

"I think **school starting at 8:30 or later would have a great impact on my mental health.** Personally, I share a room with both of my sisters and it's hard to get enough sleep when we all go to bed and wake up at **different times.** I think a **later start for high school would solve this problem** and enable me to feel not only more **focused** throughout the school day, but also make me feel more **willing to learn.**"

"Current school starting times are **too early** to have a good night's rest. I sleep for **less than four hours** on most school days, and it is **negatively affecting my health.**"

"The current school starting times are **early, even for high schools** in the district, so it would **make sense** that the current start times negatively affect the physical, emotional, and mental health of students and staff alike, especially staff with long commutes to their schools..."

"I have really **bad headaches EVERYDAY** because of the school start time, and I also feel dead inside 24/7."

@School start times now are okay, but it would be **much better if they are pushed back.**"

"I wake up at **5:45** and fall asleep at **~11:30.** I would fall asleep earlier, but I don't feel like I have enough hours in the day for me to **do my own hobbies**

"I feel that having school start at **8:00 AM or later would be great, not only for sleep reasons,** but also because whenever I leave my house to go on my bus, it is absolutely pitch black outside, and oftentimes I **need a flashlight to even see where I'm going.** It honestly is a bit **nerve-wracking walking alone to my bus stop in the dark.** Not only that, but because it's so early and we live in a **colder** climate, the weather is awful with **no sun** out, and sometimes it can even get down to the **single digits** while I'm waiting for my bus, this is not to mention the **frequent rain and snow** in the mornings too. Also, I have seen a **massive decline in my mental health,** oftentimes **not feeling any motivation,** feeling **burnt out 24/7,** as well as some other things. **No one wants to be at school at 6 in the morning,** and it would just work better for everyone if school started later."

"I think school start times are **too early.** It's just so hard, because we have so much homework at night, and we have to **stay up so late and get up so early,** and people yell at you for being **"lazy",** but in reality we are **just tired.**"