WEST VIRGINIA LEGISLATURE

2026 REGULAR SESSION

Introduced

Senate Bill 10

By Senator Oliverio

[Introduced January 14, 2026; referred

to the Committee on Education]

1   A BILL to amend the Code of West Virginia, 1931, as amended, by adding a new section,

2   designated §18-1-2a, relating to prohibiting schools from starting an instructional day any

3   earlier than 7:45 a.m.

Be it enacted by the Legislature of West Virginia:

ARTICLE 1. DEFINITIONS; LIMITATIONS OF CHAPTER; GOALS FOR EDUCATION.

§18-1-2a.   Daily   start   times.

1   (a) The legislature finds:

2   (1) Promoting childhood and adolescent well-being is an integral part of academic

3   success:

4   (2) Sleep deprivation has been shown to negatively affect childhood and adolescent well-

5   being.

6   (3) There has been clear and convincing evidence produce by the American Psychological

7   Association, the Centers for Disease Control, and the International Journal of Environmental

8   Research and Public Health which links sleep deprivation to heightened risk of the following:

9   (A) Adverse risk behaviors;

10   (B) Poor health outcomes; and

11   (C) Poor academic performance.

12   (4) A comprehensive national study performed by the RAND Corporation found that

13 delaying start of school times would not only have beneficial effects on the well-being of students

14 but that a delayed start time would also generate economic benefits by increasing potential for

15 success and increasing lifetime earning possibilities for students.

16   (b) Therefore, notwithstanding any other section of code to the contrary, public schools

17 shall not begin instructional time prior to 7:45 am on any given day.

NOTE: The purpose of this bill is to prohibit schools from starting an instructional day any earlier than 7:45 a.m.

Strike-throughs indicate language that would be stricken from a heading or the present law, and underscoring indicates new language that would be added.