

Later Start Time

1. *Fairfax School District – Fairfax, Va.* - “The issue of later start times has been debated and explored for more than a decade in this community,” said Tammy Derenak-Kaufax, School Board chairman. “The growing body of research on the health benefits for adolescents has become so clear and compelling, we felt that we had to make a change.”

https://www.washingtonpost.com/local/education/fairfax-county-high-schools-to-push-back-start-times-next-fall/2014/10/24/fecd6dd0-5b27-11e4-8264-deed989ae9a2_story.html?utm_term=.bcaf5be33ff0

Experts recommend that teenagers start school no earlier than 8:30 am. FCPS almost meets the recommended goal for our high school students and promised to work to improve the 7:30 am start time for middle school students. Let's complete the mission! Our middle school students need your help.

<http://www.sleepinfairfax.org/>

2. *Many Virginia Schools Start Before Recommended Time: Virginia Public Radio* – “According to the Center for Disease Control, students who start school too early are more likely to be depressed, perform poorly on tests, and even be involved in car crashes. The American Academy of Pediatrics suggests middle and high schools don't start before 8:30 a.m.”

<https://www.wvtf.org/post/many-virginia-schools-start-recommended-time#stream/0>

3. *Center for Disease Control and Prevention* – “Learn how starting school later can help adolescents get enough sleep and improve their health, academic performance, and quality of life.”

<https://www.cdc.gov/features/school-start-times/>