

SLEEP in FAIRFAX Candidate Questionnaire 2015

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At-Large Member, Fairfax County School Board

- 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?*

The most important consideration right now is cost. The increased transportation cost of the current change was a compromise – also moving middle schools later would have added \$2M-\$3M per year. This year we quite sensibly kept elementary school start times unchanged, in order to reduce the amount of disruption throughout the community. In a couple of years, we should explore what changes could be made to elementary school start times that would be acceptable to the public, and whether such changes could be cost-neutral.

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

Physical health and well-being; safety; emotional and mental health; and academic achievement – i.e. all of the above.

- 5) *What changes (if any) should be made to elementary start times?*

Please see the response to Question #3. I do think we need to leave the current schedule in place for at least two years before making changes. This doesn't preclude studying the question in the interim.

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

I look forward to seeing the results of the study being conducted by the Children's National Medical Center that will examine students' reported sleep patterns between the 2014-15 and 2015-16 school years. I expect that the School Board and administration will continue to monitor the sleep data in the Student Survey with an eye toward determining if a discernable change emerges in sleep patterns.