

SLEEPinFairfax Candidate Questionnaire 2011

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(Please mark an X in the appropriate space and fill in as necessary)

1) Are you in favor of later start times for high school students?

Yes

No

1a) What is your definition of "later"? What do you believe is the optimal time for high schools to start?

8:30

2) Are you in favor of later start times for middle school students?

Yes

No

3) I believe later secondary school start times would benefit adolescent:

Physical Health and Well-being

Safety (injury and drowsy driving reduction)

Emotional and Mental Health

Academic achievement

All of the above

4) Would you vote in favor of a new FCPS policy to require that high schools start after 8:00 a.m. in the morning?

Yes

No

5) Would you put forth a motion to vote on such a policy?

Yes

No

6) Which non-transportation alternatives would you support to help students get healthy amounts of sleep? (X all you support)

Adding information about child and teen sleep needs to the FCPS health curriculum, including the negative impact of inadequate sleep on physical, mental and academic health.

Providing parents with a sample schedule to show how students can achieve adequate sleep (8 ½ to 9 ¼ hours a night) within the constraints of the current bell schedule.

Changing policy to allow an opt-out of first block(s) for students who present a plan to earn enough credits for graduation; with no transportation provided.

Offering an alternative schedule to allow students to replace first period with a late class, an "eighth-period," with no transportation provided.

Allowing high school students to take online courses in place of one or more first block classes.

Identifying and evaluating best practices, i.e., successful approaches used to change bell schedules in other school systems.

Please respond with more detail below:

7) How would you proceed on the issue of school start times?

The evidence is clear that later school start times would be beneficial to our teens. The conflict on this issue when last presented, was how this bell change would impact extracurriculars and athletics. If this issue can be resolved I will support this change.

8) Have you seen the documentary *Race to Nowhere*?

Yes

No

This film explores the anxiety of students competing in a pressure-packed culture. Tell us your thoughts on the film's message as it relates to FCPS.

Schools are just one part of the pressure packed culture our teens live in. As a new school board member, I would work to alleviate some of the stressors on our teens from within the school system. Later start times resulting in more sleep could be part of an overall strategy for healthier student life.