

SLEEPinFairfax Candidate Questionnaire 2011

Dan Storck, Mt. Vernon District

(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?

After 8:00 am and before 9:30 am

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?

I would start with getting the SB to support changes allowing students to opt-out of their first block classes permitting students to take a first period class on-line or switch it to later in the day. I would look to meet with the major associations that may not support later HS start times and work to create alternatives that address the core of those concerns.

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.

The movie makes excellent points about the real pressures, problems and challenges facing students that we must be sensitive to and respond to in the options that we provide them. It also is a film with a very specific point-of-view and works hard to persuade audience members to that view. Our FCPS responsibility is to ensure that students, parents, administrators and community members are stepping back to see the whole picture, not just the portion that they control, and are guiding all to the balance that is right for that student, at that time