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Legislation Text

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RESOLUTION

WHEREAS, the intellectual growth, physical health and mental wellbeing of Chicago's school aged children are all of great importance to the future of our city; and

WHEREAS, lack of sleep has long been linked to weight gain, a compromised immune system, and irritability, but the problem is even more serious when sleep deprived teenagers are pushing their limits, putting them at risk for low academic performance, risk of car accidents, depression, and possible long-term health risks; and

WHEREAS, research into sleep health has shown that teenagers experience a biological shift in their circadian rhythm, and many teenagers do not get the required amount of sleep, affecting their academic performance and cognitive ability; and

WHEREAS, facing a competitive academic environment, a busier schedule, and increased pressure to perform in high school, teenagers face a dilemma between caring for their health and well-being and staying ahead in academics and extracurricular activities; and

WHEREAS, it is the responsibility of school districts and governments to examine changing environments and scientific developments on the needs of children, and explore adjusting school schedules or environments to accommodate the necessities of young people's health; and

WHEREAS, a recent journal publication from the American Academy of Pediatrics suggests that quality of life, physical and mental health, and better academic performance, are all possible effects of a later school day start for adolescents; and

WHEREAS, individual schools and school districts in Virginia, Missouri, Nevada, and various other areas across the country have implemented later start times with success; now, therefore

BE IT RESOLVED, that the city council through its Committee on Health and Environmental Protection shall conduct one or more hearings and shall invite representatives of the pediatric medicine and education fields to provide information on the subject of sleep deprivation in teenagers and explore the possibility of a later school start time across Chicago Public Schools.

Margaret Laurino Alderman, 39th Ward