

 <b>KENTUCKY YMCA YOUTH ASSOCIATION</b> <b>KENTUCKY YOUTH ASSEMBLY</b> <b>Bluegrass Bill</b>	<b>Red   BG 33</b>						
	<b>Referred to Committee:</b> <b>Senate 1</b>						
<b>Authors:</b> Jillian Kidd, Mckinly Smith	<b>Action on the Bill</b>  <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; text-align: center;"><b>House</b></td> <td style="width: 50%; text-align: center;"><b>Senate</b></td> </tr> <tr> <td style="text-align: center;">_____ <input type="checkbox"/> Passed</td> <td style="text-align: center;">_____ <input type="checkbox"/> Passed</td> </tr> <tr> <td style="text-align: center;">_____ <input type="checkbox"/> Defeated</td> <td style="text-align: center;">_____ <input type="checkbox"/> Defeated</td> </tr> </table>	<b>House</b>	<b>Senate</b>	_____ <input type="checkbox"/> Passed	_____ <input type="checkbox"/> Passed	_____ <input type="checkbox"/> Defeated	_____ <input type="checkbox"/> Defeated
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<b>School:</b> Prestonsburg HS							
<b>City:</b> Prestonsburg							

1                   An act to implement a required start time for all public schools in Kentucky.

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3                   **Be it enacted by the Youth Assembly of the Commonwealth of Kentucky**

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5   Section 1: This act would require all public middle and high schools to start at 9:30 a.m.

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7   Section 2: Sleep is very important to teens ages 12-18. This stage in a teen’s life is important for the  
8 growth and development that is needed. Teens need about 8-10 hours of sleep each night to function  
9 best. Many teens suffer from sleeping disorders because they are not getting the 8-10 that is needed.

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11   Section 3: Starting school later can result in a higher grade point average. Students would have a  
12 higher grade point average because starting school later allows your brain to awaken and students who  
13 struggle focusing don’t struggle as much or quit struggling in general. Thomas Conrad, a principal at  
14 North Estham said, “The preliminary findings show that with the 8:30 start time, there has been a 53  
15 percent drop in the number of failing grades...” Our idea is to start school at 9:15a.m, therefore, the  
16 percentage of failing grades would likely decrease more than the idea of starting at 8:30 a.m.

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18   Section 4: With school starting later students and teachers attendance will improve significantly.  
19 Students and teachers right now have to wake up so early so that results in sleep deprivation. Sleep  
20 deprivation is the condition of not having enough sleep so students and teacher are missing school to  
21 get better since not getting enough sleep is basically driving them to be ill. So starting school later  
22 reduces sickness and allows attendance to be better.

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24   Section 5: Would you want your kid out during morning rush hour when they are half asleep? Traffic in  
25 the morning is a risk for both students and teachers. Starting school later can solve that issue by  
26 avoiding morning rush hour and save the lives of your loved ones.