



SENATE

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P.S. Res. No. 383

RECEIVED BY: 

Introduced by Senator Manuel "Lito" M. Lapid

RESOLUTION

DIRECTING THE SENATE COMMITTEE ON EDUCATION TO CONDUCT AN INQUIRY, IN AID OF LEGISLATION, INTO THE VIABILITY OF PROVIDING FOR A MORE CHILD-FRIENDLY CLASS SCHEDULE FOR STUDENTS AGED 5 TO 9 YEARS, WITH THE END IN VIEW OF PROMOTING THE HEALTH AND WELL-BEING OF OUR NATION'S YOUTH

WHEREAS, Article XIV, Section 1 of the 1987 Constitution provides that "the State shall protect and promote the right of all citizens to quality education at all levels, and shall take appropriate steps to make such education accessible to all";

WHEREAS, Article II, Section 13 of the 1987 Constitution provides that "the State recognizes the vital role of the youth in nation-building and shall promote and protect their physical, moral, spiritual, intellectual, and social well-being. It shall inculcate in the youth patriotism and nationalism, and encourage their involvement in public and civic affairs";

WHEREAS, moreover, Article II, Section 15 provides that "the State shall protect and promote the right to health of the people and instill health consciousness among them";

WHEREAS, due to the problem of lack of funds for the construction and repair of classrooms in the country, our public schools have adopted the holding of two shifts of classes in a day with 60 to 70 students per shift, to be able to accommodate the number of enrolled students in our public schools;

WHEREAS, the holding of two shifts of classes in a day entails that half of the student population has to go to school earlier than the usual student enrolled in a private school to give the students attending the afternoon shift ample time to finish their lesson;

WHEREAS, scientific studies have shown that childhood sleep loss has a direct link with fatigue, bad moods, attention problems, academic problems and obesity;

WHEREAS, scientific studies have also shown that kids between the ages 5 and 12 years old are in need of 10 to 11 hours of sleep at night. Said study further states that daytime naps cannot reverse the effects of sleep lost during night time;

WHEREAS, there is a need to explore options for a more child-friendly class schedule, especially for students aged 5 to 9 years;

NOW, THEREFORE, BE IT RESOLVED, as it is hereby resolved, to direct the Senate Committee on Education to conduct an inquiry, *In Aid of Legislation*, into the viability of providing for a more child-friendly class schedule for students aged 5 to 9 years, with the end in view of promoting the health and well-being of our nation's youth.

Adopted,



MANUEL "LITO" M. LAPID
Senator