



Republic of the Philippines
House of Representatives
Batasan Hills, Quezon City

Eighteenth Congress
First Regular Session

HOUSE BILL NO. 5231



Introduced by Representative Florencio Gabriel “Bem” G. Noel

EXPLANATORY NOTE

Pursuant to Section 13, Article II of the 1987 Constitution, the State recognizes the vital role of the youth in nation-building and shall promote their physical, moral, spiritual, intellectual, and social well-being. To this end, we must acknowledge that with the growing complexities of a modernizing civil society and the importance that education has in furthering our nation's progress, it is of utmost importance that we show a willingness to make changes in our education system to adopt the most effective methods in providing quality education to our youth as well as promote their physical and mental well-being. This Act aims to uphold this policy of the State of promoting the youth's well-being by providing a mandate prohibiting educational institutions whether public or private from commencing class hours at a time earlier than 8:40 AM.

An aspect of the daily lives of students that we often ignore or take for granted is the effect that sleep has on the physical and mental well-being on our youth. The American Psychology Association has provided, through an analysis of different studies, a compilation of the most common benefits that an adequate number of sleep has on our health and functions, particularly on adolescents. Sleep is vital in almost all areas of human functioning and they have shown to have particular benefits to¹:

- (a) memory and learning
- (b) attention
- (c) emotional regulation
- (d) mental health and well-being

While a loss of sleep leads to decreases in or problems with:

- (a) information retention and cognition
- (b) student behavior and classroom conflict
- (c) attendance issues
- (d) mood regulation.

¹American Psychology Association. (2014). Later School Start Times Promote Adolescent Well-Being. Retrieved from <https://www.apa.org/pi/families/resources/school-start-times.pdf>

Numerous scientific studies have shown a correlation between the number of hours of sleep adolescents receive and their good overall health. According to a study of over 9,000 students in eight public high schools in the United States conducted by Wahlstrom, K., Dretzke, B., Gordon, M., Peterson, K., Edwards, K., & Gdula, J. (2014) reveal that an 8:30 AM or later school start time allowed for more than 60% of students to obtain at least eight hours of sleep per school night which attributes to a significantly lower risk of depression symptoms, greater use of caffeine, and are at lower risk of making poor choices for substance abuse. Their findings also show significantly positive improvement with respect to their academic performance outcomes, performance on state and national achievement tests, attendance rates and reduced tardiness when start times are at least at 8:35 AM or later. Lastly, later start times lead to a significant decrease in teen driver car crashes by 70%².

These examples shown above are among many other studies that have researched on the significant benefits that a later commencement of class hours brings to not only the students, but also the teachers, and parents. We must not allow ourselves to be discouraged from integrating this into our laws and education system solely based on the complexities that this undertaking may entail. For if we weigh what this Act seeks to accomplish with the challenges we may face in its implementation, the scales of justice must tilt this in favor of the well-being of our students.

In view of the foregoing, the enactment of this bill is earnestly sought.



FLORENCIO GABRIEL "BEM" G. NOEL
An Waray Partylist Representative

² Wahlstrom, K., Dretzke, B., Gordon, M., Peterson, K., Edwards, K., & Gdula, J. (2014). Examining the Impact of Later School Start Times on the Health and Academic Performance of High School Students: A Multi-Site Study. Center for Applied Research and Educational Improvement. St Paul, MN: University of Minnesota.



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**AN ACT PROVIDING FOR THE LATER COMMENCEMENT OF CLASS HOURS
IN PUBLIC AND PRIVATE EDUCATIONAL INSTITUTIONS IN THE
PHILIPPINES**

Be it enacted by the Senate and House of Representatives of the Philippines in Congress assembled:

SECTION 1. **Short Title.** – This Act shall be known as “*Regulation of Class Commencement Hours Act*”

SEC. 2. **Declaration of Policy.** – The State recognizes the vital role of the youth in nation-building and shall promote their physical, moral, spiritual, intellectual, and social well-being.

SEC. 3. **Regulation of Class Hours.** – It is hereby prohibited for any educational institution, whether public or private, to commence class hours earlier than 8:40 AM.

SEC. 4. **Exempted Schools.** – Schools which, due to the lack of classrooms or teachers, require two schedules of classes within a single day are hereby exempted from complying with the provisions of this Act.

SEC. 5. **Transition Framework.** – The Department of Education (DepED) and the Commission on Higher Education (CHED) shall adopt a framework that will assist educational institutions in transitioning their class schedules in accordance with the provisions of this Act.

SEC. 6. **Penalties.** – The DepED and the CHED shall promulgate the necessary rules and regulations to ensure the compliance of all educational institutions to the provisions of this Act. The imposition of appropriate fines and penalties for any violation of this Act shall likewise be under the jurisdiction of the DepEd and the CHED.

SEC. 7. **Separability Clause.** – If any part or provision of this Act is held invalid or unconstitutional, other provisions not affected thereby shall remain in full force and effect.

SEC. 8. ***Repealing Clause.*** – All laws, presidential decree, executive order, letter of instruction, other issuances, rules or regulations contrary to, or inconsistent with the provisions of this Act are hereby repealed, modified or amended accordingly.

SEC. 9. ***Effectivity.*** – This Act shall take effect fifteen (15) days after its publication in the *Official Gazette* or in at least two (2) newspapers of general circulation.

APPROVED.