

114TH CONGRESS  
1ST SESSION

# H. R. 1306

To direct the Secretary of Education to conduct a study to determine the relationship between school start times and adolescent health, well-being, and performance.

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## IN THE HOUSE OF REPRESENTATIVES

MARCH 4, 2015

Ms. LOFGREN (for herself, Mr. HONDA, Mr. GRIJALVA, Mrs. NAPOLITANO, Mr. RYAN of Ohio, Mr. CONNOLLY, Mr. GUTIÉRREZ, and Mr. SWALWELL of California) introduced the following bill; which was referred to the Committee on Education and the Workforce

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## A BILL

To direct the Secretary of Education to conduct a study to determine the relationship between school start times and adolescent health, well-being, and performance.

1 *Be it enacted by the Senate and House of Representa-*  
2 *tives of the United States of America in Congress assembled,*

3 **SECTION 1. SHORT TITLE.**

4 This Act may be cited as the “ZZZ’s to A’s Act”.

5 **SEC. 2. FINDINGS.**

6 Congress finds the followings:

7 (1) The Secretary of Education has not for-  
8 mally issued policy guidance on school start times.

1           (2) Numerous local educational agencies have  
2           recently changed or are considering changing school  
3           start times in an effort to improve adolescent health,  
4           well-being, and performance.

5 **SEC. 3. STUDY AND REPORT.**

6           Not later than 18 months after the date of enactment  
7 of this Act, the Secretary of Education shall—

8           (1) conduct a study, directly or through award-  
9           ing a grant or contract, to examine the relationship  
10          between school start times and adolescent health,  
11          well-being, and performance that—

12                 (A) provides a comprehensive review of the  
13                 scientific evidence relating to school start times  
14                 and adolescent health, well-being, and perform-  
15                 ance;

16                 (B) compares adolescent health, well-being,  
17                 and performance among local educational agen-  
18                 cies with different school start times; and

19                 (C) evaluates factors that contribute to or  
20                 affect school start times; and

21          (2) submit to Congress a report that de-  
22          scribes—

23                 (A) the findings of the study; and

24                 (B) any recommendations of the Secretary  
25                 based on such findings.

1 **SEC. 4. DEFINITIONS.**

2 In this Act:

3 (1) LOCAL EDUCATIONAL AGENCY.—The term  
4 “local educational agency” has the meaning given  
5 the term in section 9101 of the Elementary and Sec-  
6 ondary Education Act of 1965 (20 U.S.C. 7801).

7 (2) PERFORMANCE.—The term “performance”  
8 means a measurement of how well an individual  
9 achieves a desired task, and which may include aca-  
10 demic performance and cognitive performance.

11 (3) SECRETARY.—The term “Secretary” means  
12 the Secretary of Education.

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