

1 WHEREAS, many national organizations, such as the American Academy of
2 Pediatrics, American Medical Association, and the U.S. Centers for Disease Control and
3 Prevention, recommend later school start times, particularly for middle school and high
4 school students; and

5 WHEREAS, the need to start the high school day later is a public health concern;
6 sleep loss in adolescents has been associated with increased risk of obesity, eating disorders,
7 and cardiovascular morbidity, which are likely to lead to increasingly poor health and mental
8 instability as adolescents progress to adulthood; and

9 WHEREAS, additionally, research identifies numerous consequences and impacts
10 on adolescent brain development associated with sleep deprivation, including lack of
11 attention to learning tasks, poor retention of information taught, low grades, increased risk
12 of automobile accidents, increased disciplinary problems, impaired judgment, increased
13 suicidal thinking, increased levels of anxiety and depression, decreased motivation,
14 increased substance abuse, and other negative consequences; and

15 WHEREAS, the community can support parents and families to ensure that
16 adolescents get appropriate sleep by adjusting school schedules; even small changes to
17 school start times can result in significant improvements to student health and academic
18 performance; and

19 WHEREAS, school districts have flexibility in setting calendars and school start
20 times and would benefit from an analysis of how later school start times may benefit
21 students, including research on best practices from other states; and

22 WHEREAS, it is appropriate that the impact of school start times on student health
23 and performance receive a thorough evaluation.

24 THEREFORE, BE IT RESOLVED that the Legislature of Louisiana does hereby
25 create a task force and urge and request the state Department of Education to conduct a
26 comprehensive study on school start times and submit written reports of findings and
27 recommendations to the House Committee on Education and the Senate Committee on
28 Education not later than February 1, 2025.

29 BE IT FURTHER RESOLVED that the task force shall be composed of the
30 following members:

1 (1) The state superintendent of education or his designee.

2 (2) The president of the State Board of Elementary and Secondary Education or his
3 designee.

4 (3) One member appointed by the chief executive officer of the Baton Rouge Area
5 Chamber.

6 (4) One member appointed by the president of the Council for a Better Louisiana.

7 (5) One member appointed by the president of the Louisiana Association of Business
8 and Industry.

9 (6) One member appointed by the president of the Louisiana Association of
10 Educators.

11 (7) One member appointed by the executive director of the Louisiana District
12 Attorneys Association.

13 (8) One member appointed by the president of the Louisiana Federation of Teachers.

14 (9) One member appointed by the executive director of the Louisiana School Boards
15 Association.

16 (10) One member appointed by the executive director of the Louisiana School
17 Superintendents Association.

18 (11) One member appointed by the president of the Public Affairs Research Council
19 of Louisiana.

20 BE IT FURTHER RESOLVED that the member appointed by the chief executive
21 officer of the Baton Rouge Area Chamber shall chair the task force and shall call the first
22 meeting no later than August 30, 2024.

23 BE IT FURTHER RESOLVED that the task force and department shall
24 simultaneously do the following:

25 (1) Evaluate school start times across the state with a particular focus on middle and
26 high schools.

27 (2) Assess potential benefits and challenges associated with later school start times,
28 including impacts on student achievement, truancy, chronic absenteeism, and student health
29 and well-being.

1 (3) Examine the scientific evidence regarding adolescent sleep needs and the impact
2 of school start times on sleep.

3 (4) Explore the logistical, financial, and community implications of adjusting school
4 start times.

5 (5) Engage and consult with stakeholders, including students, parents, educators, and
6 community members, to gather diverse perspectives and insights on the issue.

7 BE IT FURTHER RESOLVED that the task force's and department's reports shall
8 respectively include a comprehensive overview of findings, recommendations for potential
9 adjustments to school start times, and proposed strategies for implementing any
10 recommended changes and shall address potential challenges and outline steps for successful
11 transition.

12 BE IT FURTHER RESOLVED that a copy of this Resolution be transmitted to the
13 president of the State Board of Elementary and Secondary Education and the state
14 superintendent of education.

DIGEST

The digest printed below was prepared by House Legislative Services. It constitutes no part of the legislative instrument. The keyword, one-liner, abstract, and digest do not constitute part of the law or proof or indicia of legislative intent. [R.S. 1:13(B) and 24:177(E)]

HCR 72 Engrossed

2024 Regular Session

LaFleur

Creates a task force and requests the state Dept. of Education to study school start times and submit written reports of findings and recommendations to the House and Senate education committees not later than Feb. 1, 2025.

Summary of Amendments Adopted by House

The Committee Amendments Proposed by House Committee on Education to the original resolution:

1. Create a task force to study school start times and submit a written report to the House and Senate education committees.