A MEMORIAL

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

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

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

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

WHEREAS, a recent poll conducted by the national sleep

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foundation found that sixty percent of children under eighteen reported feeling tired during the day, and fifteen percent of children under eighteen reported falling asleep at school at some point during the year; and

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

WHEREAS, the American academy of pediatrics recommends that high schools start at 8:30 a.m. or later to ensure teenagers receive the recommended amount of sleep; and

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

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

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

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

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

BE IT FURTHER RESOLVED that the legislative education
study committee be requested to publish a report of its
research and recommendations by December 31, 2023; and

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

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