

# Later School Start Times Bill SB 328 Signed into law by Governor

**Senate Bill 328, sponsored by California State PTA and co-authored by State Senator Anthony Portantino, has been signed into law by Governor Newsom.**

Signed on October 14, 2019, this law will prohibit middle schools from beginning their school day before 8:00 a.m., and high schools from beginning their school day before 8:30 a.m.

*“The California State PTA was an early champion of this bill, which represents an enormous victory for youth across the Golden State,” said California State PTA President Celia Jaffe. “Our members believe later school start times address the very real biological changes that every teenager experiences. The research is clear that sleep deprivation is an epidemic among adolescents, and those who get sufficient sleep not only perform better academically, but are also less likely to be involved in traffic accidents, have a reduced risk of obesity and depression, and have overall better quality of life.”*

*“We recognize that this bill will require structural changes in the way schools operate, which is why we worked with legislators to ensure that SB 328 provides a three-year period for local districts to determine how to best implement these changes in their own communities,” she added. “Despite the challenges posed to schools, we feel the passage of this important bill puts kids’ needs first. Governor Newsom’s decision to change school start times will improve the health, safety and academic success of students, and PTA members across the state are so pleased to see that the efforts of the current and past board, as well as the outstanding advocacy efforts of our local leaders, helped this bill become law. We thank Senator Portantino for championing this worthy issue.”*

## Learn more:

- [Read the full bill language](#)
- [Bill Background](#)