

2017 Special Election (Tuesday, August 29th) At-large School Board Candidate Questionnaire

The [American Academy of Pediatrics](#) and the [American Medical Association](#) have official positions, based on research, encouraging school districts to start middle- and high-schools at 8:30am or later. The "[National PTA](#) and its constituent associations support the efforts of school districts to optimize sleep for students and encourage high schools and middle schools to aim for start times that allow students the opportunity to achieve optimal levels of sleep and to improve their physical and mental health, safety, academic performance, and quality of life." Almost 3 years ago, the Fairfax County School Board voted to move high schools from 7:20am to 8am and 8:10am. However, middle schools were moved to 7:30am and the board vowed to keep working for better times for those students.

Candidate Name: Sandra D. Allen

1. FCPS should implement healthy middle school start times. *How do you feel about this statement? Please check one.*

Strongly agree.
 Agree.
 Disagree.
 Strongly disagree.

2. I would like to begin working toward healthy middle school start times. *Please check one.*

This school year (2017-2018)
 Next school year (2018-2019)
 Within the next five years
 Never

3. Please elaborate on your answers to questions 1 and 2.

I agree that students need adequate rest to perform successfully at school. Parents must fully participate with this effort by keeping to a regular sleep schedule for their children. Must be consistent in implementing across all levels of education.

Any changes must be implemented in collaboration of families for a successful transition.

4. Please tell us your opinion of the move to later high school start times in 2015.

I agree with the change for reasons already mentioned, but must also include for safety of students during winter conditions.

