
SENATE BILL 6537

State of Washington

58th Legislature

2004 Regular Session

By Senators McAuliffe, Fraser, Thibaudeau, Schmidt, Franklin, Keiser, Jacobsen, B. Sheldon and Winsley

Read first time 01/22/2004. Referred to Committee on Education.

1 AN ACT Relating to school start times; creating new sections; and
2 providing an expiration date.

3 BE IT ENACTED BY THE LEGISLATURE OF THE STATE OF WASHINGTON:

4 NEW SECTION. **Sec. 1.** The legislature finds that scientific
5 studies show that sleep contributes significantly to several important
6 cognitive, emotional, and performance-related functions and that
7 excessive sleepiness is associated with reduced short-term memory and
8 learning ability, negative mood, inconsistent performance, poor
9 productivity, and a loss of some forms of behavioral control. The
10 legislature further finds that the consequences of insufficient sleep
11 are particularly pronounced among adolescents because of the changes
12 experienced by adolescents due to puberty. The legislature further
13 finds that school districts should consider sleep-friendly start times
14 that are more likely to result in students that are alert and
15 performing well in class.

16 NEW SECTION. **Sec. 2.** By September 1, 2004, each school district
17 board of directors shall review the start times of each of the schools

1 within the district and consider starting high schools no earlier than
2 9:00 a.m. When making the decision, the board shall consider the
3 impact of a later start time on the following:

- 4 (1) Student academic performance, behavior, attendance, and
5 tardiness;
- 6 (2) Student participation in athletic programs and other
7 extracurricular activities;
- 8 (3) Neighboring schools and school districts' schedules;
- 9 (4) Transportation services;
- 10 (5) Use of the school for community activities during nonschool
11 hours;
- 12 (6) School food services;
- 13 (7) Employment of adolescents;
- 14 (8) Safety issues;
- 15 (9) Family members; and
- 16 (10) Any other consideration that the board deems appropriate to be
17 considered.

18 NEW SECTION. **Sec. 3.** Section 2 of this act expires December 1,
19 2004.

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