

American Legion Auxiliary
New Mexico Girls State
Bill Instruction Sheet



Principal Author: Yong Banks

Bill No: _____ Committee: _____

Status:

Passed by: ☐ Committee ☐ House ☐ Senate ☐ Governor

Tabled by: ☐ Committee ☐ House ☐ Senate ☐ Governor

Other: _____

Simple Title of Bill: No Early Mornings

1 BILL

2 **70TH SESSION – AMERICAN LEGION AUXILIARY NEW MEXICO GIRLS STATE – 2017**

3 INTRODUCED BY

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7 AN ACT

8 **SECONDARY SCHOOL HOURS ADJUSTMENT ACT: RELATING TO ADOLESCENT**

9 **EDUCATION; CHANGING SCHOOL HOURS.**

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11 **ENACTING CLAUSE: Secondary School Hours Adjustments Act**

12 BE IT ENACTED BY THE LEGISLATURE OF THE AMERICAN LEGION AUXILIARY NEW

13 MEXICO GIRLS STATE:

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MAIN PROVISION SECTIONS: SECTION 2. ADJUSTMENTS. – School hour adjustments shall be made for the purpose of giving teenagers in high school more time to rest before school begins. Rest is critical for focus and is important in maintaining health in general. According to the National Sleep Foundation adolescents need about 8-10 hours of sleep each night. With the current school hour schedule, students are not able to receive the sleep they need. Studies show biological sleep patterns change during teenage years, causing a natural sleep rhythm from 11 p.m. to 8 a.m. Most secondary school starting times interrupt the natural sleep pattern and even lead to a more irregular sleep schedule through the week. A study on teens and sleep reported that only about 15% of teenagers rest for 8.5 hours on school nights. The American Academy of Pediatrics and the American Academy of Sleep Medicine urge schools to shift their starting hours to 8:30 or later. Starting school at 9 a.m. will allow students to get the rest they need while also adding other benefits. Some of these benefits include: increased attendance and enrollment, lower rates of depression, and lower risk of dangerous driving behaviors. This rule will not interfere with other New Mexico laws on educational hours. By changing the new start time for secondary schools to 9 a.m. and ending the day at 3:30 p.m., schools will still comply with the 6 hour instructional day requirement by State Law, including a 30 minute lunch break for students. Students will still have time after school to participate in sports, clubs and other activities.

All laws, acts, provisions, or parts of laws contained in the Constitution of the State of New Mexico in conflict with any provision of this act are hereby repealed.

Default Start: This act shall become effective 1 year after its passage and approval by the American Legion Auxiliary New Mexico Girls State Governor.

1 Delayed Start: The provisions of the act shall be effective after June 30, 2019