

# SLEEPinFairfax Candidate Questionnaire 2015

(Please fill in your name Ryan McElveen 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?

A slow and steady approach is best. As we've seen over the years, start times can shift by a few minutes each year in the right--or wrong!--direction as a result of efficiencies. In the coming years, the School Board needs to remain vigilant to ensure we move in the right direction in favor of later start times for middle schoolers.

- 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?

While start times are less of a concern for elementary school students since their sleep patterns result in them being awake and alert earlier in the morning, the community tends to prefer start times between 8-9am for all grade levels. I hope we can get closer to this 8-9am start time window for all of our students.

**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 continue its efforts to educate students (in PE, health and biology classes), parents and the broader community about the importance of sleep health at all ages. Sleep is not just critical for school-aged children--it is important for everyone.