

SLEEPinFairfax Candidate Questionnaire 2015

(Please fill in your name Anthony Stacy and the name of your district or "at-large" Mount Vernon District).

(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?

Better alignment of bus routes and coordination with local elementary schools. Elementary schools near a middle school can be pushed back to accommodate for middle school starting later, freeing up transportation for the 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?

In addition to coordinating with local middle schools to accommodate later start times, elementary start times should consider the practical reality of some parents not being able to go to work or drop off a young child at pre-school until the bus arrives. Continuing input from parents will help minimize some of these logistical challenges.

Please respond with more detail below:

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

FCPS should monitor implementation of the new start times to determine if the intended outcomes are being achieved and for opportunities to improve them. There was a cost attached to changing start times during a period where FCPS is forecasting a significant budget deficit. I would like to see specific FCPS data rather than national reports that shows changing start times are worth the investment. This data can come through better test scores, reduction in absences or tardiness, and fewer disciplinary problems. I would also like to remedy the middle school start times soon. I have heard stories of students waiting at the bus stop in the dark at 6:30 by themselves. It's not safe for students to be walking and waiting at the bus stop by themselves at such an early time.