

# SLEEPinFairfax Candidate Questionnaire 2015

(Please fill in your name Jeanette Hough 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?

FCPS needs to look at transportation as a whole, including how many students are being bussed away from their base school, how many buses are empty and how FCPS can better optimize the use of its buses. In having this conversation, FCPS can look at switching more schools to the later start time with potentially limited cost.

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?

Elementary start times currently span over an hour and FCPS needs to continue looking at tightening up this disparity. Similar to my answer in #3, this can be achieved with a fresh look at our transportation as a whole.

**Please respond with more detail below:**

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

With three elementary school children, I am just entering in on this conversation. As a health professional, I understand the importance of looking at our students as the whole child. I look forward to receiving the results of the grant-funded study underway so we can understand the impact for our students and community. If elected to the School Board, I will use the analysis of the impact for our students and move forward based on providing the best for our students in conjunction with continued community and parent input.