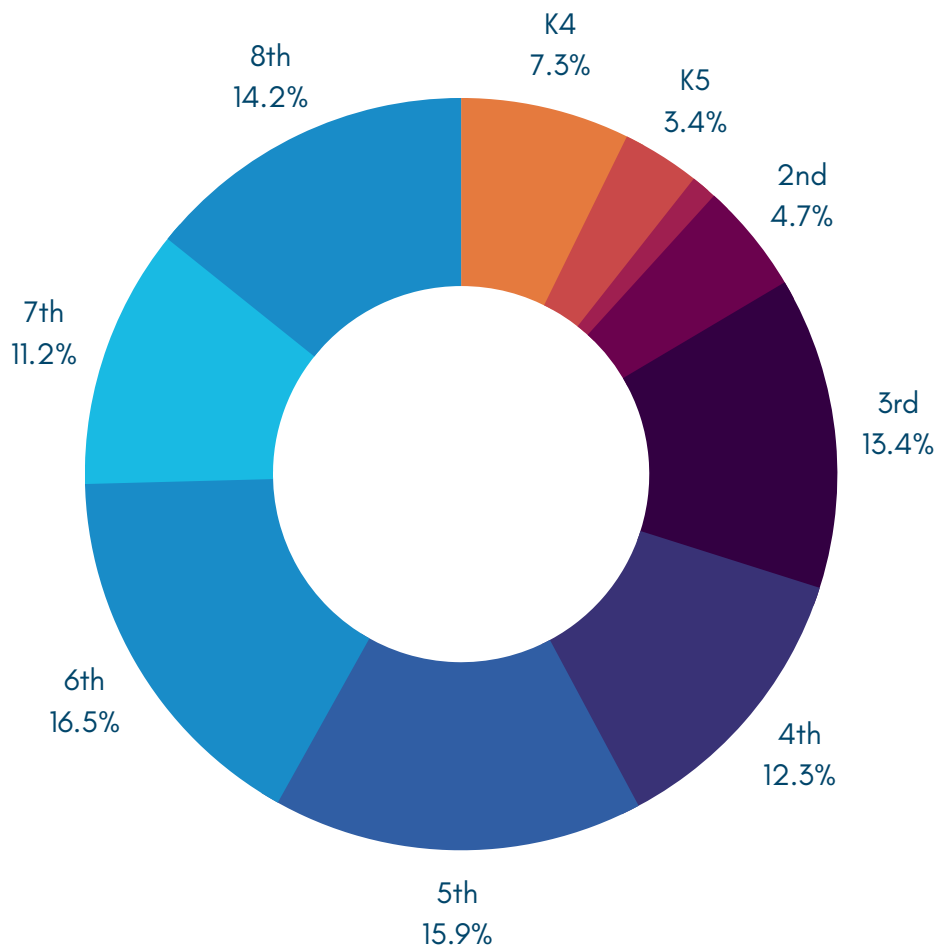




SURVEY RESULTS: 1/2/23

UNDERSTANDING OUR
SCHOLARS' HABITS WITH
SLEEP, SCREENS/DEVICES
AND FOOD



Number of Participants by Grade

52%

Were Girls

348

Surveys Submitted
(51 less than last year)

48%

Were Boys

BREAKFAST & LUNCH HABITS

(100% of St. Marcus students are eligible for free breakfast & lunch)

ARE OUR SCHOLARS EATING THE SCHOOL BREAKFAST?

Answers	22-23	21-22
Eat the breakfast if they like what they see	44%	50%
Eat breakfast daily	21%	21%
Eat breakfast at home	15%	16%
Don't eat breakfast	16%	13%

TOP 3 REASONS STUDENTS AREN'T EATING BREAKFAST:

36% just aren't hungry
25% get to school after breakfast is cleared
25% don't like the offerings

ARE OUR SCHOLARS EATING THE SCHOOL LUNCH?

Answers	22-23	21-22
Eat the lunch if they like what they see	42%	40%
Eat the lunch daily	34%	30%
Bring their lunch from home	18%	22%
Don't eat lunch	6%	9%
Report being hungry within 1 hour of lunch	36%	36%

LUNCH IMPROVEMENTS:

6% more students are eating school lunch this year
The percent of students not eating at all dropped from 9% to 6%.

SLEEP HABITS

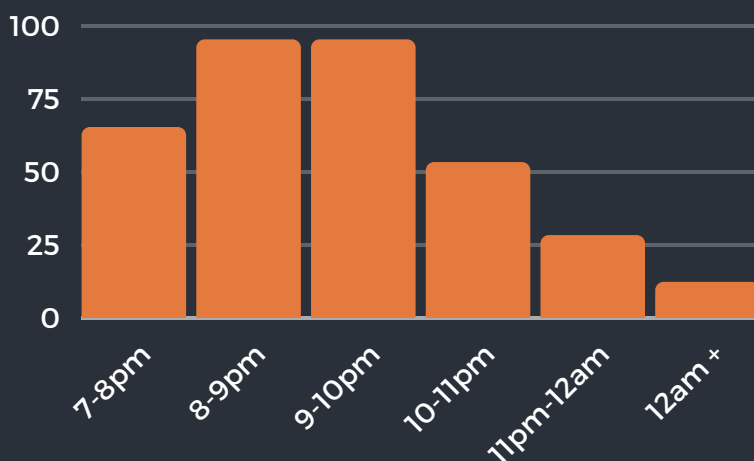
RECOMMENDED AMOUNT OF SLEEP BY AGE:

How much sleep kids need varies by age. While every child is different, experts recommend:

- Preschool (3–5 years): 10–13 hours, including naps
- **School-age (6–13 years): 9–12 hours**
- Teens (14–17 years): 8–10 hours

As school starts at 8:00 am and students arrive between 7:30–7:58 am, their average waking time is between 6:00–7:00am. The average amount of sleep needed for our scholars should be 10–11 hours. This would mean that most students would need to be going to bed between 7–9pm.

HOW ARE OUR SCHOLARS DOING?



46%

Reported going to bed
between 7–9pm

27%

Reported going to bed
between 9–10pm

54% OF OUR SCHOLARS DO
NOT GET ENOUGH SLEEP

(RESULTS ARE SIMILAR TO 21-22 SCHOOL YEAR)

27%

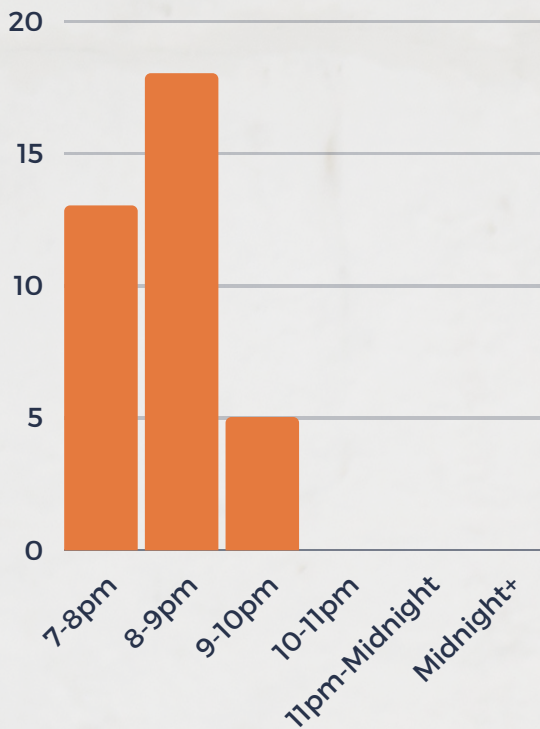
Reported going to bed
after 10pm

"A child who isn't getting enough sleep may: fall asleep during the day, be hyperactive (especially younger children), have trouble paying attention, struggle with school work, be cranky, whiny, irritable, or moody, have behavior problems"

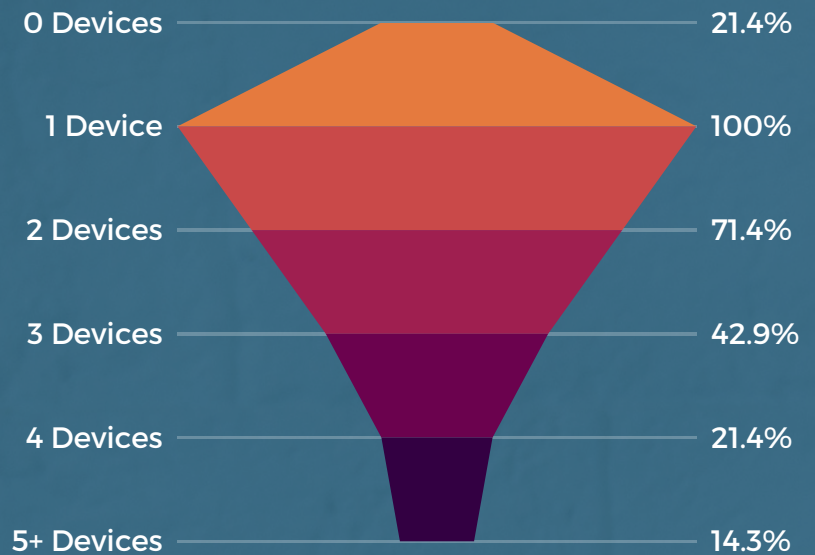
K4 & K5 SCHOLARS' SLEEP & SLEEP DISRUPTERS

(NOT STATISTICALLY RELEVANT RESULTS AS ONLY 13.5% OF KINDER SCHOLARS RESPONDED)

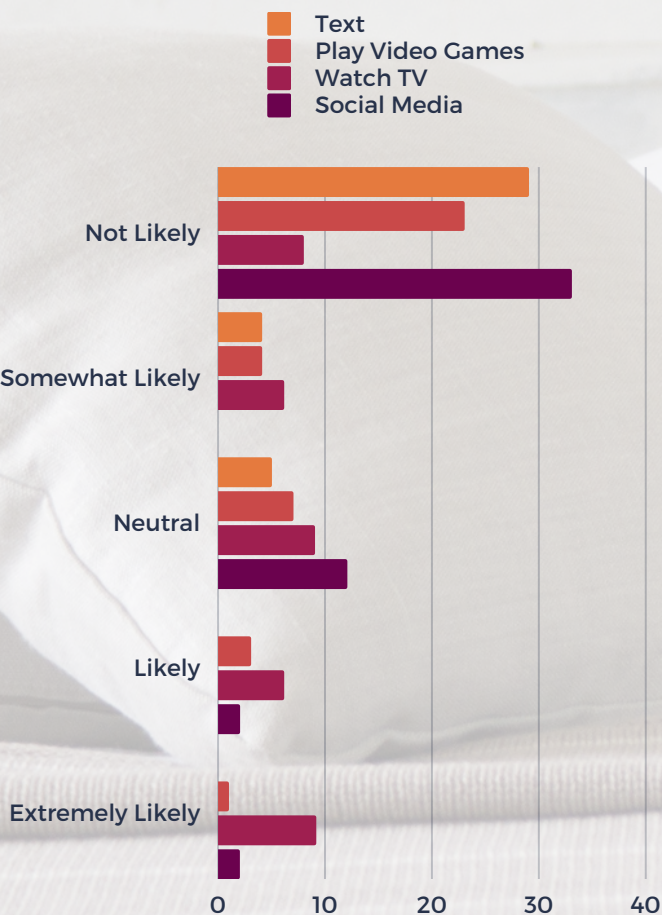
AVERAGE BEDTIMES



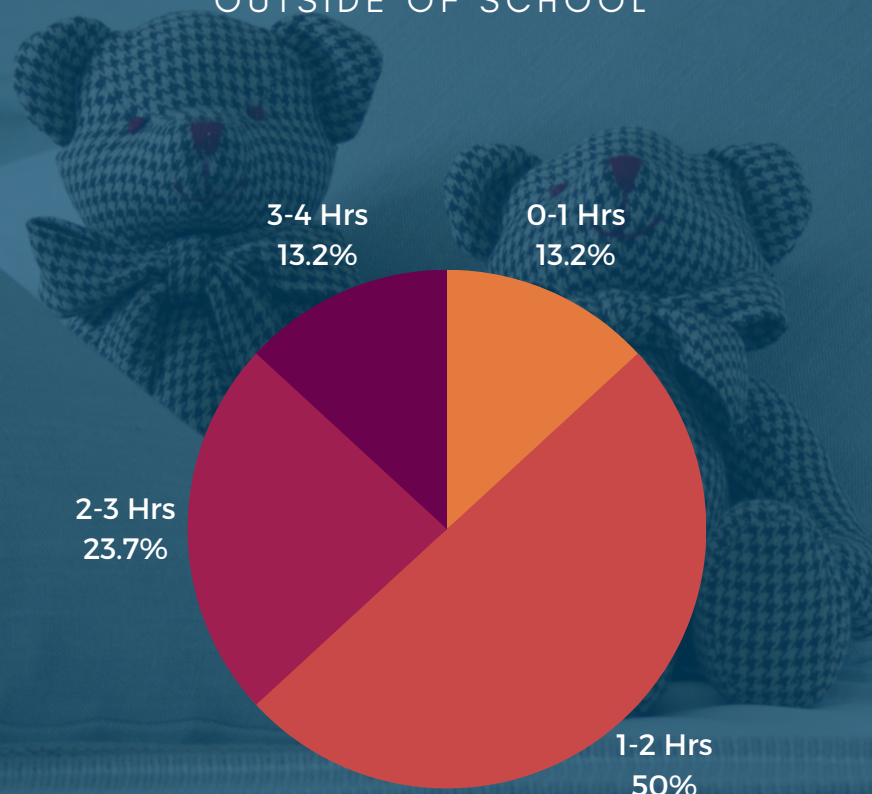
PERCENTAGE OF SCHOLARS WITH DEVICES IN THEIR ROOMS



ACTIVITIES WITHIN 1 HOUR OF GOING TO SLEEP



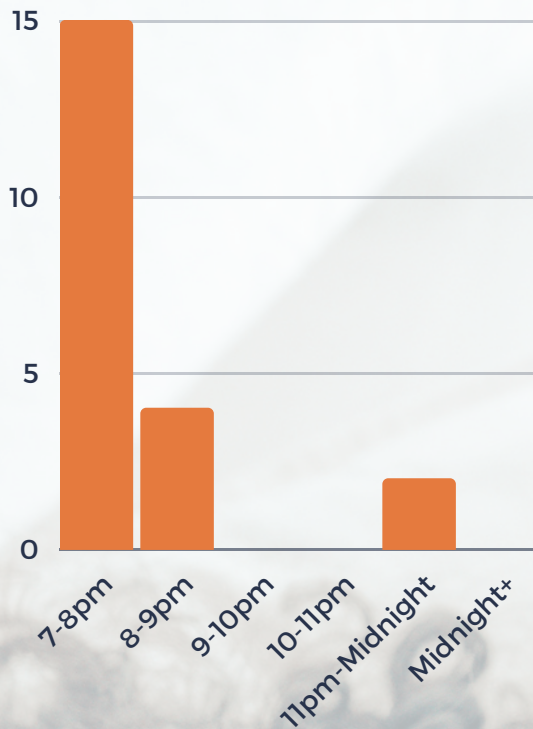
TIME ON DEVICES OUTSIDE OF SCHOOL



1ST & 2ND GRADE SCHOLARS' SLEEP & SLEEP DISRUPTERS

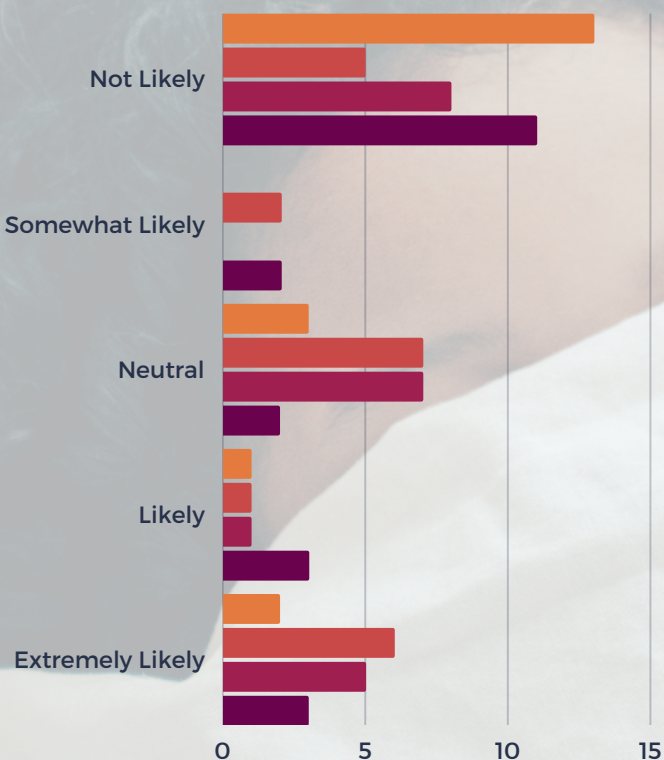
(NOT STATISTICALLY RELEVANT RESULTS AS ONLY 9% OF 1ST & 2ND SCHOLARS RESPONDED)

AVERAGE BEDTIMES

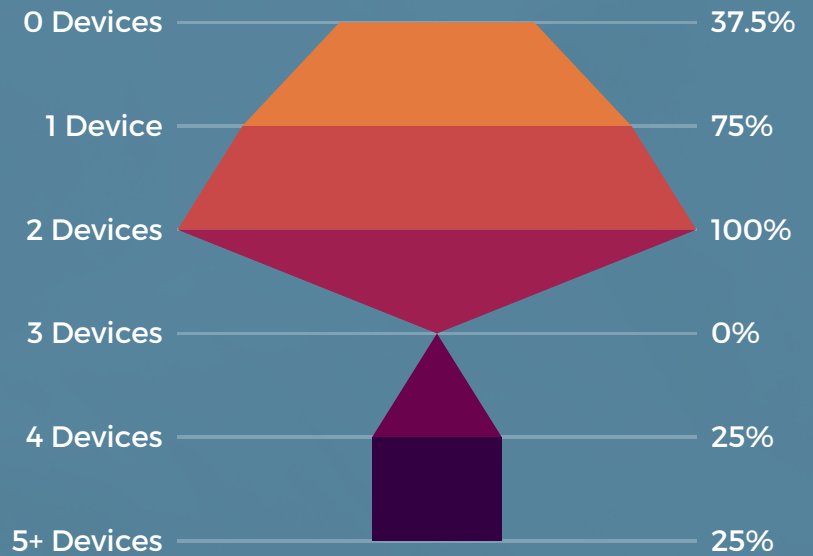


ACTIVITIES WITHIN 1 HOUR OF GOING TO SLEEP

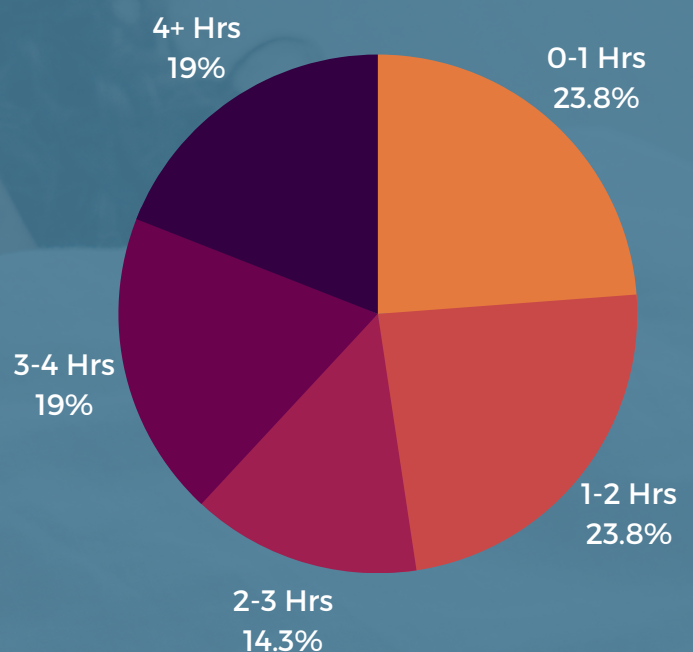
- Text
- Play Video Games
- Watch TV
- Social Media



PERCENTAGE OF SCHOLARS WITH DEVICES IN THEIR ROOMS



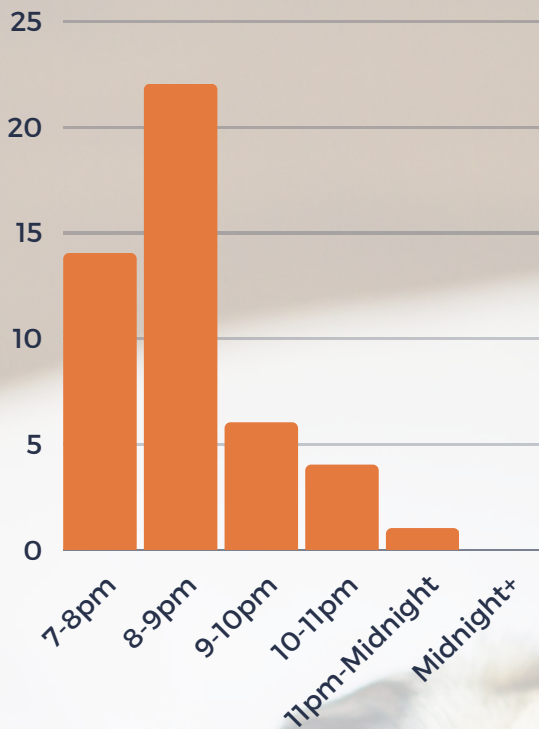
TIME ON DEVICES OUTSIDE OF SCHOOL



3RD GRADE SCHOLARS' SLEEP & SLEEP DISRUPTERS

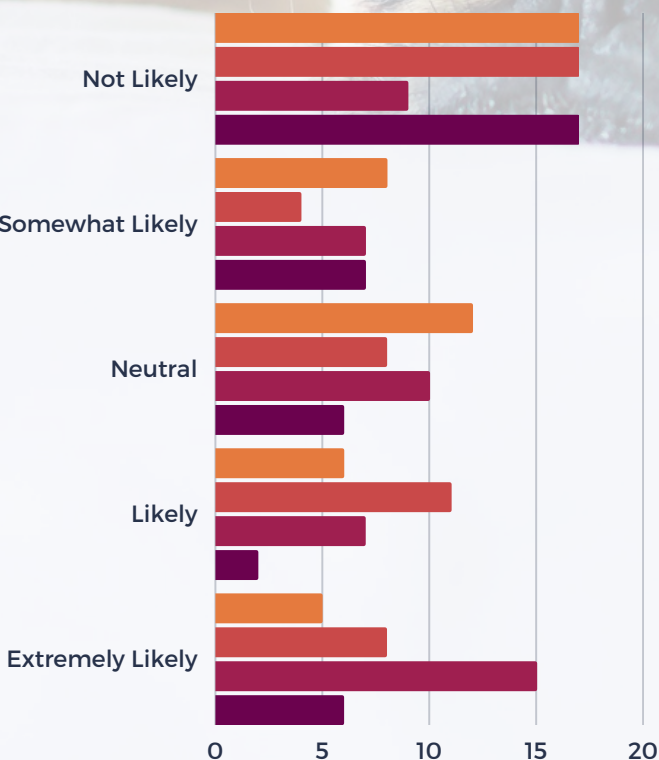
(43% OF 3RD GRADERS RESPONDED)

AVERAGE BEDTIMES

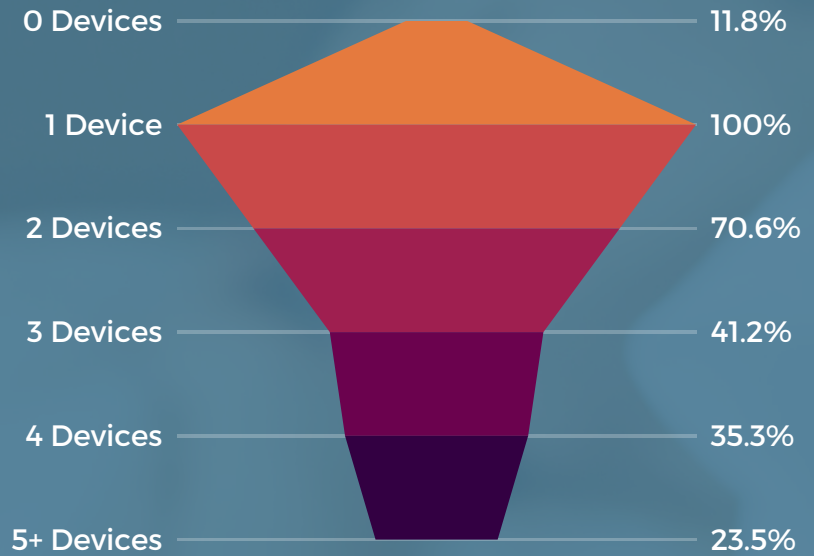


ACTIVITIES WITHIN 1 HOUR OF GOING TO SLEEP

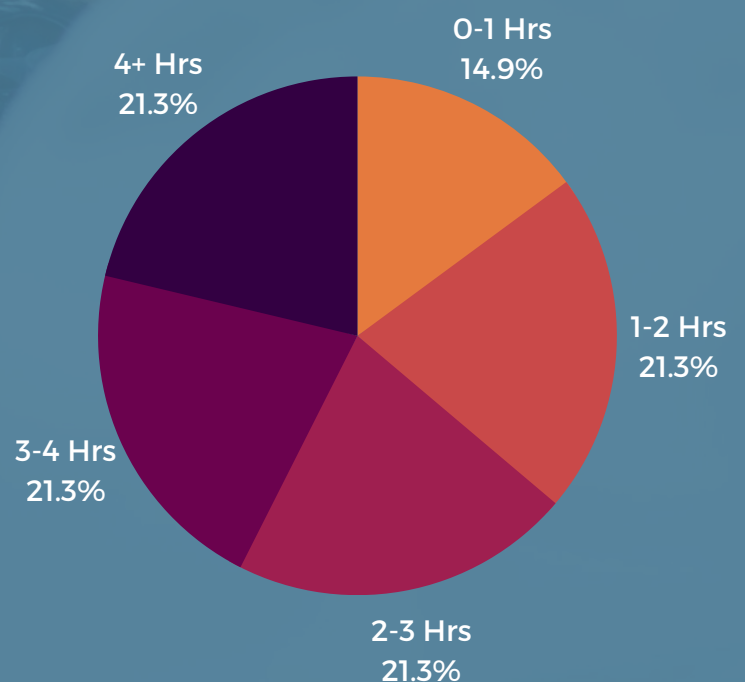
- Text
- Play Video Games
- Watch TV
- Social Media



PERCENTAGE OF SCHOLARS WITH DEVICES IN THEIR ROOMS



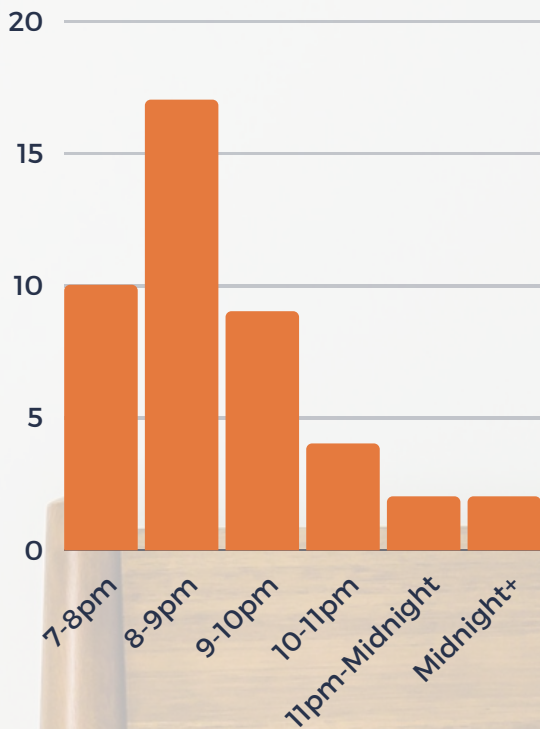
TIME ON DEVICES OUTSIDE OF SCHOOL



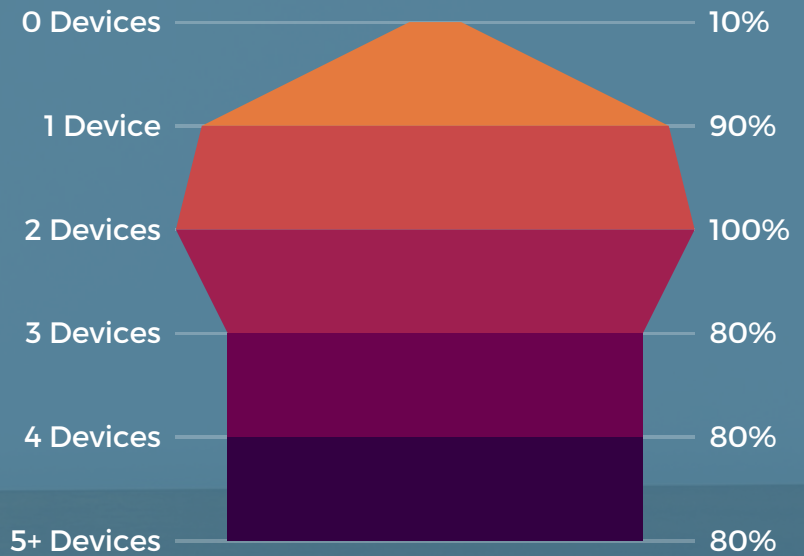
4TH GRADE SCHOLARS' SLEEP & SLEEP DISRUPTERS

(52% OF 4TH GRADERS RESPONDED)

AVERAGE BEDTIMES

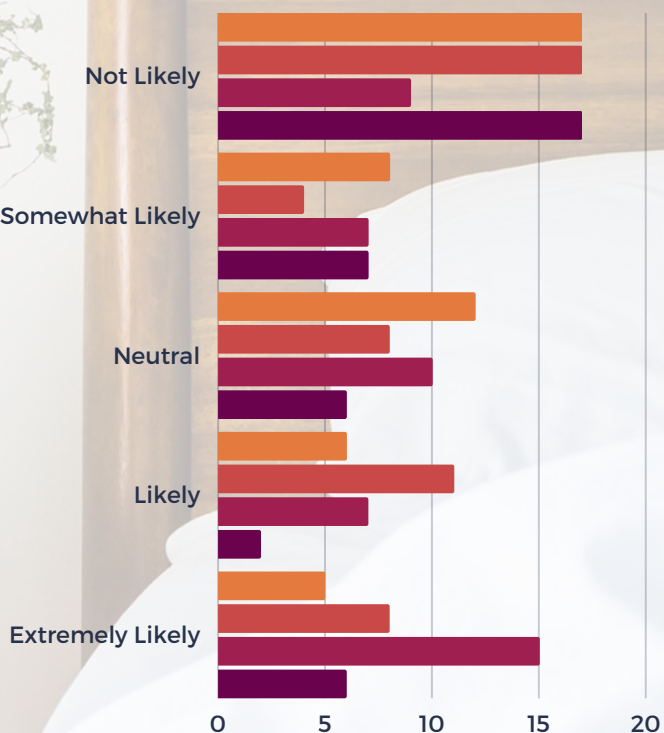


PERCENTAGE OF SCHOLARS WITH DEVICES IN THEIR ROOMS

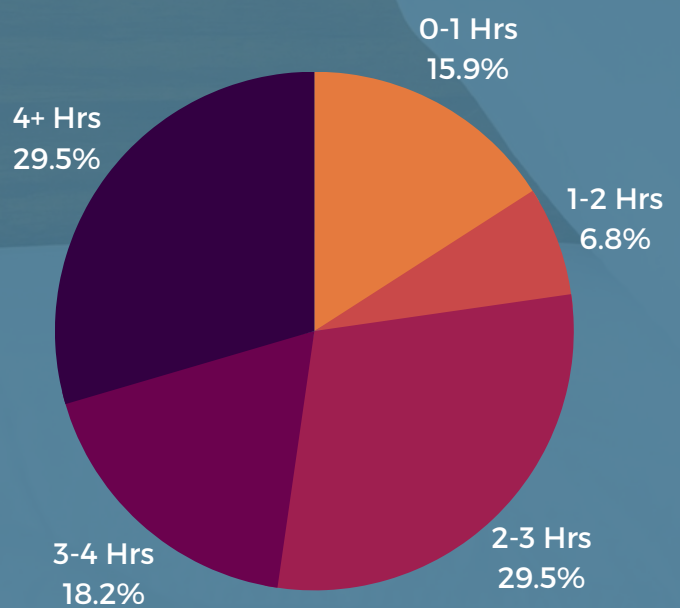


ACTIVITIES WITHIN 1 HOUR OF GOING TO SLEEP

- Text
- Play Video Games
- Watch TV
- Social Media



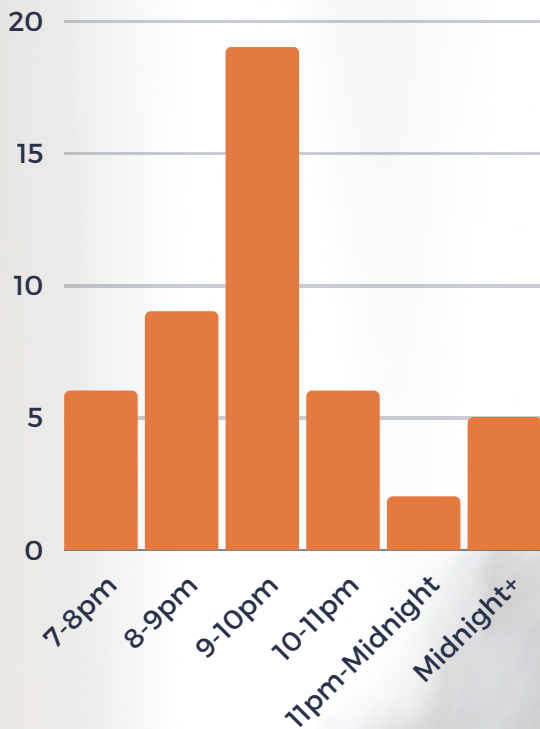
TIME ON DEVICES OUTSIDE OF SCHOOL



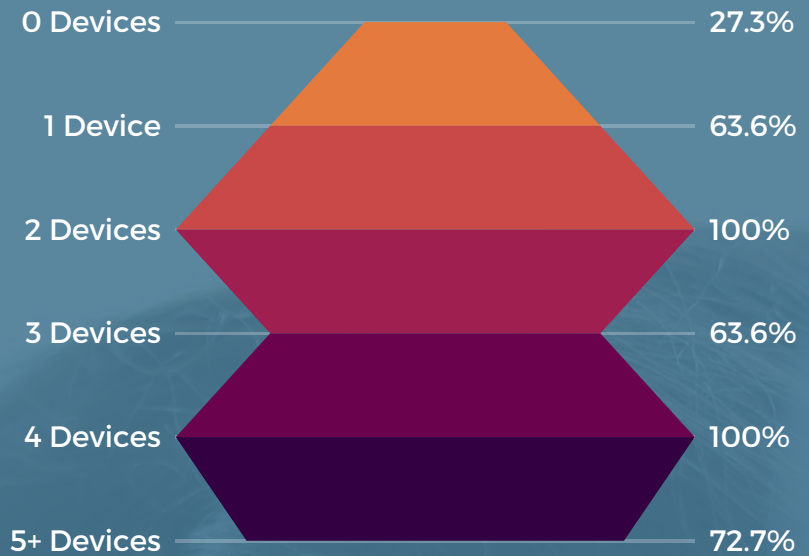
5TH GRADE SCHOLARS' SLEEP & SLEEP DISRUPTERS

(65% OF 5TH GRADERS RESPONDED)

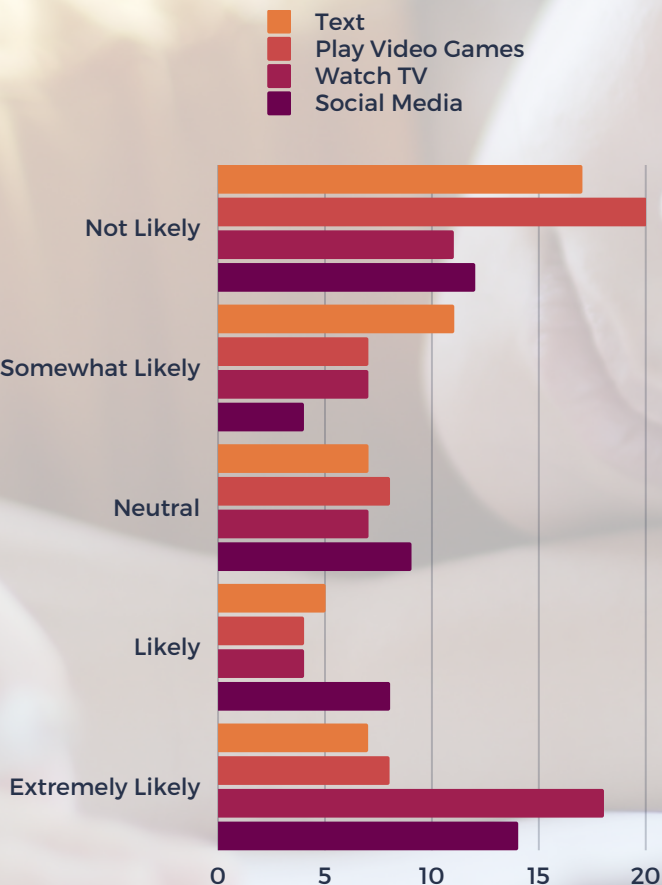
AVERAGE BEDTIMES



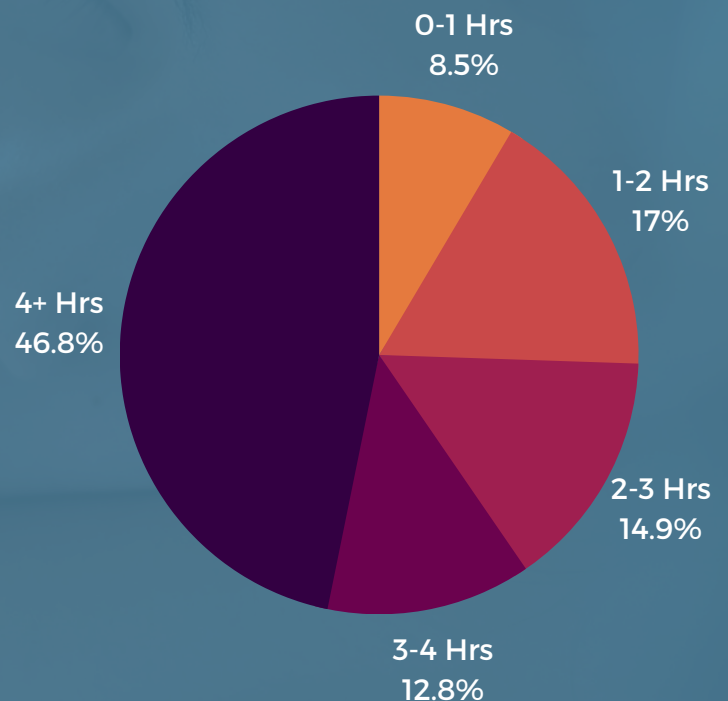
PERCENTAGE OF SCHOLARS WITH DEVICES IN THEIR ROOMS



ACTIVITIES WITHIN 1 HOUR OF GOING TO SLEEP



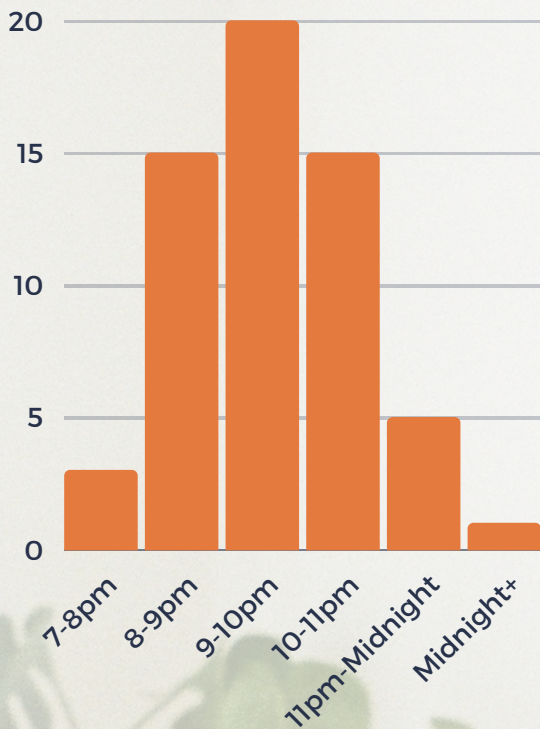
TIME ON DEVICES OUTSIDE OF SCHOOL



6TH GRADE SCHOLARS' SLEEP & SLEEP DISRUPTERS

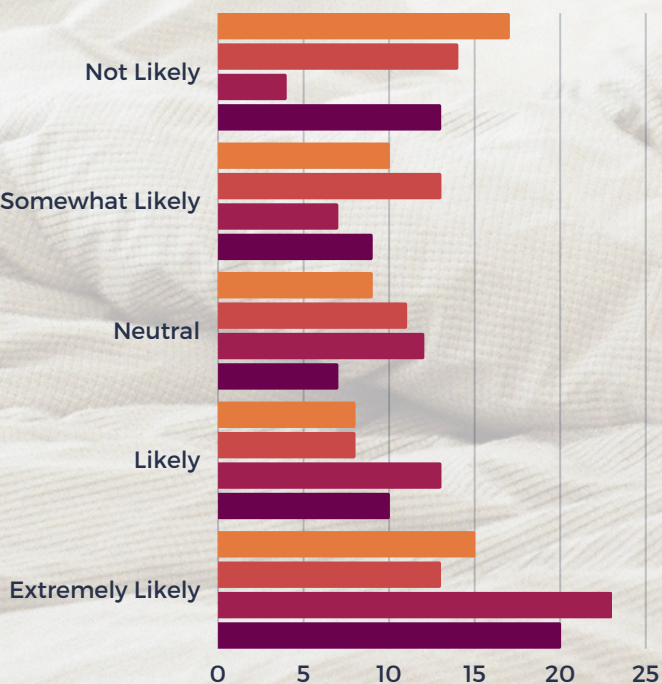
(68% OF 6TH GRADERS RESPONDED)

AVERAGE BEDTIMES

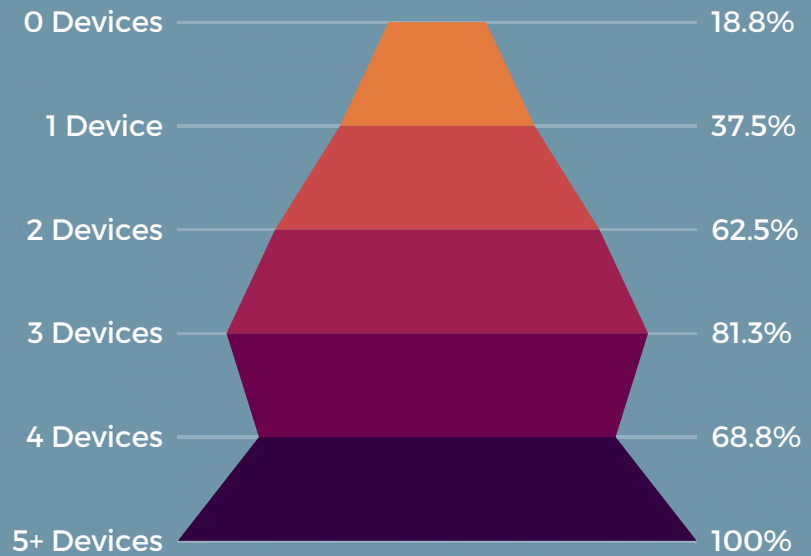


ACTIVITIES WITHIN 1 HOUR OF GOING TO SLEEP

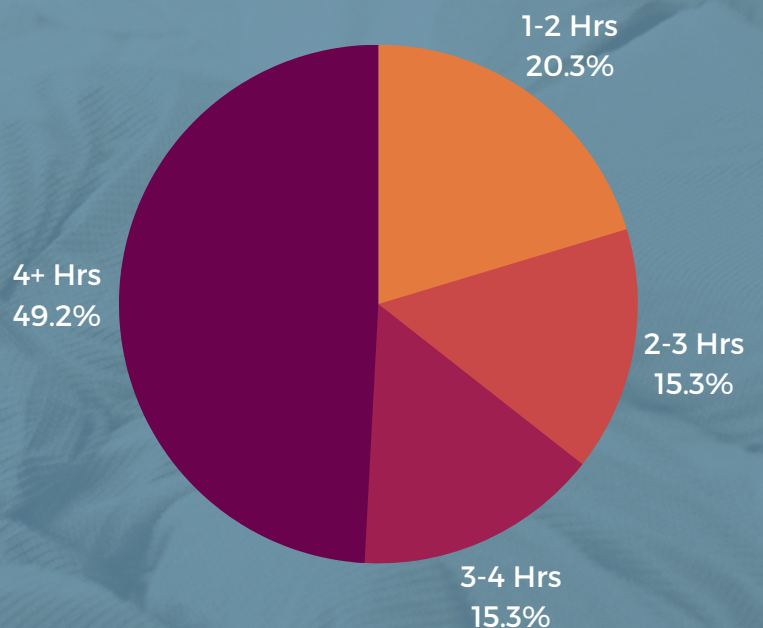
- Text
- Play Video Games
- Watch TV
- Social Media



PERCENTAGE OF SCHOLARS WITH DEVICES IN THEIR ROOMS



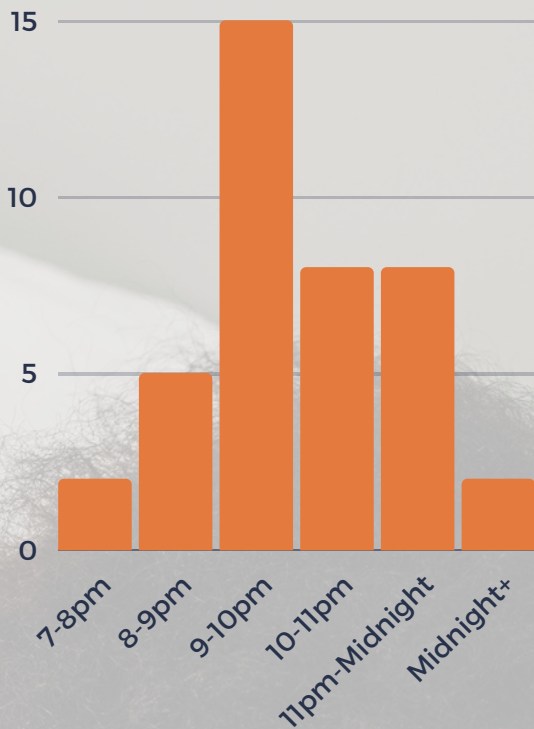
TIME ON DEVICES OUTSIDE OF SCHOOL



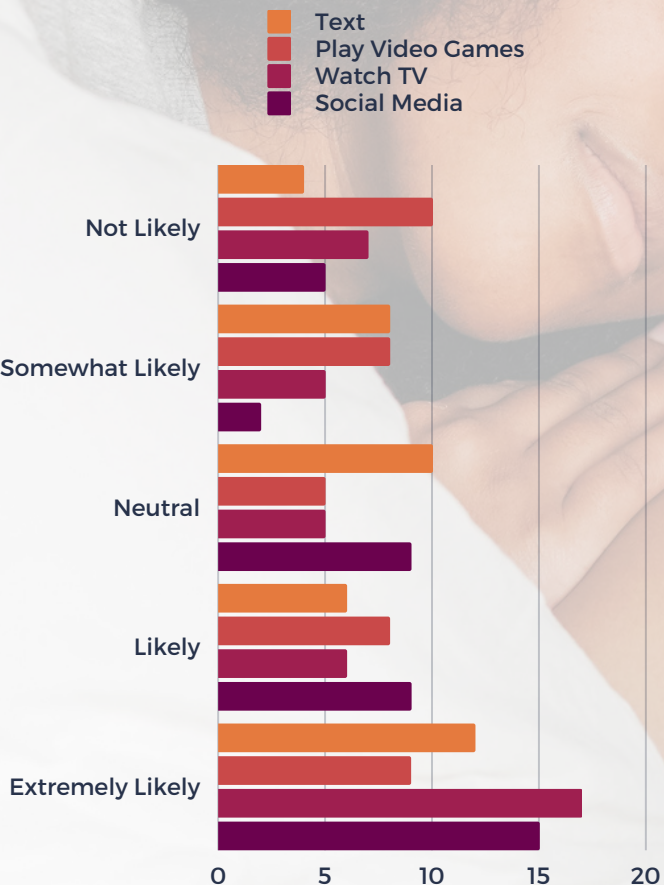
7TH GRADE SCHOLARS' SLEEP & SLEEP DISRUPTERS

(48% OF 7TH GRADERS RESPONDED)

AVERAGE BEDTIMES



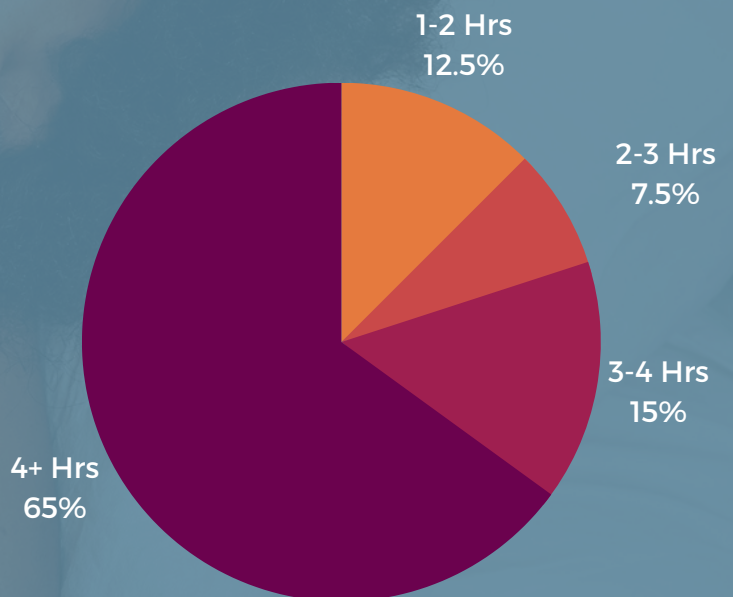
ACTIVITIES WITHIN 1 HOUR OF GOING TO SLEEP



PERCENTAGE OF SCHOLARS WITH DEVICES IN THEIR ROOMS



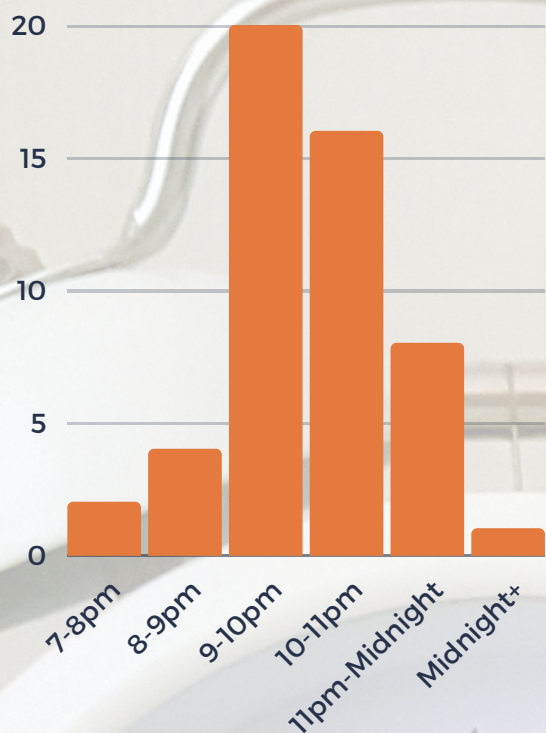
TIME ON DEVICES OUTSIDE OF SCHOOL



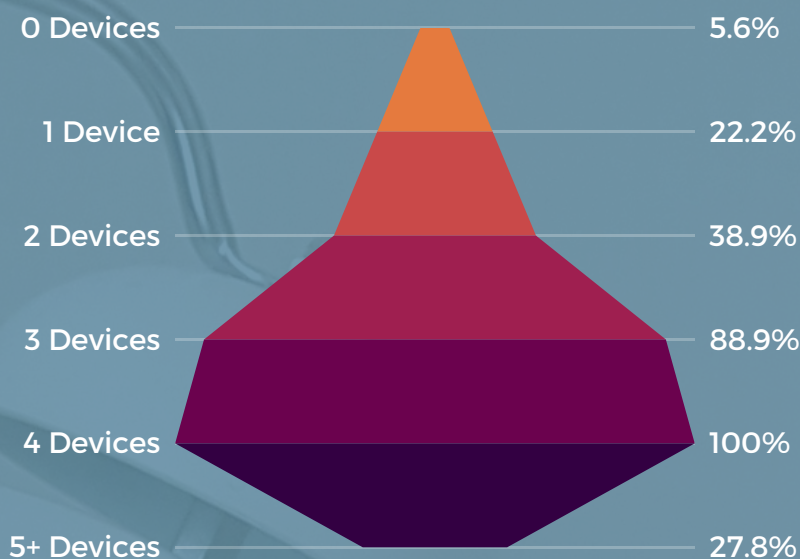
8TH GRADE SCHOLARS' SLEEP & SLEEP DISRUPTERS

(61% OF 8TH GRADERS RESPONDED)

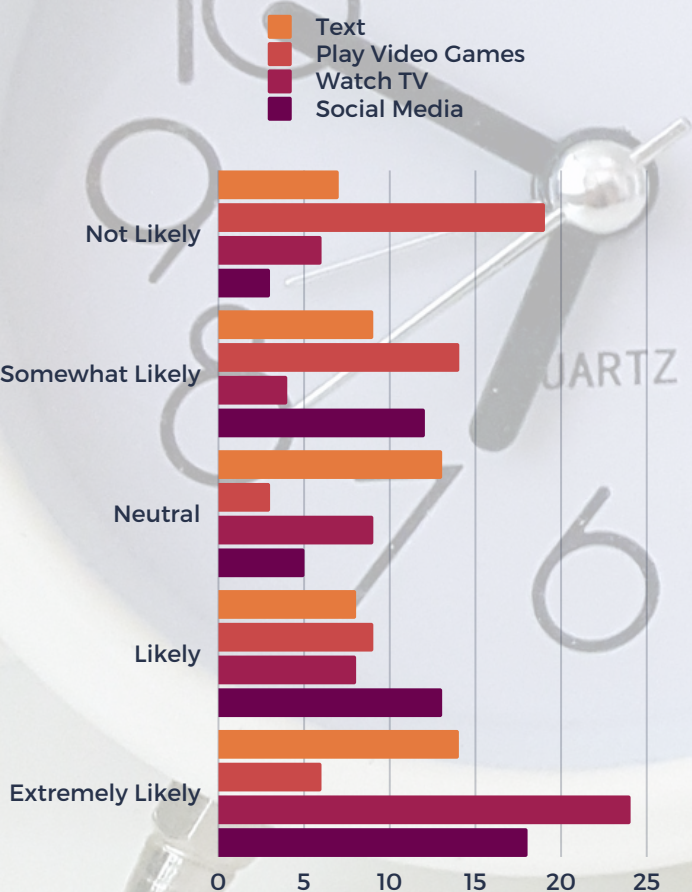
AVERAGE BEDTIMES



PERCENTAGE OF SCHOLARS WITH DEVICES IN THEIR ROOMS



ACTIVITIES WITHIN 1 HOUR OF GOING TO SLEEP



TIME ON DEVICES OUTSIDE OF SCHOOL

