

## **ELEMENTARY SCHOOLS and Healthy High School Start Times**

**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](http://www.smartschoolstart.org).

Fairfax students begin boarding buses at 5:45 a.m. and are delivered to school at 6:45 or 7:00. High schools start 7:20 or 7:25 a.m. and end at 2:05 or 2:10 p.m.



**Elementary Schools:** Fairfax elementary students start school between 8:00 and 9:20 a.m. and dismiss between 2:35 and 4:00 p.m. Ride times vary.

**SLEEP will ask Fairfax County Public Schools (FCPS) to:**

- **Keep elementary school schedules as close to current as possible.**
- **Retain safe daylight bus stops for elementary school students.**
- **Use stakeholder input to revise plans before taking action**
- **Work with Safe Routes to School to encourage safe walking and biking.**

**Costs:** Economists estimate that the benefits outweigh the costs with a 9 to 1 ratio and lifetime earnings are higher for students with healthy start times.



- Districts with start times like ours (very early) 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).
- Teens with later school start times sleep more than teens in Fairfax.
- Adequate sleep improves learning, memory, and performance in school.

*People of all ages deserve the opportunity to sleep when their bodies are ready for it.*