

SLEEPinFairfax Candidate Questionnaire 2011

*(Please fill in your name and the name of your district or "at-large"). When you save the document, please include your name in the document title, e.g., SLEEP Ques_last name_first name
Kathy Smith Sully 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?

I don't have a set start time in mind since this must be decided in the context of the schedules for schools at all levels. I do think that we need to be aware of bus pickup times that are too early and work to make them later when possible.

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:

(This word document form will allow you to write as much as you want. It may be easier to write your response in a separate word document and cut and paste it into the grey box below.)

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

The school board has attempted to solve this issue twice during my tenure on the board. It is a complicated issue that has not been easy to solve. School starting and ending schedules have a dramatic impact on all members of our community and when we last tried to solve this we heard concerns about how late the day ended for a number of our students. Before we move forward on this issue again, we should engage the community to gauge the level of interest in making a 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.

The message of the film is not just about the school system. I think it addresses community expectations about the pressure on our children to get into college. It is critical that this issue be addressed by the community and include officials from colleges.