Requires certain public schools that receive State aid to begin regular instruction for high school students no earlier than 8:30 AM.
AN ACT concerning school start times for high school students and
supplementing Title 18A of the New Jersey Statutes.

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

1. The Legislature finds and declares that:
   a. During puberty, adolescents become tired later at night and
      need to sleep later in the morning as a result in shifts in biological
      rhythms.
   b. The combination of late bedtimes and early school start
      times results in most adolescents not getting enough sleep.
   c. Adolescents who do not get enough sleep are faced with
      several health risks including being overweight, drinking alcohol,
      smoking tobacco, and using drugs, as well as poor academic
      performance.
   d. The American Academy of Sleep Medicine recommends that
      teenagers aged 13 to 18 years should regularly sleep 8 to 10 hours
      per day for good health.
   e. The American Academy of Pediatrics recommends that
      middle and high schools start at 8:30 AM or later to give students
      the opportunity to get the amount of sleep they need.

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

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

STATEMENT

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