



STATE OF HAWAII  
DEPARTMENT OF EDUCATION  
P.O. BOX 2360  
HONOLULU, HAWAII 96804

**Date:** 03/15/2019  
**Time:** 02:45 PM  
**Location:** 229  
**Committee:** Senate Education

**Department:** Education

**Person Testifying:** Dr. Christina M. Kishimoto, Superintendent of Education

**Title of Bill:** HB 0318, HD1 RELATING TO EDUCATION.

**Purpose of Bill:** Requires the Department of Education (DOE) to convene a Staggered School Start Times Task Force to study and evaluate the issues and implications of instituting a staggered school start times program, including effects on school bus schedules. Requires a report to the Legislature. Appropriates funds. (HB318 HD1)

**Department's Position:**

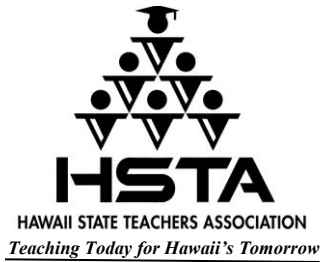
The Department of Education (Department) supports the intent of HB 318, HD1 provided that its passage does not replace or adversely impact priorities as indicated in our Board of Education approved budget. The Department respectfully offers the following comments.

A study would allow for the Department to examine the advantages and disadvantages of staggered school start times. These involve, but are not limited to, projected costs and cost-savings due to modified school bus schedules, as well as impacts on student learning and achievement, instructional time, and safety.

Findings around staggered school start time studies vary in national studies. Potential benefits include improved academic and extracurricular performance as well as better overall health for adolescents, while potential challenges include scheduling conflicts, detrimental effects to community traffic patterns, and limited system capacity to implement staggered start times. Notably, neighbor island communities have special considerations as do the Department's rural and remote schools.

Thank you for the opportunity to provide testimony on this measure.

The Hawaii State Department of Education seeks to advance the goals of the Strategic Plan which is focused on student success, staff success, and successful systems of support. This is achieved through targeted work around three impact strategies: school design, student voice, and teacher collaboration. Detailed information is available at [www.hawaiipublicschools.org](http://www.hawaiipublicschools.org).



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TESTIMONY BEFORE THE SENATE COMMITTEE ON  
EDUCATION

RE: HB 318, HD1 - RELATING TO EDUCATION

FRIDAY, MARCH 15, 2019

COREY ROSENLEE, PRESIDENT  
HAWAII STATE TEACHERS ASSOCIATION

Chair Kidani and Members of the Committee:

The Hawaii State Teachers Association **supports HB 318, HD1**, relating to education.

HB 318, HD1, would require the Hawaii Department of Education (HIDOE) to convene a Staggered School Start Times Task Force to study and evaluate the issues and implications of instituting a staggered school start times program, including effects on school bus schedules.

The Hawaii State Teachers Association looks forward to the opportunity to examine in-depth the issues and implications of implementing staggered school start times for Hawaii's public schools, especially taking into consideration the most recent research of students in secondary schools benefiting from a later start time. We look forward to seeing how this change will impact teachers, staff, students and their parents/guardians and understanding its feasibility.

The Hawaii State Teachers Association asks your committee to **support** HB 318, HD1.

HAWAII STATE HOUSE OF REPRESENTATIVES  
COMMITTEE ON LOWER AND HIGHER EDUCATION

Testimony Supporting House Bill 318

Friday, March 15, 2019  
2:45pm  
Room 229

Aloha Committee Chairs, Vice-Chairs and Committee members,

My name is Leinaala Iokua and I'm testifying in strong support of HB318 HD1 "Public School; Staggered School Start Times; School Bus Service Schedule; Task Force; Study (\$)".

As an intern at Kapolei Family Court we have first hand at the students who are not making it to the first two periods of school due to waking up late. The highest reason why they are waking up late is because they are responsible to take care of their siblings while their parent is at work throughout the night. If school started at 9 am, it gives the student time to leave home and get their mind focused on school work.

There is a presumption that if students are able to go to school later they will simply not go to bed early and not get the proper sleep that they need. Researches say that is a hypothetical scenario with no supportive data to support it. According to other researchers, students who go to school later have increased daytime alertness, fewer instances of falling asleep in class, better attendance, fewer symptoms of depression and anxiety, better academic performances, faster reaction times, better relationships with family, etc. Other studies show that students who attended schools with later start times woke up one hour later on weekdays and averaged 50 minutes more of sleep each night. It has been reported that student are less sleepiness and had fewer tardies.

I urge you to vote to advance HB318 HD1 to the floor

Thank you for the opportunity to show my support for HB318 HD1. Please refer to the bottom link for more information.

Sincerely,  
Leinaala Iokua  
[Iokua@hawaii.edu](mailto:Iokua@hawaii.edu)

Resource: School Start Times & Sleep: A Comprehensive Research Review. (n.d.). Retrieved from <https://www.tuck.com/school-start-times-and-sleep/>