

113TH CONGRESS  
2D SESSION

# H. R. 5678

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

SEPTEMBER 19, 2014

Ms. LOFGREN (for herself, Mr. HONDA, and Mr. MORAN) 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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