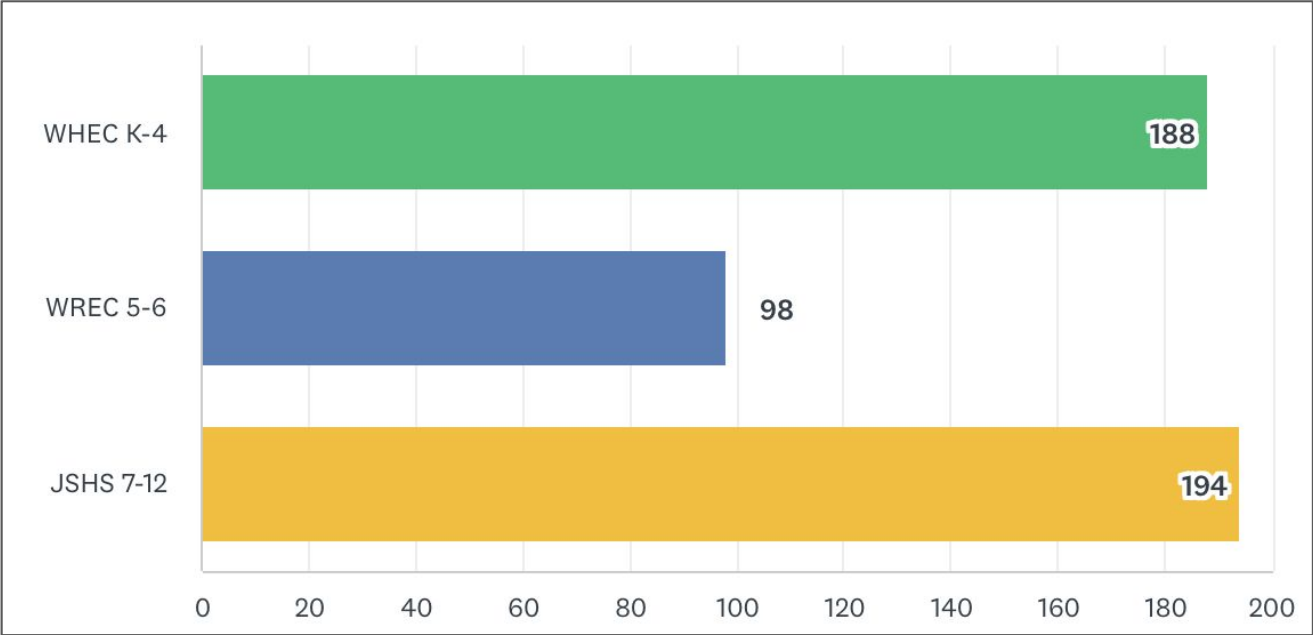




Wyomissing Area School District

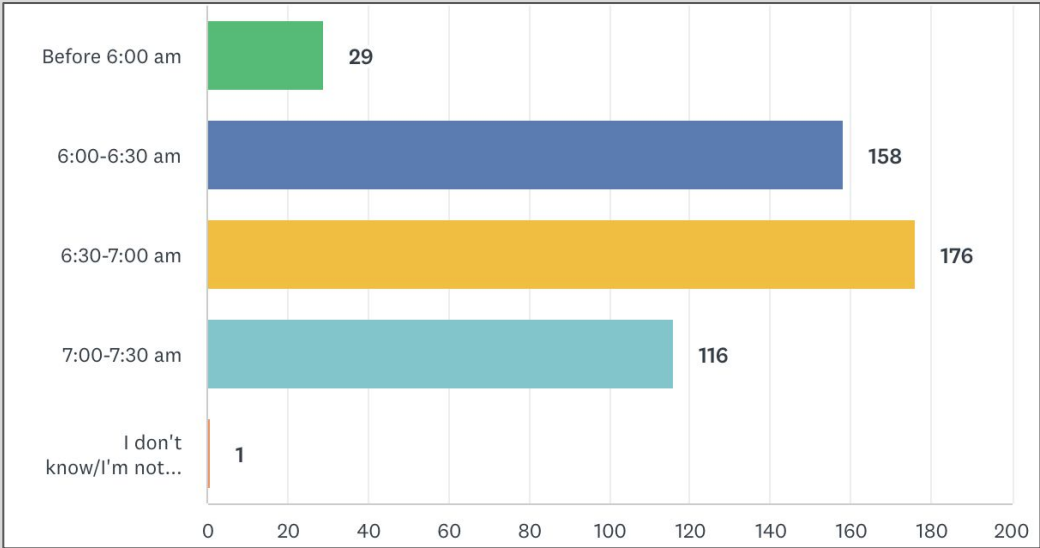
Parent Survey School Start Times

My child attends:



Wyomissing Hills Elementary Center	188	39%
West Reading Elementary Center	98	21%
Junior Senior High School	194	40%

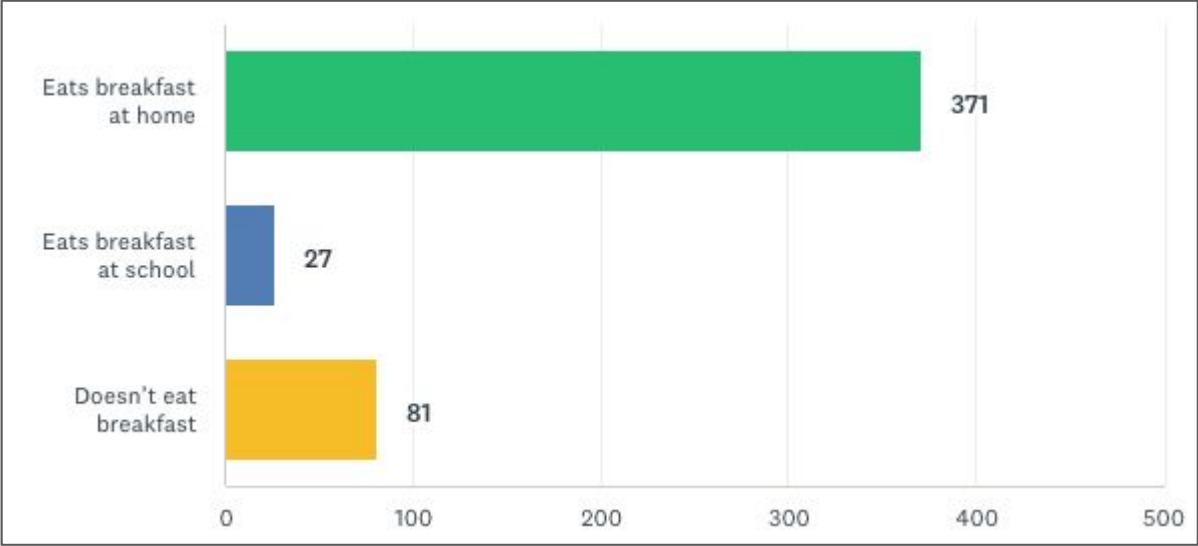
On school mornings, my child usually wakes up



Before 6:00 am	29	6%
6:00-6:30 am	158	32%
6:30-7:00 am	176	37%
7:00-7:30 am	116	24%
I don't know / I'm not sure	1	1%

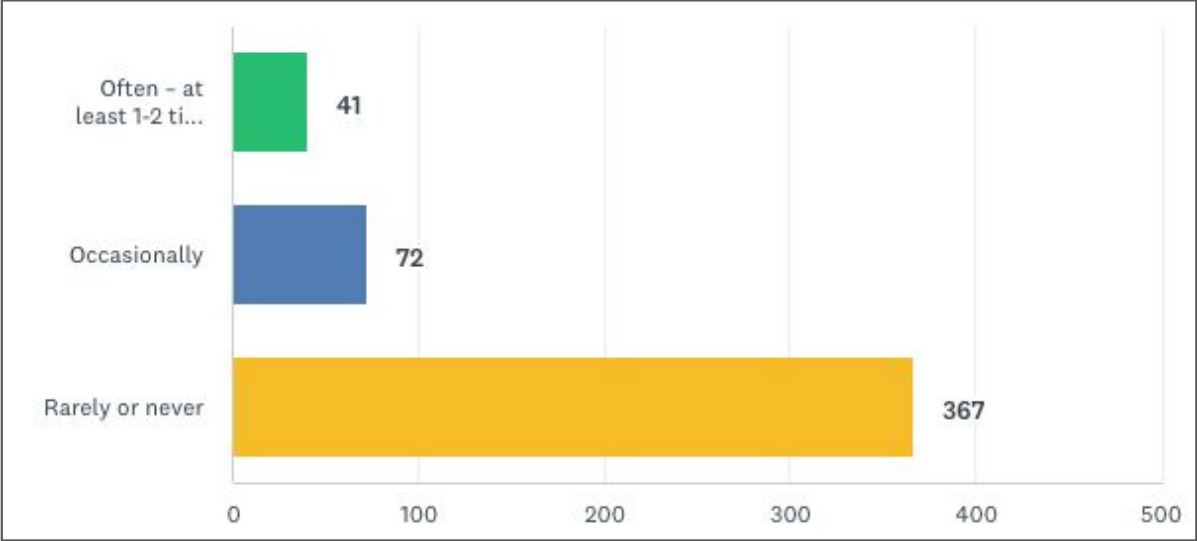


On most school days my child



Eats breakfast at home	371	77%
Eats breakfast at school	27	6%
Doesn't eat breakfast	81	17%

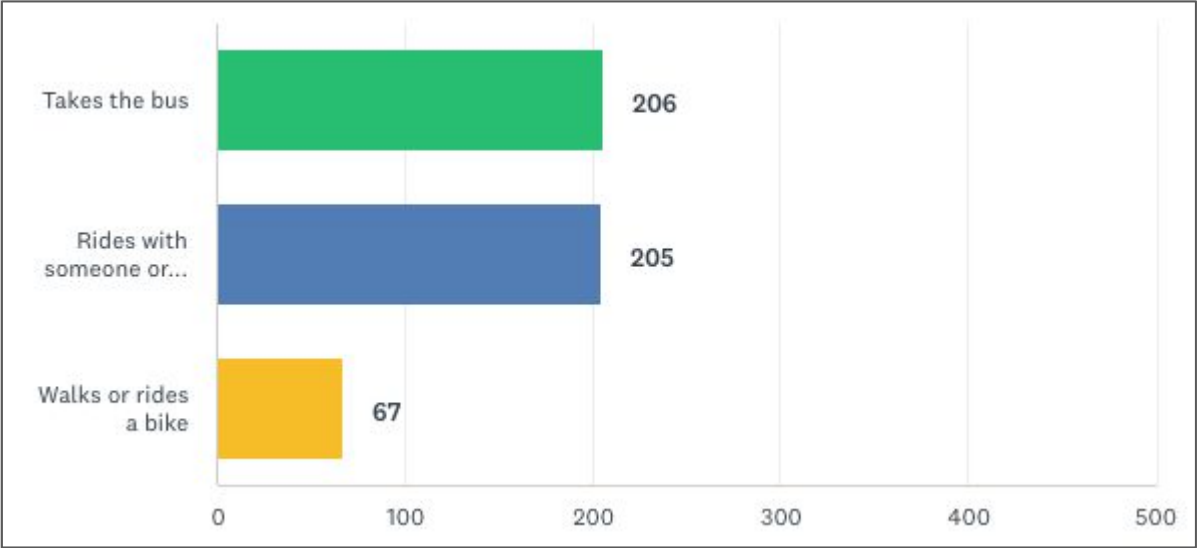
On school nights my child falls asleep while completing homework/studying



Often – at least 1-2 times per week	41	9%
Occasionally	72	15%
Rarely or never	367	76%



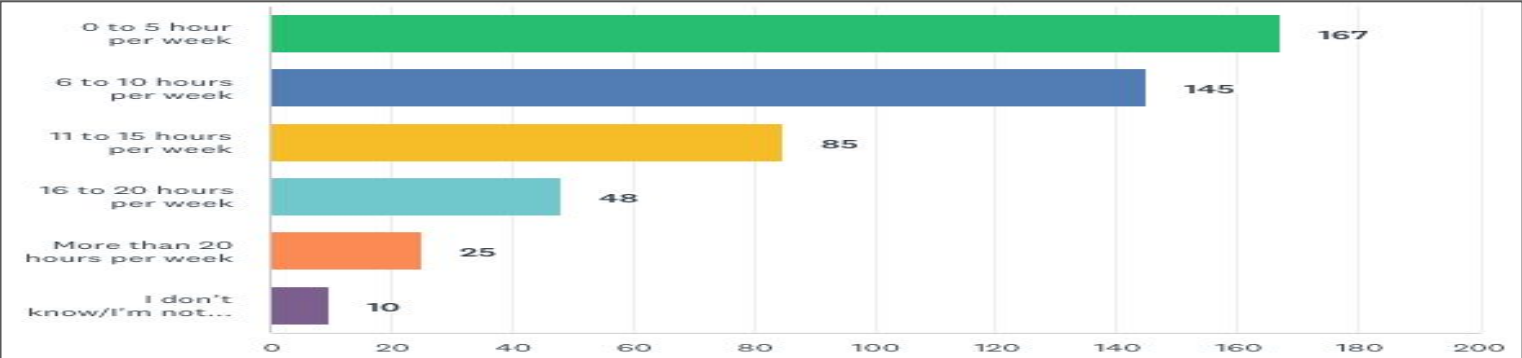
To get to school, my child usually



Take the bus	206	43%
Rides with someone or drives him/herself	205	43%
Walks or rides a bike	67	14%



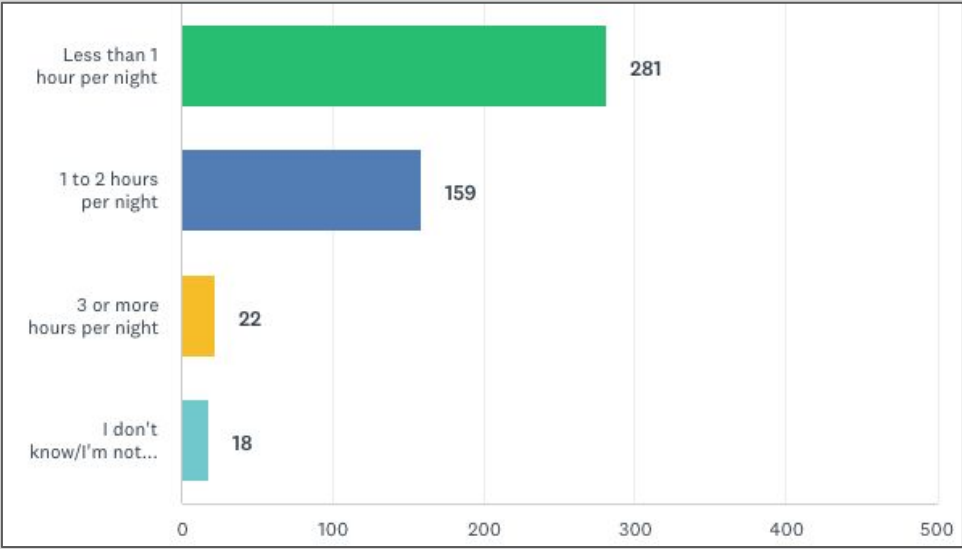
During your child's busiest season or time of year, what is the average number of hours of planned after-school activities (e.g., sports, clubs, job, lessons; at school or away from school) that your child is involved in each week?



0 to 5 hour per week	167	35%
6 to 10 hours per week	145	30%
11 to 15 hours per week	85	18%
16 to 20 hours per week	48	10%
More than 20 hours per week	25	5%
I don't know/I'm not sure	10	2%



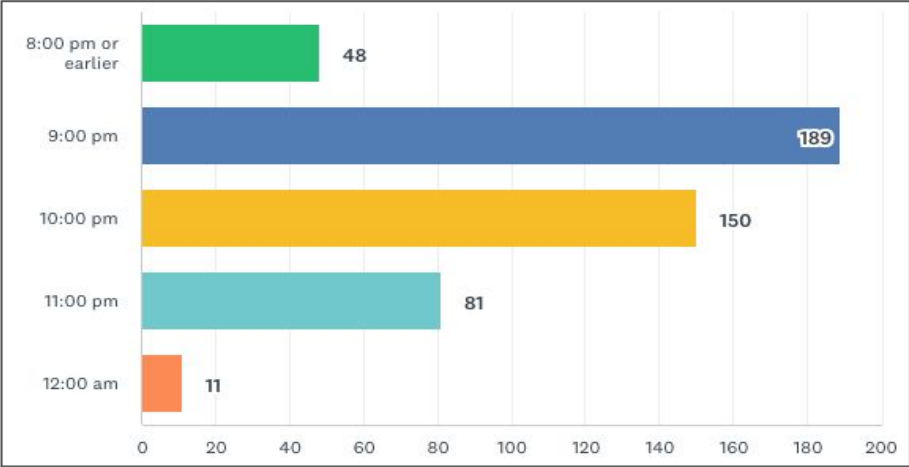
On most school nights, how many hours of homework/studying does your child do?



Less than one hour per night	281	59%
1-2 hours per night	159	33%
3 or more hours per night	22	5%
I don't know/I'm not sure	18	3%



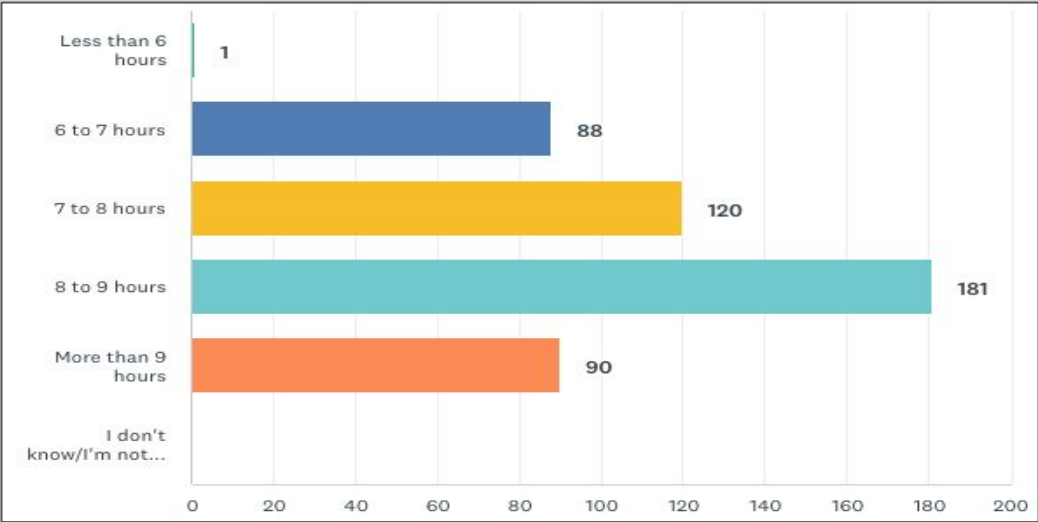
On the average school night, what time does your child usually go to bed?



8:00 pm or earlier	48	10%
9:00 pm	189	39%
10:00 pm	150	32%
11:00 pm	81	17%
12:00 am	11	2%



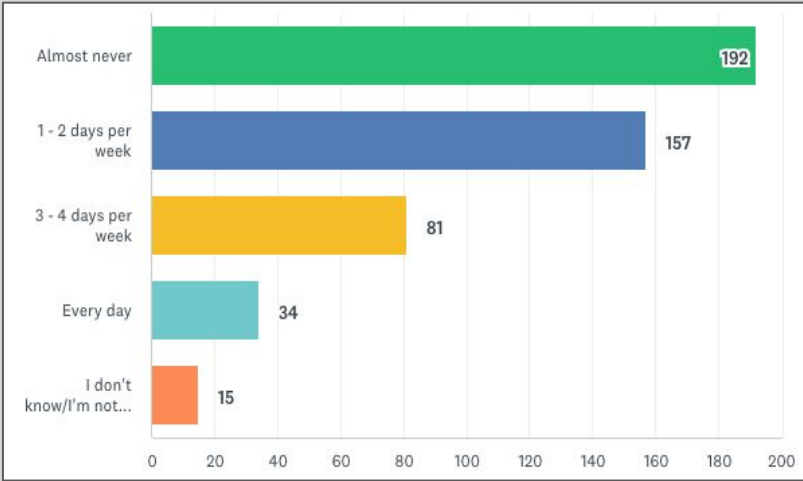
On the average school night, how many hours of sleep does your child usually get?



Less than 6 hours	1	1%
6-7 hours	88	18%
7-8 hours	120	25%
8-9 hours	181	37%
More than 9 hours	90	18%



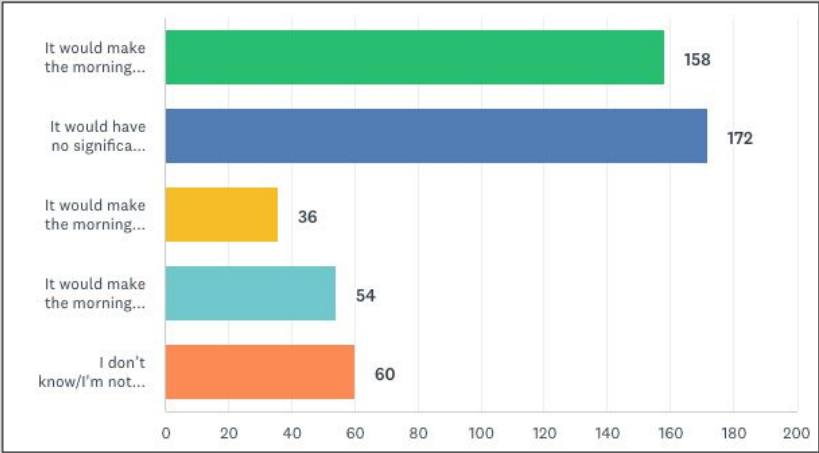
How often does your child seem sleepy or sleep-deprived during the school week?



Almost never	192	40%
1-2 Days per week	157	33%
3-4 Days per week	81	17%
Every day	34	7%
I don't know / I'm not sure	15	3



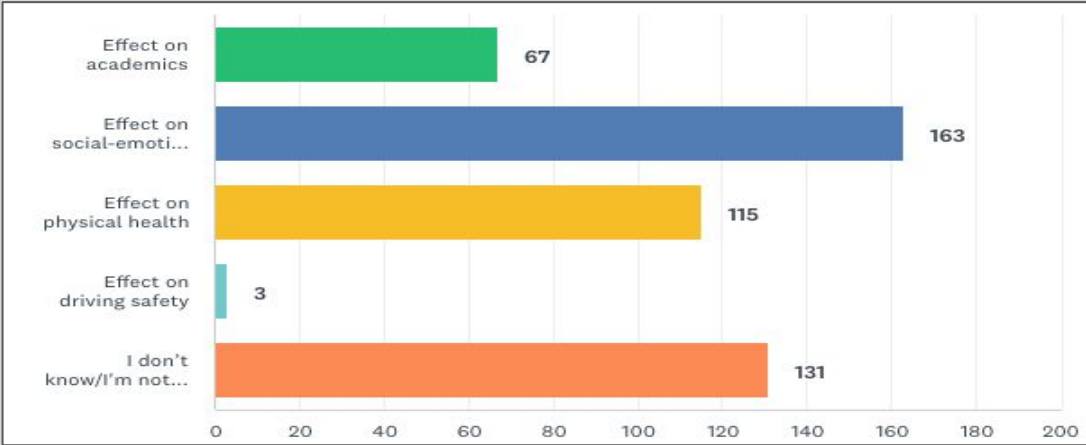
One option being considered is to adjust the JSHS to a later student start time while keeping WREC and WHEC close to or at their current schedules. If the JSHS students start later, what impact would this have on your family in the morning?



It would make the morning easier	158	33%
It would have no significant impact	172	36%
It would make the morning slightly more challenging	36	8%
It would make the morning much more challenging	54	11%
I don't know/I'm not sure	60	12%



If a decision was made to move the student start time at the JSHS later, what do you think would be the major reason to make the change?



Effect on academics	67	14%
Effect on social/emotional health	163	34%
Effect on physical health	115	24%
Effect on driving safety	3	1%
I don't know/I'm not sure	131	27%

