



Public Middle, High, and Charter Schools - Start Time for Instruction

Wednesday, February 4, 2026

EDUCATION, ENERGY, AND THE ENVIRONMENT

FAVORABLE

The Chesapeake Regional Association of Student Councils (CRASC) requests a favorable report on SB0103.

The Chesapeake Regional Association of Student Councils (CRASC) is the representative organization of all students enrolled in the secondary schools of AACPS, dedicated to elevating youth voice and promoting student leadership.

By requiring middle school instruction begin no earlier than 8:00 am and requiring high school instruction to begin no earlier than 8:30 am, SB0103 puts into practice the reality that students perform the best when they are well rested and attentive. When forcing earlier start times upon students, many of whom are balancing rigorous courses, part-time jobs, family responsibilities, and extracurriculars, they will come to school sleep-deprived and not ready to perform at their best.

CRASC supports “High standards of learning across the curriculum for all students.” (Plank III, A) and “Initiatives that encourage students that reward utilization of their educational opportunities” (III, J). Later start times allow for students to truly benefit from a rigorous course load by ensuring that they are awake and focused, rather than groggy. This bill supports CRASC’s platform of “Expansion of academic opportunities for all students by diversifying the curriculum” because well-rested and prepared students are more likely to engage in a rigorous course curriculum and engage in additional opportunities.

Outside of the Educational planks, CRASC also supports “Improved accessibility of quality mental health resources for youth” (IV, K). Sleep deprivation completely undermines a student’s mental health and increases stress for them. Sleep is critical to overall health, including mental health, and this SB0103 recognizes this and supports CRASC’s platform of “Implementation and availability of health services to students for confidential counseling, health education, and preventive measures” (IV, A) by treating sleep as a measure of ensuring overall mental and physical health.



Accordingly, the Chesapeake Regional Association of Student Councils respectfully requests a favorable report on SB0103 from the committee.

Thank you,

William Andrione, *Secretary of Legislation*

Alma Naghedi, Vivi Chin, and Veda Puvvala, *Legislative Liaisons*