

## How Do High School Schedules Work for Students?

Loudoun County High Schools Start at 9:00 a.m.

Fairfax County High Schools Start at 7:20-7:25 a.m.

<b>Maria's Schedule in Loudoun</b>		<b>Sean's Schedule in Fairfax</b>
SLEEPING	5:00 a.m.	SLEEPING
SLEEPING	5:30 a.m.	<b>Alarm Rings</b>
SLEEPING	6:25 a.m.	Bus stop
SLEEPING	7:00 a.m.	Arrives at school
<b>Alarm Rings</b>	7:30 a.m.	<b>SCHOOL STARTS 7:20</b> -Calculus
Bus stop	8:25 a.m.	Calculus Class
<b>SCHOOL STARTS</b> -Calculus	9:00 a.m.	AP Spanish
AP Spanish	10:35 a.m.	Lunch
AP Spanish (ongoing)	11:10 a.m.	AP Literature
Lunch	12:12 pm	AP Literature (ongoing)
AP Literature	12:45 pm	AP Government
AP Lit (ongoing)	2:05 pm	<b>SCHOOL'S OUT</b>
AP Government	2:20 pm	
AP Government (ongoing)	3:00 pm	Cross Country Practice Starts
<b>SCHOOL'S OUT</b>	3:48 pm	
Cross Country Practice Starts	4:00 pm	
	5:00 pm	Practice Ends
Practice Ends	6:00 pm	
	6:15 pm	
Dinner with family	6:30 pm	Dinner with family
Teens with later morning start times fall asleep at about the same time at night as students who start school earlier in the morning and do sleep longer. The hormone required for sleep peaks later at night in teen brains—typically at about 11 at night.		
LIGHTS OUT	11:00 pm	LIGHTS OUT
<b>8.5 hours of sleep</b>		<b>6.5 hours of sleep</b>

**The concept of later school start times is supported by:** FCPS School Board, Medical Society of Northern Virginia, Virginia Chapter of the American Academy of Pediatrics, Fairfax County Council of PTAs, Fairfax County Federation of Teachers, League of Women Voters-Fairfax Area, FCPS School Health Advisory Committee, Northern Virginia Healthy Kids Coalition (9-5-2-1-0), Real Food for Kids, Fairfax Zero Tolerance Reform, Coalition of the Silence, and 70+ area pediatric practices, pediatricians, pediatric psychiatrists, other health professionals, and Arne Duncan, Sec. US Dept. of Education.