

LA CANADA UNIFIED SCHOOL DISTRICT

RESOLUTION NO. 20-16-17

**A RESOLUTION IN SUPPORT OF SENATE BILL 328
MANDATING LOCAL EDUCATIONAL AGENCIES TO ADOPT LATER SCHOOL START TIMES
AND SETTING AN LCUSD GOAL TO START LCHS 7-12 AFTER 8:30 a.m.**

WHEREAS, the National Institutes of Health (NIH), the Centers for Disease Control (CDC), the National Sleep Foundation, and Stanford's Challenge Success initiative all conclude that high school adolescents on average need about nine hours of sleep per night for optimal performance, health, and brain development and middle school students may need up to eleven hours per night; and

WHEREAS, most teens experience delayed sleep onset during puberty, and the hormones that help regulate sleep make it difficult for most teens to fall asleep before 11:00 p.m. or to be alert before 8:00 a.m.; and

WHEREAS, sleep plays an important role in learning and memory; and sleep deficits affect teens' abilities to think, perform, and react appropriately; and

WHEREAS, there is ample evidence that later high school start times result in adolescent students getting more sleep on school nights; and,

WHEREAS, research shows there are many benefits from later high school start times including decreases in teen depression, car accidents, negative risk-taking behaviors, discipline referrals, absenteeism, tardiness, and dropout rates; and,

WHEREAS, the 2016 La Canada High School 7-12 Challenge Success Student Survey found the following results which indicate that our students do not meet sleep thresholds for optimal health:

- 77% of 9-12 graders report that they have suffered from exhaustion;
- 67% of 9-12 graders report that they have difficulty sleeping;
- 9-12 graders on average report that they sleep only 6.5 hours per night;
- 87% of 7/8 students report that more late start days would be an effective change towards reducing stress;
- 7/8 students on average report that sleep less than 7.5 hours per night; and

WHEREAS, LCHS 7-12 survey data demonstrates that our students average amount of sleep per night falls far below the recommendations for optimal health; and

WHEREAS, on February 20, 2017, Senator Anthony Portantino introduced Senate Bill 328 which would require middle and high schools across California to start the school day no earlier than 8:30 a.m.; and

THEREFORE BE IT RESOLVED, that, in light of the benefits to student health, well-being, and performance, it is a goal of the LCUSD Governing Board to achieve middle school and high school start times at approximately 8:30 a.m.; and

BE IT FURTHER RESOLVED, that the LCUSD Governing Board supports California Senate Bill 328 to start school later for middle and high school students throughout the state of California.

Dan Jeffries, President

Kaitzer Puglia, Vice-President

Brent Kuszyk, Clerk

Ellen Multari, Member

David Sagal, Member