

27. What would you like to share with the District's School Start Time Committee?

- Don't change things, this has worked for over 80 years. Give it a rest with the feel good, you need sleep nonsense. Brighton students starting later means we will just be up later. If you don't get that, you're unaware of the realities of the body of students you're impacting.
- Making it later would make it harder to do clubs/sports after school. These times have worked for a long time, so don't change them.
- Keep the times the same
- As a senior, I don't know why I'm taking this. Would have preferred this last year.
- No matter what, sleep amount will stay the same because I stay up later for homework and sports
- 7:45 is too early
- Sleep is good
- Early start times prevent before school performing arts and music rehearsal
- It's better to start earlier as we get home earlier, allowing for more time for homework
- If you were to make the day later, teachers would need to adapt to the new day. Learn how to give less homework and make class time more valuable and productive.
- The current start/end time is ideal as it promotes us to wake up earlier and be productive. Ending school past 3 would get us home way too late, especially for those who do afterschool activities.
- The girls JV swim team has to wait two hours after school to practice swimming. The girls varsity gets to practice swimming right after school. During those two hours, I don't get most of my homework done because I need a computer, but I didn't have access to it. I had so much homework to do. So if school started later, practice would end later and I would have to do my homework later.
- I like the current time that school starts even if it interferes with my sleeping pattern sometimes. It gives me enough time to be in a club, do a sport, and study for tests/do homework. If the school times are pushed back, I am afraid that I won't be able to get these things done, so it would increase stress.
- It's fine how it is
- Keep the times the same
- Short school time. Less homework. More insightful lessons.
- Keep same time
- No more assemblies
- This survey was a waste of time
- Keep it how it is for sports
- If we started any later than 8:15 then we won't have any time after school and that's worse than waking up early.

- Start early, end early.
- Start later, still have time for sports
- I don't sleep enough and being marked late and risking a detention is unfair
- We need to end at a reasonable time so that way people can still play sports
- The time the bus comes is what's a bigger part of the problem in my opinion. Most teachers arrive a couple of minutes before the bell, but buses arrive at 7:10. They come so early.
- Start later
- I think start times should stay the same so it's not as late when you get home.
- It is OK, don't make it later because if it starts later then we won't have enough time for homework, sports, class. If anything, please make it from 7:40 to 2:25. Make the day shorter but keep the start time the same because I don't want to get out of school late.
- The school start time does not help with the amount of sleep I get every night.
- Not to extend the current end time
- I would love the start time of school to be later like 8:30 a.m., but then at the end it's the same because the buses still come early and people who stay after will be at school till 6 and some people can't do that.
- The school start and end times should start from 8:30 a.m. to 3:20 p.m.
- If school started later, people would just go to bed later and their productivity would not increase. Also, it would decrease the amount of time available to do homework after school.
- Assign less homework
- Should start a little later but end before 3:20 p.m.
- I work after school right at 3. Do not make us start later if that means end is later. Get rid of FLEX. Make the day 30 minutes shorter and start 30 minutes later. End at the same time.
- Get rid of FLEX and push back the start time. That way we're not ending late, but we have more time in the morning.
- More than 10 minutes for FLEX.
- Districts should definitely push back start times. Improves grades, moods, etc. Would help kids get more sleep.
- I like school beginning early because I'm very awake in the morning but I realize that isn't the case for everyone.
- It has been shown to help academic performance to allow us to have the sleep to think properly and do better in school.
- Sleep
- Sports and how they'll be affected by times.
- Make first start at 8:15 a.m.
- Start 8:30, end 3:30
- Start at 8:30 end at 3:37

- They should consider the kids and what they want
- School should start at the same time, but end earlier
- 8:15 and 2:47
- Start too early – hard to get up and enjoy school when I am exhausted
- We start too early now. Also, high schoolers barely have enough time to get to the bus after school.
- 8 a.m. to 3 p.m. might be much better. Also, clubs and sports both before and after school.
- If it ain't broke, don't fix it.
- School should start later, but school should end earlier/same time as now.
- Start at 8:15 and end at 3:22
- The early time I have to wake up now prevents me from sleeping enough, though moving the start time too late might cut into my already limited free time.
- School start time should be later - late enough that students can sleep longer.
- It would be nice to start and end school a little later. I feel rushed in the morning and it is hard to wake up early.
- Can we have a shorter day? Or just get less homework? If the day starts later then it ends later and I would still not get enough sleep because I would have to stay up to finish my homework.
- Take into account all after school commitments that are not directly linked to the school.
- End school earlier
- Think about athletes and how late practices would go if school changed to ending later.
- Start school later
- I don't think times should change because of sports
- I believe that having a start time at 8 would benefit everyone because it's not too early and not too late. Also students and teachers will have more sleep.
- I believe that school starting at 7:40 is too early, but starting at 8:15 is too late since it ends at a later time. This could become a problem for others who have to be home at a certain time. Perhaps starting at 8 would be better.
- If you make the start times later it just shifts your day later therefore we still would get the same amount of sleep. If teenagers are so concerned about their sleep then they should just get off their phones that they stay up on all night.
- It's annoying to have to wake up before the sun rises no matter when I go to bed. It's harder to get my brain working when the first thing I saw was darkness which I associate with sleeping. I never feel rested during my first two periods.
- Ending school late could be a problem for some people as they have a lot of stuff to do after school and school ending at 4 p.m. doesn't give them the time.
- Leave me alone
- I need more sleep, start school later, but leave enough time for sports after school.

- Overall pacing in high school is too slow. 30 minutes could easily be cut from the school day and probably improve my performance. 8:15 to 2:45 would make more sense in high school.
- It really sucks, read the scientific studies.
- Start at 8:15 and end at 2:47
- It is important to keep in mind that kids participate in extracurricular activities and they need after school time.
- 7:45 to 2:35, don't change time to anything but this or keep the same. Don't get rid of FLEX.
- Please keep the times as is
- More school breaks would help more with sleep than start times.
- We need to start later
- I don't really mind
- Get rid of FLEX and homeroom to end school earlier.
- Don't change the time
- Start earlier at 6:30 and end earlier at 1:30, not enough light after school to do my things.
- Don't change the times
- Moving the end of the school day will not affect sleep, shift sleep times.
- Be careful of what you wish for
- I think pushing the start time later will help with kids getting more sleep
- I don't think that it should change because it would affect lots of parents' times
- Do your research, please and thank you
- Some students work late shifts and only get 3-4 hours of sleep
- Start at 6:30 and end at 1:35
- Don't change it
- Moving the start time later disincentives students to do sports and extracurricular activities
- End at 1
- School should end at 1
- With the current school time, I get an extremely unhealthy amount of sleep every night. This makes me academically imbalanced and I struggle because of how early it is. But I also have sports, clubs, and volunteering so I need to have time. There's also research showing wake and sleep times that are proper for teenagers.
- Please don't change cause I need sleep
- Please not at 4, musicals take time
- I think making FLEX longer would relieve stress
- I like start and end times the way they are. If school was to end at 4 I would have no time for clubs or help and doing sports with school would be really difficult.

- While making the school day end later will allow us to wake up later, people with a lot of homework, extracurricular activities, etc. will go to bed later consistently which defies the purpose of changing the times.
- 4:07 is too late of an end time and 7:40 is too early of a start time. So a start time of 8:15 would be beneficial to my sleep time.
- I like it because we can do more stuff after school.
- I think school should start later but not end so late so we have time to do homework and other activities.
- Nothing different will happen
- I am satisfied with current times.
- We have had this timing for so long that any change would probably negatively affect us because it is a change from our previously working routines. Why fix something that isn't broken?
- Keep school times the same because we use the times.
- Later start time means later nights staying up. Later start time means later school days and more tired to do homework. Early start, better days. Early start and early end means better focus and more productiveness.
- Sleep is important and with the later start time I can actually sleep. Also later start times may push activities back, but teens already sleep late anyways regardless of school start time.
- Enough time to do after school things but get sleep.
- I would love 9-4 but it would cause less time for other important things so the times shouldn't change much.
- I don't think school should surpass 3:35 p.m. due to extracurricular activities and other plans post the school day.
- I want to meet face to face with you.
- Please do not make the school day end later.
- I have a terrible sleep pattern due to the start time.
- Please do not make the school day end any later.
- We need to start later.
- An early start time and end time would really help with the sports and clubs I participate in.
- I get up relatively early at 6:50 and I feel that it is way too early and inhibits my productivity in the morning.
- Starting later = ending later and with homework you'd have to go to bed later. Starting earlier is better because you'll have more of the day ahead of you.
- School starting later would be great just please make sure we have enough time for a 2 hour sports practice and homework after school. No practice before school please.
- Start at 9, end at 4:07. We need the sleep. You might think waking up early will help us, you're wrong. Your teens are full of stress all the time.

- No, the time is fine as it is
- The times that BHS starts and ends at currently allow time for other activities as well as time for homework. Other times may not.
- People will have to stay up later to get homework done which will just push out the sleep and I won't do as many extracurriculars because of people that have to work.
- Starting school at 9 sounds like a great idea as long as sports and extracurriculars can still be fit in.
- I think starting at 8:30 a.m. is good because it gives more time in the morning, but 9 is too late because it would mean leaving school at 4 with clubs. That is too late to get home.
- Would rather start early and get out as early as possible.
- Please change start times.
- 9 ends too late I'll be getting home around 7. When will I have time to eat with family? I hate waking up and going to school when it's still dark outside, it plays with your mind
- Please move the start time to 8:15 a.m.
- Keep it how it is now. If you make school later this will allow us to have less time to do homework and still get a reasonable amount of sleep.
- I would want to keep our start times the same so sports and clubs aren't affected
- Please start school later, 7:40 really is too early
- 3:22 is a good time
- Starting school at 8:15 would make the students more awake and concentrate better during the first period
- School should start no later than 9 a.m. and end no later than 2. Five hours is plenty of learning.
- The current start time is too early for me and I lose a lot of good sleep. I usually go to bed at the same time anyways so it's my wakeup time in the morning that's the problem. I am pushing for a later start time.
- Want more time before sports and afterschool please.
- Starting later would help with being able to be productive earlier and still get good sleep.
- I rarely make it to school on time. I am painfully stressed and I have not slept in the last week and barely am staying awake in my classes.
- I do not enjoy waking up before sunlight especially because of my walks to school. I currently perform poorly in my earlier classes and the walk to school can be unsafe. However, if the day started at 9, I would get sleepy while I am doing homework.
- Don't change the school times
- The start times are fine. Ending school at a later time would add more stress to students.
- All is great
- Let the kids sleep

- 8 to 3:07
- I am a senior, I don't care. This is the dumbest thing I have ever witnessed. Pick a time and stick with it. I am a senior and school times have switched every year I have been here. Stop trying to change things for the better, you're just pissing people off.
- Fix the end time or assign less work.
- Please make the school start at 9 a.m. It will make many students be more productive in school and it will let us all have more sleep.
- Why can't we have the same time as CRPS?
- Why do we have a committee for school start time? That's a waste of our tax dollars.
- Why can't we have the same time as Council Rock?
- We should have the Council Rock schedule for times. We should get rid of FLEX. I have work right after school and I can't change that time.
- Shorten every period by 5 minutes so school can start at 8:30 and end at 3
- I think our start times should be from 7:45 to 2:39
- Starting the day at 8:30 would benefit my day. More time to sleep in the morning and more time for ice to melt.
- I think our current school start and end times are fine and don't need to be changed. 9 a.m. to 4:07 p.m. is definitely the least beneficial time and would not prefer it.
- Give us sleep please 7:40 is too early.
- Get rid of FLEX
- Don't make school go until 4. I'll be up until midnight working.
- We should have the same time as the middle school does.
- I'd rather have school start at 8 a.m. but that wasn't an option.
- To start at the same time as the 2014-15 school year. 7:45 – 2:06 is perfect.
- I think that the time between school end and sports should be increased to allow students to participate in all clubs and sports at the same time.
- I like the start/end times we have.
- My brother is in sixth grade and he's already stressed out. He is constantly tired in the morning. We both find ourselves falling asleep in class. This did not occur when he was at FRES.
- Start later, end earlier.
- Keep the school start time where it is.
- 8 to 2:35 was better
- This survey is biased toward starting school later. I wish you would have included issues with end of day activities.
- We should share the same start time as FRES and end at 3:30
- It is more helpful if I wake up early than later
- Shorter school day, later starting time
- The start should be 7:40 or later and it should end at 2:15 to 2:20. No later than that.
- Shorter school day.

- Consider the fact that some kids leave early to get to school.
- They need to rest instead of getting up at 7:45
- More early dismissal
- Start earlier.
- Lower the time of the school day. So much school and homework.
- After school activities start at 3:30. Pushing school later will reduce time for help after school.
- Keep the current times or get rid of FLEX and go back to the old times.
- None of us sleep – whether we admit it or not. We need to prioritize health and grades and extending it to 9 would be beneficial to all please.
- I'm anemic, I have an iron deficiency. Waking up at 7 a.m. is ridiculous. I feel like I'm going to pass out in all my classes before 10 a.m. All I do is sleep in my classes.
- 7:45 is too early, make it at least 8:15
- Need time for sports
- Kids need more sleep
- Stay the same
- Keep the start times the same
- How will this affect after school?
- I like getting out of school early. I don't want to stay at school forever. Also, I don't want the extracurricular activities to be pushed back that late.
- 9 a.m. seems a little late but 8:30 seems more reasonable
- I think 7:40 is a little too early.
- Whatever time you choose be careful to move the sports and extracurricular times as well. And people will probably stay up later if they can.
- For me, 3 p.m. is the max end of the school day because you can study much less at home when it ends after 3 p.m.
- Having a later start to the days is a really good idea, but that would also mean having a later end time which leaves less time to do homework, means coming home later from sports/clubs and interferes with personal/religious/family obligations. If the days going to end later, less homework should be given.
- If the school time started later and ended later the sports would be later which still means little rest.
- I believe that the start time is fine even though being tired is an issue. But with a later start time comes later sports practices, which would decrease the amount of time available to do homework and go to bed at a reasonable time.
- A later start time that still allows students sufficient time for activities and homework is preferable.
- There's not much, just that I feel much better when I get sleep.
- For all of the questions that ask how a modified start and end time would impact the time for academic support prior to the start of extracurricular activities, I don't feel like I

can answer appropriately unless I know how the start time for the activities changes. Many activities do not start at 3 p.m., which does not give enough time for academic support prior to activities. I don't see how pushing the day back will change that because it still will probably only be 15 minutes or less in between the end of school and the start of activities, right? Thank goodness for FLEX.

- Starting before 8 is ridiculously early and doesn't give enough time to sleep and have before school activities. Ending school after 3:30 would mean after school activities would go super late which means less time for homework and mental time causing us to go to sleep even later and getting less sleep.
- Changing times would make things much more difficult with adjusting bus schedules, funding, and afterschool activities. It won't change students sleep habits or stress levels. Change it back to 7:45 to 2:35.
- Don't mess with something that ain't bad.
- The start time should not be changed. It will push activities back and make people stay up later. It will cause more stress, starting later will not help people sleep. Don't fix what's not broken.
- We shouldn't change the time if it'll take more funding, we lack funding as it is. This would mess with the sports schedule. If pushing back, latest start time would be 8:15. Or keep the same.
- If school started earlier then I would just sleep later because I would not have time to be participating in sports and extracurricular activities and by the time I sleep and do all my homework I will go to sleep super late and it defeats the purpose.
- If there is 20 hours' worth of things to do, changing it around doesn't matter.
- Starting it later would make kids stay up later. Make the school start at 7:30 or 7:20 so school would end earlier and sports would have more time.
- Changing start time will only benefit kids without extracurriculars. Make it earlier.
- Don't start at 9, that seems too late and most activities that are not school related start at 4, so that would affect us.
- I'm fine with the current school start and end times.
- If school ends later, there's no time to do homework with extracurricular activities.
- It feels as if changing the start time to 9 will positively affect the performance of the students greatly with more sleep and less stress.
- I need more sleep.
- The amount of time I get to do my schoolwork is very little at the moment and I don't feel that changing to later times would benefit anything.
- I think that if the start time is later extracurricular activities would have to go later. Personally, I don't want to be at the school any later at night than I already am. Also, I don't think the problem is getting up early. I think the problem is the amount of homework I get. I'm forced to get not enough sleep if I want to finish all the homework I

have. So even if school started later, I'd get the same amount of sleep as I do now which isn't enough.

- Please make it start later. Sweet Jesus hear my prayer.
- I think 8:15 to 3:22 is good because then you have time for longer after school activities and you get home before dinner. I also will be up later if the day ends later which makes me personally less functional than working in the a.m.
- The problem here is not school start times. Regardless of the start and end times of the school day, the amount of work we get is enough to keep us up until midnight anyway. I had four tests today all of which were in AP classes. I am not sure that I will do incredibly well on all of them and I know I do not get enough sleep.
- The start times are just a small part of what goes into the amount of sleep/stress level people have. Maybe we should look into the amount of homework teachers are giving and how much time we have to spend on homework every day.
- If you were going to start later, the workload would have to decrease. Because starting later could allow for more sleep but if the workload was the same it might not help.
- I have work at 4-8, so if we get home at 3:30 or 4...no
- Keep it the same
- The problem is the school day is either too long and we have an okay amount of homework or the school day is fine and we do too much work outside of school. That is stressful.
- What would make a difference is if we lengthened our school day and changed the curriculum so the homework load would be cut to about a fourth of the usual amount. I do homework for about 3 hours every night which cuts into my sleep. Cutting it down to 15 minutes or less so you could sleep earlier, that's what's going to cause the change not if we wake up 15 minutes later.
- 8:15 to 3
- 8:15 to 3. Give little to no homework, it is extremely unnecessary and a waste of my time.
- 8 to 3 would be a positively impactful school time
- Shorten the day
- 8:20 would be the ideal start time
- I think that if the school started later than it does now, everything would be pushed too far into the evening. Even small shifts could be impactful on days I am at school until 7, 8 or 9 o'clock. I know that the times are meant to coincide with teenagers' natural sleep schedules, but people already go to bed at 11 or midnight which is close to natural and with homework and a later day they could be forced to stay up later. Also, I feel like extracurriculars might be pushed to morning anyway. It would also be very difficult for me to establish a schedule at my job if the time in the evening is even more limited.

- I want to be home or at sports for some part of daylight in the winter. I don't think that the later end time would work well with other teams making it hard to coordinate races and games.
- 9 to 4:07 is ideal because then at least two school sports could practice in the morning, freeing up the availability of the turf and leaves extra time for extracurricular activities and academic support.
- I would like school times to be like it was my freshman year in 2014.
- Change it for next year.
- The current time is OK with me.
- Do not change the time, nobody needs it.
- I believe that people can adapt to change, but this will take time to adjust to. I assume this will make a lot of people angry because people don't like change. Expect that and make your decision wisely.
- I strongly disagree that the school day starting later is fine. People won't have any family time and that's what it's going to be if we end later and people are going to be stressed out to get everything done and stay up late to finish things and we're going to get the same amount of sleep anyway.
- I swear to god, if you guys make start time later I will ask to leave Brighton. I have stuff every day. This stupid school needs to realize people have hours of homework, music and sports every day. Do not start school later.
- Starting school sometime from 8 to 8:30 would benefit me
- I want it to start at like 8:20 and end at 2:50
- Don't change it's fine
- Bus times need to be later as well.
- Starting the school day later is a bad idea because students would just go to sports/extracurricular activities later, do homework later, go to sleep later, and wake up later. This wouldn't lead to more sleep or less stress or more productivity.
- Would be hard to do sports at a later time.
- School should start later so people can get enough sleep. It's stupid not to change.
- I will transfer! No time to get anything done. This is stupid. I will get home so late after sports.
- Would screw up my parents' schedule. Keep time.
- Don't do it, it's dumb
- Dumb
- I'm usually too tired to function since we wake up so early. I sometimes can't even tell where I am since I'm that tired. If school starts at 9 a.m. I could have so much more sleep and actually be able to pay attention for my classes.
- Later start time would help with hygiene, attitudes, and even possibly grades.

- Kids and teachers need more sleep. School is too long. We can't focus for 7+ hours a day. School makes people stressed and depressed. School should start at 9 and end at 2:45.
- The school times as they are now work well especially with FLEX in the middle. There is no reason to change it. If my sports practice ran later that would be the real start of something problematic.
- Could keep end time and remove FLEX, and move start time later. Majority of students use FLEX just for eating and hanging, out which they can just use frees for.
- It would be extremely helpful if the start time could be delayed to later than it is in BHS. Student performance would increase due to getting enough sleep as research shows.
- On an average night with homework, sports, and having dinner with my family, I go to bed at 10:30 p.m. and get up at 7 a.m. That's 8.5 hours of sleep, which is pretty good compared to some kids I know. If school started later, let's say 8:15 to 2:45. Assuming I spend the same amount of time on stuff after school I would go to bed at 11:45 and get up at 7:35. That's still about 8.5 hours of sleep, but I would be getting to bed later so therefore be more tired in the morning.
- Thanks for letting us vocalize our opinions.
- I believe 8 to 3 would be the best start and end times.
- The start time is fine. Leave it. We all complain, but in the end no one really wants to get out of school after 3.
- I think this is a horrible survey because it leaves out many other elements. It's a one-sided survey that doesn't give two sides of the argument. The survey needs to be re-done to include the things that would occur if these changes were made.
- If we move school start times later, many people won't be able to participate in extracurricular activities.
- Get rid of FLEX
- I think this is lame that we are deciding to change start times now. How about we become more productive during the day and minimize the amount of work we have to complete at night.
- This is messed up, don't change anything. If I could do this for four years, everyone else can.
- If school started at around 8 or 8:15 and ended at 3:22 that would give us more sleep and therefore more energy and productiveness in the morning and also still have time for extracurricular activities.
- Maybe pushing the start time back would help in the morning, but it would impact the end time too much to be helpful.
- Dear committee, school is fine the way it is. I play sports in every season. It gets dark by 5 and I have to walk home. This is unsafe. Please do not screw school up. Family time is #1. School is fine the way it is. I do not want to get home from sports at 7.
- Thank you for considering positive change.

- I have guitar lessons at 4.
- My bus comes at 6:48 a.m. and I get up at 5:40 a.m. in order to catch it. I am perpetually exhausted.
- School start times work for me and my activities after school.
- Delay school start times.
- The start time should stay the same.
- Sports are later. 9 a.m. is too late for BHS
- A later start time ensures a more natural sleep schedule and better REM sleep. However, a 9 a.m. start time would negatively impact us as we would be up even later than we already are doing homework and extracurriculars.
- I am old and need my sleep.
- A later school start time is necessary
- Please start school later than 8 a.m. so students can get enough sleep and can stay healthier and personally better.
- Don't fix what isn't broken. You're not invading my afternoon.
- Ending too late does not leave time for extracurricular activities.
- Getting out too late doesn't give time for sports or homework.
- It takes away from time I need because time that I would be sleeping would be utilized for homework. Keep it the same.
- A later start time would help a lot.
- Choosing a later start time will negatively affect the time I have to do work.
- Take out FLEX so we can have a shorter school day and have time for everything.
- Keep the school start times. I feel that our start times are good already – we don't need to change them.
- I would rather start school earlier and leave earlier to get more time on academics and sports.
- Make TCMS and BHS buses separate.
- I think it should be later than it is now so that I can actually sleep and I am not so tired in the morning. Nine is too late though because with sports I'll be up so late.
- Shifting the times to a later time will just shift everyone's schedule over a few hours. It won't make kids go to bed at the same time they do now and then wake up feeling better. We will just go to bed later because our school day starts later. Please don't change the times.
- I feel that sleep is very important and any later in the day would positively improve my sleep schedule and academic performance.
- I like the time how it is.
- Need to start later.
- Don't change it to 8:15, there's no significant difference with that and frankly it'd be pointless.
- High school students perform better at later times in the day.

- Start at 8:15. Ending times for 8:30 and 9 are too late.
- School starts too early
- I think this will be a highly positive change that needed to happen a long time ago. Older kids, high school especially, do a lot more than elementary school kids so we need our rest. Also, with later start times, there are more opportunities to do extracurriculars before school.
- A later school start time would help the BHS accapella groups that rehearse before school.
- Teens have a lot of homework and stress. Having a later start time would allow us to get more sleep and act better. I currently get 2-4 hours of sleep at night. I would love a later start time.
- I get 5 hours of sleep every night or less. Please make BHS start later so I can sleep.
- Consider sports, afterschool, and clubs/help before school so people with sports and clubs can do both without missing practice.
- Please start school times later. Our bodies as teenagers wake up late and it doesn't let us focus.
- I just do what I'm told.
- I don't think we need to change the time.
- I get like 2 hours of sleep a night. We're all walking zombies. Save us!
- It's hard to get good sleep now.
- Start school later. Do not cut our FLEX. Maybe sports and extracurriculars early in the morning.
- In my opinion, any change in school time would impact me negatively throughout the year.
- Keep it how it is.
- Throughout my high school experience, start time has varied. When my start time is earlier, I have a greater issue getting up. It has made me miss classes and not pay attention/stay awake in the beginning of the day.
- Backing up start time will strongly help students.
- It's unhealthy early.
- Nothing is wrong with it now.
- School timing is fine for now.
- Get rid of FLEX. If school is shorter and we start later, then productivity will increase.
- I feel like my education isn't as good as it could be because I'm always so tired because of early start.
- Consider after school sports.
- Have the high school and the middle school start at the same time (later than current start time) and have CouncilRock start early because normally the little kids are already awake at 7:40.

- I would prefer it to stay the same but it would negatively impact me if I started at 9. I am neutral about starting at 8:15, but no later.
- 10:30 - 2:50 p.m. Finland does it. So why don't we?
- School should start earlier and end earlier.
- Start school later, but end at the same time.
- Please start school at 3 a.m.
- Homeroom in the middle of the day
- Having a later start time would make it easier to get to school on time and prepared for first period classes. Student help should be consistently available before school so that sports can begin before too late in the evening.
- A later start time would cause sports and extracurriculars to end a considerable amount of time later, which would cut into dinner and family time. Due to religious classes, some students have to get up early regardless. You have changed the BHS schedule every year since 2014, leave it be.
- Don't end school late.
- Starting school early is really rough. I personally don't get a lot of sleep. But if we do end school later, then sports should be at least 30 minutes after school so we have time to stop by teachers, clubs, and change for the sport.
- Don't change the start time, but put the 5 minute passing time back in.
- Don't make school go past 4
- Kids probably will still be stressed/busy/tired.
- Please don't make the end time after 3
- The later start time would make after school activities much harder to coordinate and would result in getting home later anyways, so my amount of sleep won't change.
- I'm all for sleeping more, however, I don't want sports to go until 6:30 p.m. or around that time. 3:30 is a perfect time for sports. If you want later times remove FLEX.
- I am happy with school start/end times now and ending later in the day would personally affect me and my afterschool activities in a negative way.
- Stop changing the times every year. Keep it simple and straightforward.
- It is way too early to wake up at 7:45 a.m.
- I pulled two all-nighters in a row.
- I do sports and making school end later makes no sense because if a game or race starts at 4:30 p.m. we barely have enough time to get there when school ends at 2:47. The best option is 8 and 2:35 like it used to be. 7:40 is too early and 2:47 is too late. I appreciate the thought because it would be nice to start later, but ending later and if sports ended later that would be worse. As it is, we get home from ski races around 8:30 p.m.
- Can clubs/sports be before school? School with later start time. Endorphins impact the school day.

- Every school that has switched to later start times has seen positive changes. Psychology all points toward it.
- Too early.
- Please start school earlier than 8 a.m.
- I like the school time now because we are able to get home at around 3. But if we started later, I would get home later.
- Keep it the same.
- To not make start and end times too early or too late.
- School should start later.
- With the current start times, I am barely able to participate in all of my sports and extracurricular activities while still finishing all of my homework. If school were to start and as a result end later, I would not have time for everything. Being able to take part in all of these activities is more important to me than the ability to sleep in slightly.
- I feel like the current start time is OK, but we don't get as much sleep as we should due to the long nights of homework ahead of us when we get home.
- 8:30 is a very good time.
- I believe that it would be best if the start time was 7:40 and the end time was 2:47.
- Personally, I think a later start time would improve the energy levels and productivity of everybody.
- I don't want it to start too late because then I will have no time for homework or my out of school activities that end at 9 p.m.
- I would like school to be over with sooner, even if it means starting later.
- I like the time the school day starts and ends because I feel like it isn't too early and we don't get out too late with a great amount of time for sports.
- If the change will cost taxpayers more money, that is unfair to Brighton residents. Additionally, there will be no impact or increase on students' number of hours of sleep. They would be staying up later since clubs and sports get pushed back (we'll be playing in the dark almost) and they'd just sleep in later. We should have budget cuts if people decide to vote for the increase in transportation costs.
- If it started at 8, it would be the best.
- Please don't change school hours at BHS.
- I'd rather have it start and end earlier e.g. 7:15 or 7:30 then 2:22 and 2:37
- Changing the start time is a bad idea. Just don't. BHS doesn't need to be made any worse.
- Learn to be human, see the awful things happening at school and don't worry about a school time. This is just sad.
- Start later please.
- Keep in mind that sports would have to be pushed back and games would be later and kids would get to sleep later.

- Sleep is very important for the development of a students' mind. Please start school later.
- It should start later because students are sleep deprived.
- Keep it the same
- Starting the day later would allow me to get better sleep and perform better and be less tired during school.
- Why? This isn't going to make a difference anyway.
- I think we should start at 8:10 and end at 2:20
- The brain works best after 10 so it would help academically the later we start.
- 9 to 4:07 is ridiculous. Would not work with sports. Ex: cross country it will be too dark to race at our far races.
- Start times should stay the same
- If we started later that would negatively impact my life and my parents' jobs. Please make the start times remain for the sake of my family.
- I believe things will be easier if they remain the same.
- When would sports be and will it take time out of kids' afterschool?
- Even a small change would make a big difference because of the wiring of teenagers' brains.
- Keep the same times.
- I think school should start later and the buses shouldn't pick us up so early.
- I think the 8:15 start time would work, but anything later would affect sports, clubs, and homework.