

## SLEEPinFairfax Candidate Questionnaire 2015

(Please fill in your name Dr. Bob Copeland and the name of your district or "at-large" At-Large ).

(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?

More buses and higher occupancy rates.

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?

This issue would require further study.

**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 stress diet and exercise. We should consider privatising food service. This would increase quality and decrease cost. Physical health and proper nutrition promote better sleep patterns Habit formation as it relates to regular and consistent sleep times should also be emphasized.*