

SLEEPinFairfax Candidate Questionnaire 2015

Tamara Derenak Kaufax- Lee District

1) Are you in favor of this year's change to an 8:10 a.m. start time for high school students and an 8:00 a.m. start time for secondary schools?

Yes

2) The American Academy of Pediatrics (AAP) has recommended that school districts shift middle and high schools to 8:30 a.m. or later. Are you in favor of FCPS continuing to work toward later start times for middle school students?

Yes

3) The current middle school start time is 7:30 a.m. What do you think is the best approach to shifting middle schools to a later time?

-When funding allows, I am in favor of working to move middle school start times to where we moved the High Schools and Secondary School this year—to the 8:00-8:10 time frame.

4) I believe later middle and high school start times benefit adolescent:

Physical Health and Well-being
Safety (injury and drowsy driving reduction)
Emotional and Mental Health
Academic achievement

-All of the above

5) What changes (if any) should be made to elementary start times? Please respond with more detail below:

I believe the elementary school start times are fine.

6) What else should FCPS do with regard to start times and the issue of sleep health?

-We need to keep educating our children and adolescents of the benefits of a good night's sleep.