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## Survey School Start Time

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4. Do you have any comments about starting the high school around 8:10-8:15 and ending around 2:34-2:39?

#	Response
1	I don't think it will make any difference in the amount of sleep students get and will adversely students who participate in sports, music, drama, and many clubs. It will just make their days longer. And when will student athletes be able to go for extra help or make up tests if they lose that 7th period?! I know you surveyed students awhile ago as part of a bigger survey, but I heard that only 70 or so responded. I think students should be surveyed again, in school, to get a true representation of their feelings.
2	First all kids will go to bed later no matter what, and once they learn they can sleep later in the morning then they will stay up later then before. They will not get extra sleep. ALSO my CRITICAL JOB depends on my child starting High School at 7:30, I cannot afford the bus and we are too far to walk. PLEASE donot change the time. Other kids did it before.
3	I think this is ridiculous to start later because the kids do better later. The system is coddling the kids. This does not teach kids the responsibility of being on time regardless of what they're doing. If one can only change their work hours as quickly and be coddled too.
4	great idea - putting the kids needs first and responding to the info from those studies
5	All the way around this would be better for teenagers to get a little more sleep and be better prepared for the day.
6	Most HS students check in with their teachers after school for extra help. This would not be possible if the student is involved in any type of extracurricular activities. Also, with a later end time, it is not possible for athletic events to be completed before sunset.
7	I read your comments about athletic start times, but I am still concerned. My child plays three season sports.What about field lights?
8	I think that High School can start even later around 9 that will give middle and elementary school to start around 8. The reason I am saying that, because parents need to leave for work and while High school students can stay home alone in the mornings, middle and elementary students can't. Even better, high school students can help their parents put their siblings to the bus which will give them a responsibility and good for brother/sister relationships
9	WOULD THROW OFF THE WHOLE FAMILY SCHEDULE.
10	I think that it is difficult for teens to get up so early and a little later is better
11	folks who drop-off or wait with their children for buses will only arrive even later to work forcing them to get home later. If sleep is an issue send kids to bed earlier. I bet after the change they stay up even later.
12	While no one likes getting up early I feel a later start is not desirable. The coaches make their own schedules and a later dismissal time will mean that all atheletic events would end later than they already do. If there is a 4:00 start for a meet that is 2 hrs.+ , with added travel time our kids will not be home to start homework and eat dinner until 7:30 or 8:00. In adult households where parents catch trains early in the morning giving our kids an excuse to push bed times even later is hard on the entire family.
13	The later the time the better- research clearly indicates why this is necessary for high school students. The 7:30 start time and very early release has never made sense.
14	Too late. They will not gain additional time for sleep.
15	I think it will improve student performance
16	This will mean that I can no longer drop my child off on the way to work in the morning. We can't afford bus transportation, so we would have to rely on friends/neighbors for rides, which is not ideal.
17	I like the idea-my daughter's bus presently comes at 6:45am - not only does she need to get up at 5:45 but for a few months of the year, it is dark out when she is walking up (we have poor lighting and only a sidewalk for a small portion of her walk) so we end up driving her. On days when we drive her to school, she can sleep an extra half hour which has been extremely beneficial to her.
18	I oppose this due to its effect on East Elementary start time which is quite late already and I do not support making East Elementary start even later as a result of this change. Additionally, high school students will sleep until noon if allowed and if they know the start time is later, they will likely burn the candle at the other end and stay up later the night before. I would prefer to see a more moderate change in high school start time (perhaps to 8 a.m. instead of 7:30)
19	Yes, i've spent 8 years trying to get to a normal work schedule. This makes a hardship for those trying to get to work.
20	None, I think this is long overdue.
21	Transportation issues to the high school. Adding xtra time means moving my work start time.

22	From my experience within our own family, and from the comments from our child's doctor, I can say that we would STRONGLY support making the school start day for high school students as late as possible. My son has had a very difficult time getting a reasonable amount of sleep due to the early rising time he must have to get to school on time. When he wakes up, it also feels too early for him to eat- so that in addition to being tired, he is also not eating properly.
23	This is common sense.
24	Students will be much more concentrated during their classes if getting enough sleep.
25	my son is an athlete and I'm concerned that a later start time will mean later start times for after school sports, which will mean he'll be coming home to start homework even later. Also, since the high school teams sometimes use the elem gyms or fields, would it present a problem to have those facilities unavailable until about 3:30?
26	Feel Strongly that teens need the extra sleep time in the morning
27	It's fine now...High schoolers have jobs they need to get to by 3pm! Sports will be delayed...NOT A GOOD IDEA
28	I believe it would help to reduce fatigue, depression, and anxiety increase student's focus and attitude. They also might have a greater chance of eating breakfast before school, which I feel is very important.
29	I've thought this would be better for a long time. It is much more in line with the need for sleep for teenagers and their sleep patterns. It would be a great change.
30	no
31	Lets do this.
32	I think it will impact students abilities to participate in both clubs and athletics and all to gain only 1/2 hour. Students will stay up that extra 1/2 hour at night and it will not accomplish the goal of increased sleep. I do think the loss of after school participation to meet hockomock athletic times will also be a negative and make afternoons MORE hectic for students who have other commitments.
33	NO
34	This should have been done years ago - it will help student learning and health.
35	My children go to sleep around 10 but still have trouble getting up at 6:30 to get ready for school. They would benefit from the extra sleep and probably learn more during first period than they do now.
36	I think the SMS times need to be adjusted as well of there will be problems with pick-ups.
37	my junior is up until 12:00 a.m. doing homework, this would give him time to recoup some sleep - 6 hrs. is not enough to perform well the next day, he sleeps in school
38	I think that it's a great idea!
39	good move. teenagers need more sleep and stay up late. this has always been the case since school started in this country.
40	i am assuming that the extra help times and clubs will just start later. Moving these to before school hours defeats the purpose of moving the time. I believe moving the time is in the best health interest of teenagers who tend to stay up later but end up not getting enough sleep to get to school on time.
41	I currently have a child in high school and one to enter this September. From my experience the amount of homework and the activities they are involved in require them to get extra sleep and personally we will benefit from the later start time. My son is up late and late for school because he is trying to get everything done!
42	I think if you could come up with a way to get my High Schooler to go to sleep earlier at night in order to get more sleep you would be on to something significant however an extra half hour in the morning will not change anything in my house except make me get to work more later than I already am now.
43	Excellent idea for all the above stated reasons!  The later the better for starting High School for all the above stated reasons.
44	The kids really need the extra half hour of sleep. My pediatrician told us that even an extra 15 minutes would make a huge difference.
45	Just yesterday my 14 yr old was commenting on his wish for more morning sleep, although he had gone to bed by 9:30 pm...He is physically active and needs the sleep for his body development I believe
46	no
47	it makes sense with bed time for older kids and ability for kids to get up and function for their day
48	This is a more reasonable time to start school!
49	I think this is a terrific idea and shows that we are looking at the significant stream of data that supports a later school start for teens. Teens are going through a great deal of physical and psychological changes that result in a change in their sleep needs. Thank you for considering this change.
50	The data shows that high school students need more sleep yet don't get enough. I know my son is always tired and getting extra sleep would be very helpful.
51	As I drive my kids to school and have to be at work by 8am this would be a huge problem. Do not live in neighborhood where car pooling is an option. Do not want my kids in position to accept illegal rides (16 w/passenger)
52	A fabulous and overdue idea
53	I am the morning carpool driver. I could not make this change and get to work in time.
54	Personally, it would make it impossible for me to drive my kids to school before work.
55	It's a known fact that kids are up late and can benefit from the later start time
56	None
57	I'm all for a later start in the school day. We would all sleep better, and it would improve my commute!

58	This change would negatively impact both my husband and I being able to get to work on time. This schedule change would also result in a later end to after school programs resulting in a later start and finish of homework. I am strongly against this change and do not believe there is a good reason for enacting this change. Homework will just start and finish later and kids will go to bed later then they presently do. The reult is NOT a gain in sleep time but rather an inconvenience to working parents.
59	What would prevent kids staying up an hour later each school night - and problems that would cause.
60	the research says it all
61	For the overall good performance of my children, both in HS, the more sleep they have the better off they are and they are used to this time of dismissal.
62	Don't move the club period to before school, as some schools have tried. Then the kids will either participate less in clubs or continue not to have enough sleep.
63	sounds good
64	The late dismissal time (even just one half hour later than the current time)would make it much more difficult to participate in after school activities, almost impossible, and there would be less time for students to do quality homework which is a real concern. As it is, students are crunched for time at the end of their day and their work lacks the commitment necessary to make progress in their studies and all the other commitments that are expected of them at this age. For us personally, this would have a major impact academically and emotionally.
65	i think it would be challenging with sports and homework
66	excellent idea. HS students are up late studying and the extra sleep will go a long way.
67	Do not touch the starting time. I have twins and one wakes up early and the other on time. Many teens can't get up for school because they are getting to bed too late and sleeping too late on weekends. Tell the teens to go to bed earlier.
68	It's about time we paid attention to the physical needs of adolescents.
69	Why 8:10 OR 8:15? Why not 8 a.m.?
70	I dont believe 40 minutes will make that much of a difference. It seems like a luxury, not a necessity. How many parents of high schoolers have actually made an effort to get their child 40 more minutes of sleep. In a community with a lot of 'old' students, why draw the line at high school? What other options have been tried?
71	Our kids would be more alert in class and have more energy when they get home.
72	Based on the studies I have read about sleep patterns for teens I think this will be beneficial. I have great difficulty waking my high schooler up for school. The bus comes at 6:40AM, which is too early....I end up driving her 99% of the time in the morning.
73	My daughter has a hard time in the morning, and when we get to school at 7:30 am, we are by far not the last ones to arrive.
74	The benefit of a half an hour of extra sleep does not outweigh the benefits of getting out of school earlier. Perhaps, as parents, we should focus more on making sure our children get the proper amount of sleep they need.
75	It's about time. This research has been widely reported for at least 10 years.
76	It seems to be working now, at least in our family. I understand the reasons but don't think it is really necessary. I believe students will stay up even later and will not get more sleep.
77	Its about time!
78	great idea
79	It is about time SHS caught up with the research!!!
80	Good idea
81	I believe it will improve learning as it will be more in alignment with teenagers natural sleep patterns
82	what will happen to time spent with teachers after school and sports starting as well as being in clubs??I think this is more important then starting later.
83	this would hopfully bring down the high volume of tardy students
84	agree with current research that a later is more productive time
85	Teens in high school need to sleep later, while younger children are up earlier. Later high school start time -- even later than 8:15 if possible -- would be beneficial to most high school students. They would be more alert, have better concentration, and perform better in academics.
86	This would be great for the kids!!
87	I am able to transport my children to school but if it was 8:10 they would have to walk and therefore really wouldn't benefit from more sleep
88	ABSOLUTELY a good idea.
89	it will good during winter months which we have very very long
90	Great Idea
91	I think it should start even later, perhaps 11am or 12pm, proceed for 2-4 hours, dinner break, then maybe another 2 hours in the evening. This is a time when they normally operate at their maximum.
92	My understanding is that this change would make it more difficult for high school athletes to get extra help after school.
93	I think it's a great idea. Teenagers stay up late and need more sleep than a 7:30 AM start allows.
94	I believe the change would be beneficial. My daughters have consistently remarked on having difficulty paying attention during their 1st class.
95	Good idea to have teh H.S. start a little later. It is not much of a change but I never, never understood why the schools today finish around 2:00pm. Seems like a major invitation for children who are not involved in after school activities to get into trouble with such an enormous amount of time to fill. Most children seem to prefer to do homework a little later in the afternoon or evening. Those in sports could even get a parent or two there to watch an event if it wasn't scheduled in the early afternoon. The change make a lot of sense to start the day later and even extend the school day, as well.
96	Teens need more sleep time and this would help
97	The problem is that sports end that much later. So they are doing their homework until 10:30 at night. I would like a chance to see my kids at some point.
98	FANTSTIC IDEA PLEASE DO THIS FATIGUE IS A MAJOR ISSUE
99	Difficult for working parents to schedule,

100	I think it makes sense. However, it doesn't affect me as much as others. My older daughter is graduating this year and my younger daughter has two more years. I think a change would be beneficial to her. In general, I think the extra sleep time in the morning would make a positive difference.
101	I consulted my high school senior. He feels most kids would just stay up later and the start time wouldn't matter.
102	great ideal!
103	This is the best idea ever.
104	This would make it impossible for many working parents to get their children to school. (Those who commute in to Boston or Providence). Also- away events (academic and sports) will end too late. By the time students get home and eat dinner, it is very late to do homework.
105	the time change is less than one hour difference, so not so major, however, it would be helpful for students. They do not want to be in school early.
106	I don't like the idea because I drive my son and two neighbors to school, and then go right to work. If the start is later they will not have a ride because my work schedule will not allow me to drive them anymore.
107	Would like to see if the later start times would benefit my student
108	I think students would get better sleep.
109	In the morning our minds are more fresh and alert to study. It is upto the parents to install strict bed times for their children
110	I think it is a great idea. My only concern is that there still be ample time after school for help and make-up before sports begin.
111	A later end time makes it difficult for students to pursue outside interests and may require them to miss class time in order to participate in school sports (games with other schools)
112	it is good idea
113	I think the 8:55 am start time would come closer to the research indicating that 9:30 - 10 would be the optimal start time for high school students. Anything would be better than 7:30 though.
114	transportation issues. Need to drive them earlier, especially as bus rates remain or increase.
115	I believe kids will be more alert and productive with a later start time.
116	our students stay up very late and many take naps after school to catch up. When there is no school, the students sleep late, indicating the need for more sleep.
117	It is hard to believe that 50 minutes will make a difference for the students, but would probably have an impact on afternoon plans as well as morning transportation
118	Frankly I think it should start even later as we prepare the kids to enter the work environment [which often doesn't start until 9a in the "real" world].
119	what time will sports begin?
120	think it's great..kids dont need to wake up as early as they do now..can still have afterschool activities and jobs
121	I think it's a great idea, however, I would not want to see the elementary schools open much later. As a working parent, I will not be able to wait for my 3rd grader to go to school after 9 am
122	My daughters as teenagers are always exhausted in the morning, and have difficulty getting to sleep early. I think the change will so much improve their physical well being moving towards a schedule that better matches their biorhythms.
123	Not only is my 10th grader not in favor of it, but as a working parent, this would have a negative impact on my schedule as well.
124	good idea, my child is very tired to get up so early. The bus picks her up @6:45am
125	I don't think 40 extra minutes would make that much difference. Kids will just stay up later at night.
126	Personally, my daughter gets up at 5:50 to get ready. She leaves for the bus at 6:35. She is not hungry for breakfast this early and doesn't eat. She doesn't like school lunch. The extra time in the am would help her get in a decent breakfast and have better fuel for the day!
127	no
128	I concur that starting later would be easier. My son couldn't get to school on time and eventually dropped out. Not just because of the start time but it didn't help.
129	i would strongly support start at 8:00am, with the children having access to libr to study or early drop for parents who work!i.e. open at 7;30am
130	The students will be more alert.....hopefully
131	Where did these times come from?
132	given after school activities the day will end very late, leaving even less time for the amunt of homework that SHS students are expected to do
133	This one is good too
134	My teenager now gets up at 5:45 to get to school on time and it would be wonderful for her to sleep later.
135	The kids are just going to stay up later and it won't make a difference with the amount of sleep they get. This is a really BAD idea! It is also going to be a problem with kids that do sports. I spoke with my student about the time change and when the student realized that they will be getting home later, from sports and would be tired after the whole day of school than sports. Than need to eat, study and do homework. The student thought that it was not such a good idea any longer. The time change SHOULD not be done. You are still going to have kids coming in late to school no matter what time you start school.
136	My daughter is in high school, we support starting the high school 8:15.
137	I think it is a great idea to start school later. The kids are exhausted with the current school times.
138	not in favor. life is not always about optimal conditions but rather about making adjustments and dealing with it.
139	Definitely this is good from kid's health and learning point of view. Also they get more time to do their homework.
140	My son doesn't think it matters as he'll just stay up later!
141	I think this will be a terrific change and will help the kids to be more productive and better rested at school--it is consistent with the research I have read on the topic of teens and sleep hygiene. Kudos to Sharon for considering this change!
142	good
143	It works for my famiy the way it is. My kids have grown in responsibility to get there on time and go to bed earlier because of the early start time.
144	Strongly Oppose

145	Good Idea
146	It is too late.
147	Great idea
148	fabulous idea. about time
149	This is not a significant change.
150	The extra 40 minutes will make no difference to my 2 boys,who would like to sleep to 10:00 am. It would adversely affect my work schedule which begins at 8:30am. I work 9 hour days and can not start any later. Will the bus be free?
151	great idea to align school with optimal learning.
152	Based on our experience with teenagers, it is an excellent idea.
153	With the later start time, kids will simply go to bed later, and get no extra rest. Clubs will end up meeting in the mornings, instead of the afternoon (this has happened other places I have lived). Please leave the high school start time as it currently is!
154	For years, I have felt that the early start time of all the Sharon schools has been antithetical to learning. I think it's a wonderful idea, to start later , which I think is more consusive to learning, mental and physical health.
155	I think it makes sense and will help hs students be more alert in classes.
156	It disgusted me to see in the Boston Globe that parents allow their children to miss class in the morning because they are feeling tired and overwhelmed. This behavior will not stop because of the school time change - there will always be parents who feel they can overrule the school rules. However, let us not miss the larger impact this will have on our high schoolers who would be too crunched for time after school to participate in clubs AND athletics as they currently do. They would have to make a choice which would undermine so much of the wonderful extracurricular activities that we at SHS are so proud of. Please, do not put our students in a position that allows them to do LESS after school, that makes them more well rounded, all for what may not even mean more sleep. We all know that most teenagers will simply stay up later!
157	How is the school admin prepared for parents loosing thier jobs because of this change. This ia also a parental responsibility not a school admin. Given the amount of course work that the HS demands be done are we really helping the students or will they be up longer to do the work.
158	This will help the high school students be more productive and the resulting changes in start times will benefit the middle school and grade schools as well.
159	I agree that teenagers, particularly high school students, are at a critical time in their growth where extra sleep is crucial. Please take this into consideration.
160	I think it would be beneficial to the students to start school later.
161	Will this effect the sports schedule? If school gets out later the kids have to rush off to practice and their games. Now they have a little time to stay after school for anything they may need help in. Not sure how that will work on the end of day and sports if time is later? unless sports are also moved back?
162	when I went to high school home room started at 815 and classes started at 830 and school ended at 230.. worked for me then and should work now
163	With the current schedule I can drop my son off the go to work. With a later start that would not be possible.
164	it is an excellent idea
165	Getting teens up for the current start time is hellish. This change is a modicum of good sense. Even later 9am would be preferable.
166	high school kids usually sleep late and need enough time to sleep.
167	I think it's a wonderful idea and will hopefully decrease the amount of "late' students in the morning as well as increase the attention span of students.
168	Given the overwhelming research in support of later start times for teenagers to correspond with improved ability to focus and learn when given more sleep I feel this is an important and laudable change to make.
169	I have read the studies about teenagers sleep patterns, and I agree with this as a strong reason to move the start time forward.
170	I don't feel students will get any more sleep. Kids being kids, they will do their best to justify staying up one extra hour.
171	Don't think there is a big advantage to make this change that'll create alot of chnages in schedules for parents, teachers, spouses, siblings, etc.
172	hopefully, a more rested teenager better able to handle challenges of sharon high
173	I would rather do something less drastic with a start of 7:45
174	It would make the start time closer to that of the Middle School, which would be a definite plus/
175	I think this is a good idea, since studies show teens learn more after they have been awake. I also think that the walkers to the high school will NOT be walking in the dark, definately a safety issue!
176	It doesn't work for those students who meet with teachers after school and have extracurricular commitments liike sports teams and school clubs. There will be less time for homework.
177	Scientific evidence proves that our children will be better able to learn when there is a later start date especially children who are adolecence, The schedule needs to be considered for the students educational benefit first before sports and paretn schedules.
178	This change would totally disrupt our morning. We do not leave the house until our child leaves for school. Leaving at close to 7:45 would be too late. It's not that our child needs us in the morning so much as we like to see her and be sure she gets a good start to her day.
179	I would be concerned IF the later start time and later end time negatively impacted ability to participate in sporting events with other schools
180	I have two children in SHS and two in SMS. I am fine with the later start time for SHS. I assume the HS athletic teams and clubs can adjust their practice schedules. I would NOT be in favor of the change if it meant cutting out athletics and clubs. I am really impressed this change is being seriously considered. I STRONGLY support the later start time for the High schoolers.
181	I think my daughter would greatly benefit from being able to sleep later. She is extremely fatigued most of the time. She is prone to migraine headaches, which can be caused by lack of sleep and stress. She also has an extra credit class on Jane Austen that begins at 6:45 am. She works extremely hard and does very well in school, but sometimes I wonder how she can even function. I have another child in 7th grade, and I would like this later schedule to be in place by the time he starts High School.
182	Having the after school sports end later would cause havoc in our lives due to evening commitments (dance classes and part time work)
183	I've read the evidence and strongly support this change for the welfare of the students. One request: that consideration be given to ending school at 2pm on Fridays.

184	The kids will be more attentive in earlier classes, if school begins later.
185	We need to discuss with our child who would no longer get a ride to school, however, we are within walking distance.
186	I worry about after school activities and those affecting the time they will end and then the time my child will have to do his homework. Again a later start in the day will end making the day longer for the students. They will have after school activities later and will end up staying up late to do their homework. This will still result in tired students.
187	My wife and I think it is an excellent idea. it is just too early now--our daughter gets so tired towards the end of the week.
188	My high school daughter could really use the extra sleep
189	An unnecessarily early start of day for high schoolers has a negative impact on their physical and mental health. Teenagers at this age are typically so exhausted by the end of the week, so that they need time to sleep and recoup their energy instead doing more interesting and enriching things on the weekend. Lack of sleep can cause depression, particularly at this vulnerable age. They can hardly eat breakfast because they are still very sleepy, and then the first period serves as their wake-up time. If they are in school to learn, academics should be a priority and schedule should revolve around that, rather than sport activities, which are complementing, but are not central.
190	I know that my teenagers will benefit from getting more sleep in the morning.
191	My youngest will be a senior next year; and frankly I've wanted to make this change since my oldest (age 22) started high school. They are NOT morning people, and the tardiness would be greatly reduced if this were implemented. Further the children cannot fall asleep at night (also biological) and as such are getting too little sleep in general.
192	Great idea-long overdue.
193	I think that high school students will just end up staying up later. A later start time is not going to make any difference. Sharon should wait and see if the program has any meaningful impact on the students of Duxbury and Hingham before implementing this schedule.
194	My high school students leaves for school the same time my middle schooler does. I don't think the change in time will earn much sleeping in time.
195	I would have to find another job or another way to get my child to HS. This change would affect after school sports and cause children to be up even later.
196	This does not work with family schedule. 7:30 start time allows for drop off in the morning on the way to work. Other wise I will be dropping my child off early.
197	My children need a ride to school and dropping them off at 7:30 is already later than I'd like to leave. The bus is prohibitively expensive, and car pools have been difficult to arrange. While I agree with the sleep issue, the whole school schedule does not support working parents either in the am or pm.
198	This is wonderful if this happen.
199	It is a know fact that teens biological clocks are wired to need more sleep. They typically have trouble falling asleep at night the later the start the better as many schools across the country have shown.
200	I feel this should have been done a long time ago. Most kids like mine, aren't would certainly benefit from the extra sleep in the morning.
201	No - seems like a more reasonable time for school to start
202	Finally, consideration being giving to the metco students who are getting up at 5 a.m. to make the school bus.
203	The bus is unreasonably expensive, so we must drive our child to the HS. If school starts this late it will interfere with work schedules. We need jobs to pay the extraordinary taxes in Sharon - this start time is too late.
204	For children involved in extra-curricular activities (such as mine), this changes would simply extend their evening responsibilities. They would arrive home later from school, eat dinner later, and have their homework last until later in the evening. Ultimately, I feel that they will be more stressed and significantly less rested. I think that this is a terrible idea!
205	The later the better for teenagers.
206	After AY2008-09 I will have no children in the Sharon schools. The later start will make my morning commute easier.
207	will the end time present conflicts with after school activities and athletic games?
208	I drive three days and have to be to work at 8am
209	Having read most of the pertinent information regarding this time change and taking into consideration the minimal effect on after school activities. I feel this is worth trying for a few years to gage the outcome.
210	difficult for working parents, despite science that later start times work better for teens.
211	then sports dont get out until later and kids will hae to stay up later to finish work
212	The late start time is a great idea- The extra sleep time will help students feel less tired and rushed in the morning.
213	OBSERVING A SENIOR FOR THE PAST 4 YEARS, AND HAVING TWINS STARTING HIGH SCHOOL NEXT, I'D SAY HALLELUI, NO MORE MORNING BATTLES. IT IS ABOUT TIME WE MAKE THE CHANGE.
214	I think it's a great idea.
215	I strongly support this proposal.
216	would be of great benefit to my child, with no downside at all
217	The time in the school shoule be kept the same.
218	later is better
219	It's a great idea. Can't happen fast enough.
220	I strongly support this change. It is very important to student health and acedemic perfomence to start the school later.
221	very good for the health of adolescents
222	I ONLY support this idea if and only if students will still be able to meet with teachers after school as they have the opportunity to do now. The availability of meeting with teachers after school is VITAL for success!
223	I would be unable to car pool at those times,and paying for the bus will be a financial burden.
224	It will be a major problem for working parents who drive their kids to school
225	As a working parent, I need to get off to work and would feel much better knowing my son were on his way the same time I were leaving the house instead of him getting to school after I leave for work.

226	There is ample research and evidence that high school students do not learn as well when they are required to start school early in the morning.
227	After school sports will end much later..won't have as much time to do homework at night.
228	brilliant idea! HS students clearly do not function well early in the AM!
229	It would change my morning routine possibly resulting in me getting to work later.
230	This seriously affects afterschool jobs and activities. Don't change the time. Read the Boston Globe article about how starting school earlier will not benefit HS students.
231	I think it better suits teen age sleep patterns.
232	I think advancing the time forwards in the morning will only encourage the students to stay up further late at night - something which is the cause of their being sleepy in the morning in the first place rather than any 'biological clock'.
233	My high school student feels strongly that this is not a good idea. He feels it will affect many after school programs, including teams, clubs, etc. in addition to students with after school jobs.
234	it would be great
235	why not start at 10am and let them really get a good sleep!!Sooner or later they will have to get up at 6am!!!if and when the time is changed later..people will still be tired
236	What will happen to after school sports activities?
237	Why can we start at 8:30 AM just one whole hour late?
238	Metco students would not benefit from the change.
239	My belief is that students will stay up even later at night knowing they can sleep in a little extra in the morning. The "real" world requires working various working shifts, and I also feel keeping the time as is will help the students be ready for the working world ahead of them. The early start time has been in force for many years (I graduated from High School over 30 years ago and walked to school at 6:30 a.m. every day...as many of my friends). All of us preferred the earlier starting time so we would have more time in the afternoon for after school activities. The 35 minute delay for after school programs means students are home later from sporting events and other clubs.
240	The later the better
241	Pick up and drop off of my child can not be arranged.
242	Will very very helpful for teens whose natural clocks are set to stay up late and get up late.
243	Should have been done years ago, and should make it even later!
244	I think that 8am would be better than 8:15
245	Current timings work with dropping high-schooler to school and get to work. Delayed start will upset that timing
246	It would be a relief!
247	Besides the sleep studies listed above, has anyone in the school system conducted their own studies on the ramifications of this change. The town, parents, and students would be better served if there were a decrease in these costs. Instead of changing the high school to a later start, why not start the middle school earlier, a little bit after the high school starts (7:30), and combine the runs. There are very few students riding the high school bus, which is highly unlikely to change. This would save the school department, the town, and the parents a lot of money.
248	Keep the hours as they are. My job depends on it.
249	It would greatly benefit all of the sleep-deprived students! Negatively, it would impact the after-school sports programs.
250	The change to a later start time is going to help high students a lot. They will come to school with more energy.
251	The logic associated with changing the starting time at the high school is flawed. To assume a later starting time equates to more sleep and less tardiness/absenteeism is a leap of faith at best. If a student knows they have a later starting time it is likley they will stay up later as well. Many of our high school students depend on parents for rides to school on the parents way to work. If the parent is gone so is the ride and the student is then responsible for their own transportation. It is possible the later start time will increase tardiness and asentee rates not decrease it
252	Children are using afternoon time for Activities and this change will affect them drastically.
253	Kids would have time to eat breakfast (they don't now) and would get more sleep . No matter how early they go to bed ,they can't fall asleep until 10h30 -11 pm so they don't get enough sleep.
254	Bravo!
255	Most of need to be at work by 9:00 or earlier I would have to leave my child to get on the bus on her own in the morning
256	This change will make a great difference in students health.
257	I don't know if the time change is different enough to make a difference
258	Very good decision
259	I will be very disappointed if this change does NOT happen....
260	I know that my daughter will do better with a later starting time.
261	Our kids will have to stay that much later for after school activities. They aren't pleased about that. Also, it's inconvenient for our morning schedule.
262	Way too late!!!
263	Most parents have to start work by 9am, why put more stress on parents
264	concerned about after school activities,sports etc..
265	If it will help with student learning, academic achievement, and behavior, then its a good thing.
266	Affects sports teams. My kids sail and already get finished too late sometimes. This might make it extremely difficult!
267	It would be great
268	I strongly support this decision. Teenagers need more sleep and a later start time would give students the extra time to function better in the classroom.
269	My daughter is in theatre. As it is, for the fall musical- she often get home at 6pm. She would get home way to late and be way too hungry.

270	I think the time between high school and elementary school need to be swapped.
271	Yes I do have a concern since my child travels from Boston to Sharon and this will effect her in times she gets home after school help and then home time or any other after school extra curricular activities
272	ONLY CONCERN IS AFTER SCHOOL SPORTS.
273	start at 8:20 and end at 3:20. Give the kids adequate time for lunch.
274	It is unclear how this change would affect after school activities. These activities help to make Sharon student well rounded. Would students be forced to decide between extra help and participating in an after school activity? Would Teachers be able to stay after school even later to make themselves available for extra help? Would participants in after school activities be asked to miss their last period class to play a sport, practice for a play or band? Would a students work load be modified? I'm going to guess that's not the case so their homework would be completed later in the evening. Would that cause some kids to stay up later and make them as tired in the morning as they may be using the current schedule? Non-school related activities have also seemingly set up their schedules based on the school schedules, ie gymnastics. Until these questions are addressed there are not currently enough answers for me to support this effort.
275	Parents dropping off need to get to work on time.
276	From what I understand it effects to after school activitites and any child haing to be dismissed due to sports has to make up the time. If this is correct then keep the start time where it is. The students would be punished for participating in sports. I dont think a change is really going to change anything in a child if startt ime is 7:30 or 8:15. they will be late, tired, whatever either way. The ones who are always late will be late and the ones tired will always be tired. They have responsibility to be awake and learn. They need to have clear set of expectations and disipline. Then these expectations and disipline are reinforced daily by the faculty. It is not to be demanding but to let them know therey are no longer in grade school and this is how things should and will be done at the high school.
277	Kids won't get any more sleep; their homework start time will simply be pushed back. It will hinder after school sports, activities, teacher help, etc.
278	great idea
279	I am a strong supporter of the proposal
280	It affects my work schedule in the morning if I have to drop the kids later
281	I think that would push sports and everthing else up and leave less time for homework
282	With the proposed change, my husband and I would both leave the house to go to work before my son would wake up. Yick. I really like to see my kids in the morning.
283	Buses for the H.S. come very early in the morning to pick up students. A later start would help students get a better start on their day.
284	it should not conflict with sportsleague play at all, 8:15-2:39 best choice

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