

# SLEEPinFairfax Candidate Questionnaire 2015

(Please fill in your name Pat Hynes and the name of your district or "at-large" Hunter Mill ).

(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?

I think we should continue to explore moving middle school start times later and elementary start times earlier. Many elementary schools now begin well after 9 a.m. and that creates challenges for families and transportation. I am hopeful that we can find a way to give our young adolescents more time to sleep and our elementary families a better schedule.

- 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?

I would like to see the very late elementary start times move earlier. There is a legitimate concern about young children walking to school or standing at bus stops in the pre-dawn dark, but I think we should run transportation scenarios, just as we did for high school start times, until we find a workable solution.

**Please respond with more detail below:**

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

I think we should review data from this first year on how well high school students and teachers have adjusted to the change. I hope we can partner again with the Children's National Medical Center to measure health-related outcomes for students. That study should include analysis of the role that other factors, like homework and after-school activities, play in sleep deprivation. Start times are just the first step in what I think should be a wholistic look at sleep and wellness. I have no doubt the advocates at SLEEP will be with us every step of the way - thank you for your tireless advocacy!