

Resolved, that the New York State School Boards Association supports legislation at the state level that would set limits on the start time for schools, to be no earlier than 8 AM.

Extremely early school start times are detrimental to a student's learning and health. According to the American Academy of Pediatrics, inadequate sleep in adolescents can lead to obesity, diabetes, increased anxiety, depression, cognitive impairment, memory problems, and drowsy driving. Ultimately, these issues impact academic achievement and graduation rates. Given that districts must coordinate their schedules for extracurricular activities, including sports, this is not a decision that can be successfully implemented at the local level. New York State must set limits on the start time for schools, to be no earlier than 8 am.