

SENATE, No. 3160

STATE OF NEW JERSEY 218th LEGISLATURE

INTRODUCED NOVEMBER 26, 2018

Sponsored by:

Senator RICHARD J. CODEY

District 27 (Essex and Morris)

Assemblywoman MILA M. JASEY

District 27 (Essex and Morris)

Assemblywoman VALERIE VAINIERI HUTTLE

District 37 (Bergen)

Assemblywoman CAROL A. MURPHY

District 7 (Burlington)

Co-Sponsored by:

**Assemblywomen Jones, Pinkin, Assemblyman McKeon and
Assemblywoman Lampitt**

SYNOPSIS

Establishes pilot program in DOE to provide later school start times for high school students.

CURRENT VERSION OF TEXT

As introduced.



(Sponsorship Updated As Of: 6/28/2019)

1 AN ACT establishing a pilot program in the Department of
2 Education on later school start times for high school students.

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4 **BE IT ENACTED** by the Senate and General Assembly of the State
5 of New Jersey:

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7 1. a. The Commissioner of Education shall establish a four-
8 year pilot program on later school start times for high school
9 students. The purpose of the program shall be to implement later
10 school start times for high school students in selected school
11 districts and to study the issues, benefits, and options for instituting
12 a later start time to the school day for high school students. The
13 pilot program shall:

14 (1) implement the recommendations of the American Academy
15 of Pediatrics on the establishment of later school start times;

16 (2) include an assessment of the health, academic, and safety
17 benefits associated with establishing later start times in high
18 schools; and

19 (3) evaluate any potential negative impacts on school districts
20 and families that may be associated with a later school start time,
21 including issues related to transportation and after-school activities
22 such as athletics, clubs, and other extracurricular activities, and
23 consider strategies for addressing potential problems.

24 b. A board of education of a school district that includes grades
25 9 through 12 that wants to participate in the pilot program shall
26 submit an application to the commissioner. The application shall
27 provide information on the number of students in the high school,
28 the current start time to the school day for high school students, the
29 rate of absenteeism and tardiness for the district's high school
30 students, and an assessment of teacher satisfaction and student
31 engagement and attentiveness. The application shall detail how the
32 implementation of a later start to the school day will serve to
33 benefit high school students.

34 c. The commissioner shall select five school districts to
35 participate in the pilot program, including at least one high school
36 in each of the northern, central, and southern regions of the State,
37 and shall seek a cross section of school districts from urban,
38 suburban, and rural areas of the State.

39 d. At the conclusion of the pilot program, the commissioner
40 shall submit a report to the Governor and, pursuant to section 2 of
41 P.L.1991, c.164 (C.52:14-19.1), the Legislature. The report shall
42 include, but need not be limited to: the number of students who
43 participated in the pilot program; the start times of the school day
44 for the high school students who participated in the program before
45 and after participation in the pilot program; the impact the program
46 has had on reducing tardiness and absenteeism; an assessment of the
47 health, academic, and safety benefits associated with establishing
48 later start times; an evaluation of any potential negative impacts on

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1 school districts and families that may be associated with a later
2 school start time; and the commissioner's recommendation on the
3 adoption of later school start times for all high school students.

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5 2. This act shall take effect immediately.

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STATEMENT

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10 This bill establishes a four-year pilot program in the Department
11 of Education on later school start times for high school students.
12 The purpose of the program is to implement later school start times
13 for high school students in selected school districts and to study the
14 issues, benefits, and options for instituting a later start time to the
15 school day for high school students. The pilot program will:

- 16 • implement the recommendations of the American Academy
17 of Pediatrics on the establishment of later school start times;
- 18 • include an assessment of the health, academic, and safety
19 benefits associated with establishing later start times in high
20 schools; and
- 21 • evaluate any potential negative impacts on school districts
22 and families that may be associated with a later school start
23 time, including issues related to transportation and after-
24 school activities such as athletics, clubs, and other
25 extracurricular activities, and consider strategies for
26 addressing potential problems.

27 Under the pilot program, a school district that includes grades 9
28 through 12 that wants to participate in the pilot program will submit
29 an application to the commissioner. The application must provide
30 information on the number of students in the high school, the
31 current start time to the school day for high school students, the rate
32 of absenteeism and tardiness for the district's high school students,
33 and an assessment of teacher satisfaction and student engagement
34 and attentiveness. The application will detail how the
35 implementation of a later start to the school day will serve to
36 benefit high school students.

37 The commissioner will select five school districts to participate
38 in the pilot program, and is required to seek a cross section of
39 school districts from urban, suburban, and rural areas of the State.

40 Under the bill, the commissioner will submit a report to the
41 Governor and the Legislature at the conclusion of the pilot program.
42 The report is required to include: the number of students who
43 participated in the pilot program; the start times of the school day
44 for the high school students who participated in the program before
45 and after participation in the pilot program; the impact the program
46 has had on reducing tardiness and absenteeism; an assessment of the
47 health, academic, and safety benefits associated with establishing
48 later start times; an evaluation of any potential negative impacts on

1 school districts and families that may be associated with a later start
2 time; and the commissioner's recommendation on the adoption of
3 later school start times for all high school students.

4 A 2014 report by the American Academy of Pediatrics (AAP)
5 indicated that sleep deprivation, particularly among adolescents, is a
6 critical problem and has numerous negative impacts on academics,
7 health, safety and well-being. According to the report, one factor
8 contributing to the lack of sleep is the start time for schools. In its
9 report, the AAP recommended that high schools delay the start of
10 class until 8:30 A.M. or later. The report indicated that adolescents
11 who get enough sleep have a reduced risk of being overweight or
12 suffering depression, are less likely to be involved in automobile
13 accidents, have better grades, and have an overall higher quality of
14 life.