

SLEEPinFairfax Candidate Questionnaire 2015

(Please fill in your name Karen Corbett Sanders and the name of your district or "at-large" Mount Vernon).

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

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

No

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

No

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?

We should take a look at the results of this year's shift of times, and the best practices found elsewhere in the country and adjust accordingly. Ideally, an assessment of the impact on sleep deprivation, transportation, student safety waiting at bus stops in the dark, attendance, teen stress, impact on families' daycare situation, and the ability of our students to have breakfast in the morning at both the Middle and High School Levels should be taken into account as we move forward and strive to continuously improve. With the earlier start times at middle school we need to make sure that there are the after school programs to meet the full spectrum of learners. Similar to the HS, options for on-line courses to opt out of the first period class should be available to MS students.

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?

Ideally, we should be striving to get our elementary school start times as close to 9:00 am as possible.

Please respond with more detail below:

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

With later start times, we should be able to address other issues that impact our children's lives such as eating breakfast, walking and riding bikes to schools, We should be doing more to educate our students and our families on the benefit of getting more sleep, more exercise and eating breakfast in the morning (either at the school or at home). To make further progress to make later school start times while bring the elementary school start times closer to nine a.m, we need to be innovative in our approaches, for example, we may want to trial approaches such as leveraging the use of the public bus system which is now available for free to FCPS students.