

# SLEEPinFairfax Candidate Questionnaire 2015

(Please fill in your name Ilryong Moon 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?

With this year being the first year for later start times for high schools and there still being people in the community who do not agree with this year's changes, let's try to build up community consensus on the actual benefits from this year's changes. While we are waiting for more resources to enable improved middle school times, we can study the clear benefits to our high school students of later start times. At the same time, we can perhaps work to shorten the middle school bus runs. We should not create false-tiers. The students need to be dropped off at schools 10-20 minutes before the bell.

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?

There are schools with the starting times too late for both students and parents and also teachers. We should consider moving up their start times sometime.

**Please respond with more detail below:**

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

We need to engage our students and parents on improving time management skills. The later high school start times should not result in students simply going to sleep later. The students should have the amount of sleep their bodies need. They should have sufficient amount of sleep and this has to be understood and adhered to by everyone. We should also work on our home work issues and emphasize the needs to reduce the stresses that are being inflicted upon the students by students themselves and by the others. The high school years cannot be all stressful from the pressures created by academic and extracurricular activities.