

DOES FOUR EQUAL FIVE?

Implementation and Outcomes of
the Four-Day School Week

Appendix C

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About This Appendix

This appendix provides supplementary information on the implementation and outcomes of the four-day school week (4dsw) using quantitative and qualitative data from a variety of sources. The 4dsw is compared with the five-day school week (5dsw). The main report is M. Rebecca Kilburn, Andrea Phillips, Celia J. Gomez, Louis T. Mariano, Christopher Joseph Doss, Wendy M. Troxel, Emily Morton, and Kevin Estes, *Does Four Equal Five? Implementation and Outcomes of the Four-Day School Week*, Santa Monica, Calif.: RAND Corporation, RR-A373-1, 2021.

This study was undertaken by two divisions of the RAND Corporation: RAND Education and Labor and RAND Social and Economic Well-Being. RAND Education and Labor conducts research on early childhood through postsecondary education programs, workforce development, and programs and policies affecting workers, entrepreneurship, and financial literacy and decisionmaking. Questions about RAND Education and Labor should be directed to educationandlabor@rand.org. RAND Social and Economic Well-Being is a division of the RAND Corporation that seeks to actively improve the health and social and economic well-being of populations and communities throughout the world. For more information, email sbp@rand.org.

Appendix C. Copies of Data-Collection Instruments

This appendix provides copies of data-collection instruments.

Qualitative Data Collection Protocols

Interview and Focus Group Questions for District Leaders

DISTRICT LEADERS

Version: October 30, 2019

Introductory Questions

1. **What is your position in the district and how long have you served the district in this role?**
2. **Was the district a 4dsw district prior to your tenure?**
 - a. If yes, to what extent was the 4dsw a factor in your decision to apply for the position?
3. **Why did the district adopt a 4dsw?**
 - a. Was your district's decision to use a 4dsw influenced by the schedules in nearby districts?
 - b. [If cost-saving is named as a factor] **What other, if any, cost-saving measures were considered as alternatives to the 4dsw? Why did the district choose the 4dsw over those other measures?**
4. Have you worked in a 5dsw district?
 - a. Have you worked in any other 4dsw districts?

4dsw Implementation Questions

Leader-Focused

5. **How do you typically spend the 5th day when students do not report for school?**
 - a. What did you do last week on the 5th day?
 - b. Do your 5th day activities vary week-to-week, month to month, or seasonally?

[After respondents are done:]

You just described a number of different activities. It sounds like the 5th day is mostly used for [SUMMARY]. Does that sound right?

School Staff-Focused

6. **From your perspective, how do teachers spend the 5th day? Please consider all teachers in your district.**
 - a. Are there any times when teachers are required to report to the district for activities on the 5th day?
7. **Has the 4dsw influenced teacher attendance, relative to a 5dsw schedule? If so, why?**
8. **What, if any, guidance do you give teachers on whether to assign academic work to students for the 5th day?**
 - a. How much work, in terms of time, do they assign?
 - b. Is this more or less work than they assign on a typical weeknight?
 - c. Is this more or less work than they assign over a typical weekend?
 - d. Do students typically complete the work? If no, what barriers do they face to completing the work?

Student-Focused

9. **From your perspective, how do students spend the 5th day? Please consider all students in your district.**
 - a. Are there differences in how students spend their time depending on age or grade level (e.g., elementary, middle, high school)?
10. **What options does the school offer for students on the 5th day? (Options may include things like childcare, sports, arts and other activities)**
 - a. What costs, if any, do families incur for these activities?
 - b. What other resources does the district need or use to offer these activities (e.g., transportation, internet, lunch)?
 - c. Are there any times when students are required to report to the district for activities on the 5th day?
11. **What other options does the community offer for students on the 5th day independent of the school?**
 - a. What costs, if any, do families incur for these activities?
 - b. What other resources does the community need or use to offer these activities (e.g., grants, transportation, internet, lunch)?
12. **Does the 4dsw schedule influence student learning, relative to a 5dsw schedule? If so, why and how?**
13. **Does the 4dsw schedule influence student attendance, relative to a 5dsw schedule? If so, why and how?**

District-Focused

14. **From your perspective, what are the main advantages and main disadvantages to the 4dsw schedule, and why?**

[Summarize other advantages and disadvantages that may have already been mentioned]

- a. **Do you think the advantages and disadvantages you just described are similar or different across the range of teachers, students and families in your community? How? Why?**

15. **From your perspective, what savings or additional costs, if any, has your district experienced since commencing a 4dsw?**

***Any district who adopted a 4dsw in SY1617 or later:*

- a. Since adopting the 4dsw, have you made any systematic comparisons of the district's operating costs on a 4dsw schedule vs. a 5dsw schedule? If so, how did you make these comparisons? What figures did you compare?

16. **From your perspective, is the 4dsw a factor in district and school leaders or teachers applying for positions in the district?**

- a. Does the 4dsw affect the number and quality of applicants? In what ways?
b. Has the 4dsw influenced staff retention?

17. **From your perspective, are students transferring in or out of the district because of the 4dsw?**

Closing Questions

18. **If it were entirely up to you, would you rather have a 4dsw or a 5dsw week? Why?**

19. **Is there anything additional we should know or understand about the 4dsw experience?**

Interview and Focus Group Questions for Teachers

TEACHERS

Version: October 30, 2019

Introductory Questions

1. **What is your position in the district and how long have you served the district in this role?**
 - a. What grades do you teach?
 - b. What subjects do you teach?
2. **Was the district a 4dsw district prior to your tenure?**
 - a. **If yes, how, if at all, did the 4dsw influence your decision to apply for and take a position in this district?**
3. **Why did the district adopt a 4dsw?**
 - a. Was your district's decision to use a 4dsw influenced by the schedules in nearby districts?
 - b. [If cost-saving is named as a factor] **What other, if any, cost-saving measures were considered as alternatives to the 4dsw? Why did the district choose the 4dsw over those other measures?**
4. Have you worked in a 5dsw district?
 - a. Have you worked in any other 4dsw districts?

4dsw Implementation Questions

Teacher-Focused

5. **How do you typically spend the 5th day, when students do not report for school?**
 - a. What did you do last week on the 5th day?
 - b. Do your 5th day activities vary week-to-week, month-to-month, or seasonally?
You just described a number of different activities. It sounds like the 5th day is mostly used for [SUMMARY]. Does that sound right?
6. **How, if at all, has the 4dsw influenced teacher attendance, relative to a 5dsw schedule?**
7. **How, if at all, has the 4dsw influenced your decision to stay at the district?**
 - a. If another nearby district with the same pay and benefits offered a 5dsw, would you consider taking a job in that district?

Student-Focused

8. **Do you assign students academic work for the 5th day?**
 - a. Does the district require that you assign work?
 - b. How much work, in terms of time, do you assign?
 - c. Is this more or less work than you assign on a typical weeknight?
 - d. Is this more or less work than you assign over a typical weekend?
 - e. Do students typically complete the work? If no, what barriers do they face to completing the work?
 - f. Do you have a sense of whether work is completed on the 5th day or weekend?
 - g. Is this similar to or different from practices you would use at a 5dsw district?
9. **From your perspective, how do students spend the 5th day? Please consider all of the students at your school.**
 - a. Are there differences in how students spend their time depending on age or grade level (e.g., elementary, middle, high school)?
10. **What options does the school offer for students on the 5th day? (Options include things like childcare, sports, arts and other activities)**
 - a. What costs, if any, do families incur for these activities?
 - b. What other resources does the district need or use to offer these activities (e.g., transportation, internet, lunch)?
 - c. Are there any times when students are required to report to the district for activities on the 5th day?
11. **Does the 4dsw schedule influence student learning, relative to a 5dsw schedule? If so, how and why?**
12. Does the 4dsw schedule influence student attendance, relative to a 5dsw schedule? If so, how and why?
13. From your perspective, are students transferring in or out of the district because of the 4dsw?

Broad Opinion/Closing Questions

14. **From your perspective as a teacher, what are the main advantages and main disadvantages to the 4dsw schedule, and why?**

[Summarize other advantages and disadvantages that may have already been mentioned]

 - a. **Do you think the advantages and disadvantages you just described are similar or different for other teachers, students or families in your community? How? Why?**
15. **If it were entirely up to you, would you rather have a 4dsw or a 5dsw week? Why?**
16. **Is there anything additional we should know or understand about the 4dsw experience?**

Interview and Focus Group Questions for Parents

PARENTS

Version: October 30, 2019

Introductory Questions

1. **How many of your children are currently enrolled in the district and what grade levels are they currently in?**
 - a. For the purpose of this conversation, we will focus on your child(ren) in [elementary school OR middle/high]. We may naturally talk about your other children who are [older/younger] but we would like to think primarily about [elementary OR middle/high].
2. **Do you live within the school district boundaries or did you transfer your child into the district?** (Note: “transfer” refers to a family applying to enroll their child in a district other than the district they are zoned to attend. Districts may have other names for this policy, such as “Open Transfer” or “Out of District Transfer”)
 - a. [If student transferred] Was the 4dsw a factor in your decision to transfer into the district? If so, why did you want your child to attend a 4dsw district?
 - b. [If student transferred] What other factors motivated your family to transfer your child into the district?
3. **Did you move to the community or boundaries of the school district so your child could enroll in the district?**
 - a. If so, was the 4dsw a factor in your decision to move within the district boundaries? If so, why did you want your child to attend a 4dsw district?
 - b. If so, what other factors motivated your family’s move to the district?

4dsw Implementation Questions

Child-Focused

4. **How does your child typically spend the 5th day of the week, when school is not in session?**
 - a. What did your child do last week on the 5th day?
 - b. Do your child’s 5th day activities vary week-to-week, month-to-month, or seasonally?
 - c. If not at home, how does your child get to and from their activities?
[After respondents are done:]
You just described a number of different activities. It sounds like the 5th day is mostly used for [SUMMARY]. Does that sound right?
5. **What options does the school offer for students on the 5th day? (Options may include things like childcare, sports, arts and other activities)**
6. **What other options does the community (e.g., a community center, the YMCA, local businesses) offer for students on the 5th day? (Options may include things like childcare, sports, arts and other activities)**

7. **Do your child's teachers assign academic work for the 5th day?**
 - a. How much work, in terms of time, do the teachers assign?
 - b. Is this more or less work than they assign on a typical weeknight?
 - c. Is this more or less work than they assign over a typical weekend?
 - d. Does your child typically complete the work? If no, what barriers do they face to completing the work?
8. **Does the 4dsw schedule influence student learning, relative to a 5dsw schedule? If so, why and how?**
9. Does the 4dsw schedule influence student attendance, relative to a 5dsw schedule? If so, why and how?

Family-Focused

10. **From the perspective of a family, what are the relative advantages or disadvantages to the 4dsw schedule, and why?**

[Summarize other advantages and disadvantages that may have already been mentioned]

 - a. **Do you think the advantages and disadvantages you just described are similar or different for other families in your community? How? Why?**
11. **What costs or savings, if any, does your family incur for the activities that occur on the 5th day?**
 - a. Childcare costs
 - b. Activities and entertainment (e.g., movies, sports equipment, activity enrollment fees, museum fees)
 - c. Gasoline and transportation
 - d. Employment for student (babysitting)
 - e. Work at family business, farm or ranch
12. **To what extent does the 4dsw influence your employment?**
 - a. Your decision to work, or not to work
 - b. Job selection
 - c. Job schedule
 - d. Availability to work (e.g., shifts)
13. **How, if at all, does the 4dsw schedule impact when, or how often you schedule personal appointments for your child or your family?** (Personal appointments might include regular doctor appointments or specialized medical care like treatment for asthma or visiting the orthodontist)

Closing Questions

14. **If it were entirely up to you, would you rather have a 4dsw or a 5dsw schedule? Why?**
15. **Is there anything additional we should know or understand about the 4dsw experience?**

Focus Group Questions for Students

STUDENTS

Version: October 18, 2019

Introductory Questions

1. **What grade are you currently enrolled in?**
2. **Have you ever attended a school that used a 5dsw?**
[If no, skip the comparative 5dsw questions]

4dsw Implementation Questions

3. **How do you typically spend your time during the 5th day of the week when you don't have school?**
 - a. What did you do last week on the 5th day when you weren't in school?
 - b. Do your 5th day activities vary week-by-week, month-by-month, or at different times of year?
 - c. **How do your peers spend the 5th day of the week? Are their activities similar or different to yours? How?**
 - d. [If students work for pay, probe for where and number of hours]
You just described a number of different activities. It sounds like the 5th day is mostly used for [SUMMARY]. Does that sound right?
4. **What options does the school offer for you to do on the 5th day? (Options may include things like sports, arts, open gym, open library, open computer lab, field trips and other activities)**
 - a. Are there any times when students are required to report to school for activities on the 5th day?
5. **What other options does the community offer you on the 5th day? (Options may include jobs, youth group, field trips with other groups, volunteering and Driver's ED)**
 - a. What money, if any, are you able to make through these activities?
 - b. [If students work for pay, probe for where and number of hours]
6. **Do teachers expect you to do school work on the 5th day?**
 - a. **How much work, in terms of time, do they typically assign you?**
 - b. Is this more or less work than is assigned during the school week?
 - c. Is this more or less work than is assigned over the weekend?
 - d. What kinds of work do they assign?
 - e. Do you have the resources at home that you need to complete the work?
 - f. Do you typically do the work that is assigned? If no, why not?

7. **From your point of view, are you getting more or less learning time with a 4dsw?**
 - a. How is this similar or different from when you went to a 5dsw school?
8. From your point of view, are you getting more or less time to hang out with your friends and peers because of the 4dsw?
 - a. How is this similar or different from when you went to a 5dsw school?
9. **When you miss school, what are the typical reasons you miss?**
 - a. What was the reason you missed school the last time you were absent?
 - b. How similar or different are these reasons from when or if you went to a 5dsw school?

Broad Opinion/Closing Questions

10. **What are the main advantages and main disadvantages to the 4dsw?**

[Summarize other advantages and disadvantages that may have already been mentioned]

 - a. What do you like about the 4dsw?
 - b. What do you dislike about the 4dsw?
 - c. **Do you think the advantages and disadvantages you just described are similar or different for other students or families at your school?**
11. **[Show of hands] If it were up to you, would you pick a 4dsw schedule or a 5dsw schedule?**
 - a. Why did you make your choice?
12. **Is there anything additional we should know or understand about what it's like to have a 4dsw schedule?**

Interview and Focus Group Questions for Community and School Board Members

COMMUNITY MEMBERS

Version: October 30, 2019

Introductory Questions

1. **What is your role in the community and in what ways do you interact with young people and/or the school district?**
2. **Do you have any children currently enrolled in the district?**
 - a. If so, what grade levels are they currently enrolled in?
3. **Do you know why the district adopted a 4dsw?**
 - a. [If applicable] What were your reactions to the decision?
 - b. [If cost-saving is named as a factor] **What other, if any, cost-saving measures were considered as alternatives to the 4dsw? Why did the district choose the 4dsw over those other measures?**
 - c. Did the schedules of nearby districts affect your district's decision to use a 4dsw?

4dsw Implementation Questions

4. **From your perspective, how do young people spend the 5th day when they are not in school? Please consider all of the youth you know at the school.**
 - a. Are there differences in how students spend their time depending on age or grade level (e.g., elementary, middle, high school)?
[After respondents are done:]
You just described a number of different activities. It sounds like youth primarily use the 5th day for [SUMMARY]. Does that sound right?
5. **What activities, if any, are available in the community on the 5th day? Which, if any, does your organization offer?**
 - a. What costs, if any, do parents incur for these activities?
 - b. What costs do you as an organization incur to offer activities?
 - c. How are the activities your organization offers funded (e.g., grant funded, donations, parent fees)?
 - d. What other resources are involved in your activity (e.g., sports equipment, lunch)?
 - e. How do families learn about the options that are available?

6. **From your perspective as a community member, what are the main advantages and/or main disadvantages to the 4dsw schedule?**

[Summarize other advantages and disadvantages that may have already been mentioned]

- a. **Do you think the advantages and disadvantages you just described are similar or different across the range of teachers, students and families in your community? How? Why?**

For School Board Members Only:

7. **From your perspective, is the 4dsw a factor in district and school leaders or teachers applying for positions in the district?**
 - a. From your perspective, does the 4dsw affect the quality of applicants? In what ways?
 - b. From your perspective, has the 4dsw influenced staff retention?
8. **From your perspective, how, if at all, does the 4dsw affect costs of running your district?**
9. **From your perspective, how, if at all, does the 4dsw affect enrollment at your district?**

Closing Questions (ALL RESPONDENTS)

10. **If the decision were solely yours, would you persist with a 4dsw in your district?**
 - a. Why and why not?
11. **Is there anything additional we should know or understand about the 4dsw experience?**

Parent Survey

[4dsw]

The RAND Corporation, a nonprofit, nonpartisan public-policy research institution, is conducting a study of four-day school weeks. We will examine how the four-day school week influences the well-being of students, their families, and the broader community. We will also measure whether there are cost implications for districts and families. Results from this study will be useful to your district and community, other school districts and communities throughout the country, state departments of education, and policymakers. This study is funded by the Robert Wood Johnson Foundation.

The purpose of this survey is to learn about the perspectives of parents of elementary-aged students (grades kindergarten through 6).

This survey will ask about your opinion of the four-day school week. We will also ask questions about your child's sleep and screen time, peer relationships, wellness, how your child spends time outside of school, and how your child gets to and from school.

Your participation in this survey is voluntary and confidential. You may choose not to answer any question, and you may stop taking the survey at any time. All information we collect will be used for research purposes only. Your responses will be combined with others and reported in the aggregate. We will destroy all information at the end of the study.

It should take you less than 30 minutes to complete the survey.

If you provide us with a valid email address at the end of the survey, we will send you a \$20 Amazon e-gift card as a token of appreciation!

We ask that you complete the survey only one time.

If you have questions about your rights as a research participant, you can contact RAND's Human Subjects Protection Committee toll-free at (866) 697-5620 or by emailing hspcinfo@rand.org. If possible, when you contact the Committee, please reference Study #2019-0322.

If you have any questions about the study, please contact Andie Phillips by telephone (412-683-2300 ext. 6094) or by emailing aphillip@rand.org.

If you agree to participate in this survey, select Next.

[5dsw]

The RAND Corporation, a nonprofit, nonpartisan public-policy research institution, is conducting a study of the structure of school schedules. We will examine how school schedules influence the well-being of students, their families, and the broader community. We will also measure whether there are cost implications for districts and families. Results from this study will be useful to your district and community, other school districts and communities throughout the country, state departments of education, and policymakers. This study is funded by the Robert Wood Johnson Foundation.

The purpose of this survey is to learn about the perspectives of parents of elementary-aged students (grades kindergarten through 6).

This survey will ask about your opinion of the district's school schedule. We will also ask questions about your child's sleep and screen time, peer relationships, wellness, how your child spends time outside of school, and how your child gets to and from school.

Your participation in this survey is voluntary and confidential. You may choose not to answer any question, and you may stop taking the survey at any time. All information we collect will be used for research purposes only. Your responses will be combined with others and reported in the aggregate. We will destroy all information at the end of the study.

It should take you less than 30 minutes to complete the survey.

If you provide us with a valid email address at the end of the survey, we will send you a \$20 Amazon e-gift card as a token of appreciation!

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If you have any questions about the study, please contact Andie Phillips by telephone (412-683-2300 ext. 6094) or by emailing aphillip@rand.org.

If you agree to participate in this survey, select Next.

The next few questions are about how you feel about having a four-day school week for your child(ren) in grades K through 6. [4dsw only]

1. How much has the four-day school week met the needs of your family? [4dsw only]
 - Almost all of my family's needs have been met by the four-day school week
 - Most of my family's needs have been met
 - Only a few of my family's needs have been met
 - None of my family's needs have been met
2. Generally, how satisfied are you with the four-day school week? [4dsw only]
 - Very satisfied
 - Mostly satisfied
 - Indifferent
 - Mildly dissatisfied
 - Quite dissatisfied
3. If you were to have the choice between a four-day school week and a five-day school week, which would you select? [4dsw only]
 - Definitely select the five-day schedule
 - Probably select the five-day schedule
 - Probably select the four-day schedule
 - Definitely select the four-day schedule

Select Next to advance to the next question.

Select Prev to return to a previous screen.

Now we will ask you some questions about the adults and children that usually live or stay with you.

4. How many adults (someone 19 & older) usually live or stay with you?

Please include yourself. Click on the arrows below to view the possible responses.

- 1 adult, myself
- 2 adults
- 3 adults
- 4 adults
- 5 adults
- 6 adults
- 7 adults
- 8 adults
- 9 adults
- 10 adults

5. How many children (someone 18 & under) usually live or stay with you?

- 1 child
- 2 children
- 3 children
- 4 children
- 5 children
- 6 children
- 7 children
- 8 children
- 9 children
- 10 children
- More than 10 children

6. How many of the children (someone 18 & under) that usually live or stay with you are currently enrolled in kindergarten through 6th grade?

- No children [CONFIRMATION]
- 1 child [CHILD INFO]
- 2 children [RANDOMIZER]
- 3 children [RANDOMIZER]
- 4 children [RANDOMIZER]
- 5 children [RANDOMIZER]
- 6 children [RANDOMIZER]
- 7 children [RANDOMIZER]
- 8 children [RANDOMIZER]
- 9 children [RANDOMIZER]
- 10 children [RANDOMIZER]
- More than 10 children [RANDOMIZER]

[CONFIRMATION: 4dsw and 5dsw]

7. Please confirm the number of children enrolled in kindergarten, 1st, 2nd, 3rd, 4th, 5th or 6th grade that usually live or stay with you.
- No children [INELIGIBLE]
 - 1 child [CHILD INFO]
 - 2 children [RANDOMIZER]
 - 3 children [RANDOMIZER]
 - 4 children [RANDOMIZER]
 - 5 children [RANDOMIZER]
 - 6 children [RANDOMIZER]
 - 7 children [RANDOMIZER]
 - 8 children [RANDOMIZER]
 - 9 children [RANDOMIZER]
 - 10 children [RANDOMIZER]
 - More than 10 children [RANDOMIZER]

[RANDOMIZER: 4dsw and 5dsw]

Please think about your **oldest** child in grades **kindergarten through 6th grade** from this point forward.

Please think about your **youngest** child in grades **kindergarten through 6th grade** from this point forward.

[CHILD INFO: 4dsw and 5dsw]

8. What is your relationship to this child?

- Mother
- Father
- Step-mother
- Step-father
- Grandmother
- Grandfather
- Aunt
- Uncle
- Guardian
- Other

9. How old is this child?

- 4 years old
- 5 years old
- 6 years old
- 7 years old
- 8 years old
- 9 years old
- 10 years old
- 11 years old
- 12 years old
- Prefer not to share

10. What grade is this child in?

- Kindergarten
- 1st grade
- 2nd grade
- 3rd grade
- 4th grade
- 5th grade
- 6th grade

11. What is the gender of this child?

- Female
- Male
- Prefer not to share

12. Does this child live at more than one address?

Do not include vacation properties.

- Yes
- No [Skip to 14/SEL]

[CUSTODY – 4dsw and 5dsw]

13. Does this child...

- Spend the most time at your home?
- Spend the most time at another home?
- Spend equal time at your and another home?

[Socialemotional-Student Learning Exp/Learning Engage/Dev Supports: 4dsw and 5dsw]

We would now like to learn about your child's school.

Please continue to think about the same child in grade K through 6.

14. Please indicate how much you agree or disagree with the following statements about this school.

	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
This school promotes academic success for all students					
This school encourages all students to engage with challenging material regardless of their race, ethnicity, or nationality					
This school provides high quality instruction to my child					
This school is a supportive and inviting place for students to learn					
This school has high expectations for all students					
This school has teachers who go out of their way to help students					
This school has adults that really care about students					
This school motivates students to learn					

[Socioemotional – Family Engagement: All items in the section are taken from validated Panorama School Family Relationships survey: 4dsw and 5dsw]

Please continue to think about the same child in grade K through 6.

15. How often do you meet in person with teachers at this child's school?

- Almost never
- Once or twice per year
- Every few months
- Monthly
- Weekly or more

16. How involved have you been with a parent group(s) at this child's school?

- Not at all involved
- Slightly involved
- Somewhat involved
- Quite involved
- Extremely involved

17. In the past year, how often have you visited this child's school?

- Almost never
- Once or twice per year
- Every few months
- Monthly
- Weekly or more

18. In the past year, how often have you discussed this child's school with other parents from the school?

- Almost never
- Once or twice per year
- Every few months
- Monthly
- Weekly or more

19. How involved have you been in fundraising efforts at this child's school?

- Not at all involved
- Slightly involved
- Somewhat involved
- Quite involved
- Extremely involved

20. In the past year, how often have you helped out at this child's school?

- Almost never
- Once or twice per year
- Every few months
- Monthly
- Weekly or more

[COST TRANSPORT – Taken from the Safe Rides to School survey: 4dsw and 5dsw]

These questions ask about how the child gets to and from school most of the time this year.

Please continue to think about the same child in grade K through 6.

21. How does this child **get to school** most of the time?

- School bus
- Walk
- Bike
- Family vehicle (only household members)
- Carpool (includes some non-household members)
- Public transportation
- Other

22. How long does it normally take this child to get to school?

10 minutes or less	41-50 minutes	81-90 minutes
11-20 minutes	51-60 minutes	More than 90 minutes
21-30 minutes	61-70 minutes	Don't know/Not sure
31-40 minutes	71-80 minutes	

23. How does this child **get home from school** most of the time?

- School bus
- Walk
- Bike
- Family vehicle (only household members)
- Carpool (includes some non-household members)
- Public transportation
- Other

24. How long does it normally take this child to get home from school?

10 minutes or less	41-50 minutes	81-90 minutes
11-20 minutes	51-60 minutes	More than 90 minutes
21-30 minutes	61-70 minutes	Don't know/Not sure
31-40 minutes	71-80 minutes	

[AST – Modified from childcare setting surveys: 4dsw and 5dsw]

We would now like to learn about how this child spends time after school.

25. How much time does this child spend doing the following on a **typical week after school**?

Please think about this child's time after school until bedtime, across the entire school week.

If this child does not spend time in the activity, please select No hours.

	Hours per week after school
Homework or studying	
School sponsored sports	
Non-school sports or exercising	
School sponsored activities other than sports, such as band, play, newspaper, yearbook, student council, chess club	
Hobbies or clubs other than sports that are not sponsored by school, such as church, music, art, scouts	
Helping the family with work at a family business or working farm or ranch (paid or unpaid)	
Helping the family with chores, such as housekeeping, caring for younger siblings, or yard work (paid or unpaid)	
Free time for playing and hanging out	

[AST LOCATION]

26. Where does this child spend **the most time after school each week**?

Please think about this child's time after school until bedtime, across the entire school week.

- The child's home
- Another person's home
- School
- Childcare or daycare center
- A place run by the city, county, or other government organizations (like a city park, county library, or a community center)
- A place not run by a government organization (like a church, art studio, or restaurant)

27. Who is supervising the child at this time?

- Me or the child's other parent
- An older brother or sister
- Another relative
- A non-relative
- Child is responsible for self

28. What are the main activities the child does at this place?

Select all that apply.

- Homework or studying
- School sponsored sports
- Non-school sports or exercising
- School sponsored activities other than sports, such as band, play, newspaper, yearbook, student council, chess club
- Hobbies or clubs other than sports that are not sponsored by school, such as church, music, art, scouts, etc.
- Helping the family with work at a family business or working farm or ranch (paid or unpaid)
- Helping the family with chores, such as housekeeping, caring for younger siblings, or yard work (paid or unpaid)
- Free time for playing and hanging out
- Something else
- Don't know

29. About how many hours does he/she typically spend at this place **during the school week**?

Please think about this child's time after school until bedtime, across the entire school week.

- 1 hour
- 2 hours
- 3 hours
- 4 hours
- 5 hours

- 6 hours
- 7 hours
- 8 hours
- 9 hours
- 10 hours
- 11 hours
- 12 hours
- 13 hours
- 14 hours
- 15 hours
- 16 hours
- 17 hours
- 18 hours
- 19 hours
- 20 hours
- 21 hours
- 22 hours
- 23 hours
- 24 hours
- 25 hours
- 26 hours
- 27 hours
- 28 hours
- 29 hours
- 30 or more hours

30. How much do you pay for this (supervision and activities) **each school week**?

Please estimate your weekly costs to the nearest dollar. Enter only numbers; do not enter cents or a dollar sign. For example, if you pay \$120.45 per week, enter 120. If you do not pay for this, enter 0.

[2nd MOST TIME – Taken from validated childcare surveys: 4dsw and 5dsw]

Please continue to think about the same child in grade K through 6.

31. Is there a second place where this child typically spends more than an hour each week after school?

Please consider all places where your child spends time, including home.

- Yes [AST 2nd PLACE LOCATION]
- No [AST SCREEN TIME]

[2nd PLACE LOCATION]

Please continue to think about the same child in grade K through 6.

32. Where does this child spend the **second-most amount of time each week after school**?

Please think about this child's time after school until bedtime, across the entire school week.

- The child's home
- Another person's home
- School
- Childcare or daycare center
- A place run by the city, county, or other government organizations (like a city park, county library, or a community center)
- A place not run by a government organization (like a church, art studio, or restaurant)

33. Who is supervising the child at this time?

- Me or the child's other parent
- An older brother or sister
- Another relative
- A non-relative
- Child is responsible for self

34. What are the main activities the child does while at this place?

Select all that apply.

- Homework or studying
- School sponsored sports
- Non-school sports or exercising
- School sponsored activities other than sports, such as band, play, newspaper, yearbook, student council, chess club
- Hobbies or clubs other than sports that are not sponsored by school, such as church, music, art, scouts, etc.
- Helping the family with work at a family business or working farm or ranch (paid or unpaid)
- Helping the family with chores, such as housekeeping, caring for younger siblings, or yard work (paid or unpaid)
- Free time for playing and hanging out
- Something else
- Don't know

35. About how many hours does he/she typically spend at this place **during the school week**?

Please think about this child's time after school until bedtime, across the entire school week.

- 1 hour
- 2 hours
- 3 hours

- 4 hours
- 5 hours
- 6 hours
- 7 hours
- 8 hours
- 9 hours
- 10 hours
- 11 hours
- 12 hours
- 13 hours
- 14 hours
- 15 hours
- 16 hours
- 17 hours
- 18 hours
- 19 hours
- 20 hours
- 21 hours
- 22 hours
- 23 hours
- 24 hours
- 25 hours
- 26 hours
- 27 hours
- 28 hours
- 29 hours
- 30 or more hours

36. How much do you pay for this (supervision and activities) **each school week**?

Please estimate your weekly costs to the nearest dollar. Enter only numbers; do not enter cents or a dollar sign. For example, if you pay \$120.45 per week, enter 120. If you do not pay for this, enter 0.

[3rd MOST TIME – Taken from validated childcare surveys: 4dsw and 5dsw]

37. Is there a third place where this child typically spends more than an hour each week after school?

Please consider all places where your child spends time, including home.

- Yes [AST 3rd PLACE LOCATION]
- No [AST SCREEN TIME]

[3rd PLACE LOCATION]

38. Where does this child spend the **third-most amount of time each week after school**?

Please think about this child's time after school until bedtime, across the entire school week.

- The child's home
- Another person's home
- School
- Childcare or daycare center
- A place run by the city, county, or other government organizations (like a city park, county library, or a community center)
- A place not run by a government organization (like a church, art studio, or restaurant)

39. Who is supervising the child at this time?

- Me or the child's other parent
- An older brother or sister
- Another relative
- A non-relative
- Child is responsible for self

40. What are the main activities the child does while at this place?

Select all that apply.

- Homework or studying
- School sponsored sports
- Non-school sports or exercising
- School sponsored activities other than sports, such as band, play, newspaper, yearbook, student council, chess club
- Hobbies or clubs other than sports that are not sponsored by school, such as church, music, art, scouts, etc.
- Helping the family with work at a family business or working farm or ranch (paid or unpaid)
- Helping the family with chores, such as housekeeping, caring for younger siblings, or yard work (paid or unpaid)
- Free time for playing and hanging out
- Something else
- Don't know

41. About how many hours does he/she typically spend at this place **during the school week**?

Please think about this child's time after school until bedtime, across the entire school week.

- 1 hour
- 2 hours
- 3 hours
- 4 hours
- 5 hours

- 6 hours
- 7 hours
- 8 hours
- 9 hours
- 10 hours
- 11 hours
- 12 hours
- 13 hours
- 14 hours
- 15 hours
- 16 hours
- 17 hours
- 18 hours
- 19 hours
- 20 hours
- 21 hours
- 22 hours
- 23 hours
- 24 hours
- 25 hours
- 26 hours
- 27 hours
- 28 hours
- 29 hours
- 30 or more hours

42. How much do you pay for this (supervision and activities) **each school week**?

Please estimate your weekly costs to the nearest dollar. Enter only numbers; do not enter cents or a dollar sign. For example, if you pay \$120.45 per week, enter 120. If you do not pay for this, enter 0.

[AST SCREEN TIME – Taken from CDC Youth Risk Behavior Survey: 4dsw and 5dsw]

43. On an average **day after school**, how many hours does this child watch TV, play video or computer games, or use a computer for something that is not school work?

Count time spent playing games, watching videos, texting, or using social media on a smartphone, computer, Xbox, PlayStation, iPad, or other tablet.

- This child typically does not watch TV, play video or computer games or use a computer for something that is not school work
- Less than 1 hour per day
- 1 hour per day
- 2 hours per day
- 3 hours per day
- 4 hours per day
- 5 hours per day
- 6 hours per day
- 7 hours per day
- 8 hours per day
- 9 hours per day
- 10 hours per day
- 11 hours per day
- 12 hours per day
- 13 hours per day
- 14 hours per day
- 15 hours per day
- 16 hours per day
- 17 hours per day
- 18 hours per day
- 19 hours per day
- 20 or more hours per day
- Don't know/Not sure

[AST 5th DAY – Taken from childcare surveys: 4dsw only]

We would like to learn about how this child spends time on the weekday when school is not in session. We will refer to this as the “fifth day”.

44. How much time does this child spend doing the following on a **typical fifth day**?

Please think about this child’s time after waking up in the morning until bedtime.

If this child does not spend time in the activity, please select No hours.

	Hours per fifth day
Homework or studying	
School sponsored sports	
Non-school sports or exercising	
School sponsored activities other than sports, such as band, play, newspaper, yearbook, student council, chess club	
Hobbies or clubs other than sports that are not sponsored by school, such as church, music, art, scouts	
Helping the family with work at a family business or working farm or ranch (paid or unpaid)	
Helping the family with chores, such as housekeeping, caring for younger siblings, or yard work (paid or unpaid)	
Free time for playing and hanging out	

[FIFTH DAY LOCATION]

45. Where does the child spend **the most time on the fifth day**?

Please think about this child's time after waking up in the morning until bedtime.

- The child's home
- Another person's home
- School
- Childcare or daycare center
- A place run by the city, county, or other government organizations (like a city park, county library, or a community center)
- A place not run by a government organization (like a church, art studio, or restaurant)

46. Who is supervising the child at this time?

- Me or the child's other parent
- An older brother or sister
- Another relative
- A non-relative
- Child is responsible for self

47. What are the main activities the child does while at this place?

Select all that apply.

- Homework or studying
- School sponsored sports
- Non-school sports or exercising
- School sponsored activities other than sports, such as band, play, newspaper, yearbook, student council, chess club
- Hobbies or clubs other than sports that are not sponsored by school, such as church, music, art, scouts
- Helping the family with work at a family business or working farm or ranch (paid or unpaid)
- Helping the family with chores, such as housekeeping, caring for younger siblings, or yard work (paid or unpaid)
- Free time for playing and hanging out
- Something else
- Don't know

48. About how many hours does he/she typically spend at this place on the **fifth day**?

Please think about this child's time after school until bedtime.

- 1 hour
- 2 hours
- 3 hours
- 4 hours
- 5 hours
- 6 hours
- 7 hours
- 8 hours

- 9 hours
- 10 hours
- 11 hours
- 12 hours
- 13 hours
- 14 hours
- 15 hours
- 16 hours
- 17 hours
- 18 hours
- 19 hours
- 20 hours
- 21 hours
- 22 hours
- 23 hours
- 24 hours

49. How much do you pay for this (supervision and activities) on the **fifth day**?

Please estimate your costs on the fifth day to the nearest dollar. Enter only numbers; do not enter cents or a dollar sign. For example, if you pay \$120.45 per week, enter 120. If you do not pay for this, enter 0.

[AST 5th DAY – 2nd PLACE – Taken from childcare surveys: 4dsw only]

50. Is there another place where this child typically spends more than an hour on the fifth day?

Please think about this child's time after waking up in the morning until bedtime. Consider all places where your child spends time, including home.

- Yes [AST 5th DAY 2nd LOCATION]
- No [AST 5th DAY SCREEN TIME]

[AST 5th DAY – 2nd PLACE LOCATION]

Please continue to think of the same child in grade K through 6.

51. Where does the child spend the **second-most amount of time on the fifth day?**

Please think about this child's time after waking up in the morning until bedtime.

- The child's home
- Another person's home
- School
- Childcare or daycare center
- A place run by the city, county, or other government organizations (like a city park, county library, or a community center)
- A place not run by a government organization (like a church, art studio, or restaurant)

52. Who is supervising the child at this time?

- Me or the child's other parent
- An older brother or sister
- Another relative
- A non-relative
- Child is responsible for self

53. What are the main activities the child does while at this place?

Select all that apply.

- Homework or studying
- School sponsored sports
- Non-school sports or exercising
- School sponsored activities other than sports, such as band, play, newspaper, yearbook, student council, chess club
- Hobbies or clubs other than sports that are not sponsored by school, such as church, music, art, scouts, etc.
- Helping the family with work at a family business or working farm or ranch (paid or unpaid)
- Helping the family with chores, such as housekeeping, caring for younger siblings, or yard work (paid or unpaid)
- Free time for playing and hanging out
- Something else
- Don't know

54. About how many hours does he/she typically spend at this place on the **fifth day**?

Please think about this child's time after waking up in the morning until bedtime.

- 1 hour
- 2 hours
- 3 hours
- 4 hours
- 5 hours
- 6 hours
- 7 hours
- 8 hours
- 9 hours
- 10 hours
- 11 hours
- 12 hours
- 13 hours
- 14 hours
- 15 hours
- 16 hours
- 17 hours
- 18 hours
- 19 hours
- 20 hours
- 21 hours
- 22 hours
- 23 hours
- 24 hours

55. How much do you pay for this (supervision and activities) on the **fifth day**?

Please estimate your costs on the fifth day to the nearest dollar. Enter only numbers; do not enter cents or a dollar sign. For example, if you pay \$120.45 per week, enter 120. If you do not pay for this, enter 0.

[AST 5th DAY – 3rd PLACE – Taken from childcare surveys: 4dsw only]

56. Is there a third place where this child typically spends more than an hour on the fifth day?

*Please think about this child's time after waking up in the morning until bedtime.
Consider all places where your child spends time, including home.*

- Yes [AST 5th DAY 3rd LOCATION]
- No [AST 5th DAY SCREEN TIME]

[AST 5th DAY – 3rd PLACE LOCATION]

Please continue to think of the same child in grade K through 6.

57. Where does the child spend the **third-most amount of time on the fifth day**?

Please think about this child's time after waking up in the morning until bedtime.

- The child's home
- Another person's home
- School
- Childcare or daycare center
- A place run by the city, county, or other government organizations (like a city park, county library, or a community center)
- A place not run by a government organization (like a church, art studio, or restaurant)

58. Who is supervising the child at this time?

- Me or the child's other parent
- An older brother or sister
- Another relative
- A non-relative
- Child is responsible for self

59. What are the main activities the child does while at this place?

Select all that apply.

- Homework or studying
- School sponsored sports
- Non-school sports or exercising
- School sponsored activities other than sports, such as band, play, newspaper, yearbook, student council, chess club
- Hobbies or clubs other than sports that are not sponsored by school, such as church, music, art, scouts, etc.
- Helping the family with work at a family business or working farm or ranch (paid or unpaid)
- Helping the family with chores, such as housekeeping, caring for younger siblings, or yard work (paid or unpaid)
- Free time for playing and hanging out
- Something else
- Don't know

60. About how many hours does he/she typically spend at this place on the **fifth day**?

Please think about this child's time after waking up in the morning until bedtime.

- 1 hour
- 2 hours
- 3 hours
- 4 hours
- 5 hours
- 6 hours

- 7 hours
- 8 hours
- 9 hours
- 10 hours
- 11 hours
- 12 hours
- 13 hours
- 14 hours
- 15 hours
- 16 hours
- 17 hours
- 18 hours
- 19 hours
- 20 hours
- 21 hours
- 22 hours
- 23 hours
- 24 hours

61. How much do you pay for this (supervision and activities) on the **fifth day**?

Please estimate your costs on the fifth day to the nearest dollar. Enter only numbers; do not enter cents or a dollar sign. For example, if you pay \$120.45 per week, enter 120. If you do not pay for this, enter 0.

[AST 5th DAY SCREEN TIME – Taken from CDC Youth Risk Behavior Survey: 4dsw and 5dsw]

62. On an average **fifth day**, how many hours does this child watch TV, play video or computer games, or use a computer for something that is not school work?

Count time spent playing games, watching videos, texting, or using social media on a smartphone, computer, Xbox, PlayStation, iPad, or other tablet.

- This child typically does not watch TV, play video or computer games or use a computer for something that is not school work
- Less than 1 hour per fifth day
- 1 hour per fifth day
- 2 hours per fifth day
- 3 hours per fifth day
- 4 hours per fifth day
- 5 hours per fifth day
- 6 hours per fifth day
- 7 hours per fifth day
- 8 hours per fifth day
- 9 hours per fifth day
- 10 hours per fifth day
- 11 hours per fifth day
- 12 hours per fifth day
- 13 hours per fifth day
- 14 hours per fifth day
- 15 hours per fifth day
- 16 hours per fifth day
- 17 hours per fifth day
- 18 hours per fifth day
- 19 hours per fifth day
- 20 hours per fifth day
- Don't know/Not sure

[AST WEEKEND – Taken from childcare surveys: 4dsw and 5dsw]

The next set of questions asks about the **weekend** – Saturday and Sunday.

Please continue to think of the same child in grades K through 6.

63. How much time does this child spend doing the following on a typical **weekend** – including both Saturday and Sunday?

Please think about this child's time after waking up in the morning until bedtime.

If this child does not spend time in the activity, please select No hours.

	Hours per weekend
Homework or studying	
School sponsored sports	
Non-school sports or exercising	
School sponsored activities other than sports, such as band, play, newspaper, yearbook, student council, chess club	
Hobbies or clubs other than sports that are not sponsored by school, such as church, music, art, scouts, etc.	
Helping the family with work at a family business or working farm or ranch (paid or unpaid)	
Helping the family with chores, such as housekeeping, caring for younger siblings, or yard work (paid or unpaid)	

[WEEKEND SCREEN TIME – Taken from CDC Youth Risk Behavior Survey: 4dsw and 5dsw]

64. On an average **weekend**, how many hours total – over Saturday and Sunday - does this child watch TV, play video or computer games, or use a computer for something that is not school work? [Taken from CDC Youth Risk Behavior Survey: 4dsw and 5dsw]

Count time spent playing games, watching videos, texting, or using social media on a smartphone, computer, Xbox, PlayStation, iPad, or other tablet.

- This child typically does not watch TV, play video or computer games or use a computer for something that is not school work
- Less than 1 hour per day
- 1 hour per weekend
- 2 hours per weekend
- 3 hours per weekend
- 4 hours per weekend
- 5 hours per weekend
- 6 hours per weekend
- 7 hours per weekend
- 8 hours per weekend
- 9 hours per weekend
- 10 hours per weekend
- 11 hours per weekend
- 12 hours per weekend
- 13 hours per weekend
- 14 hours per weekend
- 15 hours per weekend
- 16 hours per weekend
- 17 hours per weekend
- 18 hours per weekend
- 19 hours per weekend
- 20 hours per weekend
- 21 hours per weekend
- 22 hours per weekend
- 23 hours per weekend
- 24 hours per weekend
- 25 hours per weekend
- 26 hours per weekend
- 27 hours per weekend
- 28 hours per weekend
- 29 hours per weekend
- 30 or more hours per weekend
- Don't know/Not sure

[HEALTH - Perceived Stress Scale Cohen, S., Kamarck, T., & Mermelstein, R. (1983). A global measure of perceived stress. Journal of Health and Social Behavior, 24, 385-396: 4dsw and 5dsw]

The next questions ask you about your feelings and thoughts during the last month. In each case, you will be asked to indicate how often you felt or thought a certain way.

65. In the last month, how often has dealing with your child’s schedule made you feel stressed out, anxious, or overwhelmed?

Never	Almost never	Sometimes	Fairly often	Very often

66. In the last month, how often have you felt that you were unable to control the important things in your life?

Never	Almost never	Sometimes	Fairly often	Very often

67. In the last month, how often have you felt confident in your ability to handle your personal problems?

Never	Almost never	Sometimes	Fairly often	Very often

68. In the last month, how often have you felt that things were going your way?

Never	Almost never	Sometimes	Fairly often	Very often

69. In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?

Never	Almost never	Sometimes	Fairly often	Very often

[HEALTH SLEEP – Adapted from CHOICE Survey and many other sleep measures: 4dsw and 5dsw]

The next questions ask about the usual sleep habits of your child.

Please continue to think of the same child in grades K through 6.

70. What time does the child usually **wake-up on school days**? [4dsw and 5dsw]

- Before 5:00 AM
- 5:00 AM
- 5:15 AM
- 5:30 AM
- 5:45 AM
- 6:00 AM
- 6:15 AM
- 6:30 AM
- 6:45 AM
- 7:00 AM
- 7:15 AM
- 7:30 AM
- 7:45 AM
- 8:00 AM
- 8:15 AM
- 8:30 AM
- 8:45 AM
- 9:00 AM
- After 9:00 AM

71. What time does the child usually **go to bed on school nights**? [4dsw and 5dsw]

- Before 8:00 PM
- 8:00 PM
- 8:15 PM
- 8:30 PM
- 8:45 PM
- 9:00 PM
- 9:15 PM
- 9:30 PM
- 9:45 PM
- 10:00 PM
- 10:15 PM
- 10:30 PM
- 10:45 PM
- 11:00 PM
- 11:15 PM
- 11:30 PM
- 11:45 PM

- 12:00 AM
- 12:15 AM
- 12:30 AM
- 12:45 AM
- 1:00 AM
- 1:15 AM
- 1:30 AM
- 1:45 AM
- 2:00 AM
- After 2:00 AM

72. What time does the child usually wake-up on the **fifth day**, the weekday when school is not in session? [4dsw]

- Before 5:00 AM
- 5:00 AM
- 5:15 AM
- 5:30 AM
- 5:45 AM
- 6:00 AM
- 6:15 AM
- 6:30 AM
- 6:45 AM
- 7:00 AM
- 7:15 AM
- 7:30 AM
- 7:45 AM
- 8:00 AM
- 8:15 AM
- 8:30 AM
- 8:45 AM
- 9:00 AM
- 9:15 AM
- 9:30 AM
- 9:45 AM
- 10:00 AM
- 10:15 AM
- 10:30 AM
- 10:45 AM
- 11:00 AM
- 11:15 AM
- 11:30 AM
- 11:45 AM
- 12:00 PM
- After 12:00 PM

73. What time does the child usually **go to bed the night before the fifth day**, the night before the weekday school is not in session? [4dsw]

- Before 8:00 PM
- 8:00 PM
- 8:15 PM
- 8:30 PM
- 8:45 PM
- 9:00 PM
- 9:15 PM
- 9:30 PM
- 9:45 PM
- 10:00 PM
- 10:15 PM
- 10:30 PM
- 10:45 PM
- 11:00 PM
- 11:15 PM
- 11:30 PM
- 11:45 PM
- 12:00 AM
- 12:15 AM
- 12:30 AM
- 12:45 AM
- 1:00 AM
- 1:15 AM
- 1:30 AM
- 1:45 AM
- 2:00 AM
- After 2:00 AM

74. **In the past 7 days**, how often did your child feel tired, worn out, or sleepy during the day? [Adapted from PROMIS Fatigue Short Form; 4dsw and 5dsw]

- Never
- Rare
- Occasionally
- Everyday

[HEALTH MEDICAL CARE VISITS – See below for item source: 4dsw and 5dsw]

The next questions ask about the child's medical care.

Please continue to think about the same child in grade K through 6.

75. **During this school year**, on what day of the week do you typically take your child for doctor appointments (including dental or orthodontic appointments)? [CDC Youth Risk Behavior Survey]
- Monday
 - Tuesday
 - Wednesday
 - Thursday
 - Friday
 - No typical day
76. **Since the start of the school year**, how many times did this child see a doctor, nurse, dentist, orthodontist, or other health care provider for sick-child care, well-child check-ups, dental care, physical exams, hospitalizations or other kind of medical care? [National Survey of Children's Health]
- 0 times, not at all
 - 1 time
 - 2 times
 - 3 times
 - 4 times
 - 5 or more times
77. **Since the start of the school year**, about how many days did this child miss school for any reason (e.g., sickness, doctor's appointments, family travel, non-school sport travel)? [Bloom B, Cohen RA. Summary health statistics for U.S. children: National Health Interview Survey, 2006. Vital Health Stat 2007;10(234)]
- 0 days
 - 1 day
 - 2 days
 - 3 days
 - 4 days
 - 5 days
 - 6 days
 - 7 days
 - 8 days
 - 9 days
 - 10 days
 - 11 days
 - 12 days
 - 13 days
 - 14 days
 - 15 days

- 16 days
- 17 days
- 18 days
- 19 days
- 20 days
- 21 days
- 22 days
- 23 days
- 24 days
- 25 days
- 26 days
- 27 days
- 28 days
- 29 days
- 30 or more days

[HEALTH SDQ - Strengths and Difficulties Questionnaire, Parent Version: 4dsw and 5dsw]

These questions ask about this child's behavior.

Please continue to think of the same child in grade K to 6.

78. For each item, please mark the box for Not True, Somewhat True or Certainly True. It would help us if you answered all items as best you can even if you are not absolutely certain.

Please give your answers on the basis of this child's behavior **over the last six months.**

	Not true	Somewhat true	Certainly true
Restless, overactive, cannot stay still for long			
Often complains of headaches, stomachaches, or sickness			
Often loses temper			
Rather solitary, prefers to play alone			
Generally well behaved, usually does what adults request			
Many worries or often seems worried			
Constantly fidgeting or squirming			
Has at least one good friend			
Often fights with other children or bullies them			
Often unhappy, depressed or tearful			
Generally liked by other children			
Easily distracted, concentration wanders			
Nervous or clingy in new situations, easily loses confidence			
Often lies or cheats			
Picked on or bullied by other children			
Thinks things out before acting			
Steals from home, school or elsewhere			
Gets along better with adults than with other children			
Many fears, easily scared			
Good attention span, sees work through to the end			

[DEMOGRAPHICS: 4dsw and 5dsw]

To finish up, we want to ask a few questions about you and your household.

79. What is your gender?

- Female
- Male
- Prefer not to share

80. Are you Hispanic or Latino?

- Yes
- No
- Prefer not to share

81. What is your race?

Select all that apply.

- American Indian or Alaska Native
- Asian or Asian American
- Black or African American
- Native Hawaiian or other Pacific Islander
- White or Caucasian
- Prefer not to share

82. What is your current employment status?

- Employed full time (35 or more hours per week)
- Employed part time (fewer than 35 hours per week)
- Unemployed and currently looking for work
- Unemployed and not currently looking for work
- Student
- Retired
- Homemaker
- Self-employed
- Unable to work

83. What is your highest grade or level of education you have completed?

- 8th grade or less
- 9th-12th grade; No diploma
- High School Graduate or GED completed
- Completed a vocational, trade, or business school program
- Some College cred, but not degree
- Associate Degree (AA, AS)
- Bachelor's Degree (BA, BS, AB)
- Master's Degree (i.e., MA, MS, MSW, MBA) or Doctorate (Ph.D.)
- Professional Degree (MS, DDS, DVM, JD)

84. What is your marital status?

- Married [PARTNER DEMOGRAPHICS]
- Not married, living with partner [PARTNER DEMOGRAPHICS]
- Never married [DEMOGRAPHICS ACCESS]
- Divorced [DEMOGRAPHICS ACCESS]
- Separated [DEMOGRAPHICS ACCESS]
- Widowed [DEMOGRAPHICS ACCESS]
- Prefer not to share [DEMOGRAPHICS ACCESS]

[PARTNER DEMOGRAPHICS: 4dsw and 5dsw]

85. What is your spouse or partner's current employment status?

- Employed full time (35 or more hours per week)
- Employed part time (fewer than 35 hours per week)
- Unemployed and currently looking for work
- Unemployed and not currently looking for work
- Student
- Retired
- Homemaker
- Self-employed
- Unable to work

[DEMOGRAPHICS ACCESS: 4dsw and 5dsw]

86. Do you have Internet access at your house?

- Yes
- No
- Don't know

87. Do you get cell phone reception at your house?

- Yes
- No
- Sometimes
- Don't know

[INCOME: 4dsw and 5dsw]

88. Which category represents the **total combined income of all members of your family** during the past 12 months?

This includes money from jobs, net income from business, farm or rent, pensions, dividends, interest, social security payments and any other money income received.

- Less than \$5,000
- 5,000 to 7,499
- 7,500 to 9,999
- 10,000 to 12,499
- 12,500 to 14,999
- 15,000 to 19,999
- 20,000 to 24,999
- 25,000 to 29,999
- 30,000 to 34,999
- 35,000 to 39,999
- 40,000 to 49,999
- 50,000 to 59,999
- 60,000 to 74,999
- 75,000 to 99,999
- 100,000 to 149,000
- 150,000 to more
- Prefer not to share

[HEALTH FOOD SECURITY - American Academy of Pediatrics: 4dsw and 5dsw]

Below are two statements that people have made about their food situation.

Please select the answer that best describes you/your household.

89. Within the past 12 months, we worried whether our food would run out before we got money to buy more.

- Often true
- Sometimes true
- Never true

90. Within the past 12 months, the food we bought just didn't last and we didn't have money to get more.

- Often true
- Sometimes true
- Never true

[SKIP TO GIFT CARD INFO]

[DISQUALIFICATION]

You do not have a child currently enrolled in kindergarten through 6th grade. This survey is only for families of children in grades K through 6.

If you have questions or concerns about this information, please contact Andie Phillips by email at aphillip@rand.org or phone (412-683-2300 ext. 6094).

[SKIP TO CONCLUSION]

[GIFT CARD INFO]

Enter your email below to receive an Amazon e-gift card in honor of your time.

If you do not wish to receive an e-gift card, select Next.

Email Address

[GIFT CARD VALIDATION]

Please re-enter your email address for accuracy.

If you do not wish to receive an e-gift card, select Done.

Email Address

Student Survey

[4dsw]

The RAND Corporation, a research institution, is conducting a study of four-day school weeks. We will examine how the four-day school week influences the well-being of students, families, and the community. The Robert Wood Johnson Foundation is funding our study.

We would like to learn about your experience with and opinion of the schedule in your school district! We will also ask you questions about sleep and screen time, peer relationships, wellness, transportation to and from school, and how you spend your time outside of school.

Your participation in this survey is voluntary. You can skip any questions you do not want to answer or stop taking the survey at any time. You will not get in trouble if you do not want to take the survey. Nothing about this survey will affect your grades. It will take no more than 30 minutes to complete the survey.

Your answers are confidential. There are no right or wrong answers. No one will be told how you answered any question. Your answers will be combined with those of other students in your district and across the country. Your answers will be used only for research. When this study is over we will delete all survey responses.

Results from this study will be useful to your school district and community, as well as other students, school districts, and communities throughout the country.

If you have questions about your rights as a research participant or need to report a research-related injury or concern, you can contact RAND's Human Subjects Protection Committee toll-free at (866) 697-5620 or by emailing hspcinfo@rand.org. If possible, when you contact the Committee, please reference Study #2019-0322.

If you have any questions or concerns about this survey, you can also contact Andie Phillips by telephone at 412-683-2300 ext. 6094 or by email at aphillip@rand.org. You can also ask to speak with someone from your school district, like the principal.

Select Next if you agree to participate in this survey.

[5dsw]

The RAND Corporation, a research institution, is conducting a study of school district schedules. We will examine how school schedules influence the well-being of students, families, and the community. The Robert Wood Johnson Foundation is funding our study.

We would like to learn about your experience with and opinion of the schedule in your school district! We will also ask you questions about sleep and screen time, peer relationships, wellness, transportation to and from school, and how you spend your time outside of school.

Your participation in this survey is voluntary. You can skip any questions you do not want to answer or stop taking the survey at any time. You will not get in trouble if you do not want to take the survey. Nothing about this survey will affect your grades. It will take no more than 30 minutes to complete the survey.

Your answers are confidential. There are no right or wrong answers. No one will be told how you answered any question. Your answers will be combined with those of other students in your district and across the country. Your answers will be used only for research. When this study is over we will delete all survey responses.

Results from this study will be useful to your school district and community, as well as other students, school districts, and communities throughout the country.

If you have questions about your rights as a research participant or need to report a research-related injury or concern, you can contact RAND's Human Subjects Protection Committee toll-free at (866) 697-5620 or by emailing hspcinfo@rand.org. If possible, when you contact the Committee, please reference Study #2019-0322.

If you have any questions or concerns about this survey, you can also contact Andie Phillips by telephone at 412-683-2300 ext. 6094 or by email at aphillip@rand.org. You can also ask to speak with someone from your school district, like the principal.

Select Next if you agree to participate in this survey.

[SATISFACTION – Items slightly modified to fit the four-day school week context from Client Survey Questionnaire - 3 (Larsen, Attkinson, Jargreaves, & Nguyen 1979): See below for 4dsw and/or 5dsw]

We would first like to learn your opinion of the four-day school week. [4dsw]

1. Do you like having a four-day school week? [4dsw]
 - I like it a lot
 - I mostly like it
 - I neither like it nor dislike it
 - I don't like it that much
 - I really don't like it

2. If you could choose, would you go to school for five days a week or four days a week? [4dsw]
 - Definitely five days a week
 - Probably five days a week
 - Probably four days a week
 - Definitely four days a week

Select Next to advance to the next question.

Select Prev to return to a previous screen.

[COST TRANSPORT – Taken from the Safe Rides to School survey: 4dsw and 5dsw]

We would like to learn how you get to and from school most of the time this year.

3. How do you **get to school** most of the time?

- School bus
- Walk
- Bike
- Drive a family vehicle (other members of my family may also ride in the vehicle)
- Ride in a family vehicle, but I don't drive (other members of my family may also ride in the vehicle)
- Carpool (people from other families ride in a vehicle with me)
- Public transportation (like a city bus)
- Other

4. How long does it normally take you to get to school?

Click on the arrows below to view the possible responses.

10 minutes or less	41-50 minutes	81-90 minutes
11-20 minutes	51-60 minutes	More than 90 minutes
21-30 minutes	61-70 minutes	Don't know/Not sure
31-40 minutes	71-80 minutes	

5. How do you **get home from school** most of the time?

- School bus
- Walk
- Bike
- Drive a family vehicle (other members of my family may also ride in the vehicle)
- Ride in a family vehicle, but I don't drive (other members of my family may also ride in the vehicle)
- Carpool (people from other families ride in a vehicle with me)
- Public transportation (like a city bus)
- Other

6. How long does it normally take you to get home from school?

Click on the arrows below to view the possible responses.

10 minutes or less	41-50 minutes	81-90 minutes
11-20 minutes	51-60 minutes	More than 90 minutes
21-30 minutes	61-70 minutes	Don't know/Not sure
31-40 minutes	71-80 minutes	

[SEL Interpersonal Relationships/ School connectedness - School Climate Health and Learning Parent Survey/CORE Districts: 4dsw and 5dsw]

The next few questions ask how you feel at school.

7. How strongly do you agree or disagree with the following statements?

	Strongly disagree	Disagree	Neither disagree nor agree	Agree	Strongly agree
I feel close to people at this school.					
I am happy to be at this school.					
I feel like I am part of this school.					
The teachers at this school treat students fairly.					
I feel safe at my school.					

[SEL Climate of Support for Academic Learning – CORE Survey: 4dsw and 5dsw]

8. How strongly do you agree or disagree with the following statements about your school?

	Strongly disagree	Disagree	Neither disagree nor agree	Agree	Strongly agree
Adults at school encourage me to work hard so I can be successful in college or at the job I choose.					
My teachers work hard to help me with my schoolwork when I need it.					
Teachers give students a chance to take part in classroom discussions or activities.					
Teachers go out of their way to help students.					

[AST – Adapted from validated childcare surveys: 4dsw and 5dsw]

We would now like to learn about how you spend your time **after school**.

Please think about your time after school until bedtime, across the entire school week.

9. How much time do you usually spend doing the following **after school each week**?

If you do not spend time in the activity, please select No hours.

	Hours per week after school
Homework or studying	
School sponsored sports	
Non-school sports or exercising	
School sponsored activities other than sports, such as band, play, newspaper, yearbook, student council, chess club	
Hobbies or clubs other than sports that are not sponsored by school, such as church, music, art, scouts	
Helping the family with work at a family business or working farm or ranch (paid or unpaid)	
Helping the family with chores, such as housekeeping, caring for younger siblings, or yard work (paid or unpaid)	
Working at a job (not at home)	
Free time for hanging out	

[AST LOCATION]

10. Where do you usually spend most of your time **after school each week**?

Please think about your time after school until bedtime, across the entire school week.

- My home
- Another person's home
- School
- A place run by the city, county or other government organization (like a city park, county library, or a community center)
- A place not run by a government organization (like a church, art studio, or restaurant)

11. Are there usually adults (someone 19 & older) around while you are there?

- Yes, one of my parents
- Yes, an older brother or sister
- Yes, another relative
- Yes, another adult who I'm not related to
- No, usually there aren't adults present

12. About how many hours do you usually spend at this place **after school each week**?

Please think about your time after school until bedtime, across the entire school week.

- 1 hour
- 2 hours
- 3 hours
- 4 hours
- 5 hours
- 6 hours
- 7 hours
- 8 hours
- 9 hours
- 10 hours
- 11 hours
- 12 hours
- 13 hours
- 14 hours
- 15 hours
- 16 hours
- 17 hours
- 18 hours
- 19 hours
- 20 hours
- 21 hours
- 22 hours
- 23 hours
- 24 hours

- 25 hours
- 26 hours
- 27 hours
- 28 hours
- 29 hours
- 30 or more hours

13. What are the main activities that you do while you are at this place?

Select all that apply.

- Homework or studying
- School sponsored sports
- Non-school sports or exercising
- School sponsored activities other than sports, such as band, play, newspaper, yearbook, student council, chess club
- Hobbies or clubs other than sports that are not sponsored by school, such as church, music, art, scouts
- Helping the family with work at a family business or working farm or ranch (paid or unpaid)
- Helping the family with chores, such as housekeeping, caring for younger siblings, or yard work (paid or unpaid)
- Working at a job (not at home)
- Free time for hanging out
- Something else

14. How much does it cost or how much money do you spend **during the school week** at this place?

Please estimate your weekly costs to the nearest dollar. Enter only numbers; do not enter cents or a dollar sign. For example, if you pay \$120.45 per week, enter 120. If you do not pay for this, enter 0.

15. How much do you **earn during the school week** at this place?

Please estimate your weekly earnings to the nearest dollar. Enter only numbers; do not enter cents or a dollar sign. For example, if you earn \$120.45 per week, enter 120. If you do not earn money for this, enter 0.

[2nd MOST TIME – Taken from validated childcare surveys: 4dsw and 5dsw]

16. Is there a second place where you typically spend more than an hour each week after school?

Please consider all places where you spend time, including home.

- Yes [AST 2nd PLACE LOCATION]
- No [AST SCREEN TIME]

[AST 2nd PLACE LOCATION]

17. Where do you usually spend the **second-most time after school each week**?

Please think about your time after school until bedtime, across the entire school week.

- My home
- Another person's home
- School
- A place run by the city, county or other government organization (like a city park, county library, or a community center)
- A place not run by a government organization (like a church, art studio, or restaurant)

18. Are there usually adults (someone 19 & older) around while you are there?

- Yes, one of my parents
- Yes, an older brother or sister
- Yes, another relative
- Yes, another adult who I'm not related to
- No, usually there aren't adults present

19. About how many hours do you usually spend at this place **after school each week**?

Please think about your time after school until bedtime, across the entire school week.

- 1 hour
- 2 hours
- 3 hours
- 4 hours
- 5 hours
- 6 hours
- 7 hours
- 8 hours
- 9 hours
- 10 hours
- 11 hours
- 12 hours
- 13 hours
- 14 hours
- 15 hours
- 16 hours
- 17 hours
- 18 hours
- 19 hours
- 20 hours
- 21 hours
- 22 hours
- 23 hours
- 24 hours

- 25 hours
- 26 hours
- 27 hours
- 28 hours
- 29 hours
- 30 or more hours

20. What are the main activities that you do while you are at this place?

Select all that apply.

- Homework or studying
- School sponsored sports
- Non-school sports or exercising
- School sponsored activities other than sports, such as band, play, newspaper, yearbook, student council, chess club
- Hobbies or clubs other than sports that are not sponsored by school, such as church, music, art, scouts
- Helping the family with work at a family business or working farm or ranch (paid or unpaid)
- Helping the family with chores, such as housekeeping, caring for younger siblings, or yard work (paid or unpaid)
- Working at a job (not at home)
- Free time for hanging out
- Something else

21. How much does it cost or how much money do you **spend during the school week** at this place?

Please estimate your weekly costs to the nearest dollar. Enter only numbers; do not enter cents or a dollar sign. For example, if you pay \$120.45 per week, enter 120. If you do not pay for this, enter 0.

22. How much do you **earn during the school week** at this place?

Please estimate your weekly earnings to the nearest dollar. Enter only numbers; do not enter cents or a dollar sign. For example, if you earn \$120.45 per week, enter 120. If you do not earn money for this, enter 0.

[AST 3rd MOST TIME]

23. Is there a third place where you typically spend more than an hour each week after school?

Please consider all places where you spend time, including home.

- Yes [AST 3rd PLACE LOCATION]
- No [AST SCREEN TIME]

[AST 3rd PLACE LOCATION]

24. Where do you usually spend the third-most time **after school each week**?

Please think about your time after school until bedtime, across the entire week.

- My home
- Another person's home
- School
- A place run by the city, county or other government organization (like a city park, county library, or a community center)
- A place not run by a government organization (like a church, art studio, or restaurant)

25. Are there usually adults (someone 19 & older) around while you are there?

- Yes, one of my parents
- Yes, an older brother or sister
- Yes, another relative
- Yes, another adult who I'm not related to
- No, usually there aren't adults present

26. About how many hours do you usually spend at this place **after school each week**?

Please think about your time after school until bedtime, across the entire school week.

- 1 hour
- 2 hours
- 3 hours
- 4 hours
- 5 hours
- 6 hours
- 7 hours
- 8 hours
- 9 hours
- 10 hours
- 11 hours
- 12 hours
- 13 hours
- 14 hours
- 15 hours
- 16 hours
- 17 hours
- 18 hours
- 19 hours
- 20 hours
- 21 hours
- 22 hours
- 23 hours
- 24 hours
- 25 hours

- 26 hours
- 27 hours
- 28 hours
- 29 hours
- 30 or more hours

27. What are the main activities that you do while you are at this place?

Select all that apply.

- Homework or studying
- School sponsored sports
- Non-school sports or exercising
- School sponsored activities other than sports, such as band, play, newspaper, yearbook, student council, chess club
- Hobbies or clubs other than sports that are not sponsored by school, such as church, music, art, scouts
- Helping the family with work at a family business or working farm or ranch (paid or unpaid)
- Helping the family with chores, such as housekeeping, caring for younger siblings, or yard work (paid or unpaid)
- Working at a job (not at home)
- Free time for hanging out
- Something else

28. How much does it cost or how much do you **spend during the school week** at this place?

Please estimate your weekly costs to the nearest dollar. Enter only numbers; do not enter cents or a dollar sign. For example, if you pay \$120.45 per week, enter 120. If you do not pay for this, enter 0.

29. How much do you **earn during the school week** at this place?

Please estimate your weekly earnings to the nearest dollar. Enter only numbers; do not enter cents or a dollar sign. For example, if you earn \$120.45 per week, enter 120. If you do not earn money for this, enter 0.

[AST SCREEN TIME - Taken from CDC Youth Risk Behavior Survey: 4dsw and 5dsw]

30. On an average day **after school**, how many hours do you usually watch TV, play video or computer games or use a computer for something that is not school work?

Count time spent playing games, watching videos, texting, or using social media on your smartphone, computer, Xbox, PlayStation, iPad, or other tablet.

- I don't usually watch TV, play video or computer games or use a computer for something that is not school work during the school week
- Less than 1 hour per day
- 1 hour per day
- 2 hours per day
- 3 hours per day
- 4 hours per day
- 5 hours per day
- 6 hours per day
- 7 hours per day
- 8 hours per day
- 9 hours per day
- 10 hours per day
- 11 hours per day
- 12 hours per day
- 13 hours per day
- 14 hours per day
- 15 hours per day
- 16 hours per day
- 17 hours per day
- 18 hours per day
- 19 hours per day
- 20 hours per day
- Don't know/Not sure

[5th DAY - See below for item reference: 4dsw only]

We would now like to learn about how you spend your time on the **fifth day**, the weekday that school is not in session.

31. How much time do you usually spend doing the following on the **fifth day**?

Please think about your time after waking up in the morning until bedtime.

If you do not spend time in the activity, please select No hours.

	Hours per fifth day
Homework or studying	
School sponsored sports	
Non-school sports or exercising	
School sponsored activities other than sports, such as band, play, newspaper, yearbook, student council, chess club	
Hobbies or clubs other than sports that are not sponsored by school, such as church, music, art, scouts	
Helping the family with work at a family business or working farm or ranch (paid or unpaid)	
Helping the family with chores, such as housekeeping, caring for younger siblings, or yard work (paid or unpaid)	
Working at a job (not at home)	
Free time for hanging out	

[AST 5th DAY LOCATION – Adapted from childcare surveys: 4dsw only]

We would like to know about the place where you usually spend the most time on the **fifth day**. The fifth day is the weekday when school is not in session.

32. Where do you usually spend most of your time on the **fifth day**?

Please think about your time after waking up in the morning until bedtime.

- My home
- Another person's home
- School
- A place run by the city, county or other government organization (like a city park, county library, or a community center)
- A place not run by a government organization (like a church, art studio, or restaurant)

33. Are there usually adults (someone 19 & older) around while you are there?

- Yes, one of my parents
- Yes, an older brother or sister
- Yes, another relative
- Yes, another adult who I'm not related to
- No, usually there aren't adults present

34. About how many hours do you usually spend at that place on the **fifth day**?

Please think about your time after waking up in the morning until bedtime.

- 1 hour
- 2 hours
- 3 hours
- 4 hours
- 5 hours
- 6 hours
- 7 hours
- 8 hours
- 9 hours
- 10 hours
- 11 hours
- 12 hours
- 13 hours
- 14 hours
- 15 hours
- 16 hours
- 17 hours
- 18 hours
- 19 hours

- 20 hours
- 21 hours
- 22 hours
- 23 hours
- 24 hours

35. What are the main activities that you do while you are at this place?

Select all that apply.

- Homework or studying
- School sponsored sports
- Non-school sports or exercising
- School sponsored activities other than sports, such as band, play, newspaper, yearbook, student council, chess club
- Hobbies or clubs other than sports that are not sponsored by school, such as church, music, art, scouts
- Helping the family with work at a family business or working farm or ranch (paid or unpaid)
- Helping the family with chores, such as housekeeping, caring for younger siblings, or yard work (paid or unpaid)
- Working at a job (not at home)
- Free time for hanging out
- Something else

36. How much do you **spend per fifth day** at this place?

Please estimate your costs on the fifth day to the nearest dollar. Enter only numbers; do not enter cents or a dollar sign. For example, if you pay \$120.45 per week, enter "120". If you do not pay for this, enter "0".

37. How much do you **earn per fifth day** at this place?

Please estimate your earnings on the fifth day to the nearest dollar. Enter only numbers; do not enter cents or a dollar sign. For example, if you earn \$120.45 per week, enter "120". If you do not earn money for this, enter "0".

[AST 5th DAY – 2nd PLACE – Taken from childcare surveys: 4dsw only]

38. Is there another place where you typically spend more than an hour on the fifth day?

Please think about your time after waking up in the morning until bedtime.

- Yes [AST 5th DAY 2nd LOCATION]
- No [AST 5th DAY SCREEN TIME]

[5th Day 2nd LOCATION]

39. Where do you usually spend the **second-most time on the fifth day**?

Please think about your time after waking up in the morning until bedtime.

- My home
- Another person's home
- School
- A place run by the city, county or other government organization (like a city park, county library, or a community center)
- A place not run by a government organization (like a church, art studio, or restaurant)

40. Are there usually adults (someone 19 & older) around while you are there?

- Yes, one of my parents
- Yes, an older brother or sister
- Yes, another relative
- Yes, another adult who I'm not related to
- No, usually there aren't adults present

41. About how many hours do you usually spend at that place on the **fifth day**?

Please think about your time after waking up in the morning until bedtime.

- 1 hour
- 2 hours
- 3 hours
- 4 hours
- 5 hours
- 6 hours
- 7 hours
- 8 hours
- 9 hours
- 10 hours
- 11 hours
- 12 hours
- 13 hours
- 14 hours
- 15 hours
- 16 hours
- 17 hours
- 18 hours
- 19 hours
- 20 hours
- 21 hours
- 22 hours
- 23 hours
- 24 hours

42. What are the main activities that you do while you are at this place?

Select all that apply.

- Homework or studying
- School sponsored sports
- Non-school sports or exercising
- School sponsored activities other than sports, such as band, play, newspaper, yearbook, student council, chess club
- Hobbies or clubs other than sports that are not sponsored by school, such as church, music, art, scouts
- Helping the family with work at a family business or working farm or ranch (paid or unpaid)
- Helping the family with chores, such as housekeeping, caring for younger siblings, or yard work (paid or unpaid)
- Working at a job (not at home)
- Free time for hanging out
- Something else

43. How much does it cost or how much money do you **spend on the fifth day** at this place?

Please estimate your costs on the fifth day to the nearest dollar. Enter only numbers; do not enter cents or a dollar sign. For example, if you pay \$120.45 per week, enter 120. If you do not pay for this, enter 0.

44. How much do you **earn on the fifth day** at this place?

Please estimate your earnings on the fifth day to the nearest dollar. Enter only numbers; do not enter cents or a dollar sign. For example, if you earn \$120.45 per week, enter 120. If you do not earn money for this, enter 0.

[AST 5th DAY – 3rd PLACE – Taken from childcare surveys: 4dsw only]

45. Is there third place where you typically spend more than an hour on the fifth day?

Please consider all places where you spend time, including home.

- Yes [AST 5th DAY 3rd LOCATION]
- No [AST 5th DAY SCREEN TIME]

[AST 5th DAY 3rd LOCATION]

46. Where do you usually spend the **third-most time on the fifth day**?

Please think about your time after waking up in the morning until bedtime.

- My home
- Another person's home
- School
- A place run by the city, county or other government organization (like a city park, county library, or a community center)
- A place not run by a government organization (like a church, art studio, or restaurant)

47. Are there usually adults (someone 19 & older) around while you are there?

- Yes, one of my parents
- Yes, an older brother or sister
- Yes, another relative
- Yes, another adult who I'm not related to
- No, usually there aren't adults present

48. About how many hours do you usually spend at that place on the **fifth day**?

Please think about your time after waking up in the morning until bedtime.

- 1 hour
- 2 hours
- 3 hours
- 4 hours
- 5 hours
- 6 hours
- 7 hours
- 8 hours
- 9 hours
- 10 hours
- 11 hours
- 12 hours
- 13 hours
- 14 hours
- 15 hours
- 16 hours
- 17 hours
- 18 hours
- 19 hours
- 20 hours
- 21 hours
- 22 hours
- 23 hours
- 24 hours

49. What are the main activities that you do while you are at this place?

Select all that apply.

- Homework or studying
- School sponsored sports
- Non-school sports or exercising
- School sponsored activities other than sports, such as band, play, newspaper, yearbook, student council, chess club
- Hobbies or clubs other than sports that are not sponsored by school, such as church, music, art, scouts
- Helping the family with work at a family business or working farm or ranch (paid or unpaid)
- Helping the family with chores, such as housekeeping, caring for younger siblings, or yard work (paid or unpaid)
- Working at a job (not at home)
- Free time for hanging out
- Something else

50. How much does it cost or how much money do you **spend on the fifth day** at this place?

Please estimate your costs on the fifth day to the nearest dollar. Enter only numbers; do not enter cents or a dollar sign. For example, if you pay \$120.45 per week, enter 120. If you do not pay for this, enter 0.

51. How much do you **earn on the fifth day** at this place?

Please estimate your earnings on the fifth day to the nearest dollar. Enter only numbers; do not enter cents or a dollar sign. For example, if you earn \$120.45 per week, enter 120. If you do not earn money for this, enter 0.

[AST 5th DAY SCREEN TIME – Taken from CDC Youth Risk Behavior Survey: 4dsw and 5dsw]

52. On an average **fifth day**, how many hours do you usually watch TV, play video or computer games or use a computer for something that is not school work?

Count time spent playing games, watching videos, texting, or using social media on your smartphone, computer, Xbox, PlayStation, iPad, or other tablet.

- I don't usually watch TV, play video or computer games or use a computer for something that is not school work on the fifth day
- Less than 1 hour per fifth day
- 1 hour per fifth day
- 2 hours per fifth day
- 3 hours per fifth day
- 4 hours per fifth day
- 5 hours per fifth day
- 6 hours per fifth day
- 7 hours per fifth day
- 8 hours per fifth day
- 9 hours per fifth day
- 10 hours per fifth day
- 11 hours per fifth day
- 12 hours per fifth day
- 13 hours per fifth day
- 14 hours per fifth day
- 15 hours per fifth day
- 16 hours per fifth day
- 17 hours per fifth day
- 18 hours per fifth day
- 19 hours per fifth day
- 20 hours per fifth day
- Don't know/Not sure

[AST WEEKEND - Adapted from childcare surveys: 4dsw and 5dsw]

Now we would like to learn how you spend your time on the **weekend** – Saturday and Sunday.

53. How much time do you usually spend doing the following on a typical **weekend** – including Saturday and Sunday?

Please think about your time after waking up in the morning until bedtime.

If you do not spend time in the activity, please select No hours.

	Hours per weekend
Homework or studying	
School sponsored sports	
Non-school sports or exercising	
School sponsored activities other than sports, such as band, play, newspaper, yearbook, student council, chess club	
Hobbies or clubs other than sports that are not sponsored by school, such as church, music, art, scouts	
Helping the family with work at a family business or working farm or ranch (paid or unpaid)	
Helping the family with chores, such as housekeeping, caring for younger siblings, or yard work (paid or unpaid)	
Working at a job (not at home)	
Free time for hanging out	

[WEEKEND SCREEN TIME – Taken from CDC Youth Risk Behavior Survey: 4dsw and 5dsw]

54. On an average **weekend**, how many hours do you usually watch TV, play video or computer games or use a computer for something that is not school work?

Count time spent playing games, watching videos, texting, or using social media on your smartphone, computer, Xbox, PlayStation, iPad, or other tablet.

- I don't usually watch TV, play video or computer games or use a computer for something that is not school work on the weekend
- Less than 1 hour per weekend
- 1 hour per weekend
- 2 hours per weekend
- 3 hours per weekend
- 4 hours per weekend
- 5 hours per weekend
- 6 hours per weekend
- 7 hours per weekend
- 8 hours per weekend
- 9 hours per weekend
- 10 hours per weekend
- 11 hours per weekend
- 12 hours per weekend
- 13 hours per weekend
- 14 hours per weekend
- 15 hours per weekend
- 16 hours per weekend
- 17 hours per weekend
- 18 hours per weekend
- 19 hours per weekend
- 20 hours per weekend
- 21 hours per weekend
- 22 hours per weekend
- 23 hours per weekend
- 24 hours per weekend
- 25 hours per weekend
- 26 hours per weekend
- 27 hours per weekend
- 28 hours per weekend
- 29 hours per weekend
- 30 or more hours per weekend
- Don't know/Not sure

[HEALTH SLEEP – Teen Sleep Habits survey: See below for 4dsw and/or 5dsw]

55. What time do you usually **wake-up on school days**? [4dsw and 5dsw]

- Before 5:00 AM
- 5:00 AM
- 5:15 AM
- 5:30 AM
- 5:45 AM
- 6:00 AM
- 6:15 AM
- 6:30 AM
- 6:45 AM
- 7:00 AM
- 7:15 AM
- 7:30 AM
- 7:45 AM
- 8:00 AM
- 8:15 AM
- 8:30 AM
- 8:45 AM
- 9:00 AM
- After 9:00 AM

56. What time do you usually **go to bed on school nights**? [4dsw and 5dsw]

- Before 8:00 PM
- 8:00 PM
- 8:15 PM
- 8:30 PM
- 8:45 PM
- 9:00 PM
- 9:15 PM
- 9:30 PM
- 9:45 PM
- 10:00 PM
- 10:15 PM
- 10:30 PM
- 10:45 PM
- 11:00 PM
- 11:15 PM
- 11:30 PM
- 11:45 PM
- 12:00 AM
- 12:15 AM
- 12:30 AM
- 12:45 AM
- 1:00 AM

- 1:15 AM
- 1:30 AM
- 1:45 AM
- 2:00 AM
- After 2:00 AM

57. What time do you usually **wake-up on the fifth day**, the weekday that school is not in session? [4dsw only]

- Before 5:00 AM
- 5:00 AM
- 5:15 AM
- 5:30 AM
- 5:45 AM
- 6:00 AM
- 6:15 AM
- 6:30 AM
- 6:45 AM
- 7:00 AM
- 7:15 AM
- 7:30 AM
- 7:45 AM
- 8:00 AM
- 8:15 AM
- 8:30 AM
- 8:45 AM
- 9:00 AM
- 9:15 AM
- 9:30 AM
- 9:45 AM
- 10:00 AM
- 10:15 AM
- 10:30 AM
- 10:45 AM
- 11:00 AM
- 11:15 AM
- 11:30 AM
- 11:45 AM
- 12:00 PM
- After 12:00 PM

58. What time do you usually **go to bed the night before the fifth day**, the night before the weekday school is not in session? [4dsw only]

- Before 8:00 PM
- 8:00 PM
- 8:15 PM
- 8:30 PM
- 8:45 PM
- 9:00 PM
- 9:15 PM
- 9:30 PM
- 9:45 PM
- 10:00 PM
- 10:15 PM
- 10:30 PM
- 10:45 PM
- 11:00 PM
- 11:15 PM
- 11:30 PM
- 11:45 PM
- 12:00 AM
- 12:15 AM
- 12:30 AM
- 12:45 AM
- 1:00 AM
- 1:15 AM
- 1:30 AM
- 1:45 AM
- 2:00 AM
- After 2:00 AM

59. **In the last 7 days**, how often did you feel tired, worn out, or sleepy during the day?
[adapted from PROMIS Fatigue Short Form; 4dsw and 5dsw]

- Never
- Rarely
- Occasionally
- Often
- Everyday

[HEALTH GENERAL – See below for references: 4dsw and 5dsw]

We will now ask some questions about your health.

60. During the past 7 days, on how many days were you physically active for at least an hour? [CDC Youth Behavior Survey]
- 0 days
 - 1 day
 - 2 days
 - 3 days
 - 4 days
 - 5 days
 - 6 days
 - 7 days
61. **During this school year**, on which day of the week do you usually have doctor or dentist appointments? [CDC Youth Risk Behavior Survey]
- Monday
 - Tuesday
 - Wednesday
 - Thursday
 - Friday
 - No usual day
62. **Since the start of the school year**, how many times have you seen a doctor, nurse, dentist, orthodontist, or other health care provider? [National Survey of Children's Health]
- 0 times, not at all
 - 1 time
 - 2 times
 - 3 times
 - 4 times
 - 5 or more times
63. **Since the start of the school year**, about how many days have you missed school for any reason (e.g., sickness, doctor's appointments, family travel, non-school sport travel)? [Bloom B, Cohen RA. Summary health statistics for U.S. children: National Health Interview Survey, 2006. Vital Health Stat 2007;10(234)]
- 0 days
 - 1 day
 - 2 days
 - 3 days
 - 4 days
 - 5 days
 - 6 days
 - 7 days

- 8 days
- 9 days
- 10 days
- 11 or more days

[HEALTH SDQ - Strengths and Difficulties Questionnaire, Student Version: 4dsw and 5dsw]

These questions ask about your behavior.

64. For each item, please mark the box for Not True, Somewhat True or Certainly True. It would help us if you answered all items as best you can even if you are not absolutely certain.

Please give your answers on the basis of how things have been for you over **the last six months**.

	Not true	Somewhat true	Certainly true
I get a lot of headaches, stomachaches or sickness.			
I get very angry and often lose my temper.			
I usually do as I am told.			
I worry a lot.			
I fight a lot. I can make other people do what I want.			
I am often unhappy, depressed or tearful.			
I am nervous in new situations. I easily lose confidence.			
I am often accused of lying or cheating.			
I take things that are not mine from home, school or elsewhere.			
I have many fears, I am easily scared.			

[DEMOGRAPHICS: 4dsw and 5dsw]

To finish up, we want to ask a few questions about you.

65. What grade are you in? [CDC Youth Risk Behavior Survey]

- 7th grade
- 8th grade
- 9th grade
- 10th grade
- 11th grade
- 12th grade

66. How old are you?

- 10 years old
- 11 years old
- 12 years old
- 13 years old
- 14 years old
- 15 years old
- 16 years old
- 17 years old
- 18 years old
- 19 years old
- 20 years old

67. Are you... [CDC Youth Risk Behavior Survey]

- Female
- Male
- Prefer not to share

68. Are you Hispanic or Latino? [CDC Youth Risk Behavior Survey]

- Yes
- No
- Don't know
- Prefer not to share

69. What is your race? [CDC Youth Risk Behavior Survey]

Select all that apply.

- American Indian or Alaska native
- Asian or Asian American
- Black or African American
- Native Hawaiian or other Pacific Islander
- White
- Don't know
- Prefer not to share

70. How many other children (someone 18 & under) live or stay with you?

Think about your home, or the place you stay most nights.

- No other children
- 1 child
- 2 children
- 3 children
- 4 children
- 5 children
- 6 children
- 7 children
- 8 children
- 9 children
- 10 children

71. How many adults (someone 19 & older) live or stay with you?

Think about your home, or the place you stay most nights.

- 1 adult
- 2 adults
- 3 adults
- 4 adults
- 5 adults
- 6 adults
- 7 adults
- 8 adults
- 9 adults
- 10 adults

[ACCESS]

72. Do you have Internet access at your house?

- Yes
- No
- Don't know

73. Do you get cell phone reception at your house?

- Yes
- No
- Sometimes
- Don't know

[FOOD SECURITY – Self-Administered Food Security Survey Module for Children Ages 12 Years and Older, 2006: 4dsw and 5dsw]

The following statements are about the food situation in your home during the last 12 months.

Please select the answer that best describes you.

74. During the past 12 months, I worried that food at home would run out before my family got money to buy more.

- A lot
- Sometimes true
- Never

75. During the past 12 months, the food that my family bought ran out, and we didn't have money to get more.

- A lot
- Sometimes true
- Never

[CONCLUSION]

Thank you for participating in our survey!

Select Done to close the survey.