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## FISCAL IMPACT REPORT

<b>SPONSOR</b> <u>Garratt</u>	<b>LAST UPDATED</b> _____
	<b>ORIGINAL DATE</b> <u>2/23/23</u>
<b>SHORT TITLE</b> <u>Study High School Start Times</u>	<b>BILL NUMBER</b> <u>House Memorial 56</u>
	<b>ANALYST</b> <u>Liu</u>

### ESTIMATED ADDITIONAL OPERATING BUDGET IMPACT\* (dollars in thousands)

	FY23	FY24	FY25	3 Year Total Cost	Recurring or Nonrecurring	Fund Affected
	No fiscal impact	No fiscal impact	No fiscal impact			

Parentheses ( ) indicate expenditure decreases.  
\*Amounts reflect most recent analysis of this legislation.

Relates to HB130, HB194, SB137

### Sources of Information

LFC Files  
Legislative Education Study Committee (LESC) Files

Responses Received From  
Children, Youth and Families Department (CYFD)  
Department of Health (DOH)  
New Mexico Activities Association (NMAA)

No Response Received  
Public Education Department (PED)

## SUMMARY

### Synopsis of House Memorial 56

House Memorial 56 requests LESC to study high school start times and make recommendations on a statutory high school start time.

## FISCAL IMPLICATIONS

The memorial does not contain an appropriation.

## SIGNIFICANT ISSUES

DOH notes sleep is a necessity for health. Meeting the need for sleep duration, timing, regularity,

and quality requires volitional behaviors by parents and children, which are partially dictated by genetic and physiologic factors. The U.S. Centers for Disease Control (CDC) recommends children (6-12 years of age) get nine hours to 12 hours of sleep per day, and teenagers (13-18 years of age) get eight hours to 10 hours of sleep per day. Both the American Academy of Sleep Medicine and the American Academy of Pediatrics recommend both middle and high schools begin no earlier than 8:30 A.M.

School districts and charter schools currently have local authority to set bell schedules for all schools. In Albuquerque Public Schools, the earliest start times for elementary schools is 7:43 A.M., for middle schools is 8:00 A.M., and for high schools is 7:25 A.M. (although zero period begins at 6:28 A.M.).

## **PERFORMANCE IMPLICATIONS**

DOH notes later school start times support the biological needs of adolescents and may improve performance in school, including:

- Improved attendance and decreased tardiness,
- Better student grades,
- Fewer occurrences of falling asleep in class,
- Fewer athletic injuries,
- Reduced irritability and depressive symptoms,
- Fewer disciplinary issues, and
- Fewer motor vehicle crashes.

Studies have shown that early school start times are associated with students getting less sleep, which negatively affects student academic performance. Students with less sleep have difficulty paying attention in class and are likely to have lower grades. They may also experience irritability and fatigue. A lack of sleep also has long-term physical and mental health consequences. Poor quantity and quality of sleep can lead to health concerns such as diabetes, cardiovascular disease, and obesity.

## **ADMINISTRATIVE IMPLICATIONS**

Provisions of this memorial would require LESC to work with high school students, PED, and staff from New Mexico school districts and charter schools to develop recommendations on a statutory high school start time and publish a report by December 31, 2023.

## **RELATIONSHIP**

This memorial relates to House Bills 130 and 194, which increase instructional hours for schools, and Senate Bill 137, which requires 30 minutes for recess in elementary schools.

## **OTHER SUBSTANTIVE ISSUES**

Later school start times may create scheduling conflicts. These may arise for athletic and academic competitions against schools with earlier start times and therefore an earlier dismissal. NMAA notes earlier state times may affect scheduling of interscholastic athletics during the spring season. Many schools do not have lights on their fields and other athletic complexes and

being able to play a game to completion or to finish a track meet may be problematic.

DOH notes later start times will likely mean more buses on the road later in the day; this could create more traffic and increase travel delays. Additionally, some families rely on older students to care for younger siblings after school; this may be more difficult if high schools dismiss later than elementary or middle schools.

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