

# SLEEPinFairfax Candidate Questionnaire 2015

(Please fill in your name Manar Jean-Jacques 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?

I think we need to begin by seeing what benefits result from the new high school and secondary school start times. These results will build a foundation for the community to make decisions based on facts rather than hypotheses and foster consensus amongst community members.

- 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?

Again, I think we need to begin by seeing what benefits result from the new high school and secondary school start times. These results will build a foundation for the community to make decisions based on facts rather than hypotheses and foster consensus amongst community members.

**Please respond with more detail below:**

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

I support the recommendations of the American Academy of Pediatrics because they are the experts and relying on recommendations from experts is what my approach to being on the school board is all about. I would like to outsource jobs in FCPS that do not directly impact children in the classroom and give our community businesses an opportunity to thrive in their fields of expertise.