



**Anne Arundel County Chapter | Maryland**  
health, safety and equity in education

Election Candidate School Hours Questionnaire

Please return to: [sslaaco@gmail.com](mailto:sslaaco@gmail.com)

Candidate Name:           Candace Antwine          

**Start School Later Anne Arundel County met with Ms. Antwine on July 11th, 2018.**

**Ms. Antwine is very familiar with teen sleep cycles and start times, as the mother of a rising senior at Meade High School/CAT North. The small delay of high school by 13 minutes this school year has helped the family in small ways.**

**She would like school start times incorporated into a discussion of evolving the school experience to perhaps expand access to alternative learning (i.e. online) opportunities. This stems from her perspective that those with certain internships need to be able to get to the car mechanics/hair dresser/etc. during the day to gain valuable intern experience (harder to do if class ends 3-4pm), but perhaps students could do a class later at night to make up for not being there the last period. Ms. Antwine acknowledged the special challenges of the late starting elementary schools to working families, especially those with limited childcare options or opportunities. Special needs students and their longer-than-average bus times also was a concern.**

**Ms. Antwine would like to ensure that student and teacher voices are included in future community discussions of school hours. She agreed that while some teachers and students may disagree with later start times for personal reasons (such as liking school ending early), keeping the focus on student health and safety is paramount.**

The American Academy of Pediatrics, American Medical Association, American Academy of Sleep Medicine, U.S. Centers for Disease Control and Prevention, and other public health groups recommend that middle and high school start no earlier than 8:30 a.m. These experts base their recommendation on numerous studies that connect changing adolescent sleep patterns and early school start times to lower academic achievement, negative physical and mental health conditions, and risky behaviors among teens.

A 2014 Start Time Task Force by Anne Arundel County Public Schools (AACPS) recommended several potential options to improve school hours, and in February 2015, the County Council unanimously passed Resolution 6-15 urging AACPS to follow the recommendations of its 2014 Task Force and “expeditiously take measures to establish safe and healthy high school hours for all students.”

Despite shifting start times by 13-15 minutes this year, AACPS and the Board of Education have thus far been unable to fully implement safe, healthy, and age-appropriate school hours. Therefore, Start School Later Anne Arundel County asks:

1. Will you sign Start School Later's 2017 petition at <https://actionnetwork.org/petitions/establish-safe-and-healthy-school-hours-in-anne-arundel-county> ?

If No, will you sign it? If you won't sign it, please explain why.

2. Based on the research that later middle and high school start times increase graduation rates and decrease absenteeism, with disadvantaged students benefiting the most from age-appropriate school hours, do you feel the current school hours affects the County's ability to be a leader in K-12 education for all students?

3. What hours would you define as healthy, safe, and age appropriate for:

Elementary School:

Middle School:

High School:

4. In your prior experience and positions, what have you done to ensure all Anne Arundel County Public School students (K-12) have healthy, safe, and age appropriate school hours?

5. In your elected position, what will you do to ensure healthy and safe school hours for all of Anne Arundel County Public School Students? Please be specific: Resolutions, recommendations, funding requests, educational outreach, implementation efforts, etc.

6. What is your timeframe for your actions in Question 5 Please be specific, Fiscal Year, School Year, etc.

7. Is there anything else you would like your constituents and future voters to know about your position on safe, healthy, and age-appropriate school hours?