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**Youth And Government**

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Committee Assignment: Senate Freedom 1

Bill #:SF-03

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**Sponsors:** Isabella Cantone, Julia Gaer, Seamus Daly

**An Act To**

Amend section § 3604(7) of the NYS Education Law to mandate a 9:00 am start time for secondary schools in New York State.

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

**Purpose** Moving back the education hours for students in middle school/junior high and high school will improve the amount of sleep they get, which will help them concentrate and do better in class. Adding an hour of sleep will allow teenagers to get a healthy amount of sleep (8-10 hours) per night.

**Summary of Provisions**

Section 1 Definitions:

**Instructional Hours:** means the hours in a standard school day, from the beginning of the first scheduled class period to the end of the last scheduled class period, including passing time for class changes and excluding breaks for meals and recess

**\*\*\*Section 2**

This bill will allow middle and high school students to get the recommended amount of sleep to be as successful in school as possible. It will amend the part of law 3604 to mandate that all school districts start the school day (instructional hours) no earlier than 9:00 am at the secondary level. Dismissal time will be determined at the local district level and will align to the mandated educational hours that are required by the state.

**Justification** The current education circumstances force teenage students to arrive at school tired, unfocused and makes it more difficult for students to do their best in class. On top of this, students aren't getting the sleep they need to get through the day. According to WebMD, students from the ages of 12-18 should be getting 8-10 hours of sleep at night. With the current school hours and afterschool situations, students are only getting about 6-8 hours of sleep on average. This makes it impossible for students to maintain a healthy sleep schedule and very difficult to stay awake during instructional hours. If hours were to be altered to a more reasonable time, this would increase focus and effort in class and make the lives of teenagers much easier.

**Fiscal Implications** There should not be a significant change in transportation costs for school districts. Bus routes and assignments will remain the same. The only change will come in bus times.

**Environmental Implications** there are no environmental implications

**Effective Date:** September 1, 2022