

February 27, 2025

**Henry Fisher of Farmingdale
In support of LD 396**

An Act to Provide for a Later Starting Time for High Schools

Joint Standing Committee on Education and Cultural Affairs

Senator Rafferty, Representative Murphy, and members of the Education and Cultural Affairs Committee, my name is Henry Fisher, and I am a senior at Hall-Dale High School. I reside in Farmingdale. I am here today to speak in support of LD 396, An Act to Provide for a Later Starting Time for High Schools. I would like to thank Senate President Daughtry for submitting this legislation and for continuing to advocate for this issue and for the students of Maine.

I am deeply involved in my school community, serving as class president for six years, as a member of the jazz choir and the soccer team, as the lead lighting director for the drama club, and as an active participant in the music program. Academically, I have always challenged myself—doubling up on science courses, staying a year ahead in math, and taking full advantage of Maine's early college opportunities.

Despite my dedication, like many of my peers, I have faced struggles with my mental health, and I know firsthand how essential sleep is to a student's well-being and success. Studies show that teenagers require 8 to 10 hours of sleep per night for optimal health, yet over 70% of high school students fail to get the recommended amount, myself included. A study by the American Academy of Pediatrics found that students with insufficient sleep are more likely to struggle with academic performance, experience higher rates of absenteeism, and engage in risky behaviors. Without question, my mental health plummets when I am not able to get enough sleep.

I am not alone in this struggle. In my first semester alone, I was tardy 21 times, and in the last month, I have been late to my first-period class 10 times. I have spent countless mornings either physically in class but mentally exhausted or completely absent. This is not just my story—it is the reality for students across all grades, all levels of coursework, and all backgrounds. We are a rural community, and we have students from Dresden who attend our school. They have at least a 30-minute drive to school, forcing them to be awake and on the road well before the sun rises. At Hall-Dale, this issue was so widespread that an Instagram page was created specifically to post pictures of students asleep in class.

I have good parents who have always enforced an appropriate bedtime and established good sleep habits. But as teenagers, our sleep cycles are different. Many of us struggle to fall asleep early enough to ensure that we are ready to go when that alarm goes off at the crack of dawn. And between sports, extracurriculars, and work, catching up on schoolwork often occurs well into the night.



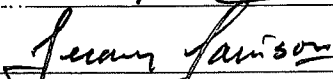
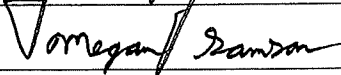
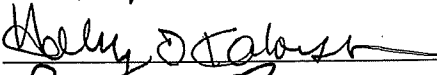
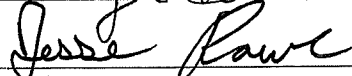
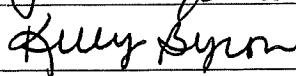
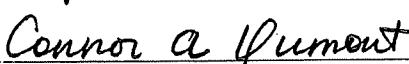
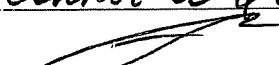
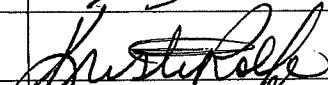
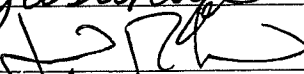
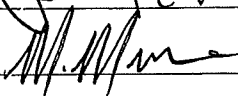
A later school start time is not just about convenience—it is about health, well-being, and academic success. Research has consistently shown that delaying school start times to 8:30 AM or later results in improved mental health, better academic outcomes, and reduced tardiness and absenteeism. LD 396 is an opportunity to align policy with what science has made clear: teenagers need sleep, and our current school start times are actively working against their success.

I urge you to support LD 396 for the well-being of students across Maine. Thank you for your time and consideration. I am happy to try to answer any questions you might have.

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Petition in Support of Later School Start Times

As teachers of Hall-Dale Middle and High School in Farmingdale, Maine, we support bill L.D. 396, "An Act to Provide for a Later Starting Time for High Schools." This bill will require that all secondary schools start no earlier than 8:30am. We believe that a later start time will allow students to get more sleep, be more alert in school, and be healthier overall. This bill will support our health and our learning, and we encourage our legislators to pass it immediately.

Printed Name	Signed Name	Hometown
1. REBECCA MCPHEDRAN		ANGUSTA
2. Michael Rowland		Jefferson
3. JEREMY JAMISON		WINDSOR
4. Megan Samson		Randolph
5. Holly Kaloustian		Hallowell
6. Jesse Rowe		Farmingdale
7. Kelly Byron		Farmingdale
8. Connor Dumont		Augusta
9. Ashtyn Abbott		Chelsea
10. Kristi Rolfe		Farmingdale
11. JACOB RICHMOND		WINTHROP
12. Mirelli Murch		Farmingdale
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Petition in Support of Later School Start Times

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Printed Name	Signed Name	Hometown
1. Myles Hilton	Myles Hilton	Farmingdale
2. Cole McLaughlin	Cole McLaughlin	Augusta
3. Maggie James	Maggie James	Presden
4. Claire Kapinos	Claire Kapinos	Hallowell
5. Adeline Rolfe	Adeline Rolfe	Farmingdale
6. Mathayla Norton	Mathayla Norton	West Gardiner
7. Azalea Rich	Azalea Rich	Hallowell
8. Brianna Dix	Brianna Dix	Hallowell
9. Ashley Pouscard	Ashley Pouscard	West Gardiner
10. Gabrielle Elliott	Gabrielle Elliott	Windsor
11. Emma Perry	Emma Perry	Hallowell
12. Abby Perry	Abby Perry	Hallowell
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Printed Name	Signed Name	Hometown
1. Rachel Brown	Rachel Brown	Farmingdale/W. York
2. Natalie Smetalla	Natalie Smetalla	Hallowell
3. Robin Asch	Robin Asch	Hallowell
4. Ethan Masser		
5. Cole Gauthier	Cole Gauthier	Farmingdale
6. Dylan	Dylan	Farmingdale
7. Sarah Shepherd	Sarah Shepherd	Farmingdale
8. Ford Alaniz	Ford Alaniz	Farmingdale
9. KORDEN DENNETT	KORDEN DENNETT	Hallowell
10. Aiden Reis	Reis	Farmingdale
11. RYAN POKRY		
12. BRADY RAINE		Farmingdale
13. Stephen R	Stephen R	
14. Wylie Karnes	Wylie Karnes	Hallowell
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Printed Name	Signed Name	Hometown
1. Nolan Joyce	Nolan Joyce	Farmingdale
2. Max Redd	Max Redd	Hallowell
3. Grace Estes	Grace Estes	Farmingdale
4. Liam Martin	Liam Martin	Farmingdale
5. Harmony	Harmony	Farmingdale
6. Gavin	Gavin Pope	Whitefield
7. Eric Claude	Eric Claude	Farmingdale
8. Jessie Willey	Jessie Willey	Dresden, ME
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Printed Name	Signed Name	Hometown
1. JOCELYN	ANN BALL	Hallowell
2. DANNY	Dw Barry	Hallowell
3. GRUIN	Lester Hill	Hallowell
4. SERENA	Shamon Sliere	Farmingdale
5. Hallie	Bussard Helle	Gardner
6. Morgan Pervie		Gardner
7. Aaron Asch	Aaron Asch	Hallowell
8. Remy Hernandez	Remy	Augusta
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Printed Name	Signed Name	Hometown
1. Olivia Johnson	Olivia Olivia	Farmingdale
2. Rylee Rowe	Rylee Rylee	Farmingdale
3. Ramsay Pierce	Ramsay Ramsay	Hallowell
4. Ali Babar	Ali Ali	Farmingdale
5. Eli Willet	Eli Eli	Dresden
6. Emerson Ellis	Emerson Emerson	Farmingdale
7. Braeydn	Braeydn Braeydn	Farmingdale
8. Phoenix Delvecchio	Phoenix Phoenix	Farmingdale
9. Maddy Filitis	Maddy Maddy	Hallowell
10. Uriah Ciccarelli	Uriah Uriah	Farmingdale
11. Andre Lawton	Andre Andre	Farmingdale
12. Ian Bolduc	Ian Ian	Dresden
13. Cylas Lewis	Cylas Cylas	Dresden
14. Amy Cote	Amy Amy	Monmouth
15. Josh Neubert	Josh Josh	Augusta
16. William Chamberlain	Liam Liam	Farmingdale
17. Jameson Johnson	Jameson Jameson	Dresden
18. Tyson York	Tyson Tyson	Dresden
19. Ryleigh Poore	Ryleigh Ryleigh	Dresden
20. Sophia	Sophia Sophia	Dresden

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Printed Name	Signed Name	Hometown
1. Nyaraa Beckim	nyaraa Beckim	Farmingdale
2. Danielle Quirion	Danielle Quirion	Gardiner
3. Isa Dean-Hay	Isa Hastings Hammack	Dresden
4. Kylan	Kylan Eber	Dresden
5. Caleb Stover	Caleb	Farmingdale
6. David Chapman	David	Dresden
7. Kayden	Kayden	Farmingdale
8. RJ	RJ King	Hallowell
9. Cameron Cranbrant	Cameron	Farmingdale
10. Rylee Donahue	Rylee	Hallowell
11. Hannah McKay	Hannah C. McKay	Chelsea
12. Polly Lutte	Polly	Farmingdale
13. Magon Fize	Magon	Farmingdale
14. Logan Estes	Logan	Farmingdale
15. Cole Hanson	Cole Jensen	Farmingdale
16. Jackson Dowling	Jackson	Dresden
17. Willa	Willa	Hallowell
18. Reese	Reese	Litchfield
19. Hunter	Hunter	Dresden
20. Cole	Cole	Farmingdale

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Printed Name	Signed Name	Hometown
1. Daniel	Daniel	Farmingdale
2. Phoenix	Phoenix Jacobs	Dresden
3. JARA	Jaren SQA	SQA KASA
4. Roscoe	Roscoe	Farmingdale
5. Lincoln	Lincoln Fogg	Farmingdale
6. Hunter Karen	Hunter	Farmingdale
7. Bruan	Bruan	Richmond
8. Carter	Twadell	Litchfield
9. Addyson A. Pomeroy	Addyson	Hallowell
10. Briella Coullure	Briella Coullure	Dresden
11. Jada Hastingshamack	Jada	Dresden
12. Thomas Kelley	Thomas Kelley	Brunswick
13. Sean	Sean	Farmingdale
14. Max Hinckley	Max	Farmingdale
15. Alex dalpous	Alex	Farmingdale
16. Nora King	Nora	Farmingdale
17. Eloise Fisher	Eloise	Farmingdale
18. Chloe Lacasse	Chloe	Farmingdale
19. Jaxson Nichols	Jaxson	Dresden
20. Bristol Desrosiers	Bristol	Winthrop

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Printed Name	Signed Name	Hometown
1. Raiden Hansen	Raiden Hansen	Sidney
2. Willow Dougherty		
3. Alex Pierce	Alex Pierce	Hallowell
4. Sebastian Coward	Sebastian	Dresden
5. Devin Callahan	Devin	Farmingdale
6. Nolan Circo	Nolan Circo	Hallowell
7. Fiona Breslin	Fiona Breslin	Hallowell
8. Kaitlyn Parker	Kaitlyn Parker	Augusta
9. Kaliah Boyja	Kaliah Boyja	Farmingdale
10. Lillian Dawbin	Lillian Dawbin	Hallowell
11. River Williams	River Williams	Farmingdale
12. Ava Henry	Ava Henry	Farmingdale
13. Eliana Bohannon	Eliana	Farmingdale
14. Evan Jordan	EJ	Augusta
15. Isaiah Safford	Isaiah Safford	Farmingdale
16. Hunter Colpitt	HC	Readfield
17.	Justin Cole	
18. Sierra Gibson	Sierra Gibson	Augusta
19. Bella Alley	Isabella Alley	Dresden
20. Emmett Sunderman	Emmett Sunderman	Hallowell

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Printed Name	Signed Name	Hometown
1. Matt Waller	<i>Matt Waller</i>	Hallowell
2. Stephen Benton	<i>Stephen</i>	Whitefield
3. Kaylyn Johnston	<i>Kaylyn Johnston</i>	Dresden
4. Lawrence Tibbets	<i>Lawrence Tibbets</i>	Chelsea
5. ^{Ben Ben Ben} Heres-Johnson	^{Ben Ben Ben} <i>Steven Lettice</i>	Waterville
6. Mulachi Charles	<i>Murphy</i>	Farmington
7. Matt Jernigan	<i>MS</i>	Hallowell
8. Milla Perrier	<i>MS</i>	Hallowell
9. Fatty Brannin	<i>Fatimer Brannin</i>	Farmington
10. Hannah Rauch	<i>Hannah Rauch</i>	Hallowell
11. Hunter Puckett	<i>H P</i>	Farmington
12. John Martin	<i>John Martin</i>	
13. Jenner Scoville	<i>Jenner Scoville</i>	Hallowell
14. Hanna Boga	<i>Hanna Boga</i>	Farmington
15. Eddie Beaulieu	<i>Eddie Beaulieu</i>	Farmington
16. Spencer Blais	<i>Spencer Blais</i>	Dresden
17. Josiah Quirino	<i>Josiah Quirino</i>	Dresden
18. Webster Blais	<i>Webster Blais</i>	Hallowell
19. Alex Ball	<i>Alex Ball</i>	Hallowell
20. Lucas Brown	<i>Lucas Brown</i>	Dresden

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1. Brooklyn Ferry	Brooklyn Ferry	Hallowell, ME
2. Emma Broga	Emma Broga	Farmingdale, ME
3. Grace Waller	Grace Waller	Hallowell, ME
4. Marguerite Williams	Marguerite Williams	Farmingdale, ME
5. Casey Jones	Casey Jones	Hallowell, ME
6. Landon Gilbert	Landon Gilbert	Farmingdale, ME
7. Grady Marceau	Grady Marceau	Farmingdale, ME
8. Chase Hanson	Chase Hanson	Farmingdale, ME
9. Jorryn	Jorryn Ibehoma	Hallowell, ME
10. Leah Shephard	Leah Shephard	Farmingdale, ME
11. Jackson Brown	Jackson Brown	Farmingdale, ME
12. Trevor Kallioch	Trevor Kallioch	Farmingdale, ME
13. Annabelle Wickson	Annabelle Wickson	Dresden, ME
14. Abby Hall	Abigail Hall	Farmingdale, ME
15. Hayden Ferguson	Hayden Ferguson	Farmingdale, ME
16. P M	P M	Farmingdale, ME
17. Sophia Murch	Sophia Murch	Farmingdale, ME
18. Charlie Perkins	Charlie Perkins	Dresden, ME
19. Grady Mussell	Grady Mussell	Farmingdale, ME
20. Miriam Asch	Miriam Asch	Hallowell, ME