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Legislation calls for 8:30 a.m. or later high school start times

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An extra half-hour or more of sleep in the morning is a possibility for New Jersey's high school students if legislation introduced last week gains enough support.

The bill calls for a later start time for the school day to boost mental health and wellness among teenagers, said its sponsors, Assembly Speaker Craig Coughlin, D-Middlesex, and Sen. Vin Gopal, D-Monmouth, chair of the Education Committee.

The bill calls for a start time of 8:30 a.m. or later. Currently, most state high schools have a starting time between 7:20 and 7:40 a.m.

Research shows teenagers tend to fall asleep around 11 p.m. and are more likely to suffer depression and anxiety if they do not get enough sleep.

Some districts have already made the

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Glen Rock Dog Park hosts pet food drive for Ukraine's furry refugees



LEFT: The Glen Rock Dog Park nonprofit recently hosted a pet food drive for Ukraine's furriest refugees. PROVIDED BY GLEN ROCK DOG PARK



RIGHT: Glen Rock twins Jocelyn and Abigail Slivinski helped shop for the drive. PHOTOS BY LYNELLE SLIVINSKI

