

# ASSEMBLY, No. 3816

## STATE OF NEW JERSEY 220th LEGISLATURE

INTRODUCED MAY 2, 2022

**Sponsored by:**

**Assemblyman CRAIG J. COUGHLIN**

**District 19 (Middlesex)**

**Assemblywoman MILA M. JASEY**

**District 27 (Essex and Morris)**

**Assemblyman STERLEY S. STANLEY**

**District 18 (Middlesex)**

**Co-Sponsored by:**

**Assemblyman Caputo**

**SYNOPSIS**

Requires certain public schools that receive State aid to begin regular instruction for high school students no earlier than 8:30 AM.

**CURRENT VERSION OF TEXT**

As introduced.



(Sponsorship Updated As Of: 6/13/2022)

1 AN ACT concerning school start times for high school students and  
2 Title 18A of the New Jersey Statutes.

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4 **BE IT ENACTED** by the Senate and General Assembly of the State  
5 of New Jersey:

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7 1. The Legislature finds and declares that:

8 a. During puberty, adolescents become tired later at night and  
9 need to sleep later in the morning as a result in shifts in biological  
10 rhythms.

11 b. The combination of late bedtimes and early school start times  
12 results in most adolescents not getting enough sleep.

13 c. Adolescents who do not get enough sleep are faced with  
14 several health risks including being overweight, drinking alcohol,  
15 smoking tobacco, and using drugs, as well as poor academic  
16 performance.

17 d. The American Academy of Sleep Medicine recommends that  
18 teenagers aged 13 to 18 years should regularly sleep 8 to 10 hours  
19 per day for good health.

20 e. The American Academy of Pediatrics recommends that  
21 middle and high schools start at 8:30 AM or later to give students  
22 the opportunity to get the amount of sleep they need.

23

24 2. In order to receive any State aid pursuant to P.L.2007, c.260  
25 (C.18A:7F-43 et al.) or any other law, a school district, charter  
26 school, renaissance school project, county vocational school  
27 district, or county special services school district that includes  
28 grades 9 through 12 shall begin regular instruction for high school  
29 students no earlier than 8:30 AM local New Jersey time. This  
30 section shall not be construed to supersede any provisions of a  
31 student's individualized education program developed pursuant to  
32 the "Individuals with Disabilities Education Act," 20 U.S.C. s.1400  
33 et seq., or any rights, privileges, and remedies afforded a student  
34 under that act or section 504 of the federal "Rehabilitation Act of  
35 1973," 29 U.S.C. s.794.

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37 3. This act shall take effect immediately and shall first apply to  
38 the 2024-2025 school year.

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STATEMENT

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43 This bill provides that, in order to receive any State aid pursuant  
44 to the "School Funding Reform Act of 2008" or any other law, a  
45 school district, charter school, renaissance school project, county  
46 vocational school district, or county special services school district  
47 that includes grades 9 through 12 will be required to begin regular  
48 instruction for high school students no earlier than 8:30 AM.