

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.

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

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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