

# HOUSE BILL 1081

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By: **Delegates A. Miller, Afzali, Carr, C. Howard, Jalisi, Kelly, Korman, McMillan, Moon, Pena-Melnyk, Platt, Waldstreicher, ~~and C. Wilson~~ C. Wilson, Ebersole, Hornberger, and Tarlau**

Introduced and read first time: February 13, 2015

Assigned to: Ways and Means

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Committee Report: Favorable with amendments

House action: Adopted

Read second time: March 21, 2015

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## CHAPTER \_\_\_\_\_

1 AN ACT concerning

2 **Education – Orange Ribbon for Healthy School Hours – Establishment**

3 FOR the purpose of establishing the Orange Ribbon for Healthy School Hours certification  
4 within the State Department of Education beginning in a certain school year;  
5 providing for the purpose of the Orange Ribbon for Healthy School Hours  
6 certification; establishing the requirements for a local school system to receive an  
7 Orange Ribbon for Healthy School Hours certification; requiring the State Board of  
8 Education to establish certain criteria on or before a certain date and provide certain  
9 information to certain local school systems on or before a certain date; requiring an  
10 Orange Ribbon for Healthy School Hours certification to be renewed each year under  
11 certain circumstances; requiring the Department to adopt certain regulations;  
12 defining a certain term; and generally relating to the Orange Ribbon for Healthy  
13 School Hours certification.

14 BY adding to  
15 Article – Education  
16 Section 7–121  
17 Annotated Code of Maryland  
18 (2014 Replacement Volume and 2014 Supplement)

19 Preamble

20 WHEREAS, Adolescent sleep deprivation is a statewide public health crisis; and

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EXPLANATION: CAPITALS INDICATE MATTER ADDED TO EXISTING LAW.

[Brackets] indicate matter deleted from existing law.

Underlining indicates amendments to bill.

~~Strike out~~ indicates matter stricken from the bill by amendment or deleted from the law by amendment.



1 WHEREAS, Early school start times are recognized as a major but remediable  
2 contributor to adolescent sleep deprivation; and

3 WHEREAS, The American Academy of Pediatrics recommends that middle schools  
4 and high schools start the school day no earlier than 8:30 a.m. for the sake of students'  
5 health, safety, and academic success; and

6 WHEREAS, The Department of Health and Mental Hygiene and the State  
7 Department of Education routinely advise local school systems of the health and academic  
8 benefits of later school start times and encourage local school systems to conduct feasibility  
9 studies regarding the implementation of a school start time of no earlier than 8:00 a.m.;  
10 and

11 WHEREAS, The Department of Health and Mental Hygiene has expressed concern  
12 that “by leaving school start times a matter for each local jurisdiction, the State risks letting  
13 local resistance trump a strong body of scientific evidence that sleep is critical to health  
14 and academic achievement”; and

15 WHEREAS, Extensive and costly efforts by local school systems since the 1990s have  
16 failed to overcome local resistance to school start times that are consistent with accepted  
17 evidence about the health and safety needs of students; and

18 WHEREAS, Local feasibility studies as recommended by the Department of Health  
19 and Mental Hygiene and the State Department of Education involve unnecessary and  
20 wasteful expenditures of time, money, and human resources and only replicate an already  
21 extensive body of evidence about the implementation of school hours for the sake of  
22 students' health, safety, and academic success in Maryland and nationwide; now, therefore,

23 SECTION 1. BE IT ENACTED BY THE GENERAL ASSEMBLY OF MARYLAND,  
24 That the Laws of Maryland read as follows:

25 **Article – Education**

26 **7–121.**

27 **(A) IN THIS SECTION, “HEALTHY SCHOOL START TIME” MEANS A SCHOOL**  
28 **STARTING TIME OF NO EARLIER THAN 8:00 A.M.**

29 **(B) (1) BEGINNING IN THE 2016–2017 SCHOOL YEAR, THERE IS AN**  
30 **ORANGE RIBBON FOR HEALTHY SCHOOL HOURS CERTIFICATION IN THE**  
31 **DEPARTMENT.**

32 **(2) THE PURPOSE OF THE ORANGE RIBBON FOR HEALTHY SCHOOL**  
33 **HOURS CERTIFICATION IS TO RECOGNIZE LOCAL SCHOOL SYSTEMS THAT CREATE,**  
34 **IMPLEMENT, AND ENFORCE SCHOOL START TIMES THAT ARE CONSISTENT WITH THE**

1 SCHOOL START TIMES RECOMMENDED BY THE DEPARTMENT, THE DEPARTMENT OF  
2 HEALTH AND MENTAL HYGIENE, AND THE AMERICAN ACADEMY OF PEDIATRICS.

3 (C) TO RECEIVE AN ORANGE RIBBON FOR HEALTHY SCHOOL HOURS, A  
4 LOCAL SCHOOL SYSTEM:

5 (1) MAY NOT HAVE:

6 (I) AN ELEMENTARY SCHOOL IN THE LOCAL SCHOOL SYSTEM  
7 THAT REQUIRES A STUDENT TO:

8 1. BE IN CLASS BEFORE 8:00 A.M.; AND

9 2. BOARD A SCHOOL BUS BEFORE 7:00 A.M.; AND

10 (II) A MIDDLE OR HIGH SCHOOL IN THE LOCAL SCHOOL SYSTEM  
11 THAT REQUIRES A STUDENT TO:

12 1. BE IN CLASS BEFORE 8:30 A.M.; AND

13 2. BOARD A SCHOOL BUS BEFORE 7:30 A.M.; AND

14 (2) SHALL:

15 (I) CONDUCT AT LEAST TWO TARGETED AND TELEVISED  
16 PUBLIC EDUCATION FORUMS FOR STUDENTS, PARENTS, TEACHERS, AND SCHOOL  
17 STAFF ON THE NECESSITY OF HEALTHY SCHOOL START TIMES, THE CONSEQUENCES  
18 OF CHRONIC SLEEP DEPRIVATION, AND THE HEALTH AND SAFETY IMPACT OF  
19 ALIGNING SCHOOL TIMES WITH ADOLESCENT SLEEP PATTERNS;

20 (II) 1. INFORM THE FOLLOWING STAKEHOLDERS OF THE  
21 IMPORTANCE OF HEALTHY SCHOOL STARTING TIMES:

22 A. TEACHERS;

23 B. PARENTS;

24 C. STUDENTS;

25 D. ADMINISTRATORS;

26 E. SCHOOL STAFF;

27 F. TRANSPORTATION PROVIDERS;

1 G. ATHLETIC DIRECTORS;

2 H. LOCAL BUSINESS OWNERS;

3 I. COACHES;

4 J. CHILDCARE PROVIDERS;

5 K. LOCAL EMPLOYERS OF STUDENTS;

6 L. CITY OR COUNTY AGENCIES THAT PROVIDE SERVICES  
7 OR OPPORTUNITIES TO STUDENTS; AND

8 M. ORGANIZATIONS THAT USE LOCAL SCHOOL SYSTEMS'  
9 FIELDS AND FACILITIES ON A REGULAR BASIS; AND

10 2. ENGAGE THE STAKEHOLDERS LISTED IN ITEM 1 OF  
11 THIS ITEM IN CONVERSATIONS TO DISCUSS POSSIBLE CONTRAINDICATIONS OF  
12 ALTERING CURRENT SCHOOL START TIMES; AND

13 (III) NOTIFY THE PUBLIC AND STAKEHOLDERS OF ANY CHANGES  
14 TO SCHOOL START TIMES.

15 (D) (1) ON OR BEFORE OCTOBER 1, 2015, THE STATE BOARD SHALL  
16 ESTABLISH CRITERIA THAT A LOCAL SCHOOL SYSTEM MUST MEET TO PROVE THAT  
17 THE LOCAL SCHOOL SYSTEM IS ENFORCING SCHOOL START TIMES THAT ARE  
18 CONSISTENT WITH RECOMMENDATIONS FROM THE DEPARTMENT, THE  
19 DEPARTMENT OF HEALTH AND MENTAL HYGIENE, AND THE AMERICAN ACADEMY  
20 OF PEDIATRICS.

21 (2) ON OR BEFORE DECEMBER 1, 2015, THE STATE BOARD SHALL  
22 PROVIDE EACH LOCAL SCHOOL SYSTEM WITH:

23 (I) INFORMATION ON METHODS OF EFFICIENTLY ALTERING  
24 CURRENT SCHOOL START TIMES TO BE CONSISTENT WITH RECOMMENDATIONS; AND

25 (II) THE CRITERIA ESTABLISHED IN PARAGRAPH (1) OF THIS  
26 SUBSECTION.

27 (E) AN ORANGE RIBBON FOR HEALTHY SCHOOL HOURS CERTIFICATION  
28 GRANTED UNDER THIS SECTION SHALL BE RENEWED EACH YEAR IF THE LOCAL  
29 SCHOOL SYSTEM PRESENTS EVIDENCE THAT THE LOCAL SCHOOL SYSTEM IS IN  
30 COMPLIANCE WITH THIS SECTION.

1           **(F) THE DEPARTMENT SHALL ADOPT REGULATIONS TO CARRY OUT THE**  
2 **REQUIREMENTS OF THIS SECTION.**

3           SECTION 2. AND BE IT FURTHER ENACTED, That this Act shall take effect July  
4 1, 2015.

Approved:

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Governor.

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Speaker of the House of Delegates.

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President of the Senate.