

PORTSMOUTH SCHOOL BOARD PUBLIC MEETING FOR DECEMBER 8, 2015

EILEEN M. FOLEY COUNCIL CHAMBERS, CITY HALL

PORTSMOUTH, NH

DATE: TUESDAY, DECEMBER 8, 2015

TIME: 7:00 PM [or thereafter]

- I. **CALL TO ORDER**
- II. **ROLL CALL**
- III. **INVOCATION**
- IV. **PLEDGE OF ALLEGIANCE**
- V. **ACCEPTANCE OF MINUTES**
 - a. NOVEMBER 24, NON-PUBLIC MEETING
 - b. NOVEMBER 24, REGULAR MEETING
- VI. **PUBLIC COMMENT**
- VII. **SPECIAL PRESENTATIONS**
 - a. FOOD SERVICE REPORTS
 - b. PMS REPORT
 - c. RJLA REPORT
 - d. SPECIAL EDUCATION REPORTS
- VIII. **SUPERINTENDENT'S REPORT**
 - a. ITEMS OF INFORMATION
 - i. POLICY COMMITTEE MINUTES, DECEMBER 2
 - ii. LATE START SURVEY REPORT
 - iii. BOARD & ADMINISTRATOR
 - iv. FUTURES NEWSLETTER
 - b. CORRESPONDENCE
 - i. EDCAMP SEACOAST LETTER
 - ii. STUDENT LETTER- PARKING
 - c. ADMINISTRATOR REPORT
 - i. FINANCIAL REPORT
- IX. **OLD BUSINESS**
 - a. WORKSHOP: LATER START
- X. **NEW BUSINESS**
 - a. BEN FRANKLIN PAINTING
 - b. BUD RICCI MEMORIAL SCHOLARSHIP

XI. COMMITTEE UPDATES

- a. POLICY
- b. SAGAMORE CREEK

XII. FUTURE AGENDA ITEMS

- a. ELECTRONIC TEXT BOOK POLICY

XIII. ADJOURNMENT

Nonpublic Session Minutes
PORTSMOUTH BOARD OF EDUCATION

Date: November 24, 2015

Members Present:

<u>X</u> Leslie Stevens	<u>X</u> Tom Martin	<u>X</u> Nancy Clayburgh
<u>X</u> Dexter Legg	<u>X</u> Ann Walker	<u>X</u> Jeff Landry
<u>X</u> Patrick Ellis	<u>X</u> Gary Epler	<u>A</u> Lennie Mullaney

Motion at 6:45 p.m. to enter Nonpublic Session made by ANN WALKER seconded by TOM MARTIN.

Specific Statutory Reason cited as foundation for the nonpublic session:

 RSA 91-A:3, II (a) *The dismissal, promotion, or compensation of any public employee or the disciplining of such employee, or the investigation of any charges against him or her, **unless** the employee affected (1) has a right to a public meeting, and (2) requests that the meeting be open, in which case the request shall be granted.*

 RSA 91-A:3, II (b) *The hiring of any person as a public employee.*

X RSA 91-A:3, II (c) *Matters which, if discussed in public, would likely affect adversely the reputation of any person, **other than a member of this board**, unless such person requests an open meeting. This exemption shall extend to include any application for assistance or tax abatement or waiver of a fee, fine or other levy, if based on inability to pay or poverty of the applicant.*

 RSA 91-A:3, II (d) *Consideration of the acquisition, sale or lease of real or personal property which, if discussed in public, would likely benefit a party or parties whose interests are adverse to those of the general community.*

 RSA 91-A:3, II (e) *Consideration or negotiation of pending claims or litigation which has been threatened in writing or filed against this board or any subdivision thereof, or against any member thereof because of his or her membership therein, until the claim or litigation has been fully adjudicated or otherwise settled.*

 RSA 91-A:3, II (i) *Consideration of matters relating to the preparation for and the carrying out of emergency functions, including training to carry out such functions, developed by local or state safety officials that are directly intended to thwart a deliberate act that is intended to result in widespread or severe damage to property or widespread injury or loss of life.*

Roll Call Vote to enter nonpublic session:

<u>Y</u>	Leslie Stevens	<u>Y</u>	Tom Martin	<u>Y</u>	Nancy Clayburgh
<u>Y</u>	Dexter Legg	<u>Y</u>	Ann Walker		Lennie Mullaney
<u>Y</u>	Patrick Ellis	<u>Y</u>	Gary Epler	<u>Y</u>	Jeff Landry

Entered nonpublic session at 6:45 p.m.

Other persons present during nonpublic session:

<u> </u> GEORGE SHEA	<u> </u>	<u> </u> STEVE ZADRAVEC
<u> </u>	<u> </u>	<u> </u>
<u> </u>	<u> </u>	<u> </u>
<u> </u>	<u> </u>	<u> </u>

Nonpublic Session Minutes
PORTSMOUTH BOARD OF EDUCATION

Descriptions of matters discussed and final decision made:

Discussed a student discipline matter and approved suspension.

Note: Under RSA 91-A:3, III. *Minutes of proceedings in nonpublic sessions shall be kept and the record of all actions shall be promptly made available for public inspection, except as provided in this section. Minutes and decisions reached in nonpublic session shall be publicly disclosed within 72 hours of the meeting, unless, by recorded vote of 2/3 of the members present, it is determined that divulgence of the information likely would affect adversely the reputation of any person other than a member of this board, or render the proposed action of the board ineffective, or pertain to terrorism. In the event of such circumstances, information may be withheld until, in the opinion of a majority of members, the aforesaid circumstances no longer apply.*

Motion made to seal these minutes? If so, motion made by Mr. Martin, seconded by Mr. Ellis, because it is determined that divulgence of this information likely would:

- Affect adversely the reputation of any person other than a member of this board
- Render a proposed action ineffective
- Pertains to preparation or carrying out of actions regarding terrorism

Roll Call Vote to seal minutes:

<u>Y</u> <u>N</u> Leslie Stevens	<u>Y</u> <u>N</u> Tom Martin	<u>Y</u> <u>N</u> Nancy Clayburgh
<u>Y</u> <u>N</u> Dexter Legg	<u>Y</u> <u>N</u> Ann Walker	<u>Y</u> <u>N</u> Lennie Mullaney
<u>Y</u> <u>N</u> Patrick Ellis	<u>Y</u> <u>N</u> Gary Epler	<u>Y</u> <u>N</u> Jeff Landry

Motion: **PASSED** DID NOT PASS (circle one)

Motion to leave nonpublic session and return to public session by ANN WALKER, seconded by NANCY-NOVELLINE CLAYBURGH.

Motion: **PASSED** DID NOT PASS (circle one)

Public session reconvened at 6:55 p.m.

These minutes recorded by: Leslie Stevens, School Board Chair.

V.
b.
PORTSMOUTH SCHOOL BOARD PUBLIC MEETING FOR NOVEMBER 24, 2015

NEW FRANKLIN ELEMENTARY SCHOOL

PORTSMOUTH, NH

DATE: TUESDAY, NOVEMBER 24, 2015

TIME: 7:00 PM [or thereafter]

NOTICE OF NON- PUBLIC MEETING: THE SCHOOL BOARD WILL HOLD A NON- PUBLIC MEETING AT 6:45 P.M., IN ACCORDANCE WITH RSA 91-A: 3 II c. IN A CLASSROOM

- I. **CALL TO ORDER-** School Board Chair Leslie Stevens called the meeting to order at 7:02 p.m.
- II. **ROLL CALL-** Chair Leslie Stevens, Dexter Legg, Jeff Landry, Gary Epler, Ann Walker, Nancy Clayburgh, Patrick Ellis, Tom Martin, Superintendent Stephen Zdravec, Assistant Superintendent George Shea, Student Representative Julia Adler

III. **INVOCATION**

IV. **PLEDGE OF ALLEGIANCE**

V. **ACCEPTANCE OF MINUTES**

a. **OCTOBER 27, NON- PUBLIC MEETING**

MOTION: Motion to accept the public minutes of October 27, 2015 by Mr. Ellis

SECOND: Mrs. Clayburgh

DISCUSSION:

VOTE: Unanimously accepted

b. **NOVEMBER 10, NON-PUBLIC MEETING**

MOTION: Motion to accept the public minutes of November 10, 2015 by Mr. Martin

SECOND: Mrs. Walker

DISCUSSION:

VOTE: Unanimously approved

c. **NOVEMBER 10, REGULAR MEETING**

MOTION: Motion to accept the public minutes of November 10, 2015 by Mrs. Clayburgh

SECOND: Mr. Landry

DISCUSSION:

VOTE: Unanimously approved

VI. **PUBLIC COMMENT-None**

VII. **SPECIAL PRESENTATIONS**

Chair Stevens recognized this evening being Dexter's last meeting and the Board thanked him for his long time service and commitment.

- a. **TQP UPDATE-** Mr. Shea gave a brief overview of the Teacher Quality Panel and Peer Review Cycle. A FAQ was recently published and future education/training teachers for the evaluation

cycle will be provided. Questions arose and were addressed such as: What is the process for teachers to go forward with peer review? Do teachers usually set up on their own with colleagues? Is peer review ongoing? Is there a sense of where we are in the timeline? Are you getting feedback of what helps to further define the work?

- b. **NEW FRANKLIN: A CULTURE OF COLLABORATION, COLLEGIALITY & PEER COACHING** – Ms. Simons gave a thorough overview of the work that happens daily at New Franklin in particular a closer look at PLC groups and the process behind the professional Learning Communities. Ms. Simons stated “collaboration is the heart and soul” of PLC groups. Every Wednesday morning from 8:45-9:15 is intervention block. She shared what work goes on during the block. She has observed that NF is a family working together towards a common goal and has shifted from “my kids” to “our kids”. She shared examples of collegiality that happens every day. Questions arose and were addressed such as: Are enrichment kids included in intervention block? Are kids on the lower end of spectrum getting more help as a result of a more individual level? Do we track students from elementary to middle school and can we compare NF students to other Portsmouth elementary schools? Is this work being replicated at the other two elementary schools? Do we have a sense of the culture in Portsmouth compared to other districts?

VIII. SUPERINTENDENT’S REPORT

- a. **ITEMS OF INFORMATION**
 - i. PMS POST
 - ii. CENTRAL OFFICE UPDATE
 - iii. PORTSMOUTH SCHOOL DEPARTMENT APP
 - iv. DOE TECHNICAL ADVISORY
- b. **CORRESPONDENCE**
 - i. THE DUFOUR AWARD
 - ii. GREAT BAY COMMUNITY COLLEGE HALL OF FAME

IX. OLD BUSINESS

- i. **SCHOOL START TIME SURVEY UPDATE AND NEXT STEPS-** Mr. Zadravec gave an update on the Committee. The survey closed last week. There were over 2000 responses (approx. 900 parents, 700 students, 300 staff). He will provide a report for the next Board meeting. SAU 50 included the anticipated increased transportation cost in their budget. They also sent a survey to their middle school students. Questions arose and were addressed such as: Did we receive a higher number of survey responses this time? Did we get a lot of responses from Greenland?

X. NEW BUSINESS

- i. **WORKSHOP SESSION: DISCUSSION OF FY17 BUDGET GOALS-** Mr. Zadravec discussed some budget factors. One narrative is the declining revenue and other sources. The budget will require thoughtful planning around sustainability for the programs that could be affected. Currently looking at facilities and how to share some of the resources

with the City. The ESOL population has had amazing growth with a convergence of students from India, China and Russia. Ms. Souther will report on this further at the next Board meeting as it is determined how to meet these student's needs. Budget will be presented 2nd week of January. Feedback for items to be possibly included in the budget: Review of current technology student needs, music program may be in need of instruments, PHS Newsletter, Drama classes at PMS and PHS, Summer Camps, foreign language at elementary school level.

XI. COMMITTEE UPDATES

i. JBC

XII. FUTURE AGENDA ITEMS

a. ELECTRONIC TEXT BOOK POLICY

b. FY17 BUDGET PRESENTATION, JANUARY 12, 2016

XIII. Additional Comments- Chair Stevens acknowledged the accomplishment of receiving the Farm to School Grant. The play Chicago was "incredible" and gave some upcoming concert dates. Student Representative Julia Adler reported on some PHS events such as Battle of the Classes and the All Star Auditions were successes. OpenMic night will be on December 3.

XIV. ADJOURNMENT

MOTION: Motion to adjourn meeting at 8:42 p.m. by Mr. Legg

SECOND: Mr. Ellis

DISCUSSION:

VOTE: Unanimously approved

11/11 a.

PROGRAM NEWS

First Topic

What we are continuing to do in our school cafeterias:

Elementary schools had a special juicing day with local apples from Duane's Family Farm in Barnstead, NH. Other Try It Days included, Sweet & Regular Potatoes supplied from Brookford Farm in Canterbury. Little Harbour was able to supply their own potatoes from their garden for their Try It. Also menu items included local Kale which was made into chips.

Middle School and High School will be offering local beef from PT Farms in North Haverhill, NH and local seafood from North Coast Sea-Foods throughout the school year.

Middle School is now making their own pizza from scratch with a Whole Wheat Pizza Dough. No turning back now!

HOMEMADE Soup on Fridays at the High School paired with the sandwich of the day.

We are also continuing to supply lunches to go for the High School Teams' away games.

Second Topic

Portsmouth School Nutrition Department has been awarded the Farm to School Implementation Grant for \$100,000.00.

Portsmouth was one of 16 Implementation Grants that was awarded throughout the Country for the 2015-2017 school years.

The Program in Action

Though a relatively new program, the F2S grant program has already seen demand for funding far outweigh what is available. In recent years, this popular program has only been able to fund a fifth or less of the total proposals that the program has received. This clearly demonstrates the enormous popularity of and growth in farm to school activities around the country.

In its inaugural round of funding in fiscal year (FY) 2013, USDA awarded 68 projects in 37 states and the District of Columbia a total of \$4.5 million in funding to support Farm to School activities in more than 3,200 schools serving 1.75 million students. In FY 2014, USDA funded 71 projects in 42 states and the District of Columbia a total of \$5.2 million. In its most recent round of funding, FY 2015, USDA provided 82 projects from 42 states the U.S. Virgin Islands \$5.2 million.

As more and more schools begin to source more foods locally and teach children about food, farming, and nutrition, farmers, local communities, and children all reap multiple benefits – improving public health, economic development, and education.

Some of the ways F2S grants have been used include:

- Developing strategies that support local sourcing at schools
- Increasing the purchase and consumption of locally grown fresh food, such as fruits, vegetables, and dairy products
- Investing in school kitchen infrastructure
- Training farmers and food service workers in food safety
- Creating school gardens and installing and managing high tunnels
- Implementing nutrition education and garden-based curriculum.

Kate Mitchell

This award is a HUGE win for the Portsmouth School District, and frankly the greater community. We were the first entity in the state to receive a USDA Farm to School Program grant. Now we find ourselves the first in the state to receive the intended sequence of grants, the initial Planning Grant, that we received for 2014, and follow-up Implementation Grant. As you can imagine from the popularity of this USDA grant program, not all Planning Grant awardees win an Implementation Grant. Again, this is HUGE. The USDA has just trusted us with more than \$130,000 to make Farm to School happen.

As you know, during our Planning Grant period we created a 10 module strategic plan for the next three years. Here is my synopsis:

We identified needs for some major resources at the middle and high school relating to farm to school. The middle school, at the time of our grant submittal, did not have any growing spaces. We learned that in the original blueprints of the middle school construction a rooftop garden was intended. We learned due to construction budget cuts that the garden was scrapped, and the entire roof can no longer support the weight incurred from installation of a garden, but... about 30% still can. We consulted with Jessie Banhazl of Green City Growers in Somerville, MA. We received a quote from city employee Dan Hartrey, and we put the cost of necessary railings into our Implementation Plan budget. YES, this grant means the middle school is on their way to a rooftop garden!!

Deb has also heard since she started here in the Portsmouth School District about the need for a salad bar at the high school. They don't have one. This scenario falls into the "easier said than done" category. Due to USDA guidelines, in order for Deb to put a salad bar into the cafeteria she would need not only the salad bar structure and equipment, she would also need a POS system, and a staff member. That amount of money is something Deb cannot simply attain, but this grant covers all of those costs! YES, the high school, in the next year, will be getting a salad bar!!

In the grant we have also budgeted for a garden shed to be built by the high school construction class for one of the schools, garden tools and curriculum supports for across the district, field trips funding for across the district and many marketing needs (stay tuned for our April School Board Meeting appearance). You will also be seeing me in your hallways and gardens a bit more frequently over the next two years.

It is critical that we realize this was a community effort. In order to submit this grant we had to provide letters of support and a 25% match of funds for our \$100,000 grant ask. These letters of outpouring support from Brookford Farms, Green City Growers, Three River Farmers Alliance, Seaport Fish, Saunders Distributors, and North Coast Seafoods brought tears to our eyes. The early show of support and commitment in funding from The Provident Bank, the Little Harbour Charitable Foundation, and The Kids' Bank at Piscataqua Savings Bank, each of whom donated \$5,000, had us jumping for joy, and also, brought tears to our eyes. Our grant writer, and Portsmouth School District parent, Deb Lielasus of Solidus Writing Services, has also committed \$5,000 worth of her services to help us identify additional funding opportunities and work towards a sustainable fundraising plan for the program.

We are looking forward to a busy, and very exciting few years ahead in healthy partnerships and promise for our students, staff, families, and greater community.

THE PORTSMOUTH NUTRITION DEPARTMENT RECEIVES USDA GRANT TO INCREASE LOCAL FOODS IN SCHOOL CAFETERIAS

Portsmouth, N.H. November 2015 – The Portsmouth School Nutrition Department is pleased to announce that they are one of 82 projects spanning 42 states and the U.S. Virgin Islands receiving support this year through the U.S. Department of Agriculture's (USDA) Farm to School Program, an effort to better connect school cafeterias and students with local farmers and ranchers. Portsmouth received a \$100,000 Implementation Grant to impact 2,719 students across 6 schools.

Though relatively new, the USDA Farm to School grant program has already seen demand for funding far outweigh what is available. In recent years, this popular program has been able to fund just a fifth (or less) of the total proposals that the program has received. The Portsmouth School Nutrition Department is the first entity in New Hampshire to receive a Farm to School Planning Grant (2013) and Farm to School Implementation Grant, amounting to over \$130,000 of funding support from the USDA.

"Farm to school programs work—for schools, for producers, and for communities," said Secretary Vilsack. "By serving nutritious and locally grown foods, engaging students in hands-on lessons, and involving parents and community members, these programs provide children with a holistic experience that sets them up for a lifetime of healthy eating. With early results from our Farm to School Census indicating schools across the nation invested nearly \$600 million in local products, farm to school also provides a significant and reliable market for local farmers and ranchers."

The Portsmouth School Nutrition Department will use implementation funds to support their CLIPPERS (Cultivating a Local Integrated Procurement Program that Engages Resourceful Students) Farm to School Program. Plans over the next two years not only include institutional supports like training for cafeteria service staff and teachers, but also large purchases of equipment needed for a salad bar at the high school and railings on the rooftop of the middle school for an intended rooftop garden that was first drawn into the middle school construction blueprints in 2010. Students and staff can look forward to continued fresh and local foods in their cafeterias, with hopes that as a result of the programs' success some student grown food will make it into lunch line offerings in two years' time.

Since the bipartisan passage of the Healthy, Hunger-Free Kids Act of 2010, kids have eaten healthier breakfasts, lunches and snacks at school. Over 97 percent of schools report that they are successfully meeting the updated nutrition standards. Portsmouth Schools Nutrition Director Deb Riso states: "We've been using the new guidelines and the supports from our Farm to School planning experience with the USDA to add fresh, local foods to our menus including red fish, beef burgers, apples and kale. We've implemented scratch cooking like soups and pizzas. My kitchen staff, students and faculty alike are all happy with the changes in our menu. With this USDA Implementation Grant we're excited to grow our partnerships with local farms, distributors, and area chefs!"

The CLIPPERS Farm to School (F2S) Program was established by the Portsmouth, New Hampshire (NH) School District with a USDA F2S Planning Grant in 2013. Its mission is *“To cultivate a strong F2S program throughout the district by focusing on personal, community, and environmental wellness through education, as well as growing and procuring healthy, fresh, and local foods for district classrooms, cafeterias, and consciousness”*. The program’s vision is to provide graduates with a comprehensive experience and education that positions them to partake in farm to table efforts as healthy, thoughtful, responsible, and contributing citizens. The program has wide-ranging support from teachers, students, parents, farmers, chefs, and administrators. Leadership includes Deborah Riso, Portsmouth Nutrition Director, Kate Mitchell, Program Manager, and a 13-member Steering Committee. For more information check out the CLIPPERS Farm to School Program Facebook Page. Website coming soon.

In addition to school meals, USDA's Food and Nutrition Service administers several other nutrition programs, including the Supplemental Nutrition Assistance Program, the Special Supplemental Nutrition Program for Women, Infants and Children (Commonly known as WIC), and the Summer Food Service Program. Together, these programs comprise America's nutrition safety net. For more information, visit www.fns.usda.gov.

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VII
b.

PORTSMOUTH MIDDLE SCHOOL

To: Stephen Zdravec, Superintendent of Schools
From: Phillip R. Davis
Date: December 3, 2015
RE: SCHOOL BOARD REPORT

Middle School Enrollment

2015-16
Grade 6: 183
Grade 7: 156
Grade 8: 185
Total: 524

Since the beginning of the school year we have had 13 new enrollments. During that same time we had 10 withdrawals. Three of these enrollments are also students who withdrew.

First Term Honor Roll and Merit Card

442 students (84%) made Honor Roll
446 students (85%) earned Merit Cards for excellent conduct and effort

SBAC

After viewing the results of the Smarter Balanced Assessment results made available in November of this year, the school and departments have begun analyzing our results and have begun to discuss relative weaknesses. We are confident in our ability to improve upon these results as we further our work with the Common Core Curriculum, and adapt our instruction and curriculum to fit the needs of our students. Professional Learning Communities led by department heads will continue to monitor student learning through the use of formative assessments designed to determine what students know as well as what their needs may be.

Results

6th grade Math – 66% of students scored proficient or higher
7th grade Math – 56.8% of students scored proficient or higher
8th grade Math – 60.3% of students scored proficient or higher
6th grade ELA – 76% of students scored proficient or higher
7th grade ELA – 71.1% of students scored proficient or higher
8th grade ELA – 60.1% of students scored proficient or higher

The Middle School plans to utilize Smarter Balanced Interim Assessments to monitor student growth in targeted learning areas as well as to increase student exposure to the tools of the Smarter Balanced Assessment interface.

Professional Learning Communities

Portsmouth Middle School has been working in an environment of collaboration and collegiality for a great number of years. Each teacher is a member of several professional groups. Content teachers meet several times a week as grade level interdisciplinary teams to work on creating cohesive instructional opportunities for students. Departmentally, teachers work to set PLC goals and meet in grade level PLCs weekly and with their larger departments on a monthly basis.

2015-16 Schedule Shift

A committee started in the spring met weekly to make some adjustments to our daily operating schedule for this school year. Some of the more noteworthy changes to the schedule include: Realigning an enrichment block allowing for a more fluid movement of students from one content teacher to the next based upon their areas of need; shifting Monday Advisory classes to mid-morning, and bringing Advisory class sizes down to 10 – 12 students per teacher; eliminating the 10 minute daily homeroom class to decrease morning transitions while providing an additional time during first and seventh periods for announcements and homework reminders; and finally a breakup of Unified Arts blocks of time so that students have an increased number of motor breaks throughout their day as learners.

Performing Arts Department

The Middle School Performing Arts Department continues on its path of excellence with strong numbers in each of its programs. Chorus has 145 members across three grades, band has 140 members across three grades and our Drama courses offered to 8th grade students continue to be filled with 61 students taking this course. All are encouraged to attend the Winter Holiday Concert at Portsmouth High School, Wednesday, December 9 at 7:00 PM.

Special Education Department

Special Education Department has been working diligently on our PLC goal of improving student's writing. Over the year we have been assessing and then implementing interventions targeting those very important skills necessary for everyone to become great writers.

We look forward to collaborating with our colleagues and sharing our progress as the year goes on. Results from Smarter Balance have been discussed and will continue to be examined to see how we can improve student's performance. Initially, we made sure that we had students aligned with interventions that targeted their weaknesses. Currently we are monitoring the interventions and tracking progress.

Paraprofessionals at the Middle School have been using their early release time to sharpen skills necessary in the area of technology. We have been following the trends in education and are meeting those increasing demands by being up-to-date on all the resources, equipment, and applications to help students to access information in all areas.

The Special Education Department would like to sincerely thank the School Board for supporting the hiring of a resource room teacher this year. Having the resource teacher has been instrumental in supporting interventions in seventh grade. This has allowed us to implement a more consistent

approach to our interventions. It also has allowed us to directly target reading needs. We are currently implementing a web based program in the area of reading and the results seem to be promising.

Science Department

The science department continues to work on providing students with hands-on investigations and various inquiry activities to develop knowledge and an understanding of scientific ideas. Students learn and apply the same skills and practices used by scientists to study the world around them. Examples of the skills and practices we are focusing on include:

- Asking questions (for science) and defining problems (for engineering)
- Make meaningful observations
- Developing and using models
- Making predictions and inferring
- Planning and carrying out investigations
- Classifying, analyzing and interpreting data
- Using mathematics, estimation skills and computational thinking
- Constructing explanations (for science) and designing solutions (for engineering)
- Engaging in argument from evidence
- Obtaining, evaluating and communicating information

As a department we have created a rubric that assists us in evaluating our science student's use of these skills and practices. Recently students in grade eight completed a guided inquiry that asked them to create a survey and calculate their water usage at home. Grade seven worked on discovering the relationship between the volume of water and the mass of water. During this guided inquiry students organized their data in a best fit line graph. Grade 6 is currently discovering the relationships between height and potential energy by doing a rubber ball lab.

English Department

The English Department's goal for 2015-2016 is for students to improve their skills in citing textual evidence. This is a relative area of need across the three grade levels, so we are all focusing on this skill throughout the year. We aim for students to leave 8th grade knowing how to find evidence, choose which pieces of evidence best support their point, cite it correctly, and integrate it into their writing.

We have included the reading specialist, ESOL teacher, and the librarians in our department meetings this year. Their presence adds a depth to our discussions and it allows them to understand how they can best support us as classroom teachers.

ule, ELA classes are now heterogeneous across the all grade levels. This change is in alignment with the rest of the middle schools that feed into PHS. We have found it to be a positive change over the previous format, which was that almost 40% of the grade was separated out in what was considered to be an advanced class, a number that far exceeded what was truly advanced. The department feels that we are better meeting the needs of all students, as this format allows opportunities for flexible groupings and more authentic differentiated instruction.

Social Studies Department

General: This year our department has been continuing to focus on how to get students to showcase a depth of understanding on a given topic in social studies. The work students are doing should help to build skills in reading and writing about informational topics while learning essential social studies content at grade level. Asking students to move beyond a "seek and find" mentality to a methodical and thoughtful approach to understanding and connecting events using clear and accurate details is the essence of our ongoing departmental work.

Goal: Our SMART goal around Geographic Reasoning has allowed varied opportunities for students to consider the connections between places and historical events and to make links that promote critical thinking skills. It is important for students to both identify geographic locations and to be able to discuss the relevance of these locations through the eye of a historian. Through grade level formative assessments teachers have been able to adapt instruction and to identify areas of strength as well as areas in need of supplemental teaching.

Technology: Along with our SMART goal, our department has also committed to extending our use of technology with students. We are continuing to phase in the use of Discovery Techbook- an online textbook for middle school students- and the goal is by 2016-17 all middle school students will have full access to this resource. Along with the use of Techbook, many teachers in our department have also embraced the use of Google Sites and/or Google Classroom to provide additional opportunities for technology integration.

Mathematics Department

Within our grade level Professional Learning Communities, we determine what we want students to be able to do as a result of learning a concept, how we will know if they have learned it, and how we will respond when they have (or have not) learned it. We build cohesiveness by relating how previously learned concepts relate to current learning goals. For example, students in grade six will incorporate what they learned about fractions and decimals in elementary school to work with expressions and equations. Grade seven will build on this concept so that students are prepared to study functions by grade 8.

The math department has been working with students on how to approach, understand, deconstruct, and solve curriculum-embedded tasks. Curriculum-embedded tasks are intended to engage students in applying their knowledge and skills in an authentic and relevant context, and are meant to anchor the curriculum around the most important demonstrations that we want learners to be able to do independently with previously learned knowledge and skills. Because these tasks are often multi-step problems with several layers of knowledge, we are working to ensure that all students can peel back those layers to determine what they are being asked to do or show, then have the skills and strategies to determine how they will go about solving the problem. We believe that incorporating the standards for mathematical practice in our daily routines helps students to become more secure with their performance on performance tasks.

STEM/STEAM

Science Technology Engineering Arts and Mathematics in our schools have seen a push in recent years. Fortunately, here at Portsmouth Middle School our diverse Unified Arts course offerings have been teaching to these standards for years. The Unified Arts faculty have been asked to highlight STEAM objectives in their content to highlight the existence of these themes in these engaging, hands-on courses.

Technology

The middle school has added several sets of Chromebooks that are set up for student use in classrooms and for research in the library. Every student is becoming increasingly comfortable with the Google platform and many teachers are now utilizing Google Classroom in a variety of ways. Similarly, teachers were all trained in the use of their Google account as one of our rotating learning centers during our October in-service day. The addition of Chromebooks to our repertoire of iPad carts, mini iPad carts, and our computer lab are helping to provide the digital support that our teachers need to provide a 21st century education to our students.

Student Support Team

Tim Hodgdon has revamped our Student Support Team's approach to working with students who are in need of additional attention and for whom traditional teacher and team level interventions have not produced the desired results. This team meets weekly to discuss students, progress on past interventions and to suggest the next course of action needed. Using Google Docs, Mr. Hodgdon has streamlined the paper trail and increased the overall productivity of this group of counselors, special educators, administrators, and teacher representatives.

Parent Advisory Council

The middle school has revitalized our Parent Advisory Council. The council, which lay dormant for a number of years, has a healthy membership and has plans to become active in the areas of parent education, fundraising, volunteer coordination, and more open two way communication with the school.

Clubs and Activities

Our impressive list of Clubs and Activities are attached. Added to the list this year are a Tennis Club, a card Game/Gaming Club, Karaoke Café, and a young men's lunch club.

Clubs and Activities

2015-2016

Girls on Track	September - November	Ms. Jones & Ms. Tuttle
Project Purple	September – June	Ms. Burbine, Mr. Arnold, Mr. Mitchell
Mountain Biking	September - October	Ms. Birse-Siegel
Math Counts	September - May	Ms. Jasper
Hot Chocolate Club (6 th grade math help)	September - June	Ms. Butler & Ms. Rice
Newspaper	September – June	Mrs. OCG
Boys Varsity Soccer	Fall	Mr. Foley, Athletic Director
Girls Varsity Soccer	Fall	Mr. Foley, Athletic Director
Boys JV Soccer	Fall	Mr. Foley, Athletic Director
Girls JV Soccer	Fall	Mr. Foley, Athletic Director
Cross Country	Fall	Mr. Foley, Athletic Director
Field Hockey	Fall	Mr. Foley, Athletic Director
Girls JV Volleyball	Fall	Mr. Foley, Athletic Director
Girls Varsity Volleyball	Fall	Mr. Foley, Athletic Director
After-school Ultimate Frisbee	October	Mr. Mitchell
Student Council	October – June	Ms. Bouzakine, Mr. Rose
Dream Team	October – June	Ms. Kwesell, Ms. Provost
Girls Lunch Group	October – June	New Heights

Chamber Singers	October – June	Mr. Johannessen
Yearbook	October – May	Ms. Provost
Brass Ensemble	Fall/Spring	Ms. Beach
Woodwind Ensemble	Fall/Spring	Ms. Randall
Flute Ensemble	Fall/Spring	Ms. Beach
Community Builders	Fall/Spring	Ms. Beach and Mr. Utter
Art Club	October - December & February - May	Ms. Nuttall and Ms. Shea
Geo Bee	October - January	Ms. Garganta, Ms. Heath, Ms. Curtin
History Bee	October - January	Ms. Garganta, Ms. Heath, Ms. Curtin
Wordsmiths	November – February	Ms. Mickela
Chess Club	November – June	Mr. James
Drama	November – June	Mr. Caple
Electronics for Beginners	November – June	Mr. James
After school intramural basketball	November	Mr. Mitchell
Teen Yoga	November - December	Ms. Birse-Siegel
JV Basketball	December – February	Mr. Foley, Athletic Director
Varsity Basketball	December – February	Mr. Foley, Athletic Director
6 th grade intramural basketball	December – February	Mr. Hodgdon
Printmaking	December – February	Ms. Nuttall
Ski Club	January – February	Ms. Bakkom and Mr. Guy
Ice Skating	January – February	Mr. Rose
Bowling	January - March	Ms. D. Jones
Girls Inc.	January - February	Ms. Bonner

Jazz Band	Spring	Ms. Beach
Dodgeball	March	Mr. Mitchell
Boys Lacrosse	March – June	Mr. Foley, Athletic Director
Girls Lacrosse	March – June	Mr. Foley, Athletic Director
Track and Field	March – June	Mr. Foley, Athletic Director
Boys Varsity Baseball	March – June	Mr. Foley, Athletic Director
Boys JV Baseball	March – June	Mr. Foley, Athletic Director
Girls Varsity Softball	March – June	Mr. Foley, Athletic Director
Girls JV Softball	March – June	Mr. Foley, Athletic Director
Girls Tennis Club	March - June	Mr. Foley, Athletic Director
After-school Tennis	May - June	Mr. Mitchell
Newspaper	September – June	Mrs. OCG
8 th Grade NYC Trip	December	Mrs. Bakkom
8 th Grade Quebec Trip	January	Mrs. Siegel

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Pupil Support and Instruction Report

December 8, 2015

Homeless Students:

Total Count on 12/01/2015 = 25 students

- Portsmouth High School 9
- Portsmouth Middle School 3
- Dondero 9
- Little Harbour 1
- New Franklin 2
- PEEP 1

Transportation Cost have trended around 27-29K yearly.

Special Education:

Total Count on 12/01/2015 = 423 students

- Portsmouth High School 165 (47 SAU 50) students
- Portsmouth Middle School 91 students
- Dondero 39 students
- Little Harbour 42 students
- New Franklin 25 students
- PEEP 31 students
- RJLA 15 students
- Out of District 15 students

ESOL:**Total Count on 12/01/2015**

	2014-2015 (Feb 2015)	2015-2016 (Dec 2015)	Current "Newcomers"	Current Staffing
Dondero	20	25	1	.6 Teacher
New Franklin	6	11	2	1.0 Teacher (4.5 hours weekly para support)
Little Harbour	11	24	3	
PMS	9	10	3	1.0 Teacher (10 hours weekly para support)
PHS	10	12	NA	
Total	56	82		
ESOL grant	\$14, 611	\$10,785		

Portsmouth

2014-15 Parent Involvement in Special Education Survey Results

District Response Rate and Survey Results

Survey	School year	Surveys sent	Surveys completed	Response rate	% at/above NCSEAM standard
Preschool	2014-15	28	8	28%	50%
	2013-14	18	4	22%	75%
Schoolage	2014-15	382	82	21%	31.7%
	2013-14	337	96	28%	38.5%
District total	2014-15	410	90	22%	33%
	2013-14	355	100	28%	40%
State total	2014-15	13,876	2,359	17%	35%

CS: Data are suppressed because fewer than 11 surveys were sent for this district.

The percentage at/above the NCSEAM standard (33% at Portsmouth) indicates the percentage of respondents who agreed that their child's school facilitated parent involvement as a means of improving services and results for children with disabilities. This represents a -7 percentage point decrease from 2013/14 (40%).

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**CITY OF PORTSMOUTH
LEGAL DEPARTMENT
MEMORANDUM**

DATE: DECEMBER 2, 2015
TO: PORTSMOUTH SCHOOL BOARD
FROM: POLICY COMMITTEE
RE: DECEMBER 2, 2015 MEETING MINUTES

Members Present: Leslie Stevens and Kathleen Dwyer

Members Absent: Ann Walker and Steve Zadavec

Others Present: Deb Riso and Paulette Rouse

Policies Considered:

Wellness (JLCF)

Deb shared that the State regulators will be doing an on-site at the Middle School this spring. While here, they will look at record keeping and policies regarding food service and wellness. The current Wellness Policy was reviewed along with the NH School Board model policy and Oyster River's policy. Both the School Board's Association and Oyster River was extremely detailed. Both Kathleen and Leslie said that they felt that the policies were too detailed, included what are really procedures and might take any flexibility away from the Food Service Program. In addition, if Federal Guidelines change it would require a change in the policy. It was agreed that any revisions to the Wellness Policy would reference compliance with Federal Guidelines instead of including it in the body of the policy.

Deb also shared a policy template that UNH had provided. She indicated that the current policy was a good one, but that she wanted to be sure that the State would find it acceptable. She also said that Wellness goes beyond food service and that it is important that the schools understand the importance of physical activity and physical fitness. She also pointed out that it is important that recess not be used for time to make up class work or for punishment. She indicated that, any change to the policy, should be clearly disseminated to the staff. Kathleen suggested that once changes are made that it be presented to the admin team and that, perhaps, she and Deb and go to each building with a mini training on the policy.

There was also a discussion about the Wellness Committee and the need for some time of coordinator for this area. It would probably have to be a stipend or added to a part time position's responsibilities.

Leslie suggested to Deb that she send the model policy to the state for feedback. In the meantime, Kathleen will work on integrating some of the UNH language into the policy.

School Nutrition (EFE)

The Committee focused on the portion of the School Nutrition policy that regulates vending machine use. Currently, vending machines operated by the Food Service Program must offer healthy food choices consistent with Federal, State and local regulations. Machines not operated by the Food Service program may be operated only during non-meal times and after the end of the school day. This led to a general discussion about the actual practice regarding not providing access to vending machines not operated by the Food Service Program. They are supposed to be turned off during meal times and should not be available until after 3:00 p.m. until midnight. Deb questioned whether or not the machines are always turned off per the policy and she has some difficulty with some of the food choices in these machines. She expressed the view that healthy food choices should be encouraged for these machines. Leslie said that perhaps these machines need to be moved away from the lunch room vicinity.

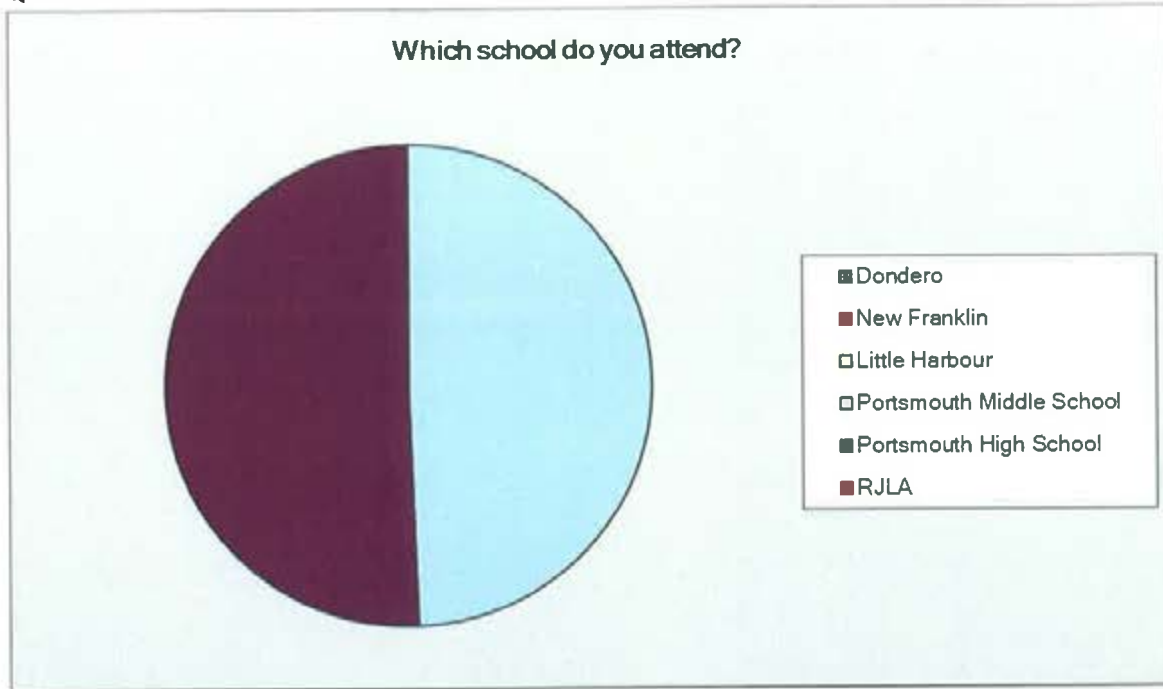
Other Discussion:

Kathleen reported that the Special Education Policies and Procedures were recently reviewed by the State and sent back due to the age of the policies. Most were last reviewed in 2011 and a review date of 2014 or later is required. She said that she will pull the policies and bring them to the committee for review and revision so that the manual will be compliant. This is required due to grants received by the School Department.

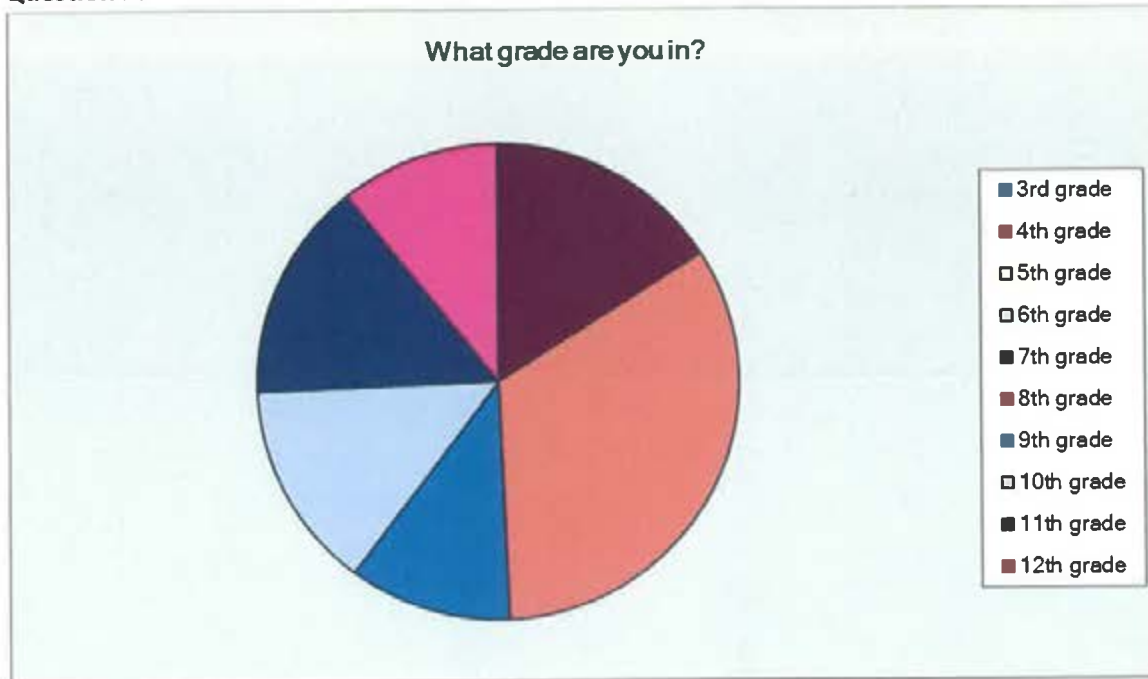
Next Meeting: Thursday, January 7, 2015

School Start Times- MS & HS Students

Question 1:

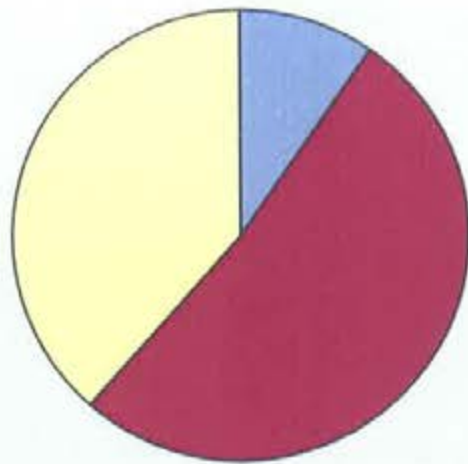


Question 2:



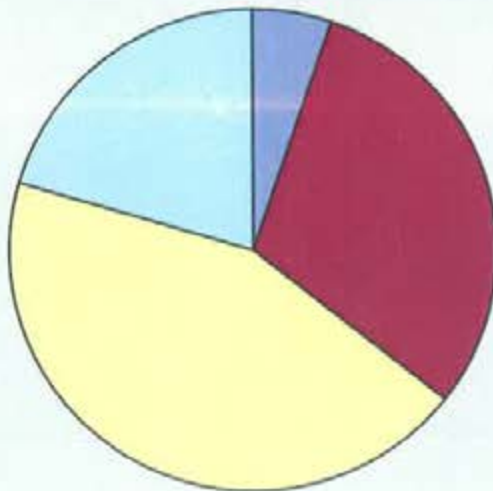
Question 3:

Do you usually feel well rested and alert when you get to school in the morning?

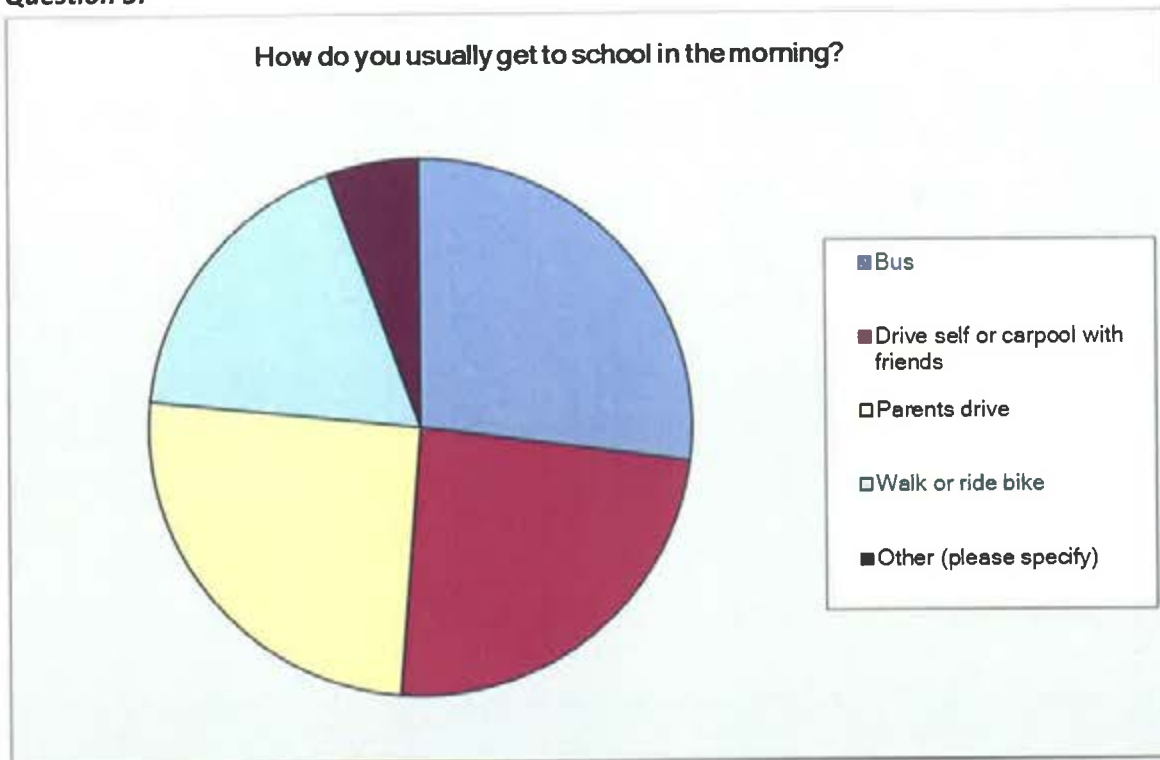


Question 4:

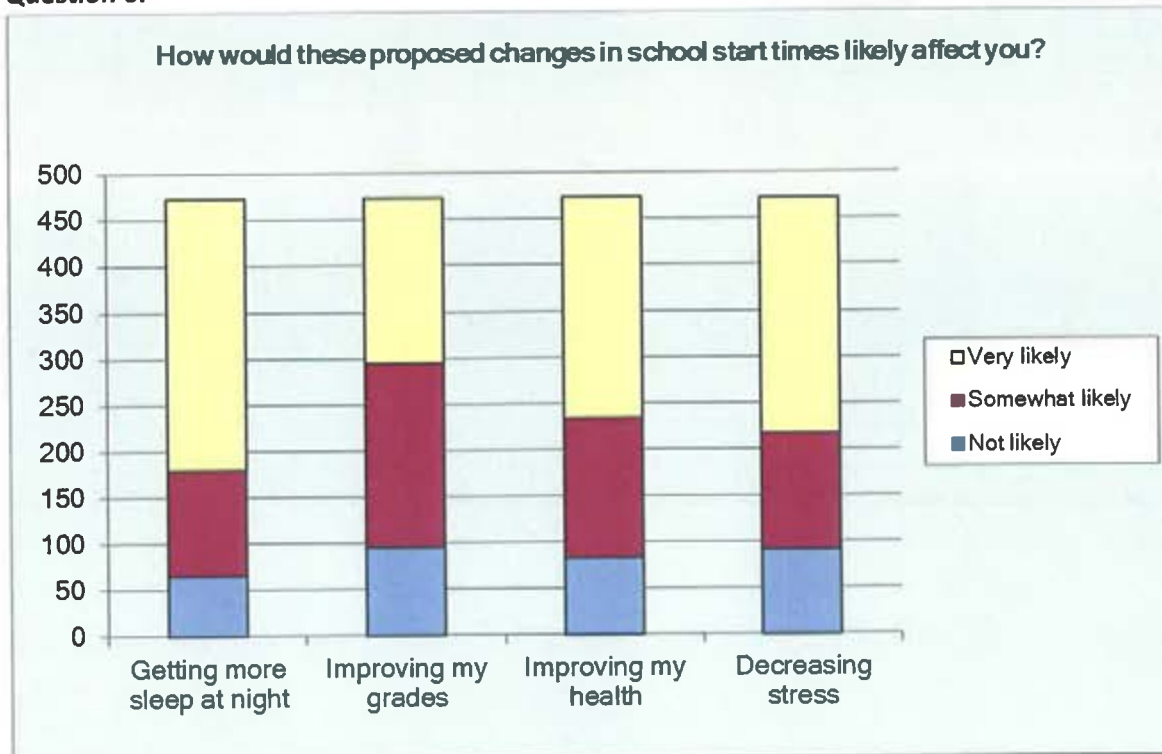
How often are you tired or sleepy during school?



Question 5:

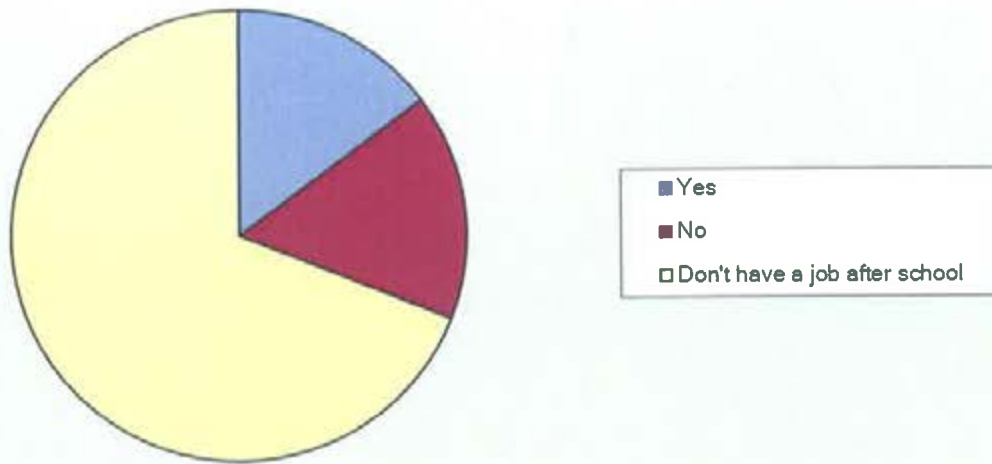


Question 6:



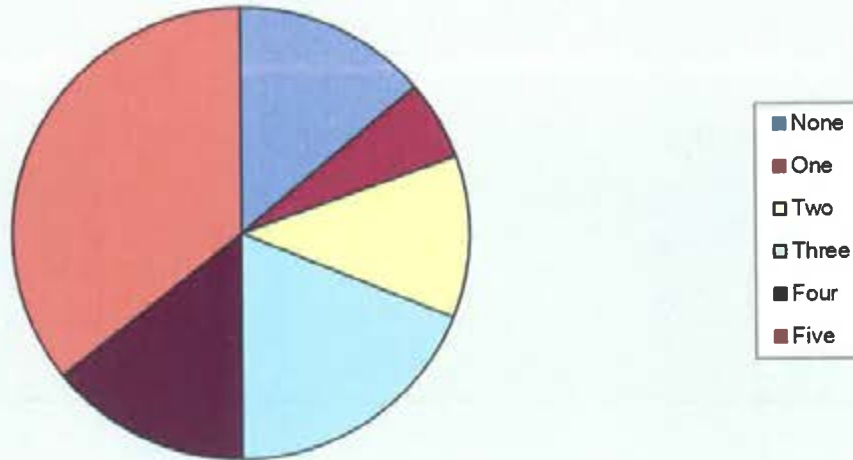
Question 7:

If you have a job after school, will these changes affect the number of hours you can work?



Question 8:

How many days per week do you typically have after school sports or extracurriculars?



Question 9: Please offer any other comments about changes to the school start times.

- 1 Nov 23, 2015 12:09 AM I don't think it's a good idea.
- 2 Nov 20, 2015 1:37 PM I'm used to the start time and I don't want it to change because there is less time to do things in the afternoon
- 3 Nov 18, 2015 7:03 PM I do not think changes to school start times is a good idea because i like to get out earlier than the elementary students.
- 4 Nov 18, 2015 7:02 PM Homework sometimes takes me a lot of time to do, and I don't finish until 10:00 pm. If I had more time to sleep I wouldn't be so tired at school.
- 5 Nov 18, 2015 7:01 PM I think that we should not change the times because the times are perfect right now because they really are pretty good because for sports my sister in high school gets done at 7:30 or 6:30 my sports they start after school and they end late and then i would be late for them and i would have less time for my homework before my bed time so all in all i will probably be doing a little worse it would pretty much be the same.
- 6 Nov 18, 2015 7:00 PM I do not agree with the change of times, because if you have lots of homework or long sports activities to do you would be up all night and getting even less sleep. Plus you would become even more stress as it gets later and have no time to relax and chill out!
- 7 Nov 18, 2015 7:00 PM I think this could help so we have more rest. But I don't like the fact that that we are going to get out later and have less time to do all our homework!
- 8 Nov 18, 2015 7:00 PM School would end later and get in the way of sports after school.
- 9 Nov 18, 2015 6:59 PM If we started school a little later than i think i would be able to think harder also i wouldn't have to get up at 6:00
- 10 Nov 18, 2015 6:59 PM please change the date have 4 days of school of and 3 which would give so much benefits as well with homework and sleep md health and job in a week
- 11 Nov 18, 2015 6:58 PM i don't school time to change
- 12 Nov 18, 2015 6:58 PM i think that school should start a little later than usual or at least make it so you wont be late as early
- 13 Nov 18, 2015 6:58 PM some people are concerned that it will affect HW time, but we should have less anyway
- 14 Nov 18, 2015 6:57 PM I believe that we should not change the school times because that would give less time for homework and extracurricular activities.
- 15 Nov 18, 2015 6:57 PM It wouldn't be easy to start earlier, because i wouldn't be used to it. I do not like the idea at all.
- 16 Nov 18, 2015 6:56 PM I'm tired as i type this
- 17 Nov 18, 2015 6:56 PM On question #8, it's two - three. Sometimes I have two, sometimes I have three.
- 18 Nov 18, 2015 6:40 PM getting out of school early gives me time to do my homework and have relax time
- 19 Nov 18, 2015 6:33 PM i do want to change the school hours so we get more SLEEP and i like getting out late because then when you get home you will get less time to go on phones and if you were me then you will be on your phone all day.
- 20 Nov 18, 2015 6:32 PM I think that it is not a bad idea, but it might conflict with other people's schedules.
- 21 Nov 18, 2015 6:32 PM i went to a different be for going to Portsmouth and i like starting at 7:35
- 22 Nov 18, 2015 6:32 PM i do sports all year long and i get tired and don't have that much time to do my homework
- 23 Nov 18, 2015 6:32 PM Please don't change the times.
- 24 Nov 18, 2015 6:30 PM I think that making school start earlier would be a good thing because it would train kids to be more accustomed to waking up early.
- 25 Nov 18, 2015 6:30 PM i think that we need more time after school for homework, and to hang out with friends
- 26 Nov 18, 2015 6:09 PM I think this could help me to get better grades but I am not certain
- 27 Nov 18, 2015 6:07 PM I think it would be good I would like to have more time in the morning although the homework situation could be stressful
- 28 Nov 18, 2015 6:06 PM it would definitely improve my grade by a lot.
- 29 Nov 18, 2015 6:06 PM i don't think it's needed
- 30 Nov 18, 2015 6:05 PM It would affect my after school activities and my job.
- 31 Nov 18, 2015 6:04 PM I would love this change!
- 32 Nov 18, 2015 6:03 PM I think starting school later is a very good idea, middle school and high school there are growing girls and boys. Most kids have extracurricular activities and we need more sleep so our brains stay awake during the day. Sleep stimulates the brain to learn better, and take in important information.
- 33 Nov 18, 2015 6:03 PM I think that starting school would be good for our health and our grades, but personally I really like getting out earlier too. I am fine either way.
- 34 Nov 18, 2015 6:03 PM I don't want it to start an hour earlier, instead I want it to be about 30 minutes
- 35 Nov 18, 2015 6:01 PM I think that school should not start later
- 36 Nov 18, 2015 6:00 PM Please Do This I REALLLLLLY Need This!
- 37 Nov 18, 2015 5:43 PM I feel like if you change the school times than it's gonna mess up some of our schedules, I do hate getting up early but I don't want to get out later than I do now.
- 38 Nov 18, 2015 5:43 PM It might affect my families after school things, and my routine of getting to school would be very changed.

- 39 Nov 18, 2015 5:43 PM I think that it might add more stress for kids starting late because it may raise stress because we would have one hour less to get homework done or spend time with family and friends.
- 40 Nov 18, 2015 5:42 PM I don't really care what time i start school.
- 41 Nov 18, 2015 5:42 PM you will make the little kids get up early and the older kids are gonna have to learn the real life of getting up in the morning and older kids won't be able to watch their siblings.
- 42 Nov 18, 2015 5:42 PM I always go to sleep late and waking up in the morning is hard most of the time and later start times would give me time to wake up.
- 43 Nov 18, 2015 5:42 PM i think it's a good idea to start at 8:30 and not 7:35
- 44 Nov 18, 2015 5:42 PM I think this would help me a lot, because I'm not a morning person at all
- 45 Nov 18, 2015 5:40 PM I like that we might start later, but won't the younger grades be more tired and need more energy for their small bodies?
- 46 Nov 18, 2015 5:39 PM I think that school starting later would help many people with stress and improving grades. Also it will give me more time to get ready in the morning which will help me not forget homework or projects.
- 47 Nov 18, 2015 5:38 PM No homework ;)
- 48 Nov 18, 2015 5:38 PM I think the times should stay the same because I have lots of sports after school so i wouldn't have enough time for sports.
- 49 Nov 18, 2015 2:57 AM This is wonderful and would increase the health of the high school students, but it would be even better if the end of school remained 2:30, and we cut pass times and lunch time instead.
- 50 Nov 18, 2015 12:55 AM Please, people may say that everything will be pushed back an hour, and yes that's true, but the sleep patterns will stay the same, I promise you, therefore students will be better rested.
- 51 Nov 17, 2015 6:31 PM I do not really support changing the start time back an hour. This is because it would just push everything back a hour. Time for homework would actually decrease because non-school activities could stay the same. By pushing the time back a hour, time after school loses an hour. Also, instead of sleeping from 10:30 to 5:30, I would be sleeping 11:30 to 6:30.
- 52 Nov 17, 2015 6:26 PM please please please
- 53 Nov 17, 2015 1:31 PM Having a later start time would only INCREASE my stress and I know plenty of students who feel the same. This would also cause me to have to go to bed later because of less time to do homework and sports, so I would be more tired and my grades would likely suffer.
- 54 Nov 16, 2015 6:18 PM This would be an incredible altercation that would overall better the environment at school. Please, please, please change the start time.
- 55 Nov 16, 2015 4:05 AM I think that changing the start time is very beneficial to students
- 56 Nov 16, 2015 1:19 AM Clubs will have to end later, and some kids may have to walk home in the dark which won't be safe, especially for the young women at the school.
- 57 Nov 15, 2015 5:05 PM A later start time would be negative because elementary students should be getting extra sleep and if or middle and high schoolers should be waking up earlier to be prepared to have to be awake for a job in adulthood.
- 58 Nov 14, 2015 4:00 PM I originally didn't like starting school at such an early time. However, I have learned to manage my team so that I can still get enough sleep at night and I think it is great to get an early start on the day so that I can maximize what I am able to accomplish each given day.
- 59 Nov 13, 2015 6:28 PM I think that I would not like to get out of school any later. Also, our 10 minute passing times are very valued to me and I would be very upset if they were shortened. The same goes for lunch. A shortened lunch would hurt the well-being of our cherished clubs and also probably the grades of the students. I think the start time is fine how it is and the delayed openings did not help and was at times, a bad thing. Please keep the long lunches so that we can catch up on homework, participate in clubs, and have time for off campus abilities. The early release days give us more time on homework and time with friends, whereas a late start gives our parents stress and not enough benefit.
- 60 Nov 13, 2015 4:40 PM I think students would get plenty of sleep if the amounts of homework were decreased. Changing the start time for high schoolers means they'll be getting home later, and starting homework later. If they're homework takes them the same amount of time regardless of when they get out of school, then they won't be getting any more sleep than they would've gotten with the current schedule.
- 61 Nov 13, 2015 4:37 PM Make the 3 Wednesday of every month a 1-2 hour delay like before.
- 62 Nov 13, 2015 4:37 PM make classes and in-between classes shorter to make it so that school doesn't go for a long time and school sports won't be effected
- 63 Nov 13, 2015 4:15 PM Waking up at the current time is detrimental to my health and academic success.
- 64 Nov 13, 2015 4:02 PM As someone who does a sport not through the school, this would really crowd my afternoon. I also would not be able to babysit siblings and younger neighbors as they would get out of school earlier. As much as I think some kids would get more sleep, but some kids would just stay up later.
- 65 Nov 13, 2015 3:46 PM It is a matter of getting use to, go to bed early, wake up rested. After school activities will take the whole afternoon, not leaving space for any family time at the end of the day. I 100% disagree with this switch, teens need to start learning that getting up early makes a day productive.
- 66 Nov 13, 2015 3:13 PM If the school times are changed it will honestly be terrible. I've talked to many students and they all hate the idea of pushing by the start. It messes with everyone's schedule.
- 67 Nov 13, 2015 4:04 AM I do not know why kids still have to get up at these very early times. It only has negative effects.

68 Nov 13, 2015 3:38 AM I'm not sure about this only because I have sports after school every day and I like to get out of school early to have more time in the afternoon for homework.

69 Nov 13, 2015 12:26 AM I would much greatly appreciate a change. I can't focus at 7:30 in the morning. I think it is unfair to be stressed out constantly just because I didn't get enough sleep.

70 Nov 13, 2015 12:01 AM Don't change the start times because students would then try to get homework done in the morning and it would add to procrastination. It would mess up the schedule for marching band rehearsals majorly so we could not have time to go home for dinner before Afterschool rehearsals.

71 Nov 13, 2015 12:00 AM I want the school start time to stay as-is. One option that could be a good compromise would be instead of early-release days, having late-start days.

72 Nov 13, 2015 12:00 AM I don't think 1 hour will make a difference and I'd rather keep the start and end time the same. That way I would still have time to do things after school.

73 Nov 12, 2015 11:37 PM I am a senior at PHS and wouldn't be affected by this change but my little brother would and it would be nice for him not to have to get himself up so early.

74 Nov 12, 2015 11:35 PM I do not think a later start time would be necessary.

75 Nov 12, 2015 11:34 PM I don't think it is a good idea because it pushes back all sports and would give less time to do hw

76 Nov 12, 2015 11:30 PM Changing the start times is the best option out there.

77 Nov 12, 2015 11:07 PM I don't want the start time to be changed. As soon as it is pushed back, students will want it changed more. Getting up later will give kids a reason to stay up later as well.

78 Nov 12, 2015 11:06 PM It sounds good to me.

79 Nov 12, 2015 11:06 PM I think it would improve the grades, stress, alertness, and happiness for all students and staff. It is a needed change.

80 Nov 12, 2015 11:06 PM I get to bed no later than 9:30 every night. I never use electronics right before bed and get my homework done right when I get home. (Which is usually around 6 depending on rehearsal). Many arguments opposing the late start time is that if teens just went to bed earlier with less screen time they'd be fine. Well, I already do that. And I seriously struggle every day trying to stay awake and low stress.

81 Nov 12, 2015 11:06 PM I think it's a great idea to change the timing

82 Nov 12, 2015 10:39 PM Will have to find other volunteer opportunities, because I volunteer from 2:45 to 4:00 every Thursday.

83 Nov 12, 2015 6:30 PM i hate waking up so early and it's really hard to get out of bed in the morning and i think switching the start times is a good idea

84 Nov 12, 2015 6:29 PM I don't want school times to start, because I like getting out of school early and I wake up early anyways. Even though more sleep would be helpful, I really don't mind waking up early.

85 Nov 12, 2015 6:29 PM as we get older we need more sleep

86 Nov 12, 2015 6:29 PM Getting out of school at a later time in the day cuts down on time for homework, sports, and other extracurricular activities!

87 Nov 12, 2015 6:29 PM If school starts later, my sleep will be improved.

88 Nov 12, 2015 6:28 PM its will most likely help me feel better going to school because i wouldn't feel as tired anymore!!

89 Nov 12, 2015 6:28 PM I would like to start school early

90 Nov 12, 2015 6:28 PM we should start at 10:00 am

91 Nov 12, 2015 6:28 PM I would like starting later

92 Nov 12, 2015 6:27 PM Starting later, despite the fact that I'd love to sleep in, would ultimately prohibit me from doing the things I love after school.

93 Nov 12, 2015 6:27 PM I think that we should start at 9:00 because you can just make sports go later and everyone would like 9:00 better.

94 Nov 12, 2015 6:25 PM i would like school to start at 8 or at 8:30

95 Nov 12, 2015 5:10 PM Pushing school back an hour does nothing but shift the regular routine back by an hour. Therefore, the supposed benefits are actually nonexistent. Detriments are more likely, given the amount of homework students receive. Pushing school back by an hour pushes the time students have to complete assignments back an hour. Students will go to sleep at a later time and wake up at a later time, so the sleep argument is also invalid.

96 Nov 12, 2015 4:20 PM it would be amazing and be easier to go to school if your well rested. Students would be so happy if you get more sleep. Elementary students are full of energy because they get to go to school later then us i think it would be fair if we got 10-12 hours of sleep study's show you can get better grades with more sleep.

97 Nov 12, 2015 4:19 PM if times are changed and we get let out later i will have little time to do all the basic things like do homework, be a part of my family, take care of myself, participate in sports or other activities. So sometimes it does suck waking up early but i can deal with that.

98 Nov 12, 2015 4:19 PM If I were well rested each day by starting later I believe that I would do better and have less stress.

99 Nov 12, 2015 4:18 PM I think school start times should be pushed later on during the day because I usually feel tired and cannot focus during class when I am very tired

100 Nov 12, 2015 4:18 PM this would be really great.

101 Nov 12, 2015 4:17 PM Please make these changes you will have the support of most everyone in the grade

102 Nov 12, 2015 4:17 PM Later start times will help me and all my friends a lot.

103 Nov 12, 2015 4:16 PM Stupid, I'll switch schools if this happens

104 Nov 12, 2015 3:58 PM This would not be a good idea as certain extracurricular involving the elementary schools and high school would have to end. Also, since the day is pushed back an hour students would go to bed an hour later as workload doesn't change, resulting in the same amount of sleep. Also the time school starts is a prep for later in life.

105 Nov 12, 2015 3:33 PM i think that later start times are a good idea because i need more sleep. i am playing sports from right after school and don't get home until about 8:30 and then i still have a boat load of home work to do. i don't get enough sleep and i think it is effecting my willingness to go to school and getting good grades. we need to start later

106 Nov 12, 2015 3:33 PM i read somewhere that the human brain is alert starting at 10:00 am

107 Nov 12, 2015 3:31 PM i need more sleep. it is not a want it is a need!!

108 Nov 12, 2015 3:30 PM I think starting later will stop the stress of getting to school late

109 Nov 12, 2015 3:30 PM I think it would help if we sleep longer, but no one wants to stay at school longer. I would rather tough it out than stay at school longer. It would then again really help because i wake up at 5:40 and walk to school at 6:40

110 Nov 12, 2015 3:29 PM I like the time we have school now

111 Nov 12, 2015 3:29 PM it would be very helpful to get more rest and the school change time would help too.

112 Nov 12, 2015 3:28 PM I think that it would be very helpful and much better in the morning

113 Nov 12, 2015 3:27 PM I think school start times should be around 8, giving students more time to sleep in and be well rested

114 Nov 12, 2015 2:11 PM I think school start times are fine the way they are, later start times would not change how busy kids are after school and would just make them end up staying up later to do everything they need to get done

115 Nov 12, 2015 12:52 PM it would be very nice to get more sleep

116 Nov 12, 2015 12:49 PM we will have more time to get to school in the morning

117 Nov 12, 2015 12:47 PM I would actually want to wake up in the morning because 7 is when i wake up on the weekends

118 Nov 12, 2015 12:47 PM this would be great because i would get more sleep and i will do better at school

119 Nov 12, 2015 12:47 PM school should start at 8:30

120 Nov 12, 2015 12:47 PM make it 8:45 am.

121 Nov 12, 2015 12:46 PM More time to get ready if we can wake up at a later time

122 Nov 12, 2015 12:46 PM If we start at 8:30 then kids could be more prepared in the morning and we could focus more.

123 Nov 12, 2015 3:37 AM i think school start time changes are a necessity because during teenage years teens bodies need the most sleep and they just aren't getting that with all the homework and such early start times

124 Nov 12, 2015 2:20 AM All changing start times will do is make it harder on sports programs. Pushing back the start time will not give students more time to sleep as they will have to stay up later to do their homework. This shift in start time will do nothing except make kids go to bed later than they already do. If you have 7 hours of extracurricular activities and you get out of school at 2:30 you are in bed by 9:30, with school running later all it does is push back when you go to bed rather than increase the time of sleep. Pushing school back simply shifts the sleep period forward an hour and doesn't add one on

125 Nov 12, 2015 2:19 AM possibly shorter lunch blocks, and or shorter times between classes

126 Nov 12, 2015 2:16 AM Don't start school later. Everything is fine the way it is.

127 Nov 12, 2015 1:44 AM For the students who play sports, the later start time would cause athletes to miss more of fourth block if dismissal times remain the same

128 Nov 12, 2015 12:58 AM I think this is a fantastic idea! However, I think the start time is only half the problem. The amount of homework we have is also a huge part of why students stay up so late and are so tired in the morning!

129 Nov 12, 2015 12:47 AM Most students are concerned about switching the time because of how "late" we would get released from school. If we were to cut down on hall passing time and our lunch, we would be able to shorten the day even more.

130 Nov 12, 2015 12:33 AM Portsmouth should not change the hours of their school district. Don't get me wrong, I do feel kids aren't getting enough sleep, but adjusting everything in a student's schedule will not cure that problem. I play sports every day after school, and without an hours change, I am already getting to bed at around 11:00 pm most nights because of homework. Setting the time back even more would have me getting to bed at about midnight. Yes, I would be able to wake up at 7 instead of 6, but the time change wouldn't give me any more sleep. I also find that I get better sleep the earlier I go to bed, so I would feel like I am getting even less sleep. I also feel more stressed about homework the later I am working, so changing the hours, for me, would not decrease but rather increase my stress level. For the kids who stay up later anyways and wish they could sleep in later, it is their responsibility to get more sleep by going to bed earlier instead of the school changing their hours for them to sleep later while others are forced to stay up past midnight every night working on a project, stressing about a deadline. Those kids would most likely view this as an opportunity to stay up later anyway, negating the hour of extra sleep in the morning. Thanks for this opportunity for me to comment on the dilemma, and I hope you consider my viewpoint on the scenario.

- 131 Nov 11, 2015 11:58 PM Starting later would make sports go later, therefore we would have to stay up later to finish homework
- 132 Nov 11, 2015 11:04 PM I don't want to have the start times changed, because I don't like the idea of school ending later. If the start times were to change, I would want less time in between classes and it to only start a half hour later
- 133 Nov 11, 2015 10:20 PM These changes are unacceptable. This will double the amount of stress student athletes have, and you are constricting their time to do homework. By pushing school an hour further you are taking an hour for the students to do homework
- 134 Nov 11, 2015 10:15 PM More sleep is desirable, and a delayed start time would help students feel more rested. But on nights where I stay up to 1am doing the mountains of homework I have, getting up at 6:30 or getting up at 7:30 is not going to be too drastically beneficial a help.
- 135 Nov 11, 2015 6:35 PM DON'T CHANGE UNTIL I GRADUATE
- 136 Nov 11, 2015 5:34 PM I think school should begin at 7:00 a.m., and end at 2:00 p.m. This 30-minute time swap would give a decent amount of time after school that would be more beneficial to us as students. I think more time after school is more useful than a later starting time. I am not trying to say this in a rude way, but "getting the day over with" at an earlier time would be much better.
- 137 Nov 11, 2015 2:08 PM I don't have any extracurricular right now, but I will this winter and in the spring. I am just concerned about how late they would go due to the later start times.
- 138 Nov 11, 2015 12:58 PM I hope the school changes the time and look into what the research states students are tired and the start time for high school is too early thank you
- 139 Nov 11, 2015 11:17 AM I wouldn't like it because it push s everything an hour back. I would be getting done with sports around 5:30. I wouldn't get home until around 6:00 and I still have to do homework. It personally wouldn't help me
- 140 Nov 11, 2015 3:30 AM The situation is similar to a person standing in the middle of a mine field, it's not the most desired yet it works. Any slight drastic blows up (Causes a domino effect) and requires the change for everything else. Although 7:30 morning school times are not the best, it's better to just keep it how it is.
- 141 Nov 11, 2015 1:30 AM Although I do play on some sports teams, I think that a later start time would help me in my morning classes where I am sometimes sleepy.
- 142 Nov 10, 2015 11:47 PM I have no after school activities as of right now, but next week I will begin after school activities, so I am unsure of how that may change my opinion. I don't really want the school times to change because of the effect it would have on the afternoon.
- 143 Nov 10, 2015 10:58 PM I think, as do many other students I know, that a later start time will have numerous positive effects a on students academically and Heath wise. And also I see no serious cons
- 144 Nov 10, 2015 9:50 PM I'm almost always doing sports after school and i feel like getting out late means that my sports would start later meaning that i would have to stay up later doing homework
- 145 Nov 10, 2015 9:18 PM A change in start time would really mess my life up. I wouldn't be able to surf, ski, or enjoy the outdoors because by the time school ends and I get home from soccer it will be dark. I won't be able to make this stuff up before school. I beg you, for the sake of students who enjoy the outdoors, please don't make a later start time!
- 146 Nov 10, 2015 6:38 PM I believe that if the school start time was later the students would be able to pay attention more in class and it will probably take away stress.
- 147 Nov 10, 2015 6:37 PM I think that we have to change the start time
- 148 Nov 10, 2015 6:36 PM let use sleep in later everyone agrees that the school time should change
- 149 Nov 10, 2015 6:36 PM I don't think it will be very helpful, I get up at 3 or 4 am
- 150 Nov 10, 2015 6:35 PM Please make the day later. I love sleeping in. It's a much better way to start the day rather than waking up to my horrible alarm.
- 151 Nov 10, 2015 6:34 PM long hours of school
- 152 Nov 10, 2015 6:34 PM I think it could be very helpful for teenagers who require more sleep than younger children.
- 153 Nov 10, 2015 6:34 PM I seriously need more sleep, I am stressed in the afternoons and exhausted in the mornings.
- 154 Nov 10, 2015 6:34 PM it would reduce my anxiety
- 155 Nov 10, 2015 6:33 PM THIS IS THE BEST IDEA EVER!!!!!! PLEASE MAKE IT HAPPEN
- 156 Nov 10, 2015 5:13 PM I don't believe we should change the time of school because having a change in my schedule would stress me out because I have a routine i follow and i work after school at 330 so it would mess that up
- 157 Nov 10, 2015 4:30 PM i think school start times should not be later because student would not be as worried about going to bed early and would start their homework later resulting in them getting less sleep. Students would also have to rush home because most middle and high school out of school activities sometimes start as early as 3
- 158 Nov 10, 2015 4:27 PM starts at 8:00 ends at 3:00
- 159 Nov 10, 2015 4:26 PM I would rather start earlier and end earlier than start later and end later. I also think that because students know that school is starting later they will stay up later and get the same amount of sleep
- 160 Nov 10, 2015 4:24 PM People would just stay up later so they would not even get more sleep.
- 161 Nov 10, 2015 4:23 PM i think it will be very helpful for classes and focusing
- 162 Nov 10, 2015 4:22 PM I am always very tired before school so I think this would really help me!

- 163 Nov 10, 2015 4:07 PM Students will be staying up later to finish homework so they won't gain much if not any sleep.
- 164 Nov 10, 2015 3:40 PM I personally love the schools start and end time the way it is.
- 165 Nov 10, 2015 3:39 PM If following through with the change, passing time and lunch should be shortened. If it is it would be possible to get out at 3:05
- 166 Nov 10, 2015 3:39 PM I don't think a later start to school would affect very many students. Most of the time we are tired because we are given hours of homework which makes us tired most of the time.
- 167 Nov 10, 2015 2:52 PM I wouldn't want to get out of school at 3:30, it would make my life after school much more difficult and stressful and would make getting homework done a lot harder, it would force me to stay up later and I probably wouldn't get more sleep
- 168 Nov 10, 2015 2:47 PM Let lunch time be for every grade
- 169 Nov 10, 2015 2:45 PM With decreasing time to do homework after school, we will no longer have time to do homework. I have activities 4/5 days and barely have enough time for homework. I make dinner every night, and with homework, school times may affect my homework grades. While it may help my health, it will affect my grades. As much as I would love more sleep, I need to keep my grades up. So, if school times are changed, please change overall homework time too.
- 170 Nov 10, 2015 2:44 PM the school changes would help kids focus and concentrate and help our goals become reality
- 171 Nov 10, 2015 2:40 PM Although starting school later might affect what time I wake up in the morning, I will still be getting the same amount of sleep, I will just have to stay up another hour doing homework. Because I work better at night, I don't think changing the school time would be great because along with after school activities, I will have little time for homework.
- 172 Nov 10, 2015 2:39 PM I think that if schools ending later for older kids would not be beneficial because there would be less time to fit in homework, sports, or other extracurricular. So kids would probably end up going to bed later and still being tired
- 173 Nov 10, 2015 2:38 PM please do this it will help so much, i feel miserable at school and can barely get myself out of bed
- 174 Nov 10, 2015 2:38 PM A change in school start times would be nice
- 175 Nov 10, 2015 2:37 PM I support changing them!!
- 176 Nov 10, 2015 1:08 PM Don't change the time it is a dumb idea and will mess up all after school activities
- 177 Nov 10, 2015 12:54 PM It would be nice to start later, but getting home on the late bus at 5:00PM is not ideal for me.
- 178 Nov 10, 2015 12:54 PM i like to cook
- 179 Nov 10, 2015 12:53 PM My parents won't have to get early to get me to school. Affects work.
- 180 Nov 10, 2015 12:50 PM Glad to see they might be changing the school time to later. Finally you guys care about our mental health.
- 181 Nov 10, 2015 12:45 PM It would be great for the students to get more sleep. I, much too often, see kids in my classes falling asleep, drifting off or too tired to pay attention.
- 182 Nov 10, 2015 3:00 AM I feel later start time is more realistic in comparison to the work place, however it can make things difficult For certain sports teams that leave early. It would mean we miss that much more in the case of an early release
- 183 Nov 10, 2015 2:12 AM I think a later start time would definitely be more natural and help us be more productive
- 184 Nov 10, 2015 2:02 AM would rather get school over with and keep the 7:30 time, but as a junior I don't think any changes will be made in time to affect my class.
- 185 Nov 10, 2015 12:04 AM If anything, it would put more stress on myself and I would have to stay up later to finish homework
- 186 Nov 9, 2015 10:45 PM I think, and also believe many students would agree, that even a 30 minute to an hour later start time would have a drastic and positive effect on student's performance academically, athletically, in band, and in any other extracurricular activity
- 187 Nov 9, 2015 10:38 PM It would hugely mess up all of the sports practice times and schedules, causing kids to have less feasible time to actually do their homework at a reasonable hour.
- 188 Nov 9, 2015 9:20 PM I have friends in other time zones that I would no longer be able to talk to during the week due to the change in the school schedule.
- 189 Nov 9, 2015 8:24 PM I would love to have a change in the school start time and hope this happens!
- 190 Nov 9, 2015 8:12 PM If school starts 1 hour later, my whole schedule will shift by an hour. Instead of going to bed at 10 or 11 and waking at 6 I will be going to bed at 11 or 12 and waking at 7. Personally, I'd rather stay the way things are instead of shifting my whole schedule an hour later.
- 191 Nov 9, 2015 7:59 PM This would affect me greatly. I would lose sleep because the traffic from my house each morning is terrible from the hours of 7:30-8:30 due to Pease traffic, and on average the commute would be 35-40 minutes to the high school. Currently it takes me 17 minutes. With the current school times, I manage to take all honors and ap classes, participate in two clubs, sports all year round, participate in boy scouts, and I have enough time to get sleep and wake up rested. I think the current times work perfectly fine.
- 192 Nov 9, 2015 7:43 PM I believe that there should be alterations made to the start time however the end time of school should remain somewhat similar. I think it would be a bad idea to delay the end of school by much

more than a half hour. I think by cutting time off of passing times and lunch it would better our school systems. Ideally starting school at 8:30 and ending around 3 would best benefit me as a student athlete.

193 Nov 9, 2015 7:36 PM I think it's a great idea for health and well-being in some of the most important years of our development

194 Nov 9, 2015 7:30 PM it wouldn't really affect me but if they do change then everything else i do would have to change and make everything harder so i don't really care if the school changes the start times it doesn't really affect me.

195 Nov 9, 2015 7:25 PM I'm just sad that I won't be able to experience these new start times, but am happy my sister gets to get extra sleep and a bit more time for homework at night.

196 Nov 9, 2015 7:16 PM This should be implemented after a long vacation to allow time to prepare

197 Nov 9, 2015 7:04 PM I'd prefer to start at 8:30 but maybe we could cut off 5-10 minutes off every block because we are exceeding the amount of classroom hours we have

198 Nov 9, 2015 7:02 PM I think we should shorten the school days, in the morning classes start way too early but after school we wouldn't have much time for extracurricular if we ended late

199 Nov 9, 2015 7:01 PM 12/01/2015

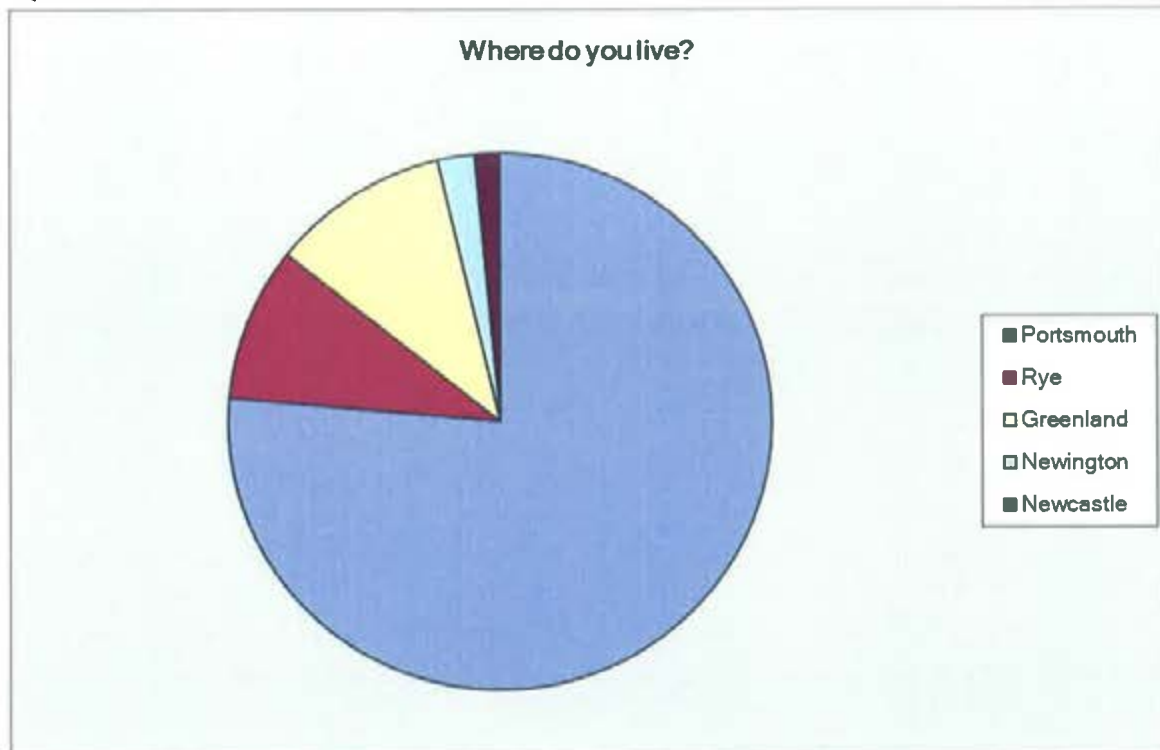
200 Nov 9, 2015 6:46 PM As a senior, I'm doing this on behalf of the younger grades, however I really wish something had been done about it earlier in my high school career so it could have impacted me more. I really do believe my stress would have decreased and I wouldn't be as tired and would have done much better in school.

201 Nov 9, 2015 6:43 PM I think this would be good for us but I have a concern about after school activities and jobs and what time would we get out of school

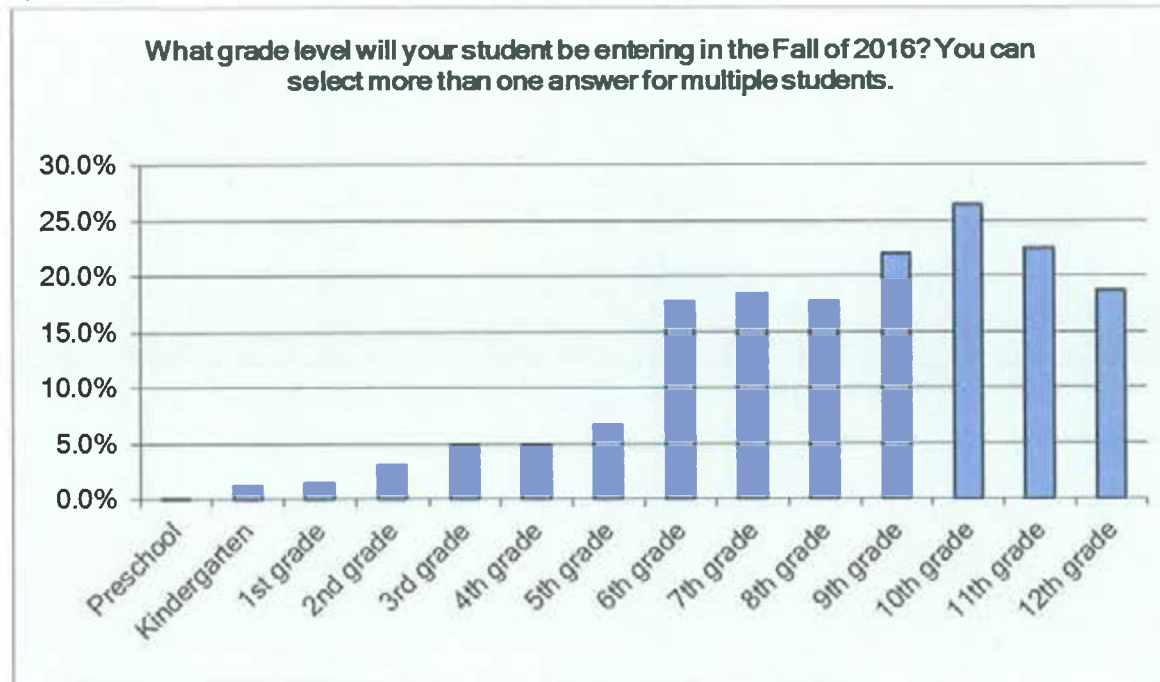
202 Nov 9, 2015 6:29 PM I'm in favor of changing the starting time although I wouldn't want to get out of school and hour later I would look to take time out of the schedule such as in passing time and lunch time.

School Start Times- MS & HS Parents

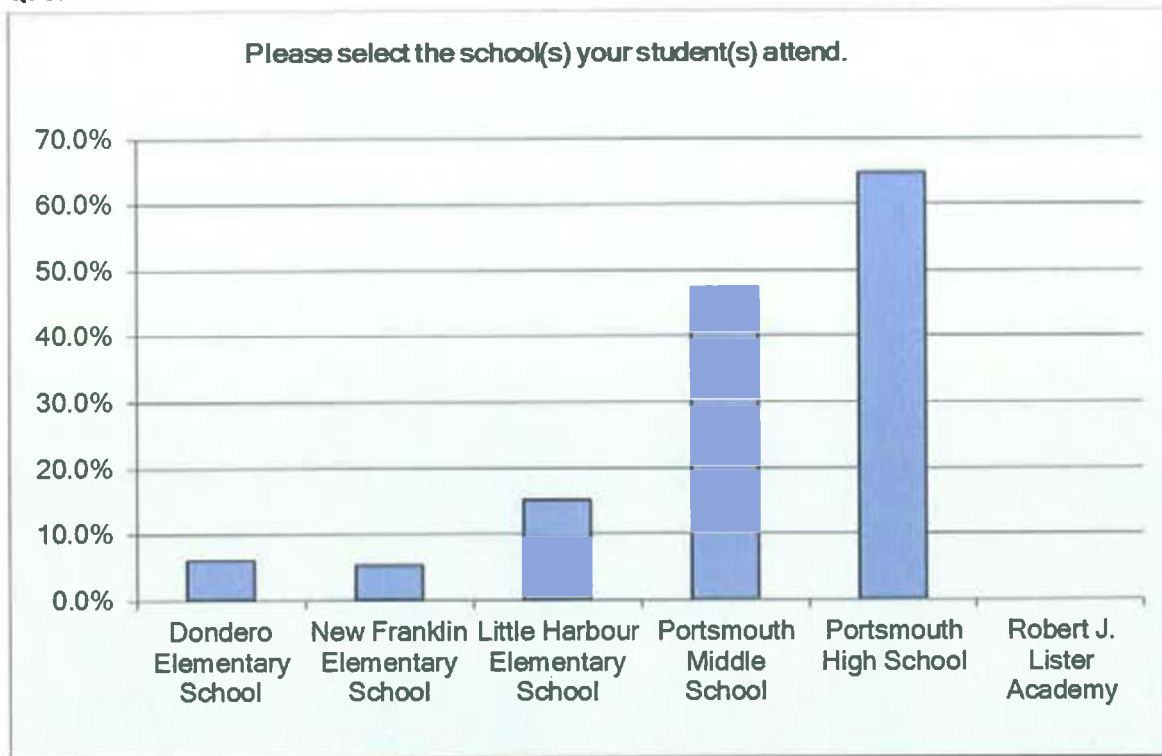
Question 1:



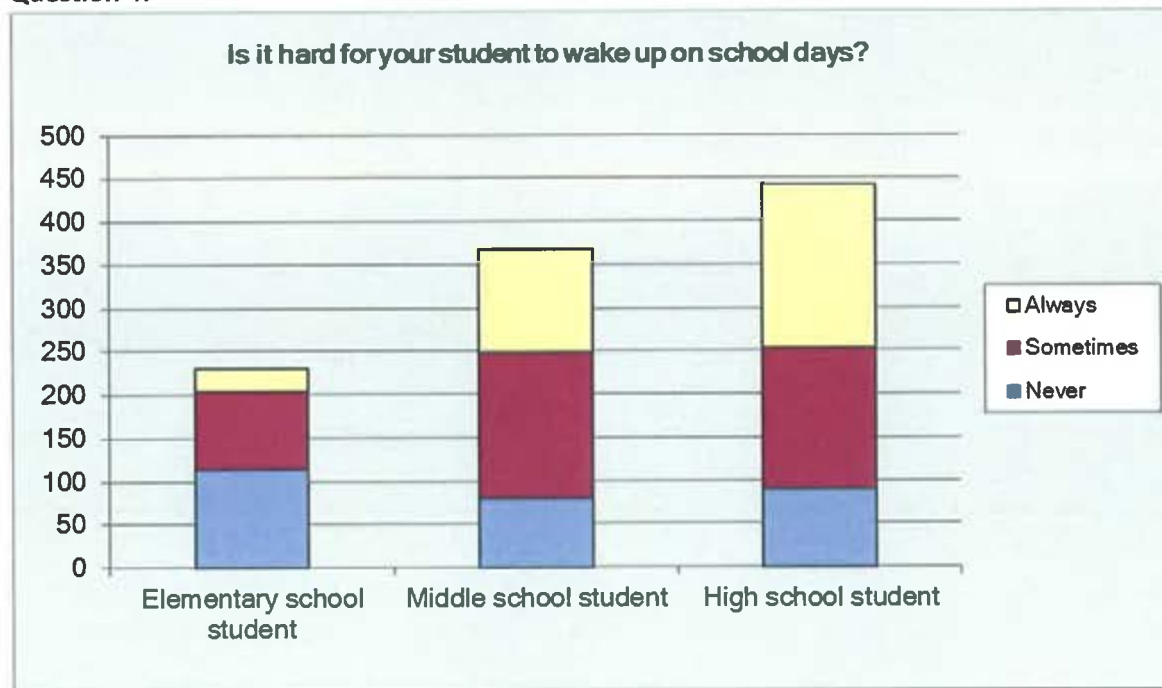
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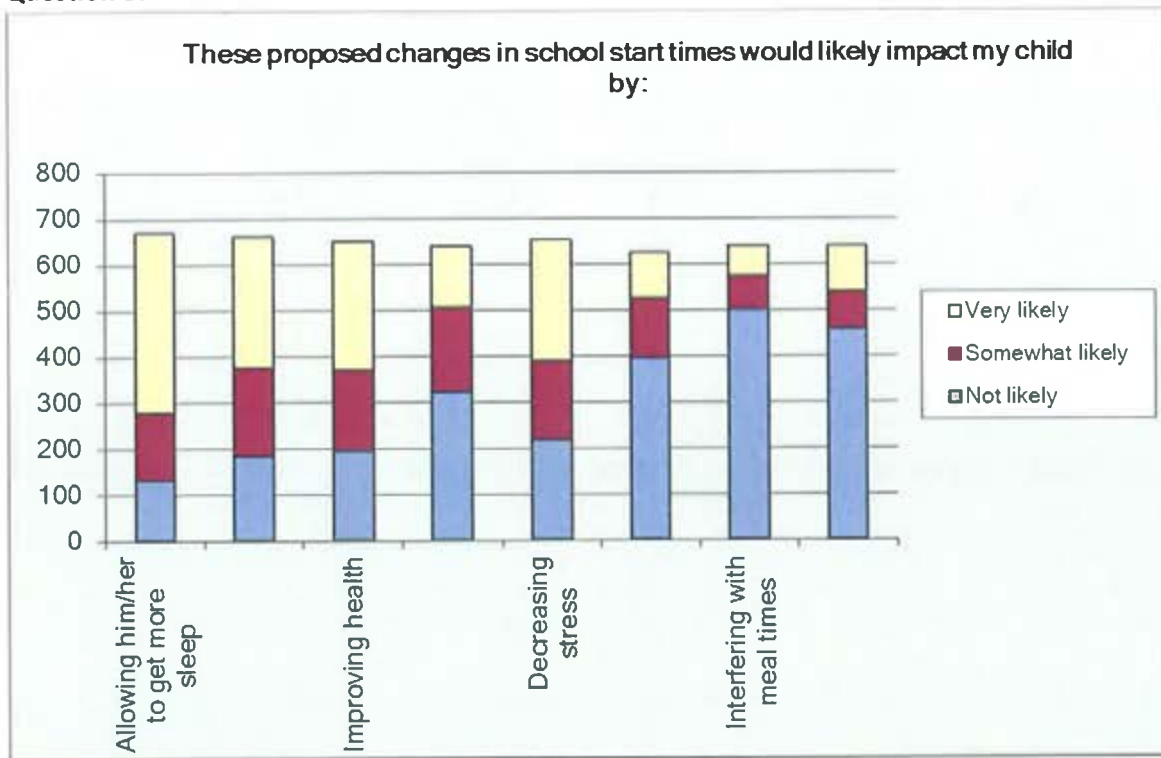
Question 3:



Question 4:



Question 5:



Question 6: Please elaborate on any likely negative effects for your child.

- 1 Nov 30, 2015 6:17 PM HS and MS concerns - transportation, after-school activities (not all are conducted at the schools) as well as job concerns are impacted by this change. For my Elementary Student - having them in school at 7:00 is a HUGE concern, not only for transportation, but now after care is that much LONGER. I do not see the benefit of my 2nd grader getting up at 6:30 am to make it to school by 7:30 - and spending extra hours in after care.
- 2 Nov 27, 2015 11:07 PM A later start means a later end to the day as a whole
- 3 Nov 27, 2015 2:18 PM Later sports later home later to bed
- 4 Nov 26, 2015 4:44 AM If you push out the start date, ultimately middle/high school students will go to bed later and just exacerbate the situation.
- 5 Nov 24, 2015 8:38 PM sports - leaving early for away games, missing last block in school
- 6 Nov 24, 2015 12:51 PM No negative effects
- 7 Nov 21, 2015 3:49 PM It would affect getting child to school due to work schedules.
- 8 Nov 21, 2015 8:48 AM The challenge for me as a single working parent would be that right now I can drive my middle schooler to school and my 2nd grader to PEAK before I have to be at work at 8am. I'd have to hope my middle schooler could take the bus to high school even though we live in Little Harbour. Because she doesn't have friends to walk to the High School with.
- 9 Nov 20, 2015 8:04 PM Only benefit for MS will be match to melatonin and circadian rhythm but she won't get more sleep and it be a longer day for the whole family to get through activities, meals, and homework
- 10 Nov 20, 2015 12:45 AM would need to find care for youngest child.
- 11 Nov 18, 2015 7:48 PM After school sports will be too late
- 12 Nov 17, 2015 11:23 PM The afternoons currently are divided between sports and homework....I see this time being rushed and decreased which is a concern to me even though starting later seems a likely benefit for cognitive aspects. Also, I have to wonder if bedtimes will just simply become later and the sleep hours stay the same.
- 13 Nov 17, 2015 4:10 PM My three children have a harder time staying awake late at night finishing homework after a busy day. If they lose an hour in the afternoon- that is when they are more productive before 8:00pm. If they get an extra hour of sleep in the morning- they won't wake up early to finish homework.
- 14 Nov 16, 2015 9:35 PM This question is tough to answer because next year kids will be at LHS and the middle school. Neither child benefits from a start time prior to 8 or 8:30 frankly. I understand busing dictates different start times however I wish there were a way that all schools would start after 8am.
- 15 Nov 16, 2015 4:54 PM There is no down-side!
- 16 Nov 16, 2015 1:51 PM This is ridiculous. Delaying the start time will make it harder for students to have jobs and play sports. Your survey is biased. If your child needs more sleep, have them go to bed sooner. Duh. The human body adjusts to sleep cycles, just ask the kids in Australia to go to school all night because they can't be asked to get up on time, certainly our daylight hours are the right ones. Really?
- 17 Nov 16, 2015 4:31 AM Band and homework schedule - probably stay up later

18 Nov 16, 2015 12:59 AM My child has ADHD and functions best in the early morning. Changing school times to start later would negatively impact him.

19 Nov 16, 2015 12:09 AM Everything gets pushed up an hour. My child will be up an hour later every night!! I don't see how kids will be less tired!!

20 Nov 15, 2015 1:12 PM Our daughter is very busy after school with sports, volunteering, music lessons and homework. Having the day end later will definately prevent her from participating in some of these activities? Highly recommend keeping current schedule.

21 Nov 15, 2015 11:59 AM none

22 Nov 14, 2015 11:40 PM none

23 Nov 14, 2015 9:41 PM Our kids have more going on after school which interferes with the amount of time they have for homework which impacts the quality of work they produce

24 Nov 14, 2015 8:58 PM affecting ability to get to his job in a timely manner

25 Nov 14, 2015 6:04 PM None

26 Nov 14, 2015 1:21 PM Son has after school job that shift starts at 3pm

27 Nov 14, 2015 11:07 AM My kids would be getting in the bus after my wife and I leave for work. Not good. They would still have the same amount of homework and studying and sports.

28 Nov 14, 2015 10:36 AM Yes, our day starts early. Dismissal time at 2:30 works for after school activities and homework. Getting out an hour later would squeeze daylight hours and affect sports practices. My children would end up staying up later than they currently do in order to get studying done. A late start would disrupt our lives with no benefit.

29 Nov 14, 2015 3:39 AM None

30 Nov 14, 2015 12:58 AM They would have to get themselves to the bus. We like to have at least one of us there to see them off for safety reasons.

31 Nov 13, 2015 11:35 PM I have one in each school, so one will be getting up early regardless.

32 Nov 13, 2015 9:27 PM less afternoon time would knock sports practice back and therefore negatively affect evening studies.

33 Nov 13, 2015 8:04 PM While moving the start time back will seem like more sleep for my child, I think my teenager would just stay up even later...I also think that the amount of homework that is given at PHS is excessive and that losing an hour of time/daylight after school would still cause my high schooler to stay up later doing homework.

34 Nov 13, 2015 7:55 PM None

35 Nov 13, 2015 7:42 PM None.

36 Nov 13, 2015 7:42 PM For my child entering middle school next year the later start time would not be beneficial. He's already so busy AFTER school and ending the day later would adversely affect his after-school activities and make it that much harder to have dinner as a family and let my child get his schoolwork done. It would most likely not having any positive effects on my elementary school age children because after-school activities will not start any earlier (those outside of school-based ones) and it just gives extra time that can't really be used.

37 Nov 13, 2015 7:03 PM No negative effects. They are content with he way it is now. Changing the time doesn't matter really. Kids will probably just stay up that much later. They are vampires at this age.

38 Nov 13, 2015 5:33 PM perhaps her work schedule

39 Nov 13, 2015 4:57 PM None

40 Nov 13, 2015 3:28 PM There may be short-term adjustments as afternoon activities are revised.

41 Nov 13, 2015 3:10 PM A change wouldn't really affect my son.

42 Nov 13, 2015 3:05 PM None

43 Nov 13, 2015 2:57 PM None

44 Nov 13, 2015 2:34 PM 7:30 seems early for any child. Why couldn't we do 8 for elementary children and 8:30 for middle and high school? Is it the bus schedule? Also getting elementary school kids ready in the morning can be slow!

45 Nov 13, 2015 2:25 PM My child plays sports and already stays up very late doing homework. Starting homework one hour later will equate to staying up one hour later to finish homework. No additional sleep time will be gained.

46 Nov 13, 2015 2:10 PM Home later after school sports practice/games or more early releases for athletic games.

47 Nov 13, 2015 2:05 PM sports and activities outside of school are important. With a later schedule these activities would be affected

48 Nov 13, 2015 1:03 PM This change will cause our students to have to take the bus thus taking away any time they would have had to sleep in. The sports schedule had them practicing till 8 pm, with the change it will now be 9 pm Not acceptable

49 Nov 13, 2015 12:50 PM The only negative effect I can for see is transportation. We use the city bus for our transportation needs.

50 Nov 13, 2015 12:46 PM If they can wake up later, they will stay up later (a negative).

51 Nov 13, 2015 12:45 PM Her day starts at 0600 and ends at 2000. Just for school.

52 Nov 13, 2015 12:42 PM My child would still have the same number of hours of homework and would have to stay up later to get work done. As it is, Marching Band and winter and spring sports take up time after school. My child would NOT get more sleep but would be MORE stressed. Greenland has been starting school at 7:30 since kindergarten and it has not been a problem. Working after school would not be possible.

53 Nov 13, 2015 11:58 AM We drive our kids to and from school and the current schedule coincides with our work schedules.

54 Nov 13, 2015 11:46 AM This is going to affect the after school activities and starting to need after school care till we get back from work

55 Nov 13, 2015 11:40 AM NONE - a later start time would be EXTREMELY BENEFICIAL for my children.

56 Nov 13, 2015 11:31 AM The time change will interfere in all aspects of my children and my lives. Afterschool activities will need to start later. After school work will need to start / end later. How do I schedule after school sports with other schools etc. AN ALL AROUND STUPID IDEA!!

57 Nov 13, 2015 5:46 AM There are none. This is an excellent proposal- wish you could institute the change tomorrow!

58	Nov 13, 2015 5:28 AM	Less sleep for my will be first grader
59	Nov 13, 2015 5:12 AM	He will have to take the bus instead of being driven
60	Nov 13, 2015 3:55 AM	It might make it more difficult to get homework and music/dance practices in.
61	Nov 13, 2015 3:13 AM	Impacts time management skills, would just increase bed time, would impact job hours
62	Nov 13, 2015 2:57 AM	Transportation to school would be negatively impacted
63	Nov 13, 2015 2:50 AM	Reduced time after school for homework/life balance.
64	Nov 13, 2015 2:26 AM	My elementary child needs more sleep in the morning
65	Nov 13, 2015 2:23 AM	None. He can still work, participate in clubs and activities!
66	Nov 13, 2015 2:13 AM	Her job typically starts at 330 on school days. Losing an hour would cut in to her ability to work after school due to limited hours of store. Her school activities would simply run later which, means she starts homework later, goes to bed later, and gets the same amount of sleep she has now. Its a wash
67	Nov 13, 2015 2:06 AM	not able to meet with their little where school will get out an hour after elementary school
68	Nov 13, 2015 1:57 AM	Less time after school for homework and extra-curricular activities.
69	Nov 13, 2015 1:56 AM	After school care for my youngest child involves a high school aged caretaker.
70	Nov 13, 2015 1:48 AM	Not prepared for "real world" expectations is far worse than an hours sleep
71	Nov 13, 2015 1:35 AM	We are very opposed to having our twin girls who attend Little Harbour being up at 6am to be ready and on the on the bus by 7am our middle school student is mature enough to handle the early am schedule although, it would benefit him more if he started at the same time as his sisters start elementary
72	Nov 13, 2015 1:15 AM	When my youngest son (age 7) returns home, there will be no older siblings to open the door and watch him. He has nobody at home.
73	Nov 13, 2015 1:05 AM	Ability to take AP and honors classes, participate in after school activities/school sports, volunteering, etc
74	Nov 13, 2015 12:57 AM	nervous about being able to do athletics after school
75	Nov 13, 2015 12:56 AM	This would push everything back, sports, homework, jobs, meals. My kids play sports and have part time jobs. They would no longer be able to manage that with later dismissal.
76	Nov 13, 2015 12:55 AM	nothing bad. I think the kids are over schooled/over worked..I support this time adjustment 110%
77	Nov 13, 2015 12:55 AM	It currently works fine for the majority of students please stop meddling with time changes and work on engaging all students
78	Nov 13, 2015 12:49 AM	A change in time would impact how much time is available after school to complete homework before her specific activity. This means that she would be required to complete homework after her activity--delaying the time at which she could get to bed. The extra hour of sleep on the morning would only make up for the delayed bedtime. She would experience additional stress knowing she had more homework to complete when she returned home after 9pm.
79	Nov 13, 2015 12:48 AM	NONE
80	Nov 13, 2015 12:10 AM	My elementary school children will be required to catch the bus before 7am and then be in aftercare until the end of our work day. They will be exhausted when they come home. They will have to go to bed earlier and have less family time.
81	Nov 13, 2015 12:07 AM	After school sports and time for homework. Parents work child will be left at home
82	Nov 12, 2015 11:45 PM	No one will be home to be sure my child doesn't miss the bus, or gets to school on time if HS starts much later.
83	Nov 12, 2015 11:30 PM	None
84	Nov 12, 2015 11:14 PM	N/a
85	Nov 12, 2015 11:14 PM	Less time to squeeze in homework and sport time commitment
86	Nov 12, 2015 10:56 PM	My teen struggles to get up early.
87	Nov 12, 2015 10:53 PM	Be a big benefit to start later
88	Nov 12, 2015 10:35 PM	As long as my son can still have track and play rehearsals available
89	Nov 12, 2015 10:33 PM	I just got all my kids on the same schedule and can transport them to school! As it is, they get home at 5pm or later with sports or 3pm then go to work. Later in the day will not allow for enough time for homework, family, sports, and school. It simply means that they will sleep later. On the weekends they sleep until 11, yes teenagers need sleep but given the choice they would also sleep all day.
90	Nov 12, 2015 10:29 PM	Due to single parent working two jobs very hard to coordinate student activities as well
91	Nov 12, 2015 10:23 PM	One negative effect would be the fact that kids would just stay up later and not to mention they will only be lazy! sorry but it is true. so lets our kids sleep later and make them think that when they get a job in the future to have them ask their employer if they can sleep in!
92	Nov 12, 2015 10:10 PM	None, This is. Very positive a needed change
93	Nov 12, 2015 10:06 PM	less time for sports. Less time for homework.
94	Nov 12, 2015 9:57 PM	Starting school later mean school ends later which shortens the amount of time they have to complete homework. They are already up till midnight each so maybe the answer is to lighten the workload and they can go to bed an hour earlier.
95	Nov 12, 2015 9:46 PM	High school sports already have early dismissal that involve missing their last class of the day. It is a problem when it is an honors or AP course.
96	Nov 12, 2015 9:43 PM	Interfere with high school athletic schedule
97	Nov 12, 2015 9:33 PM	NONE
98	Nov 12, 2015 9:22 PM	None, if any.
99	Nov 12, 2015 9:21 PM	Our child will still need to fit everything she does in the course of one day. With a delay in school time, it would mean she would get home later, still have her homework to do and would then go to bed later. Please consider the effects of going to bed too late in your evaluation of this option.
100	Nov 12, 2015 9:20 PM	Currently has an afterschool job that starts at 3:00. Walks to job straight from school.

101 Nov 12, 2015 9:19 PM none - this is a great idea

102 Nov 12, 2015 9:15 PM This would cause major stress on my son. He is active in sports and struggles with school work. He likes the fact he gets home earlier and has time to do his homework and also relax a bit before practices.

103 Nov 12, 2015 9:08 PM Decrease opportunity for after school activities and family time

104 Nov 12, 2015 9:07 PM Not having down time after homework and before bed

105 Nov 12, 2015 9:03 PM See above, later start means less time for homework in evening and afterschool

106 Nov 12, 2015 8:56 PM None. I think it will improve her performance

107 Nov 12, 2015 8:54 PM compression of after school activities and homework

108 Nov 12, 2015 8:54 PM Most teenagers cannot work after 8pm and employers want a minimum of 4 hrs + break. Most after school jobs start at 3pm to 3:30pm.

109 Nov 12, 2015 8:51 PM NONE!

110 Nov 12, 2015 8:49 PM I can't think of any. Given a later start time worked in elementary school I can see no reason why it would be a problem for high school.

111 Nov 12, 2015 8:45 PM I don't know of any.

112 Nov 12, 2015 8:42 PM I worry about after school activities being pushed back as well.

113 Nov 12, 2015 8:42 PM My daughter who is currently a HS freshman does not get off of the bus (to Greenland) until after 3pm, so starting later will get her home after 4pm which is not acceptable and does not work for her travel hockey practice schedule.

114 Nov 12, 2015 8:39 PM changing habits for his after school activities

115 Nov 12, 2015 8:32 PM I do not know what options are for my future middle school child after school next year, so it is difficult for me to comment on how this will negatively impact her. As far as my New Franklin School student, she will have longer time in the afterschool program at PEAK, which is already long enough for her. Ending school 45 minutes early would impact her in a much longer PEAK time, which could be draining on the kids and childcare providers for those elementary aged kids.

116 Nov 12, 2015 8:30 PM The later they start, they later they get home means less time to get homework completed.

117 Nov 12, 2015 8:26 PM None

118 Nov 12, 2015 8:26 PM None

119 Nov 12, 2015 8:16 PM I would not be home to get them to school. This is very important to our family.

120 Nov 12, 2015 8:12 PM I don't see any.

121 Nov 12, 2015 8:09 PM our kids are early birds, but there is some appeal to having time in the morning for extracurricular practices or meetings.

122 Nov 12, 2015 8:03 PM no negative effects

123 Nov 12, 2015 8:03 PM Sports and actives will run even later not allowing enough time for homework

124 Nov 12, 2015 8:02 PM For the high school student, the schedule change would be a plus. For the third-grader, this would require waking up at 6 or 6:15 every day, which means a bedtime with lights out at 7:30. It is very hard for us to achieve this, as both parents work and have long commutes. So, we would have a struggle to figure out how to get our younger child to sleep adequately under this arrangement.

125 Nov 12, 2015 8:01 PM My kids may go to bed later in order to fit in homework, family meals and activities.

126 Nov 12, 2015 8:00 PM My child spends a lot of time at New Heights, the new time would effect the New Heights schedule.

127 Nov 12, 2015 7:55 PM Such early starts are detrimental in general, especially during the winter months.

128 Nov 12, 2015 7:52 PM My high school and son is trying to prepare for college athletics and needs as much after school time as possible.

129 Nov 12, 2015 7:50 PM It is already hard enough to let kids have after school activities and time for homework a later start for either is not smart. They need the time after school not before. Parents are responsible for making sure they get to bed on time not the schools.

130 Nov 12, 2015 7:48 PM I find my younger kids are harder to wake up and my oldest is self-sufficient/easy. There are several after school activities and commitments I worry would be squeezed with later start.

131 Nov 12, 2015 7:48 PM Please keep the times as is.

132 Nov 12, 2015 7:47 PM A later start time would necessitate early morning childcare costs and coordination.

133 Nov 12, 2015 7:46 PM none that i can think of ...i think this is great for MS and HS

134 Nov 12, 2015 7:44 PM There is no way I can get my second grader to be up and to school by 730. The high schooler has no problem as he can walk to bus stop by himself, has a ride from another student or will have his own car.

135 Nov 12, 2015 7:44 PM Children who have after school activities will be delayed an hour or so. This means that supper and studying will also be delayed an hour or so. If an away game starts an hour later than it does now, the students will not be getting more sleep because they are coming home later and still have to do their homework. They won't be in bed earlier but later. This will not increase their sleep time but might even make it less.

136 Nov 12, 2015 7:43 PM My child gets up early and may be tired by the time he got to school if the times should flip.

137 Nov 12, 2015 7:43 PM I feel that if after school activities go later kids will be up later doing homework and often without adult up as we still need to be up early for work.

138 Nov 12, 2015 7:42 PM I am not sure it would be effective they would want to be up later at night thinking they had more time to sleep in...not motivating enough in morning if not early and would affect work schedules

139 Nov 12, 2015 7:37 PM no adult supervision in the morning. Was looking forward to no sitter and putting her on the bus before i went to work

140 Nov 12, 2015 7:37 PM Many jobs for high school kids are oriented to start in conjunction with the end of the school day. Extending that time by an hour may negatively impact his ability to find a job with shifts that dovetail with a later release time.

141 Nov 12, 2015 7:34 PM None - this would be very positive!

142 Nov 12, 2015 7:33 PM Work, after school activities

143 Nov 12, 2015 7:33 PM My son is an athlete and plays many different sports. Starting school at 8:30 am would make his practice times end even later than they already do now.

144 Nov 12, 2015 7:31 PM none. High school athletics should not determine K-12 schooling.

145 Nov 12, 2015 7:29 PM No enough sleep. Crying in the am

146 Nov 12, 2015 7:29 PM My younger child would end up with less sleep as their bed time would not change significantly. My older child would just stay up late. The high school starting later would cause the let out time to be later affecting after school activities including games and jobs. I believe my younger child would be exhausted.

147 Nov 12, 2015 7:26 PM none

148 Nov 12, 2015 7:25 PM Although the later mornings might be nice I'm not sure the end of the day needs to be lengthened out.

149 Nov 12, 2015 7:23 PM After school activities, staying up later to do home work

150 Nov 12, 2015 3:51 AM In my opinion, a 7:30 start time is too early for any of them. My first grader has a hard time getting up at 7, but I agree the teenagers need to sleep in more than the little ones.

151 Nov 10, 2015 12:35 AM Job currently is shifts from 3-6

152 Nov 9, 2015 11:32 PM My child has special needs. I need to be able to get him off to school before I go to work. Having a school time change would greatly affect my family in a negative way.

153 Nov 9, 2015 11:11 PM Our youngest wouldn't get enough sleep (I'd have to wake her and she already goes to bed at 7:30 - can't really make that any earlier) and our teen would be up waiting to go to school and would get home later taking away time she could be working.

154 Nov 9, 2015 10:16 PM I think high school kids need to get to school earlier to give them time for after school sports activities and jobs. Starting later will just get them home later, having to stay up later. They need to get to bed at a decent time and get up early for school. That is real life!

155 Nov 9, 2015 5:46 PM none

156 Nov 9, 2015 5:10 PM I get where this is going and while it'd be great for him to sleep in later, he would lose sleep on the other end because his sports would go later in the day, so would his homework, so he'd be staying up later. Also, since other school districts aren't changing, he'd likely miss more class time, because when the sports teams have away games, he'd be pulled out earlier and miss more work, negatively affecting his grades/studies. I understand what the studies say, but with the after school aspect, it just doesn't seem to gain us anything. Please don't change it!

157 Nov 8, 2015 7:08 PM If children have sports teams outside of school it will negatively affect them. Will afterschool sports be practiced in the dark during daylight savings times?

158 Nov 8, 2015 11:14 AM Guardian must be at work at 0730

159 Nov 8, 2015 10:39 AM After school activities are not regularly school sponsored. That would affect my child negatively regarding having the time at the end of the day to get somewhere on time.

160 Nov 7, 2015 11:27 AM I am concerned that having my honors high school student coming home later after activities would make him stay up even later than usual because of the massive amount of homework given thus canceling out the benefit starting school later. I am also concerned about my student having to leave school early more often to miss school for sporting events. Now the disruptions are minimal.

161 Nov 7, 2015 1:38 AM Working parent- need to get to work on time

162 Nov 7, 2015 1:11 AM None

163 Nov 6, 2015 11:10 PM NONE

164 Nov 6, 2015 10:42 PM My children have a hard time waking up as it is in the morning. I would be fine with an 8 or after start time, but 7:30 is WAY too early!

165 Nov 6, 2015 10:06 PM none

166 Nov 6, 2015 9:25 PM I think times should stay the same

167 Nov 6, 2015 8:25 PM None

168 Nov 6, 2015 8:24 PM This will effect after school activities and will have to stay up much later to do homework and study.

169 Nov 6, 2015 6:52 PM Later start time would be very challenging for band and sport students trying to juggle homework, family responsibilities, and their activity with an hour less. This could potentially impact her school work or ability to participate in activities

170 Nov 6, 2015 6:37 PM 730 early for elementary age child

171 Nov 6, 2015 5:47 PM Getting off to school with no adult home because we would already be at work

172 Nov 6, 2015 4:32 PM The only negative effect might be the timing of after school activities. But if other local schools also followed suit, eventually this could be remedied with activities being offered at alternate times.

173 Nov 6, 2015 3:53 PM Sleeping later will not improve my kids' lives. Getting up early is good for them.

174 Nov 6, 2015 3:36 PM I am very against changing the start times. It would give the students much less time in the afternoon for activities and homework and things would be much more stressful than they already are.

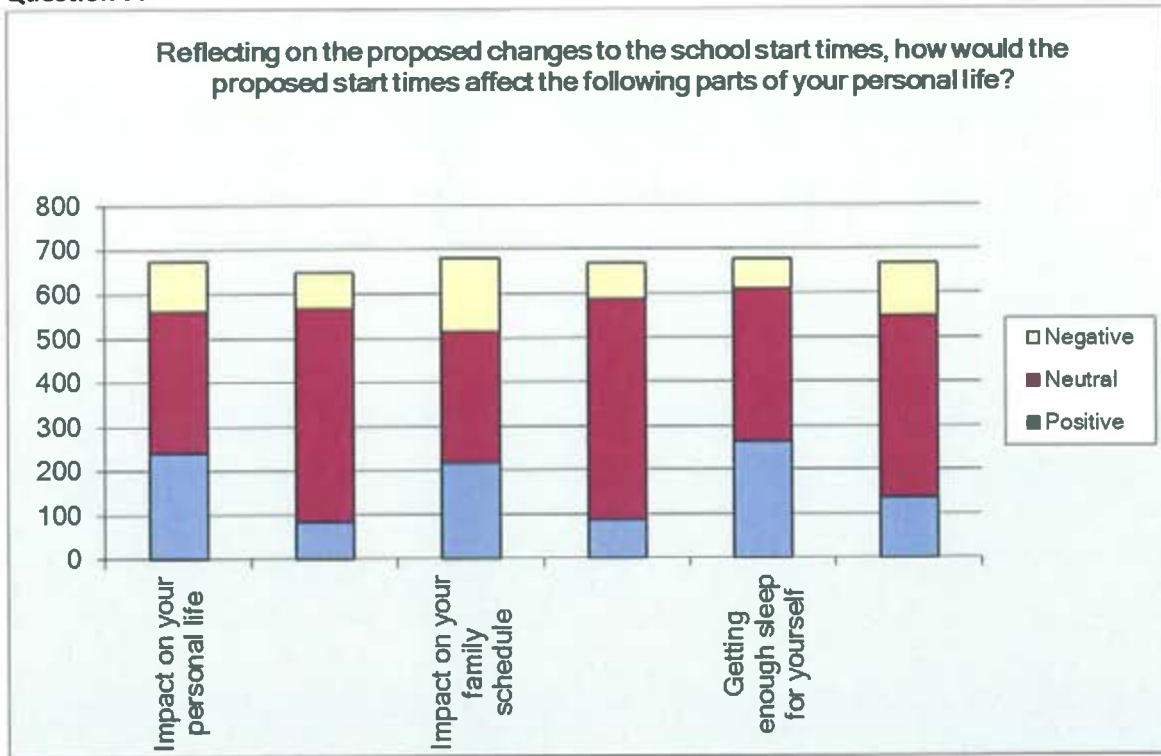
175 Nov 6, 2015 3:35 PM My daughter is a dancer and she has the opportunity of student teaching at 2:30 to help pay for her dance tuition. If the start time is pushed back, then she will not have this opportunity.

176 Nov 6, 2015 3:32 PM My children indicated they would be more stressed getting home later as they would not have as much time to do homework

177 Nov 6, 2015 3:23 PM See above

178 Nov 6, 2015 3:10 PM I'm interested in the schedule for school sports, but that is the only missing detail for me in this plan.

Question 7:



Question 8: Please elaborate on any negative impacts

- 1 Nov 30, 2015 6:17 PM Again - longer childcare for Elementary, transportation timings will affect my ability to reach work on time - volunteering hours would be minimal at the Elementary level and possibly effect HS/MS as well.
- 2 Nov 27, 2015 11:07 PM Evening family time would be shortened
- 3 Nov 27, 2015 2:18 PM Start time now perfect for our work schedule
- 4 Nov 26, 2015 4:44 AM The schools already are incognisant of parents time with early release days and teacher seminar days. The high school is even worse with teachers taking a day to finalize grades at the end of the term. This would be another item parents will have to bend around.
- 5 Nov 24, 2015 12:51 PM None
- 6 Nov 21, 2015 3:49 PM Would impact my work schedule since my hours are 8 a.m. to 5:00 p.m. and I work 20 minutes away from Portsmouth. There were before care options during the elementary school years but not in middle school so creates a little problem.
- 7 Nov 20, 2015 12:45 AM Oldest child would not be able to pick up youngest child at bus stop
- 8 Nov 18, 2015 1:39 AM My high schoolers currently arrive home at 3:45 off the bus. I would hate for them to arrive home in the dark. I wish the bus ride didn't take a whole hour! Is there a chance another bus could be added to transport children to Greenland.
- 9 Nov 17, 2015 4:10 PM For most families there are not enough hours in the day. When you have active kids with school, clubs, sports, music etc. If the start time is later for MS and HS how do we find that extra hour that they would lose? When they are tired they have to go to bed- late night homework sessions are not productive. I do agree that teenagers need sleep but as parents it is our job to help them find time on days off to get more sleep. When my kids were young in elementary school if the start time was 7:30 am it would have been a disaster. If their siblings were up at night crying/feeding we would be so happy they could sleep till 7:30am to go to school at 8:30am so they would have a good day. Now that everyone is older in MS and HS the 7:30am start time works so everyone can get to school and to work on-time. It is very hard to find AM child care to get your kids to school but much easier after school. Please really think about how do you find an extra hour in the day for homework...99% won't get up early to do it. We all know that 99% of the kids will sleep to the last possible moment and then run to school.
- 10 Nov 16, 2015 9:35 PM As stated above, waking either child to start school before 8 or 8:30 will be challenging. It seems unhealthy for all.
- 11 Nov 16, 2015 4:54 PM Again, there is no down-side
- 12 Nov 16, 2015 1:51 PM How can I make sure my kids are off to school if they don't leave until after I do? You will have many many more tardies and kids playing hookie. They will not get more sleep, they'll just go to bed later and be just as sleepy, no change at all. It just makes them have less time for jobs and less time for homework. Are you going to give them less homework because they have less hours after school?
- 13 Nov 16, 2015 12:31 PM Changing school start times will negatively impact parents who have long commute times to Boston and have to leave the house early. We worked thru it when our children were younger but now that they are in high school and are capable of getting themselves ready for school relatively independently it is better for our scheds to keep high school start time as is

14	Nov 16, 2015 12:09 AM	Adding an hour at night is definitely a negative impact on family schedule.
15	Nov 15, 2015 1:37 PM	Just not sure how this will effect after school schedules in a positive way, wouldn't this mean later finishes to the day
16	Nov 15, 2015 1:12 PM	Discussed above.
17	Nov 14, 2015 11:40 PM	none
18	Nov 14, 2015 1:21 PM	Changing jobs would change late night schedule, causing meals and homework times to change
19	Nov 14, 2015 11:07 AM	Our entire family schedule would have to shift and not sure if it can, so more stress on us.
20	Nov 14, 2015 10:36 AM	If my children are up doing school work so am I! They already study until 11 pm most nights.
		Losing the hour in the afternoon will cause more stress.
21	Nov 13, 2015 8:04 PM	It cuts into my work day. I work 30-40 minutes away from the Seacoast
22	Nov 13, 2015 7:55 PM	None
23	Nov 13, 2015 7:42 PM	Having to get my elementary school-age children up and out by 7:30 in the morning would be a challenge.
24	Nov 13, 2015 7:03 PM	No negative impact.
25	Nov 13, 2015 5:22 PM	See above issues with employment
26	Nov 13, 2015 4:57 PM	None
27	Nov 13, 2015 3:28 PM	The delayed time would cause me to arrive at work later than I currently do.
28	Nov 13, 2015 3:10 PM	The change wouldn't impact me at all.
29	Nov 13, 2015 3:05 PM	None
30	Nov 13, 2015 3:00 PM	Currently, I need to arrive late to work due to elementary start time. I have been looking forward to a middle school and high school child next year (right now one is in elementary school) but I realize that is not strong enough reason not to support what is better for sleep.
31	Nov 13, 2015 2:57 PM	None
32	Nov 13, 2015 2:25 PM	I would no longer see my child before leaving for work. Assuming after school sports practices all get pushed back an hour, we'll be eating dinner later, homework will be started later, and we'll have less family time.
33	Nov 13, 2015 2:10 PM	Less time to get to second job.
34	Nov 13, 2015 2:05 PM	Work schedule would have to change in order for me to be home to see them off in the morning or give rides if needed.
35	Nov 13, 2015 12:45 PM	It congests commuting and delays job arrival
36	Nov 13, 2015 12:42 PM	We would have fewer meals together as a family with a later start time.
37	Nov 13, 2015 11:58 AM	See comment above
38	Nov 13, 2015 11:46 AM	I work early hours so I can get back to pick me kid. This is going to make me look for after school care if the elementary school is going to start early. This means we have to change the whole after school activities so they can go to bed early.
39	Nov 13, 2015 11:40 AM	ABSOLUTELY NONE
40	Nov 13, 2015 11:31 AM	Disrupts everything
41	Nov 13, 2015 5:28 AM	These children have been used to a schedule for many years changing it would make a negitive impact
42	Nov 13, 2015 5:12 AM	/
43	Nov 13, 2015 3:13 AM	I have an early start time for work, having my child stay up even later since they do not have to get up early will hurt my ability to be awake and functional for work.
44	Nov 13, 2015 2:26 AM	My middle schooler needs the 2-3pm homework clubs and after school teacher help. It is extremely helpful as homework gets harder and time intensive.
45	Nov 13, 2015 2:13 AM	We still attempt to have a parent home until she is off to school, this means I would have to start work an hour later, if allowed.
46	Nov 13, 2015 2:06 AM	staying up later to help with homework, then going into work later,
47	Nov 13, 2015 1:57 AM	Better to get out later for our work schedules as less time alone after school until we get home.
48	Nov 13, 2015 1:35 AM	Our middle school child is able to get up and tend to himself with little intervention currently, he also arrives home before his sisters get home from elementary which enables him to do his homework without interference from younger siblings, and help with childcare at the times our adult schedules overlap with bus drop off... he is there to watch his younger siblings when we run into a "childcare gap" Having our elementary students up first and home first would personally cause household turmoil
49	Nov 13, 2015 1:15 AM	My major concern is the financial impact. In Portsmouth area, sitters charge \$10-12 per hour. I have to hire someone to receive my youngest son so he is not left at the empty house. I work full time job and I cannot come home for my children.
50	Nov 13, 2015 1:05 AM	I feel that although my children would get more sleep, there would be a negative impact possibly on school d/t less time with homework. Also there might be a positive effect as the kids may be more focused and able to concentrate better and do homework in shorter time period. WE will never know until this goes into effect
51	Nov 13, 2015 12:57 AM	i would have two children that would have completely different school schedules
52	Nov 13, 2015 12:55 AM	0%
53	Nov 13, 2015 12:49 AM	When my children are up later, I am up later....
54	Nov 13, 2015 12:48 AM	NONE
55	Nov 13, 2015 12:32 AM	After school activities and sports not lining up with other schools' stop times
56	Nov 13, 2015 12:19 AM	My concern would be end time at the high school. If you would start at 8:00 have a 30 min lunch then with passing time included they could get out at 2:30. My concern is if you do not spilt 3rd block and have two lunch times then the kids would get out at 3 which I feel is late for after school events. During third period you would have half the classes go to first lunch(11-1125) and the other half go to last lunch (12:30-1). So if you had first lunch you would go to class 1130-1 if you had last lunch you would go to class 11-1230.

57	Nov 13, 2015 12:10 AM	The end of our work day is not flexible. Having my kindergartener get on a bus before 7 and be in aftercare until 5:30 makes for a very long day.
58	Nov 13, 2015 12:07 AM	It is dark at 4:30 fall and winter no outside time after school. Huge impact on work schedules
59	Nov 12, 2015 11:39 PM	None really...after school sports programs would be only concern in middle school. Not having enough time for home work.
60	Nov 12, 2015 11:22 PM	HS Kids jobs, sports and parents abilities to juggle transportation.
61	Nov 12, 2015 11:14 PM	Having high school drivers on the road during morning rush hour will result in traffic and accidents
62	Nov 12, 2015 10:53 PM	There are none
63	Nov 12, 2015 10:35 PM	Volunteer opportunity closes at four.
64	Nov 12, 2015 10:29 PM	My second job would be impacted if I have to start later due to children's schedule change to later
65	Nov 12, 2015 10:16 PM	I would end up going into work later and losing an hour of pay
66	Nov 12, 2015 10:10 PM	None
67	Nov 12, 2015 9:57 PM	We are not gaining enough benefit to make this change.
68	Nov 12, 2015 9:46 PM	Just concerned about after school early release for away sport games
69	Nov 12, 2015 9:43 PM	School would be out of sync with other school districts
70	Nov 12, 2015 9:38 PM	Students job, homework times and dinner times. Not as much time for after school activities.
71	Nov 12, 2015 9:33 PM	NONE
72	Nov 12, 2015 9:27 PM	i don't have other children
73	Nov 12, 2015 9:22 PM	none
74	Nov 12, 2015 9:21 PM	I believe this would simply cause kids to have to go to bed later. You will essentially be getting less productive hours into their day.
75	Nov 12, 2015 9:19 PM	None
76	Nov 12, 2015 9:15 PM	I have to be to work early myself and to make sure my son gets on the bus etc would be tough with a later start.
77	Nov 12, 2015 9:02 PM	don't fix it if its not broken
78	Nov 12, 2015 8:58 PM	I don't really like the idea of any child starting school before 8:30.
79	Nov 12, 2015 8:56 PM	None
80	Nov 12, 2015 8:54 PM	again, compression of after school actives and homework
81	Nov 12, 2015 8:54 PM	Our student travels to school as we head to work. Would need before school option for him so he does not miss the start of school.
82	Nov 12, 2015 8:53 PM	Not a negative, we'd just need to figure it out as our daughter would be the one with the latest morning schedule.
83	Nov 12, 2015 8:45 PM	I don't know of any.
84	Nov 12, 2015 8:42 PM	Because of after school activities and homework, ending school 60 min later has a negative impact on HS students.
85	Nov 12, 2015 8:39 PM	none
86	Nov 12, 2015 8:33 PM	I work at one of the elementary schools and would need to leave the house an hour before my 6th and 11th grader. I would need to research options for this situation. Particularly on inclement weather days when I would typically drive.
87	Nov 12, 2015 8:32 PM	It will be tough dropping off our youngest at such an earlier time. The kids play outside in the morning in elementary school before they go into school, so are we sure there will be light on the playgrounds at 7:15 AM to make sure they can see to play? Will small kids be waiting for bus pick up in the morning in the dark at any point during the year?
88	Nov 12, 2015 8:28 PM	Our child is against the change, feels that all that would happen is a shift in when students sleep but not for how long. There is also a concern about the homework and after school activities being pushed back making for later nights.
89	Nov 12, 2015 8:26 PM	None
90	Nov 12, 2015 8:03 PM	No negative impacts
91	Nov 12, 2015 8:03 PM	Same as above. Parents need to work kids will have to get themselves on the bus. This will be horrible
92	Nov 12, 2015 8:03 PM	Earlier pick up for younger child
93	Nov 12, 2015 8:02 PM	As noted, the proposed schedule would require an earlier bedtime for our younger son. That would be hard to achieve due to our works schedules. (I know this, because we've been trying it.) This puts added stress in the home between 5 & 7:30 pm. And he would not get enough sleep, which would likely impact his ability to learn and would negatively impact his behavior at home.
94	Nov 12, 2015 7:57 PM	It's enough of an effort to have my child complete his homework and chores before I get home from work as it is. With less time in the afternoon, I only see this problem getting worse as he tries to fit everything he has to do in with everything he wants to do in an hour's less time. Also, my son is at the age where he will be looking for an after school job soon. Having availability an hour later each day may negatively impact his chances of getting hired.
95	Nov 12, 2015 7:52 PM	Absolutely working parents need to drop kids off and be to work by 8. Please do not change the schedule. It would be disastrous for my family.
96	Nov 12, 2015 7:50 PM	family dinner / sports/ jobs/ homework
97	Nov 12, 2015 7:48 PM	Because I teach at the elementary school I will be leaving very early most likely before my kids are up
98	Nov 12, 2015 7:47 PM	A later start time would necessitate early morning childcare costs and coordination.
99	Nov 12, 2015 7:44 PM	I have to be at work at a normal time of 830 and can drop my second grader off at school on my way. Also he needs care after school until I get out of work at five. While he attends mc3 there is very little structure and it would be terrible for him to be there longer than a couple hours.
100	Nov 12, 2015 7:43 PM	This time change would make me late for work

101 Nov 12, 2015 7:43 PM as stated above, I think kids will be up later: no net gain of sleep, more time without supervised use of computer when they are up later doing homework. Both adults in our household need to leave house before our children would be leaving for school, leaving them alone in morning as well.

102 Nov 12, 2015 7:42 PM With my children and anxiety they don't take bus in morning to ease school transitions that are difficult so right now I bring them in and they take bus home but bus is too busy and loud for morning and causes behavior issues for the day so I bring them in. If school was later I couldn't do that which would propose a problem for their start to the day

103 Nov 12, 2015 7:41 PM Later release will not give time for homework before other activities. Will need to get done after which will keep them up later.

104 Nov 12, 2015 7:37 PM this would leave children home with no adult supervisor. middle school children with free rain.

105 Nov 12, 2015 7:34 PM No negatives!

106 Nov 12, 2015 7:33 PM Start work at 7:30-8, will not want to leave the boys home to get themselves on the bus.

107 Nov 12, 2015 7:33 PM Starting later means later meal times and family time, due to practices ending later.

108 Nov 12, 2015 7:31 PM none

109 Nov 12, 2015 7:31 PM Elementary students will be waiting for a bus in the dark in the morning. Very dangerous!

110 Nov 12, 2015 7:26 PM Getting my 5th grader to school for a 7:30 start is unimaginable and would create a tremendous amount of stress.

111 Nov 12, 2015 7:25 PM The later dismissal at the HS would create problems for our afternoon.

112 Nov 10, 2015 8:40 PM Starting elementary schools early means, they coming home early, which requires someone to be home much earlier. My Middle schooler does not need anyone home, when she gets home. But my elementary schooler will need someone to be present home or it will push us to engage someone for child care

113 Nov 9, 2015 11:11 PM Our children get plenty of sleep because we put them to bed on schedule each night. Our elementary student goes down at 7:30 and gets up abt 7am. Our high school student is asleep by 8:30 and gets up at 6 (she doesn't sleep in on weekends either). They both have plenty of energy during the day and do great in school because they are rested. If you change the time to earlier for elementary, our daughter would get less sleep and struggle during the day. A later start for our teen would be wasting her time waiting to go to school and lose about 1hr of work time after school. Our teen would also have less time to do her homework before sports (we would never allow her to put her homework off until morning before school). Also, I would have to be up earlier to get our youngest ready and off where as our teen can get up and get ready without my help.

114 Nov 9, 2015 10:16 PM I like my daughter up and getting ready for school as I'm getting ready for work because we can have breakfast together and she gets home from after school activities to have dinner together.

115 Nov 9, 2015 5:10 PM Again, this would affect him getting dropped off vs. taking the bus in the morning, it would affect sports, after school scheduling and the rest of the day after 2:30. NOT in favor.

116 Nov 8, 2015 7:08 PM Everything is late enough at this point in our lives, we usually don't eat dinner until 7-8pm. If school starts later, that will push our whole day later and we would not settle for dinner until 8-9pm.

117 Nov 7, 2015 1:38 AM Would not be able to get to work on time

118 Nov 7, 2015 1:11 AM None

119 Nov 7, 2015 12:58 AM I wake him up before I go to work and if time is later he will fall back asleep. He will also see it as an excuse to stay up later. All these years we did it and now you want to change? crazy

120 Nov 7, 2015 12:34 AM There could be some difficulty getting child to school in mornings because of parent work hours

121 Nov 6, 2015 11:10 PM NONE

122 Nov 6, 2015 10:42 PM The hour and 25 min span is a HUGE impact on my work schedule. It means I can only work 4.5 hours a day. I have to be home with my kids before and after school because I cannot afford childcare

123 Nov 6, 2015 10:15 PM They may stay up later or activities may end later.

124 Nov 6, 2015 10:06 PM none

125 Nov 6, 2015 8:24 PM Everything will be done later. As the day progresses. Parents and kids get tired from the days activities.

126 Nov 6, 2015 6:37 PM my elementary child cannot leave school on her own, making difficult to leave work an hour earlier for pickup

127 Nov 6, 2015 5:47 PM Sporting events after school would extend into the late evening and limit homework time

128 Nov 6, 2015 3:53 PM Less time for homework at the end of the day. They are up late enough as it is.

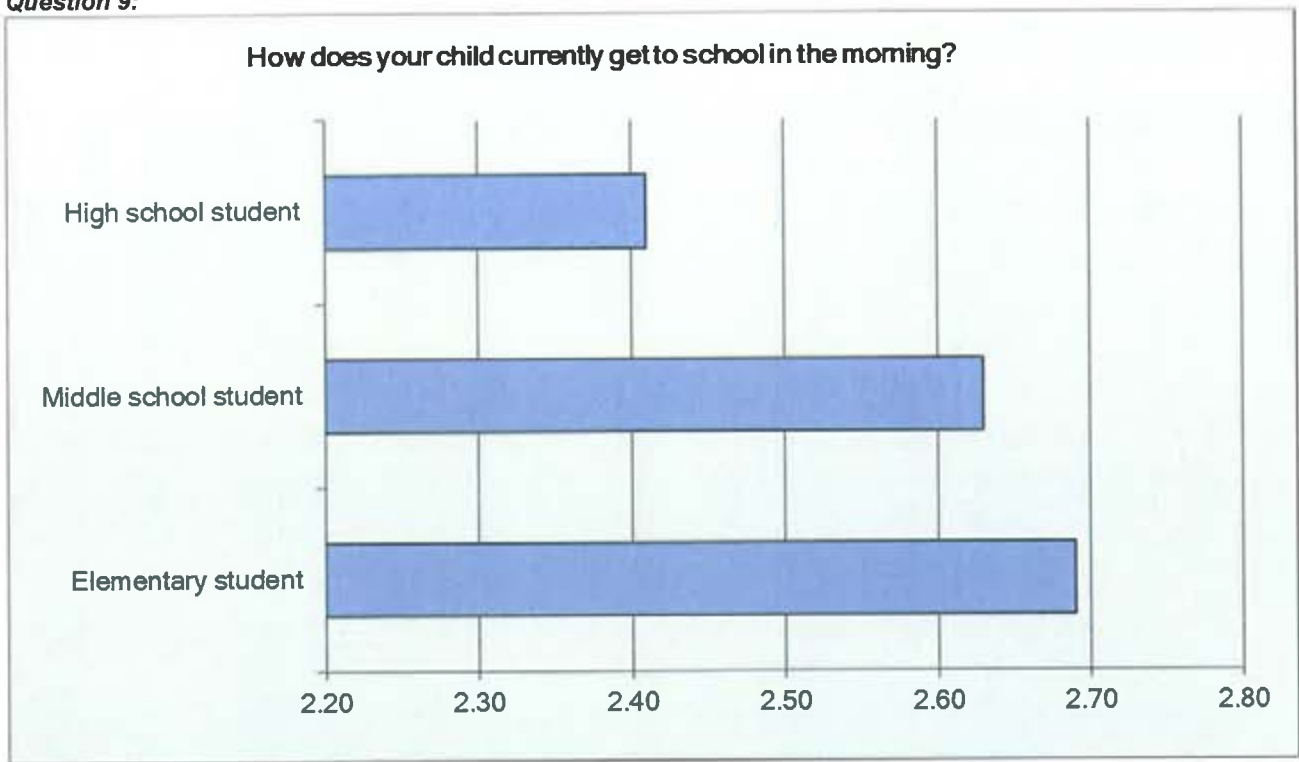
129 Nov 6, 2015 3:49 PM My work schedule is 9 - 2, so I am able to pick up for elementary school. This would have to change to less time, or more childcare, since I would have to adhere to 3 children getting out earlier from elementary school and 1 child later from Middle School.

130 Nov 6, 2015 3:35 PM My youngest would need more help getting up that early. Right now my oldest gets them up as she is leaving for school. This allows my youngest to have more time to prepare for their day.

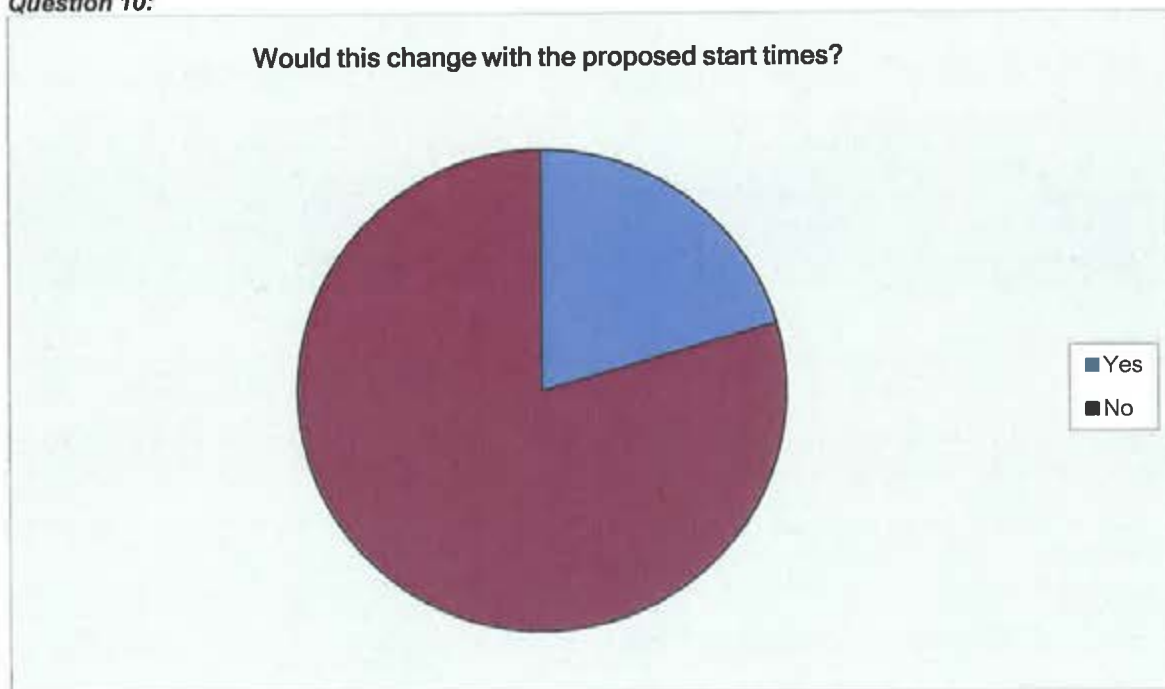
131 Nov 6, 2015 3:32 PM I would have to start my job an hour later and work an hour later

132 Nov 6, 2015 3:32 PM Because I can get to work earlier, I can get home earlier to help children with homework/driving to activities

Question 9:



Question 10:



Question 11: Please offer any additional comments on school start times.

- 1 Nov 30, 2015 6:17 PM I think there needs to be a pilot for HS to see how those children are effected first. Elementary should not be changed as I see no benefit of the children starting at 7:30 and then having additional aftercare hours. Many teachers arrive early for conferences or additional planning hours, which would mean coming in at 6:00 or 6:30 - is that really a benefit to them?
- 2 Nov 27, 2015 2:18 PM Do not think it will help. Love the idea of kids getting to sleep in but for those who do sports it only means they will get a later start on homework. Making them go to bed later.
- 3 Nov 26, 2015 4:44 AM Please, please, please, Do Not change the times. These are teenagers, in a year or so they will probably be out in the work force. Companies aren't going to care if their bio-rhythms aren't in sync with the 7:00 to 5:00 work day.
- 4 Nov 24, 2015 12:51 PM Please do this
- 5 Nov 21, 2015 3:49 PM I do think starting school at 7:30 is early for middle school and high school kids; having a 6th grader I am starting to notice his/her need for more sleep. Changing to an 8:30 a.m. start does pro-long after school activities and sports later in to the day/evening. I am open to whatever is decided. Later start will affect my work schedule so I will have to adjust that or make some arrangements for the morning. I do think a 7:30 a.m. start will be really early for elementary kids especially the younger ones.
- 6 Nov 21, 2015 1:51 PM I think as a society we work within the parameters we've chosen as a society. We obey stop signs and traffic lights. It's health but not always convenient. We choose food available at the store, because it is healthier to eat than to starve wishing you had food available only in another region. If you change the school start times, we will all adjust to the new norm. People will always complain about some things in life because some people are prone to complaining. If you change start times to make children healthier, then I think overall you are contributing to a healthier society. Maybe there would be less complaining in the long run.
- 7 Nov 20, 2015 12:12 AM With after school activities and homework assignments my daughter gets to bed later than she would like. Sleeping in later will help with productivity in all aspects during her day. Extra sleep would make a big difference.
- 8 Nov 19, 2015 6:09 PM We should take the advice of scientific research and start later. We'll be the leader in our state that other communities will model themselves after! Kudos to those involved with making this change a real possibility.
- 9 Nov 18, 2015 7:13 PM It would be a great change.
- 10 Nov 18, 2015 12:21 AM I am really concerned about the impact a later start time would have on high school kids who play sports. They are already released from school as early as 1, in which case they miss entire classes. My daughter missed her 90-minute honors math class 8 times this fall (she missed the entire class 4 times and half the class the other 4 times). If the sports schedule cannot be adjusted so that academics is the priority, then I am against a later start time.
- 11 Nov 17, 2015 5:07 PM I can appreciate the proposal and am in support of it, however my child is pretty disciplined on getting up early for school and going to bed early enough on school nights. We live close to all schools, so I don't think this will have a big impact on us either way.
- 12 Nov 17, 2015 4:10 PM Your question about the impact on volunteering in the community: I am not sure why you had it listed but after thinking about it, no MS and HS student will get up and volunteer from 7:30am-8:30am but they might from 2:30-3:30pm in the afternoon. And no elementary student will volunteer before school either. Also, think about all of the after school activities that are not run by the schools and how they will have to reschedule start and end times later (These will effect family meal times.).
- 13 Nov 17, 2015 1:34 AM great idea to start later!
- 14 Nov 16, 2015 9:35 PM Is there a way so that all schools can start after 8? I won't have either child in elementary school in a few years but for the health of our community I don't want elementary schools starting prior to 8. On the other hand, I don't think middle or high schoolers should start earlier either. Thanks for your time.
- 15 Nov 16, 2015 5:59 PM The delayed start times are unlikely to allow for more sleep as the kids are just going to stay up later to finish homework. I see no net gain.
- 16 Nov 16, 2015 3:04 PM strongly agree with new proposed start times
- 17 Nov 16, 2015 2:48 PM Been talking for years-time to do it or give-up
- 18 Nov 16, 2015 1:51 PM This is a stupid plan put forth by a bunch of moms who don't want their children to be inconvenienced. Hard time waking them up. Really? Get some parenting skills would you? Kids need to do their sports and jobs, are we gonna cancel the traveling sports programs? I'm sure I can find research to support any stupid idea I come up with. And this is exactly what these parents have done.
- 19 Nov 16, 2015 12:41 PM We strongly support this change. 2 years of middle school has been a wake up battle every day.
- 20 Nov 16, 2015 12:31 PM I feel the biggest negative impact on a late high school start time would be the decrease in time student have to complete homework afterschool before late afternoon to evening extra-curricular activities. The 2-hr period of 3-5:30 is when my daughter works on the bulk of her homework because she knows she will be at dance until 9/9:30 pm
- 21 Nov 16, 2015 4:31 AM In the "real" world, you need to be up and ready for work early. They should be taught this. Also, I worry about the kids that would be home alone because their parents have to go to work.
- 22 Nov 16, 2015 12:37 AM feel very strongly kids need more sleep, would like the time to be later
- 23 Nov 16, 2015 12:09 AM Leave the schedule as is.
- 24 Nov 15, 2015 1:10 PM My high school children don't want start time to be later.
- 25 Nov 15, 2015 11:59 AM Believe it is an important change - hope it goes through.
- 26 Nov 14, 2015 5:34 PM Sounds like a wise decision for Portsmouth.
- 27 Nov 14, 2015 3:16 PM How many times do we have to fill out these surveys to say we want these later start tomes?? I feel like the community has been asking for this for years with nothing being done about it. So frustrating!
- 28 Nov 14, 2015 11:07 AM My oldest has a babysitting job in the afternoons for a neighbor. She wouldn't be able to do that.
- 29 Nov 14, 2015 10:36 AM Leave it as it is.
- 30 Nov 14, 2015 1:41 AM Please don't change them.
- 31 Nov 14, 2015 12:58 AM We prefer that the start times stay the same. We have secured our jobs and built our schedules based on doing what is necessary to get our kids to school safely, and ensuring that they are able to do after school enrichment programs and sports.

32 Nov 13, 2015 11:35 PM One child will be suffering the early morning school start so it doesn't matter either way. I think it's easier for my older to child to get up and out

33 Nov 13, 2015 9:52 PM If the elementary school was to release earlier, would there be afterschool care (at a cost) with a late bus?

34 Nov 13, 2015 9:27 PM Our children go to bed early and are generally well rested. Moving start time later in morning has many serious impacts on children and parents.

35 Nov 13, 2015 8:04 PM I think a start time closer to 8:00 would be more conducive. If after school activities were pushed out further it would allow parents to attend more events.

36 Nov 13, 2015 7:42 PM I think that it a good idea

37 Nov 13, 2015 7:42 PM I just don't see how middle school and high school sports can start any later than they already do? How does it affect travel for away games? etc

38 Nov 13, 2015 7:20 PM why is elementary school earlier? Don't make the school day longer

39 Nov 13, 2015 7:03 PM One hour more or less will not really affect anything for us except making your lives more complicated. Trying to appease the teen age mind and habits is a risky undertaking. Check the research. Make sure it is peer reviewed. And, ask yourselves, will your efforts be rewarded by teens conforming to reasonable bedtime routines, or, will they continue to be ruled by their own decisions and choices. Is it likely that teen's do not get enough sleep based on their own choices, or based on the choices we have made for them regarding school start times? Here in lies the question. You can't make a teen sleep. It has to be their choice. Good habits are learned through many channels. Do what you like, and we will follow suit, but, in my experience, teens and adults can be told that we are doing things in their best interest and yet, they do not accept it and rebel in their own way.

40 Nov 13, 2015 6:17 PM Love the idea for my children, and they love it too.

41 Nov 13, 2015 5:51 PM I would simply add that I think moving MS and HS start times later would be a great thing, and would be following the natural inclination of these children at this age - and as such, seems an obvious step to take for the better of the kids themselves, and of society as a whole.

42 Nov 13, 2015 5:41 PM My children's lives would be so much better in terms of academic performance and personal development if they got more sleep.

43 Nov 13, 2015 5:33 PM I like the general proposal, but a full hour shift seems like too much of a change. Having an extra half hour in the morning would be enough to improve sleep, stress, etc, without negatively affecting afternoon activities.

44 Nov 13, 2015 4:57 PM I thank you for considering this change and feel it would be a positive change in our family. Thank you.

45 Nov 13, 2015 3:28 PM The proposed change will be an adjustment if put into place. It appears to be beneficial for older kids, but more data on the effect on younger children should be shared with parents.

46 Nov 13, 2015 3:18 PM changing the start times to a later time for HS Students would make it difficult to get my child to school and get to work

47 Nov 13, 2015 3:10 PM I like the schedule the way it is and I believe parents can control how much sleep their kids get. Detaching them from technology will increase the amount of sleep they get. Not changing the start times.

48 Nov 13, 2015 3:05 PM We think it would be a great change for the school system and would impact our children quite positively. We very much support the altered start times!

49 Nov 13, 2015 2:57 PM Should have been implemented decades ago

50 Nov 13, 2015 2:25 PM My strong preference is to keep the start time as it is now.

51 Nov 13, 2015 2:19 PM Early start times prepare children for real life. Keep start times the same.

52 Nov 13, 2015 2:05 PM It's difficult and a burden to some, but the system has worked for many generations. Work schedules are set around these times and to change them now would be a spiral effect on everyone.

53 Nov 13, 2015 1:58 PM I feel it is good for them to get up early and get used to what real life will be like with a job.

54 Nov 13, 2015 1:37 PM This makes sense and should be adopted....

55 Nov 13, 2015 1:05 PM 8am-3pm would be ideal for High school/middle school

56 Nov 13, 2015 1:03 PM Clearly you have already decided this issue. You have not in this survey or in the attached information given us any insight to the schedule impact or the cost increases due to the move. Get the facts out

57 Nov 13, 2015 12:57 PM I think flipping is a good idea.

58 Nov 13, 2015 12:46 PM Current Middle School start time is fine. I can see where High Schoolers might like the extra hour of sleep.

59 Nov 13, 2015 12:45 PM Realizing I may be the minority, I think if parents adjusted their bed times, children would have adequate sleep time during the week. This is my 4th child, with my oldest being 31 and they have always had a bed time. It is a practice they have carried into adulthood. Don't adjust the wrong thing.

60 Nov 13, 2015 12:42 PM I understand there is research that shows teens need more sleep, however, merely starting school an hour later will not grant high school students more sleep unless they are students who do not have homework, extracurricular activities or jobs.

61 Nov 13, 2015 11:58 AM The system currently works and has worked has for years. It is similar to the schedule I had when I went through Portsmouth high school 30 years ago. A number of current high school students who I have spoken to are NOT in favor of this proposal. Please DO NOT make any changes to the current schedule.

62 Nov 13, 2015 11:46 AM Little kids needs more rest than the middle and high school kids.

63 Nov 13, 2015 11:43 AM Leave it the way it is but get rid of all the days off for teachers conferences

64 Nov 13, 2015 11:40 AM The research does back it up.

65 Nov 13, 2015 11:40 AM I've read all the studies and I know my kids - they would do much better academically and socially with more sleep in the morning!!

66 Nov 13, 2015 11:31 AM Set bedtimes. Limit electronics. No electronics in bedrooms at night. We have these rules, have non issue. BOTH of my teenagers say no to the change.

67 Nov 13, 2015 10:40 AM I thought they should have done this a long time ago. I think starting at 8:30am is much better.

68 Nov 13, 2015 10:22 AM This would be wonderful!! My daughter has such a hard time getting up in the morning and is so tired.

69 Nov 13, 2015 10:17 AM I strongly favor the proposed change in the start times. My elementary schooler is awake and alert early in the mornings and my middle schooler needs more morning sleep in order to be healthy and alert. It is a biological change that I hope the Portsmouth Schools will recognize for the health and well-being of its children.

70 Nov 13, 2015 5:46 AM Thank you for being so responsive to the needs of the kids!

71 Nov 13, 2015 5:28 AM Very bad idea when a child or adolescent is used to a schedule they have been on for years a sudden change makes a huge impact on them physically and psychologically I do not think my six year old child should have to be up before 6 AM it is hard enough for my now kindergartener to get used to such a long day when preschool was only a half day I love the Portsmouth school system but whoever came up with this idea is really not thinking about the children at all I'm sure you have a schedule at home correct? Well what happens when that schedule changes after doing it for so long? A BIG MESS!!! Think about this it's not fair to the kids!!!!

72 Nov 13, 2015 5:10 AM Health and performance require adequate sleep. Other considerations are secondary.

73 Nov 13, 2015 3:55 AM I think it would be better for the kids in many ways, and that the benefits would outweigh the negative aspects.

74 Nov 13, 2015 3:25 AM I'd like a later start for high school

75 Nov 13, 2015 3:13 AM I disagree with this policy change. We are trying to set our students up to be successful in the work force and in taking college classes. Many jobs start at or before 8 am, as well as college classes. If we are not encouraging proper sleep habits (getting to bed at a reasonable hour) to accommodate their schedule the next day how are they going to be successful when the graduate? If we have conditioned them to stay up later and sleep in this ultimately will cause them to not have good habits in getting up in the morning and getting to college classes or work on time. If we as parents "parent" at home and facilitate proper bedtimes then maybe they would get more sleep hours. Has the school also looked in the amount of homework each night? Many times homework takes several hours and keeps students up late at night. The school is seriously looking at the wrong things here. High School is supposed to be setting up students with good habits to make them success when the graduate. I do not see how this policy would do that. It just fosters continued bad behaviors.

76 Nov 13, 2015 3:11 AM my child likes starting early and leaving early giving him more afternoon time. He doesn't want to feel like his whole day is school

77 Nov 13, 2015 2:39 AM Both my kids went through the Portsmouth school system. I wish this change had been implemented long ago

78 Nov 13, 2015 2:26 AM I work till 3pm, and this change would prevent me from doing so. Because my elementary school child would have to be picked up at 2:15, or I will have to pay for childcare do to his age. I do not under the current structure since my older child can stay at school or the library till 3:15. We can then do any lessons at 3:30. The current schedule works well.

79 Nov 13, 2015 2:23 AM I would love to see this. It is truly what is best for our children and all students!

80 Nov 13, 2015 2:16 AM I like the idea. I have 3 elementary school kids who are VERY early risers. They are up at 6 but their school doesn't start until 8:55.

81 Nov 13, 2015 2:13 AM My daughter has a pretty full schedule with school, theater, choral activities, job, homework. She does a good job getting it all done and in bed usually between 9-930 and is up around 615 am to get ready for school. If you push it back, rehearsals and club activities will be pushed back an hour, pushing her homework time back an hour, it will impact her work schedule negatively. So, as noted before, she will likely wind up in bed at 10pm next year and get up around 7, same 8-9 hours of sleep.

82 Nov 13, 2015 2:06 AM do not like this proposal, too much homework as it is, then get out of school an hour later, means finishing up homework late at night possibly even after midnight

83 Nov 13, 2015 1:49 AM I think this would be an exceptionally good thing to do for our middle and high school students. I am really looking forward to this change and so is my son.

84 Nov 13, 2015 1:48 AM DON'T DO IT!

85 Nov 13, 2015 1:40 AM Personal belief, if kids are not getting enough sleep, parents should be responsible for taking away electronics and enforcing reasonable bed times.

86 Nov 13, 2015 1:38 AM I've been hoping start times would change for years now. It's so important that our kids get enough sleep. I hope that after school activities don't play a part in this not happening! We all can make some adjustments in our schedules to make this happen!

87 Nov 13, 2015 1:35 AM I agree with a later start time for middle and high school students but not at the cost of waking elementary children even earlier

88 Nov 13, 2015 1:33 AM They are now too early!!!

89 Nov 13, 2015 1:15 AM If the school system wants to change the time, the school must offer adequate child care to keep the younger elementary school children at school until parents can get them. Currently there is no affordable child care systems. Peak has waiting list and it is expensive for my low income level for the whole household. Currently, my sons come home and do homework first and attend sports. If they are coming home late, they will not have enough time for home work and sports after school. I will not let my youngest son get off the bus by himself and open the door, let him stay in the house alone. However, if you make this change, I will be forced to let my youngest son get off the bus to stay in the empty home by himself until the older sons gets home. It is not realistic and the school system must come up with the adequate child care for low income family like myself. I oppose to this time change completely. I do not agree with the idea of letting older kids sleep in the morning. What is the point of offering lazy lifestyle to teen age children? This time change idea only works for people who has 1 child, and not working full time. I do not understand why the school wants to make the life of low income family harder, and endanger the life of young child who does not have parent who can afford to hire adult sitters?

90 Nov 13, 2015 1:05 AM I truly think that it may be better for elementary students as they are always up earlier however this may have a negative impact on childcare for their families

91 Nov 13, 2015 12:56 AM This proposal is a terrible idea for many reasons. My kids go to bed early and have no trouble getting up for school (and we live in Greenland). Many parents have to be at work earlier than the proposed start time creating many challenges. Most importantly is the impact on the kids by not getting out until 3:30. Kids who play sports would miss more class time having to be dismissed early for games. Practices and activities would be that much later, cutting into homework time and jobs. Many kids need to work

and this would make it even more difficult. Going to bed earlier is a much better solution than creating havoc for many for a few that don't want to get up in the a.m. BAD IDEA!!!!!!

- 92 Nov 13, 2015 12:55 AM we support this 110%. I also feel that high school children are given way too much homework. I feel they should be taught/learn during their school day whatever hours its scheduled to be...just like us parents. We would go insane if your boss gave you take home projects 3-4 weekly. Plus if your boss assigned % of your pay to how well you did on your adult homework...enough is enough
- 93 Nov 13, 2015 12:55 AM Please leave the times alone all school activities that include other schools and districts would conflict with Portsmouth
- 94 Nov 13, 2015 12:54 AM School start times should NOT be changed for the high school
- 95 Nov 13, 2015 12:49 AM I hope this happens. It seems there are no negative effects only positive ones.
- 96 Nov 13, 2015 12:49 AM My kids have always been encouraged to go to bed at a reasonable time. They have never had difficulty getting up in the morning. I understand the research, have read the research. I find it does not ring true for my own children. When given an extra hour of sleep in the morning, they will likely stay up an additional hour. This change would be of no benefit to them.
- 97 Nov 13, 2015 12:34 AM Would like to let him drive himself but the parking sticker price of \$150 is absolutely absurd and not justifiable.
- 98 Nov 13, 2015 12:32 AM Although I agree it is best for child development, there would need to be agreement in the entire sau, including sau 50
- 99 Nov 13, 2015 12:26 AM Make the day slightly longer and start school after Labor Day but not go later in June.
- 100 Nov 13, 2015 12:19 AM I worry about the late end time with after school activities. If you look at time on learning they could have an 8 start 230 end but would worry if teachers would be available for after school help. Do they contractually have to stay after school now until 3 or can they leave at 3 or earlier if they have prep 4th block. A lot of clubs meet at lunch time and teachers meet with students for extra help. My major fear is that many teachers if time change would not stay past 3.
- 101 Nov 13, 2015 12:13 AM I agree that the start times for the middle and high school are too early. Both my children have struggled with early start time. my oldest went to RJLA and was not doing well at all till the start time changed to 8:30 and then everything change and she started to like going to school and doing very well and was happy.
- 102 Nov 13, 2015 12:10 AM Best part would be a later am bus pick up time!
- 103 Nov 13, 2015 12:07 AM Go to bed earlier if you cannot get up in the mornings
- 104 Nov 13, 2015 12:06 AM My daughter participates in sports throughout the school year. She misses some of 4th block class when busing to an away game. She will miss another hour of school on game days so this will impact her work or we may have to drop a sport.
- 105 Nov 12, 2015 11:39 PM Should not make a big difference
- 106 Nov 12, 2015 11:30 PM It would be more convenient for my elementary school child as I would not have to pay for before school childcare
- 107 Nov 12, 2015 11:24 PM I think its a very good idea let the kids sleep and they are healthier and have less time to waste
- 108 Nov 12, 2015 11:23 PM Lets do it! We ll all adjust to it after done time. But studies show older kids need more sleep.
- 109 Nov 12, 2015 11:22 PM Kids this age are juggling a lot and need the rest. So I do think it's a good idea. I'm just not sure that the High School kids with jobs and sports would have an easy time of adjusting. I would support it, once I knew how the parents of kids with part time jobs and sports felt about it.
- 110 Nov 12, 2015 11:16 PM makes so much more sense and may not be a late enough start
- 111 Nov 12, 2015 11:14 PM High school should start at 830 elementary should be 9am.
- 112 Nov 12, 2015 11:14 PM The kids will not get more sleep they will just stay up later.
- 113 Nov 12, 2015 10:53 PM Great idea please do it.
- 114 Nov 12, 2015 10:40 PM As remarked above. Suggestion: The day starts later. Classes be shorter,(rather than 1.5 hrs long), and the day ends at the same time.
- 115 Nov 12, 2015 10:31 PM The winter months are tough as it is. It's dark by 5pm. Which makes it difficult for us as parents and our children to get things accomplished. It feels like it's night time!! A part of schooling is to prepare our children for life. That means going to bed at a reasonable time so you can get up in the morning and go to work. If our kids aren't getting enough sleep that is a parent's responsibility to make sure they do. Children who don't get the correct amount of sleep are still not going to get enough sleep regardless of the hour that school starts.
- 116 Nov 12, 2015 10:29 PM Please do not change the time
- 117 Nov 12, 2015 10:24 PM I wish it would have happened earlier!!
- 118 Nov 12, 2015 10:23 PM In a perfect world, parents would monitor device/electronic time on school nights and have the kids go to bed at a reasonable time, where they would get the required number of hours of sleep. I don't think that moving the school day up an hour is going to have that much of a difference ... if parents have to go to work, then they will probably have to wake the kids up at the same time anyway, so why change?
- 119 Nov 12, 2015 10:23 PM I will have to homeschool because i cannot just make up my own hours to go to work.
- 120 Nov 12, 2015 10:14 PM This is an important public health issue - I hope, as a community, we opt to move the start time back since it is in the best interest of the kids health. Thank you to everyone on the School Start Time Committee for your efforts.
- 121 Nov 12, 2015 10:10 PM This is a needed change, i have twins in 8th grade and every year they are harder to get going in the morning. Despite efforts to try and get to bed earlier, racing minds, homework, and sports makes getting to bed say by 9 hard in the middle and high school years.
- 122 Nov 12, 2015 10:08 PM Sounds like a great idea.
- 123 Nov 12, 2015 10:06 PM More buses so kids don't have to catch bus do early would solve it.
- 124 Nov 12, 2015 9:57 PM We need to think outside the box and look for other ways to shave time off our kids day.
- 125 Nov 12, 2015 9:56 PM PLEASE HAVE A LATER START TIME!!!
- 126 Nov 12, 2015 9:50 PM I'm open to any recommended time changes that benefit our students and their much needed sleep schedules.

127 Nov 12, 2015 9:47 PM My daughters have asked for this for years.

128 Nov 12, 2015 9:46 PM Lunch period does not need to be 40 minutes, most have a 20 min lunch, that would allow for a later start time and the end of the day time wouldn't be as late if the lunch time is reduced. If a later start time does not happen, at least bring back the late start days for high school instead of the early release. The late start days would be something to look forward to.

129 Nov 12, 2015 9:38 PM The kids won't use the extra hour for sleep. They will be working/doing homework/getting out of extracurricular activities later which pushes the evening out further. The system is fine...its not broken, so don't fix it.

130 Nov 12, 2015 9:33 PM Should have done this when i went to Portsmouth middle school! We had an overcrowded split sessions which was a complete failure!

131 Nov 12, 2015 9:27 PM i think this will be a great idea...

132 Nov 12, 2015 9:22 PM I couldn't be more in favor of this change. I have read/heard about this research and know that an extra hour of sleep would have a positive effect on my child. Please make this change.

133 Nov 12, 2015 9:21 PM I am against this change. The kids do fine with the current schedule and many schools don't have lights on their playing fields which will have an impact on schedules. Kids don't need to miss more school to go earlier to outdoor athletic events that will need to be scheduled earlier.

134 Nov 12, 2015 9:19 PM This is a GREAT idea - please make it happen! Thanks!

135 Nov 12, 2015 9:08 PM Older students do not need childcare, young students do. Increased expenses for childcare.

136 Nov 12, 2015 9:07 PM My children are used to getting up. We are in Greenland.

137 Nov 12, 2015 8:58 PM Do it! Teens are biologically nocturnal.

138 Nov 12, 2015 8:58 PM Teens need more sleep. I think it's a great idea to push the start time later. Thanks for looking at this!

139 Nov 12, 2015 8:58 PM I'd like you to visit the 4 day school week with expanded hours Monday through Thursday.

140 Nov 12, 2015 8:56 PM Fully support the change.

141 Nov 12, 2015 8:54 PM Most teenagers would just go to bed later knowing they do not have to get up as soon. I do not see it giving them more sleep.

142 Nov 12, 2015 8:53 PM There is a great deal of research on the benefits of teenagers needing more sleep and how schools with later start times can have a positive impact so we're willing to give it a try.

143 Nov 12, 2015 8:51 PM I strongly support a delayed start time for middle & high school students.

144 Nov 12, 2015 8:49 PM It's a great idea!

145 Nov 12, 2015 8:49 PM I would do anything to make this happen. It just plain makes sense. Younger children wake up earlier naturally and older children need more sleep!!! This would be a wonderful change for the children of this community. Thank you for your work and effort to consider making this idea a reality.

146 Nov 12, 2015 8:45 PM Please change it as soon as possible. :)

147 Nov 12, 2015 8:43 PM I think it would be beneficial to see the kids get more sleep during these developmental years.

148 Nov 12, 2015 8:42 PM How about switching the start times of Elementary and Middle/High Schools?

149 Nov 12, 2015 8:39 PM Please do it! We all need healthy kids--this way they could eat breakfast! And be awake in class

150 Nov 12, 2015 8:39 PM keep it as current

151 Nov 12, 2015 8:33 PM Please change the Middle and High school start times to be later. Do this for the health of our children!!!

152 Nov 12, 2015 8:33 PM I STRONGLY support a later start time for ALL students! Although especially so for older students, I feel 7:30 would be difficult for younger students as well. If busing is the only reason for staggered start times I feel we should look more closely at having all schools starting later.

153 Nov 12, 2015 8:32 PM Again, just to note that the after care programs for elementary kids would be running for longer hours, which could be tough on the younger kids who have to participate due to working parents.

154 Nov 12, 2015 8:31 PM I am in favor of later start times for high school

155 Nov 12, 2015 8:30 PM I would like to see our children's schools start later. I have read and understand the research behind the movement and agree.

156 Nov 12, 2015 8:28 PM Please keep in mind that SAU 50 needs to have a huge say in this process. It is going to cause a snowball affect that may result in increased costs for buses.

157 Nov 12, 2015 8:28 PM I don't think this will make a difference in my child either way

158 Nov 12, 2015 8:26 PM Our son has a hard time with his first period class- being tired, paying attention that early. A later start time would improve his success in the early block of classes.

159 Nov 12, 2015 8:22 PM It would be good if elementary, middle and high school start at the same time 8:30

160 Nov 12, 2015 8:21 PM I'm in favor of the later start time for HS students.

161 Nov 12, 2015 8:19 PM It would have been ideal for our family to have had elementary and middle school start and end earlier in the day, and high school start and end later. It makes sense with the significant sleep needs of teenagers.

162 Nov 12, 2015 8:18 PM and an idea please don't hesitate in slow this down let's get this and place for next year the kids of waited long enough across the United States we've seen proof that it works let's get on the bandwagon

163 Nov 12, 2015 8:16 PM We need more buses so everyone can go to school between 8 and 8:30. Elementary students will have a hard time being at school before/at 7:30. Then would teachers have to be to school at 6:45? That's not fair to them either. 7:20 is too early even for the little guys. Half of them look exhausted as it is.

164 Nov 12, 2015 8:12 PM Keep it the way it is. Very difficult for child care

165 Nov 12, 2015 8:09 PM would make sense to try and couple PE/with their team practices as many schools do. 1st or the last period could in season PE would allow a student athlete to either practice before school or start earlier in the afternoon. Field availability already forces many athletes to practice in the early evening which puts a strain on homework, meals and work.

166 Nov 12, 2015 8:09 PM Getting up early may be a fact of life, once the students go to college, begin working, or begin working. I don't know if staying up later and getting up later has any net benefit. It may negatively impact after school activities and sports, with limited daylight in the fall and away game schedules.

167 Nov 12, 2015 8:05 PM My opinion is that regardless of the time school starts, life is busy. Having younger children start earlier in the morning does not seem to solve that life is busy and that a disciplined bedtime routine is a requirement if one wants to function at a high level. I find that at each age so far, my children wake up early on the weekends and not during the week most times simply because it's not a school day. The importance is in getting to bed at a decent time. With life as crazy as it is, it's a struggle we all have and that's only learned through discipline and educating oneself on the topic of sleep and education. Changing school times is probably not the answer. It's probably not going to teach that discipline. Perhaps continuing to actively educate children and parents about the importance of sleep through working with the local newspapers, school newsletters, etc. and sharing real life stories of people who have successful strategies and the success to back it up might be the way to go? Thank you for considering my feedback and I applaud the Portsmouth school department for exploring and researching this topic. -- Janice Henderson

168 Nov 12, 2015 8:04 PM Highly positive change for all ages thank you for proposing change

169 Nov 12, 2015 8:03 PM Thank you for looking at this. My son falls to sleep in class one to two times a day. The early morning schedule affects his health negatively. With the later start time he can eat breakfast and be more awake at the start of school.

170 Nov 12, 2015 8:03 PM I think this is an awful idea. Having a son that is graduating PHS this year we have seen no ill effects of the early start times. Also think how this will effect the sau50 school budgets for transportation

171 Nov 12, 2015 8:03 PM Wish it wasn't so far apart altogether

172 Nov 12, 2015 8:02 PM While this change would negatively impact our younger son and might negatively impact our family life, I can understand that no schedule is perfect. Unless we have a second fleet of buses, someone's sleep is going to be disrupted. Perhaps it is right to make this change in Portsmouth. I am just saying that it will be hard for OUR family because we simply cannot start dinner early enough to get our younger son asleep by 7:30. This may be the case for many families with two parents working outside the home.

173 Nov 12, 2015 8:02 PM I think that this change is a good one but interestingly non of my children want the change

174 Nov 12, 2015 8:01 PM My kids and whole family are natural early risers, and also go to bed very early. I am concerned about less after school time. They usually do homework right after school before they go off to afterschool activities. However, I understand the science and health benefits behind the change, and am aware that my kids early wake times are unique.

175 Nov 12, 2015 8:00 PM Please don't change the time. This will have a huge negative effect on my family.

176 Nov 12, 2015 8:00 PM This is a GREAT idea I'm all for the change

177 Nov 12, 2015 7:58 PM I prefer the current start times. Changing now would disrupt my families' schedules drastically having two children in two schools in two towns.

178 Nov 12, 2015 7:57 PM If adolescent kids are having trouble waking up, the solution is parents taking control and enforcing an earlier bed time, not throwing an established schedule out the window and creating turmoil for everyone.

179 Nov 12, 2015 7:55 PM Early school had a negative domino effect in the entire day. Children wake up tired and late, often do not want to have breakfast, are general

180 Nov 12, 2015 7:55 PM I agree with the proposed later start time for High School and Middle School Students. I do understand it may negatively impact the city budget, however, by requiring more bussing or bussing overlap.

181 Nov 12, 2015 7:52 PM Kids need to learn how to get up and be productive members of society. They can learn to set alarms and go to bed early enough to get proper sleep.

182 Nov 12, 2015 7:52 PM PLEASE DO THIS!!!

183 Nov 12, 2015 7:48 PM I think that school start times at 7:30 or earlier are too early for any age level and it is too bad that there can't be a reasonable start time for all levels

184 Nov 12, 2015 7:48 PM I like the positive effects of the later start times for the older kids but to them ask elementary school kids to get up earlier is not the solution. My kids do after school activities out of town and not affiliated with schools so I'm concerned about my 6th grader getting out of school later. I appreciate the effort

185 Nov 12, 2015 7:48 PM Please keep the times as is.

186 Nov 12, 2015 7:47 PM I favor keeping the present start times.

187 Nov 12, 2015 7:46 PM PLEASE do it as soon as possible!! Thank you

188 Nov 12, 2015 7:46 PM THEY NEED TO SLEEP LATER

189 Nov 12, 2015 7:44 PM Do it

190 Nov 12, 2015 7:44 PM Having GCS and PHS both very early start times is very difficult to manage. It is extremely difficult for my PHS student to go early for additional help or do makeup work before or after school while having 4 children in 2 schools with same start and end time.

191 Nov 12, 2015 7:44 PM This survey is not set up so you can answer per each student. I will say my oldest is more responsible getting to bed and getting himself up. I would have to get my youngest to bed by 8:00 to have him up to be at school for a 730 start time. By the time we get home from work tired close to 530 then dinner, homework and bathing brings us to after 7 leaving very little family time.

192 Nov 12, 2015 7:44 PM I do not see the need to change the way it is. It will not help the students who have homework and after school activities. Leave it the way it is.

193 Nov 12, 2015 7:43 PM I am not in favor of change

194 Nov 12, 2015 7:42 PM I don't think starting later would help I might miss it would they days be longer in school then?

195 Nov 12, 2015 7:42 PM I applaud the effort to synchronize the school schedule with all kids' circadian rhythms. This is overdue.

196 Nov 12, 2015 7:41 PM Do we really think starting later kids will get more sleep? That seems bit crazy to me. I guess you could say less homework will allow them to go to bed earlier.

197 Nov 12, 2015 7:37 PM I see no advantage to changing the current hours.

198 Nov 12, 2015 7:36 PM Great idea

199 Nov 12, 2015 7:34 PM I would LOVE to see later start times!

200 Nov 12, 2015 7:32 PM I'm in favor of allowing more sleep. I believe it would have much positive impact with little or no negative

201 Nov 12, 2015 7:32 PM Please make this change! It will have a very positive effect on students getting more sleep!

202 Nov 12, 2015 7:31 PM High school athletics should not determine K-12 schooling.

203 Nov 12, 2015 7:31 PM I completely support this proposed change.

204 Nov 12, 2015 7:29 PM Why could both groups have a later start time? If buses are the biggest issue lets get more buses.

205 Nov 12, 2015 7:26 PM This would be an EXCELLENT opportunity for Portsmouth to, pave the way showing other districts the health and wellness benefits of the change.

206 Nov 12, 2015 7:25 PM later is better, but try to shave time off the day before just extending it to 3:30.

207 Nov 12, 2015 3:51 AM I think if we don't make changes that are evidenced based to support the health of our children it is extremely irresponsible. I have thought this change should happen for a long time. The only change I would make is for everyone to start at 8:30. As a culture we are too rushed but there is always some reason we can't do the right thing (bus or sports schedules). We need to keep the main thing, the main thing and support our kids physical and mental health!

208 Nov 10, 2015 6:17 PM I think the problem with early dismissal for sports could be easily resolved by not having block schedules. Missing an occasional class would have less of an impact and would benefit all with an later start time in the morning.

209 Nov 10, 2015 12:57 AM I am in favor of later start times for middle and high school students. The ability to get more sleep since they naturally stay up late is a BIG positive for our family.

210 Nov 9, 2015 11:11 PM I strongly disagree that teens need to go to bed later to get the right kind of sleep - I feel quite comfortable stating that it is the parents who do not instill proper routines for their children to get the right amount of rest. I am rather concerned that our nation is catering to the "habits" of youth in America and I support parents taking back control and making sure their children are being raised with the right set of standards. When they are grown and in the work force, they will have to be to work and ready to work in the a.m. no matter what time they went to bed. I believe we should help them get used to taking care of their bodies and getting to bed so they can be productive the next day!

211 Nov 9, 2015 10:27 PM Our child does not think that it would change much about the day, it would impact our leaving for work though

212 Nov 9, 2015 10:16 PM I think high school hours should stay the same or start no later than 30 minutes later than it does now.

213 Nov 9, 2015 5:46 PM If concerns about this impacting the schools in SAU 50 are a barrier to making this change please let the public know -- I don't think SAU 50 should be a deciding factor on making this important change to the high school schedule.

214 Nov 9, 2015 5:10 PM Please do not change the High School!

215 Nov 9, 2015 1:52 PM Finally this issue is being addressed! I hope this effort can get this resolved once and for all. Thank you!

216 Nov 9, 2015 12:20 AM We collectively think it's a GREAT idea! Currently it's VERY hard to get our middle schooler up at 6:30 a.m. to be out the door by 7 a.m. to walk to PMS. For the 2016 school year, we will have one middle schooler and one high schooler that this change would impact in a positive way. Their bedtime would NOT change at night, (9:00 - 9:30 latest) but an opportunity for an hour extra sleep would make a huge difference on their ability to focus and engage at school first thing in the morning. We fully support this proposed change with minimal impact on our personal schedule, and only a positive impact on the kids school schedules and their well-being.

217 Nov 8, 2015 9:41 PM sometimes my high schooler and middle schooler need a ride to school because they are running late due to over sleeping - the change in start time would likely mean that they could always make it to school by walking.

218 Nov 8, 2015 7:08 PM A later start would negatively affect our family and our child does NOT wish for this change.

219 Nov 8, 2015 10:39 AM Keep them as they are. Educated families to turn off the tv and devices and go to bed. Personal responsibility goes A LONG WAY in producing higher grades and test scores.

220 Nov 7, 2015 9:13 PM I think it's important to change for the health of our kids.

221 Nov 7, 2015 8:02 PM My child could start taking the bus. My child would certainly appreciate the extra sleep. Would the school have an open time in the morning for students before the start of school so that they could be dropped off by working parents?

222 Nov 7, 2015 6:33 PM Thank you for considering a later start time. My daughter has never been so exhausted.

223 Nov 7, 2015 4:58 AM I totally disagree with having the elementary kids starting earlier. I'm fine with all schools starting at 830 and I understand the research, but having my third grade go to school an hour earlier is going to cost me childcare fees I cannot afford. Right now I rush home to meet the bus after school. If he were to come home earlier, if have to rearrange things completely and I honestly do not know how I'd make ends meet financially.

224 Nov 7, 2015 3:56 AM I feel that the older kids should get used to getting up early to prepare them for real life jobs. Parents need to set rules on appropriate times to go to bed and turn off electronics etc. Starting school later will just allow them to do things later the night before.

225 Nov 7, 2015 3:29 AM I hope, for the collective health of the cities adolescents that the school start time change is implemented. This is an important issue and I appreciate the work that has gone into proposing the altered schedule. Thank you!

226 Nov 7, 2015 3:12 AM Strongly support later middle and high school start times.

227 Nov 7, 2015 2:34 AM I'm in favor of a later start time for the high school.

228 Nov 7, 2015 2:04 AM I don't think we need to change hours. Get the kids ready for the real world. People wake up early for work and so should kids. Making these changes will effect sports and schedules that are working fine.

229 Nov 7, 2015 1:11 AM Enthusiastically agree with these changes

230 Nov 7, 2015 12:58 AM Don't change them.

231 Nov 7, 2015 12:29 AM Having a child with epilepsy, the early morning hours are brutal. He doesn't wake up until 2nd period and grades in 1st period suffer.

232 Nov 6, 2015 11:48 PM Start time for elementary would be better around 8am.

233 Nov 6, 2015 11:47 PM I think this is a wonderful idea that is long overdue! The research has been normed and validated stressing the adolescent's delayed sleep patterns and its impact on early rising for school. PLEASE seriously consider making this change for the well being of our students!

234 Nov 6, 2015 11:10 PM I have been a proponent for years of the little kids going earlier and the High Schoolers going later. When my kids were little they were chomping at the bit to get out of bed in the morning. It is absurd that the High School serves lunch at 10:40 AM ! 11:40 doesn't seem nearly as ridiculous. My children are not hungry for lunch at that time of the morning so they come home ravenous at

3:00 and ruin dinner. Study after study has proven that a later start time is advantageous for teen sleep patterns..... please,please, please dare to make this change ! No child needs to get up at 5:00AM to go to school

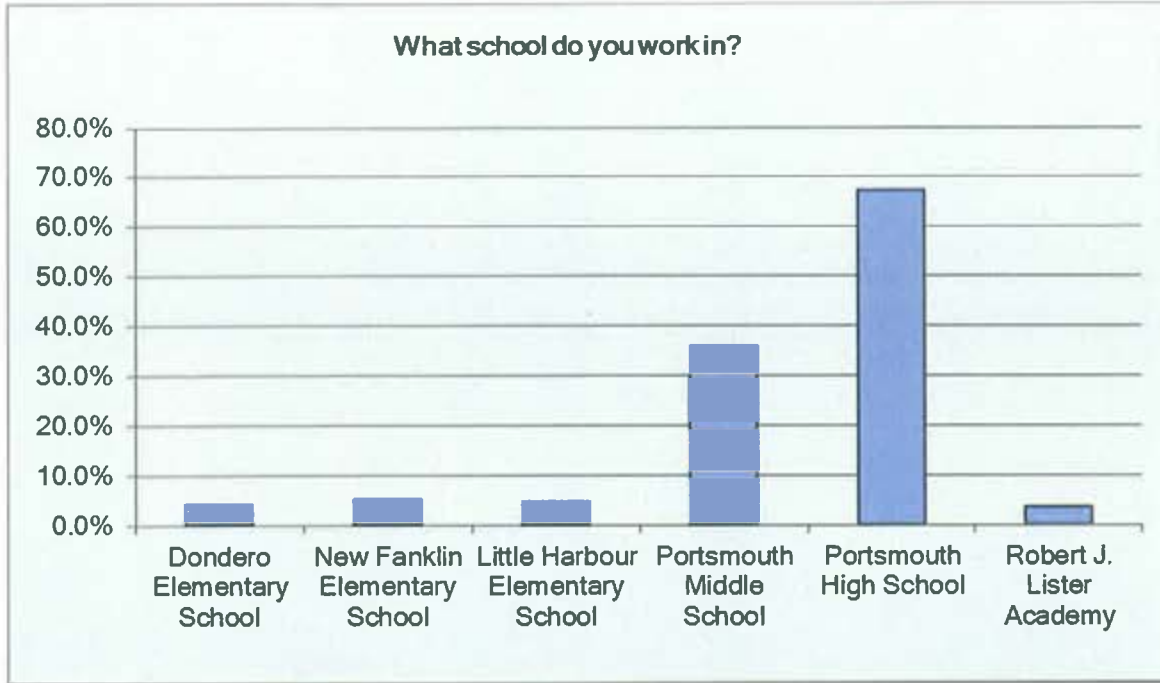
- 235 Nov 6, 2015 11:07 PM Highly recommend it all teens need > sleep!
- 236 Nov 6, 2015 10:42 PM In my perfect world, I would love to see the schools be closer in time with an 8am start time. No later than 8:30 start time.
- 237 Nov 6, 2015 10:33 PM I believe changing the start time for Middle and High School would be highly beneficial to the students as homework load is larger and projects are very time consuming, requiring students in many cases to stay up late to finish them. Having a later start would give them more rest time. Also, as they get older, after school activities such as sports tend to be later in the day as well, sometimes with the child not returning home till the evening after a whole school day (this includes track meets, hockey games, etc). i
- 238 Nov 6, 2015 10:15 PM This would have been important to me when my kids were all in elementary. We are an early family and had too much time before school/work
- 239 Nov 6, 2015 10:06 PM Would be beneficial for whole family
- 240 Nov 6, 2015 9:25 PM Elementary should start at 8. Waiting till 9 is tuff but 7:30 would be to early especially kids who ride the bus.
- 241 Nov 6, 2015 8:24 PM I don't think it is a good idea. Like with daylight savings, your body adjusts. I still think that even if you change it, the teens at least, will probably be staying up later to finish projects or studying.
- 242 Nov 6, 2015 7:45 PM Please Please Please do this! Thank you!
- 243 Nov 6, 2015 6:37 PM too bad it couldn't be adjusted a little better, I understand there are shared busses...but if there wasn't, why not have everyone start around 830 or just bump the middle school to just a 8am start. feels very all or nothing in both situations because of bussing issues.
- 244 Nov 6, 2015 6:05 PM I hope that the needs of the many will outweigh the needs of the few. There may be a few individuals who will be negatively impacted (or perceive that the change will be negative), but we need to do what's best for the majority of our students, educationally. Science tells us that the delay will be beneficial. Thank you for considering this change.
- 245 Nov 6, 2015 5:42 PM Please please change to a later time, for the love of God.
- 246 Nov 6, 2015 5:23 PM Love the idea of doing what's best for kids - that should be the bottom line.
- 247 Nov 6, 2015 5:21 PM Research isn't 100 percent accurate and this issue depends on the people...we are morning people and the loss of daylight time on the other end is detrimental
- 248 Nov 6, 2015 5:12 PM I am all for it! Better for the kids and we can adjust.
- 249 Nov 6, 2015 4:32 PM I VERY STRONGLY support a later school start time for High School students.
- 250 Nov 6, 2015 4:29 PM I'm so pleased you're looking into this option! I hope you implement the change so my son sill benefit from the the extra sleep, as a teen when he'll need it most!
- 251 Nov 6, 2015 4:15 PM I fully support flipping the time and having a later start for middle and high school. As my 7th grader says, "mom, don't bother asking me if I'm tired- I'm always tired." I believe this is a direct result of her having to walk up at 6am. She gets to sleep by 9 most night. This easily start time is difficult for our entire family. I always feel as though I am playing catch up. Please switch the start time. Thanks for exploring this very important issue.
- 252 Nov 6, 2015 4:14 PM My son likes to stay up at night so by the end of the week he is exhausted. Extra sleep in the morning would help.
- 253 Nov 6, 2015 4:09 PM Starting later would be a HUGE improvement!
- 254 Nov 6, 2015 3:58 PM Although I am not opposed to changing the start time to a later start time for middle and high school students, I don't know if having elementary going earlier is a good idea. I suspect the busses are the problem? But I ask you, as I live in town and see the population on the busses and it certainly isn't as many as when I was a kid, do we really have the need for busses or as many as we think we need? When busses go by it looks like. O one is on them. So if bus schedules is what is driving schools to start in shifts, maybe it's not as big of a problem? Or can we increase the amount of busses so the schools can all start at the same time?
- 255 Nov 6, 2015 3:55 PM how much more money would it be if all schools started at the same time? a lot of the buses I see around town do not seem to be even half full.???
- 256 Nov 6, 2015 3:53 PM Kids would get more sleep if they had less homework (the only excuse here for staying up late).
- 257 Nov 6, 2015 3:51 PM We have so much data supporting a later start time, why wouldn't we do it?
- 258 Nov 6, 2015 3:50 PM Totally in favor of later start times for middle and high school, it's in the research and would make a difference for my children!
- 259 Nov 6, 2015 3:49 PM I understand the necessity of changing start times for older students. I agree it is needed, however, It will affect those with younger students more dramatically than perceived. Especially in those families where both parents work.
- 260 Nov 6, 2015 3:43 PM Middle and Elementary should start at the same time.
- 261 Nov 6, 2015 3:39 PM This issue is backed by research and other school's who have implemented it experience. I support it wholeheartedly.
- 262 Nov 6, 2015 3:36 PM Have you actually checked with other school districts to see how this is working for them? I can't see anything positive about it.
- 263 Nov 6, 2015 3:35 PM With the amount of homework older students have, I don't think pushing their start time later would help their cause. They need that time between activities to get some homework done. Also, how are we training those children to enter the workforce if we are not preparing them for that early work schedule
- 264 Nov 6, 2015 3:32 PM I think the school times should stay the way they are
- 265 Nov 6, 2015 3:30 PM I really hope that we can start later
- 266 Nov 6, 2015 3:23 PM I really urge the school board not to continue with this idea.
- 267 Nov 6, 2015 3:21 PM Our kids are very acclimated to the current start time and will not benefit from changing the start time.
- 268 Nov 6, 2015 3:12 PM My child is in the unfortunate situation where he is the first to be picked up on the bus and last to be dropped off. A later start time will at least give him more time to sleep and I will occasionally drive him in from now on.
- 269 Nov 6, 2015 3:12 PM I think this is a great idea and long-overdue. The research supporting this is been around for quite some time. Let's make it happen.

270 Nov 6, 2015 3:11 PM This is a long time coming. Kudos to the School Board and Administration for giving this serious consideration, in the best interest of the health and welfare of all students.

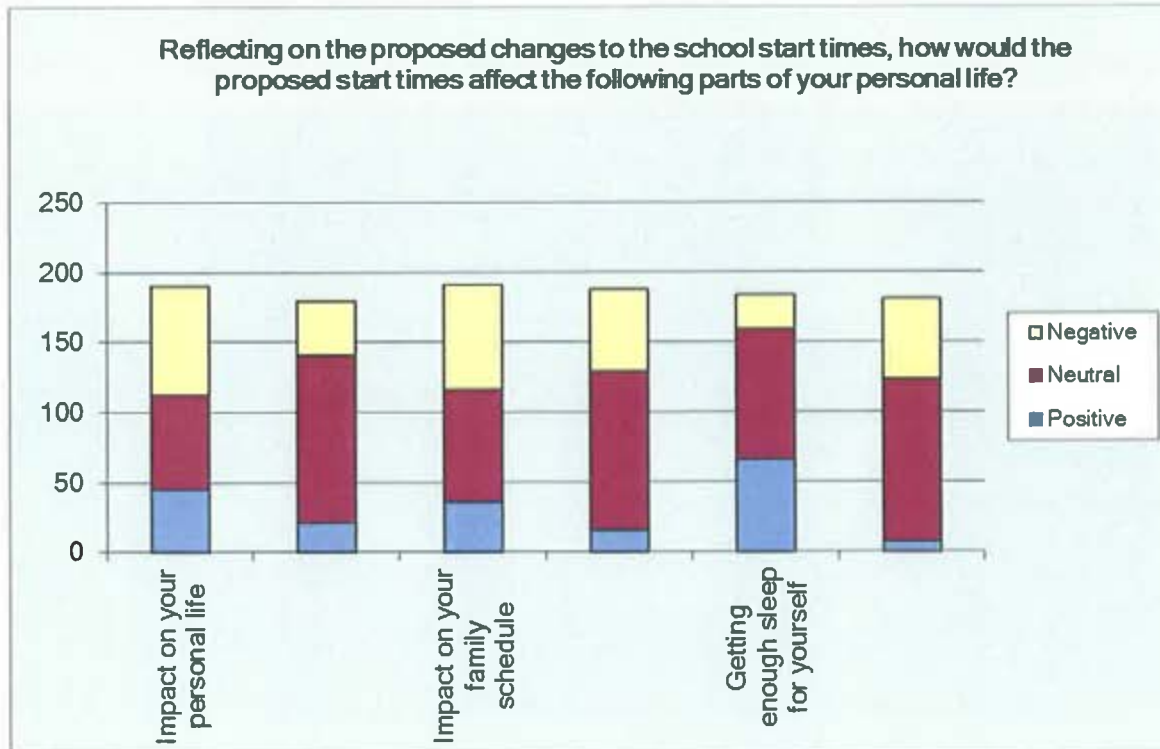
271 Nov 6, 2015 3:10 PM Can we also talk about the early release days for PHS students? Why not have them delayed opening days instead? It's the same thing, but allows the kids the chance to sleep in. And, most student (on early release days) have to go back to school at 3:00 for sports. If we are worried about their sleep, let's make this switch at a minimum.

School Start Times- MS & HS Staff

Question 1:



Question 2:



Question 3: Please elaborate on any negative effects to your personal life.

- 1 Nov 20, 2015 1:05 AM Possibly heavier traffic in the morning leading to a longer commute
- 2 Nov 19, 2015 1:59 AM The day would end later pushing school activities later meaning getting home later so less family time
- 3 Nov 16, 2015 5:45 PM Travel is more difficult for AM commute.
- 4 Nov 16, 2015 1:27 PM work a second job after school
- 5 Nov 15, 2015 6:14 PM Late dismissal- (later than current elementary) impacts doctor/dentist appointments
- 6 Nov 14, 2015 11:13 PM second job, necessary supplemental income, without this I cannot afford to support myself and family.
- 7 Nov 13, 2015 2:09 PM Lots going on (appointments, commitments) in afternoon
- 8 Nov 13, 2015 1:39 AM Scheduling challenges
- 9 Nov 12, 2015 9:54 PM I am able to schedule appts. in the late afternoon, work with students after school, and run clubs.
- 10 Nov 12, 2015 7:59 PM arrival home would be stretched, very late sometimes
- 11 Nov 12, 2015 4:14 PM 2nd job
- 12 Nov 12, 2015 2:32 PM My son attends daycare and needs to be picked up by 5:30pm, and my wife works in the evenings, so having extracurricular activities start later would make our daycare pickup plans more challenging.
- 13 Nov 10, 2015 10:24 PM None
- 14 Nov 10, 2015 3:02 PM Wi usually try to schedule appointments after school hours, this may effect this a little.
- 15 Nov 10, 2015 1:48 PM None
- 16 Nov 10, 2015 12:24 AM My family would now have to pay for childcare after the elementary schools got out earlier and us later, which isn't ideal financially for us. Also our family would have to re-work our schedules completely. This is a negative effect to how our household runs. Also, I work a second job after school this will force me to cut back hours or spend more time away from the family on weekends or at night.
- 17 Nov 9, 2015 6:48 PM Wouldn't be able to see my son's sporting events and races and would reduce time to take on extra work.
- 18 Nov 9, 2015 4:44 PM If I am not available to take care of my elementary school child then I will lose time with them and possibly have to pay for childcare
- 19 Nov 9, 2015 3:21 PM Seeing family
- 20 Nov 9, 2015 2:35 PM Husbands work times will be different
- 21 Nov 9, 2015 1:22 PM As someone who lives over the General Sullivan Bridge, I will still need to leave for work early which means my children still need to do before care. And, when leaving in the afternoon, I will still need to leave by 3:45 in order to get my kids at aftercare. In addition, I will need to find someone else (and pay them) to hopefully bring my kids to their dance class because that begins at 4pm and I will never be able to get them there myself.
- 22 Nov 9, 2015 12:12 PM My concern would be if we have to work from 8:15-4:15. I would miss my kids' activities. If we could work 7:30-3:30. I would be fine with all of it.
- 23 Nov 8, 2015 11:27 PM The change would negatively affect me for two years until my son moved on to the middle school. Then the change would be positive.
- 24 Nov 8, 2015 6:45 AM My family already goes to work earlier than I do and so there would be even less time to see them. I am also worried about after school meetings that would go until dinner time
- 25 Nov 7, 2015 11:42 PM Nothing that cannot be solved.
- 26 Nov 7, 2015 3:01 PM After school activities being pushed later would affect my ability to be at my second job
- 27 Nov 7, 2015 12:11 PM I'm an "empty nester" so the main one impacted could be my dog...he'll get over it!
- 28 Nov 7, 2015 4:30 AM By having a later start time this also means that the school day ends later. For those faculty members who may hold a second job or coaching job they may be working without a break or would now be unable to work at all...which impacts income level.
- 29 Nov 6, 2015 9:27 PM Working later in the afternoon will effect doctors' appointments, errands, visiting of older relative, etc.
- 30 Nov 6, 2015 8:59 PM Childcare and getting my own children to their after school activities. Kids will also be inclined to stay up later, which defeats late time start purpose. High schoolers will use as disadvantage.
- 31 Nov 6, 2015 8:29 PM would significantly interfere with after work commitments
- 32 Nov 6, 2015 7:59 PM NO Negative at all. ONLY POSITIVE
- 33 Nov 6, 2015 7:44 PM conflicts with children's schedule, Conflicts with spouse's schedule,
- 34 Nov 6, 2015 7:38 PM My divorce decree will be messed up due to change in schedule.
- 35 Nov 6, 2015 7:33 PM None - this is a benefit to our STUDENTS
- 36 Nov 6, 2015 7:00 PM I have committed to babysitting after school(3:30), its when I exercise, take classes, work part time and do errands. Our household retires early (8:00) as my husband leaves for work at 4:00.
- 37 Nov 6, 2015 6:43 PM None
- 38 Nov 6, 2015 6:27 PM I assuming start time is later and it means more people having to get out at the same time, using the bathroom at the same time, heavier traffic driving in (I drive 35 miles) and also especially going home-my 45 minute drive could easily become well over an hour with bridge traffic, also it would be harder to make doctor's appointments that are not in town after school
- 39 Nov 6, 2015 5:50 PM having time to exercise and spend time with family is very important to me
- 40 Nov 6, 2015 5:46 PM I would have less productive time in the afternoon. I coach soccer at the middle school and referee soccer for the recreation department. A later release from school would make these activities difficult for me to participate in. If the elementary schools are released earlier, their soccer games will likely start sooner and I will not be able to participate.
- 41 Nov 6, 2015 5:37 PM My husband and I work the same time frame at this point.
- 42 Nov 6, 2015 5:26 PM I do not have care for my child and his activities will start before I get home from school. I absolutely would not be available for extra help after school ever, but would offer before school help only.

43 Nov 6, 2015 5:05 PM I work in the evening and need time to care for my mother, also I have certain times Im allotted for care for her.

44 Nov 6, 2015 5:02 PM This would have a negative effect on my personal life which would effect my classroom. I am not able to afford weekly childcare for before and after school. The commute would be horrendous! Traffic is horrible during the later hours of the day which would drastically change my day.

45 Nov 6, 2015 4:42 PM I worry about contractually being at work until 4:15. We live in a different town and that makes meeting after school obligations with my kids difficult at best.

46 Nov 6, 2015 4:33 PM I'm a morning person and start my day around 4:30. By the end of the day, I'm fatigued. Starting later would be taxing to me physically.

47 Nov 6, 2015 4:32 PM Could not lose a 1-2 days of work due to proposed changes

48 Nov 6, 2015 4:30 PM I ride horses a few days a week. In the fall it would become too dark by the time I leave work to do this. I am also the primary cook in my house. A later start would put me at a disadvantage in preparing meals.

49 Nov 6, 2015 4:29 PM N/A

50 Nov 6, 2015 4:28 PM Little time to prepare for second job.

51 Nov 6, 2015 4:21 PM It would be a problem for my husband.

52 Nov 6, 2015 4:14 PM Less time in the afternoons for medical appts etc and getting home later will mean more traffic.

53 Nov 6, 2015 4:13 PM The change in it self would not negatively effect my childcare situation but if other surrounding school districts change start times it would.

54 Nov 6, 2015 4:04 PM e.g. Doctors close their offices relatively early. Access to them means taking 1/2 or full days off to get timely appointments.

55 Nov 6, 2015 4:00 PM None! Our high school students need this as part of their development!!!

56 Nov 6, 2015 3:59 PM Potentially getting home an hour later each day would affect my time with my family

57 Nov 6, 2015 3:58 PM I don't think the effects on a teacher's personal life should be taken into consideration for this decision.

58 Nov 6, 2015 3:57 PM N/A

59 Nov 6, 2015 3:42 PM The traffic to and from work, since I live in Maine, will be significantly worse an hour later than usual, before or after school. I also workout almost everyday after school and I know this change would make it harder to get time to go do that.

60 Nov 6, 2015 3:40 PM I have young children and like to be available for them at the end of the day.

61 Nov 6, 2015 3:39 PM will completely throw off routine and the traffic will only add more time to the day, rather than less. It will be a nightmare

62 Nov 6, 2015 3:35 PM I would need to significantly cut back on the amount of after school activities I provide for students as the schedule would impact family life (children activities, homework, dinner, etc.)

63 Nov 6, 2015 3:33 PM I'm concerned that if I continue to lead after-school groups and activities that will impact my childcare and family time at the end of the day.

64 Nov 6, 2015 3:29 PM I would have no after school child care. Would impact after school coaching

65 Nov 6, 2015 3:27 PM I have multiple jobs after school and have to pick my son up from daycare. Starting later will mean I would not be able to have another job and my family needs the income.

66 Nov 6, 2015 3:24 PM I may eliminate my opportunities to officiate high school sports at other schools

67 Nov 6, 2015 3:23 PM I will need to find after school care for my elementary student

68 Nov 6, 2015 3:22 PM I work a second job, this change would have a huge impact on my second form of income

69 Nov 6, 2015 3:21 PM pushes school day later

70 Nov 6, 2015 3:20 PM My husband starts in Raymond at 7:30, so I would get home much later than he would.

71 Nov 6, 2015 3:20 PM For the simple reason that I am a morning person. Get up, get going, get the day started.

72 Nov 6, 2015 3:17 PM I wake up early so the waiting to leave will be aggravating along with the high traffic volume leaving at a later time.

73 Nov 6, 2015 3:11 PM everyone will be traveling in more traffic on both sides of the day

74 Nov 6, 2015 3:10 PM I do have family afternoon commitments that would be affected by a change in work hours

75 Nov 6, 2015 3:09 PM none!

76 Nov 6, 2015 3:06 PM Depending on the time the high school would be dismissed, the later time would affect my second job after school.

77 Nov 6, 2015 3:06 PM Getting home to my children after school at a reasonable hour. They have activities that I need to get them to as well.

78 Nov 6, 2015 2:58 PM I am a morning person and now I am able to make appointments after school and not impact the school day.

79 Nov 6, 2015 2:56 PM Prefer having time in the afternoon & work a 2nd job (several days per week) that begins at 4:00 pm

80 Nov 6, 2015 2:54 PM The situation at home with my significant other would be negatively impacted as the limited time we do see each other is mid afternoon. Arriving home at 4 or 4:30 would make it likely impossible to see each other on a regular basis.

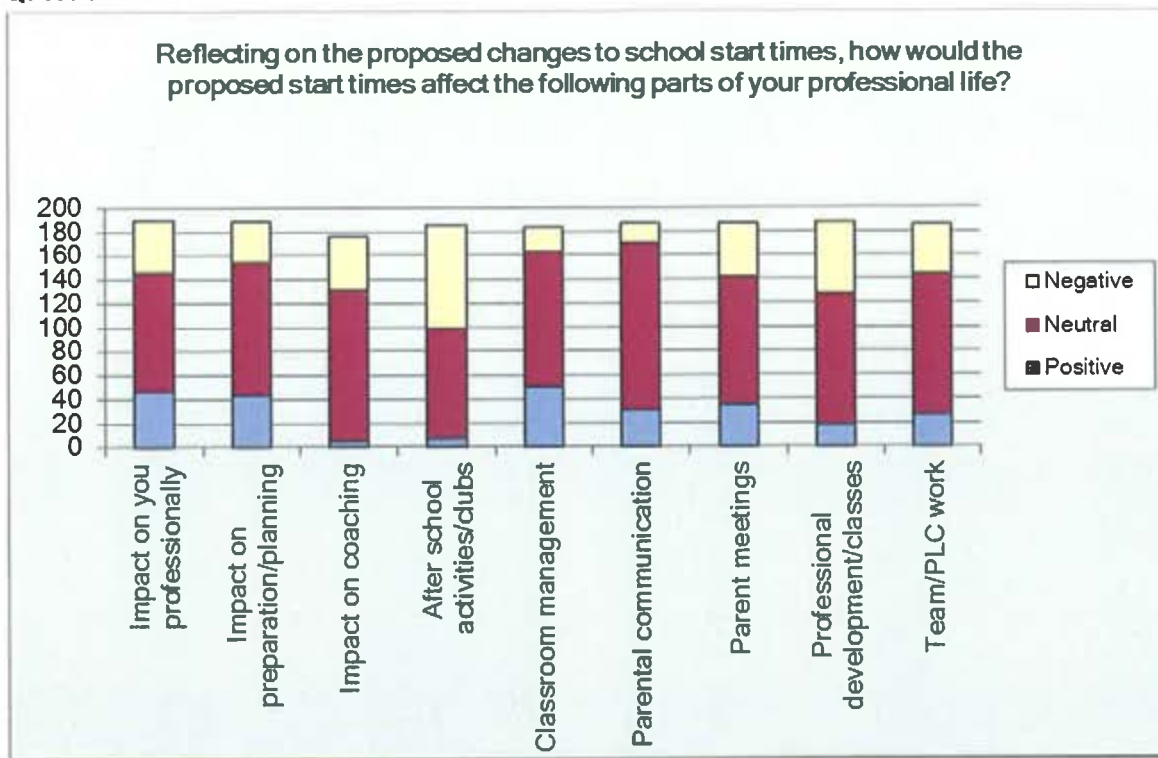
81 Nov 6, 2015 2:54 PM Children in other district. Dover, to be exact.

82 Nov 6, 2015 2:51 PM a second job two nights a week would prevent me from getting to school on time.

83 Nov 6, 2015 2:49 PM Traffic coming and going on routes 16 and 4

84 Nov 6, 2015 2:46 PM Coordinating time with spouse who works opposite shift; driving home after dark during the winter months will lead to an unhealthy lifestyle.

Question 4:

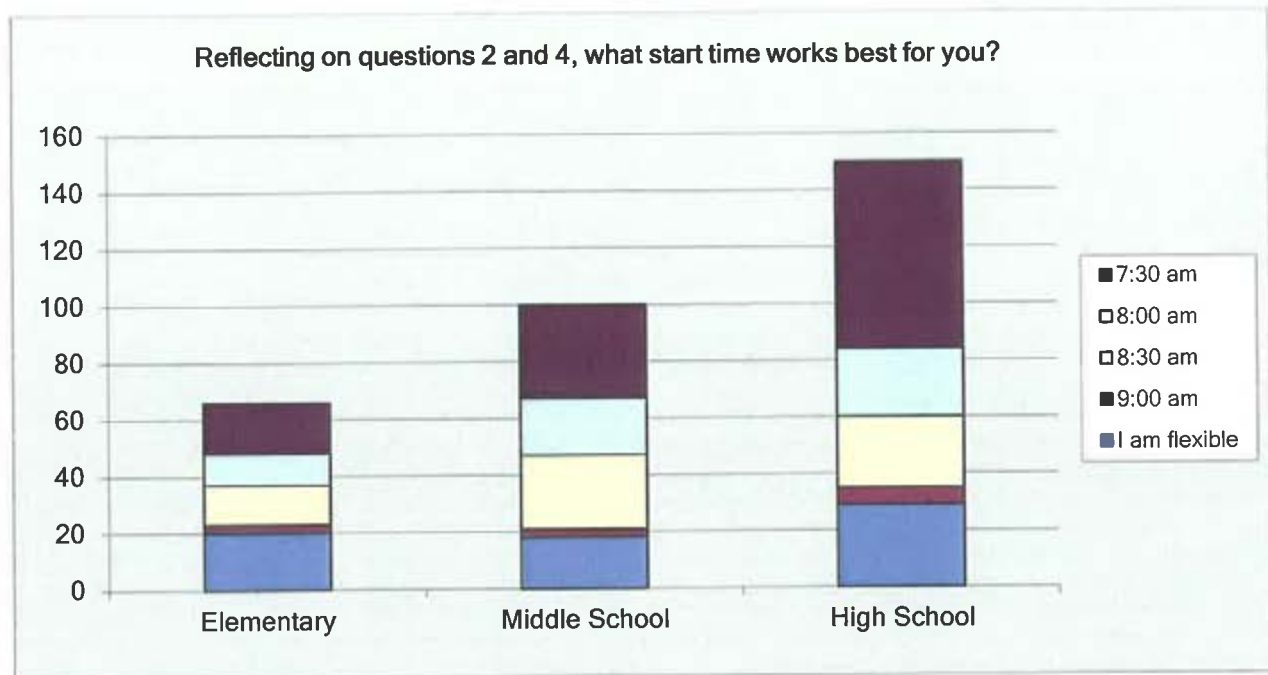


Question 5: Please elaborate on any negative effects to your professional life.

- 1 Nov 19, 2015 1:59 AM It will make it harder for kids to be in activities when the school day ends later
- 2 Nov 17, 2015 6:55 PM I would only fear the negative parent meeting that goes too late afterschool and then teachers would have to leave to take care of their families, especially teachers out of district.
- 3 Nov 16, 2015 5:45 PM Those that have children in our Dept. may not be as free to meet for the PLC work if the schedule is changes because they will have to pick up their children from childcare.
- 4 Nov 16, 2015 1:27 PM not sure that the research is completely reflective of the social media generation of today. Not sure that the 22% of lower income families do or trust surveys and will be represented in this work, yey have the lease job flexibility.
- 5 Nov 15, 2015 6:14 PM Release time is late for courses, meetings with parents, make up and school help with students
- 6 Nov 14, 2015 11:13 PM If school starts an hour later, school ends an hour later. After school activities/ extracurriculars/ meetings will start an hour later and end an hour later. Dinner will be served an hour later and dinner will be cleaned up an hour later. Kids will go to bed an hour later and will thus get the same amount of sleep as before the new start time.
- 7 Nov 13, 2015 1:39 AM Some of the above depends...if I can arrive 730am to meet with parents, conduct grading, etc. and leave same time as students, it can possibly work.
- 8 Nov 12, 2015 9:54 PM I know that I would still go to school in the morning at the same time, therefore, my day would be longer, and I will still be correcting work/planning lessons at night.
- 9 Nov 12, 2015 4:14 PM Planning time impacted negatively
- 10 Nov 12, 2015 2:32 PM After school activities starting later would mean, for me, that I would be able to offer less of my time outside of school, given that my wife works evenings, and I would be responsible for picking up our child from daycare by 5:30.
- 11 Nov 10, 2015 12:24 AM It will simply make the day longer, parent meetings that are usually after school will run later as will PLC work. I don't know how this won't affect athletics, I'm sure Rus says he can work it out, but sub-varsity teams will take a hit.
- 12 Nov 9, 2015 4:44 PM Teaching till 3:30 would have a negative impact on after school events with my elementary student.
- 13 Nov 9, 2015 2:35 PM The later finish time will stop me from coaching
- 14 Nov 9, 2015 1:22 PM I will need to meet with families before school, not after school so I can get home to my family.
- 15 Nov 9, 2015 12:35 PM I have long been in favor of changing to a healthy start time. However, it is not necessary for instructional time to run until 3:30. In a 21st century learning environment, school resources are offered to students in many ways, from extensive clubs and athletics, to online offerings, to coursework that can be completed outside of the standard school day. Similarly, teachers need more time for collaboration. I hope we have the courage to trim time off of passing, lunch, and classes that are *too long* at 90 minutes. We could create a far more meaningful school day that runs from 8:30-2:55. Thank you for considering these viewpoints.
- 16 Nov 8, 2015 6:45 AM I wonder about what time we would be expected to be at school and when extra help would be given. I worry that high school students will still be waking with the rest of their family (younger siblings) and so no change in the amount of sleep they get. I also wonder about if they can wake themselves up to get to school if the parent is not there and working normal business hours. I also worry about sports as it is the girls soccer team left school at 1:45 for a home game, even with the push back how much time will they be missing.
- 17 Nov 7, 2015 11:42 PM Nothing that cannot be solved.
- 18 Nov 7, 2015 12:11 PM Given the effect expected on my energy level after school I think it could affect my willingness/availability of becoming more involved in after school activities/clubs.

- 19 Nov 7, 2015 4:30 AM As a coach of a team that plays their games back to back based on field space our JV team would never be able to play a full game based on sunlight constraints. What this means is a reduced number of participants based on the fact that they may never receive full game experience. What this means for the program is that, based again on game times, the program may not be viable after a few years. Players need game experience to want to continue, even at the JV level. A later start will not allow for this.
- 20 Nov 6, 2015 8:59 PM Schedules will be changed and staff will not be as available for after school help and activities.
- 21 Nov 6, 2015 8:29 PM will now limit engagement in work related activities after school
- 22 Nov 6, 2015 7:59 PM NO negative - ONLY Positive
- 23 Nov 6, 2015 7:50 PM See other above #4
- 24 Nov 6, 2015 7:38 PM Coaching could impact my classes.
- 25 Nov 6, 2015 7:00 PM I would not have meetings after school, where the majority of them are now
- 26 Nov 6, 2015 6:43 PM None
- 27 Nov 6, 2015 5:50 PM Having time after school to work on professional issues is important.
- 28 Nov 6, 2015 5:46 PM I coach soccer at the middle school in the fall. I fear that if we are dismissed later it will be too dark at the time we practice unless we can play on a lit field. A lot of teams we play against probably are not changing their dismissal times and scheduling matches might be challenging.
- 29 Nov 6, 2015 5:37 PM I personally work best in the morning, and tend to have a low time about 3 PM. That would allow for early prep time, but my best time would be spent with kids. I am concerned about after school activities starting and getting out too late. Parent meetings and professional development after school is also cutting in to late times.
- 30 Nov 6, 2015 5:05 PM as above
- 31 Nov 6, 2015 5:02 PM Since much of our work is done outside of school, I would have greater difficulty planning and developing for my students. I would not be able to attend after school professional development, workshops or meetings should my day change in hours.
- 32 Nov 6, 2015 4:33 PM It would be harder to get to collaborate with my PLC team as we would be less likely to stay late to plan as we do currently. Currently, we work with students after school until 3:15 and then plan/collaborate/share student work until about 4:30. If we couldn't get to that until 4:15, I think we would be less likely to collaborate.
- 33 Nov 6, 2015 4:29 PM As an itinerant teacher between the HS & Elementary schools, a time change could have a significant negative impact on our ability to adequately staff our grade 5 band instruction program.
- 34 Nov 6, 2015 4:19 PM I work on my preparation and planning after school. I then coach after school activities. If there was a later start time I would not have child care to cover this time and I would need to get right home losing almost 2 hours. In addition, the same goes for professional development. In most cases I am home at the same time as my small children never requiring childcare.
- 35 Nov 6, 2015 4:18 PM getting to UNH in time for a class
- 36 Nov 6, 2015 4:14 PM It will be difficult for sports teams. Practices will be later and games will require students to be dismissed very early and miss a lot of instruction.
- 37 Nov 6, 2015 4:09 PM Having extra-curricular activities begin 1 hour later would not fit into my schedule and not allow me the opportunity to continue with after-school activities.
- 38 Nov 6, 2015 4:04 PM Students in the high school behave far better blocks 1 and 2 as compared to 3 and 4. When the schedule is turned upside down, 4th block students in class at 730 are far better behaved and the 1st in 4th are far worse.
- 39 Nov 6, 2015 4:00 PM None
- 40 Nov 6, 2015 3:57 PM N/A
- 41 Nov 6, 2015 3:42 PM I can just see things happening later and people not being to attend/come because of that.
- 42 Nov 6, 2015 3:35 PM Traveling between 4 schools would be more challenging, after school activities I advise at elementary school would conflict with my end of the day middle school schedule.
- 43 Nov 6, 2015 3:33 PM Coaching and after-school activities being pushed later will impact us professionally as well as personally. Additionally, for people that work between all schools, I believe it will be difficult to schedule our teaching responsibilities within the adjusted school times.
- 44 Nov 6, 2015 3:24 PM I can currently lead after school activities and still coach after school. That may have to change!
- 45 Nov 6, 2015 3:21 PM pushes school day later
- 46 Nov 6, 2015 3:20 PM None, I feel it would only benefit my professional life. You would think after 30 years of getting up at 5:00-6:00 I would be used to the early rise time, but I am not. It continues to be a struggle to rise that early.
- 47 Nov 6, 2015 3:17 PM The traffic coming in to work and going home will be worse with the later start time.
- 48 Nov 6, 2015 3:10 PM Because of family commitments, I feel it would be more difficult to schedule parent meetings, professional development and especially the time demands of PLC work
- 49 Nov 6, 2015 3:09 PM None!
- 50 Nov 6, 2015 3:08 PM See OTHER above.
- 51 Nov 6, 2015 3:07 PM After school parent meetings would be more difficult to schedule.
- 52 Nov 6, 2015 3:06 PM A later time change for the high school would affect the Amigos program that I am an advisor for. I am the Little Clippers Preschool Teacher and the later start time for high school would completely affect the start times of the preschool and I would hope that we would not lose families due to childcare issues with starting later in the morning.
- 53 Nov 6, 2015 2:56 PM Second job, if taking evening class, less time between work and class

Question 6:



Question 7: Please offer any additional comments on school start times.

- 1 Nov 17, 2015 6:55 PM I believe that we don't need to push back the end time, we can shave off a few minutes from passing time. We could also move the HS classes to 80 minutes, now that we have more productive students, we won't need to have 90 min class, which many teacher use at least 5-10 minutes for "breaks" now.
- 2 Nov 16, 2015 5:45 PM I am not opposed but when I asked my students what they thought at least 90% were NOT in favor of any change to the start schedule. I was surprised.
- 3 Nov 16, 2015 1:27 PM I think many middle school students would come to school even earlier if they had social time or recess when they got here
- 4 Nov 15, 2015 6:14 PM When asked, students respond they would love a later start time. Once they find out the dismissal time, they change their minds. Re: sports, jobs, babysitting siblings, clubs & activities- both in and out of school (i.e. riding lessons), volunteering. Most say they would stay up later if the start time was later.
- 5 Nov 13, 2015 8:12 PM I am concerned that there is not being enough consideration for students who need to work after school. They will have fewer hours for afterschool jobs, they will be dismissed from school for sports and miss even more class time than they already do, if the lunch time is shortened there will be a drop in students involvement in co-curricular activities. I am also concerned that if the school day goes later that we may be 'forcing' students to stay up later because they will be pushing all of their afterschool activities (including homework) later in the day. I do understand what studies say about school starting later in the day, but I am very worried that if we switch our schedule we will end up losing more than we gain.
- 6 Nov 13, 2015 2:09 PM What about the real world? When students graduate, no company is going to care about what is more convenient or what the research says.
- 7 Nov 13, 2015 1:39 AM I say the above more so as that is the earliest college class and 8-9 is a typical business hour start time. I am curious what studies you found regarding adult sleeping habits as some adults are "night owls" and have hard time as well with 8-9am business hours...yet, they need to be there on time. Students develop that habit in high school to bring to college/real world.
- 8 Nov 12, 2015 9:54 PM As a parent of children who went through Portsmouth schools, I worry about the struggle to plan childcare for younger kids, and PMS students' schedules. Many need to work after school, and many more are in after school activities as well. What about sports? If there are no other schools with our schedules, do they now leave after lunch to go to a faraway game, missing two blocks of school?
- 9 Nov 12, 2015 7:56 PM With having 4 children in Portsmouth schools there's multiple of ways of looking at this but I think its easier having for an older person with handling the earlier time than a younger person. Its like reporting to work and most of these high schools students are working now. As a young adult you have to start making decisions in life that control the amount of time that you play, sports, work, sleep, etc.. Having the little ones change their times vs the older students its not fair to them or their parents. It's sad that elementary kids are already at a Day care or school by 7:30am with PEAK and then after school until 4pm due to parents work schedule. Will this help with day care services but you will probably see a heavier need of it needed in the afternoon which I would assume the PEAK can't handle.
- 10 Nov 12, 2015 2:32 PM I feel it's important to make decisions that will positively impact our students and their ability to learn. That should be our number one priority. I also believe that changing the scheduling model at PHS would help to accomplish this as well,

and particularly in my area that some of the things I currently am forced to do outside of school (as a result of our current scheduling model) could be moved inside of the school day and have a positive impact on students and their participation in those activities, and not having their participation limited due to other interests. My activities are always in conflict with after school athletics, driver's education, other clubs, community theatre and music opportunities, etc. Wouldn't it be great to have more performing arts offerings during the school day at PHS so that students could participate in them, and still have time to do athletics or other activities after school?

11 Nov 10, 2015 12:24 AM I think this whole issue is being pushed by a small minority of people. Research may say one thing, but I'm sure I can find some research that says the opposite. Kids will go to bed later like they did during our late start days and be just as tired if they are now. Why don't members of our school board show up to first block one day and actually see if the kids are overly tired or unengaged. This is a typical Portsmouth move, if it ain't broke, lets fix it anyway for the sake of being different. Our kids will be successful either way.

12 Nov 9, 2015 4:44 PM Teachers all have prep starting at 7 am, teach students at 8 am, decrease lunch and passing times, shorter blocks, teach till 3 pm.

13 Nov 9, 2015 3:26 PM I think pushing the start times back just enough to make it so staff are not leaving their houses and students are not waiting at bus stops in the morning in the dark during the winter months would go a long way towards improving mental health for all.

14 Nov 9, 2015 1:22 PM I am definitely not opposed to changing the start time. I understand that teenagers need sleep. The part I have the hardest time with is that for all of us who cannot afford to live in town, we all have 20-40 minute commutes any way. I think the people that suffer are our own kids. I don't really want my own children to be stuck at school for 10 hours. Traffic in the afternoons is unpredictable. It can take me 30-45 minutes to get home if I leave after 3:30. In the mornings, all of us will need to be crossing the bridge by 7:30 or we could get stuck there.

15 Nov 8, 2015 11:27 PM Perhaps all schools could begin at the same time.

16 Nov 8, 2015 6:45 AM I am strongly against changing the high school start time.

17 Nov 7, 2015 11:55 PM Trim passing time and especially lunch. School should not go past 3pm!

18 Nov 7, 2015 11:42 PM 8:30, 9 a.m., whatever will be best for the students based on research?

19 Nov 7, 2015 12:11 PM Again, the choice immediately above reflects "what works best for" ME...not nearly as important as what works best for students. My biggest concern is the rush to embrace the research re start time while ignoring the problem of parenting. It is increasingly apparent that many parents have abdicated responsibility for deciding what is best for children. The trend of having a TV in the child's bedroom has shifted to a more pervasive "norm" of giving kids cell phones and other screens and not controlling access before bed. The blue light affects people's melatonin secretions and this effect may have more impact on children's sleep than school start times. Having parents sign a "contract" that they will not allow electronics in bedrooms after a sensible bedtime could achieve similar results without a shift in school schedules.

20 Nov 7, 2015 4:30 AM Please keep the high school start time at 7:30!!! Thank you.

21 Nov 7, 2015 12:40 AM I think we could still get out by 3:00 if we had 7 minute passing times, cut five minutes off lunch, and took 5 minutes off of each class (which many teachers allow kids to pack up anyway).

22 Nov 6, 2015 9:32 PM I work in custodial we would have to star an hour latter

23 Nov 6, 2015 8:59 PM Older kids will just stay up later if they know they are going to school later. I think we are prepping kids with the current times better because college classes can be early, and kids entering work force would not be as prepared. Being the parent of a high school student, if times changed, the change would impact my daughter's work schedule....making her unavailable when she is trying to work and save for college and a car....that is reality for a teen. We also can't expect kids at the upper levels to be at school so late during the afternoon/evening. This also infringes on family dinner times and homework....you are just pushing things out later....homework too late is never a good thing. Keeping times the same will better prepare for workforce.

24 Nov 6, 2015 8:29 PM moving the times will also put the busses right into the middle of morning rush hour traffic

25 Nov 6, 2015 7:59 PM This is the best change for both classroom instruction and what the students need for sleep! I welcome this change and it will improve the community and better the education of all students in the district.

26 Nov 6, 2015 7:45 PM Many of my students are not fully awake at 7:30 am. However, I'm not sure they'll be more attentive later in the day.

27 Nov 6, 2015 7:38 PM I'm flexible with the start time. If we change, I need time to adjust my personal life schedule.

28 Nov 6, 2015 7:37 PM students will be awake

29 Nov 6, 2015 7:33 PM This should be done because the research is overwhelming in support of academic achievement in teenagers.

30 Nov 6, 2015 7:00 PM Kids are going to stay up even later. If parents were more disciplined in keeping their kids off electronic devices (they sleep with them), and not having them travel all over the place for this practice and that practice and make school the focus kids would be more alert. They are just going to stay up later and still be tired. More time in the morning to get in trouble. Most kids are awake in the morning, its mostly the kids of irresponsible parents that aren't. Maybe it's the parents that want to sleep in!

31 Nov 6, 2015 6:59 PM It's about time we took the need for adolescent sleep habits to better match the school schedule. The US lags in this department compared to European countries. Start time in the UK, for example, is 8:30.

32 Nov 6, 2015 6:30 PM I believe that the research on adolescent sleep patterns should be a serious consideration in this decision.

33 Nov 6, 2015 6:27 PM no later than 8 a.m. works because it means we would be getting out later in the afternoon

34 Nov 6, 2015 6:12 PM We, as educators, need to flexible to accommodate the learning needs of our students. We need to make decisions based on best-practices. Please don't make this decision based on sports or transportation.

35 Nov 6, 2015 6:06 PM Change the times ASAP. Thanks.

36 Nov 6, 2015 5:54 PM There is evidence to support both sides of the claim. I think it is important to remember that we teach students how to function in the world, not just in school. Colleges will not adjust their times for students. Industry will not adjust their times for students. We need to teach students how to self-discipline themselves to get up on time and be prepared for work. Starting later will just reset their clocks and they will do everything just that much later, including going to bed later! They will not be any better off, not any more awake, not any more prepared to start their day if we begin our day later.

37 Nov 6, 2015 5:42 PM I am flexible but feel like the early start is not serving our students.

38 Nov 6, 2015 5:37 PM My biggest concern is the early released sporting events. As it stands now the last block of the day gets cut off by those leaving early to travel to away games. This cannot be switched without cooperation of all schools as well as needing fields with lighting. Cutting JV teams is not good either. Students have approached me saying they will not get more sleep, they will just stay up later!

39 Nov 6, 2015 5:26 PM My fourth block class has numerous students dismissed for sports, missing more than 45 of the block on most occasions I heard it through the grapevine that this was disputed by Rus Wilson. Sports dismissals have a negative impact on classes currently and I feel that they will impact even more if the dismissal time is later. We also have a huge population of students that work after school and they would be going in later, and staying up later to do homework and they will STILL be overtired at a later start time. I also worry about the elementary kids that are taken care of by older siblings that are not going to be home before they get there.

40 Nov 6, 2015 5:05 PM It would be really useless if they go later the high school students would stay up later, all for not

41 Nov 6, 2015 5:02 PM I certainly hope those that analyze these responses act critically and in the best interest of everyone.

42 Nov 6, 2015 4:42 PM I would not want to see the start time for the middle school go any later than 8:00.

43 Nov 6, 2015 4:33 PM Older students often are needed for childcare for younger siblings. They would be unavailable if they are in school later.

44 Nov 6, 2015 4:26 PM Thank you for your consideration of this.

45 Nov 6, 2015 4:19 PM Though I understand that students in higher grades need more sleep time they are still staying up late due to their home life. For students participating in after school activities and sports the time to do homework and sleep becomes an hour or shorter.

46 Nov 6, 2015 4:15 PM upperclassmen have complained that the later start time will interfere with their after school jobs, sports and the time they have to complete their homework

47 Nov 6, 2015 4:09 PM Fully aware that the bus company (and money) is a big part of this equation, how about finding a way to add more buses to the school system to give even more flexible to this matter?

48 Nov 6, 2015 3:58 PM I know there is research to support this, but I never noticed any differences when the district had late start days or when we have 2-hour delays. I think if the start time adjusts to a later time, kids will just go to bed later and get up late

49 Nov 6, 2015 3:46 PM This discussion is long overdue and I welcome a change and working in both elementary and middle school the change would be appropriate. Younger children, as we all know, are ready to go first thing in the morning.

50 Nov 6, 2015 3:39 PM If everything is pushed back an hour, everything finishes an hour later including sleep, the students will still stay up, adjusting to the new timing and not getting additional sleep. This is a terrible idea and a waste of time.

51 Nov 6, 2015 3:36 PM We know what the research suggests. Do it for the kids.

52 Nov 6, 2015 3:33 PM I am not personally in favor of changing the start times. Ultimately, we need to align schedules to what works best for the kids. But it needs to be clear that this is not always in the best interest of the school district and teachers as a whole. There is a lot to be considered, and I'm concerned that the difficulty in scheduling is not being discussed as much as it should be before a decision is made.

53 Nov 6, 2015 3:29 PM I'm a morning person

54 Nov 6, 2015 3:21 PM does this really prep high school students for realities of life after graduation?

55 Nov 6, 2015 3:20 PM I know a lot of people are against late starts, but I have always supported later starts. Research shows students think more clearly when given the opportunity for more sleep and I believe staff would benefit from the same thing. It would be much easier to come earlier to do needed work before school than it is now.

56 Nov 6, 2015 3:20 PM It is not going to change the pattern of sleep for students. If anything the high and middle school students will pro long the homework that much more, because they can stay up later and/or have the time in the morning. If it is more sleep we are hoping to give the older students that is not going to happen. I feel bad for the poor parents that do not like to go to bed before their older kids (for NUMEROUS) reasons. The result will just be older students staying up later -- and STILL be tired at 8:30AM!

57 Nov 6, 2015 3:17 PM I feel the older children will stay up later and still be late or tired in the morning.

58 Nov 6, 2015 3:16 PM My concern would be around what time the school day ends. Right now I am able to offer extra help to students after school. If the Middle School day runs until after 3:00, my after school availability would be limited

59 Nov 6, 2015 3:11 PM watch out for unintended consequences

60 Nov 6, 2015 3:10 PM I honestly feel a late start at the high school will have no impact on student performance. This extra hour will just give students an excuse to stay up even later and continue to come to school tired. We often find more students are tardy on delayed opening days so I do not think a late start will be a solution to attendance issues. I am against a change in start/end times at this point.

61 Nov 6, 2015 3:08 PM I think this would be a positive change and I am for it.

62 Nov 6, 2015 3:07 PM My morning routine would be less chaotic! A big plus for me.

63 Nov 6, 2015 3:06 PM How will this affect our students and sports after school?

64 Nov 6, 2015 3:03 PM When considering this change the most important question, for me, is "what is best for student learning?" It seems the research on the topic is fairly convincing that a later start benefits student learning, as such, I felt we should try to make the later start time work, but I acknowledge that there are many reasons why this is difficult to implement.

65 Nov 6, 2015 3:02 PM late start and late end times mean less time in class for students in sports and less time available for practice after school

66 Nov 6, 2015 3:01 PM We should have done this long ago. At PHS would like to shave off some lunch time and passing time to make day end around 3:10 or so.

67 Nov 6, 2015 2:59 PM Passing periods and lunch should be cut down if we start later: they do not need to be as long as they are.

68 Nov 6, 2015 2:58 PM This also affects all activities we may share or interact with other schools who are not on our schedule mainly sports. See even more class time being lost for early dismissals for sports and other activities.

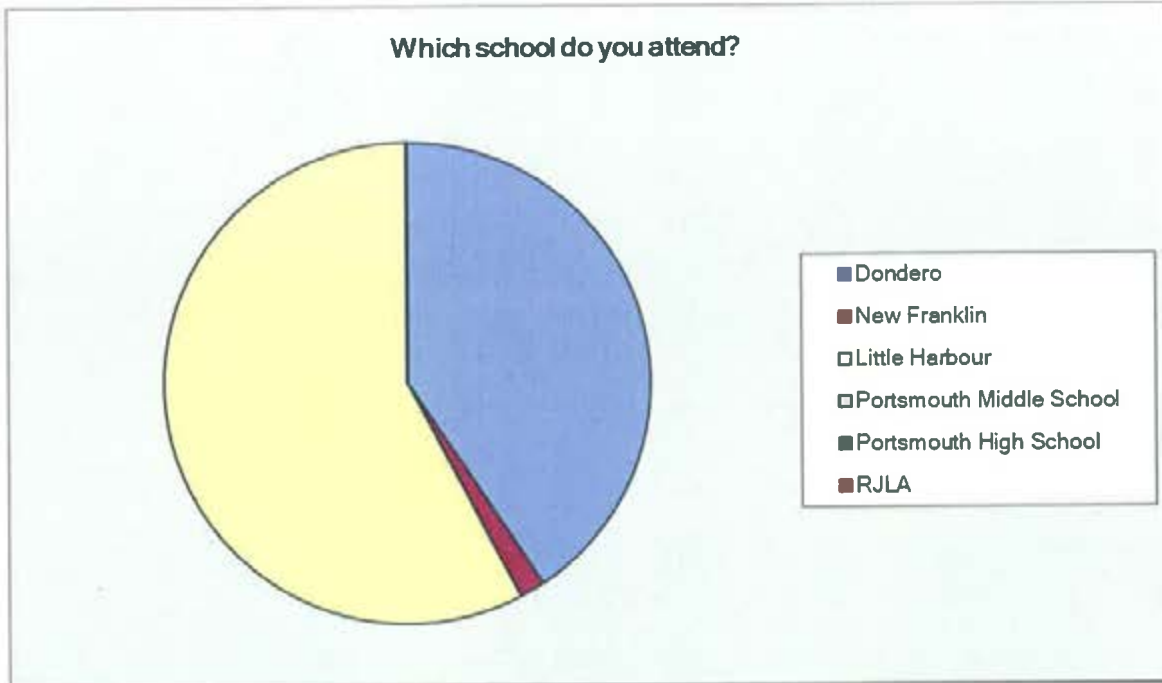
69 Nov 6, 2015 2:56 PM 8:00 am would be doable, I feel 8:30 am is too late.

70 Nov 6, 2015 2:54 PM Opposed to start time changing.

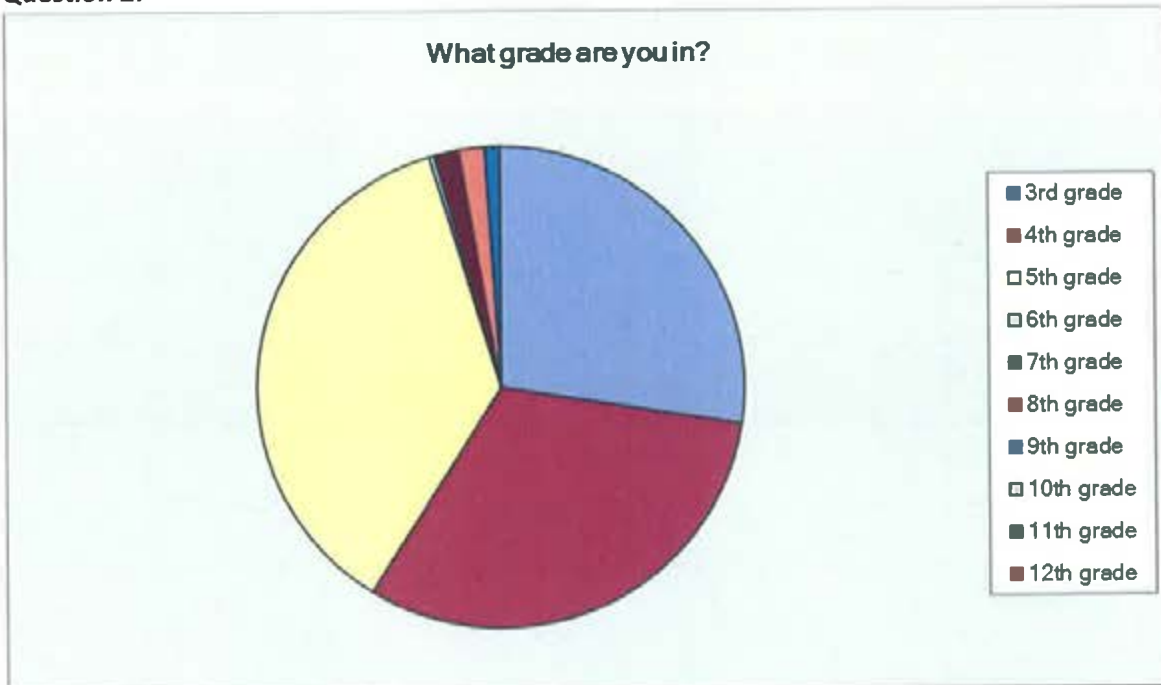
71 Nov 6, 2015 2:51 PM students at the high school level need to be able to get out of school early to be at their jobs. Getting out at 330 will be challenging for both them and staff who have second jobs already in place.

School Start Times- Elementary Students

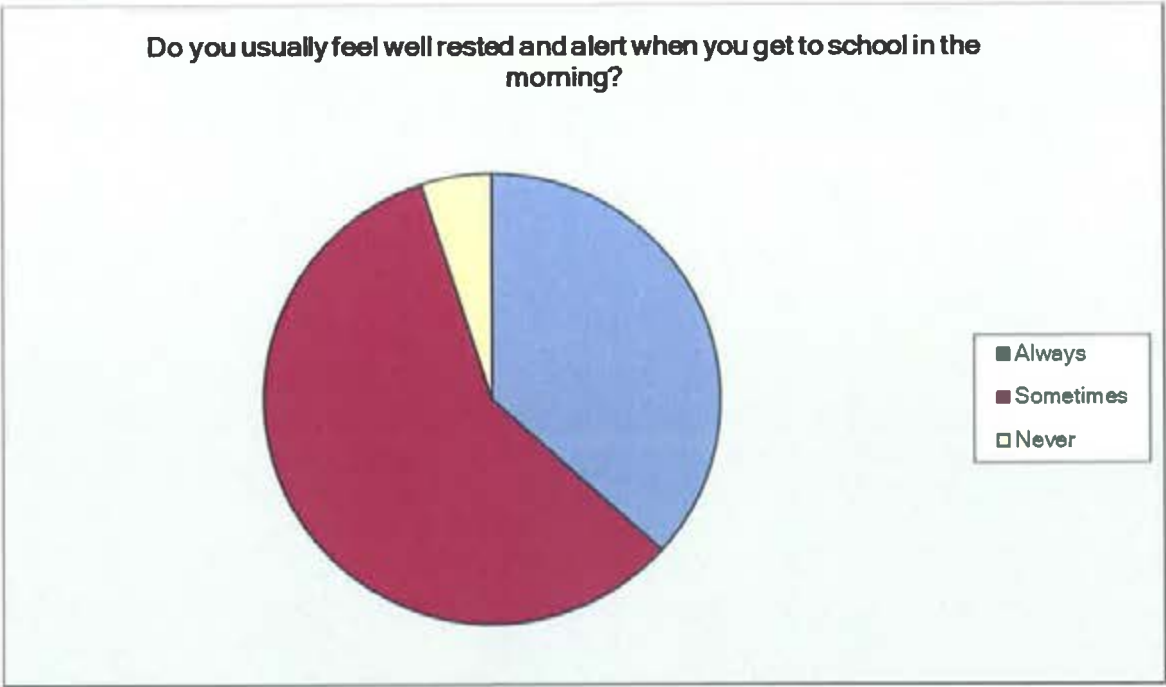
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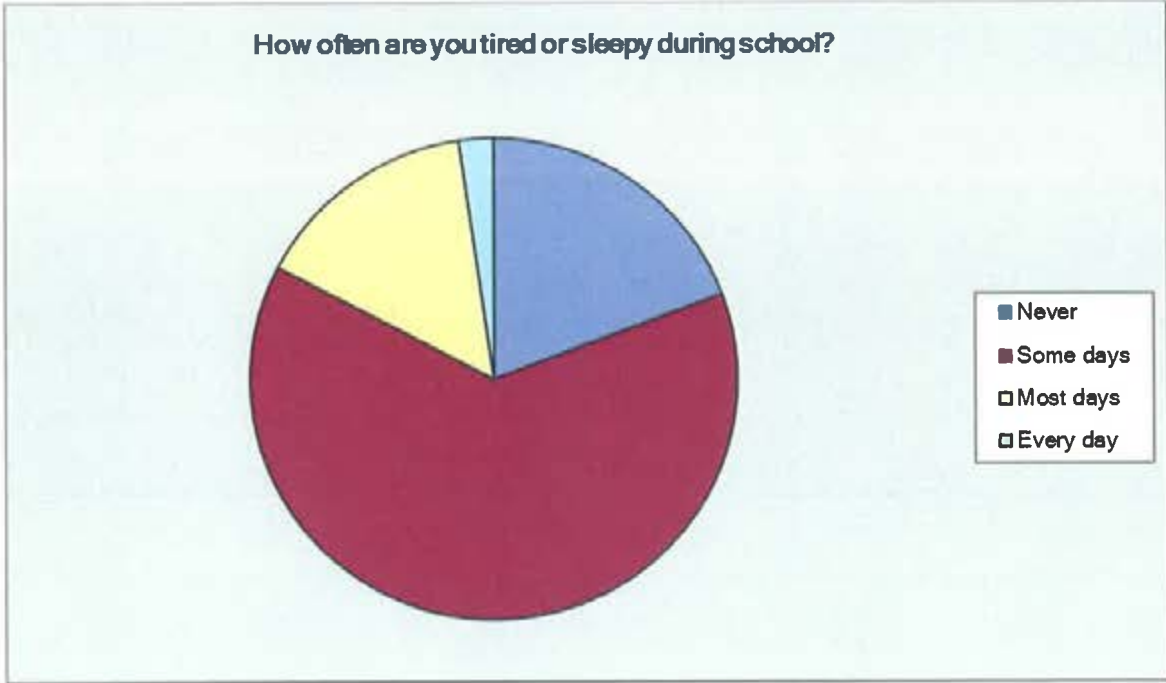
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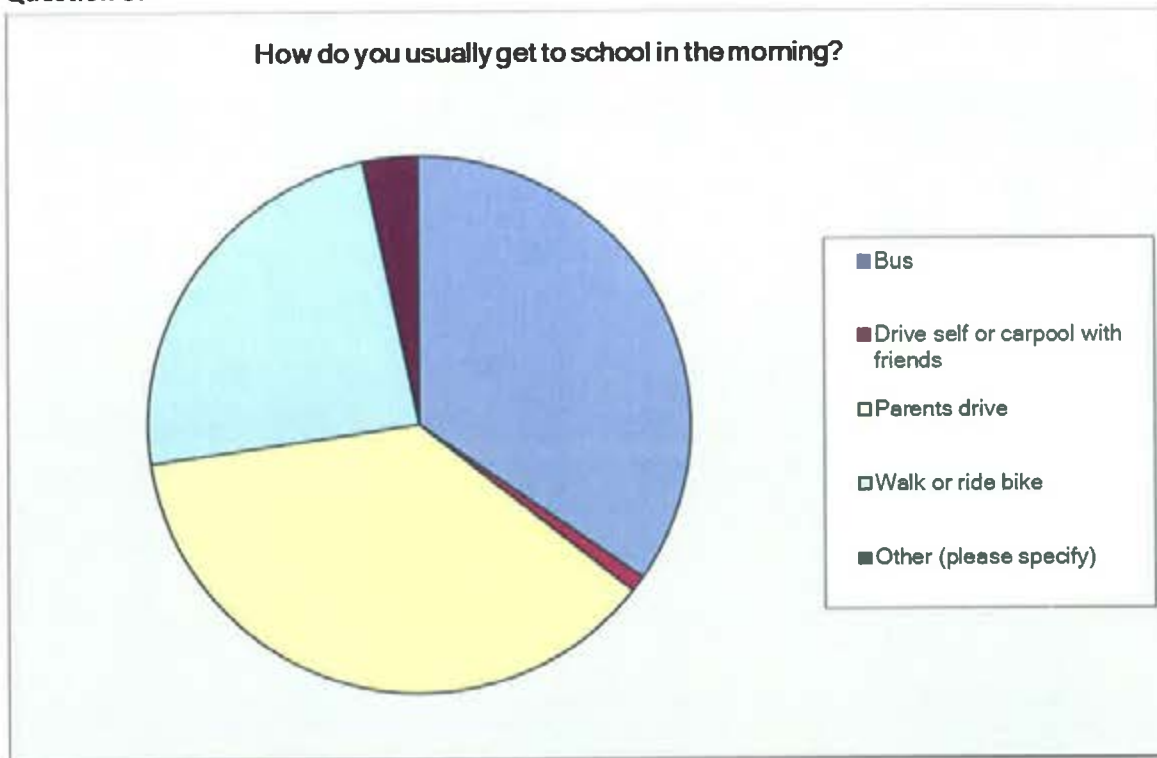
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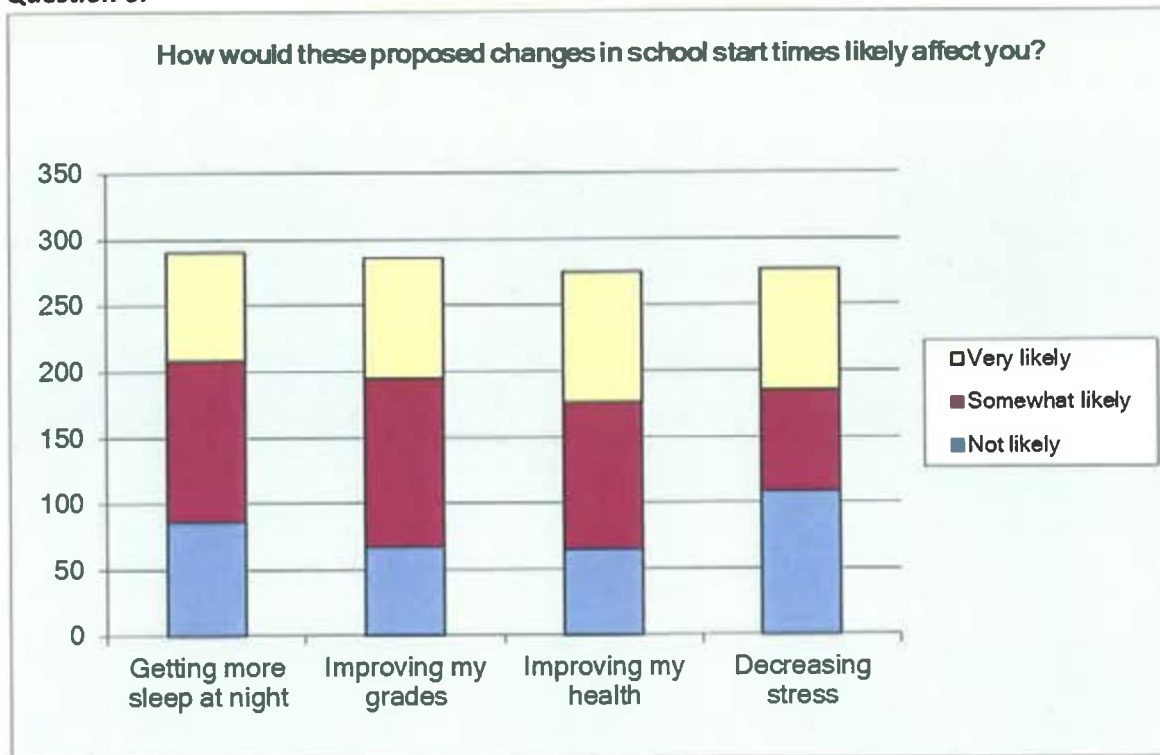
Question 4:



Question 5:

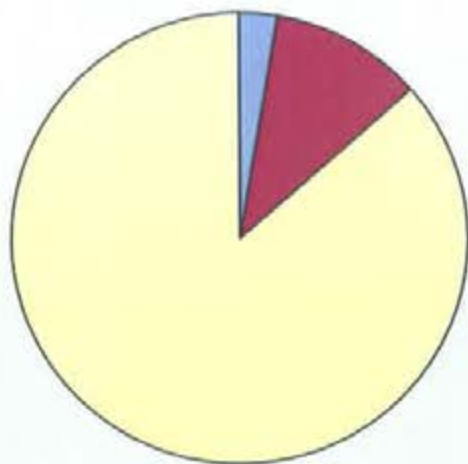


Question 6:



Question 7:

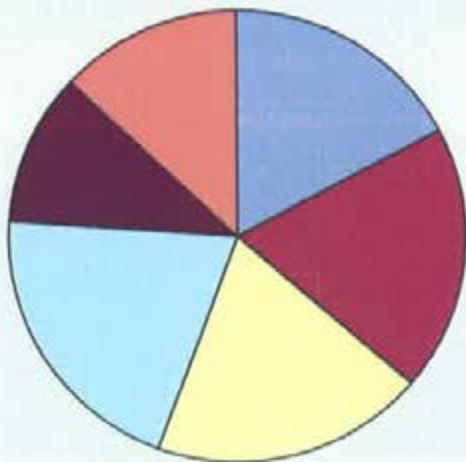
If you have a job after school, will these changes affect the number of hours you can work?



- Yes
- No
- Don't have a job after school

Question 8:

How many days per week do you typically have after school sports or extracurriculars?



- None
- One
- Two
- Three
- Four
- Five

Question 9: Please offer any other comments about changes to the school start times.

- 1 Nov 18, 2015 7:45 PM Time should change, because I'm always ready to go. I want to get out early because I have ballet and cheer.
- 2 Nov 18, 2015 7:02 PM I really do not like this because then when people have after school activities come you get home and have to eat and shower and you are left with no time and have to stay up later and that effects are grades A LOT I really don't like this idea at all!!!!
- 3 Nov 18, 2015 6:32 PM I would love this, because as you know at my age I am supposed to get about 10 hours of sleep which I don't on weekdays.
- 4 Nov 18, 2015 2:55 PM I think that it will help me by getting to school on time and maybe get to have some breakfast in the morning
- 5 Nov 18, 2015 2:55 PM Well, I personally think that if you changed the hours it would provide mostly bad stuff. High school/Middle school students probably need more time for homework. They get that time by waking up early. Grades Kindergarten-5th grade don't really need extra time, but in my opinion, need extra sleep.
- 6 Nov 18, 2015 2:54 PM I have dance after school every day, so for me it would be a little bit easier to keep it as is so I would have more time to do homework, and I hopefully wouldn't have to stay up all night all the time putting my best effort into homework.
- 7 Nov 18, 2015 2:54 PM I would rather go into middle school with a different start time (7:30-2:15) than the one I have now, because it would leave more time for homework, which would help with stress about amounts of homework.
- 8 Nov 18, 2015 2:53 PM I think changing school times would be good. If we got out of school early we would have more time to do our homework.
- 9 Nov 18, 2015 2:52 PM My sister is in Kindergarten and the changes will affect her a lot.
- 10 Nov 18, 2015 2:52 PM I have to wake up at 6 because my brother has to go to school at 7 but if a and hi go at 8 it would help and I would get much more rest
- 11 Nov 18, 2015 2:52 PM I would like the school start time changes to happen because I would have a steady schedule and it would not change
- 12 Nov 18, 2015 2:51 PM I will be able to do my homework and not have to do it at 8:00 at night if school starts at 7:30 in the morning.
- 13 Nov 17, 2015 5:36 PM The only reason I think changing school start time would be problematic is that kids that have babysitters in middle school would be getting out before their babysitters.
- 14 Nov 17, 2015 5:34 PM It's a great idea, but it could affect your daily schedule
- 15 Nov 17, 2015 5:31 PM I think that I would have to wake up early and theta causes stress for me and my parents
- 16 Nov 17, 2015 5:31 PM I don't like to wake up early
- 17 Nov 17, 2015 5:30 PM Might feel tired in the morning.
- 18 Nov 17, 2015 5:30 PM if you have a babysitter after school and you have to wait because you come out first
- 19 Nov 17, 2015 5:29 PM this is good for my family
- 20 Nov 17, 2015 3:10 PM I want to start early
- 21 Nov 17, 2015 3:09 PM 12/01/2015
- 22 Nov 17, 2015 3:08 PM you should start elementary school at 9:30 am instead of 7:30 am
- 23 Nov 17, 2015 2:58 PM my activities will go later and I will go to sleep later and I would want to have an hour after school instead of before
- 24 Nov 17, 2015 2:57 PM I would not like to have the times change because it would change my in tire schedule which would just mess me up.
- 25 Nov 17, 2015 2:56 PM if you change middle school start time to 8:30 it probably won't make a difference cause I wake up late now
- 26 Nov 17, 2015 2:54 PM I I do not want the times to change. I apologize, but I don't think it affects my sleep.
- 27 Nov 16, 2015 2:52 PM If it would push the ending time of school later I would say that just keep the time of the beginning of school.
- 28 Nov 16, 2015 2:52 PM I don't think that they should change the school times because some kids already get to school at 7:30 or even wake up earlier than that so I don't think it would make that much of a difference for middle school kids to stay going early
- 29 Nov 16, 2015 2:52 PM it would be easier if you just keep the same time as it is now
- 30 Nov 13, 2015 7:53 PM my brother always picks me up after school and he's in middle school.
- 31 Nov 13, 2015 7:50 PM 9 40
- 32 Nov 13, 2015 6:15 PM if the times are changed will we still have morning recess?
- 33 Nov 13, 2015 6:15 PM will we still have morning recess?
- 34 Nov 13, 2015 6:14 PM I will be home before my sister so I will be home alone
- 35 Nov 13, 2015 6:13 PM will we still get morning recess if the times are change?
- 36 Nov 13, 2015 5:30 PM my mom baby-sits a 3 month & 2 year old every morning. it would be really hectic every morning & I wouldn't have time to get ready. Also I wake up @ 7 o'clock & go to bed @ 8:30 or 9:00
- 37 Nov 13, 2015 5:27 PM It is going to affect the elementary school kids to be having to wake up at an early time

38 Nov 13, 2015 5:26 PM not is it only going to affect the kids but the teachers will have to get up at, like 4 O'clock

39 Nov 13, 2015 5:26 PM I would prefer if school would not start earlier.

40 Nov 13, 2015 5:25 PM no comments

41 Nov 13, 2015 5:24 PM if we started early I would not be able to function

42 Nov 13, 2015 5:23 PM I do not want to change the time

43 Nov 13, 2015 5:22 PM It will be harder to sleep a lot cause I go to sleep later

44 Nov 13, 2015 2:53 PM I would like these changes because it would allow more time for homework and other stuff so PLEASE MAKE THOSE CHANGES NOW !!!!!!!!!!!!!!!!!!!!!!!

45 Nov 13, 2015 2:52 PM I feel that the school changes will effect afterschool programs and activities for kids. Although it would be good for homework because you would be having more time after school to do your homework after school. I feel that it will increase stress and kids won't do as good in school because you have to get up earlier. It is already hard enough for me to wake up in time to get to school on time at 8:30! It will also effect parents work times, and having to pick you up from school an hour earlier will not help at all. Also it will change the way that teachers and students feel during class time because the teachers have to get up earlier too, and the students would be tired during school. So i feel that we should not change school times.

46 Nov 13, 2015 2:50 PM DO IT!!

47 Nov 13, 2015 2:50 PM I would not like to because i would rather have more time after school when school ends.

48 Nov 13, 2015 2:48 PM i think changing start times will be a good thing because you will get more sleep in the morning.

49 Nov 13, 2015 2:48 PM I think changing the school start times would be a good idea because you get more sleep and more time to get ready. But It could be a bad idea to some people might think they have more time to sleep in the morning.

50 Nov 13, 2015 2:47 PM LHS [and other] should start early [8:00].

51 Nov 13, 2015 2:47 PM I think it will improve grades because we will have less stress

52 Nov 13, 2015 2:47 PM if you change the start times it will be very helpful

53 Nov 12, 2015 12:47 PM switch schedules with elementary school

54 Nov 12, 2015 12:45 PM It would be a better time and it would help us process more

55 Nov 10, 2015 6:41 PM i kind of want the same start time so we have more free time in the afternoon but i also want the later start time too.

56 Nov 10, 2015 4:05 PM I feel good about changing the time for elementary school

57 Nov 10, 2015 4:04 PM I think it would be very helpful to my mom and me because I have to go to soccer and other actives and my mom works in Salem NH so I sometimes am a little late.

58 Nov 10, 2015 4:04 PM I think it is a good idea because the middle school can sleep in

59 Nov 10, 2015 4:02 PM peaceful

60 Nov 10, 2015 4:01 PM just dont

61 Nov 10, 2015 3:56 PM I THINK THIS IS A FANTASTIC IDEA!! I HOPE YOU GET YOUR WAY!!!!

62 Nov 10, 2015 3:55 PM I think my sibilings and I will get more sleep and be more successful if these changes are made.

63 Nov 10, 2015 3:54 PM i like it!

64 Nov 6, 2015 7:27 PM don't do it :(

65 Nov 6, 2015 7:25 PM i want to try

66 Nov 6, 2015 7:24 PM do it

67 Nov 6, 2015 7:23 PM i like this idea

68 Nov 6, 2015 7:23 PM I like this idea

69 Nov 6, 2015 7:22 PM i like the time we come and i don't want to change it at all

70 Nov 6, 2015 7:22 PM I do not like this idea

71 Nov 6, 2015 7:22 PM i do not like this idea

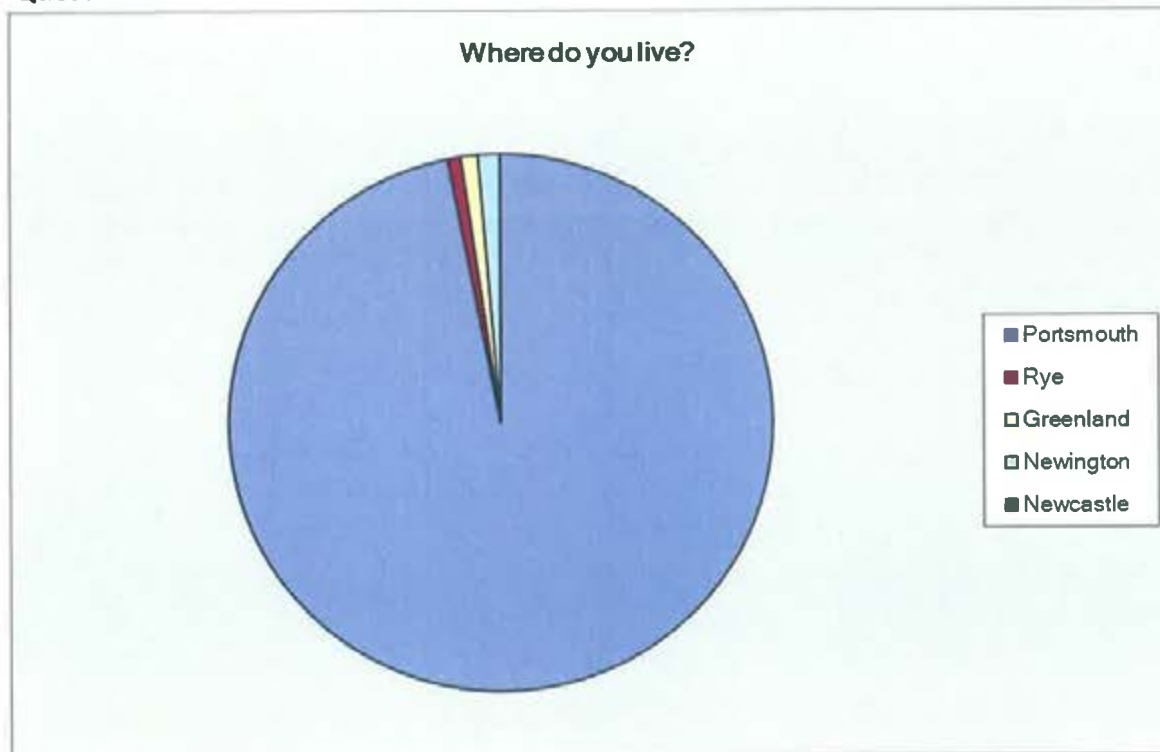
72 Nov 6, 2015 7:21 PM i don't like this idea

73 Nov 6, 2015 4:51 PM I think it's a pretty great idea but if the time we come is later than usual won't we get out later too?

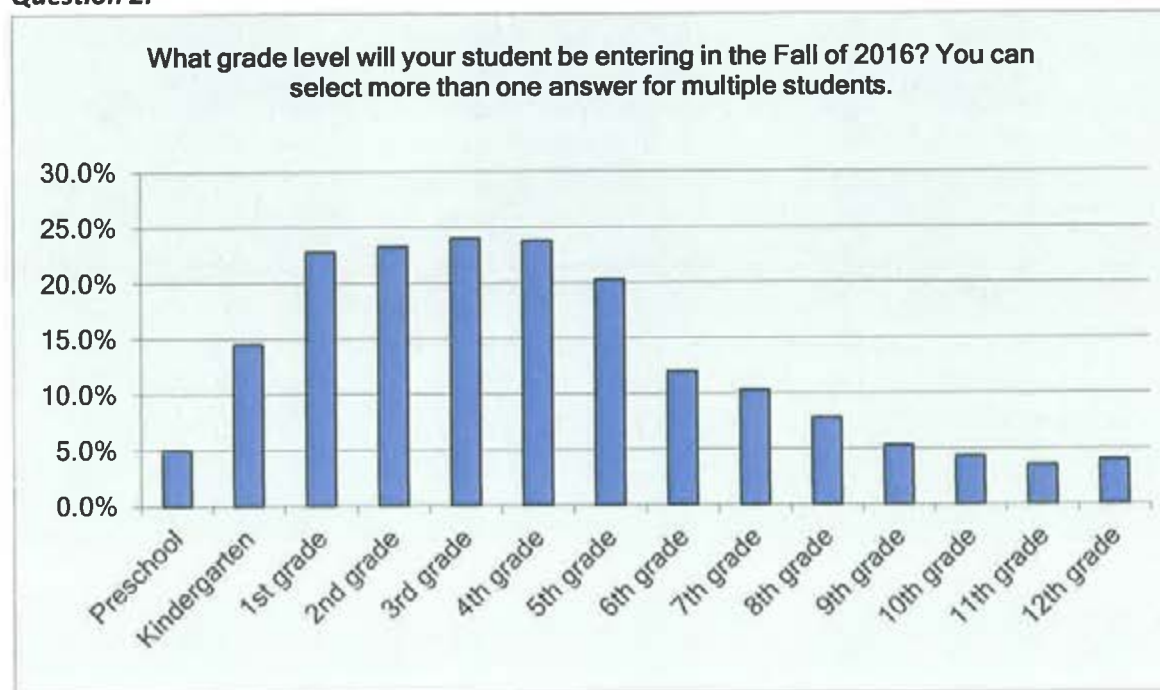
74 Nov 6, 2015 4:51 PM 12/01/2015

School Start Times- Elementary Parents

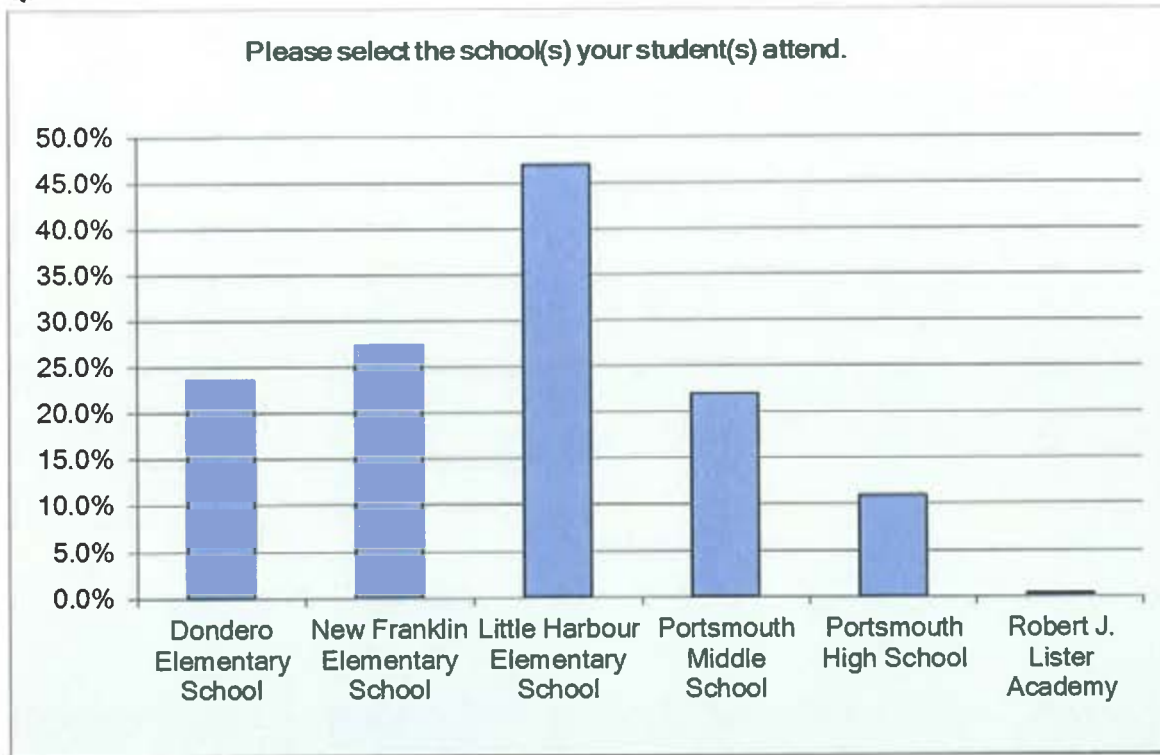
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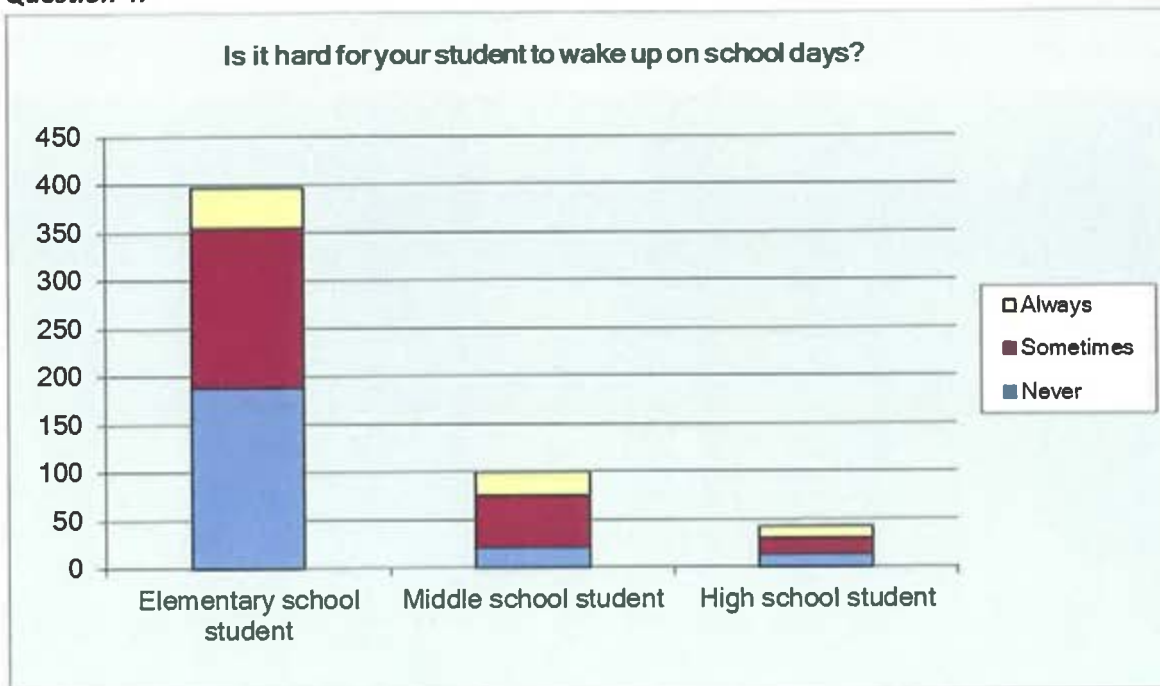
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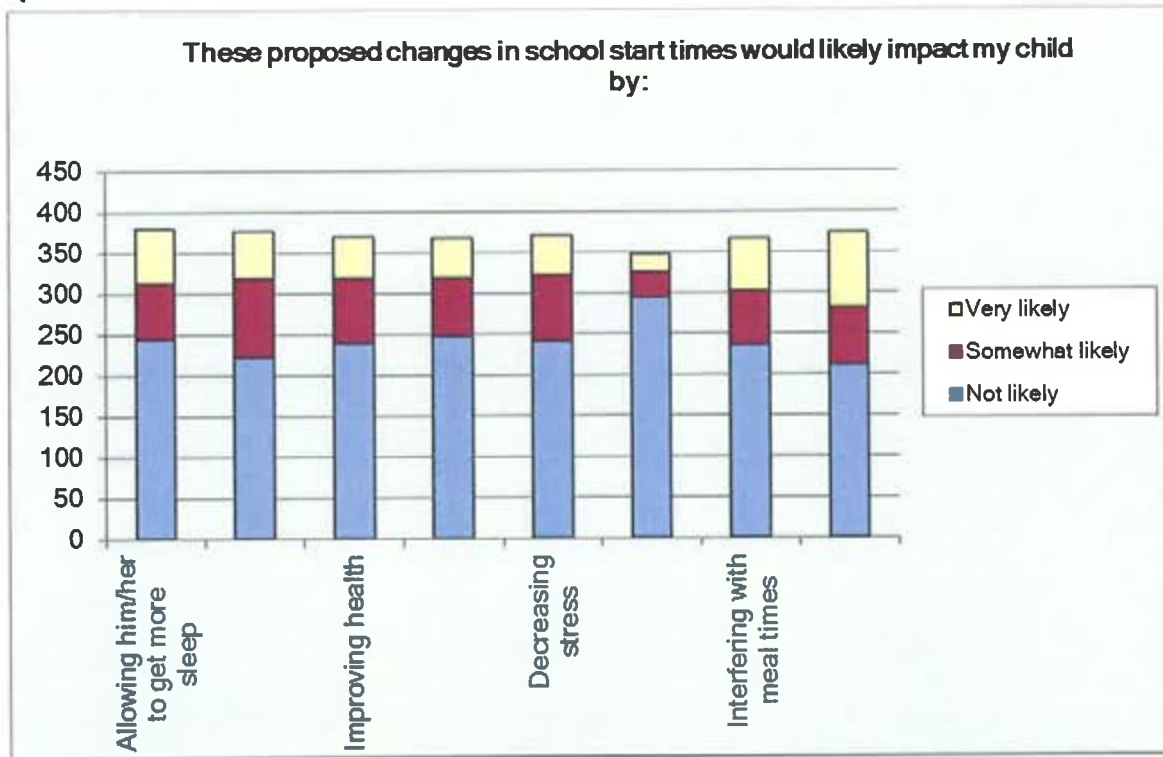
Question 3:



Question 4:



Question 5:



Question 6: Please elaborate on any likely negative effects for your child.

- 1 Nov 30, 2015 6:17 PM HS and MS concerns - transportation, after-school activities (not all are conducted at the schools) as well as job concerns are impacted by this change. For my Elementary Student - having them in school at 7:00 is a HUGE concern, not only for transportation, but now after care is that much LONGER. I do not see the benefit of my 2nd grader getting up at 6:30 am to make it to school by 7:30 - and spending extra hours in after care.
- 2 Nov 24, 2015 2:47 PM Our elementary students would get less sleep than they currently do; given kids activities; I don't see them getting to bed any earlier- most activities don't start until 5 (given volunteer coaches, etc...) so the 'extra' hour doesn't help elementary evenings too much
- 3 Nov 22, 2015 1:02 PM None
- 4 Nov 21, 2015 8:48 AM The challenge for me as a single working parent would be that right now I can drive my middle schooler to school and my 2nd grader to PEAK before I have to be at work at 8am. I'd have to hope my middle schooler could take the bus to high school even though we live in Little Harbour. Because she doesn't have friends to walk to the High School with.
- 5 Nov 20, 2015 8:04 PM Only benefit for MS will be match to melatonin and circadian rhythm but she won't get more sleep and it be a longer day for the whole family to get through activities, meals, and homework
- 6 Nov 20, 2015 2:39 PM A change in an earlier start time may make for difficulties after school.
- 7 Nov 20, 2015 1:56 AM my children are tired in the afternoon as they wake up at 5am. They are in bed by 8pm by 7pm they are completing homework and getting ready for bed.
- 8 Nov 20, 2015 1:47 AM My child already has to attend an after school program until 5:30pm every day. This would make his day longer, adding stress & more tired. Too much for this age.
- 9 Nov 20, 2015 12:45 AM would need to find care for youngest child.
- 10 Nov 18, 2015 7:34 PM Changing times is a bad Idea. Why don't you get rid of common core instead?
- 11 Nov 18, 2015 6:19 PM they may need to be woken rather than naturally waking.
- 12 Nov 18, 2015 12:47 AM my elementary school student will have a difficult adjustment.
- 13 Nov 17, 2015 10:50 PM I don't see any.
- 14 Nov 17, 2015 3:14 PM I believe a good amount of sleep is very important for young, developing children. Starting school so early for them would be stressful to them and families.
- 15 Nov 16, 2015 9:35 PM This question is tough to answer because next year kids will be at LHS and the middle school. Neither child benefits from a start time prior to 8 or 8:30 frankly. I understand busing dictates different start times however I wish there were a way that all schools would start after 8am.

- 16 Nov 16, 2015 6:32 PM Forcing my elementary school student to start her day an hour earlier would make it harder all around. Getting her up, fed, and out the door at that hour would be challenging. As a 5 (soon to be 6) year old, she doesn't quite understand what it means to hurry or that she needs to eat a bit of food to get through the day. On top of that, under the proposed change, she's also either going to bed an hour earlier (7pm then) or not getting as much sleep. If she goes to bed earlier that's less time us 9-5 working parents get to see our kids, and if they stay up later, it negatively affects their days. This is an all-around negative for our family.
- 17 Nov 16, 2015 5:43 AM No negative effects. Earlier school time=earlier bed time
- 18 Nov 16, 2015 12:59 AM My child has ADHD and functions best in the early morning. Changing school times to start later would negatively impact him.
- 19 Nov 15, 2015 11:19 PM No negative effects I believe.
- 20 Nov 15, 2015 2:23 PM not having enough sleep and not having time for after school activities.
- 21 Nov 14, 2015 9:15 PM May have to get up earlier, so potential loss of sleep in morning
- 22 Nov 14, 2015 4:39 PM All positive. Let's get this done.
- 23 Nov 13, 2015 11:35 PM I have one in each school, so one will be getting up early regardless.
- 24 Nov 13, 2015 7:52 PM My kids need at least an hour to "wake up". They need that time to slowly wake up and therefore be in a good mood, play some and eat breakfast without rushing. Then we do showers/getting dressed/etc. starting school an hour earlier than the current schedule
- 25 Nov 13, 2015 7:42 PM For my child entering middle school next year the later start time would not be beneficial. He's already so busy AFTER school and ending the day later would adversely affect his after-school activities and make it that much harder to have dinner as a family and let my child get his schoolwork done. It would most likely not having any positive effects on my elementary school age children because after-school activities will not start any earlier (those outside of school-based ones) and it just gives extra time that can't really be used.
- 26 Nov 13, 2015 4:44 PM My children struggle some nights to go to bed, and often don't fall asleep till 930/10. One of my children it's a struggle to wake up and is always tired and that's at 7 am. Starting school earlier would result in a more irritated/annoyed child in the morning and more tired during the day. And would want to nap when getting home resulting in a thrown off bedtime.
- 27 Nov 13, 2015 4:28 PM Mornings will be rushed and siblings will lose sleep
- 28 Nov 13, 2015 3:52 PM It's earlier she struggles with wanting to get up as it is but that's probably a typical issue. She is in second grade so honestly if there is a change at a younger age I don't think t will affect her as much.
- 29 Nov 13, 2015 3:15 PM Anxiety with the rush to get out on time may negatively affect school performance.
- 30 Nov 13, 2015 3:12 PM My kids get up at 7 am. This will make the morning routine very stressful if we have to leave earlier. I know we'll need to do that when the kids are older, but I'm expecting by then that because they are older, the morning routine will be easier. And my little one will be in after school care for an extra hour or more because of the change.
- 31 Nov 13, 2015 3:07 PM Because some parents work, it will take away the free morning parent/child time together that they may not have at the end of the day when homework etc is being done.
- 32 Nov 13, 2015 2:34 PM 7:30 seems early for any child. Why couldn't we do 8 for elementary children and 8:30 for middle and high school? Is it the bus schedule? Also getting elementary school kids ready in the morning can be slow!
- 33 Nov 13, 2015 2:25 PM It's unlikely my child would go to bed an hour earlier (at 7pm) when I don't get home from work until 5:30 or 6. Going to school an hour earlier would decrease the amount of family time we have and would decrease the amount of sleep my daughter gets.
- 34 Nov 13, 2015 2:10 PM none. all positive effects would apply.
- 35 Nov 13, 2015 2:06 PM 7.30 AM is too early for my daughter to be at school. She will be too sleepy to focus on study
- 36 Nov 13, 2015 1:40 PM None. Kids would have more time for extracurricular a after school (a plus!)
- 37 Nov 13, 2015 12:56 PM This is ludicrous. Young children need more sleep. Either fix the bussing issue or make the young adults in high school get up like they would have to anyway if they had a job in the real world.
- 38 Nov 13, 2015 12:08 PM I have 2 children in elementary in 2016 2nd and 3rd grade. For them to be ready and out the door by 7 for a 730 start I feel is incredibly early for them. 830 start is much more reasonable vs current start at 855
- 39 Nov 13, 2015 11:46 AM This is going to affect the after school activities and starting to need after school care till we get back from work
- 40 Nov 13, 2015 6:24 AM Would have to enter after school programs and not be able to get off the bus with grandparents if school now ends earlier.
- 41 Nov 13, 2015 5:28 AM Less sleep for my will be first grader
- 42 Nov 13, 2015 5:19 AM Less interaction with daycare children
- 43 Nov 13, 2015 5:12 AM He will have to take the bus instead of being driven
- 44 Nov 13, 2015 4:34 AM After care is not a option that my family could afford.
- 45 Nov 13, 2015 4:16 AM My child has a hard enough time getting up at 7:40am. This change would be a complete negative impact. I'll also have a Kindergartner who won't do well with this.
- 46 Nov 13, 2015 3:27 AM Our child already has difficulty waking up in the morning. This would significantly exacerbate this difficulty.
- 47 Nov 13, 2015 3:20 AM Would make mornings more rushed, less sleep for child who already has sleep issues, would decrease time for healthy breakfast.
- 48 Nov 13, 2015 2:50 AM Reduced time after school for homework/life balance.
- 49 Nov 13, 2015 2:38 AM My daughter has a hard enough time getting up and going to school now never mind if she had to get up an hour earlier.

50 Nov 13, 2015 2:26 AM My elementary child needs more sleep in the morning

51 Nov 13, 2015 2:20 AM As a single working mom I'm concerned he wouldn't get enough sleep as its very hard to get dinner on the table by 6pm as it is.

52 Nov 13, 2015 1:59 AM It will definitely be more crunched in the morning but I think it can be done and I would rather she start later when she is a teenager...

53 Nov 13, 2015 1:57 AM Less time after school for homework and extracurricular activities.

54 Nov 13, 2015 1:56 AM After school care for my youngest child involves a high school aged caretaker.

55 Nov 13, 2015 1:51 AM This would be tough on the baby and my eldest child, as they tend to sleep until 7:30 but we could make a household adjustment without too much difficulty. I don't think there would be a lingering negative impact on the kids.

56 Nov 13, 2015 1:35 AM We are very opposed to having our twin girls who attend Little Harbour being up at 6am to be ready and on the on the bus by 7am our middle school student is mature enough to handle the early am schedule although, it would benefit him more if he started at the same time as his sisters start elementary

57 Nov 13, 2015 1:15 AM When my youngest son (age 7) returns home, there will be no older siblings to open the door and watch him. He has nobody at home.

58 Nov 13, 2015 12:27 AM My child is a "Night owl" I think across the later start times would be better.

59 Nov 13, 2015 12:25 AM My child wakes up by 7 am but an earlier start time would mean waking her up every morning to get ready instead of her waking up on her own. I think this will result in less sleep and potentially a negative impact in school especially the afternoon. It will make breakfast more difficult as she won't be fully awake and potentially not as hungry.

60 Nov 13, 2015 12:10 AM My elementary school children will be required to catch the bus before 7am and then be in aftercare until the end of our work day. They will be exhausted when they come home. They will have to go to bed earlier and have less family time.

61 Nov 12, 2015 11:43 PM They won't be anything negative come out from this change

62 Nov 12, 2015 11:43 PM The only effect this would really have is on my work schedule

63 Nov 12, 2015 11:30 PM None

64 Nov 12, 2015 11:02 PM My child is 8, and currently sleeps 11-12 hours nightly. She goes to bed at 7:30, waking between 7-7:30, so being at school by 8:50 is hard enough.

65 Nov 12, 2015 10:08 PM my young children need to sleep just as much as the older kids.

66 Nov 12, 2015 10:04 PM Every child of this age typically needs 11 hours of sleep. Getting less sleep will or most likely to make a child less attentive, less energetic and tired throughout the day. As a result the child will be prone to stress and irritation which would show up on the child's behavior and academic performance.

67 Nov 12, 2015 9:57 PM Starting school later mean school ends later which shortens the amount of time they have to complete homework. They are already up till midnight each so maybe the answer is to lighten the workload and they can go to bed an hour earlier.

68 Nov 12, 2015 9:44 PM less sleep, reduced breakfast time

69 Nov 12, 2015 9:24 PM Decrease focus time in the morning and likely to not eat as well in the morning.

70 Nov 12, 2015 9:08 PM Decrease opportunity for after school activities and family time

71 Nov 12, 2015 8:52 PM I can't think of anything at this age

72 Nov 12, 2015 8:32 PM I do not know what options are for my future middle school child after school next year, so it is difficult for me to comment on how this will negatively impact her. As far as my New Franklin School student, she will have longer time in the afterschool program at PEAK, which is already long enough for her. Ending school 45 minutes early would impact her in a much longer PEAK time, which could be draining on the kids and childcare providers for those elementary aged kids.

73 Nov 12, 2015 8:25 PM Non, My daughter is used to wake up early

74 Nov 12, 2015 8:24 PM Less sleep.

75 Nov 12, 2015 8:23 PM Starting earlier would require my daughter to get up earlier and might mean less sleep for her. Also, it would affect my ability to pick her up from school so I would need to make other arrangements.

76 Nov 12, 2015 8:22 PM I feel this is way to early for elementary school aged kids to start school. My kids sleep from 7-7, this would not allow for a proper morning routine and healthy breakfast and conversation. This would be too rushed and stressful on most families I believe

77 Nov 12, 2015 8:21 PM This would negatively impact the

78 Nov 12, 2015 8:19 PM An earlier start time would be extremely difficult for my elementary school children. Having them ready to leave our house for school by 7:00 or 7:15 would mean waking up significantly earlier. Earlier bedtimes are not feasible in our family with two working parents.

79 Nov 12, 2015 8:17 PM These elementary school kids, particularly the youngest, are still babies! You're proposing sending them to school at too early a time and worse - extending their afterschool day! Parent can't change their work times and the elementary school kids can't get themselves to school like the older ones. My daughter would still get home at the end of the day same time. As it is we barely have time for dinner, bath, and reading before bed. She's going to be getting home and going straight to bed if this happens. These are babies that need a lot of sleep!

80 Nov 12, 2015 8:06 PM It is difficult for my children to get up and get going the mornings after evening sports

81 Nov 12, 2015 8:05 PM An earlier rise and start to school would be hard to get both my kids out the door each day. We have to wake them up now, and getting them up an hour earlier would be very difficult for all.

82 Nov 12, 2015 8:04 PM 7:30 is too early for younger kids.

83 Nov 12, 2015 8:03 PM It would be less sleep.

84 Nov 12, 2015 8:03 PM Sports and actives will run even later not allowing enough time for homework

85 Nov 12, 2015 8:02 PM For the high school student, the schedule change would be a plus. For the third-grader, this would require waking up at 6 or 6:15 every day, which means a bedtime with lights out at 7:30. It is very hard for us to achieve this, as both parents work and have long commutes. So, we would have a struggle to figure out how to get our younger child to sleep adequately under this arrangement.

86 Nov 12, 2015 8:01 PM none

87 Nov 12, 2015 8:01 PM No negative effects.

88 Nov 12, 2015 7:58 PM It's too early for elementary. We have hard enough time getting up and catching the bus as it is

89 Nov 12, 2015 7:55 PM If anything, the elementary school age children need MORE sleep. Starting school an hour earlier would cut into family time at night, particularly since most working parents work until 5pm. By 6:30 my child will be ready for bed. I can't see a benefit to switching the start of the school day between the older kids and the elementary school kids.

90 Nov 12, 2015 7:54 PM For elementary school, this would mean bus pickup would be at 6:45 or earlier. This is not only unhealthy, but dangerous, as in December and January we would be bringing our child to the bus stop in the dark.

91 Nov 12, 2015 7:54 PM None, but I'll have to look presentable before 8am.

92 Nov 12, 2015 7:50 PM It is already hard enough to let kids have after school activities and time for homework a later start for either is not smart. They need the time after school not before. Parents are responsible for making sure they get to bed on time not the schools.

93 Nov 12, 2015 7:48 PM I find my younger kids are harder to wake up and my oldest is self-sufficient/easy. There are several after school activities and commitments I worry would be squeezed with later start.

94 Nov 12, 2015 7:48 PM Please keep the times as is.

95 Nov 12, 2015 7:47 PM A later start time would necessitate early morning childcare costs and coordination.

96 Nov 12, 2015 7:45 PM Elementary starting early as proposed may not help with sleep patterns. My son goes to bed between 8 & 8:30 with the earlier start bedtime would have to be earlier and that would cut into evening family time.

97 Nov 12, 2015 7:44 PM There is no way I can get my second grader to be up and to school by 7:30. The high schooler has no problem as he can walk to bus stop by himself, has a ride from another student or will have his own car.

98 Nov 12, 2015 7:42 PM He has trouble getting up now, so the earlier school time will make it harder on him. But he will likely receive a benefit when he enters middle school

99 Nov 12, 2015 7:37 PM Having to be in after school care for longer for next two years.

100 Nov 12, 2015 7:36 PM Child will have to wake up earlier

101 Nov 12, 2015 7:36 PM having my child attend school an hour earlier would likely force an hour less sleep. We can't just change the time our work days end, so this would mean more child care & \$\$ and it would be difficult to make an earlier bedtime work effectively given work, etc.

102 Nov 12, 2015 7:36 PM 1. they will have to get up too early 2. they will need to go to bed to early 3. This will disrupt their schedules 4. When all after school activities start at 3:30/4:00 pm they will be exhausted 5. They will not be awake for family dinners 6. This will lead to less family time together and more time in after care for those parents who work. 7. They will be driven to school and dropped off moments before school starts taking away their recess/play time and socialization of the bus and playground. 8 i will put them in private school and get them away from this group of people who think this is a good idea to even consider and waste time and money with this survey and meeting!.

103 Nov 12, 2015 7:34 PM my child does not wake until 7-7:30. Starting elementary school before 8:30 would be very challenging for our family.

104 Nov 12, 2015 7:34 PM My child currently gets the bus at 7:35 for an 8:20 start time. I have reservations about getting a 7 year old on the bus an hour earlier in the morning.

105 Nov 12, 2015 7:33 PM This is way too early of a time for elementary students proposed leave it the way it is. My son enjoys the mornings and taking his time to get ready.

106 Nov 12, 2015 7:31 PM none. High school athletics should not determine K-12 schooling.

107 Nov 12, 2015 7:29 PM No enough sleep. Crying in the am

108 Nov 12, 2015 7:29 PM My younger child would end up with less sleep as their bed time would not change significantly. My older child would just stay up late. The high school starting later would cause the let out time to be later affecting after school activities including games and jobs. I believe my younger child would be exhausted.

109 Nov 12, 2015 6:03 PM Young kids require 11-12 hours of sleep each day to maintain a healthy lifestyle. Asking them to be at school by 7:30 is not acceptable.

110 Nov 12, 2015 3:51 AM In my opinion, a 7:30 start time is too early for any of them. My first grader has a hard time getting up at 7, but I agree the teenagers need to sleep in more than the little ones.

111 Nov 11, 2015 2:48 AM starting school at 7:30am is way too early for my kids.

112 Nov 10, 2015 3:18 PM Not enough sleep for my elementary school student

113 Nov 9, 2015 11:11 PM Our youngest wouldn't get enough sleep (I'd have to wake her and she already goes to bed at 7:30 - can't really make that any earlier) and our teen would be up waiting to go to school and would get home later taking away time she could be working.

114 Nov 9, 2015 6:06 PM I like the idea of starting MS and HS later, but with my kids still in Elementary, the proposed change is not advantageous for us at this time.

115 Nov 9, 2015 4:43 PM The 7:30am elementary school start time would mean less walking to school in the morning and therefore less physical activity.

116 Nov 9, 2015 2:12 AM My both boys 6 & 7 have a challenge getting up to meet the bus at 7:45 am. Any earlier would create hardship on all of us, as a single, working mom it can be extremely difficult to get all of us up & out the door smiling now, earlier than now would result in very tired, grouchy kids here!

117 Nov 8, 2015 6:44 PM None

118 Nov 8, 2015 3:24 PM We wouldn't have enough time in the morning to get both my daughter and myself ready and out the door. It's close enough as is for me to get her out the door and to the bus stop for 7:45. The bus doesn't come until 8:10 but I like to get there early to know we are ok. I wake up at 6:00AM to get myself ready before work. If school started at 7:30 I would probably have to wake up around 5:00AM and I wouldn't be able to function as well due to lack of sleep. Same with my child because she would have to wake up sooner than 7:00AM. Our routine now works out really well. Luckily our bus stop is also really close by walking distance. However if school started at 7:30- I would have to have my child and myself ready by 6:44. She is only 5 and I feel strongly that that time is way too early.

119 Nov 7, 2015 12:26 PM Longer after care for the youngest

120 Nov 7, 2015 1:05 AM Would require a very long day for young kids with working parents (3+hrs after school care after a full day of school)

121 Nov 7, 2015 12:28 AM My son does not wake up before 730am

122 Nov 7, 2015 12:14 AM Children in the 5-6 age group should be getting 11-12 if sleep. They already get up at 6:30 for the 7:30 bus. If school starts an hour earlier then they would be getting up at 5:30 for a 6:30 bus. And they would need to be in bed at 5:30 pm.

123 Nov 6, 2015 11:14 PM 730 is too early for K-5, they are little kids that need their sleep

124 Nov 6, 2015 10:55 PM My child would have difficulty getting up early enough to attend school at 7:30am

125 Nov 6, 2015 10:42 PM My children have a hard time waking up as it is in the morning. I would be fine with an 8 or after start time, but 7:30 is WAY too early!

126 Nov 6, 2015 9:36 PM Less sleep, and I already feel y child isn't getting enough.

127 Nov 6, 2015 9:25 PM I think times should stay the same

128 Nov 6, 2015 9:21 PM My children would be at school for longer amounts of time in the afternoon. I'm not looking to have them at school longer each day. The time I pick them up would not change in the afternoon.

129 Nov 6, 2015 9:11 PM very long day for elementary school children that go to after school care

130 Nov 6, 2015 8:52 PM None that I can think of--seems like it would make sense to have the older kids start later.

131 Nov 6, 2015 8:28 PM Starting that early for elementary will cause my kids it to get enough sleep. I think the start times right now are fine the way it is.

132 Nov 6, 2015 8:25 PM None

133 Nov 6, 2015 8:16 PM That seems very early for young children to be ready.

134 Nov 6, 2015 8:12 PM He already has a hard time getting up, so an earlier time would have the same affect.

135 Nov 6, 2015 7:10 PM With two working parent, getting to be before 8:30 is next to impossible. After homework, mealtime, bath time, reading and to bed. A 7:30 a.m. start time for working parents would affect the evenings the most. We would just be eager to get them to bed so they can function at school. There is not enough time in the evenings

136 Nov 6, 2015 6:37 PM 730 early for elementary age child

137 Nov 6, 2015 5:54 PM longer time at aftercare

138 Nov 6, 2015 5:49 PM If my children were in middle school or high school I would like for them to start at the same time they start at LHS.

139 Nov 6, 2015 5:32 PM We will likely have to wake our child up most mornings (though hopefully she would get used to a new sleep schedule).

140 Nov 6, 2015 5:18 PM Day would be too long as after school care would be needed for all days. Also in the winter being outside for the bus in the dark

141 Nov 6, 2015 5:09 PM Elementary kids may be pushed for time in the morning to get ready and have before breakfast before school begins at 7:30

142 Nov 6, 2015 4:47 PM currently we do not require after school care. If Elementary got out earlier, we would need to find care.

143 Nov 6, 2015 4:26 PM i would need to pay for after school care

144 Nov 6, 2015 4:19 PM I am in favor of changing the middle/high school start times but not at the expense of the elementary schools. I already have a difficult enough time making sure the kids are getting enough sleep and have time to have breakfast plus make lunches. We rarely catch the bus because it arrives too early at 7:40am. My kids sleep until 7am...they are tired. A 7:30am start time is too early for the elementary kids.

145 Nov 6, 2015 3:59 PM Young elementary school children should not have to wake up and rush out the door. Also- would that mean a 2pm school release time? It's hard enough for working parents now, could not imagine having to find child care from 2pm on. Get more busses. Start everyone at same time.8:30.

146 Nov 6, 2015 3:43 PM For elementary school students, we would likely have to get up earlier to start our day.

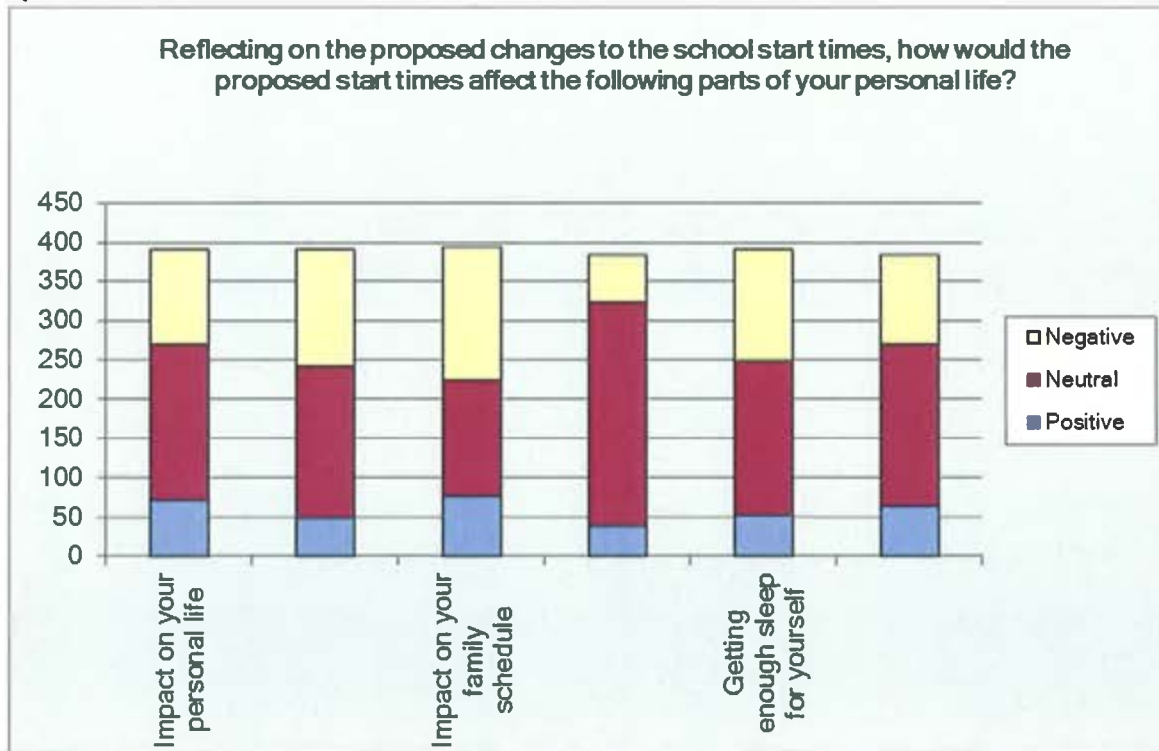
147 Nov 6, 2015 3:35 PM My daughter is a dancer and she has the opportunity of student teaching at 2:30 to help pay for her dance tuition. If the start time is pushed back, then she will not have this opportunity.

148 Nov 6, 2015 3:23 PM Getting young kids who need help with everything from meals to brushing teeth, etc. up and out of the house for a school start time of 7:30 seems crazy.

149 Nov 6, 2015 3:23 PM See above

150 Nov 6, 2015 3:12 PM It's very difficult for us to get out the door in the morning, particularly because of one of my children who has an extremely hard time waking up in the morning. The proposed change would drastically increase our stress level in the mornings and I don't believe would help her school performance in any way.

Question 7:



Question 8: Please elaborate on any negative impacts.

- 1 Nov 30, 2015 6:17 PM Again - longer childcare for Elementary, transportation timings will affect my ability to reach work on time - volunteering hours would be minimal at the Elementary level and possibly effect HS/MS as well.
- 2 Nov 20, 2015 2:39 PM I am a teacher and my school would be getting out after my sons.
- 3 Nov 20, 2015 1:47 AM This w/ create more morning stress to get bus earlier & me having to take him in earlier if he missed bus.
- 4 Nov 20, 2015 12:45 AM Oldest child would not be able to pick up youngest child at bus stop
- 5 Nov 19, 2015 6:17 PM I agree with the later start time for middle and high schools, however the idea to open elementary schools 45-minutes early seems like a solution looking for a problem. Currently, my two children take the bus home and go to activities 3x/week which works well. If they ended school 45 minutes earlier, we would have to have afterschool childcare for 5 days/week instead of 2. This would increase our daycare costs by about \$130/week, it would impact both my and my wife's work schedules, and is overall a big negative.
- 6 Nov 18, 2015 7:34 PM Let this thought of time changes go.
- 7 Nov 18, 2015 6:19 PM Our family can get them on the bus earlier, but getting home earlier will not work.
- 8 Nov 17, 2015 10:50 PM After school care is very limited. If this goes into place you must have alternate since there is severely limited availability in PEAK.
- 9 Nov 17, 2015 1:13 AM A lack of aftercare availability (openings) at LHS has forced us to take him to aftercare at a Private school, changing release times may affect my ability to do that.
- 10 Nov 16, 2015 9:35 PM As stated above, waking either child to start school before 8 or 8:30 will be challenging. It seems unhealthy for all.
- 11 Nov 15, 2015 11:19 PM Only in my sleep time.
- 12 Nov 15, 2015 1:37 PM Just not sure how this will effect after school schedules in a positive way, wouldn't this mean later finishes to the day
- 13 Nov 14, 2015 9:15 PM At the Current 8:30 start for elementary, we have a good pace in the morning - but still sometimes are a little late getting out the door. Losing an hour in the morning would mean we'd have to rush more in mornings and maybe get up earlier, but it also means we are likely to get to work on time.
- 14 Nov 14, 2015 4:39 PM All positive let's get this done.

15 Nov 14, 2015 12:14 AM It is already very challenging getting a 5 year motivated to get ready in the morning and this earlier time will further complicate things

16 Nov 13, 2015 7:52 PM A 7:30 am start time would guarantee rushing and conflict in our house. Our kids would be unsettled and tired at school and this would definitely make them not like school.

17 Nov 13, 2015 7:42 PM Having to get my elementary school-age children up and out by 7:30 in the morning would be a challenge.

18 Nov 13, 2015 6:15 PM My son struggles getting up no matter what, an hour earlier would make a difference but then he would get that hour back in MS.

19 Nov 13, 2015 4:44 PM As a single parent I'm solely responsible for getting them up and ready for the bus and school, then I have to rush to work, where I can only work 9-3 because I have to be home in time for the bus. Then I have to go through folders, sign permission slips or anything else that needs to be done with them including reading, homework, and class work. All the while cooking dinner, doing laundry, then getting them bathed and situated for the bedtime routine. Which like I stated earlier could take a few hours before they fall asleep. To which I'm not even able to go to sleep until almost 11 and have to be up by 630 to get myself situated and then start the day all over again the next. Leaving me almost no time to sleep.

20 Nov 13, 2015 4:28 PM Headstart begins at 8:30am so i will have to take kids I and out of the car more frequently

21 Nov 13, 2015 3:41 PM As long as PEAK program hours adjusted with the change

22 Nov 13, 2015 3:12 PM Right now I pay \$178/ week for two kids at PEAK. Will their rates change because they have the kids for longer? My work day is not going to change to accommodate the shorter school day, regardless of when I get to work.

23 Nov 13, 2015 2:25 PM Having school start an hour earlier would decrease the amount of sleep we all were able to get each night. None of us are morning people. It would also put a stress on us for child care costs. You mention that afterschool care times would accommodate the change in school start time but we can't get into the afterschool care program. On occasion I leave early (at 2:45) to collect her from school when we have a gap in the child care coverage we have pieced together. It would be detrimental to my work to leave at 1:45 to collect her if school got out at 2:15 vs 3:15.

24 Nov 13, 2015 2:10 PM none. all effects are positive.

25 Nov 13, 2015 2:06 PM Please keep the elementary timings the same as now. 8.15 as a school start time is appropriate

26 Nov 13, 2015 12:08 PM Working until 5pm if they get out an hour earlier this will be difficult

27 Nov 13, 2015 11:46 AM I work early hours so I can get back to pick me kid. This is going to make me look for after school care if the elementary school is going to start early. This means we have to change the whole after school activities so they can go to bed early.

28 Nov 13, 2015 6:24 AM I don't pay for aftercare because grandparents can get her off the bus at 3pm but any earlier release and they wouldn't be available so I'd have to now pay for aftercare.

29 Nov 13, 2015 5:28 AM These children have been used to a schedule for many years changing it would make a negative impact

30 Nov 13, 2015 5:19 AM None

31 Nov 13, 2015 5:12 AM /

32 Nov 13, 2015 4:34 AM Our family does not live in the country so having someone to watch our child after school is gonna be a little difficult.

33 Nov 13, 2015 4:16 AM As a stay at home parent it is already difficult enough to match my kids' schedule with my school attending child's time.

34 Nov 13, 2015 3:27 AM This would drastically impact our child care arrangements in an extremely negative way.

35 Nov 13, 2015 3:20 AM Would make after school child care extremely difficult.

36 Nov 13, 2015 2:26 AM My middle schooler needs the 2-3pm homework clubs and after school teacher help. It is extremely helpful as homework gets harder and time intensive.

37 Nov 13, 2015 2:09 AM Self-employed parent does drop off, has been looking forward to the early start of His day in 2 years with Middle School approaching.

38 Nov 13, 2015 1:59 AM I'd have to pay for more hours of a sitter bc my work schedule is not compatible with traditional after school programs.

39 Nov 13, 2015 1:57 AM Better to get out later for our work schedules as less time alone after school until we get home.

40 Nov 13, 2015 1:54 AM I assume I would get used to any wake up time eventually but can't image being able to stay up late working like I usually do if I have to get up at 6am.

41 Nov 13, 2015 1:51 AM I have three kids, 7, 5, and 1. Starting their school at 7:30 would be a nightmare for me Z they are still too young to get themselves to school and I'd have to wake up the baby to get them out the door. I'm wondering how many members of the school board still have young children who cannot do for themselves. My husband leaves very early so I am always doing the morning routine solo. Starting an hour earlier would create

stress. Not to mention the fact that I work from 9 to 3. Ending school an hour earlier means cutting an hour off my already abbreviated workday, unless you can convince Portsmouth businesses to start an hour earlier too.

42 Nov 13, 2015 1:35 AM Our middle school child is able to get up and tend to himself with little intervention currently, he also arrives home before his sisters get home from elementary which enables him to do his homework without interference from younger siblings, and help with childcare at the times our adult schedules overlap with bus drop off... he is there to watch his younger siblings when we run into a "childcare gap" Having our elementary students up first and home first would personally cause household turmoil

43 Nov 13, 2015 1:15 AM My major concern is the financial impact. In Portsmouth area, sitters charge \$10-12 per hour. I have to hire someone to receive my youngest son so he is not left at the empty house. I work full time job and I cannot come home for my children.

44 Nov 13, 2015 12:32 AM After school activities and sports not lining up with other schools' stop times

45 Nov 13, 2015 12:27 AM I have to be at work at a reasonable hour. If then school time are changed it will not impact me now, but it will in the future. My kids will likely be up at the exact same time. They will just be at a before school program so that I can get to work on time.

46 Nov 13, 2015 12:25 AM Getting off work to cover 3-5 is an option. Getting off work from 2-5 is not. We would need to get childcare for the afternoons and we don't have to do that now.

47 Nov 13, 2015 12:10 AM The end of our work day is not flexible. Having my kindergartener get on a bus before 7 and be in aftercare until 5:30 makes for a very long day.

48 Nov 12, 2015 11:39 PM None really...after school sports programs would be only concern in middle school. Not having enough time for home work.

49 Nov 12, 2015 10:00 PM While in elementary school it makes for a very long day with school and after care. We don't have flexibility on the end of day times.

50 Nov 12, 2015 9:57 PM We are not gaining enough benefit to make this change.

51 Nov 12, 2015 9:43 PM It is very expensive to put kids in aftercare programs. I am assuming elementary students will be dismissed at 2:30?

52 Nov 12, 2015 8:53 PM An added hour of childcare needed at the end of the day will be taxing on our current schedule

53 Nov 12, 2015 8:52 PM We have a nice routine that would be impacted, but most importantly my childcare options would be impacted in the afternoon. My childcare costs would increase.

54 Nov 12, 2015 8:46 PM I would have to pay for after school care.

55 Nov 12, 2015 8:32 PM It will be tough dropping off our youngest at such an earlier time. The kids play outside in the morning in elementary school before they go into school, so are we sure there will be light on the playgrounds at 7:15 AM to make sure they can see to play? Will small kids be waiting for bus pick up in the morning in the dark at any point during the year?

56 Nov 12, 2015 8:27 PM The start time could be earlier for elementary school, but not by a whole hour+. Ideal start time for elementary-age students is 7:50 - 8:00 a.m., with 15 minute "early drop off" at the school. Also, concerned about after school child care and activities for elementary-aged children.

57 Nov 12, 2015 8:23 PM I would have to leave work very early to pick up my daughter from school.

58 Nov 12, 2015 8:22 PM Most elementary aged kids need at least 12 hours of sleep, going to bed at 7 would leave them waking at 7, therefore not enough time to eat a proper balanced breakfast. This wouldn't give them enough sleep either, as they need family time after school and getting to bed any earlier than 7 is unlikely.

59 Nov 12, 2015 8:19 PM With two working parents, the impact of this change would be catastrophic. Getting our two elementary school children ready for school an hour earlier while also getting ourselves ready for work, not to mention transportation to school, would be a logistical nightmare. The earlier release time would significantly raise our childcare costs. And our children would end up either getting less sleep, spending less time as a family due to early

60 Nov 12, 2015 8:17 PM We're losing half of our family time during the week. One of two hours. These are critical bonding times and we are just going to be in an endless cycle of racing around at night to get her to bed right away so she can be up at the crack of dawn. Really?

61 Nov 12, 2015 8:12 PM May have to change work schedule

62 Nov 12, 2015 8:05 PM An earlier release time for elementary school would be difficult for my job.

63 Nov 12, 2015 8:04 PM Would have to get up 2 hours earlier

64 Nov 12, 2015 8:03 PM I like the later start time.

65 Nov 12, 2015 8:03 PM Same as above. Parents need to work kids will have to get themselves on the bus. This will be horrible

66 Nov 12, 2015 8:03 PM Earlier pick up for younger child

67 Nov 12, 2015 8:02 PM As noted, the proposed schedule would require an earlier bedtime for our younger son. That would be hard to achieve due to our works schedules. (I know this, because we've been trying it.) This puts added stress in the home between 5 & 7:30 pm. And he would not get enough sleep, which would likely impact his ability to learn and would negatively impact his behavior at home.

68 Nov 12, 2015 8:02 PM More after care will be required for working parents of elementary school children- this is a direct expense that affects only working parents.

69 Nov 12, 2015 8:01 PM No negative impacts

70 Nov 12, 2015 7:58 PM It would cause a shift in schedules. I would have to leave work earlier to get the kids off the bus. I would lose more hours during the work week and I'm only part time so can't really afford to lose more hours.

71 Nov 12, 2015 7:56 PM It could either increase the cost of, or create the need for, after-school child care on most days. The benefit would be that the few morning conflicts we have with Dondero's current late start time would be eliminated.

72 Nov 12, 2015 7:55 PM Totally breaks up the morning routine.

73 Nov 12, 2015 7:54 PM This would require parents to also be up an hour earlier than before. For people who work nights, this is not healthy.

74 Nov 12, 2015 7:50 PM family dinner / sports/ jobs/ homework

75 Nov 12, 2015 7:48 PM Because I teach at the elementary school I will be leaving very early most likely before my kids are up

76 Nov 12, 2015 7:47 PM A later start time would necessitate early morning childcare costs and coordination.

77 Nov 12, 2015 7:44 PM I have to be at work at a normal time of 830 and can drop my second grader off at school on my way. Also he needs care after school until I get out of work at five. While he attends mc3 there is very little structure and it would be terrible for him to be there longer than a couple hours.

78 Nov 12, 2015 7:43 PM With increased hours of after school care needed - would assume costs will increase

79 Nov 12, 2015 7:41 PM Later release will not give time for homework before other activities. Will need to get done after which will keep them up later.

80 Nov 12, 2015 7:37 PM Worry about the potential negative impact on my son.

81 Nov 12, 2015 7:36 PM If my child wakes up early than I will have to wake up earlier as well

82 Nov 12, 2015 7:36 PM This would mean less family time and greater child care expense. Additionally, I don't desire to get up an hour earlier and it would impact my own work schedule quite a bit.

83 Nov 12, 2015 7:36 PM what more can be said, it is written in plain English above!

84 Nov 12, 2015 7:34 PM without available aftercare, school starting earlier would be school ends earlier which would mean having to leave work earlier in the day. Would be a big problem.

85 Nov 12, 2015 7:34 PM With an earlier start time and earlier release time for elementary school students, I may not be able to rejoin the work force until my children are in middle school.

86 Nov 12, 2015 7:33 PM I'm slightly fearful that I'll lose sleep, but I'm sure I'd adjust to the change.

87 Nov 12, 2015 7:33 PM Start work at 7:30-8, will not want to leave the boys home to get themselves on the bus.

88 Nov 12, 2015 7:33 PM We have our schedules built around the current schedule and after 3 years of fine tuning finally have a good set up.

89 Nov 12, 2015 7:31 PM none

90 Nov 12, 2015 6:03 PM Kids will receive less sleep, have less time for extracurricular activities, and create unnecessary stress associated with their learning. We want kids to enjoy school, not detest it.

91 Nov 11, 2015 2:48 AM My kids need time in the morning to eat and get ready without rushing. They get up at 6:30 and getting to school by 7:30 would be a nightmare for all of us. As it is 8:30 is a challenge. Little kids don't do ANYTHING fast. I will be really upset if the start time is changed to 7:30am.

92 Nov 10, 2015 8:40 PM Starting elementary schools early means, they coming home early, which requires someone to be home much earlier. My Middle schooler does not need anyone home, when she gets home. But my elementary schooler will need someone to be present home or it will push us to engage someone for child care

93 Nov 10, 2015 3:18 PM I would have to find after school care which I currently don't need.

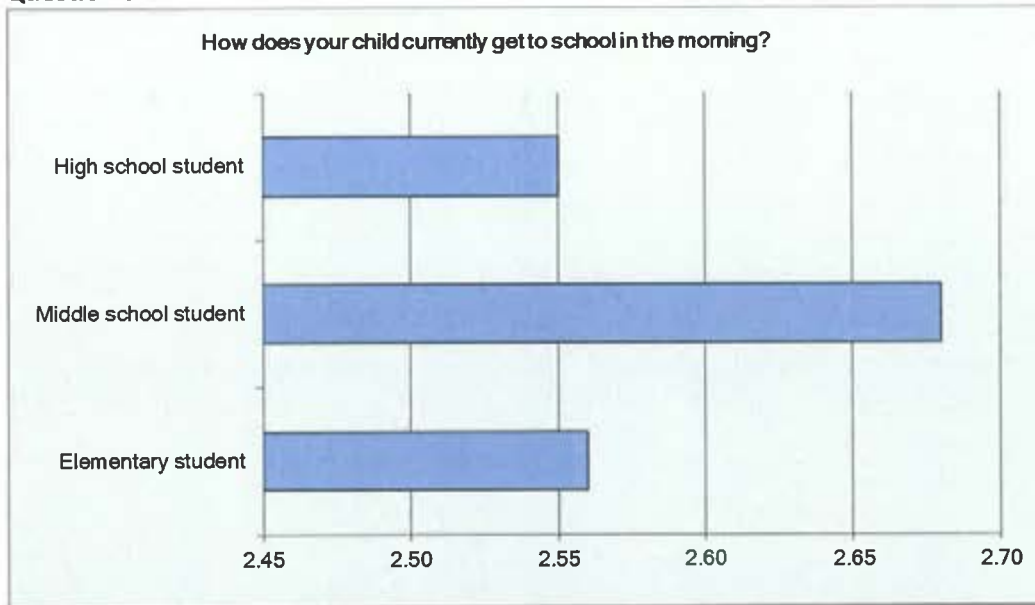
94 Nov 9, 2015 11:11 PM Our children get plenty of sleep because we put them to bed on schedule each night. Our elementary student goes down at 7:30 and gets up abt 7am. Our high school student is asleep by 8:30 and gets up at 6 (she doesn't sleep in on weekends either). They both have plenty of energy during the day and do great in school because they are rested. If you change the time to earlier for elementary, our daughter would get less sleep and struggle during the day. A later start for our teen would be wasting her time waiting to go to school and lose about 1hr of work time after school. Our teen would also have less time to do her homework before sports (we would never allow her to put her homework off until morning before school). Also, I would have to be up earlier to get our youngest ready and off where as our teen can get up and get ready without my help.

95 Nov 9, 2015 6:06 PM The morning routine for parents of elementary age kids is more taxing as they require more help getting fed, dressed, etc. plus they will be getting home earlier which impacts the afternoon quite a bit. Also, on snowy days getting out the door early with young kids is even more difficult.

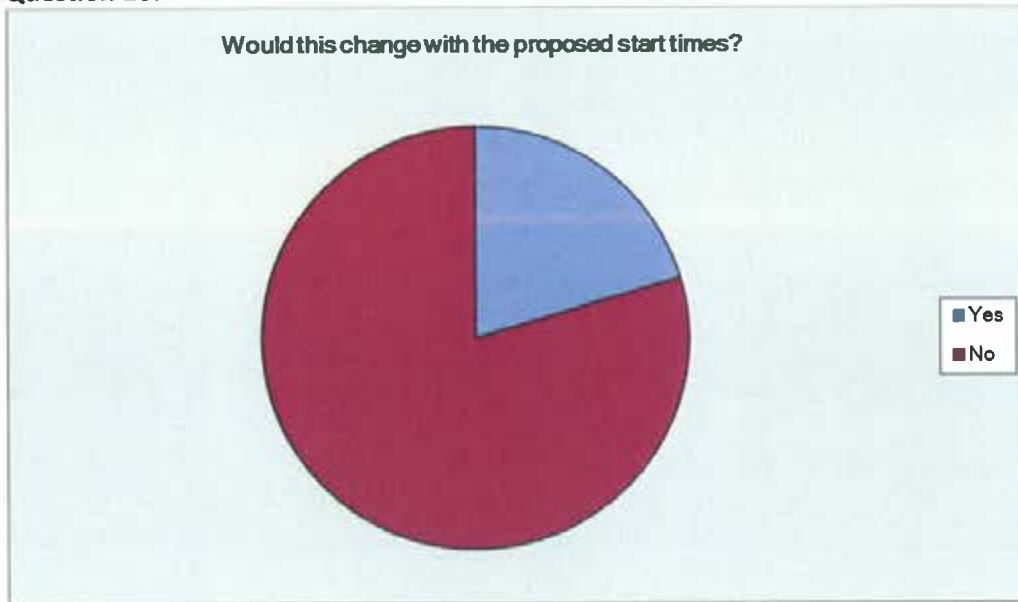
96 Nov 9, 2015 2:39 PM The time in child care after school will have to be longer. In elementary school, would like to see enrichment programs expand significantly to make up for extra hour that would need to be spent in child care instead of school. We will have to get up and get going earlier in the day than we are used to - cuts into sleep.

- 97 Nov 8, 2015 3:24 PM The earlier school starts the less time we as people have to sleep at night. Our hours of sleep would be cut off short in order to get up an hour sooner where a sight now we can use that extra hour of time to sleep.
- 98 Nov 7, 2015 12:26 PM In favor for the older but means longer aftercare for younger
- 99 Nov 7, 2015 12:14 AM My children would need to go to bed when I get home from work not allowing for family time or after school activities that go past 6 pm. Young kids need more sleep then teenagers.
- 100 Nov 6, 2015 10:42 PM The hour and 25 min span is a HUGE impact on my work schedule. It means I can only work 4.5 hours a day. I have to be home with my kids before and after school because I cannot afford childcare
- 101 Nov 6, 2015 10:15 PM They may stay up later or activities may end later.
- 102 Nov 6, 2015 10:03 PM I would have to get childcare for the hour at the end of the day for my elementary school kids
- 103 Nov 6, 2015 9:36 PM I drop my child off on the way to work. The current schedule works out perfectly.
- 104 Nov 6, 2015 9:11 PM I will have to wake up earlier than 5:00 AM to be able to go to the gym while everyone is sleeping. then I come home and my wife leaves for her job.
- 105 Nov 6, 2015 8:28 PM I feel that starting to early for the younger ones will cause lack of sleep and less attentive in school
- 106 Nov 6, 2015 8:12 PM Changes are always difficult. ;)
- 107 Nov 6, 2015 7:10 PM The night time schedule will be a rat race. Trying to cram all that needs to get done in and then get them to bed. There is no Mommy/Daddy time. Unhappy kids = Unhappy parents and vice versa
- 108 Nov 6, 2015 6:37 PM my elementary child cannot leave school on her own, making difficult to leave work an hour earlier for pickup
- 109 Nov 6, 2015 5:32 PM One parent would have to rearrange their work schedule (& possibly work fewer hours) or we would have to rely on afterschool programs. Child care more than we do.
- 110 Nov 6, 2015 5:18 PM As a family with 2 working parents - having a 5 year old out at 2:15 would negatively impact everything - schedule, job, childcare
- 111 Nov 6, 2015 4:47 PM only issue would be after school care for Elem. Otherwise I think it's a great idea for the sake of the older kids
- 112 Nov 6, 2015 4:26 PM would have to pay for after school child care
- 113 Nov 6, 2015 4:19 PM I am in favor of changing the middle/high school start times but not at the expense of the elementary schools. I already have a difficult enough time making sure the kids are getting enough sleep and have time to have breakfast plus make lunches. We rarely catch the bus because it arrives too early at 7:40am. My kids sleep until 7am...they are tired. A 7:30am start time is too early for the elementary kids.
- 114 Nov 6, 2015 4:04 PM Would elementary students get out an hour earlier too? This is unclear so I'm not sure how to answer some of these questions.
- 115 Nov 6, 2015 3:59 PM Get more busses! Elaborated above.
- 116 Nov 6, 2015 3:49 PM My work schedule is 9 - 2, so I am able to pick up for elementary school. This would have to change to less time, or more childcare, since I would have to adhere to 3 children getting out earlier from elementary school and 1 child later from Middle School.
- 117 Nov 6, 2015 3:43 PM Starting school earlier could likely mean starting our entire day earlier and making the "work" day longer by starting school/work earlier, but still getting out in the afternoon/evening at the same time.
- 118 Nov 6, 2015 3:35 PM My youngest would need more help getting up that early. Right now my oldest gets them up as she is leaving for school. This allows my youngest to have more time to prepare for their day.

Question 9:



Question 10:



Question 11: Please offer any additional comments on school start times.

- 1 Nov 30, 2015 6:17 PM I think there needs to be a pilot for HS to see how those children are effected first. Elementary should not be changed as I see no benefit of the children starting at 7:30 and then having additional aftercare hours. Many teachers arrive early for conferences or additional planning hours, which would mean coming in at 6:00 or 6:30 - is that really a benefit to them?
- 2 Nov 22, 2015 1:02 PM Great idea to start earlier. Thanks
- 3 Nov 20, 2015 7:10 PM I support the change of start times.
- 4 Nov 20, 2015 2:39 PM My son would be going into 5th grade, so while it may pose a problem for 5th grade. It may be more beneficial for us once he is in middle school and high school. We would be willing to figure out the difficulties in the next year to have the change in middle and high school.
- 5 Nov 20, 2015 1:56 AM Changing school times will effect everything in town not just the schools. Afterschool activities are in place all over the state. My children have activities that take place in Rochester, Dover and Durham. These towns are not changing their hours of operation this will leave my children out of things they love and have done for years. This will also leave me without child care in the

morning and in the afternoon. Right now it is convenient for grandparents to bring the kids to school if the hours are later I will have to pay for before care. Business are not going to change hours to accommodate to this change. In addition, my children will be out of school earlier leaving me without childcare for a longer period of time in the afternoon between activities. This is not a positive change for our family.

6 Nov 20, 2015 1:47 AM Do not change for elementary school. Just change for middle & high school

7 Nov 19, 2015 6:17 PM I think that this is a terrible idea. I agree with delaying the older kids start time but there is no reason to change the elementary school kid's start time. It seems like there is some ulterior motive that is not being disclosed.

8 Nov 18, 2015 7:34 PM Do not change them.

9 Nov 18, 2015 6:19 PM The swap is feasible, and likely best for high schoolers. Dismissal times will be the hardest part for working families.

10 Nov 18, 2015 12:47 AM Research supports it. However if you have an older elementary school student it will not be easy for he/she to change what he/she is accustomed to

11 Nov 17, 2015 11:48 PM The elementary school times are great! Please keep them as is!

12 Nov 17, 2015 10:50 PM Need more after school care especially if you move to earlier release times.

13 Nov 16, 2015 9:35 PM Is there a way so that all schools can start after 8? I won't have either child in elementary school in a few years but for the health of our community I don't want elementary schools starting prior to 8. On the other hand, I don't think middle or high schoolers should start earlier either. Thanks for your time.

14 Nov 16, 2015 7:07 PM Dondero staff should be friendlier, maybe hello or good morning greeting could help

15 Nov 16, 2015 6:41 PM Very much agree that a later start time for middle and (especially) high school is in the students' best interest as it allows kids that extra hour of sleep. I personally would have benefitted from this as a high school student. I suspect my kids will be the same.

16 Nov 16, 2015 6:32 PM Starting any aged student at 7:30 is not ideal, but you're doing a major disservice to the youngest if their start time is moved up. Their total awake hours are already shorter than their teenage counterparts, and filling those hours with less family time and more morning stress is a bad idea. Ideally everyone starts later in the day. Figure out a way to make that happen. If it's more busses, figure out a fund raising effort and get it done. Don't start anyone that early.

17 Nov 16, 2015 1:14 PM As a parent, I would like to sacrifice some issues on my end to make it better for my child to learn.

18 Nov 16, 2015 5:43 AM I'm assuming if the start time changes the release time will change as well...not a problem for us. We will just get the kids to bed earlier to have an efficient amount of sleep.

19 Nov 15, 2015 11:19 PM I believe is good as is but if necessary will need to adjust.

20 Nov 15, 2015 2:57 AM It makes sense to have middle/high school students start later, but why make elementary school students do what has failed those older students? It would make more sense to delay school start times for all students across the board.

21 Nov 14, 2015 4:39 PM Let's make the change. Elementary school kids need more help from parents and the parents also need to get to work. This is an improvement in the schedule.

22 Nov 14, 2015 12:14 AM The earlier pickup time would force us to send her to bed earlier the night before which will limit evening family activities and time together

23 Nov 13, 2015 11:35 PM One child will be suffering the early morning school start so it doesn't matter either way. I think it's easier for my older to child to get up and out

24 Nov 13, 2015 9:52 PM If the elementary school was to release earlier, would there be afterschool care (at a cost) with a late bus?

25 Nov 13, 2015 9:20 PM Think it's a great idea. Elementary kids are easier to get to bed earlier than middle and high school students.

26 Nov 13, 2015 7:52 PM 7:30 is too early for ALL kids, not just high schoolers.

27 Nov 13, 2015 7:42 PM I just don't see how middle school and high school sports can start any later than they already do? How does it affect travel for away games? etc

28 Nov 13, 2015 4:44 PM I feel like yes the older kids should start later but maybe go a little later, or stay the same. As we get older we need to be able to balance both school, life and jobs and I feel like catering to the older ones because they're tired in class and sleeping is ridiculous. At 6th grade parents are still very involved and can still have their child go to bed at a reasonable time. Children on the other hand have more energy but also put out more energy. The earlier the start time the more miserable the younger ones will be as most are struggling with the adjustment to all day anyways. Why make it earlier?

29 Nov 13, 2015 3:42 PM This survey does not address the future impacts this change would have when my child goes from elementary to middle school, it only pertains to one's current situation.

30 Nov 13, 2015 3:15 PM Please consider the big picture as this decision is made. This is a very complicated issue. If changes are going to be made, please make sure that they are truly in the best interest of all students and staff members involved. Please do not make a change to benefit one group but that will hurt others. After school activities for the older kids already run late. This later start time might really cut into homework and family and sleep time for those students who participate in sports and other activities - especially if away game times need to be pushed later, or if game start times stay the same then kids might need to be dismissed early which could be bad for their academics.

31 Nov 13, 2015 3:12 PM It's hard to put myself in the shoes of an older kid, and I understand about the bio-rhythms and older kids need more sleep, etc. Why can't the high school just start earlier? Why does this have to impact everyone?

32 Nov 13, 2015 2:25 PM Middle and high school students are more autonomous. As a parent of an elementary school student, this proposed change would be highly detrimental to our family and the delicate balance we have created to manage the after school child care situation we're in because we were unable to get any coverage provided through PEAK.

33 Nov 13, 2015 2:19 PM Early start times prepare children for real life. Keep start times the same.

- 34 Nov 13, 2015 2:10 PM just do it.
- 35 Nov 13, 2015 1:40 PM It just makes sense. Let's give it a try!
- 36 Nov 13, 2015 1:05 PM 8am-3pm would be ideal for High school/middle school
- 37 Nov 13, 2015 12:08 PM I would like to stay with an 830 start time. The 730 start will be very early for my kids and will impact my work schedule by being home so early. If this at all goes through please do not make the start prior to 730 that is just entirely to early
- 38 Nov 13, 2015 11:53 AM I feel that the current times are fine.
- 39 Nov 13, 2015 11:46 AM Little kids needs more rest than the middle and high school kids.
- 40 Nov 13, 2015 10:17 AM I strongly favor the proposed change in the start times. My elementary schooler is awake and alert early in the mornings and my middle schooler needs more morning sleep in order to be healthy and alert. It is a biological change that I hope the Portsmouth Schools will recognize for the health and well-being of its children.
- 41 Nov 13, 2015 6:24 AM It's a horrible idea to flip the start times. Schedules, financially. It's hard enough now with early release instead of delayed opening.
- 42 Nov 13, 2015 5:28 AM Very bad idea when a child or adolescent is used to a schedule they have been on for years a sudden change makes a huge impact on them physically and psychologically I do not think my six year old child should have to be up before 6 AM it is hard enough for my now kindergartener to get used to such a long day when preschool was only a half day I love the Portsmouth school system but whoever came up with this idea is really not thinking about the children at all I'm sure you have a schedule at home correct? Well what happens when that schedule changes after doing it for so long? A BIG MESS!!! Think about this it's not fair to the kids!!!!
- 43 Nov 13, 2015 5:19 AM The earlier start time for elementary school children is a great idea from or many reasons. But personally it would give myself and my child more time together due to school/work schedules
- 44 Nov 13, 2015 4:34 AM Just do make this change. Come on...do i really need to tell you more about how bad this idea is...
- 45 Nov 13, 2015 4:16 AM The older kids need to get used to early times, as that is part of life (college classes, work, etc). Younger kids have the tendency to get out of normal character with less sleep/earlier starts. I also feel like as a former Portsmouth school system student (NFS, middle school, and high school) I managed to work and play sports without a problem! It makes you be able to manage your time better, which is a definite future adult need. Please DO NOT change what's already working.
- 46 Nov 13, 2015 3:27 AM Get more buses for the high school if that is the issue.
- 47 Nov 13, 2015 3:20 AM Get more buses so that high school can start later if this is the issue. Earlier start time would negatively affect elementary school aged children and families as well
- 48 Nov 13, 2015 2:26 AM I work till 3pm, and this change would prevent me from doing so. Because my elementary school child would have to be picked up at 2:15, or I will have to pay for childcare do to his age. I do not under the current structure since my older child can stay at school or the library till 3:15. We can then do any lessons at 3:30. The current schedule works well.
- 49 Nov 13, 2015 2:16 AM I like the idea. I have 3 elementary school kids who are VERY early risers. They are up at 6 but their school doesn't start until 8:55.
- 50 Nov 13, 2015 1:54 AM I think what matters most is the students. Adults can adjust. Some of us who are single parents might find these changes challenging but as long as the schools continue to be open to feedback and making things work as best they can I would expect the transition to be smooth. Thanks for letting families give input!
- 51 Nov 13, 2015 1:51 AM I like this idea.
- 52 Nov 13, 2015 1:51 AM I agree that high schoolers should start later but please keep in mind that they have much more autonomy than elementary school children - they get themselves up and dressed, get themselves to school and home from school and can take care of themselves for the most part after school. The problem I have with this plan is that it costs me an hour from my work day and makes mornings infinitely more stressful. Please bear in mind that some people have 2, 3,4 elementary-aged kids who still depend on their parents for just about everything. A 7:30 start would be tough.
- 53 Nov 13, 2015 1:42 AM I see the long-term benefit once our children turn teenagers and go to middle/high school but transitioning from easy-going preschool to kindergarten at 7:30 will be really hard.
- 54 Nov 13, 2015 1:35 AM I agree with a later start time for middle and high school students but not at the cost of waking elementary children even earlier
- 55 Nov 13, 2015 1:24 AM It seems like a sensible concept and a win for little kids who are up early, big kids who need to sleep in, parents who need to work &/or arrange childcare. There are plenty of factors we as parents don't have direct access to that would need to be weighed to make a decision (operations costs, teacher/staff needs; etc.)
- 56 Nov 13, 2015 1:15 AM If the school system wants to change the time, the school must offer adequate child care to keep the younger elementary school children at school until parents can get them. Currently there is no affordable child care systems. Peak has waiting list and it is expensive for my low income level for the whole household. Currently, my sons come home and do homework first and attend sports. If they are coming home late, they will not have enough time for home work and sports after school. I will not let my youngest son get off the bus by himself and open the door, let him stay in the house alone. However, if you make this change, I will be forced to let my youngest son get off the bus to stay in the empty home by himself until the older son gets home. It is not realistic and the school system must come up with the adequate child care for low income family like myself. I oppose to this time change completely. I do not agree with the idea of letting older kids sleep in the morning. What is the point of offering lazy lifestyle to teen age children? This time change idea only works for people who has 1 child, and not working full time. I do not understand why the school wants to make the life of low income family harder, and endanger the life of young child who does not have parent who can afford to hire adult sitters?
- 57 Nov 13, 2015 12:49 AM I hope this happens. It seems there are no negative effects only positive ones.
- 58 Nov 13, 2015 12:32 AM Although I agree it is best for child development, there would need to be agreement in the entire sau, including sau 50

59 Nov 13, 2015 12:27 AM I do not think this will have the net positive effect that research may show on paper. Parents have fixed work schedules that require them to get to work relatively early. I therefore think that it is likely that many or most students that cannot be left at home alone will be getting up at the same time regardless of when school starts. If kids need more sleep, tell them to go to bed earlier. This is a clear case of a point at which a child should bend to society's needs, and not the other way around.

60 Nov 13, 2015 12:25 AM I think it would best for all the kids to start at 8 or 8:30. Has any fundraising been tried so we can increase our buses and have all the kids start later? Just a thought.

61 Nov 12, 2015 11:39 PM Should not make a big difference

62 Nov 12, 2015 11:30 PM It would be more convenient for my elementary school child as I would not have to pay for before school childcare

63 Nov 12, 2015 11:23 PM Lets do it! We all adjust to it after done time. But studies show older kids need more sleep.

64 Nov 12, 2015 11:02 PM This is ridiculous. Young children need way more sleep than the older kids.

65 Nov 12, 2015 10:23 PM In a perfect world, parents would monitor device/electronic time on school nights and have the kids go to bed at a reasonable time, where they would get the required number of hours of sleep. I don't think that moving the school day up an hour is going to have that much of a difference ... if parents have to go to work, then they will probably have to wake the kids up at the same time anyway, so why change?

66 Nov 12, 2015 10:08 PM Sounds like a great idea.

67 Nov 12, 2015 10:08 PM Elementary should start around 8!

68 Nov 12, 2015 10:04 PM Research has proven time and again that adequate sleep is critical in healthy functioning of an individual particularly a children. This formative stage of life is very crucial in terms of developing physiological, cognitive, and psychological and arena based on which a child transforms into a grownup being a responsible and balanced citizen of the nation. Starting the school one hour late might give additional one hour to receive education, however if the body and brain is still tired and not receptive will that education really count?

69 Nov 12, 2015 10:00 PM Overall, I agree with the proposed changes. It will be difficult for the years still in elementary school - 4 years. NFS is the first to start and that makes for an extremely long day for kids whose parent have to work until 5pm or after.

70 Nov 12, 2015 9:57 PM We need to think outside the box and look for other ways to shave time off our kids day.

71 Nov 12, 2015 9:43 PM When will students be dismissed? Answering this question might impact my answers to this survey.

72 Nov 12, 2015 9:24 PM We have enough stress getting out the door at 8:15. I hasten to think of the drama associated with a 6 AM wake up etc.

73 Nov 12, 2015 9:08 PM Older students do not need childcare, young students do. Increased expenses for childcare.

74 Nov 12, 2015 8:58 PM Teens need more sleep. I think it's a great idea to push the start time later. Thanks for looking at this!

75 Nov 12, 2015 8:52 PM While this change would require some changes in terms of routines and scheduling, I think aligning start times to suit the sleep needs of all students is an excellent idea!

76 Nov 12, 2015 8:46 PM We really hope this change goes through.

77 Nov 12, 2015 8:33 PM Please change the Middle and High school start times to be later. Do this for the health of our children!!!

78 Nov 12, 2015 8:32 PM Again, just to note that the after care programs for elementary kids would be running for longer hours, which could be tough on the younger kids who have to participate due to working parents.

79 Nov 12, 2015 8:30 PM I think a start time would be wonderful. I started school at 9 as a child and that was enough time for me to wake up, eat, and get organized before school. I feel that it would do the same for the kids.

80 Nov 12, 2015 8:27 PM A preferable shift in start time is by 35-45 minutes earlier or later, not 60+ minutes.

81 Nov 12, 2015 8:22 PM It would be good if elementary, middle and high school start at the same time 8:30

82 Nov 12, 2015 8:22 PM Please take into consideration the lack of sleep and stress starting earlier will do to Elementary School aged children, they need sleep and a relaxing morning routine before school. Kids without proper sleep will not be able to focus as well at school. Please take this into consideration that starting school any earlier than it is now will cause too much stress on families and children.

83 Nov 12, 2015 8:21 PM If school were to start later than it does now, it would negatively impact my ability to get to my job on time.

84 Nov 12, 2015 8:20 PM I am totally in favor of school starting later for the older kids. However, I do not feel it would be a psotive change for elementary school to start earlier.

85 Nov 12, 2015 8:19 PM While I support later start times for middle and high school I don't think a 7:30 start is reasonable for elementary school, especially given family schedule and childcare impacts for working families. I can't help but wonder if there's another solution that would keep elementary starts the same and allow later starts for older kids as well.

86 Nov 12, 2015 8:17 PM I don't feel that there has been nearly enough studies done and success stories to show that this is a smart plan. Older kids need to plan better - this is not fair for the little kids who we barely get to see as it is!

87 Nov 12, 2015 8:05 PM My opinion is that regardless of the time school starts, life is busy. Having younger children start earlier in the morning does not seem to solve that life is busy and that a disciplined bedtime routine is a requirement if one wants to function at a high level. I find that at each age so far, my children wake up early on the weekends and not during the week most times simply because it's not a school day. The importance is in getting to bed at a decent time. With life as crazy as it is, it's a struggle we all have and that's only learned through discipline and educating oneself on the topic of sleep and education. Changing school times is probably not the answer. it's probably not going to teach that discipline. Perhaps continuing to actively educate children and parents about the importance of sleep through working with the local newspapers, school newsletters, etc. and sharing real life stories of people who have successful strategies and the

success to back it up might be the way to go? Thank you for considering my feedback and I applaud the Portsmouth school department for exploring and researching this topic. -- Janice Henderson

- 88 Nov 12, 2015 8:05 PM I think it should remain as is.
- 89 Nov 12, 2015 8:03 PM I think this is an awful idea. Having a son that is graduating PHS this year we have seen no ill effects of the early start times. Also think how this will affect the sau50 school budgets for transportation
- 90 Nov 12, 2015 8:03 PM Wish it wasn't so far apart altogether
- 91 Nov 12, 2015 8:02 PM While this change would negatively impact our younger son and might negatively impact our family life, I can understand that no schedule is perfect. Unless we have a second fleet of buses, someone's sleep is going to be disrupted. Perhaps it is right to make this change in Portsmouth. I am just saying that it will be hard for OUR family because we simply cannot start dinner early enough to get our younger son asleep by 7:30. This may be the case for many families with two parents working outside the home.
- 92 Nov 12, 2015 8:02 PM The earlier end time for elementary schools should be discussed with the various organizations that provide after care, particularly PEAK.
- 93 Nov 12, 2015 8:01 PM My elementary student does fine with the schedule as is, but is up and ready for school long before the current start time. She would do great starting an hour or so earlier.
- 94 Nov 12, 2015 7:56 PM I prefer an earlier start for elementary school. Assuming Dondero would still get the "later" start (as it always has) at closer to 7:45/7:55, this would be preferable to the current late 8:55 start. Before 7:30 seems very early for any student, but less of an issue for younger kids (who go to bed earlier and wake up earlier).
- 95 Nov 12, 2015 7:55 PM For those parents who work full time until 5pm like myself, despite the earlier start time, the pick-up time would remain the same - 5:15/5:30. Therefore, the child's day and time away from home would be that much longer. How is this beneficial to the child?
- 96 Nov 12, 2015 7:54 PM I don't know where this research is coming from, but I had thought that the studies showed that school needed to start later, not earlier.
- 97 Nov 12, 2015 7:54 PM Any person who actual thinks this change will improve the function of their high school student is damn fool. All the kids will do is stay up later. It does not matter what time school starts, high schools students will not get adequate sleep. The proposed time change is going to be another Portsmouth School District failure, similar to following the common core!
- 98 Nov 12, 2015 7:48 PM I think that school start times at 7:30 or earlier are too early for any age level and it is too bad that there can't be a reasonable start time for all levels
- 99 Nov 12, 2015 7:48 PM I like the positive effects of the later start times for the older kids but to them ask elementary school kids to get up earlier is not the solution. My kids do after school activities out of town and not affiliated with schools so I'm concerned about my 6th grader getting out of school later. I appreciate the effort
- 100 Nov 12, 2015 7:48 PM Please keep the times as is.
- 101 Nov 12, 2015 7:47 PM I favor keeping the present start times.
- 102 Nov 12, 2015 7:45 PM To early for elementary students
- 103 Nov 12, 2015 7:44 PM Do it
- 104 Nov 12, 2015 7:44 PM Having GCS and PHS both very early start times is very difficult to manage. It is extremely difficult for my PHS student to go early for additional help or do makeup work before or after school while having 4 children in 2 schools with same start and end time.
- 105 Nov 12, 2015 7:44 PM This survey is not set up so you can answer per each student. I will say my oldest is more responsible getting to bed and getting himself up. I would have to get my youngest to bed by 8:00 to have him up to be at school for a 730 start time. By the time we get home from work timid close to 530 then dinner, homework and bathing brings us to after 7 leaving very little family time.
- 106 Nov 12, 2015 7:43 PM Because younger elementary kids need some help getting ready in the morning, slightly after 7:30 is better than before.
- 107 Nov 12, 2015 7:41 PM Do we really think starting later kids will get more sleep? That seems bit crazy to me. I guess you could say less homework will allow them to go to bed earlier.
- 108 Nov 12, 2015 7:37 PM I think it would be great if all three schools began at 8:30.
- 109 Nov 12, 2015 7:36 PM elementary should start a little after 7:30am
- 110 Nov 12, 2015 7:36 PM While I support the idea of high schoolers going to school later, I do not support this at the expense of primary school students. High school students are considerably more self-sufficient, in that they can get up & get ready for school with much less parental aid, they can walk to school or the bus unaccompanied, etc. At the end of the school day, they are do not need child care or to be picked up by a parent. Primary school students require a great deal more parental involvement to get them to school and pick them up so changing the school start time for them would have a lot of negative impacts for my child, myself and our family. I'm guessing that the only reason starting HS later would effect elementary school is due to the bus routes. Perhaps it should be considered to have the HS start 2 hours later and not change elementary times. That scenario would benefit HS even more with the exception of after school employment.
- 111 Nov 12, 2015 7:36 PM i can't believe that taxpayers money is funding this horribly offensive survey, taking precious time from people, holding meetings to discuss and most likely paying for an outside consulting firm to add their two cents. Do you not read our local papers and realize that there is too much money being spent in this town as it is, we just reached the \$100M mark in annual expenses. I know this is one area where we should cut this expense to \$0 and table the idea until, let's say never!!!!
- 112 Nov 12, 2015 7:34 PM Younger kids need to sleep 12 hours and starting school before 8:30 means they would not get enough sleep. I think this is a very bad idea.
- 113 Nov 12, 2015 7:34 PM I do think that later start times are beneficial for high school and middle school students. Unfortunately, I do not know that earlier start times will be helpful in all elementary school settings.

114 Nov 12, 2015 7:33 PM Thanks for trying to align school policies with current research on kids' health!

115 Nov 12, 2015 7:33 PM Make it earlier for high school students to get them ready for real life.

116 Nov 12, 2015 7:32 PM As the research has overwhelmingly indicated, adolescents operate better later in the day, and younger children are more functional earlier in the day. Hence, I totally support the transition to earlier school times for earlier grades, and later school days for older children. Thanks for considering this important topic!!

117 Nov 12, 2015 7:31 PM High school athletics should not determine K-12 schooling.

118 Nov 12, 2015 7:29 PM Why could both groups have a later start time? If buses are the biggest issue let's get more buses.

119 Nov 12, 2015 7:28 PM 9 a.m.! Hire more bus drivers!

120 Nov 12, 2015 6:03 PM You can't transfer the problem from the middle school to the elementary school, it is not a solution. Address the middle school start time issue by looking for alternative bus services or rezoning walking areas.

121 Nov 12, 2015 3:51 AM I think if we don't make changes that are evidenced based to support the health of our children it is extremely irresponsible. I have thought this change should happen for a long time. The only change I would make is for everyone to start at 8:30. As a culture we are too rushed but there is always some reason we can't do the right thing (bus or sports schedules). We need to keep the main thing, the main thing and support our kids physical and mental health!

122 Nov 11, 2015 2:48 AM My children would really have a hard time with school starting at 7:30am. It is too early for everyone, regardless of their age. My kids would be very sleepy in school and have a hard time.

123 Nov 10, 2015 12:25 AM The effects of these changes on our schedule would be minimal. I see a lot of information on how these changes benefit high schools students, but not very much regarding elementary students.

124 Nov 9, 2015 11:50 PM I appreciate the change may be better for high schoolers but for my family this change would be for the worse. My young children are not early risers and would likely be more tired at school. Thanks for your interest in surveying families.

125 Nov 9, 2015 11:11 PM I strongly disagree that teens need to go to bed later to get the right kind of sleep - I feel quite comfortable stating that it is the parents who do not instill proper routines for their children to get the right amount of rest. I am rather concerned that our nation is catering to the "habits" of youth in America and I support parents taking back control and making sure their children are being raised with the right set of standards. When they are grown and in the work force, they will have to be to work and ready to work in the a.m. no matter what time they went to bed. I believe we should help them get used to taking care of their bodies and getting to bed so they can be productive the next day!

126 Nov 9, 2015 6:06 PM I would love to see all schools starting at 8:30.

127 Nov 9, 2015 4:43 PM A 8:00am school start time for all schools (elementary, middle & high school) would be best. A 7:30am elementary school start time would have a very negative impact on students that might need to take the bus at 6:45am in the morning to get to school on time. This is very early for children as young as 5 years old to be out especially in the cold and dark in the winter. I think a 7:30am elementary school start time would decrease the number of kids going by bus and more parents driving their kids to school with negative impact on traffic and the environment.

128 Nov 9, 2015 2:39 PM Generally, I would be in favor of an earlier start time for elementary school, but NOT BEFORE 7:30. Additionally, it would be very beneficial if after school enrichment would be offered every day for a nominal or no fee - before regular child care time begins. As of now, some children have close to 3 hours in on-site child care program, which is not enriching at all. Four (4) hours of child care on site would be too much -- need to break that up with some school-sponsored programming, keeping in mind that parents of elementary schools do not want to have costs added to their budget as a result of the start times being changed.

129 Nov 8, 2015 6:44 PM I think it is a great Idea. I would rather my daughter have an early start time now (when it is easy to get her to bed early) so she can get more sleep in middle school (when it won't be so easy to get her to bed early).

130 Nov 7, 2015 9:13 PM I think it's important to change for the health of our kids.

131 Nov 7, 2015 8:49 AM It's important thing to do at middle and high schools especially.

132 Nov 7, 2015 4:58 AM I totally disagree with having the elementary kids starting earlier. I'm fine with all schools starting at 830 and I understand the research, but having my third grade go to school an hour earlier is going to cost me childcare fees I cannot afford. Right now I rush home to meet the bus after school. If he were to come home earlier, if have to rearrange things completely and I honestly do not know how I'd make ends meet financially.

133 Nov 7, 2015 4:05 AM It would be a positive if elementary school started a little earlier so parents can get to work on time. Nothing drastic, though, as it's difficult to get ones out the door in the morning. I would hope that the school could offer more enriching programs between school's end and 5 pm.

134 Nov 7, 2015 1:05 AM Potential for an increased financial impact due to required childcare times after school.

135 Nov 7, 2015 12:29 AM Having a child with epilepsy, the early morning hours are brutal. He doesn't wake up until 2nd period and grades in 1st period suffer.

136 Nov 7, 2015 12:14 AM The later start time for older kids is important, but it cannot be changed at the expense of the elementary school age kids. The district should hire more buses to accommodate everyone.

137 Nov 6, 2015 11:14 PM Don't change the K-5 start times, 815am at NFS is early enough

138 Nov 6, 2015 10:42 PM In my perfect world, I would love to see the schools be closer in time with an 8am start time. No later than 8:30 start time.

139 Nov 6, 2015 10:15 PM This would have been important to me when my kids were all in elementary. We are an early family and had too much time before school/work

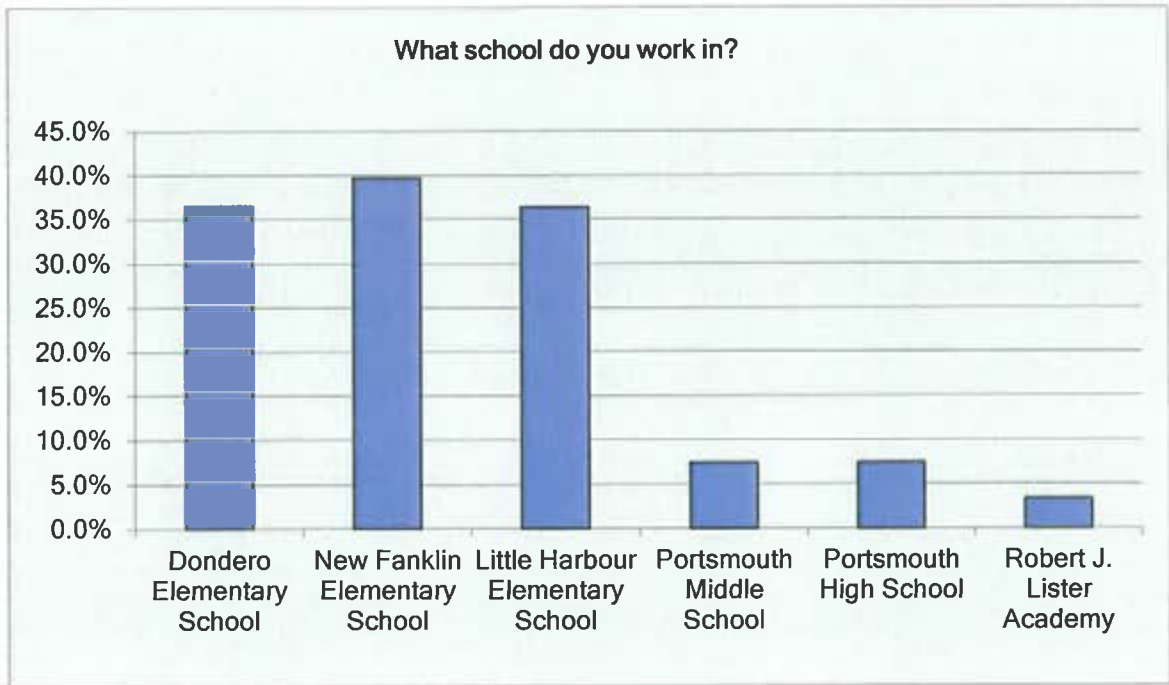
140 Nov 6, 2015 9:45 PM While I agree fully that research increasingly shows later start times positively impact adolescents it does not mean at the expense of our younger students. Young children have as much need for later school start times due to sleep needs as well (10-12

hours). My child already is at the bus at 7:30, any earlier and the lack of sleep will likely have a negative impact on learning. This initiative should consider the best interest of all ages not fiscal or logistical constraints (bus schedules, etc.)

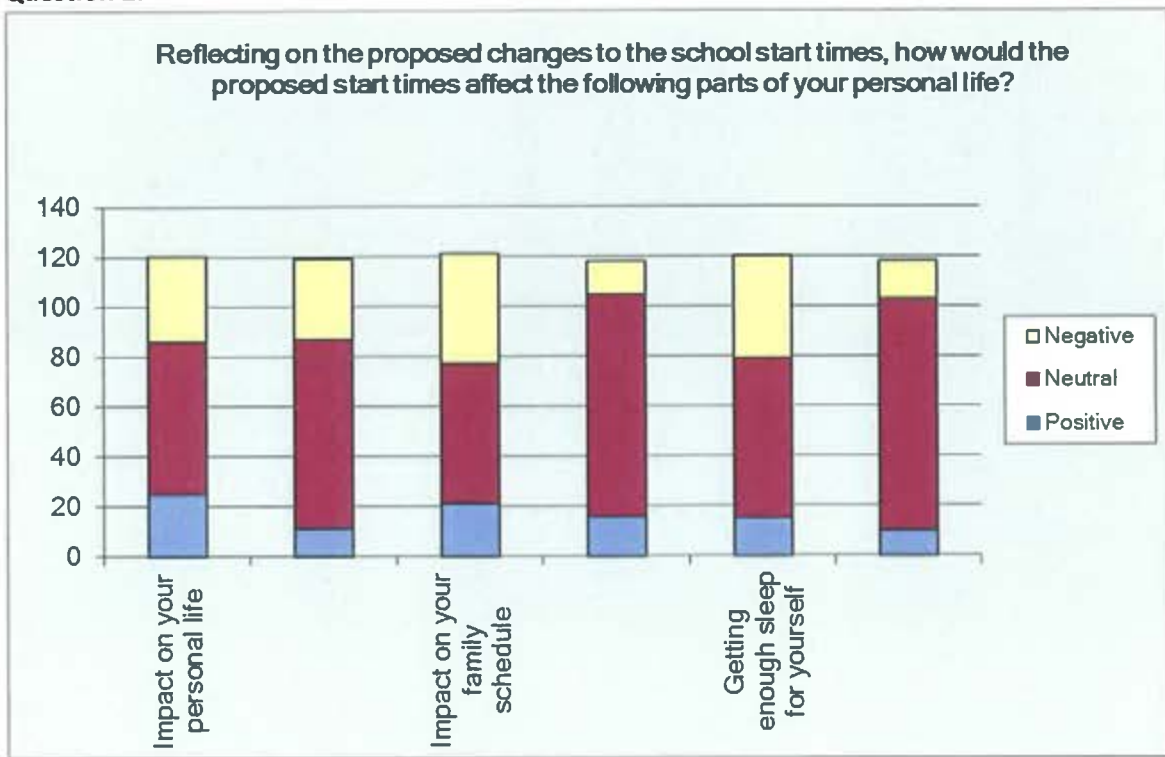
- 141 Nov 6, 2015 9:36 PM Please leave As Is.
- 142 Nov 6, 2015 9:25 PM Elementary should start at 8. Waiting till 9 is tuff but 7:30 would be to early especially kids who ride the bus.
- 143 Nov 6, 2015 9:21 PM Change the middle/high school start times. Leave the elementary times the same. Increase the transportation budget and get more buses on the roads. Don't change elementary times leaving more kids in more before/after school care.
- 144 Nov 6, 2015 8:52 PM I think this change makes a lot of sense. Younger kids are naturally awake early and older kids are not. Not sure how it would affect after-school activities for the older kids.
- 145 Nov 6, 2015 6:37 PM too bad it couldn't be adjusted a little better, I understand there are shared busses...but if there wasn't, why not have everyone start around 830 or just bump the middle school to just a 8am start. Feels very all or nothing in both situations because of bussing issues.
- 146 Nov 6, 2015 5:49 PM I support changing school start times
- 147 Nov 6, 2015 5:32 PM I see that the evidence is compelling for teens, so that tempers my fear of negative consequences for our elementary school aged child. I wish all schools could have the later start time. Or elementary at 8ish and PMS &PHS at 9ish.
- 148 Nov 6, 2015 5:18 PM Terrible idea-elementary kids are too young to be home alone in the afternoons and this schedule change would never work for working families. I hope in addition to the schedule change, the city will be offering after-care for the young children of the community!
- 149 Nov 6, 2015 5:09 PM If elementary education starts at 7:30....is dismissal earlier?
- 150 Nov 6, 2015 4:47 PM the change might pose a challenge for parents of elem kids needing more after school care, however, I can see how the benefits for Middle and HS kids would be tremendous. They need to be able to sleep longer in the mornings.
- 151 Nov 6, 2015 4:39 PM I am very supportive of a change to school start times. This is less important for my young elementary aged children, though I think they could certainly start earlier, but more for when they get into middle school and high school. Older children do better starting later.
- 152 Nov 6, 2015 4:30 PM Don't do this
- 153 Nov 6, 2015 4:28 PM We like the elementary start time now but also like the idea of starting middle/highs school later - obviously somewhat conflicted based on the current age of our children
- 154 Nov 6, 2015 4:19 PM Keep the elementary school times the way they are. Introduce a later middle/high school time by either getting additional buses or start after the kindergartens. If the start time is too early for older kids, why is it okay for younger kids? It's not...they all need more sleep.
- 155 Nov 6, 2015 3:59 PM Approve the funding- find the money for the entire district to start at 8:30
- 156 Nov 6, 2015 3:57 PM 8 am is a possibility but Starting at 7:30 is too early! With after school activities and homework each night bedtime can't be done earlier so this would mean less sleep each night.
- 157 Nov 6, 2015 3:55 PM how much more money would it be if all schools started at the same time? a lot of the buses I see around town do not seem to be even half full.???
- 158 Nov 6, 2015 3:49 PM I understand the necessity of changing start times for older students. I agree it is needed, however, It will affect those with younger students more dramatically than perceived. Especially in those families where both parents work.
- 159 Nov 6, 2015 3:43 PM Middle and Elementary should start at the same time.
- 160 Nov 6, 2015 3:43 PM This is certainly worth exploring in more detail, understanding it could be disruptive to some. Ensuring support for before/after school care remains intact for working parents will certainly ease any tensions for those who might not be supportive of such changes. Additionally, for high school students, starting the day later addresses sleep issues, but ending the day later also creates challenges with after school sports/activities and jobs, as well as homework which could get pushed even later into the night.
- 161 Nov 6, 2015 3:36 PM The time we have right now works fine for us. Starting earlier would be somewhat positive since we'd be able to start our activities earlier. However, if we keep this schedule is fine too. If kids have trouble waking up in the morning is because they don't go to sleep early. It's not the school or the system fault, it's the parents responsibility to put their kids in bed in a decent time realizing how much time of sleep a kid or a teenager needs. When we have trouble waking our kids up in the morning is because they don't go to sleep on time. I take my responsibility on that..
- 162 Nov 6, 2015 3:35 PM With the amount of homework older students have, I don't think pushing their start time later would help their cause. They need that time between activities to get some homework done. Also, how are we training those children to enter the workforce if we are not preparing them for that early work schedule?
- 163 Nov 6, 2015 3:23 PM I really urge the school board not to continue with this idea.
- 164 Nov 6, 2015 3:22 PM it makes sense for the most part
- 165 Nov 6, 2015 3:12 PM I understand for some this may be a positive, but for my family it would definitely be a negative. Small children need a lot of help getting out the door in the morning and starting one hour earlier would be hard on us all.

School Start Times- Elementary Staff

Question 1:



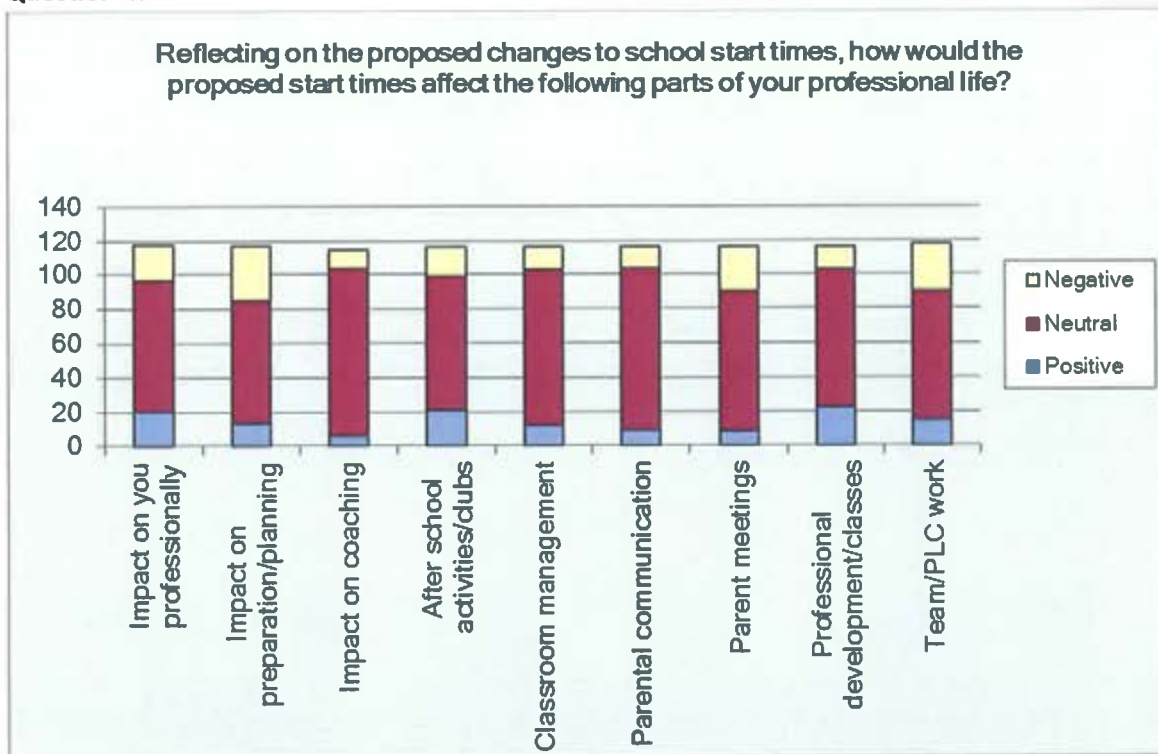
Question 2:



Question 3: Please elaborate on any negative effects to your personal life.

- 1 Nov 19, 2015 1:59 AM The day would end later pushing school activities later meaning getting home later so less family time
- 2 Nov 14, 2015 2:49 AM None
- 3 Nov 12, 2015 5:41 PM Increased morning commute times.
- 4 Nov 10, 2015 10:24 PM None
- 5 Nov 10, 2015 9:33 PM Depending on start time, won't be home in mornings to have breakfast with family.
- 6 Nov 10, 2015 5:09 PM I want to be able to see my kids off to school before I have to go to work. It's very important to our family. Me having to be to work an hour earlier than them would make things very difficult for all of us.
- 7 Nov 10, 2015 1:03 AM Makes it difficult for me to get my own children to school on time
- 8 Nov 9, 2015 8:49 PM Not living in the same town as my school district, childcare would be an issue before and after my work start time.
- 9 Nov 9, 2015 3:30 PM A middle school student, and high school student home alone in the morning at times.
- 10 Nov 9, 2015 3:30 PM The earliest child care I have found begins at 7 a.m. My average commute is just under an hour. This would strongly effect my life.
- 11 Nov 9, 2015 2:35 PM It would generally throw everything in my personal life out of whack.
- 12 Nov 9, 2015 2:16 AM None
- 13 Nov 9, 2015 1:46 AM Getting my kids to school and myself there on time would be very challenging.
- 14 Nov 8, 2015 12:04 PM I am not a morning person. I have a difficult time getting to school for 8:00 am.
- 15 Nov 7, 2015 6:12 PM When meeting with parents we would still have to stay late to support their schedule.
- 16 Nov 7, 2015 1:38 AM Starting work earlier means getting up earlier and that means less school.
- 17 Nov 6, 2015 11:53 PM Just having to leave before the rest of the family wakes up, it is a 40 minute commute
- 18 Nov 6, 2015 9:46 PM Ability to get my kids to school.
- 19 Nov 6, 2015 6:07 PM My children's activities begin at 3:30 - sports out of Portsmouth School System.
- 20 Nov 6, 2015 5:58 PM I would need before school care for my own children and would have to factor in my commute time which would be difficult to arrive for a 7:00 am start time.
- 21 Nov 6, 2015 5:52 PM High school child would be leaving for school and no one would be home, not sure he would make it.
- 22 Nov 6, 2015 4:51 PM I usually exercise first thing in the morning which would be hard to continue starting work an hour early.
- 23 Nov 6, 2015 4:29 PM N/A
- 24 Nov 6, 2015 4:27 PM I drive my PHS student to school, if I start before she does, this becomes a problem.
- 25 Nov 6, 2015 3:55 PM I currently go to workout classes that begin at 6:15, it will be difficult to get to school any earlier than 7:30.
- 26 Nov 6, 2015 3:51 PM I would need to be at work by 7AM, the child care for one of my children doesn't open until 7 and my commute is 25 minutes beyond that.
- 27 Nov 6, 2015 3:50 PM I am professional and will do whatever the school department decides, and work my personal life around it :)
- 28 Nov 6, 2015 3:35 PM I would need to significantly cut back on the amount of after school activities I provide for students as the schedule would impact family life (children activities, homework, dinner, etc.)
- 29 Nov 6, 2015 3:33 PM I'm concerned that if I continue to lead after-school groups and activities that will impact my childcare and family time at the end of the day.
- 30 Nov 6, 2015 3:31 PM I have a 45-60 min. commute. I would have to get up pretty early for a 7:30 start.
- 31 Nov 6, 2015 3:17 PM Daycare does not open until 7:30 and my husband goes to work for 6:00am, which would mean that drop off would interfere with getting to school on time.
- 32 Nov 6, 2015 3:04 PM Morning workouts will be a thing of the past if our start time moves up to 7:30
- 33 Nov 6, 2015 3:00 PM Childcare in the morning would be tricky but it would work well for the end of the school day
- 34 Nov 6, 2015 2:55 PM I would have a very hard time getting to school for a 7:30 start and feeling ready, since I need time in the morning at school to feel ready. I'd have to get here at 6:15, which, given my drive, would mean getting up at an impossible hour.
- 35 Nov 6, 2015 2:55 PM Currently, my own children don't get on the bus until 8:10, which is fine as long as my husband continues to work from home. If that changed, I would need to have my kids up, dressed and fed and to a wherever I needed to drop them off by 6:45 to get to school on time.
- 36 Nov 6, 2015 2:50 PM Having school start at 7:30(ish) would be a huge challenge for childcare. Most daycares don't open until 7:30. Finding earlier or additional daycare would either be expensive, incredibly challenging or both.

Question 4:

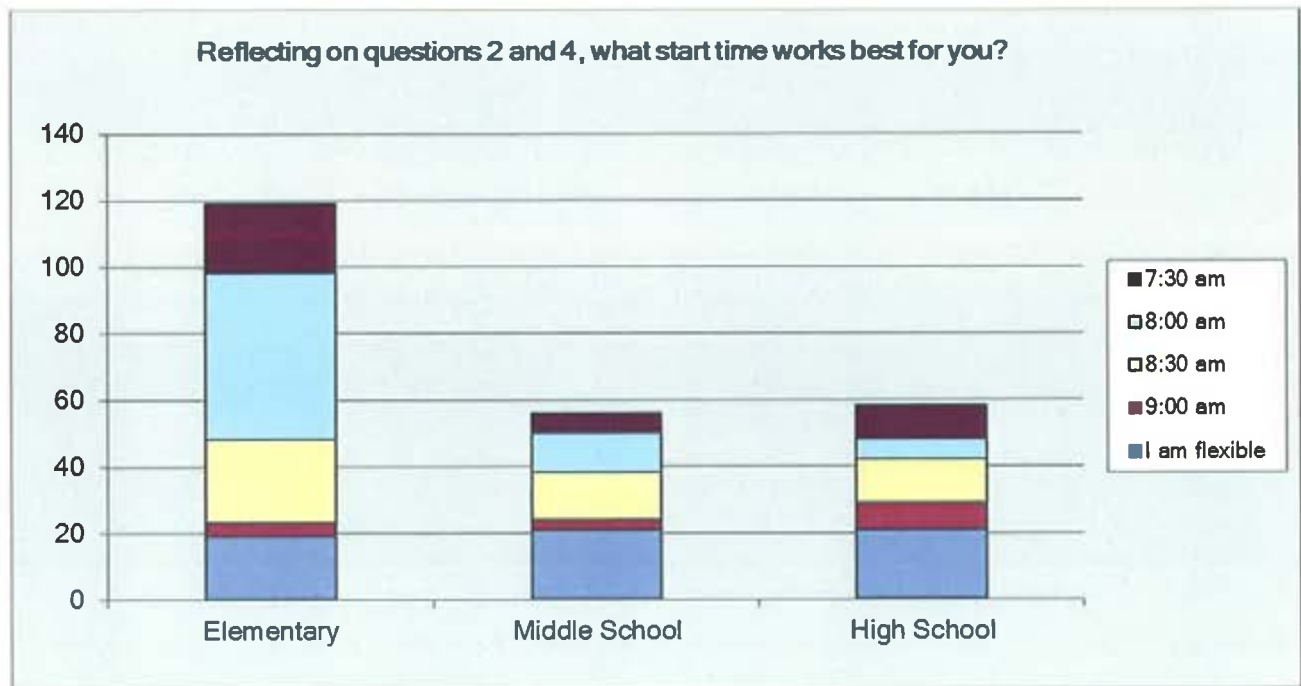


Question 5: please elaborate on any negative effects to your professional life.

- 1 Nov 19, 2015 1:59 AM It will make it harder for kids to be in activities when the school day ends later
- 2 Nov 14, 2015 2:49 AM None
- 3 Nov 10, 2015 9:33 PM Depending on start time before school meeting may be held unreasonably early.
- 4 Nov 10, 2015 8:33 PM At NF we use Wed. mornings as our PLC time in addition to other morning meetings such as SEPT, this change will present a huge challenge to scheduling these meetings. Our afternoons are scheduled already with committees, staff meetings etc... I'm also concerned about our students who attend MC3 and stay until 5 or 6 each evening, this makes for such a long day for them.
- 5 Nov 10, 2015 3:25 PM If PLC were to remain before school that would potentially mean a 6:30 start time?
- 6 Nov 9, 2015 2:35 PM Elementary kids can be grumpy at 8am, I couldn't imagine 7am.
- 7 Nov 9, 2015 2:16 AM None
- 8 Nov 8, 2015 10:49 PM AM meeting times would be very early and difficult for staff or families to attend.
- 9 Nov 7, 2015 1:43 AM None
- 10 Nov 7, 2015 1:38 AM I often have parent meetings before school to accommodate their work day which is a time before school. I simply won't offer those times and will HOPE that parents will always be able to arrange times after school.
- 11 Nov 6, 2015 11:53 PM Before school meetings would not happen
- 12 Nov 6, 2015 7:32 PM I have parent/conference quite often before school starts. I wouldn't be able to offer that time if we start earlier. We also have our PLC meetings at 7:30 and 7:00 is too early to ask teachers to volunteer to come in.
- 13 Nov 6, 2015 6:26 PM We already meet several mornings a week for meetings before school this would push these times up even farther. It is helpful to be able to meet before school while everyone is fresh and ready to work.
- 14 Nov 6, 2015 6:07 PM Later planning due to needing to get resources.
- 15 Nov 6, 2015 5:22 PM We would no longer be able to meet with parents before they go to work.
- 16 Nov 6, 2015 5:22 PM Might be disruptive to dinner, homework, etc.
- 17 Nov 6, 2015 5:16 PM I feel more prepared when I am able to arrive to work 1 hour prior to the time my students arrive. I may not be able to have this amount of time due to an earlier start time.
- 18 Nov 6, 2015 5:07 PM We currently meet before school which would effect our PLC work, however we can figure out another time.
- 19 Nov 6, 2015 4:47 PM Before school meetings would not be able to happen.
- 20 Nov 6, 2015 4:29 PM As an itinerant teacher between the HS & Elementary schools, a time change could have a significant negative impact on our ability to adequately staff our grade 5 band instruction program.
- 21 Nov 6, 2015 4:18 PM The time before school is often used to prepare and this time may be more limited with an earlier start time. However, I'm sure over time this would work out and I would make adjustments to my schedule to accomodate the changes.
- 22 Nov 6, 2015 3:55 PM We oftern meet before school with parents.

- 23 Nov 6, 2015 3:50 PM There is already way to much meeting and no planning time after school. Taking away that little bit of time before school will take away from our PLC time, and time to meet with or communicate with parents before the school day begins.
- 24 Nov 6, 2015 3:35 PM Traveling between 4 schools would be more challenging, after school activities I advise at elementary school would conflict with my end of the day middle school schedule.
- 25 Nov 6, 2015 3:33 PM Coaching and after-school activities being pushed later will impact us professionally as well as personally. Additionally, for people that work between all schools, I believe it will be difficult to schedule our teaching responsibilities within the adjusted school times.
- 26 Nov 6, 2015 3:04 PM We hold meetings nearly every day before AND after school. Tacking those meetings at the end of the day means coordinating double meetings in order to fit them all in. It would be nice for all the schools to be on the same schedule so cross-district meetings can start at a time that's right for everyone.
- 27 Nov 6, 2015 3:03 PM I think some of these (specifically parent and team Plc work) are hard to answer because, although it might be doable for me I am unaware of how it will effect others, and therefore; it could be the same or worse or better. Do to the fact I have one 45 minute planning period and then a 25 minute lunch in my whole day, starting earlier will certainly impact my planning. I come to school now at 7:45 to prepare my day and leaving between 4:30 and 5. I would lose that morning time to plan, as getting to school by 6:15 would be very difficult with young children at home to get up and ready. We do not have as much planning time throughout the day as the upper grade levels and we have five+ subjects to prepare for everyday. Without morning time it would be very difficult. This would ultimately change classroom management as well.
- 28 Nov 6, 2015 3:00 PM An earlier start time would impact prep time in the morning but would allow me to get home earlier for family obligations.
- 29 Nov 6, 2015 2:55 PM I would feel very unprepared for the day, even if I stayed longer after school, if I didn't have enough time in the morning to settle myself.

Question 6:



Question 7: Please offer any additional comments on school start times.

- 1 Nov 14, 2015 2:49 AM From what I observe, elementary students are always more eager to learn and more attentive in the morning.
- 2 Nov 12, 2015 7:56 PM With having 4 children in Portsmouth schools there's multiple of ways of looking at this but I think its easier having for an older person with handling the earlier time than a younger person. It's like reporting to work and most of these high schools students are working now. As a young adult you have to start

making decisions in life that control the amount of time that you play, sports, work, sleep, etc.. Having the little ones change their times vs the older students it's not fair to them or their parents. It's sad that elementary kids are already at a day care or school by 7:30am with PEAK and then after school until 4pm due to parents work schedule. Will this help with day care services but you will probably see a heavier need of it needed in the afternoon which I would assume that PEAK can't handle.

- 3 Nov 10, 2015 9:33 PM What are the proposed start times for all of the schools?
- 4 Nov 10, 2015 8:33 PM While I love the idea of a later start time for older students, I don't think the numerous challenge this will present to the elementary schools are worth the switch- unless we can get more buses and have the earliest start time be 8.
- 5 Nov 10, 2015 5:09 PM The best scenario would be everyone starting at the same time. More buses are needed. All children, younger or older, need sleep and time at home. Starting too early for any grade is not beneficial for anyone, teachers and staff included. Everyone starting at 8:30 would really be the best option.
- 6 Nov 10, 2015 4:58 PM 8:00 is ideal, but 7:30 could work. I am flexible.
- 7 Nov 10, 2015 3:25 PM If New Franklin only adjusted by 15 minutes and started at 8 instead of 8:15 that would lessen the impact than if it started at 7:30 (45 minutes). There are parents who consistently get their children to school late and I think it would be worst if we started a lot earlier. If we need there to be 45 minutes or an hour for buses then I propose either an 8 start for elementary and 8:45 for m.s and h.s. or an 8 start and 9 start.
- 8 Nov 10, 2015 1:17 AM I believe it is worth considering this as it would be very helpful for the middle and high school students.
- 9 Nov 9, 2015 3:30 PM I love starting work early. I am definitely a morning person. However childcare in our society is a private business that rarely provides flexibility. If I cannot drop my kids off at 7 and still get to work on time, I am not sure what I would do.
- 10 Nov 9, 2015 1:30 PM I think this would be a great option for the elm. Children who are freshest in the am. I am a little concerned about them waiting for the bus in the dark in the winter months.
- 11 Nov 9, 2015 2:16 AM None
- 12 Nov 8, 2015 12:04 PM I heard the podcast and I've been following the discussion since it was brought up many years ago and I agree that it is best for our older students to have the later start time.
- 13 Nov 7, 2015 6:12 PM What are we teaching older students who will soon become professionals and required to begin work at 8:00 am?
- 14 Nov 7, 2015 5:14 PM This is not about me...middle/high school students need more sleep and the research shows that later start times positively impact students' alertness. I wish I had a late start when I was in high school and want the same for my children. Portsmouth has the opportunity to be a leader in NH and set a precedent on allowing teenagers to be teenagers and to adapt to their needs. Elementary students are awake early so let's take advantage of that. They will probably do better as well since they tend to be "done" by 2:00 anyway.
- 15 Nov 7, 2015 1:39 AM 7:30 is an exceptionally early start time. Let's meet in the middle and aim for 8 am for elementary
- 16 Nov 7, 2015 12:47 AM I think it is was makes most sense for KIDS and that should be the primary concern.
- 17 Nov 6, 2015 9:11 PM We should do what's best for kids, not adults. We should follow what the research is telling us. It just makes sense and is the right thing to do!
- 18 Nov 6, 2015 8:00 PM I am flexible. I would like to better understand if the start times are for staff or students
- 19 Nov 6, 2015 6:25 PM If it were not for childcare and school for my own children, I would prefer and early start.
- 20 Nov 6, 2015 6:22 PM The older kids need sleep and I think it would be more appropriate for MS and HS kids to have more sleep in the AM
- 21 Nov 6, 2015 5:22 PM I do like the idea of starting earlier, but a full hour would be very difficult to get to school on time.
- 22 Nov 6, 2015 5:06 PM At the end of October, before the clocks are changed, it is very dark in the morning. It's not good for MS & HS students to be waiting for the bus in the dark but it would be terrible to have K-5 students waiting for the bus in the dark.
- 23 Nov 6, 2015 4:51 PM I think more busses are needed so that all schools can start at the very reasonable time of 8:00
- 24 Nov 6, 2015 4:43 PM I could start earlier, I'm just afraid it would be more difficult to collaborate before school and get materials ready for the entire day. Elementary school takes a little more material gathering than high school and middle school.
- 25 Nov 6, 2015 4:34 PM I see no reason to why we can't start HS even earlier. Then, they can do after school activities earlier which will get them home and doing HW earlier which gets them to bed earlier.
- 26 Nov 6, 2015 4:21 PM or 8:00
- 27 Nov 6, 2015 4:07 PM 7:45 or 8 for start time for students with staff time 30-45 minutes before.

28 Nov 6, 2015 3:55 PM After having 3 children graduate from PHS having a later start time makes great sense!! Personally I would like to have the option to workout in the morning. An 8:00 start time would allow that to happen still, as well as parent meetings. Before 7:30 is a huge jump for families and staff members.

29 Nov 6, 2015 3:50 PM Thanks for asking!

30 Nov 6, 2015 3:46 PM This discussion is long overdue and I welcome a change and working in both elementary and middle school the change would be appropriate. Younger children, as we all know, are ready to go first thing in the morning.

31 Nov 6, 2015 3:33 PM I am not personally in favor of changing the start times. Ultimately, we need to align schedules to what works best for the kids. But it needs to be clear that this is not always in the best interest of the school district and teachers as a whole. There is a lot to be considered, and I'm concerned that the difficulty in scheduling is not being discussed as much as it should be before a decision is made.

32 Nov 6, 2015 3:31 PM I know that research shows that teens need to start school later so I support this change even though it may affect me personally. Kids come first.

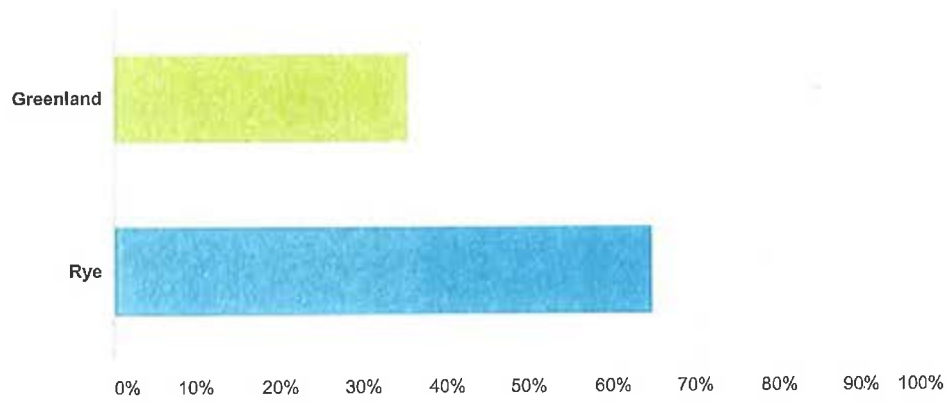
33 Nov 6, 2015 3:04 PM Perhaps the solution is in busing and allowing all schools to start at 8:30. I realize buses are expensive, but can we throw some money at transportation to test the idea?

34 Nov 6, 2015 2:58 PM This also affects all activities we may share or interact with other schools who are not on our schedule mainly sports. See even more class time being lost for early dismissals for sports and other activities.

35 Nov 6, 2015 2:50 PM If daycares could open earlier (especially Seacoast Community School), I would love to see the elementary schools start earlier.

Q1 Where do you live?

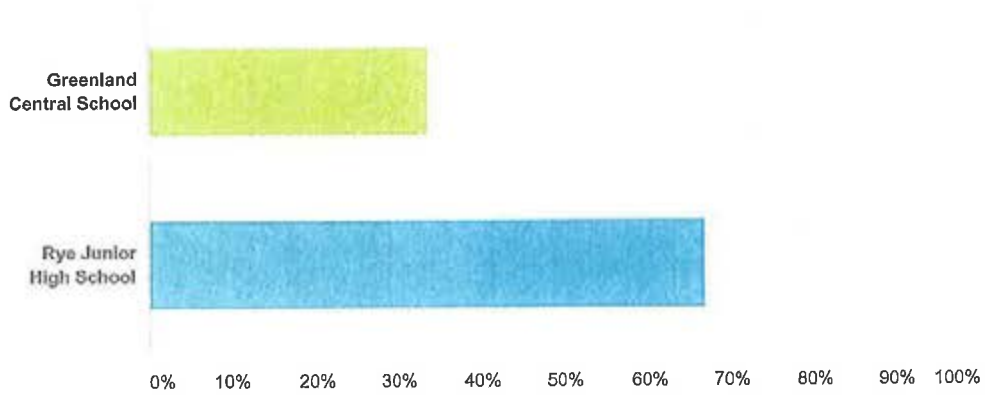
Answered: 34 Skipped: 2



Answer Choices	Responses	
Greenland	35.29%	12
Rye	64.71%	22
Total		34

Q2 Please select the school(s) your student(s) attend.

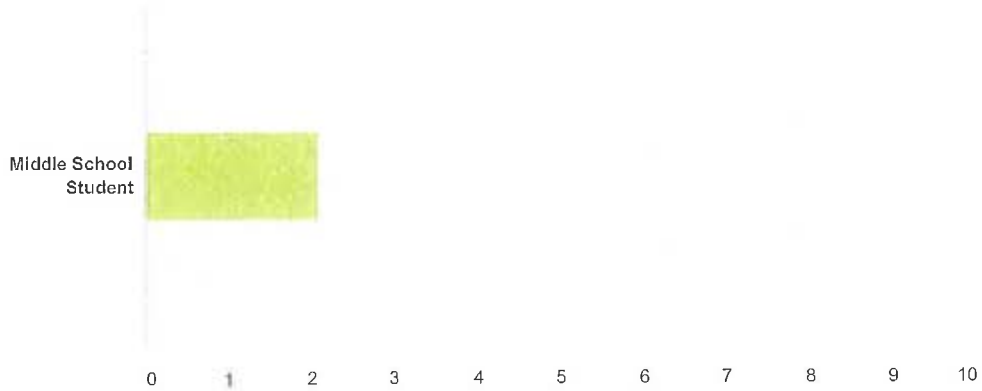
Answered: 36 Skipped: 0



Answer Choices	Responses	
Greenland Central School	33.33%	12
Rye Junior High School	66.67%	24
Total		36

Q3 Is it hard for your student to wake up on school days?

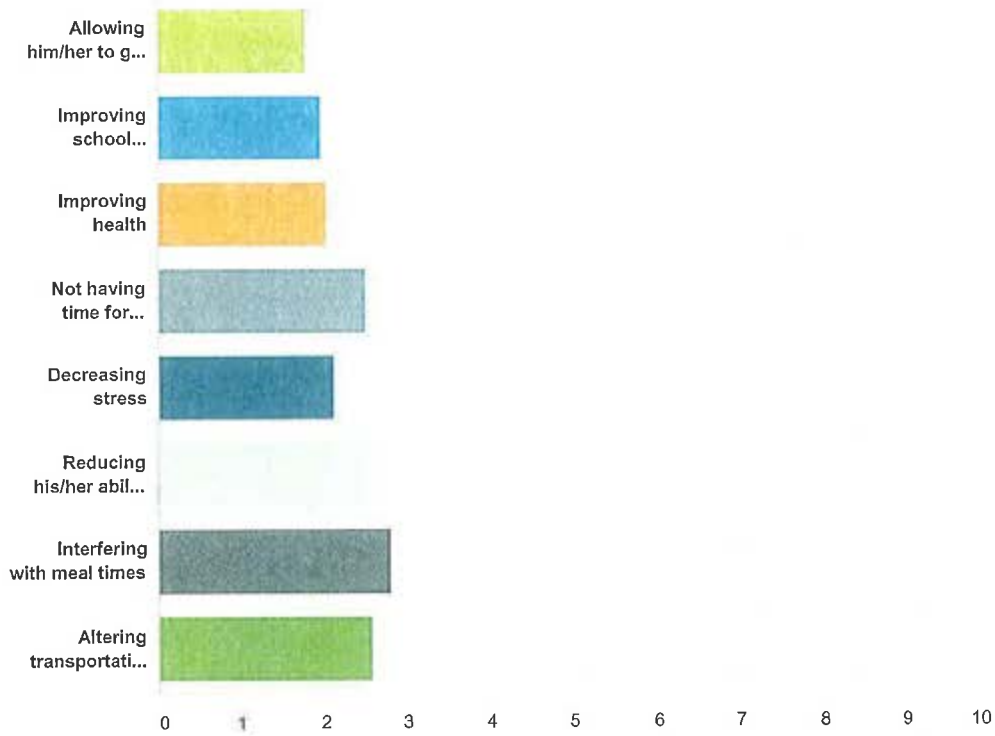
Answered: 36 Skipped: 0



	Always	Sometimes	Never	(no label)	(no label)	Total	Weighted Average
Middle School Student	30.56% 11	44.44% 16	19.44% 7	0.00% 0	5.56% 2	36	2.06

Q4 These proposed changes in school start times would likely impact my child by:

Answered: 36 Skipped: 0



	Very likely	Somewhat likely	Not likely	(no label)	(no label)	Total	Weighted Average
Allowing him/her to get more sleep	52.78% 19	19.44% 7	27.78% 10	0.00% 0	0.00% 0	36	1.75
Improving school performance	41.67% 15	27.78% 10	25.00% 9	5.56% 2	0.00% 0	36	1.94
Improving health	40.63% 13	25.00% 8	28.13% 9	6.25% 2	0.00% 0	32	2.00
Not having time for after-school activities	17.14% 6	20.00% 7	62.86% 22	0.00% 0	0.00% 0	35	2.46
Decreasing stress	34.29% 12	28.57% 10	31.43% 11	5.71% 2	0.00% 0	35	2.09
Reducing his/her ability to have a job	8.82% 3	17.65% 6	73.53% 25	0.00% 0	0.00% 0	34	2.65
Interfering with meal times	5.71% 2	11.43% 4	82.86% 29	0.00% 0	0.00% 0	35	2.77
Altering transportation plans in a negative way	14.29% 5	22.86% 8	60.00% 21	0.00% 0	2.86% 1	35	2.54

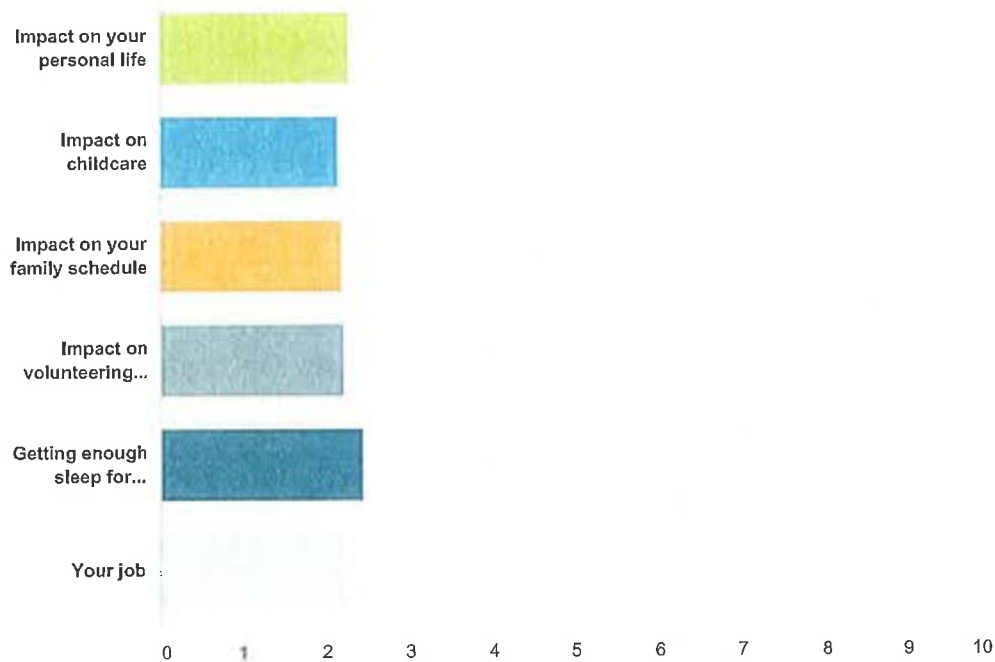
Q5 Please elaborate on any likely negative effects for your child.

Answered: 9 Skipped: 27

#	Responses	Date
1	Since my husband and I are both teachers, we have very early start times. So no matter what time the high school were to start, we would still have to wake the kids up early so we can drop them off at the school. If their start times were to be later, they would be sitting at the school for an hour or more prior to the new delayed start time.	11/20/2015 10:21 AM
2	We are happy with the current start time. No changes needed for our family. Thank you	11/16/2015 7:28 PM
3	My high school student is trying for ncaa athletics and this time change will reduce the amount of time he gets for homework!	11/16/2015 6:28 PM
4	My high school student is trying for ncaa athletics and this time change will reduce the amount of time he gets for homework!	11/16/2015 6:26 PM
5	less down/outside recreation time in the afternoon/after managing school day	11/16/2015 3:26 PM
6	Changing PHS start time to a later time would significantly impact afterschool activities and study time since activities would get pushed later, thus requiring a student to stay up later to study.	11/16/2015 2:23 PM
7	no negative effects- all positive for us	11/16/2015 2:10 PM
8	I understand in Rye the bus will pick up my kids at 6:30 in the morning, requiring them to get up by 5:30 or 6 at the LATEST. I'm an parent and this is miserable. I foresee them not having a good breakfast, being tired and miserable at dinner, and an all around FAMILY adjustment.	11/16/2015 1:50 PM
9	0 negative; 100% positive	11/16/2015 1:29 PM

Q6 Reflecting on the proposed changes to the school start times, how would the proposed start times affect the following parts of your personal life?

Answered: 36 Skipped: 0



	Negative	Neutral	Positive	(no label)	(no label)	Total	Weighted Average
Impact on your personal life	16.67% 6	41.67% 15	41.67% 15	0.00% 0	0.00% 0	36	2.25
Impact on childcare	14.71% 5	61.76% 21	20.59% 7	2.94% 1	0.00% 0	34	2.12
Impact on your family schedule	25.00% 9	33.33% 12	41.67% 15	0.00% 0	0.00% 0	36	2.17
Impact on volunteering in the community	5.71% 2	71.43% 25	20.00% 7	2.86% 1	0.00% 0	35	2.20
Getting enough sleep for yourself	8.57% 3	40.00% 14	51.43% 18	0.00% 0	0.00% 0	35	2.43
Your job	19.44% 7	44.44% 16	36.11% 13	0.00% 0	0.00% 0	36	2.17

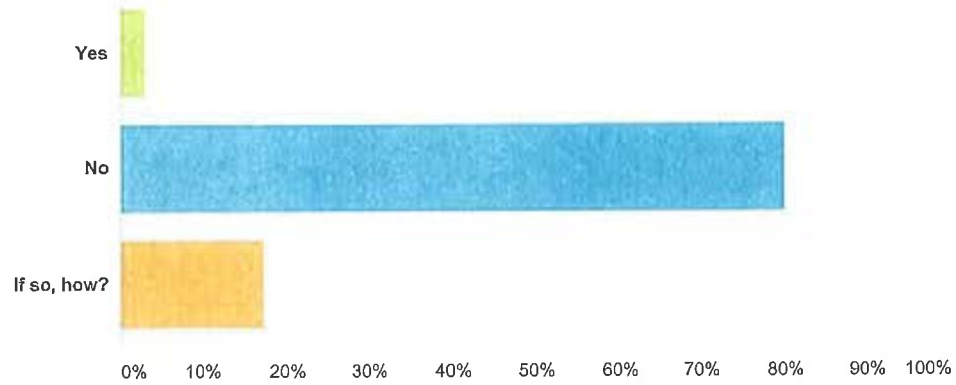
Q7 Please elaborate on any negative impacts.

Answered: 8 Skipped: 28

#	Responses	Date
1	See above box.	11/20/2015 10:21 AM
2	The current schedule works for our family. We hope it does not change.	11/16/2015 7:28 PM
3	Working parents needs kids to school by 8 in order to have time in our own workday.	11/16/2015 6:28 PM
4	Working parents needs kids to school by 8 in order to have time in our own workday.	11/16/2015 6:26 PM
5	Depending on how late the proposed sschool start time is, there could be a problem with working parents getting the kids ready if the kids leave after the parents need to leave for work. My shift hours are not flexible.	11/16/2015 3:21 PM
6	no negative personal Impacts- all positive	11/16/2015 2:10 PM
7	Nothing negative. All good. Less stress on everyone.	11/16/2015 1:50 PM
8	No negative impacts	11/16/2015 1:29 PM

Q9 Would this change with the proposed start times?

Answered: 35 Skipped: 1



Answer Choices	Responses	
Yes	2.86%	1
No	80.00%	28
If so, how?	17.14%	6
Total		35

Q10 Please offer any additional comments on school start times.

Answered: 15 Skipped: 21

#	Responses	Date
1	I feel start time is fine for the middle school, I think PHS should consider starting later in the AM	11/18/2015 3:51 PM
2	The current high school start time is inhuman for students and contravenes all research on the subject, which holds that teens do much better when allowed more sleep in the morning. Let's make this positive change for our sleep-deprived teens!	11/17/2015 9:44 AM
3	Please keep the times as they are. Thank you.	11/16/2015 7:28 PM
4	The bus from rye to PHS picks up almost an hour before school. So we drive. The earlier start time will negatively affect working parents schedules and also significantly reduce after school time currently used for homework due to after school athletic commitments. Please keep the high school/rjh start at 7:30.	11/16/2015 6:28 PM
5	The bus from rye to PHS picks up almost an hour before school. So we drive. The earlier start time will negatively affect working parents schedules and also significantly reduce after school time currently used for homework due to after school athletic commitments. Please keep the high school/rjh start at 7:30.	11/16/2015 6:26 PM
6	Send the kids to bed earlier and make exercising mandatory again... then they won't stay up as late.	11/16/2015 6:10 PM
7	The proposed start time would be very positive as our family values sleep and a good breakfast and it will give us more for both!	11/16/2015 5:07 PM
8	Currently the bus for PHS stops at 6:45 am. This is too early even for my daughter who is a morning person, As a result we drive more often than we would like. Thank You.	11/16/2015 4:49 PM
9	How much later is being considered? What would the proposed start time be other than 'after 8:30?' Without that information it is difficult to estimate how it would affect our morning routines and situation regarding having a parent home to get the kids to the bus stop.	11/16/2015 3:21 PM
10	We were waiting for this change for awhile to the point of even thinking finding a diderent school because of that early start you have now	11/16/2015 2:53 PM
11	Would like to see how this impacts afterschool activity time at the high school level. Do not want student to have to stay up later to study if afterschool times also get pushed back.	11/16/2015 2:23 PM
12	If the time was later I could continue to drive my son to school. If not he will have to get the bus at 6 am! I can barely get him up at 7 am for the middle school start time.	11/16/2015 2:15 PM
13	At RJH 8:15 start allows my child to be rested and ready for the bus.she has never been late.We looked at boarding schools for high school because I am so concerned the early start will be exhausting.PHS bus is at 6:30-that is when she wakes up! (and she doesn't go to bed late).When I went to high school, the bus was 7:30- that was early enough! This isn't the Navy!Moms from PHS tell me they have to get up at 5:30 to drag kids out of bed.Teens should drive to school when they are ready- not ASAP because of the un-doable schedule.PHS teachers tell me the kids are not alert first period. The stakes are highest in high school-classes need to be at a time where they can think.My child tries to go to sleep as early as she can, but adolescents can't fall asleep the way young kids can. Teen girls also need time because they have their periods. That was not an issue in elementary school. the academics in middle and high school require alertness and attendance for the earliest class. Why make it harder for kids who are preparing for college?	11/16/2015 2:10 PM
14	Great initiative! 100% behind it. Push start time back please!!	11/16/2015 1:29 PM
15	Thank you for asking our opinion. I hope we will see a change to the schedule!	11/16/2015 1:27 PM

Board & Administrator

FOR SCHOOL BOARD MEMBERS

December 2015 Vol. 29, No. 8

Editor: Jeff Stratton

Oversee Confederate flag issue on “most solid legal footing”

Two recent incidents in school districts show that the Confederate Flag issue is alive and well and has the potential to arrive one morning in the parking lot of your high school.

At the Vinton-Shellsburg, Iowa, High School, a single student was told to leave school for the day after he refused to remove a Confederate flag from the back of his pickup truck. He returned the next day with more than 10 other students in vehicles joining him in their protest, *kcrg.com* reported.

The Hastings, Mich., Area schools received a petition with 304 student signatures asking that the school district allow them to display the Confederate flag on school grounds, *mlive.com* reported. Students presented their petitions at a Sept. 21 board meeting, with the board taking no action at that time.

Brad Banasik, legal counsel/director of labor relations for the Michigan Association of School Boards said the Confederate flag issue has reared its head in schools going back to the 1970s. It's back in districts now, because of the tension in Charleston, S.C., where the flag was removed from the state capitol.

“A district will be on the most solid legal footing if it is able to show there have been some racial tensions at school and the flag is the cause of altercations and disruptions to the learning environment,” Banasik said. If the district can show this, based on case law in the 6th U.S. Circuit Court of Appeals, it can limit displays of the flag, he said.

If facing the Confederate flag issue, keep in mind that student speech is protected by the First Amendment, and this flag is speech, Banasik said.

“This goes all the way back to *Tinker v. Des Moines Independent Community School District*,” Banasik said. This case determined that students do have free speech rights, but they can be somewhat regulated if

the district can forecast a disruption to the learning environment, he said.

When considering what a district considers a disruption, it should be able to point to examples such as graffiti, inappropriate comments that are racist, altercations based on race, and even students just acting inappropriately, Banasik said. “That is what a court would look at,” he said. “Document that and show why the student speech needs to be regulated — that you are fearful that the display of the Confederate flag would disrupt the learning environment.”

In some cases, the district may encounter tensions caused by comments about a student's race on school property, but in others, it may occur at a restaurant across the street from the school, he said.

If a group of students show up and want to display the Confederate flag, the first move by the superintendent is to review the board's policy manual. If the problem is related to clothing, review the dress code. “Some types of dress codes prohibit any type of logo or offensive design,” Banasik said.

If the incident is not covered by the dress code, you may need a separate policy. “What we have been seeing is kids display the Confederate flag on their cars, and that falls outside dress code,” he said. In this instance, you need a separate policy to cover the display of items on a vehicle on school property, he said.

When creating policy to address this subject, keep in mind that courts will look to see if the policy is overreaching or does not put students on notice as to whether the flag is prohibited from being displayed, Banasik said. “If the district regulates student speech, it must be pursuant to policy,” Banasik said.

For information, reach Banasik at (517) 327-5929. ■

Run board committees better with these tips

Betsy Miller-Jones, executive director, Oregon School Boards Association, offers these tips to help the board run its committee structure successfully.

1. Work with the superintendent to determine what will best fit the needs of the district. "In other words, what work can be most effectively delegated to a committee?" Jones said.

That means the full board must have enough trust in the committee that they will approve its recommendations and not insist on re-discussing the issues, she said.

In addition, consider whether the committee is even necessary in the public's eye, Jones said. "That committee work also needs to be work that the citizens believe does not require the attention of the full board, and they do not have to see the full board engaged in," she said.

Finally, be sure the committee's work is "governance-level," and not staff work, Jones said

2. Set very clear boundaries. The superintendent and board president should clarify issues, such as:

- Is it a standing committee or just for a set period of time, and if so what time frame?
- What is the committee's authority to act?
- What are the boundaries of the committee's work? "There is nothing worse than nominating a

committee and then having members go off and do work the board has no intention of supporting and had no idea they would do," Jones said.

3. Set very clear timelines for the committee to act. Build in regular check points for reporting committee progress on board meeting agendas, Jones said.

4. Prepare yourself to make the commitment. The board should also be aware that a committee structure requires board commitment, Jones said.

"Committees should save the board time, and provide for more effective work and in-depth knowledge by the full board," she said. "If that doesn't happen, either because the full board insists on rehashing everything or because the board won't read the committee reports and follow the recommendations, or committee members aren't willing to put in the time or some other permutation or combination, then the board should not commit to a committee structure."

A final tip when setting up the committee structure: "It is also important that if there is a diversity of board opinions on topics that the board believes they will be represented on the committee, and that the committee isn't just a work around to not have to listen to minority opinions," Jones said.

For information, www.osba.org. ■

The board works at a high level

A school board's major function is to set policy for the school district (and delegate implementation to its superintendent). In addition to establishing policy for the district, the board has several responsibilities that are critical to the successful operation of the school district.

1. Meet the needs of students and the community. The board does this by adherence to the district's mission and vision in the policies it makes. The board must also interpret the community's needs to the school district, while communicating the district's vision and successes to the community.

2. Develop and monitor strategic plans. A school board works with its superintendent to identify the district's strategic goals. This is a matter of the board setting the district's priorities, while considering the community's wishes, available resources, and sound educational practice.

The superintendent develops annual plans to achieve the board's long-term objectives for the

district. The superintendent reports regularly on progress toward the district's strategic goals. The board should evaluate progress toward goal accomplishment by evaluating the superintendent's progress on goal attainment in her annual performance review.

3. Monitor finances. The school board approves the district's annual budget. The budget should reflect the district's current vision. The board will also approve contracts, property purchases, building projects, call elections on bond proposals, and negotiate with employee associations to determine salaries and benefits.

4. Practice active teamwork. Without a commitment to teamwork, boards accomplish very little — they tend to bog down because of in-fighting or lack the ability to work effectively. To be effective, board members must work cooperatively with their colleagues on the board, and with their superintendent. ■

Futures Newsletter

Volume 1, Issue 2

December 2015

The College Issue

- Discover UNH Day
- Upcoming Dates of Interest
- Futures College Scholars Interviews
- The Revised SAT
- College Application Advice

Inside this issue:

- Scholar Profile: Madolyn Chavez 2
- Financial Aid Information 2
- Scholar Profile: Shane Piesik 3
- Juniors: SAT/ACT Preparation 3
- Applying to Colleges 4

Discover UNH Day with Futures Seniors

In October, PHS Futures seniors Selina Ni, Cameron Young, Romeo Ingram, and Kalia Matthews attended Discover UNH Day. During this full-day information session, they learned about the Common Application process, what admissions counselors look for in an application, how to overcome personal obstacles and reach personal goals, toured campus, listened to a college lecture and heard from UNH students about what first generation college students might expect in their first year away from home.

The Futures seniors all thought the day was worthwhile and they highly recommend that all upcoming Futures students consider participating in Discover UNH as part of the college preparation process. Students do not have to apply to UNH in order to attend the day.



Upcoming Dates for High School Futures Students

- | | | |
|--|--|------------------------------------|
| 12/5: SAT Test | 1/7: Futures Senior Group Meeting 10:40 | 1/15: Freshmen Meeting |
| 12/14: Quarter Two Progress Reports | 1/7: Futures Senior Parents Information Evening, 6:30 | 1/19: Sophomore Meeting |
| 12/17: Futures Holiday Party , 10:40 a.m., Principal's Conference Room. | 1/8: Futures College Students Talk (for Juniors/Seniors) 10:40 | 1/21,22, 25 Semester I Final Exams |
| 12/17: Financial Aid Workshop, 6:30 pm. Little Theater, PHS. | 1/14: File your FAFSA-contact guidance for appointment. | 1/23: SAT Test |
| | | 1/28: Juniors Meeting |
| | | 1/29: Sophomore Meeting |
| | | 2/1: UNH Application Deadline |

College Profile: Futures Scholar Madolyn Chavez
 Interviewed by Janeesha Patel, PHS Futures Sophomore



"When picking the right college, start by identifying what is most important to you."

Madolyn Chavez, Futures Scholar and freshman at Keene State College.

1) Why did you go to college?

I came to college because I wanted an education that reached beyond the basic high school level. I wasn't done learning yet! I also know that a college education is extremely helpful in the future, economically.

2) What do you wish you knew before you went to college?

Before coming to school I wish that I knew that saying no to friends is okay, and even necessary sometimes! In the beginning of the school year I had a hard time getting myself to say no to hanging out with friends, because I knew that I needed just a few hours to get things

done. It is tempting. Still, I am doing better at finding time for both friends and homework. It's all about balance.

3) How do you manage your time with your schedule?

I manage my time with a huge desk calendar, and different colored markers, where I write when I have a class, when I have my work study job, when an assignment is due for every class, and when I need to go to the gym that day. For me, a visual planner like this is the most helpful.

4) What advice do you have to give about picking the right college?

When picking the right college,

start by identifying what is most important to you. What does the college absolutely have to have/be for you to go there? Is it proximity to home? Big or small student body? A certain program/major you're interested in? But don't choose a college for a major, because you may change your mind once you get here. I learned that that average college student changes their major something like 3 or 4 times before they graduate, so it's not a big deal if you don't know yet!

Senior Futures Parents: Financial Aid Information and Futures Funding Informational Nights



Thursday, December 17, 6:30 pm, parents can attend a free informational session regarding the financial aid application process at Portsmouth High School. The evening is hosted by Sharyn Grenier, PHS College Counselor, and facilitated by NHHEAF (NH Higher Education Assistance Foundation), financial aid specialists located in Concord, NH. NHHEAF will also help you complete your FAFSA (Free Application for Federal Student Aid) in January, both at PHS and in Concord, but you must make an appointment. The PHS day is scheduled for **January 14th**—make an appoint-

ment for this service by calling the PHS guidance office.

Thursday, January 7th at 6:30 pm, parents of senior Futures students are invited to attend an informational evening about how Futures contributes to students' educations. Amy Brnger, coordinator, will host the event in the guidance office and discuss the details surrounding how Futures contributes to your student's college education; completing and filing the FAFSA, and information about loans, grants, and scholarship applications.

Futures seniors applying to colleges are expected to apply for financial aid and available scholarships. If the FAFSA is not completed and scholarships are not applied for, Futures will withhold contributions from a student's college tuition.

Please come to the evening with your questions or call ahead for an individual meeting. Meetings can be scheduled during school hours or in the evening if that is more convenient.

College Profile: Futures Scholar Shane Piesik Interviewed by Madison Abbott, Futures PHS Sophomore

Shane Piesik is currently a senior at Keene State College, a small liberal arts school in New Hampshire. Shane chose to attend Keene State College because it felt like home to him. It was far enough from his home, without being too far. Also, the campus was small and the school had low student population, both being attractive feats to Shane. When asked about on and off-campus living, Shane recommends that students spend at least their first two years on-campus, and even if moving off-campus, stay close to the school. Shane is currently living off-campus while attending Keene State College.

As well as going to KSC, Shane spent a year studying at Florida International University, a vastly different atmosphere than in Keene. Florida International University is a large research university in Miami with a student population totaling over 50,000. At FIU, Shane joined a baseball club and traveled around Florida playing other universities with his team. This gave

him the opportunity to make some strong connections with peers he otherwise wouldn't have met. Attending FIU also gave Shane the opportunity to gain insight as to what a competitive world the job market is. Shane says he realized that going to college and graduating is not all it takes to land a dream job. Because of this experience, he has now applied himself far more back at KSC, in and out of the classroom.

Shane also referenced his time at Portsmouth High School. He says that he wishes he had been as studious then as he is now. Shane says he was an average student who got average grades. He now wishes he had not settled for being an average student, because he knew he could have consistently worked harder. For instance, while attending PHS, Shane says he did not work hard enough in his math courses and avoided them as much as possible while in his beginning years of college. He had mistaken math for a weakness because he

hadn't worked hard enough to grasp the subject from the beginning. That truly came back to bite him when he decided to become an economics major.

When asked about the importance of goal setting in high school, Shane said that having detailed goals can set a student up for success. But, he said that it is even more important to distinguish your goals into long-term and short-term goals. He says failing to do so will likely lead to disappointment when your long-term goals are not accomplished in a short-term timeframe. Shane says that that is enough to demotivate even the hardest working individuals.

In conclusion, Shane commended the Futures program. He said Futures helped him to really understand the financial aspects of college, realize how many scholarships are readily available to students if you know where to look, and understand why success in college is imperative.



"Futures helped me to really understand the financial aspects of college, realize how many scholarships are readily available to students if you know where to look, and understand why success in college is imperative."

Shane Piesik, Futures Scholar and senior at Keene State College

Juniors: SAT/ACT Preparation

Juniors had the opportunity to take the PSAT test in November. From this, juniors will receive a code with PSAT results that can be entered at Khan Academy, via collegeboard.org. This code will enable students to receive targeted (and free!) test preparation based on your PSAT results.

Some juniors also took advantage of a free practice SAT/ACT test in Portsmouth, which was a great way to discover which test was perhaps preferable.

Regardless of which test you prefer, here are a few study

tips prior to taking the SAT on March 5th and other tests in the future:

- Study a few vocabulary words every day. Don't cram right before the test: it doesn't work!
- Consider attending a test preparation session: Mrs. Grenier, college counselor, advertises upcoming test preparation sessions.
- Take the time to understand the revised SAT. Here are a few changes you can anticipate:

1. The test will no longer penalize 1/4 point for incorrect answers, basing scores on correct answers only.
2. The test is more streamlined, broken down into three sections:
 - * One reading section;
 - * One writing section and language section;
 - * One math section divided into calculator and no-calculator portions.
 - * **Optional** essay: one prompt (50 minutes).



**PORTSMOUTH
SCHOOL
DEPARTMENT**

Portsmouth High School
50 Andrew Jarvis Lane
Portsmouth, NH 03801

Phone: 603.436.7100x2924
Fax: 603.427.2320

E-mail:
abrnger@portsmouth.k12.nh.us

Futures News

Futures' Mission is to provide mentoring, encouragement and financial assistance to selected students who show the ability, desire and motivation to attend college, but lack the necessary resources.

For information or questions about Futures, contact:

Amy Brnger, coordinator

abrnger@portsmouth.k12.nh.us

436-7100 x 2924

****Do you know of an alumni who might like to reconnect with Futures? Please pass this newsletter on and let them know we would love to hear what they are doing.**

Applying to Colleges

Futures seniors are in the throes of applying to colleges: the class of 2016 has been ready and organized; many have already applied to multiple schools with Early Action deadlines. Some words of advice for seniors who are hesitating or having difficulty finding the motivation to apply:

1. Take the application one step at a time. No one needs to complete an application in one night (and absolutely shouldn't!). Break the application up into small tasks and give yourself a deadline to finish each task.
2. Make sure usernames and passwords for applications and Naviance are written down somewhere that you can easily access and remember. There is nothing more frustrating than setting aside time to work on an application and then spending the majority of that time looking for this information.
3. Get feedback on the essay. Make sure to ask someone else reads and critiques your essay. The reader should be someone who is familiar to you and is willing to give you feedback about your writing.
4. Set aside time to work on the application and only the application. Stay away from television, social media, email, and



PHS Futures Senior Ryan Malm looking happy and feeling relieved to have completed a college application.

5. text messaging while working on your applications. Devote 100% of your attention to...you! Remember that this is your opportunity to show others what you have to offer. You can't do this when your attention is elsewhere.
5. Not sure about your activities? Start with senior year and work backwards. Remember to count activities and interests that take place outside of school. Not all

students' primary interests are with school clubs and sports. Work history also counts! Futures students also have to earn 20 hours of volunteer time every school year. Include the activities and time in your application.

6. Having trouble writing about yourself? Not everyone finds writing about strengths and assets easy. If finding the right words is difficult for you, ask a friend or family member to describe you. They might surprise you and tell you some things you don't know about yourself, or perhaps reinforce strengths that you know about already.
7. Not a senior? Read this and make it a plan to work on time management, organization, and documenting. Having key information at hand when it is time to complete your applications makes the work so much easier. Four years of high school passes quickly. It is easy to tell yourself you will remember all you have done and accomplished. Ask any senior: the fall is so busy it is a relief to find you have already documented activities and can then easily add them to your application versus taking the time to make a four year-long list all at once.

VIII
b.



November 3, 2015

Thank you so much for choosing to support Edcamp Seacoast with your donation. On October 24, more than 150 passionate educators gathered to discuss and learn numerous topics regarding quality education. **Thanks to donors like you, this event was completely free for the participants.**

Your support means a lot to the organizers and participants. Education is a quickly changing world and in order to keep up with it, we need to constantly gather and think critically about what it means to be an educator and a learner. Your donation helps us with our goal.

Throughout the day, we gave a shout out to you and displayed your logo. We've displayed your logo on our website, EdCampSeacoast.com as well, and linked it to your business website.



Thank you,

The EdCampSeacoast Team

*Sheila Adams, Cathy Brophy, Stephen Gagnon, Jaclyn Karabinas,
Andy Littlefield, Missy Provost, Rachel Small, & Jess Wentworth*

Dear Portsmouth School Department, Administrators, & School Board Members,
We are so very thankful for your support of us each year as we seek to join forces for education.
Please accept our deepest gratitude - could you please extend this sentiment at the next school board meeting?
We are so very lucky to have your support and the beautiful setting of the Middle School!
Jaclyn Karabinas

VIII
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135 Osprey Drive
Portsmouth, NH 03801

October 29, 2015

Portsmouth School Board
1 Junkins Avenue, Suite 402
Portsmouth, NH 03801

Dear School Board:

My name is Thadyn Du Pont. I am seventeen years old and I am a junior at Portsmouth High School. I recently received my license and initially I was hoping to drive to school everyday. Unfortunately, the only reason I still take the bus to school is due to the fee that is required to park on the school campus. I understand that the fee can be paid at one time and it is valid for the entire year, but I, personally, am not willing to pay for a parking pass at this time.

Through this letter, I hope to ask for the consideration of free parking for juniors and seniors, possibly even giving senior students extensive parking privileges. I am not asking for this consideration merely for my personal gain, but for any student who feels hindered from the freedom of driving to school due to the payment of the parking pass. I hope that this letter also represents those students and their families who have a license to drive but are unable to pay for the expense of a pass.

Consultation of this topic has revealed that the money gained through parking passes does help to pay for the maintenance of the parking lot on the school campus, such as snow removal in the winter. Also, the money is used to accommodate for free bus transportation to school and, since the school does not charge for extracurricular events, the school board has decided to charge students for parking. Also the parking pass acts as a commitment: if a student pays for a parking pass, they are guaranteed a parking space, due to limited parking spaces in the past. I would also speculate that the requirement of a pass is to prevent non-students and/or non-teachers from parking on school grounds.

In conclusion, I would like to request for your support in advocating free parking for students and teachers of Portsmouth High School. If it is not possible for parking to be completely free, I would at least like to ask for a reduced rate when charging for a parking pass. I truly appreciate your time and any consideration you may have.

Sincerely,

A handwritten signature in blue ink, appearing to read 'Thadyn Du Pont', written in a cursive style.

Thadyn Du Pont

X
b.

BUD RICCI MEMORIAL SCHOLARSHIP FUND

This Trust Agreement is made this _____ day of _____, 2015 by and between the Portsmouth School Department, with a principal place of business at 1 Junkins Avenue, Portsmouth, County of Rockingham, State of New Hampshire and the Trustees of Trust Funds of the City of Portsmouth with a principal place of business at the Sheafe Warehouse, P.O. 1103, Portsmouth, County of Rockingham and State of New Hampshire.

The terms and conditions of this Trust Agreement are as follows:

1. A Scholarship Fund hereby created is to be known as the Bud Ricci Memorial Scholarship Fund.
2. The initial corpus of the scholarship is \$33,212.00 received from Elizabeth Batick Ricci of 55 Harding Road, Portsmouth NH. Thereafter, the Fund may accept contributions from any source and the principal of the Fund shall be determined from time to time for any necessary purpose by the total return method of accounting.
3. The purpose of this Fund will be to provide an annual scholarship to be awarded to a student who a graduating senior from, or who has graduated from, Portsmouth High School and, who shall have been accepted to, or who is attending, an accredited institution of higher learning studying for a four-year degree in the amount of \$500, provided the Trustees of the Trust Funds determine there is sufficient income to make the award. The principal of the Portsmouth High School, in consultation with the School Counselling Department, may adjust the award up or down based upon income available to make the award or to make more than one award. This scholarship is renewable and a student, upon re-application, is eligible to receive this scholarship for a total of four years.
4. The scholarship recipients shall be named annually at the Portsmouth High School Scholarship Awards Presentation (or such presentation method as the Portsmouth High School may from time to time designate should the Scholarship Awards Presentation no longer be in existence). The check shall be made payable jointly to the student and the institution in which the student is enrolled for post-secondary education.
5. Eligible applicants shall submit their name for consideration through the School Counselling Office at Portsmouth High School no later than May 1 of each year. Applicants shall submit a brief essay with their application stating the manner in which the scholarship would help with the applicant's future plans.
6. The selection of the recipient of this scholarship shall be made by the Portsmouth High School Principal in consultation with the Guidance Department.
7. The Trustees may hold such funds, together with all additions thereto, either in savings or special notice accounts or in such investments as allowed by the laws of the State of New Hampshire.
8. The funds in the Trust shall be held by the Trustees of the Trust Funds of the City of Portsmouth to be invested and reinvested by the Trustees without restriction

against pooling the assets of this Scholarship with any other trust funds held by the Trustees of the City for investment purposes, so long as the funds are subject to separate accounting.

9. On the request of the Principal of Portsmouth High School the Trustees shall annually notify the Principal of the amount of income that the fund has generated and the amount that will be made available for payment of the award for the year pursuant to the terms of the Scholarship Trust.
10. It is the intention of the Grantor that the scholarship contemplated by this Trust shall be paid each and every year commencing with the year 2016. However, the Trustees shall have the discretion to accumulate funds in the Trust rather than making a scholarship award in any particular year in the event that the funds in the Trust fall below the amount necessary to fund the Trust without depleting its principal.
11. The Trustees shall make payments from the fund on receipt of written certification by the Principal of Portsmouth High School that the payments have been properly authorized pursuant to sections five (5) and seven (6) of this Agreement.

IN WITNESS WHEREOF, the Portsmouth School Board has authorized the creation of this award at its meeting dated December ____, 2015.

PORTSMOUTH SCHOOL DEPARTMENT

Dated:

12.1.15

Dated:

Stephen Zdravec, Superintendent of Schools

Elizabeth B. Ricci

Elizabeth Batick Ricci

ACCEPTED BY THE TRUSTEES OF THE TRUST FUNDS

Dated

Phyllis Eldridge

Dated

Dana Levenson

Dated

Thomas Watson