1   **CONCURRENT RESOLUTION ENCOURAGING**

2   **CONSIDERATION OF A LATER START TIME FOR HIGH**

3   **SCHOOL**

4   2020 GENERAL SESSION

5   STATE OF UTAH

6   **Chief Sponsor: Suzanne Harrison**

7   Senate Sponsor: Ann Millner

8   Cosponsors: Carol Spackman Moss

9   Marsha Judkins   Steve Waldrip

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11   **LONG TITLE**

12   **General Description:**

13   This concurrent resolution encourages school districts and charter schools to consider

14   the possible benefits and consequences of a later start to the school day for high

15   schools.

16   **Highlighted Provisions:**

17   This resolution:

18   ‣   encourages school districts, charter schools, and school community councils to

19   consider the possible benefits and consequences of a later start to the school day for

20   high schools.

21   **Special Clauses:**

22   None

23

24   *Be it resolved by the Legislature of the state of Utah, the Governor concurring therein:*

25   WHEREAS, the majority of adolescents are sleep deprived at school;

26   WHEREAS, research indicates that the natural biological rhythms of adolescents are a

27   poor fit with early school start times and that most adolescents get their best sleep between the

28   hours of 11:00 p.m. and 8:00 a.m.;

29   WHEREAS, only a few Utah high schools start the school day after 8:00 a.m.;

30   WHEREAS, the American Academy of Pediatrics, the American Medical Association,

31   the Centers for Disease Control and Prevention, and over a dozen major medical organizations,

32   including the American Psychological Association all recommend that high schools start no

33   earlier than 8:30 a.m.;

34   WHEREAS, an average of only 10% of adolescents get the recommended 9.25 hours of

35   sleep each night and the Center of Disease Control's 2017 Youth Risk Behavior Survey showed

36   that 75.4% of U.S. high school students get fewer than 8 hours of sleep and 43% get less than 6

37   hours of sleep on school nights;

38   WHEREAS, environmental factors such as homework, extracurricular activities, social

39   activities, part-time work, and technology exacerbate the tendency for adolescents to decrease

40   sleep time;

41   WHEREAS, the National Sleep Foundation reports that 20 to 30% of high school

42   students sleep at least once a week during class and 14% are tardy due to oversleeping;

43   WHEREAS, research identifies numerous consequences and impacts on adolescent

44   brain development associated with sleep deprivation, including lack of attention to learning

45   tasks, poor retention of information taught, low grades, increased risk of auto accidents,

46   increased disciplinary problems, impaired judgment, increased suicidal thinking, increased

47   levels of anxiety and depression, decreased motivation, increased substance abuse, and other

48   negative consequences;

49   WHEREAS, sleep loss in adolescents has been associated with increased risk of

50   obesity, eating disorders, and cardiovascular morbidity which are likely to lead to increasingly

51   poor health as adolescents progress to adulthood;

52   WHEREAS, the need to start the high school day later is a public health concern;

53   WHEREAS, a comprehensive national study by the RAND Corporation on the

54   economic impacts of delaying the start of school to at least 8:30 a.m. found that the benefits of

55   a later start time far outweigh the immediate costs to implement later school start times and

56   that a nation-wide delayed start time would generate an estimated economic gain of $8.6 billion

57   to the U.S. economy after just two years and potentially $83 billion after just ten years resulting

58   from improved academic performance and decreased mortality rates as a result of a decrease in

59   the number of car crashes;

60   WHEREAS, research indicates that later school start times for high schools result in

61   fewer car accidents, increased academic performance, fewer disciplinary referrals, improved

62   mental health and athletic performance, reduced weekend oversleep, increased number of

63   adolescents getting adequate sleep, and increased total sleep time;

64   WHEREAS, a major multi-state study conducted by researchers at the University of

65   Minnesota and the U.S. Centers for Disease Control and Prevention linked later high school

66   start times with significant decreases in adolescent substance abuse, depression, and

67   consumption of caffeinated beverages;

68   WHEREAS, a study of secondary schools in Seattle found that delaying the school start

69   time by an hour resulted in an increased daily median sleep time and an increase in the median

70   grades among participating adolescents with a larger impact on adolescents from economically

71   disadvantaged families;

72   WHEREAS, the Seattle study also found that later school start times resulted in

73   increased punctuality and attendance, especially among economically disadvantaged students,

74   and could have a significant impact on decreasing the learning gap between low and high

75   socioeconomic groups;

76   WHEREAS, research indicates that later school start times have a minimal impact on

77   participation rates by adolescents in extracurricular activities;

78   WHEREAS, the community can support parents and families to ensure that adolescents

79   get appropriate sleep by adjusting school schedules;

80   WHEREAS, even small changes to the start time for high schools can result in

81   significant improvements to the health and academic performance of adolescents; and

82   WHEREAS, the Legislature recognizes local control and that Utah's school districts and

83   charter schools are responsible for school schedules and start times:

84   NOW, THEREFORE, BE IT RESOLVED that the Legislature of the state of Utah, the

85   Governor concurring therein, encourages school districts and charter schools, in consultation

86   with their respective school community councils, to consider the possible benefits and

87   consequences of a later start to the school day for high schools.

88   BE IT FURTHER RESOLVED that a copy of this resolution be sent to the State Board

89   of Education, the State Charter School Board, and each school district and charter school in

90   Utah that serves students in grades 9 through 12.