



# West Chester Area School District

OUR MISSION IS TO EDUCATE AND INSPIRE OUR STUDENTS  
TO ACHIEVE THEIR PERSONAL BEST



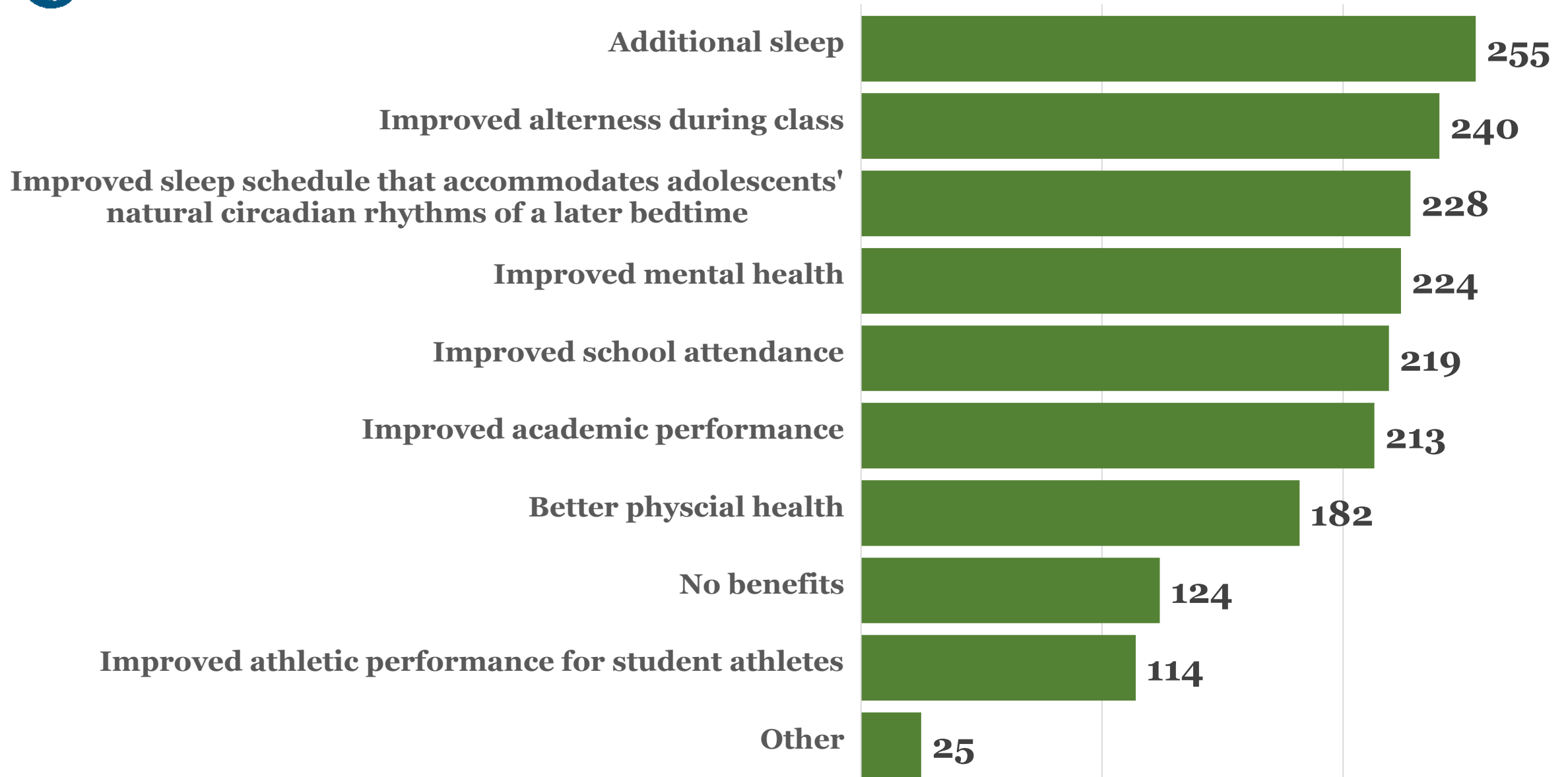
# Start Time Task Force

Staff Survey Results

460 respondents

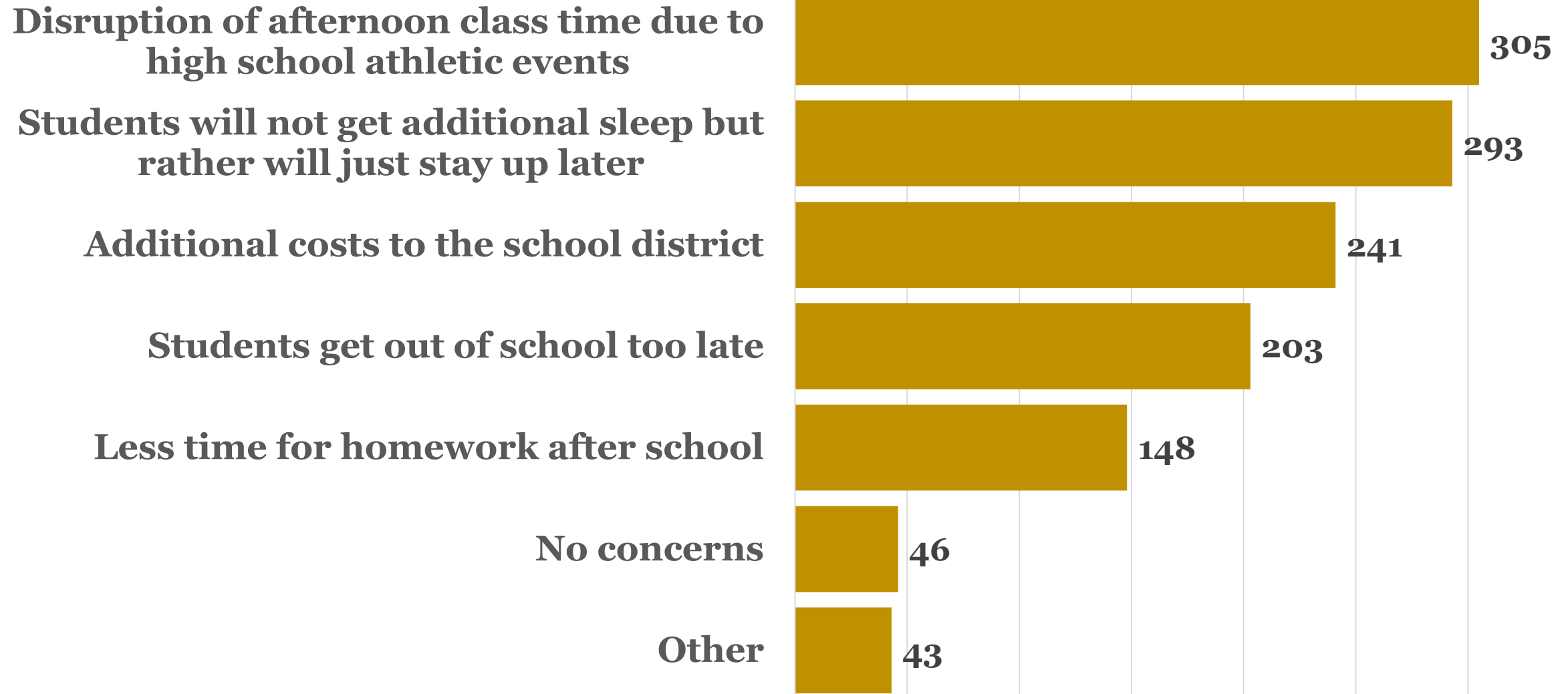


# Possible Benefits of Later Start Times:

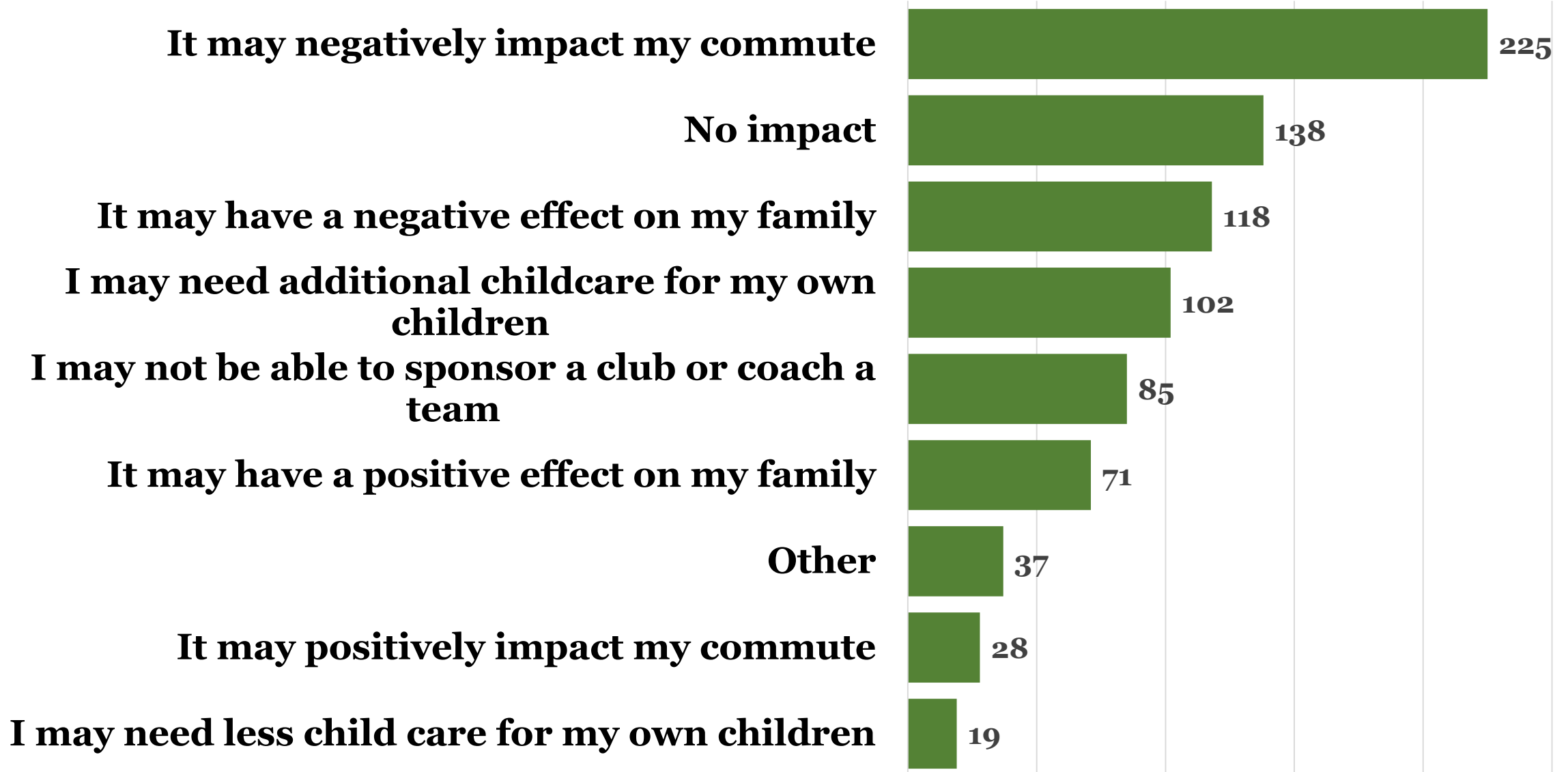




# Possible Challenges of Later Start Times:

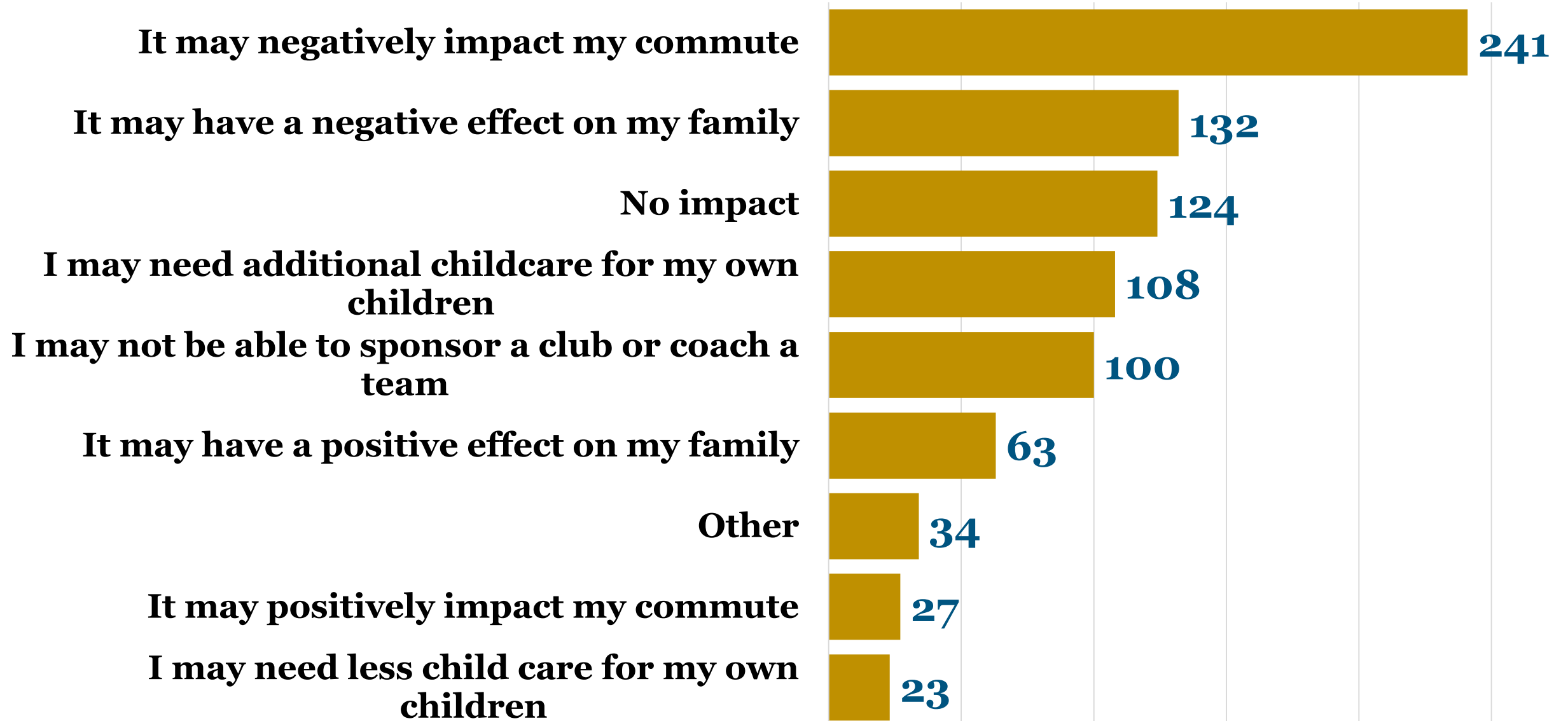


# WC Potential Impact of 8:15 am start time on you:



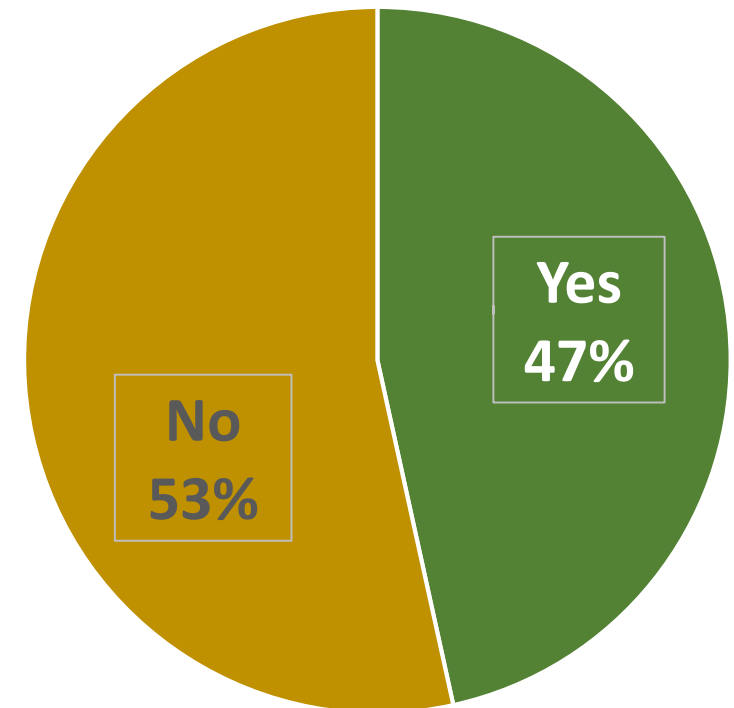
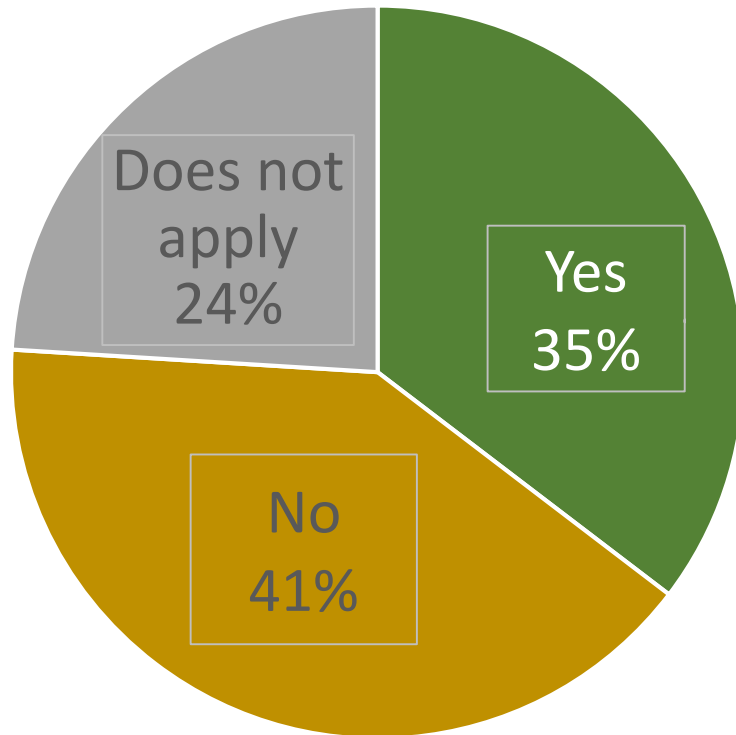


# Potential impact of 8:30 am start time on you:



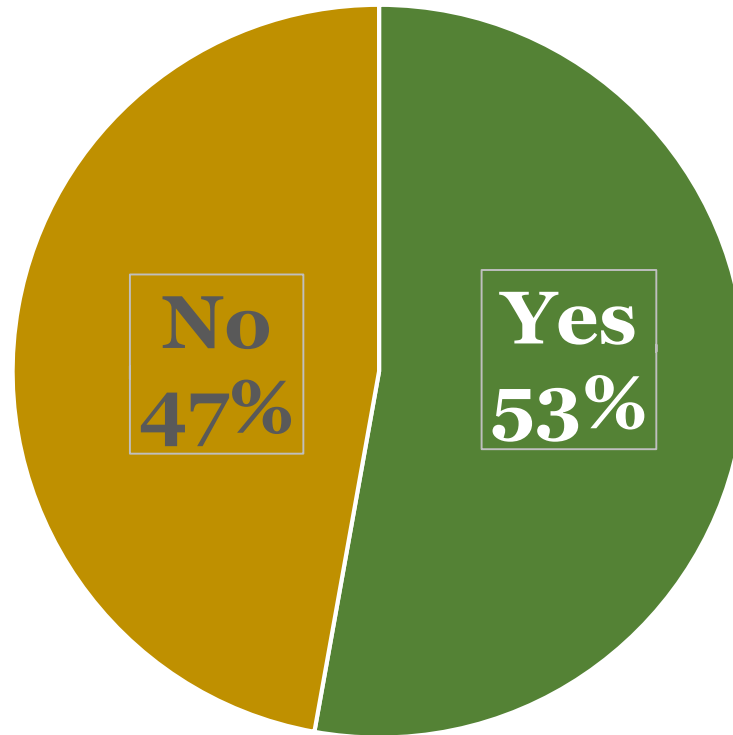
# WC If you work in a classroom, during the last month, have you noticed your students struggling to stay awake (fought sleep) or fallen asleep?

## Classroom staff noticed students sleepiness:





# Do you feel that student sleepiness is a problem in our school?

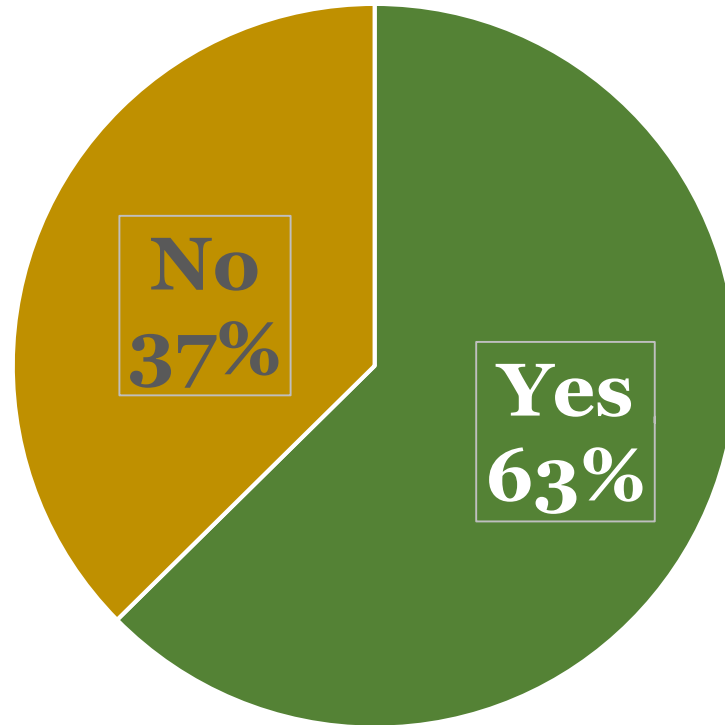






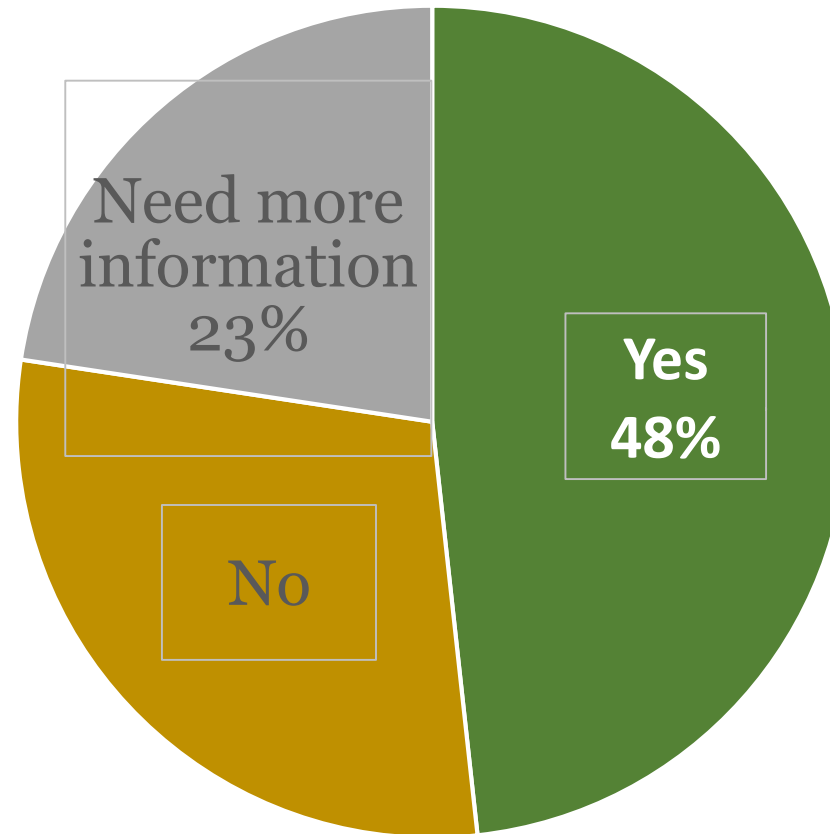
Research shows that because of the unique circadian rhythms of teens, they need 8 to 11 hours of sleep to be fully rested. For a teenager, waking up at 6 a.m. is like an adult waking up at 4 a.m. Research also shows that a lack of sleep creates a lot of stress.

**Knowing this, do you support later start times, despite any concerns you may have?**





# Should the West Chester Area School District consider starting school later for secondary students?





## **Staff members provided additional comments about the subject:**

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- » **Were split on whether late start times is a good idea**
- » **Were curious about how a change would affect their own schedule**