A Resolution to Implement a Four Day School Week for all Public High Schools

WHEREAS, High school students are consistently under extreme stress due to school; and

WHEREAS, Most high school students get under the healthy amount of sleep, are under constant stress to perform well in school and extracurriculars, and 5 days a week leaves little time to rest, perpetuating poor sleep cycles and poor health; and

WHEREAS, Increased stress and lack of sleep can lead to further health complications; and

WHEREAS, A four day week would provide needed time to rest to handle aggressive high school work loads; now, therefore, be it

RESOLVED, That the Congress here assembled shall enforce 4 day weeks for all public high schools for student health by the 2025-2026 school.

Introduced for Congressional Debate by Marquette Sr. High School.