

1 A MEMORIAL

2 REQUESTING THE LEGISLATIVE EDUCATION STUDY COMMITTEE TO STUDY
3 HIGH SCHOOL START TIMES AND MAKE RECOMMENDATIONS ON A
4 STATUTORY HIGH SCHOOL START TIME.

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6 WHEREAS, the federal centers for disease control and
7 prevention and the American academy of sleep medicine
8 recommend that adolescents aged thirteen to eighteen should
9 receive eight to ten hours of sleep per night; and

10 WHEREAS, during development, adolescents' natural sleep
11 pattern causes them to become tired later in the night,
12 creating a need to sleep later in the morning; and

13 WHEREAS, the national center for education statistics
14 reports that eighty-two percent of high schools begin before
15 8:30 a.m., and forty-two percent begin before 8:00 a.m.; and

16 WHEREAS, a recent poll conducted by the national sleep
17 foundation found that sixty percent of children under
18 eighteen reported feeling tired during the day, and fifteen
19 percent of children under eighteen reported falling asleep at
20 school at some point during the year; and

21 WHEREAS, teenagers who receive the appropriate amount of
22 sleep have better grades, school attendance and fewer
23 accidents while driving; and

24 WHEREAS, the American academy of pediatrics recommends
25 that high schools start at 8:30 a.m. or later to ensure

1 teenagers receive the recommended amount of sleep; and

2 WHEREAS, the legislature has shown an interest in
3 increasing instructional time, which may cause school
4 districts to shift the start times of high schools to be
5 earlier in the day; and

6 WHEREAS, the California state legislature recently
7 passed legislation mandating that high schools start after
8 8:30 a.m.; and

9 WHEREAS, delaying high school start times may create
10 logistical challenges for school districts, including issues
11 with transportation and extracurricular activities that take
12 place before the school day, suggesting that further study of
13 high school start times may be necessary before a statute is
14 enacted;

15 NOW, THEREFORE, BE IT RESOLVED BY THE HOUSE OF
16 REPRESENTATIVES OF THE STATE OF NEW MEXICO that the
17 legislative education study committee be requested to study
18 high school start times and make recommendations on enacting
19 a statutory high school start time; and

20 BE IT FURTHER RESOLVED that the legislative education
21 study committee be requested to work with high school
22 students, the public education department and staff from New
23 Mexico school districts and charter schools to develop
24 recommendations on a statutory high school start time; and

25 BE IT FURTHER RESOLVED that the legislative education

1 study committee be requested to publish a report of its
2 research and recommendations by December 31, 2023; and

3 BE IT FURTHER RESOLVED that copies of this memorial be
4 transmitted to the director of the legislative education study
5 committee and the secretary of public education. _____

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