



**ALLIANCE OF NEW YORK STATE YMCAs  
YOUTH AND GOVERNMENT  
Legislative Bill**

**Bill # 26**

**Referred to Committee:  
2**

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Minerva Central School

**Action on the Bill**

**Assembly**

**Senate**

\_\_\_  Passed

\_\_\_  Passed

\_\_\_  Defeated

\_\_\_  Defeated

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1 **AN ACT TO:** Mandate that New York State Public Middle and High Schools shall begin no earlier than 8:30 am.

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3 **The People of the State of New York, represented**  
4 **in the Senate and Assembly do enact as follows:**

5 **Purpose**

6 We initiate this bill as a way to improve the performance of students during their school day, decrease safety  
7 hazards, improve attendance, and increase motivation among adolescents.

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9 **Summary of Provisions**

10 **Section 1: Definitions**

11 Definitions:

12 Public Schools: Tuition free school in New York State supported by taxes and controlled by the state school board.

13 Middle School: A school intermediate between an elementary school and a high school, typically for children in the  
14 sixth, seventh, and eighth grades.

15 High School: A school that typically comprises grades 9 through 12, attended after primary school or middle school.

16 Circadian:(or biological processes) occurring naturally on a twenty-four-hour cycle, even in the absence of light  
17 fluctuations

18 **Section 2:**

19 New York State public school districts will be mandated to have all middle and high schools begin no earlier than 8:30  
20 am.

21 a. New York State Districts Pre K- 12 buildings can decide if they want their whole school to start no earlier  
22 than 8:30, or have separate starting times for the elementary, and the Middle and High School.

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24 **Justification**

25 The American Academy last year urged Middle and High schools to start no earlier than 8:30 in order to allow teens-  
26 (who are biologically programmed to stay up later at night than adults) to get 8.5 to 9.5 hours of sleep each night.

27 Starting middle and high schools before 8:30 is incompatible with the biological clock of teenagers and young adults.

28 In 1993, a team from Brown University showed that changes in circadian biology during puberty drive a "sleep phase  
29 delay", a shift in the sleep-wake patterns of adolescents that leads them to fall asleep and wake up later than  
30 younger or older people. Chronic sleep loss among teenagers has been associated with poor school performance and a  
31 higher risk for depressive symptoms, obesity, cardio vascular problems, risk taking behaviors, and athletic injuries.

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33 **Fiscal Implications**

34 There are no Fiscal Implications. However if the school district chooses to start Elementary at an earlier time, there  
35 will be an additional bus route to cover for transporting the Middle and High Schoolers.

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37 **Effective Date**

38 This bill shall into effect at the beginning of the academic school year in 2019.