

## Final Bill Liv and Tess

### **Title:**

Reform the Opening Hours of School

### **Sponsor Students:**

Liv Markey and Tess Clorfene

### **Purpose:**

To delay the opening of all Public High Schools until 9AM

### **Background Informaion:**

This bill is proposing a change in school starting times for all high schools to 9:00 a.m. local time due to the lack of sleep of teenagers in this century. The teenager' sleep deprivation affects the learning and memory of students. Many different sleep researchers worry about the sleep deprived teenagers. With most high schools starting as early as 7:20 A.M. and with teenagers going to bed from 11 to 12 p.m., teenagers are not sleeping enough. For a high school student to properly function during the day, a teenager needs is 9.5 hours. Because of the lack of Millions of high school students are feeling depressed and are producing lower grades because of their lack of

sleep. This is why shifting the school start time for high schoolers will have a positive effect on many student's lives.

**Eligibility:**

We will be giving service towards all high schoolers.

**Terms and Benefits:**

If approved, this bill will start small and then become more prominent and forced for all high schools.

**Fiscal Impact:**

This bill does not require any construction or any other extreme expenses of money; however, the ending times of schools, early care systems, buses, custodians, and after school activities are being taken into consideration.

Although there are some changes, this bill is simply pushing the time back, but in order to not have school be ending too late, we believe it is necessary to remove 3 minutes off of every class. On average there are 10 periods of class, so a total of 30 minutes will be taken off of school time. The ending time of school will be determined by the high school. Schools will open at the same rate of time as the normal opening of school to the start of classes.

Bus systems will be shifted over. Parents who work will leave their child and the student will either transport themselves to school or take the bus.

Custodial staff will have to stay the extra time of school but will be paid the same for the same amount of hours. After school activities will take place as usual and end later depending on the end time of schools. We are hoping that these slight changes will adjust smoothly to all high schools to benefit the students.

**In order to not have school end too late, we believe it is necessary to remove 3 minutes off of every class. On average there are 10 periods of class, so a total of 30 minutes will be taken off of school time. Because we are taking 3 minutes off of each class, we are making up for that time by adding the necessary amount of school days to the year. This bill does not require any construction or any other extreme expenses of money. However, the ending times of schools, early care systems, buses, custodians, and after school activities are being taken into consideration. Although there is some changes, this bill is simply pushing the start of school back. Bus systems for the students will be shifted over. Parents who work will leave their child and the student will either transport themselves to school or take the bus.**