

SLEEPinFairfax Candidate Questionnaire 2015

(Please fill in your name Patty Reed and the name of your district or "at-large" Providence).

(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?

The "best" approach would be to fund more buses and bus drivers. However, given resource constraints, this is unlikely to be funded at this time. As a Board member that has advocated for later start times for 6 years, and prior to that as an advocate, I acknowledge that we must make our changes incrementally. We had to accept earlier-than-ideal start times in middle school to provide four years of later start times for high school students. But we have added to the time available for after-school activities for middle schoolers, which is one advantage to the change.

- 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?

Some parents wish elementary schools started earlier, some later. Some principals advocated for different times based upon traffic patterns and long bus rides for students with special needs. New traffic patterns and routines are just being established. We must collect subjective and objective feedback before considering any changes in the future.

Please respond with more detail below:

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

As the Board liaison to the Student Health Advisory Committee (SHAC) this year, I am anxious to finalize and implement the FCPS Wellness Policy. We must take a wholistic, data-driven approach to student (and employee) health and well being. While we have some metrics in place (such as Youth Survey data) we must make sure they align with the new Wellness Policy. Regarding sleep health, we must identify and address influencing factors, such as homework load and stress. We must then measure the efficacy of actions taken to improve physical and mental health (including later start times).