

Support HB0189

I strongly support HB0189, which would require Maryland public high schools to begin instruction no earlier than 8:30 a.m. starting in the 2028-2029 school year.

This legislation addresses a critical issue affecting our students' academic success and well-being. Currently, high school students frequently miss the first class or classes of the day due to chronic sleep deprivation caused by early start times that conflict with adolescent sleep patterns. When students are forced to arrive at school before their bodies are naturally ready to wake, we see increased absenteeism, reduced academic performance, and negative impacts on mental and physical health.

At the same time, this bill recognizes the practical concerns of working families. Many parents need to get an earlier start to work to avoid traffic congestion and meet their professional obligations. By implementing later school start times, we can better align student schedules with both their biological needs and their parents' work schedules, reducing the morning rush and allowing families more flexibility.

The bill's 2028 implementation date provides school districts adequate time to adjust transportation schedules and other logistics, while the waiver provision ensures flexibility for unique circumstances. The included public awareness campaign about sleep deprivation will also help educate our communities about the science behind this important change.

HB0189 is an evidence-based policy that prioritizes student health and academic success while acknowledging the realities of working families. Please vote favorably.

Sincerely,
Mark Meyerovich
District 15