

Resources:

Find research on teen sleep needs, why later high school start times are important, how different districts around the country made the change, etc.

FCPS web site on Later Start Times/Bell Schedules/FAQs:

<http://www.fcps.edu/news/starttimes.shtml>

Blueprint for Change Report on Other Districts, April 2014:

<http://www.fcps.edu/supt/update/1415/Blueprint-Change-School-Start-Time-Change-ReportFinal4-14-14.pdf>

Blueprint for Change Report, July 2014:

<http://www.boarddocs.com/vsba/fairfax/Board.nsf/goto?open&id=9LKMSK5C8019>

Children's National Medical Center consultants on start times:

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

American Academy of Pediatrics Recommendation:

<https://www.aap.org/en-us/about-the-aap/aap-press-room/Pages/Let-Them-Sleep-AAP-Recommends-Delaying-Start-Times-of-Middle-and-High-Schools-to-Combat-Teen-Sleep-Deprivation.aspx>

Start School Later (national advocacy group):

<http://www.startschoollater.net/>

School Start Time research

<http://schoolstarttime.org/>

SLEEP in Fairfax (Start Later for Excellence in Education Proposal):

www.sleepinfairfax.org

FCPS Transportation Task Force Documents (2007-9):

<http://www.fcps.edu/fts/taskforce07/documents/index.shtml>

National Sleep Foundation:

<https://sleepfoundation.org/sleep-topics/teens-and-sleep>

Later start times cost: Opposing view

<http://www.usatoday.com/story/opinion/2014/08/27/high-school-start-times-fairfax-county-school-board-editorials-debates/14708879/>

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"It always seems impossible... until it's done."

--Nelson Mandela

It CAN be done.