlete's class room time will increase with early dismissals - most of the other Big 9 schools still operate on a schedule more similar to Northfield's current one - and now an early dismissal means even more time away from class
- Not to mention the damage done to parents work commitments and the disruption this will cause to family's juggling kids getting off to school. This could incur added financial costs to these families and will definitely bring added stress to these families"
- Certainly change is never easy. For students, there are likely to be some kinks to sort out with scheduling, but I don't see problems for students, per se. Perhaps challenges for parents but the educational upside for students is enticing.
- How will the bus routes work? Kids on a rural route would get on the bus only 20 minutes later than what they do now. How will after school sports work? Having secondary practices start later, means youth sports will have to start later in order to get time in the facilities. Evening concerts will have to be pushed back in order to accommodate later sports practice times. This will effect kids with jobs that need to work after school. It makes parents day that much longer, having to wait for sports to wrap up in the evening. Some parents can't go to their jobs later, can't leave kids at home alone, or can't afford early ventures. If practices are later, when will kids eat dinner? What will happen to family dinner time? If kids are practicing later, coaches are just going to move practices to before school thereby negating any benefit of starting later.
- Childcare. My middle schooler will no longer be there to watch my elementary school child after school until a parent gets home.

- I agree with each of the “problems” listed above. Kids likely will not be getting more sleep, they will be staying up later and if they are involved in sports their practice times will be pushed to even later which is also not healthy. I worry that we aren’t preparing older kids for the workforce by changing a schedule to allow them to sleep in. I also worry that with kids getting out later we are cutting into any free time/play/outside time they could be having after school which is also very important for their mental health. While it already feels rushed after school with some free time/dinner/homework/family time/sports this would make having that time even harder. I also worry that the later start time pushes sports activities/practice into the evening affecting Middle School and High School kids from participating in Wednesday evening church activities which for many is and should remain a priority! One example of sports running even later, the older kids in the swim club already get done at 9pm. I cannot imagine what time they would be getting done if the school day starts later.
- None
- Later times for bringing kids to school equals later times for parents to get to work, later times for after school activities.
- I think it would only cause problems for some parents, but I think earlier times have also proven to cause problems for schedules and people still figure out how to work around it so a later start time will be no different in my opinion.
- I see other youth activities getting pushed back to later times.
- There are quite a few problems with a later start time. One of the biggest ones is the rural students do NOT get any benefit with starting later. They would actually lose. Not only sleep but having to be at school and on the bus for a greater length of time. Also, for parents that commute to work and even parents in town who have to be to work at a certain time would have to try and change that with their employer. Not every employer is going to do that and the parents are the ones supporting the students! Thirdly, the time spent at home becomes less and everything gets pushed back later in the households. What benefit is that when the children are still not going to be in bed any earlier. Fourth, the children are more than likely not going to get more rest or sleep as they will (as teenagers generally do), will NOT go to bed because they know they have "EXTRA" time in the morning. Our town, which relies on teenagers to work at their business are going to suffer. The daycare are going to have to stay open later. There are way more problems with a later start time than keeping things the way they are. This is not going to help the work force for these students when they have to work for a career as it's not teaching them time management and having to get up for a job when they have to support themselves.
-
- evening events run later
- Rural students would see no benefit to this new schedule. After school sports and activities would be severely upended along with family dinner time for those who participate in after school activities. It would be more difficult for students to have an after school job also.
- Students in Athletics/Activities will miss more school when traveling to away events. Students in Athletics/Activities will miss family time (supper) due to practices going late. Pushing back family supper time is not an answer either as a lot of families have younger kids as well that go to bed earlier.
- "With school starting later, what's to say that sports won't begin scheduling before school instead of after, defeating the whole purpose of the change in start time?"
-
- Can we please get rid of late start Wednesday? If school starts later there is no reason why the teachers can't meet before school starts, or after for the elementary age kids. Please don't take any learning instruction time away from the students for these meetings.
-
- I have heard that the high school students have an hour flex in the middle of the day. Can that be removed and go back to 3 lunch hours so the day does not have to be made any longer? In other words, can the actual daily schedule be shifted in a way to decrease the impact of the later start on the dismissal time?
- How will busing times be affected?
- Day care issues, kids being up later at night, transportation issues, young adults having trouble getting up in the morning for a job because they've been allowed to sleep in every morning.
- It would take a period of adjustment for all, but in a couple of years would be fine.

- Allows them to develop poor bed time parameters. "School starts late , so I can stay up later." The whole idea is a net loss.
- Already at-risk & marginalized students may not be able to make use of the late start as intended. As noted in the plan overview -Students, coaches and support staff that often work afterschool events such as sports may suffer -- students missing greater amount of classtime on game days, staff may not be able to coach as they may miss too much course/work time on activity/game days.
- Less time in the afternoon/evening for families and after school activities
- If we start later children may stay up later, for the fact of sports, work, homework will all get pushed back. Families will loose even more time together. not only will it affect district families it will affect the whole community. Being not only a parent , put a single parent whose days are packed juggling everything already even more will it feels there aren't enough hours in the day to be able to spend our family this will take more time away. We may loose wonderful teachers (as this will affect their whole work/family life) who have connecting relationships that are huge in our children's lives as they are growing.
- Much of the feedback in the document is relevant
- Extracurricular activities, family schedules, athletes missing school for games
- 1-With later start students in activities would miss more classes due to early releases to get to away games and meets. 2- Families would also have less quality time with families as their work schedules are not changing. 3-How can guarantee that students will get an additional hour of sleep and not stay up an hour later? How is this going to make a difference? 4-Youth sports will need to practice later due to high school sports practicing first. This is not what is best for students. 5-How is this plan preparing our students for the workforce? Allowing them to report to school later does not set students up to be successful as they will not be able to report to work later.
- My boss won't be happy because she was hoping I'd start work earlier once both of our kids got to junior high, but I'd put the health of students first.
- Parent work schedules - but I think we will adjust

What questions do you have about a potential later school start time for secondary students?

- Why fix something that isn't broken?
- how Will kids that walk home be affected with there being more traffic at 4:00.
- How would the three different schools get picked up in Dennison? I think of gas prices and how could it be cost effective.
- Being in the big 9 and already long and late bus rides students will miss more school in order to participate in activities
- No, I see all I need to know.
- Why do it? No kids I've talked to want. No parents I've talked to want it. So why?
- How will transportation affect start time for elementary? This will also have a ripple effect and affect families, child care, etc
- How do you think this is going to make a family life better? Families already have to eat on the go because sporting events, practice, concerts, and even work of some students go late enough.
- How will you teach the kids to be responsible in challenging situations if they aren't even able to manage their sleep schedule according to their own extracurricular demands?
- Have all options about the schedule been explored? Shorter day to have later start and earlier dismissal? Modify the calendar so that dismissal will not be so late?
- What kind of teacher requirements will there be for duties- won't there be less time for help with work?
- Great idea!
- Why? Are we just copying other schools without thinking about our community.
- Anticipated start?
- Does it have to push back a full hour? Will they still have flex? Will other schools in the conference follow? Will the bus company add more buses since fewer kids will be dropped off (a VERY good side consequence though. Too many are allowed to drop off, creating unsafe traffic).
- Main concern is for my primary school child who starts slightly earlier.
- Will homework expectations change as well?
- Most all I have talked to do not want it



- None
- "Making your day start later, how does that prepare you for the next stage in your life?"
- "
- How will this affect their flex period?
- Are we prepared to put our kids' well-being ahead of sports? If missing more class for contests becomes an issue, will we lobby with the conference to change contest times instead of going backward on this start time?
- Are you kidding with this
- In other districts they start later 8:40 (district 112 carver county)and then still end at 3:10 . Why do our time ending need to be so late
- "More parents will need busing to assist their child to school. Will Northfield be expanding the bus routes to assist more children. Will they create more routes that cover out of town/country locations?"
- "
- none
- What time will school get out? What time will sports ends?
- Would secondary students actually use the later start time to sleep?
- Would there still be a Wednesday late start? How would afterschool activities be handled in terms of shortened daylight and opportunities for practices?
- None right now
- Why can kids not go to bed earlier?
- None except where did common sense go? It seems every year someone is coming up with hair brained ideas that defy common sense.
- Will there be separate bus pickup and drop off
- None at this time
- Shouldn't this issue be the responsibility of the parents to ensure that their students are getting a good nights sleep, without having to change the start/end time of school?
- What about an earlier start time and an earlier release time? Students could get to sports, homework and social activities done early so they can get to bed earlier.
- Please look at impacts for all those involves - teachers, staff, coaches, kids. What are those impacts? Perhaps survey those who work there - do they share the same concerns as what the people who attended the meeting shared? I think we should trust that they are the experts as those who work at the schools and interact with the kids.
- Why is Northfield all of a sudden concentrating on this topic? Think of your teachers who work all day with kids, have families of their own, coach many of the after school activities, then work even later into the evening-pushed by the late start, then go home to more homework for their students and their children. This is hard on families.
- n/a
- **WHY HAVEN'T YOU DONE THIS EARLIER!!!**
- I think all students in a school system k-12 should have a similar start time, within 20 min. Or so.
- How many school do this??? Have their results been known? Will the district even consider what the PARENTS are concerned about?Or is this a done deal and your mind is made up?
- How will you address the privilege of some, and not of others. There is a huge reality here that many of our low income/less privileged students DO use bussing. If research shows that the later start times benefit kids, then you need to figure out a way to address that. The gap will in learning will only get wider the more barriers you put up to learning. So, do you have a plan that can and will address the bussing issue, to allow bussed students the same benefit as students that will be driven to school?
- I don't question the research and that obviously most of us and especially teenagers can perform a bit better with some extra sleep. But I do question if school start times really solve the issue, and if a small potential benefit to a few students is worth all the potential negatives to so many whole families.
- Who feels the need to reinvent a perfectly acceptable schedule to satisfy the needs of the few.
- "1. How would programs like KidVentures and PLUS be affected by this change? With PLUS especially, this change could disproportionately affect lower income students, furthering the achievement gap we already know is prevalent in Northfield.

- 2. Won't this not adequately prepare students for the workforce or other post-secondary paths? My daughter personally is doing very well in college because she was used to getting up early in high school and having a productive day.
- "
- What proportion of students are rural? What proportion of middle school and high school students participate in high school athletics? What proportion of elementary students participate in youth sports? How will students participating in non-athletic activities be affected? Quantifying the number of students that would be affected in different ways would be helpful to determining what the best solution is for the district as a whole.
- Why prioritizing athletic schedules over student health is even a consideration.
- Where will extra transportation dollars come from?
- Does the school board understand implications? They do not have children in the district. Poor school board representation at informational meetings.
- Is there a financial benefit to the district or is this change being considered solely on the basis of the study?
- How do we educate everyone so kids still go to bed at a decent time so they reap the intended benefits?
- Bantam hockey practices are currently scheduled late, often ending b/w 9:30-10:15. With a later start to the school day, would this push Bantam practices from 10:00-11:00? If that is the case, the Northfield Hockey Association will see a decline in enrollment.
- None
- Who feels the need to reinvent a perfectly acceptable schedule to satisfy the needs of the few.
- None
- How do we prepare our kids to be adults when they don't have realistic expectations of the real world.
- None
- Could the Wednesday late start become a Wednesday early release?
- does it need to be 8:45? can it be 8:20?
- I do not have any questions at this time. I just don't think this potential late start makes any sense what so ever.
- none
- None
- Just hoping that extra curricular activities will still finish up in the 9-9:30 range
- None.
- None
- Is there a way you could consider having the high school day end by 3:30 p.m? I wonder if this would mitigate a number of the concerns posed at the community meetings you shared.
- What is priority? Health and academics or certain sports
- Why don't we start school at 7am daily?
- What is the primary driving force behind this change in the first place? Why a mid year change?
- What are the costs? What other schools are doing it in our area?
- None - we should do it
- None.
- Will they take advantage of the extra time to sleep? What will students do with the extra time?
- Will adolescents adjust to the new school time by staying up later, nullifying the perceived sleep benefit? How definitive is the research?
- What happens regarding after school activities, both school run, and also other?
- Will they end at the same time as before?
- None
- Later sports, more missed class due to sports or other after school activities, very little daylight left after school in the winter,
- N/A
- What is the cost to the district of making changes? What work is disrupted by HS kids being out later? Won't kids just have to stay up later to finish work and homework? They won't sleep more.
- "Afraid that if start later and go later, some classes and sports will take place in am. This would negate the late start times.

- How does late start teach our kids that a start time is a start time? Many jobs start early in the am. Most of the high school kids will go on to some further education, or jobs and their will be time commitments they must answer to.
- If we were an inner city school it might make sense due to number of students living closer to school and sports teams closer.
- That is not northfield. "
- Could sport practice be moved to mornings??
- Is the research really great enough to make this change, not in my opinion? It seems everyone I speak to is against this, are you really listening to the majority of the families or just the few that can make this work? Thank you for holding the listening sessions, I'm not available for any of them, so thank you for putting our a survey.
- Who is going to watch the little kids after school when you take them out early? We work. Please listen
- can we reduce homework load with this concept?
- How will co-curricular schedules be reorganized? What changes must be made to school transportation?
- Will more secondary students ride the buses instead of being dropped off?
- what do today's high school students think/want?
- Can they be supervised at school starting at 730am for parents that still need to be dropping off then
- None
- How do we compare to other districts in our area?
- None
- "I will continue to read the research but at first review I'm concerned with the dates of publication as well as the reliability and validity of these studies.
-
- I would like to see a rough draft of a month calendar of afterschool events with the change lined up to the current schedule to fully analyze the change. "
- Can sports and other after school activities be reduced in terms of time commitment? If so, are we put at a competitive disadvantage? are students who depart early for school activities going to miss even more school due to a later start time? Seems they would....
- None
- Can after school activities adjust?
- None at this time. My kids are all in elementary school...so we're a few years away from that. I do know that right now we are already booked from 3-8pm so many nights and I just see us getting busier as the kids move through high school.
- None
- We are big supporters of Flex Time at NHS, and would strongly object to this wonderful late-start initiative coming into conflict with FT and possibly cancelling it. From our students' reports, Flex Time has provided students with time to breathe in their busy day, have meetings, catch up on homework, do a refreshing activity, play music, socialize, etc.--all worthy activities, and important for their balance and prosperity.
- How does it affect extramurald
- Why are High School Students up so late? Sports practice? Jobs? I don't believe that the kids these days are physically different than a generation ago.
- Why change something that I sent broken?
- Our start times are not nearly as early as the concerning ones from the studies in the provided literature, why are we comparing our district to those studies?
- No questions.
- Will the district maintain its late-start Wednesday schedule?
- When can we start?
- I have received 2 different times from the school board, one from the meeting and another in email. Both have different school times, which is the correct time and why are there different times being given out? Also, with this resulting in such an impact within the community, why is it a school board decision, why is there not a vote.
- None
- None

- Do we ultimately think the students will benefit or just think they can stay up later and get same amount of sleep as they do now?
- What is the district doing to accommodate working parents that have "regular schedules" seems this is a program/policy to implement latchkey kids. How is unsupervised kids at home factored into the research?
- What would the district plan to do in the event that this change is made but is clearly found to not work? How will after school activities be fit in? Is an hour late start in the morning effective if kids are up an hour later at night to make up practice time, or going in early for morning practice?
- Would there be resources in place for parents who have to juggle work/transportation? Will the busing companies be amenable to changes?
- Would this be a Monday through Friday schedule change or only for select days?
- By starting later in the day we are preparing our children for a world that doesn't exist.
- None. Not a good idea
- People have different rhythms for sleep requirements. Will changing the start times have enough of a positive impact to justify the impact to family routines?
- na
- Since we have more than enough days and hours, could the day be shortened a bit?
- I do not have any at this time.
- None
- None.
- Are people in charge really looking hard at the issues brought up or has the decision already been made and this is just a "check the box"
- None
- Northfield needs to stop worrying about what other large schools are doing and begin focusing on what is right for their community and students. This is another fad that you are buying into. Just like year long school. Go back to what you are good at.
- none
- Have any studies been done regarding the impact on family time if a student plays sports or other activities after school?
- No questions.
- Are there any precedents to learn from in terms of implementation? School districts that have implemented this EQUITABLY and from whom we could model the extra costs involved in making a later start accessible and beneficial to all? Examples of how these school districts have covered the extra costs - budgeting shifts or an additional tax (would have to be a sliding scale most likely)?
- Have you looked into doing electronic learning days once a month instead of this nonsense? Have you looked into making it more convenient on parents so there is less stress at home? Where is the evidence of benefit from other school districts that are currently starting late - are there any?
- Can we get some pro tips on enduring kids make it to school on time?
- "What about parents who depend on their older children to pick up younger siblings whether it's walking or driving?"
-
- If elementary schools start earlier, does this have a negative effect on younger kids internal clock?"
- None
- What evidence is there this is a current problem that requires massive sweeping change in our district? What data is there specific to Northfield students says this is necessary (current academic trends, mental health needs, any public data collected in district)? For instance does the district want to change the schedule for 100% when only 2% struggle?
- None
- none
- How much of late-night bedtimes are due to screen use?
- None
- Is this going to be voted on or just "decided" by the district.

- none
- How can this possibly be cost efficient for bussing and rural kids?
- Have other districts that have implemented this been contacted? Have they seen an increase in student involvement and grades for first period? Has there been any recognizable benefits of making the change. Let's get some "proof" from the districts have already gone this route.
- Already expressed in Google Doc.
- Have you done any outreach to the youth activities to see what the impact would be? Or is this a make the decision and figure it out later?
- How do we measure whether this is successful? If those measurements don't change, can we go back to earlier start times?
- Is there a plan for determining the effectiveness of such a shift in start times if the district elects to do so?
- How will this affect my elementary school student's bus time and school start time. How will this affect Wednesday late start?
- none
- Would this change the Flex Period at the high school? Would Wednesday still be a later start time?
- This change will impact all students K-12 not just secondary students.
- none
- Why not have a compromise, starting later for health benefits and ending earlier than proposed? Why not a schedule like Edina HS, which starts at 8:30 and ends at 3:15? Why not make minimal reduction in time spent in each class, while keeping flex time and avoiding problems of a late end time? Has extending the Wednesday schedule to every weekday been considered, perhaps in coordination with offering before school care for the younger students?
- How will it affect flex times, athletics, staffing and special needs students?
- Are the negatives taken into consideration?
- None.
- None
- See above.
- "Any chance you'd widen the district? I know that the answer is no, but if this change happens, my child may need to switch schools as a result.
- "
- I do not have any questions.
- What will happen to practice times for sports and release times for games?
- None
- How will the then earlier elementary times affect those children that are not early risers?
- I have none. I don't approve.
- Could this change decrease the involvement of extra curricular activities? While I support academics being the first focus, participation in school sponsored sports and activities is equally beneficial to the overall secondary education experience. Additionally, secondary students gain work experiences in their after school jobs. This change will only push every thing back. How is this this change going to help secondary students who also have after school jobs? How is this going to work with scheduling games and students having to leave school for away games? The rest of the Big 9 isn't going to a late start; it would be unrealistic to expect all the other schools to simply delay their contests for matches vs. Northfield. Therefore, students who typically miss only their last hour class for a travel trip will now miss 2 hours. How does this change in start time help these secondary students?
- None
- Will the school still be open earlier with classes just starting later? Would that change how supervision happens in the morning, and maybe have implications for how space is allocated? (Is there a place students could rest if they have to be dropped off earlier? Would that actually happen?)
- Do you really think kids are going to get more sleep? Unless you can add an hours into the day you're just shifting one issue for another. I'm not interested in my child being part of another experiment as part of the education system. Secondary studies should be preparing for life. Employers don't adjust start times because someone is sleepy.
- none

- None, the research is flawed and as stated Northfield's start time is already close to 8am
- No questions
- Would we keep the late start wednesday, which could be problematic as being too late in the day?
- What detriments are being objectively discussed about later start times.
- Where is this coming from and why is it all the sudden a problem? Can you call my boss and tell him I'd like to start later in the morning too? The fact that this is even being considered makes me doubt everything that the school board does. Do any of the school board members work normal 9-5 jobs, have kids in school, have kids in school that are involved in after school activities, and truly believe that all of the scheduling problems that a later start would cause will justify this?
- Why not just have the Wed late start every day with school still getting out at the same time? There is so much wasted time at school that it should be easy to make up for the decreased instructional time. Why not have the elementary schools start later as well?
- NA
- I know the medical data states that high schoolers' circadian rhythms run later, but do we actually have longish-term data to show that when schools DO change their times to start later, that those kids ACTUALLY show higher test scores, lower rates of psychological problems, better mood, etc., than they had the year(s) before, when school started earlier? Do we know that this change truly results in measurable improved functioning in these districts (not just a general idea that later times are good for the teenage brain)?
- I don't have any, I don't support it.
- Why are you doing this? Listening to Matt Hillman on the radio it sounds like this is already decided with so much time sunk into planning. How did we get this far without listening to parents? The people deciding seem set already.
- I do not support this. I understand kids during teenage years function better a little later in the day. I think starting school between 8-8:15 am. is ideal for families.
- Have any local employers agreed to support this by adjusting the work schedules of impacted employees?
- Why can't high  and muddle  start at 8:30 to decrease the later end time for high school?
- Who is going to pay for the extra time elementary kids are going to be out after school? Are you going to make KV cheaper or pay for the time between your new earlier let out and when work is done? Or do you expect parents to cover that?
- Will there be later bus service for all students?
- The time of the day is not the problem. Your body will adjust to whatever schedule you get a custom to. This is the most ridiculous thing I have heard yet. Our kids are going to struggle as it is. Just keep protecting them and make them never feel uncomfortable. Because that really prepares them for the life ahead.
- How to have tough talks with youth sports groups to keep them accountable to what is truly best for kids and not very expensive programs (both financial and health of the kids and families).
- None
- My biggest questions are around how to guard the advantages gained. We have witnessed our 12th grader have an increasing number of before school meetings even with the current school start time. If the sleep benefits are to be guarded, there would have to be clear regulations against sports or other activities before the new start time. Continuous education about WHY this is being done would have to go on.
- When is the earliest we are looking at the change? Next school year?
- "Impact on families that need the older children to assist/care for younger children.
- How will sports and other activities adjust to accommodate the later start without reducing the amount of learning time for students."
- how much more school will they miss?
- Why is THIS the focus of the Board when there are so many other things that can be improved to make the student experience better at NMS and NHS? (grading for impact, diverse curriculum and resources, teachers held to high standards across contents and buildings, training about equity for students and staff, recognition of all voices and backgrounds within the building- signs, art, books, food, music...)
- How was Boston going to work for the other schools like Prairie Creek and Saint Dominic's when they usually ride the middle school and high school buses which I will be going later.

- None
- what will happen to PLC times within the district? I assume this would make the late start no longer necessary
- I would be particularly interested in whether low-income families would benefit from this policy change. Do they disproportionately live in the rural areas? Or are they concentrated more in town (such as Viking Terrace), and therefore would receive the benefit of the shift.
- How will busses work? After school sports? Youth sports? Would we still start late on Wednesday? What about cutting into Wednesday evening programming at church? Moving practices to morning? How will students who get free breakfast at school make it an extra hour? Did secondary students get to voice their opinions?
- None. I am opposed.
- Are there any other schools in our conference that have later start times? Is this something we want to do because there are schools in the metro doing this? Are kids really going to get more sleep or are they just going to stay up later? How does our current school day (Elementary, Middle School and High School) and the number of hours kids are in school compare to other schools? Do our schools already have a longer day (hours) compared to other schools in our area?
- What happens to the kids in sports? How many days or classes will they miss because of the new times
- None
- Where has this worked well?
- None
- none
- Could the school board please invite John Benjamin to weigh in on this proposed schedule change? How would it impact bussing for ALL ISD 659 students?
- What percentage of the State High Schools have a later start?
- What are the current start and end times for all the schools? It is hard to compare when those weren't available on the attachments.
- My daughter gets up at 6 without an alarm, why should she be punished by sitting around in the morning waiting for school to start? Why should she have to stay up later at night for homework, sports, supper? Kids need a decent bed time to get the sleep needed, not an excuse to sleep later!
- Why does the school district want to change what has served us well for decades? We have not reverted back to Neanderthal people.
- "St. Paul Central starts at 8:30 and ends at 3:00 with an open school service hour at the end (maybe its a study hall or job release or?) -- would this be a way that we could accomodate both the late start and the extra-curriculars?
- Could the elementary start at 7:45 so that the HS could at least end by 3:25?
- Can the schools look at lighting and making sure students are exposed to bright full spectrum lighting right away in the am to help with sleepiness?"
- Can parents vote on this??
- Much of the feedback in the document is relevant
- How does this prepare students for life after high school?
- Do the teachers support this?
- How late is late-start Wednesday going to become? That could be a real concern.
- Listed in questions

Please share any other comments you have about a potential change in our school schedule.

- Keep it the same!!!!
- What would the policy be regarding scheduling meetings, sports, etc. before the school day?
- I sure hope you are really considering what each and every one of us has to say. I have not spoken to one person who is for this change.
- Not all kids sleep in.

- If kids need more sleep, take the iPads and phones away, and tell them to go to bed, let's quit coddling our children!!! When they graduate and go out into the working world, is their boss gonna let them start an hour late!
- I feel the change would be a negative impact for a lot of families.
- I like this idea and I am in favor for it. I would hate a decision to be mostly based on sporting activities and the convenience of parents. Bottom line would be what is best for kids (and the research speaks this). As I recall back to changing our schedule to make way for PLCs; families, daycare, and anyone affected quickly acclimated to the new schedule and moved on. I am confident the same would happen in this case.
- I do not agree with the “studies” that later start times will be beneficial. I would like to see the start times remain as they are with the exception of eliminating Wed late starts. Staff can conduct whatever items are brought forth during late start at a time that does not affect (lesson) the students class room time.
- we won't align with other districts causing issues for competition times. Bus conflicts with elementary times putting a strain on finding drivers and more congestion concentrated at a similar time
- I will pull my child from the Northfield school district if this goes into affect. Family time is IMPORTaNT as well as my job!
- I think any benefit gained from a later start will be voided by everything being pushed later and forcing kids to stay up later for homework and school activities.
- I am wholeheartedly against this.
- How is this going to affect the parents that have to take their children to daycare? Most daycares open at 6 and even then it is hard enough to find one. What about the families that have kids in different districts and have to adjust around not only the different times of Northfield but their schools as well, ex: Alexander learning academy, MSAD and MSAB?
- Please don't make changes just to follow suit with some of the more liberal schools. We have a good, proven program, please don't change it.
- Right now the impact will be minimal to administration. The resulting domino affect will be felt throughout the community, sports, jobs, family time, etc the schools that have implemented a late start have at the latest a 3:25 dismissal.
- Although the research supports this it causes multiple problems in other areas for families. It is also not a realistic view of life after high school
- Please make this happen! Northfield, in general, is usually slow to take on great ideas because get paralyzed by analyzing things. You pulled the trigger on PLCs several years ago and others followed. Please make the right choice and do the same thing here.
- Why is this survey one sided. You sure make it easy not to take it. Most surveys have multiple choice answers so people can easily answer them. Looks like your not really looking for our opinions.
- When Wed. late starts began, parents made a huge adjustment. The district was really good about communicating what was being done during PLC time. That fizzled, but parents still adjusted for Wednesdays. If this district makes this change, there should NOT be another adjustment for PLCs. Teachers could meet in the morning with that later time.
- The school has to do what's best for learning. But there are many facets to that equation. And the impacts are much wider spread than just secondary students
- I would support it.
- I would hope that the school district would at least put this to a vote! This affects everyone! I am not for later start times.
- As a parent to multiple children I am also concerned about the possibility of young siblings being home first and unsupervised.
- A good nights sleep, is whats most important to the student. Rest assures they will perform and be at their best. Taking away any and all social media at night is critical. Parents need to start doing more on that aspect at home. And starting the day later, feeds into staying up later. These kids now, go to school for 8 hrs, then have practice (if in activities) or go to daycare, then try to squeeze in dinner, bedtime rituals and somewhere homework and a social life is squeezed in there. At best they get to bed by 10 or 11 now! This is a big NO! from me!
- I am very concerned about activities going later and later into the night and the extra class that will be missed by student athletes who are attending meets and games.
- I think overall it would be a good thing for our district to do.
- I'm all for a later start time, what is best for students should be our driving force.

- I used to work for Edina schools - one of first districts to do this - and it was wonderful. I am so happy we are finally considering this!
- DO NOT AGREE TO IT AT ALL
- I feel, after interacting with students at an evening discussion session, that students are not learning about living in the real world but are learning about the power of privilege
- I think our children are best indicator when it comes to their health. They need more sleep for sure but question the late release time . As other districts are able to somehow figure out where they can start at 8:40 and still be done at 3:10 elementary or 330 for the middle school and high school
- I do not agree with this change.
- none
- Consider banning school sports from mandatory Saturday morning practices. When did the value of family time go out the window. And when did it become a norm for captains practice's to start in June. Again family time is put second. If adjusting the start time makes sports run later into the evening then it will just compound the problem. Family balance and academics needs to be where the focus is. Sports are great but should not interfere with family and academics.
- I am not in favor of changing the school start time for secondary students.
- I support later start times - I think it's a good idea!
- Why change the times when they have been working well for such a long time
- I am 100% against the change and the impact it will have on parents schedule and other family members schedule.
- What happened with preparing kids for real life. Changing the school hours to meet a students schedule is not doing that. It is the exact opposite. We already have an issue with this in our country. I hear complaints every week from business owners saying people are coming out of school with no drive or work ethic. They want everything handed to them. This hair brained idea will only make it worse. Stopping coddling these kids and teach them about real life. I was up every morning before by 6am to make it to school and most people I knew were the same. We all turned out just fine.
- I am not for it. It will impact students and families more negatively than it will positively. As parents we know are kids and we should be able to make the decision of what is best for them. This in my opinion is not.
- I do not support it.
- This policy burdens parents who work early morning steady jobs. Parents won't be able to interact with their kids in the morning. This is an important time for families to set agendas for the day and to interact with each other. This policy change is just a bad idea all around.
- Mental Health is a huge concern, which I see all the time as someone who works at a college. Anxiety, stress, sleep disorders, etc. If the research supports this change, I think we should consider the change.
- I support a start time of 8:30am for both the middle and high school. (why can't they be the same so the kids get used to that start time)
- If you want to keep teachers teaching in a era of "glorified children" think of how this will be for everyone involved. Not the studies upon studies of how better it is for the kids. Gosh, how did we all become productive, hard working, kind citizens who raised great kids without the darn late start?
- I don't believe this is truly a consideration based on research and academic achievement alone. The school district went full in on iPads, getting rid of books and pencil and paper. Research backs that pen, paper, and physically turning the page of a book has a positive impact on academic achievement and test scores. The school district went full in on FLEX, reducing learning time in pursuit of career and college readiness (I'm sure there's research that could back the academic value of weekly surveys) but cannot provide enough classes or the intended career path courses (engineering) to keep our children out of study hall or unnecessary classes just to fill a schedule.
- I am so proud of the current administration for making this move - it only makes sense and will improve the health of our kids, PLEASE make this happen and thanks so much for moving it forward!!!
- I am not hearing support from students, in some cases i can see where students would still be at school early, and then have to stay late. This cuts into home life time for many students.
- Who is filling the students in on all of the info? Most think cool great hour later start, do they know not leaving school till 3:45 and possibly a different lunch schedule? My son hasn't heard anything on this at school other than a option during flex. Why is

this?? All students should have a mandatory assembly to give them info ,pro's and con's on this.Not sugar coat it. Then let ALL of them complete a survey.

- Impact to parents work schedules for those requiring transportation. Getting out of school later means later practices means later homework start means LATER going to bed. Not sure how this solves the problem AT ALL! Sports are a HUGE piece of this issue. Students don't get home until way too late from sporting events and then have homework to do and don't get to bed. This will NOT fix that problem. It's also a parental thing. Parents don't give kids bedtimes anymore, and PHONES have not helped either, with students taking their phones to their rooms and being on them at all hours.
- "I think it's a great change, and I'm all for it, BUT only if you can ensure that all students will have the same access to this benefit. Putting a high school student on their regular bus time (7:20) when they currently arrive at 7:50 to school, gives them absolutely zero benefit to this. It just creates an hour at school where they a) are not sleeping in and b) are very much aware that they had to ride the bus while some of their friends did not.
- Create equity in this system and run more bus routes to ensure that all students have the opportunity to have the same benefit to sleep in later, and therefore, be ready to learn. "
- "My biggest objection to this change, besides all the concerns above, is that I really doubt that a later start time will actually lead to more sleep. My high schooler actually stated without any prompting from me, "this is a bad idea. It will cause a lot of problems and not help anyone get more sleep. They will just stay up that much later and continue to be on their phones at night, which is much more the problem." I tend to agree and wonder if the sleep problem is more of a parenting issue. In our experience (we have 4 children and have had 2 high schoolers so far) If you do not allow phones or other devices in a child's room and have a regular nightly reasonable bedtime, sleep is generally not a issue and they have no problem getting up for school and being well rested.
- Certainly there could be a few students who do benefit from this change, but it is definitely not worth the negative impacts it could cause to so many other students and families.
- If the district is serious about wanting older students to get more sleep, I challenge the district and school board to encourage families to address the device use, have kids on a regular bedtime schedule and see what happens. I suspect performance would improve without any changes to school start time.
- It is another attempt for the District to enter our taxpayer homes and dictate policy. Leave it alone, keep the needs of the people paying the bill in mind. We are done with being distracted by shiny things.
- What will be the tangible benefit from this change? Will grades actually go up? Will students actually be more awake, or will they just be getting the same amount of total sleep, but at different hours of the day?
- Thank you to the superintendent and the school district for thinking carefully about this potential change. However, our family is not in favor of moving the school day later for middle school and high school students. This would make completing homework and participating in after school activities much more difficult for our family.
- I really like this idea as long as flex time is still implemented.
- Don't do it.
- If you have to start later, get the high school kids out earlier. Shorten the day. Quality, not quantity. Everyone needs to give-bus company and elementary too for this to possibly work.
- This will obviously impact parent work schedules which, like it or not, typically revolve around school schedules at least for one parent. I have heard education professionals in the past indicate that school schedules are not their problem (typically as it relates to 2 hour delays, snow days, and early releases) and that schools are not day cares. I get it, but it is difficult for parents when we all must work and often do so out of town.
- I think is a great idea that benefits most secondary students and is a drawback for only a few. Change is always hard but positives greatly outweigh the drawbacks. I hope it happens next year so my child can enjoy a little more sleep.
- Please consider a later start time. It would be more beneficial than not for many. Thanks.
- It is another attempt for the District to enter our taxpayer homes and dictate policy. Leave it alone, keep the needs of the people paying the bill in mind. We are done with being distracted by shiny things.
- I think you should leave the start time alone. Its worked this way for years why make a change now just because studies show one thing...I mean I could also be more productive if I could have a late start. However society doesn't really allow for that. My answer is go to sleep earlier...

- I think it's a great idea.
- Do the right thing and don't change. Our children have enough adjusting to do when adults without adding another hurdle. The world business clock won't reset do they can sleep in. Their just going to stay up later anyway.
- I hope the schools district decides to shift the schedules to later start times
- I like the idea of the middle school starting before the high school so that it will work better for my HS age child to drop off her younger sibling.
- also day care issues for parents that are coaches and teachers
- I believe that this potential late start would not help the older kids get any more sleep than they do now because of all of the above.
- I support the change
- It's about time this came up. I see my middle school student wake up so early and how tired he is. That's with him going to bed before 10. I didn't function very good as a student in the first hour as I was so tired. This is a wonderful change that should happen. It's about the kids not us as adults with time changes
- I think the health research speaks for itself - and is strong enough to make the scheduling challenges etc well worth working through in light of the benefits to ALL our kids.
- Please start later
- I am delighted. I feel as if the "writing is on the wall" re. later start times for high schoolers and we should adopt this earlier rather than later. The health and mood benefits for the majority of high schoolers should outweigh the sports-related interests of a minority of students.
- I support a later start
- Stay strong. The research is clear and there are many, many schools that have paved the way for this move. This is a change of moral imperative. Consider the days before the indoor smoking ban and the controversy that created at the time. Hindsight is 20/20....the noise fades and this day will be remembered for doing what is right for our students....regardless if they are 6, 13, or 17. All students deserve to learn in an optimal environment at the optimal time.
- I think it's a nice idea but I don't think it will work. It's asking so many people to rearrange their life completely and cause unneeded stress to all other aspects. If you look at the attachment that was sent out with benefits and problems, there are already bigger and more problems to solve than there are benefits.
- I prefer the proposed later start times for middle school and high school
- Who's living in a fantasy world. Get a grip on reality.
- More planning and thought needs to go into primary/secondary start times. If you're shifting one, shift them all. It'll lead to less disruption in family lives.
- I like the idea of the later start time, but it also won't adversely affect my family.
- Make the change. It's the right call.
- My initial reaction is that I support this idea, and I appreciate the school district's efforts to base policy on current scientific and scholarly literature.
- K-8 students will be staying out later for athletics and starting school earlier. Coaches will not like the later start times either. Facilities are already stretched super thin, keeping these students later will affect their school work and sleep time. It is counter intuitive to "help" one age group and create a new problem for another.
- This seems like the right thing to do.
- This is harder on the students, families, school staff, and requires more bussing. No one wants it.
- Please do not push it back. Thanks.
- In theory I am in favor of later start times but I am really unsure how this will work in practice. Can we get rid of daylight savings time shift in the winter so we have more daylight after school during this portion of the year? Are other districts making similar changes so sports schedules will all be shifted later? Worried about kids who will end up missing out on any benefits due to parent work schedules. They will still be dropped off early...maybe 30-60 minutes early. Then what?
- I strongly oppose changes to the schedule.
- Kids can get up. It's the real world.

- "This research is just one piece of research about this one topic as it relates to teens and sleep and their brains. If we focus on this, why not other research driven data? Blue screens before sleep and how should not be using an hour before sleep.
- Also, why not first focus on the importance of bedtime routines. Screen use, etc. Everyone is different. That is life, but we can choose to make better choices if we understand them.
- Not in favor of later start time!"
- I am having a hard time envisioning what my children would do with their extra time in the morning, they do not sleep in. We are already fitting things in the nooks and crannies of the day, a later start feels like a lost hour.
- Please please please don't make the elementary start earlier. We can't leave work any earlier and can't afford after school care. Leave the little kids alone- it's so hard to get the work and childcare schedules figured out we really can't have this change!
- This will alter our families routine and many more for the worse, we would not be able to make this work. In the middle school there is no before school care so it creates real hardships on families, especially rural families who have to drive their kids to the bus stops. This also greatly effects families of children with special needs, much like county families they have to stay home to get their children on the bus each morning. Please do not make this change.
- If the district goes ahead with this, there would need to be two separate bus routes....one for secondary students and one for elementary students.
- Take more time to make this decision. It's going to be hard ion working families
- I do not think having a later start time is a good idea, personally. I would vote against it if I had the opportunity.
- I am heartened to see the school district attempting to heed scientific evidence to benefit students' well-being and success.
- I don't have any issues with it. It seems like this would work well for my teens.
- There are only so many hours after school for work, sports, homework, and family time. Unfortunately the students will still have to do their homework, do sports, and have to at some point hold down a job. So the only think that will be affected is family time. I only have so much time with my family after work before we have to get to bed to rest up for the next day. I am not willing to give up my family time for your half witted idea. Not only will you lose staff you will lose students.
- I so wish we could pass a referendum that would include more gym space so the late-night activities weren't an issue.
- We vote no unless all schools including elementary go later
- I am impressed that this is finally happening (maybe) I hope this goes through. It is what is best for our kids.
- Gym time is already crunched and our middle schoolers have practice until 9:00 and I am not in favor of having practice until 10. What answers do you have for this problem? It does matter to the many active students in our district.
- I THINK IT DUMB. WHAT happens when they get out in the world or start college. We are not preparing them for the rest of there lives and isn't that what school is for?
- I support the later start time.
- Starting later could work, but not without other changes in how a student's life is scheduled
- I would support a later start time
- Please don't do this. My child struggles with getting homework done at night as it is. If she has to leave classes early for games it won't benefit her. Changing the schedule won't change how much sleep she gets. If you are truly concerned about our kid's well being and academic performance, look into getting rid of the IPads instead. They are the real problem!!
- Thanks for doing this survey. I wish you all the best of luck with making sense of the results, and also with making decisions! :)
- "I don't support the change. More stress on parents and bus drivers. Longer congestion times for Jefferson and hwy 246. Everyone has different sleep habits.
- Changing the start and stop time isn't going to allow the kids to get more sleep!!!! They will just stay up later... If they need to be up at 6AM to be to school on time now they go to bed at 10 pm. So if they don't have to be up till 7AM generally speaking they'll stay up till 11 pm.
- We all survived with the way school has been set up. Some of us grew up on farms having to be up and working before 5am.
- I think it's beneficial and a great idea. It's been implemented with success elsewhere. It's a great science-based tool to impoverished our schools and keep current with educational research and best practices.
- I am very much against this change! Why change EVERYone's schedule because some high school kids don't get enough sleep.

- I know that, in the mid to late 1970s, Prior Lake was overflowing their schools. For a few years they ran the middle school with a split shift to accommodate the large number of students. One shift ran from 7-2 while the other ran 11-6. Did the kids on the second shift get better grades? I doubt it but it's worth checking into."
- Starting later in the morning is an invitation for students to stay up later at night. I realize some students have circumstances that keep them up late already though. Another idea would be to allow students/parents to choose a first hour study hall and not make them show up for it if they feel their child needs to sleep longer in the morning and it works for their family, similar to the senior prep hour.
- No other comments.
- This decision should be made based on what is right for the students, not what is right for the adults, the teachers, or the coaches. The research evidence is clear: later secondary school start times positively impact physical, mental, and social well-being, and educational outcomes.
- The research around good health and sleep has been out for quite a while. I'd love to see us adjust our start times for better health.
- Elementary makes sense to start earlier, as they are ready to check out after lunch but it does not make sense to allow older students to sleep in when you are trying to prepare them for college and/or careers in which they will need to be up earlier for.
- Late is great!
- The research supports starting later for older children
- I believe strongly that we should take this easy step to increase the learning potential of our kids
- Ultimately it would change a lot of factors just in every day life and not sure if the pros outweigh the cons.
- This is not a cost neutral proposal, it inflicts a tremendous cost on parents that is left completely unaddressed by the school board who is primarily interested in increasing test scores without inconveniencing the teaching/education staff. Just look at your survey results relating to the late start Wednesdays supposedly designed for teacher development
- Quite honestly, I've seen a lot of discussion over this possibility and none of it is good. The current system is working for kids and parents and has for decade
- Please keep start times the same.
- Not a good idea. Have kids go to bed sooner if they need more sleep. DUH!!!!
- I think it's worth trying. Both of my older children were not early risers and this would have been a good option even a few years ago.
- I was tired as a teenager so this make sense
- I am not in favor of this at all. Generally I am a flexible person, but the loss of class time because of sports and the arrival home later, making a shorter night is against all research based on sleep. There are only so many hours in the day, and you are adding to rural kids' hours by making them spend more time on the bus, less time in class, and later arrival times home from practice.
- I don't like how the rural elementary kids are on the bus for such a long time.
- None at this time
- None
- I have three students, two at the high school and one at the middle school. They overwhelmingly are not in favor of moving the start time later. We do appreciate the Wednesday late starts, as it give them a break in the middle of the week, especially after a game/meet on Tuesday night. My freshman goes to bed at 9pm and it up at 6am, without any nudging from either parent. We like the current schedule!
- While research shows that it can be beneficial I don't see it helping a district with such a large rural population. For after school activities when we live 20+ minutes from the school it would not be beneficial to the student to start activities later than they already do.
- We need to spend the time and energy educating students in time management. Starting school and hour later may make the leadership "feel good" that they did something to help students but in reality it will do very little if anything to help
- New views and technology are great and also the reason we continuously improve, however most jobs require a defined start time and our children need to acclimate to be aligned with a typically work day in my opinion.
- The later the start time the later kids will get to bed

- I am not in favor. I am not a stay at home mom and this will not work for me.
- Sounds like common sense to me. Have the elementary students get up earlier. They naturally wake up early.
- Honestly, I think the majority of students will just stay awake longer at night knowing that school starts later
- All in all, I think it's a great idea. I'm just concerned about middle school walkers crossing in front of the high school driveway at dismissal.
- Thank you for taking on this difficult issue and for reaching out to try and hear from as many voices as possible.
- The late start Wednesdays are bad enough and now you want to completely disrupt households in Northfield. Do you understand not everyone works in town? This is a really bad idea and I hope it goes no further.
- Thanks for your always thorough work!
- I think a later start time is a great idea because often times teens aren't eating breakfast, they're going to bed late and, they're more pressured than before with so much testing and school assignments. They are sleep deprived so early in life and this is leading to a lot of mental health issues. I think we would see happier and healthier teens leading to more productive work.
- Job issue. My child takes the bus home. Has time to change and walk to work. This time change hurts families who can't afford a car for their children to drive to work. This will not hurt the privileged children and families of Northfield.
- I love this idea. The older kids should start later due to late evening activities.
- Sweeping change due to national research alone seems very knee jerk and political. At least conduct some kind of poll or vote of yes or no.
- I'm all for it
- I've been advocating for this for years--
- There is no perfect schedule. I think the priority should be the majority benefit to students in terms of health and learning, and by that standard, later start times are the best choice.
- I appreciate that the school board and community are seriously considering this option, and hope that some additional support resources could be made available to families for whom this change, if made, will have a big impact. No cost before school care would be one idea.
- This change would be a good move for our district and benefit our students greatly. With that, we need to be prepared to support the families for whom this will create work/life challenges.
- I attended the meeting and it seemed like a formality and the the decision was already made. If no evidence can prove that there are better overall grade scores in 3rd hour vs. 1st hour then this shouldn't even be an option. I don't want my 5 year old getting off of the bus at 4:30-4:45 in December either. I don't see the real benefits, I think it's a very bad idea!
- We came from a later start school and hope our new home community will move in that direction even if our 9th grader doesn't benefit from the change; we hope in the years to come Northfield will allow the HS to change the schedule.
- I don't agree with this at all. I only have 1 student who will be a senior next year, so though it won't affect me much at all, I feel for those families who have kids in multiple schools and have to work out of the home. This results in a nightmare for child care planning, etc.
- For high schoolers in sports they are already missing 2-3 class periods a week due to competitions. It seem fair that they now will need to miss even more school and thus have to stay up even later to try to make up that missed work.
- I think it would be beneficial for the students overall.
- I'd like to elaborate on my primary concern; the cause and effect this change will have on our youth programs that rely on our High School and Middle School facilities for their activities. Our family is very involved with the Northfield Swim Team, both High School and Club. Our 2 teams share the Middle School Pool since it is the currently the only pool that can accommodate competitive swimming. If there is ever a conflict the High School team has priority, which of course is understandable. Currently, the High School Team has the pool until 5:45 pm, and the youth team practices begin at 6:00 pm and go until 9:00 pm. Dr. Hillmann said at the second information meeting that he would likely not permit team practices/activities before school because it defeats the entire purpose of this proposal. That means that the High School team would have the pool until 7:00 pm, and our time slot moves from 7:00 pm to 10:00 pm. Yikes. The Northfield Club Team is comprised of over 100 swimmers ranging in ages of 7 to 18 years. To accommodate this wide range of student athletes, our practice schedule requires 3 hours of strategic practice slots to ensure safety and efficiency for all swimmers. We can't cram 100 swimmers into a 2 hour time slot safely. Simply put, if we lose that hour, I don't know if our club can sustain our numbers. Our young swimmers can't

be expected to be out until 9:00 pm on school nights. Please also keep in mind that our club contributes a great deal financially to Northfield School district for the use of the pool. There is a potential revenue loss that needs to be considered. Our club team is a feeder to a VERY successful group of student athlete swimmers. The Girls High School team just completed another successful season, posting an average team GPA of 3.79. We are committed to developing young swimmers to be successful high school student athletes. This proposed start time will greatly hurt our team and its ability to continue that mission. I offer this as an example of how this change will affect the Northfield Swim Team. I imagine there are many other teams that will experience the same. I understand you are still in the process of gathering information, but at the time of this writing nobody from the school district has approached the Swim Board to discuss the ramifications of this decision, how it would impact our access to the pool, or how they propose to work through it. It would be a terrible mistake to do this with the idea that you can work these sorts of things out later. I'm all for using statistics to provide students with the best possible learning environment. I also believe we have to take those statistics and apply them to our community here in Northfield then decide if we should be making such a sweeping change for the benefit of one group at the expense of so many others.

Brian and Rachel Porter

Parents, Swim Board Member

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- School and work start times are different across the country because different time zones. The East coast generally starts later and the West coast generally starts earlier. Does the data show any comparison between East and West coast kids to see if there is any difference? Also, regarding my thought on diet an exercise, has anyone considered moving the school day back to accommodate sports practices in the morning after a good breakfast? Finally, I thought more daylight was better and you will have kids sleeping through more daylight most of the year. I think we are looking at too much sleep data without concern for other factors. If you push the times back, it will be hard to reverse course.
- I think Northfield should be a leader in the state regarding changing the school start time. The science at this point demonstrates that this change would benefit the health and safety of teenagers in our community.
- Do it!
- My primary concern is in regards to the elementary school students. This survey is only asking about the secondary school impacts. The proposed change will impact elementary students too.
- Currently elementary children arrive home after secondary students. This allows for older children to supervise younger children. With the start/end times moved it creates a possible care gap for young children. Care impact include high school students working at after school care programs, older children walking home together from school, older children supervising at home, etc
- It is not necessarily the school district's responsibility to solve these care issues but families, schools, and community child care providers will need time to create solutions. "
- I am a big supporter of a later start time
- "I am encouraged we are taking the health of our kids and students as priority for decision making.
- I do believe it is a crucial time in history to make health a priority. With cardiovascular disease on the rise and vaping on the rise it is the first time that the life expectancy of our children is lower than ours. We need to make physical/mental/ and social health a priority. We need to lead the way."
- I attended one of the information meetings at the HS. Hearing concerns of parents about the late end time eating into family time was compelling. I also think we should be listening to our HS students. In one discussion group, 5 of 7 high school students were against the proposed changes.
- This plan should not be done without a clear and detailed plan for all aspects. This issue should not be in the school boards hands alone but should be voted on by the community.
- Big mistake. At the meetings it seems the minds are made up and you are putting on a false front to push your agenda.
- We all started early and ended up ok. I have reviewed all of the research and don't believe all of data. It seems that the brain is way to overstimulated from all of the RF that kids get from electronics. Maybe the district to consider getting rid of IPADs instead. That way the kids could relax and get to bed when they need to.

- I fully support the schedule change!
- Lets just have our kids do their school work online with their ipads - this is what the future is looking like if you keep extending their start times.. That way we don't need a new school that the tax payer have to pay for.
- I think you all need to think long and hard about this before you vote. I would like to see more information from other districts of similar size to Northfield. I would like to see what the increase in costs looks like if there is one. I would like to see the data on test scores and how student athletes are effected.
- The world is creating the next generation to believe everyone has to conform to their needs. Did my parents, who got up super early to do farm chores, turn out badly? Did I turn out bad? Will these kids grow up expecting to sleep in on work days?
- Although I agree with the research, I do not agree with the proposed later time start because it will be terribly impractical and very unfair to families who have parents with inflexible work starting times, and to families with children in more than one school setting. And if the high school students will still ride the same morning school bus that they currently do, then they will not realize that later waking schedule, plus won't many students simply arrive at the HS early and then have to sit around for a while? This does not seem wise. Please note that a later start time would not impact our family since we are fortunate to have such flexibility in our work schedules; however, I oppose the schedule change since it does not seem fair to families with inflexible work schedules.
- I support the change. My secondary student will stay up late regardless of what time she starts school.
- Worry about the lack of facilities for sports practices and what it will do to practice times for our youngest students.
- We need to get kids ready to be able to be good to a job. They can adjust life schedule such as bedtime if cannot handle the real world time slots.
- Please leave the school day as it is
- It's not a huge shift, but would hopefully help. Let's do it!
- I think a switch in school start times would overall be a benefit to most students.
- This would only be teaching children that it is ok to be lazy in today's society. It's hard enough with most of them thinking they are entitled. They need to learn good work ethics. I don't want my children to have a later start time so they can come home in the dark. This is not ok and I can't believe the Northfield schools have obviously no consideration for parents who work and can't afford daycare before or after school.
- I support this change. Sleep is number one.
- It's not going to help kids. And it's going to be hard for parents as well.
- While the research shows a general positive impact for secondary learning while at school the consequences in other areas will impact students and our community in other ways. Northfield doesn't need to be the pioneer of change at the cost of our students overall experience.
- This is not a new idea. Edina made this switch in 1996. Eden Prairie and Minneapolis shortly thereafter. The concerns raised by the Northfield community have been addressed by these and other districts. Have you reached out to them to find out what they have learned in the last 20 years after later start times were implemented?
- I have elementary school kids and for me is better for them to go in at 8 because I leave at 7:30 to go to work and it is always a challenge the wait, specially in cold temperatures, so the change would be beneficial to our family
- I would like to see this change. A later school start time aligns with Northfield's goal to see healthy children who become healthy adults as the norm in our community.
- This is ridiculous! Unless you can change a 24 hour day into a 25 hour day you're just swapping one problem for another. Let it go and worry about real issues in the school district. This is already a complete waste of time and resources.
- I think it would be beneficial to have a later start time
- I don't think it's a good idea.
- This proposed change will cause far more issues than it would "solve". Meeting the minimal hours for education as a goal is sad, this really can't be our goal for our students. The benefits our children receive from the ability to be active in sports, recreation, work and farming activities far outweigh the perceived benefits of a later start, that many kids in our district won't even "benefit" from. Additionally, our current schedules best prepare our students for post secondary life. If we continue down this path, we are doing a disservice to our children and future educators and employers.

- Not sure if the trade off is worth it if flex is eliminated. I think flex has made great improvements for student happiness/satisfaction at school.
- I think it's the right thing to do. My child is just getting into team sports and I appreciate the need for practice time and other enriching activities, but that should be secondary to school and self-care.
- I am mainly concerned that physical activity opportunities will be lost. This is also very important in overall student health.
- This is probably the dumbest thing I ever heard of. Some of us parents can control our kids and make them go to bed at a decent time. Because some parents don't seem to be able to doesn't mean the rest of us should be punished. Quit trying to solve a problem that isn't really there. There has to be a balance between family time, school, after school activities, and social time with their friends. The family time would be reduced by 1 hour every day because of this and for what? A few percentage points on a test that 10 years from now is totally irrelevant? Use your energy on something we actually need like getting us a new high school. Please think of the parents paying the bills on this because without us working every day to pay our taxes there is no school or school board. If parents really think that it's so beneficial for a later start then they always have the option to go somewhere where they have one.
- NA
- This seems like a really big change for questionable tangible results. If there is evidence that kids' grades, moods, and general functioning actually improve after changing school start times--not just a general assumption, but concrete measurable change looking at the same kids' functioning from one year to the next, it might be worth it. If that can't be shown definitively, I would really question the district's motivation in regard to what the data show.
- While I understand some people feel there are benefits I do not feel it would be the right change as this would be very hard on working parents and children in activities. Our family already doesn't have a lot of time together in the evening and later school out times makes everything drag out into later in the evenings and would take away even more from what quality time is there. A later start time also means more time children are alone before school. Personally my children are up before I leave for work to make sure they are ready to go so a later start time would not give them the ability to get more sleep and I would assume this will be true for many many children who have parents who work. Children will still be getting up at the same time but just needing more time in a child care or time home alone. This isn't going to benefit the child in any way.
- Please stop this planning process. The farther you look into it the more it's a foregone conclusion. There is no reason to make this change.
- Regardless of the response to my question, or my concern about the program, I think that this change should be implemented. Studies indicate that approximately 1 in 5 adolescents has a mental health issue. There are indications that this rate may be increasing, unless we implement evidence based responses, such as this schedule change.
- I understand this will be a difficult change for some, but I am 100% behind the change to a later school schedule.
- I'd like you to ask the HS kids what they are going to do in the evening if they don't have to get up for school. Where are they going to be late at night and who is going to supervise that? Is this on parents too?
- I think this is worth trying
- See above.
- Why on earth would you people want to disrupt all these families lives. Yes disrupt. This makes no sense what so ever. Most parents don't start work at 9:30 in the morning. Stop over thinking everything. Furthermore Dr. Hoff is hardly someone I have faith in.
- Stick with the science and shape the culture to fit what is best for kids.
- Thank you for doing this. I know you are taking on challenges but it's what's best for the students!
- Kids will not be getting anymore if they have to stay up later for activities and work. Also may not be able to attend activities because of scheduling issues. Some kids work to help parents and that could affect the family's
- We have been heavily involved with Nordic skiing as a family -- a sport that probably stands to lose the most daylight in the new proposal. That being said, I still fully support a change if it lines up with kids' actual body clocks.
- I think a shift is good. The exact start times could be tweaked to lessen impact but also provide the benefit to students.
- While the idea seems to be a good one, the impact of rural bus route pickup times really is a big factor depending on the percentage of students that live in rural areas. The fact that older may drive instead should not be used as a negating factor.

- I think this decision is being rushed. Why not wait until all the factors can be properly analyzed for our specific community before making a decision. Table it for a year so it can be thoroughly analyzed.
- My family totally does NOT support a schedule change.
- I know sports and other outside of school activities aren't supposed to rule our lives. However, these are important parts of our kids lives also and by having a later start time all of these activities will be pushed to later in the day which I don't think will help sleep at all. Also, there is research out there that less homework would benefit our students but that doesn't seem to be talked about at all. I think if we're going to look at the research about sleep then we also need to look at the research about the lack of benefit of having so much homework for our children in the evenings. Also, kids that are in many sports or activities could potentially Mr. seventh hour class throughout the school year due to having to leave early for after school competitions or activities.
- I understand that there are many concerns about the effects this might have on school sports. But sports schedules can adjust, and I feel strongly that sports should not be the primary consideration in a discussion about the school schedule.
- I fully support this change. My kids would greatly benefit from a later start time.
- I am not in agreement with a later start time.
- I do not agree with this new proposal but it already feels like it will happen no matter how people respond to this survey
- This is an exciting change and Northfield has the potential to implement an enduring positive change for its students. Please do not let naysayers, especially those concerned about athletics, dissuade you from taking into account the documented evidence that later start times help secondary students learn. We should be a community that prioritizes schooling, and not sports schedules. Thank you for taking the time to solicit feedback from family members.
- Please, please DON'T do this. My 2 high school students are against it. They currently have after school sports practice 3:30-6:30. If you start an hour later, they would have practice from 4:30-7:30. So they wouldn't eat dinner until 8:00. Then have to do homework and stay up later. I don't see them getting any more sleep by starting later. You would just turn them into night owls for a few years. They would have a hard lesson to learn after leaving high school that the world (working or higher education) doesn't operate on that schedule.
- I believe there is a lot of research for many different areas of our lives. The time spent on iPads and screens for school work is much more concerning to me than changing the hours of the school day.
- I think this is an awful idea.
- I think it would be a great change and an awesome step forward to making our children healthier!
- I am concerned about how this could effect families in the community with students in multiple schools (ie elementary and secondary)
- I don't believe this is a wise decision to have a later start time especially since it doesn't benefit quite a few children in our district; the rural students. If the children's lives are so stressful from all the structured activities and athletics, the parents need to be the ones to help their children manage their time, stress levels, mental health first. I don't see the benefit of this as there are other things we could do to make sure our children, our FUTURE, are well! That would take parents that accept responsibility for their children and giving them boundaries and rules to follow, to be the example for their children.
- "Can the school remove devices from the hands of the students at night so that they will go to bed? At Carleton, a few of the sports teams have initiatives to change phones to low-blue light modes in the evening so they can have better sleep. They are changing behavior rather than changing the class schedules. At NHS we could adjust the schedules but we will do nothing to address outside behavior. Wouldn't it make more sense to talk to kids and parents about removing devices---TVs, iPads, phones---from rooms to ensure more restful sleep? Ultimately, it is up to students (and parents) to make choices that ensure success.
- PLEASE CHANGE TO A LATER START TIME.
- I would like to see the late start on Wednesdays eliminated no matter what happens with the school schedule. What about starting the elementary schools at 8:00, Middle School and High School at 8:30?
- I am 100% against this proposal as a member of this community and hope you are actually reading and taking what people are saying about this into consideration before just going ahead and pushing it through. Thank you for reaching out to the community on this matter.
- Thank you for providing the survey and getting feedback from all who will be affected.

- Why does this even have to be considered? Make your children go to bed earlier at night so they get enough sleep!! This will be a pain for all working parents, late start Wednesday's are already difficult!
- This is a terrible idea. It seems that we are putting the sleep of high school students ahead of other priorities...such as family time, all sports and activities, missed class time, retaining quality teachers that may commute. We are not preparing them for life after high school, and how the real world works. We would also be doing a major disservice in our fight for equity. We talk about closing the achievement gap and leveling the playing field for our FRP populations, yet now we are taking away their ability to work after school and in the evening to help support their families. One less hour a day at \$10/hour, would reduce their paycheck by \$200/month. What about after school childcare? If elementary students get home earlier than older siblings? How will families pay for that added expense?
- What about our community partners that rely on high school employees? What about programs such as KV that rely on high school employees?
- Youth activities are another concern I have. Currently, my 12 year old has basketball practice until 9:00 or 9:30 in the evening. Pushing everything back an hour will put him at practice until 10:00. This is not ok. Until this community has the facilities to accommodate our activities, we should not even consider this drastic of a late start.
- High School athletes would also be getting home later from practices, which diminishes any type of family time that may have. Honestly, most families are not going to spend an hour of quality time together on the mornings. So we are reducing the ability to spend family time together.
- What about the FLEX hour at the HS? Students overwhelmingly chose the FLEX hour over a late start if it has to be one or the other.
- Clearly I have many concerns, and wonder the costs that we will all have to pay to get high school students more sleep. Students will just stay up later knowing that they have an extra hour to sleep in the morning, much like they do now on Tuesday nights. "
- Please stop intruding into the parents homes and "tell" us what is best for us. We are not that naive and just a polite reminder, we are paying the bills. And getting tired of it .
- Why We Sleep by Matthew Walker. Very good material on the circadian rhythm, increasing sleep pressure by exposing people to bright light right upon awakening that triggers release of natural melatonin earlier in the evening, the value of the first half of sleep (sleeping in doesn't have as much benefit as practicing good sleep hygiene through decreased light exposure and stimuli in the evening). Might be a good addition to your current materials.
- Work schedules of parents and students being impacted
- "This is a terrible idea. It seems that we are putting the sleep of high school students ahead of other priorities...such as family time, all sports and activities, missed class time, retaining quality teachers that may commute. We are not preparing them for life after high school, and how the real world works. We would also be doing a major disservice in our fight for equity. We talk about closing the achievement gap and leveling the playing field for our FRP populations, yet now we are taking away their ability to work after school and in the evening to help support their families. One less hour a day at \$10/hour, would reduce their paycheck by \$200/month. What about after school childcare? If elementary students get home earlier than older siblings? How will families pay for that added expense?
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- What about students missing school
- for activities? Right now our athletes miss some class due to bus times for games. If we start later, they will now miss even more school. Is this what we want to do to our students? Adding more stress to their lives? "
- Maybe it isn't about later start time it we should be looking at the whole schedule and making changes within that so the students get a break and won't be as tired. shorten class times by 5-10 mins for the students. The students already have a lot of stresses let's not add another one to their life.
- I initially thought of this change as a potentially good thing, with a lot of personal challenges around it relating to timing of everything else in parents' and kids' lives. After having attended one of the meetings, I am opposed to the proposed change, but not for the reasons I thought. I thought that the change to parental schedules would be reason enough, but I found that:
- 1. Reading some of the bibliographical references in the document were not compelling. The study with car crashes, for instance, in neighboring counties did nothing to represent whether the counties had differing sociological factors which could have accounted for the difference; perhaps that is in the study, but it is not presented in the article. There is more correlation than causation there, if even that. Other articles would mention that the evidence is not conclusive, while mentioning that sleep is necessary for memory function. I don't think anyone would argue that memory function isn't affected by sleep, but I'm not convinced that the impact of sleep patterns laid out here are a foregone conclusion. 2. There was little mention in the parent group discussions of other possible solutions, some of which we and the school district have been involved with, such as sleep impact and melatonin changes due to screens and iPads, which have been introduced through the school. Where is the solution proposed where we lengthen the school year into the summer, since the summer vacation is an artificial construct left over from the agricultural calendar? If sleep is important to high schoolers, where is the request to simply make sure they go to bed at a reasonable hour? 3. I didn't feel that the idea was being explored by the school district so much as being presented; it seemed to me (and others) that the school district had made up its mind and was simply presenting. This question was asked and Dr. Hillman acknowledged it, saying that this is not the case. I hope that it is not. 4. The most compelling reason that I am not in favor of the plan was a surprise to me. Because of keeping costs down, the benefits of later start times for secondary students would not be available to secondary students who are considered rural, and busing; there were not firm numbers on this, but in some cases the schools had up to (and slightly above) 50% rural based on Benjamin Bus' definition of longer than 20 minutes. When you take the rural kids into account, and take out the kids who would wake anyways because they don't have the same sleep rhythm, and take out kids who may have activities in the morning, and take into account any families with special needs where their high schoolers are unlikely to be left at home while the parents go to work on time due to safety reasons, it feels like far less than half of the students would see benefits from this change, while everyone would have a higher likelihood to be affected negatively from the schedule change.
- I am concerned that sports and activities will be further limited for younger participants by lack of availability of facilities if HS activities run an hour later. Softball fields don't have lights. We won't be able to hold games for youth. Finding leaders and coaches willing to run events until 10 pm will be challenging, as their work days don't start later. I am concerned that my child wouldn't be done with practice until 6:30 (hour later) which greatly impacts our family's evenings.
- I have been a teacher for 21 years. As a tax payer in this district I DO NOT SUPPORT THIS! If students are not getting enough sleep, why aren't parents enforcing curfews?
- "What about students missing school
- for activities? Right now our athletes miss some class due to bus times for games. If we start later, they will now miss even more school. Is this what we want to do to our students? Adding more stress to their lives? "
- Please stop late-start Wednesdays. It's a terrible idea to mess with families' morning routine. I'd rather see early-release Fridays than anything messing with mornings and getting to work. We truly hate late-start Wednesdays. This is a Top 3 grievance I have w/ Northfield Schools.
- "I think the benefits to the students outweigh any detrimental effects to parents/families. It's so important for kids to have enough sleep and to reap the benefits to mental health and safety. There will be challenges in adjusting to a new schedule, but once the adjustment has been made I think we'll be fine.

- Later start would be beneficial for my family.