



Maine Curriculum Leaders Association

*Championing Policies And Practices That Enhance Teaching And Learning*

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**Testimony of Debra McIntyre, Executive Director, on behalf of the members of the Maine Curriculum Leaders Association, testifying Neither For Nor Against to LD 396 An Act to Provide for a Later Starting Time for High Schools**

Senator Rafferty, Representative Murphy, and members of the Education and Cultural Affairs Committee, my name is Debra McIntyre, and I am the Executive Director of the Maine Curriculum Leaders Association. On behalf of the members of MCLA, I am testifying Neither For Nor Against to LD 396 An Act to Provide for a Later Starting Time for High Schools.

As educators we all understand the importance of getting enough sleep, especially the CDC's recommendations that teenagers aged 13 to 18 should regularly sleep 8 to 10 hours per day for good health.

However, many districts have researched a later start time for their high schools, but the barriers were insurmountable. Some roadblocks for districts are transportation (example: currently have 1 bus run for all students in the district and with a later start time would need to add additional routes (no drivers), the hardship on some families (older siblings providing care, changes to work times/needs for daycare), regional CTE programming, and student commitments (work, athletics), to name a few.

We believe that the school schedule which includes start and end times should continue to be a matter for each district's school board to decide. Local control allows districts to accommodate the needs of their families and communities based on the unique requirements of their region.

Thank you for your time.