

 KENTUCKY YMCA YOUTH ASSOCIATION KENTUCKY YOUTH ASSEMBLY Premiere Bill	Red Bill # P15						
	Referred to Committee: Senate 1						
Authors: Belle Townsend, Clarke Sights, Sheridan Forker	Action on the Bill <table> <tr> <td>House</td> <td>Senate</td> </tr> <tr> <td>___ <input type="checkbox"/> Passed</td> <td>___ <input type="checkbox"/> Passed</td> </tr> <tr> <td>___ <input type="checkbox"/> Defeated</td> <td>___ <input type="checkbox"/> Defeated</td> </tr> </table>	House	Senate	___ <input type="checkbox"/> Passed	___ <input type="checkbox"/> Passed	___ <input type="checkbox"/> Defeated	___ <input type="checkbox"/> Defeated
House		Senate					
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School: Henderson Co. HS							
City: Henderson							

1 An act to delay the starting time for middle/high schools all around Kentucky
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3 **Be it enacted by the Youth Assembly of the Commonwealth of Kentucky**
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5 Section 1: An alarming 87% of students don't get enough sleep every night. 8 ½ to 9 ½ hours of sleep is
6 needed for our bodies to function properly. Studies show that biological changes associated with puberty
7 result in a change of circadian rhythms resulting in adolescents to get tired later at night. This time, for most,
8 is around 11 at night, and it normally ends around 8. But with the average school starting at 8:00, this
9 makes things virtually impossible to get the recommended hours of sleep needed. By establishing a
10 mandatory starting time of 9:00 or later, we could break this cycle of not meeting needs.
11
12 Section 2: The American Academy of Pediatrics and The National Sleep Foundation both recommended that
13 schools start no later than 8:30. 2 schools in Kentucky listened. Both have reported reduced tardiness,
14 sleeping in class, and car crashes. It was also reported that attendance "skyrocketed", along with graduation
15 rates, and test scores. Schools in Maine also listened, reporting similar results along with a decrease in
16 depression, suicide rates, alcohol and substance abuse, and daily caffeine consumption. Obesity ratings and
17 periodical nurse visits throughout the day were also reported to decrease. Activities after school were not
18 affected by this schedule change. These school's also reported that athletes had better performance, this
19 was simply because their bodies were functioning properly.
20
21 Section 3: A school day from 9:00 A.M. to 4:15 will be established, along with a leeway of 30 minutes for
22 starting times due to common work schedules, amount of material, etc.
23
24 Section 4: This act will help increase attendance, test scores, graduation rates, and overall performance. This
25 act will also help to decrease depression, suicide rates, substance and alcohol abuse, obesity, migraines,
26 tardiness, and physical fighting. All of these are side effects of not enough sleep.
27
28 Section 5: This plan will go into effect upon passing of this bill and agreement from school boards.