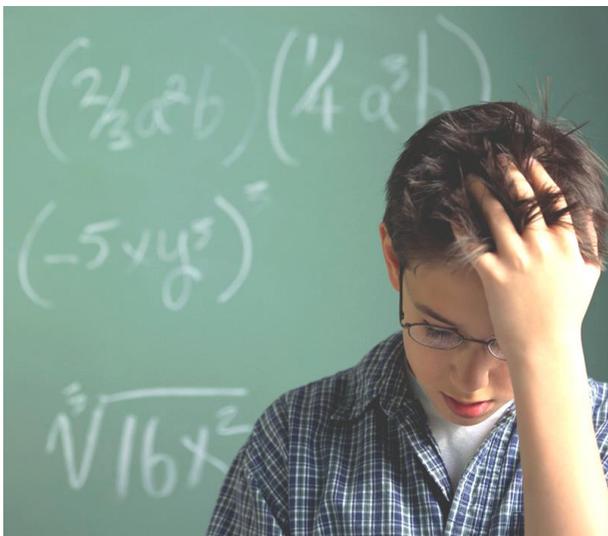


Join health experts, parents, teachers, and students: Sign the petition for high school start times that meet basic needs: www.sleepinfairfax.org.

What's new in 2013? The FCPS school board set a goal to start high schools after 8:00 a.m. because of the benefits to student health, well-being, and performance. FCPS is partnering with Children's National Medical Center (CNMC) to work with stakeholders to define a blueprint for change: www.smartschoolstart.org.



7:20 is too early. My alarm rings at 5:30 a.m.

Schools in Loudoun start at 9:00 a.m. They still have good sports teams and after-school activities.

I can't think straight.

1. Sign SLEEP's petition: www.SLEEPinFairfax.org
2. Share ideas with CNMC and ask them to present to your PTSA or other organization.

- Districts with start times like ours have significantly higher teen car crash rates.
- 1 in 4 Fairfax teens suffers from symptoms of depression.
- 2 in 3 Fairfax teens are severely sleep deprived (lose 2 or more hours of sleep every school night).
- More than 1,000 Fairfax students dropped out of high school in 2011-12.
- Transportation experts have modeled no-cost and low-cost approaches that retain safe, daylight bus-stops for elementary students.
- Teens with later school start times do get more sleep. This advantage adds up to almost one month of sleep gained by the end of the school year.
- Adequate sleep improves learning, memory, mood, and performance in school, sports, and other activities. (www.sleepinfairfax.org for references and research)

How Do High School Schedules Work for Students?

Loudoun County High Schools Start at 9:00 a.m.

Fairfax County High Schools Start at 7:20-7:25 a.m.

Maria's Schedule in Loudoun		Sean's Schedule in Fairfax
SLEEPING	5:00 a.m.	SLEEPING
SLEEPING	5:30 a.m.	Alarm Rings
SLEEPING	6:25 a.m.	Bus stop
SLEEPING	7:00 a.m.	Arrives at school
Alarm Rings	7:30 a.m.	SCHOOL STARTS 7:20 -Calculus
Bus stop	8:25 a.m.	Calculus Class
SCHOOL STARTS -Calculus	9:00 a.m.	AP Spanish
AP Spanish	10:35 a.m.	Lunch
AP Spanish (ongoing)	11:10 a.m.	AP Literature
Lunch	12:12 pm	AP Literature (ongoing)
AP Literature	12:45 pm	AP Government
AP Lit (ongoing)	2:05 pm	SCHOOL'S OUT
AP Government	2:20 pm	
AP Government (ongoing)	3:00 pm	Cross Country Practice Starts
SCHOOL'S OUT	3:48 pm	
Cross Country Practice Starts	4:00 pm	
	5:00 pm	Practice Ends
Practice Ends	6:00 pm	
	6:15 pm	
Dinner with family	6:30 pm	Dinner with family
Teens with later morning start times fall asleep at about the same time at night as students who start school earlier in the morning and do sleep longer. The hormone required for sleep peaks later at night in teen brains—typically at about 11 at night.		
LIGHT'S OUT	11:00 pm	LIGHT'S OUT
8.5 hours of sleep		6.5 hours of sleep

Testimonial from Loudoun Mom, Jane, *"We love the late start schedule. Clearly there is a great deal of research that supports this approach for high school kids since they need so much more sleep at this age. We never have to argue in the morning about getting up like most parents and teens in other localities."*

The concept of later school start times is supported by: FCPS School Board, Medical Society of Northern Virginia, Virginia Chapter of the American Academy of Pediatrics, Fairfax County Council of PTAs, Fairfax County Federation of Teachers, League of Women Voters-Fairfax Area, FCPS School Health Advisory Committee, Northern Virginia Healthy Kids Coalition (9-5-2-1-0), Real Food for Kids, Fairfax Zero Tolerance Reform, Coalition of the Silence, and 70+ area pediatric practices, pediatricians, pediatric psychiatrists, other health professionals, and Arne Duncan, Sec. US Dept. of Education.