

# ASSEMBLY, No. 4865

## STATE OF NEW JERSEY 218th LEGISLATURE

INTRODUCED JANUARY 15, 2019

**Sponsored by:**

**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.

3

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

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.