



Fairfax County
PUBLIC SCHOOLS
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***Middle School Start Time Study
Community Forum***



Community Forum Agenda

Welcome

Project Overview

Sleep Science

Transportation Challenges

6:30 - Breakout Sessions

7:20 - Group Report Outs



Project Plan

Tatia Prieto, MBA, PMP, Ed.D.
Prismatic Project Manager



Develop an Action Plan to help the FCPS School Board attain its goal of starting middle schools at or after 8a

**Currently, all FCPS MS begin at 0730. The 3
Secondary Schools begin at 0800.**

Spring 2024

- 4 Public Information Sessions
- Alternative Analysis

Fall 2024

- Draft Bell Schedule Options
- 4 Public Input Sessions

January 2025

- School Board Presentation

2025-26

- Possible New Start Times

Science Sleep

Jim Baugh, MD, FAAP

 Virginia Pediatric Group, Ltd.

Physiologically Healthy SSTs

- **Sleep**
- **Nutrition**
- **Conducive to healthy development for children**
- **Potential help for transportation/environmental costs**

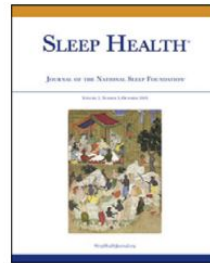


Contents lists available at [ScienceDirect](https://www.sciencedirect.com)

Sleep Health

Journal of the National Sleep Foundation

journal homepage: [sleephealthjournal.org](https://www.sleephealthjournal.org)



Adolescent sleep health and school start times: Setting the research agenda for California and beyond. A research summit summary

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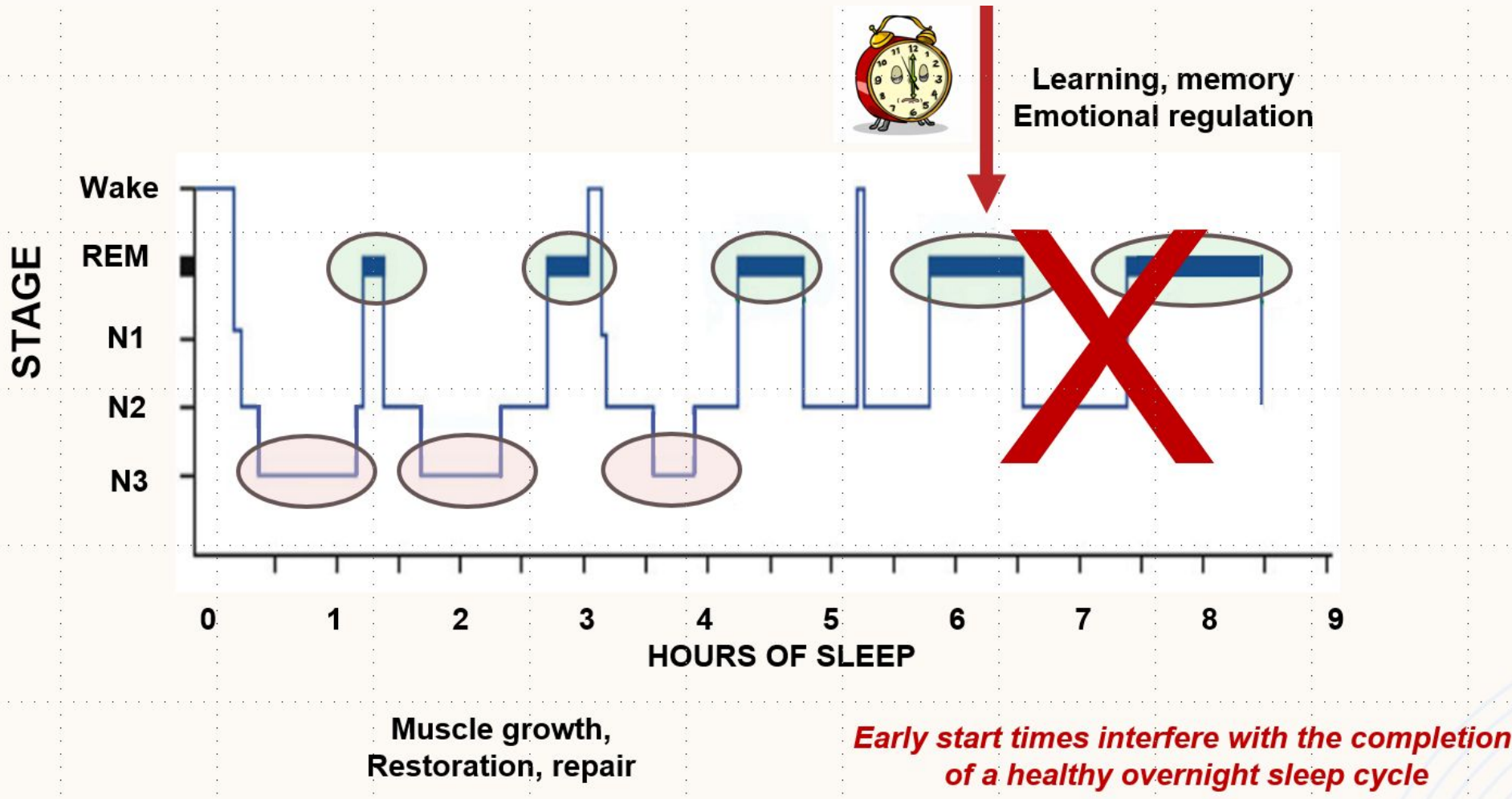
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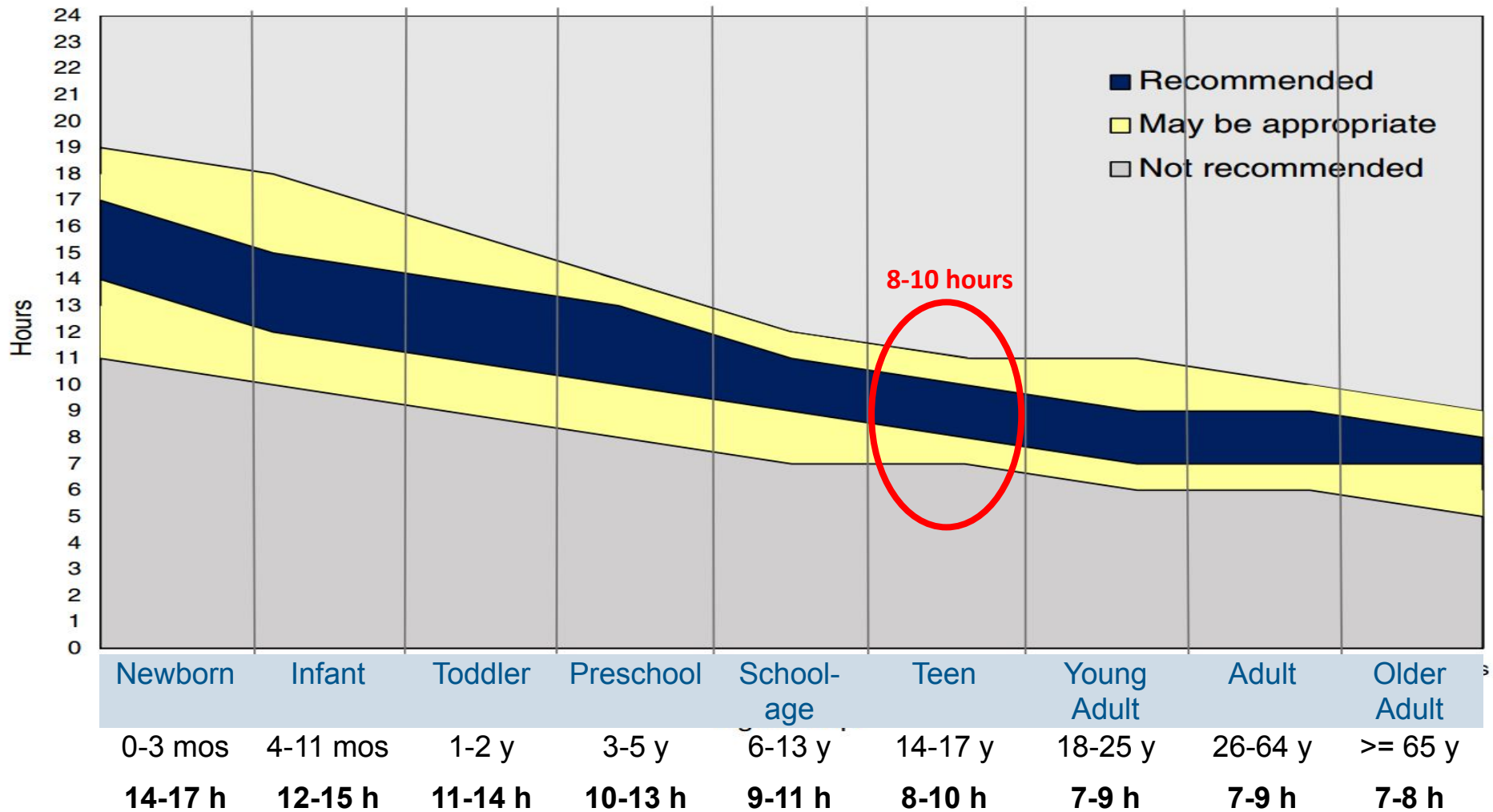
^j Department of Psychology, Las Positas College, Livermore, California, USA

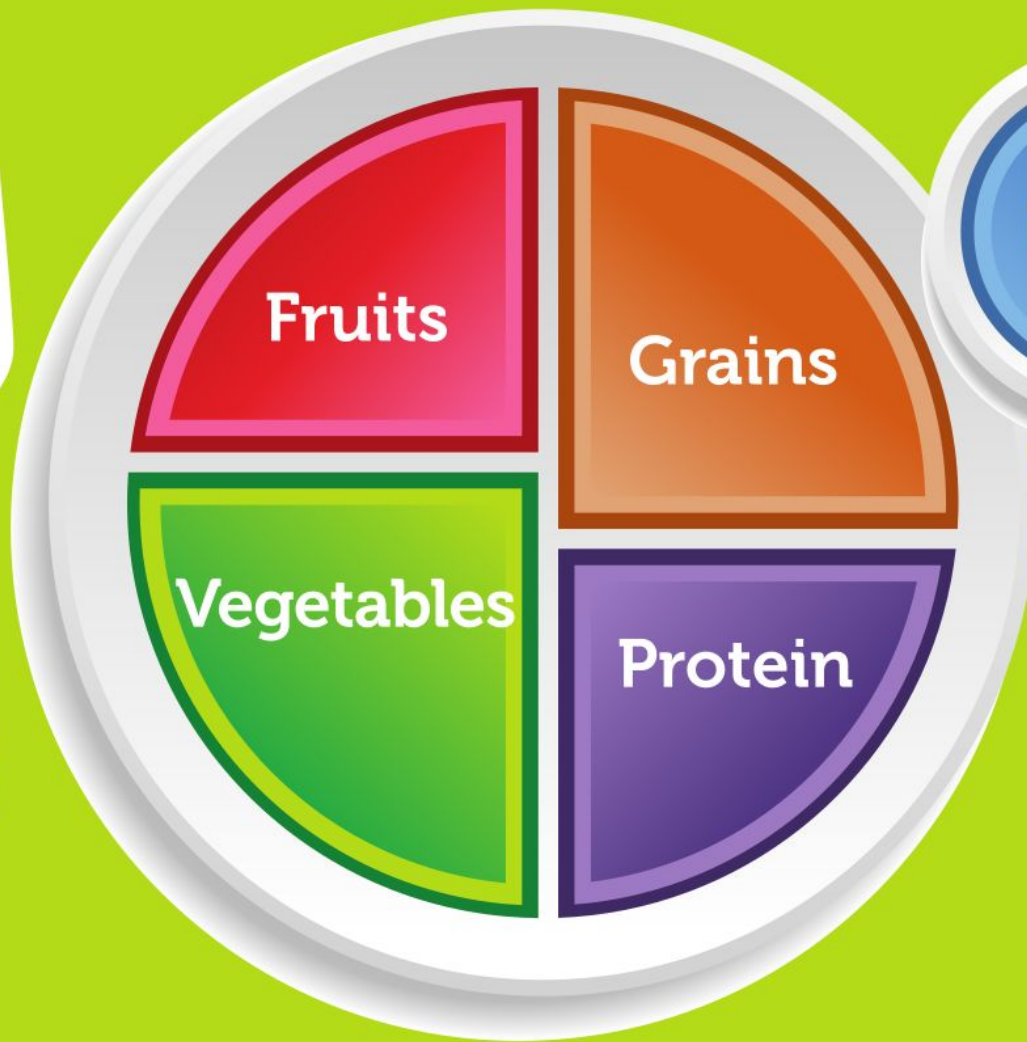
Sleep Has Specific Functions



RECOMMENDED HOURS OF SLEEP

NATIONAL SLEEP FOUNDATION





Choose **MyPlate**.gov

Breakfast for Learning: Why the Morning Meal Matters

- **Conducive to meeting nutrition goals/RDA requirement**
- **Prevents learning in a fasting state**
- **Conducive to social interaction as a family meal**
- **Skipping breakfast correlated to childhood obesity**

Making Physical Activity a Way of Life: AAP Policy Explained

Parents, would you answer “true” or “false” to these statements?

- My children and I are physically active enough to break a sweat every day.
- My children probably will be physically active as adults.
- I will be physically active when I am a grandparent.



If you mostly answered “true,” you are teaching your child about lifelong physical literacy. A physically literate person *can* and *wants* to be physically active as a child and as an adult.

How much physical activity do kids need each day?

The American Academy of Pediatrics **recommends** that infants, children, teens, and children with special needs have time for physical activity each day. Here’s how much they need:

- Infants need at least 30 minutes of “tummy time” and other interactive play, spread throughout each day.
- Kids aged 3-5 need at least 3 hours of physical activity per day, or about 15 minutes every hour they are awake.
- Kids 6 years and older need 60 minutes of moderate to vigorous physical activity on most days of the week.

Climate Solutions as the Compass for 21st Century Child Health



Child Health is a Priority

- **Advocacy bias to adult needs**
- **One perfect school schedule does not exist for all—many exceptions**
- **Schools/society must do the right thing for optimizing child health, growth, and development**



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CURRENT TRANSPORTATION CHALLENGES

Paul D'Andrade

Executive Director of Transportation Services

TRANSPORTATION IN FCPS

- Maintains **5** Operations Offices
- Manages **1,625** school buses, **30** EV buses
- **93** vans - **27** contract schools - **257** students
- **1,027** Drivers
- Attendants

2022-23

TRANSPORTATION STATS

Daily

- **1,122** buses
- **130,867** transported
- **6,417** routes

Annually

- **3,434** field trips
- **16.2** mil miles traveled
- **2,414,944** gal of diesel fuel

STAFFING

- Current Shortage
 - 113 drivers
 - 46 attendants
- National shortage of bus drivers
- Many drivers commute long distances from other counties to drive for FCPS
- A need for additional drivers and attendants will result in more challenges

FLEET & BUDGET

- **Increased routes = more buses**
- **Current commitment to purchase ESBs (over \$400,000 per bus)**
- **Need for more buses will cause hardship on transportation budget**

START TIME DIFFERENCES

Level	# Start Times	Range
Elementary	4	8:10 – 9:20
Middle	1	7:30
Secondary	1	8:00
High	1	8:10

Discussion Time

Tatia Prieto, MBA, PMP, Ed.D.
Prismatic Project Manager



- **Stay at your tables. If you have less than 8, please join another group.**
- **We will provide thought questions for discussion.**
- **30-45 minutes to discuss in group and record thoughts.**
- **Come back together and share out.**
- **Middle school students have a separate session.**

Sharing Out

Tatia Prieto, MBA, PMP, Ed.D.
Prismatic Project Manager





