

Author: Alexandra Schmidt

Title: Sleep versus School

File:

Section I. Body: People's brains develop a great deal during their youth and a critical component to this is getting enough sleep. Schools are starting too early for some teens and that has been detrimental to youth's development, causing some teens to become depressed, forgetful, and have problems with alertness and problem solving. Having school start around 8:30 or later may help increase the amount of sleep students are getting a night and that can benefit a youth's brain development causing them to be more focused and more able to obtain what they're learning.

Section II. Definitions:

Section III. Penalty: High schools will be required to start at 8:30am or later.

Section IV. Repeal: All laws, acts, provisions, or parts of laws contained in the Constitution of the State of New Mexico in conflict with any provision of this act are hereby repealed.

Section V. Effective Date: This act shall become effective immediately upon its passage and approval by the American Legion Auxiliary New Mexico Girls State Governor or its otherwise becoming a law.