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HOUSE MEMORIAL 56

56TH LEGISLATURE - STATE OF NEW MEXICO - FIRST SESSION, 2023

INTRODUCED BY

Joy Garratt

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
prevention 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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1 foundation found that sixty percent of children under eighteen
2 reported feeling tired during the day, and fifteen percent of
3 children under eighteen reported falling asleep at school at
4 some point during the year; and

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

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

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

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

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

24 NOW, THEREFORE, BE IT RESOLVED BY THE HOUSE OF
25 REPRESENTATIVES OF THE STATE OF NEW MEXICO that the legislative

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1 education study committee be requested to study high school
2 start times and make recommendations on enacting a statutory
3 high school start time; and

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

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

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

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