

110TH CONGRESS  
1ST SESSION

# H. CON. RES. 227

Expressing the sense of Congress that secondary schools should consider starting school after 9:00 in the morning.

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IN THE HOUSE OF REPRESENTATIVES

OCTOBER 4, 2007

Ms. ZOE LOFGREN of California submitted the following concurrent resolution; which was referred to the Committee on Education and Labor

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## CONCURRENT RESOLUTION

Expressing the sense of Congress that secondary schools should consider starting school after 9:00 in the morning.

Whereas scientific studies indicate that adolescents experience hormonal changes that keep them awake at night;

Whereas most secondary schools begin classes at 7:30 or earlier in the morning;

Whereas most teen crime occurs between 3:00 and 6:00 in the afternoon and a later start would result in a later school day;

Whereas many adolescents who do not get enough sleep are more likely to be depressed, tardy, absent from school, involved in a car crash, and obese; and

Whereas many adolescents do not get enough sleep to realize their full academic potential: Now, therefore, be it

1        *Resolved by the House of Representatives (the Senate*  
2 *concurring)*, That it is the sense of Congress that sec-  
3 ondary schools should begin classes after 9:00 in the  
4 morning.

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