



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

**Date:** 02/14/2019

**Time:** 02:35 PM

**Location:** 309

**Committee:** House Lower & Higher  
Education

**Department:** Education

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

**Title of Bill:** HB 0318 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.

**Department's Position:**

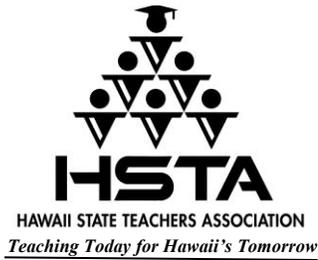
The Department of Education (Department) supports the intent of HB 318 provided that its passage does not replace or adversely impact priorities as indicated in our Board of Education approved budget. The Department respectfully offers the following comments. A study would allow for the Department to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





1200 Ala Kapuna Street ♦ Honolulu, Hawaii 96819  
Tel: (808) 833-2711 ♦ Fax: (808) 839-7106 ♦ Web: www.hsta.org

Corey Rosenlee  
President

Osa Tui Jr.  
Vice President

Logan Okita  
Secretary-Treasurer

Wilbert Holck  
Executive Director

TESTIMONY BEFORE THE HOUSE COMMITTEE ON  
LOWER AND HIGHER EDUCATION

RE: HB 318 - RELATING TO EDUCATION

THURSDAY, FEBRUARY 14, 2019

COREY ROSENLEE, PRESIDENT  
HAWAII STATE TEACHERS ASSOCIATION

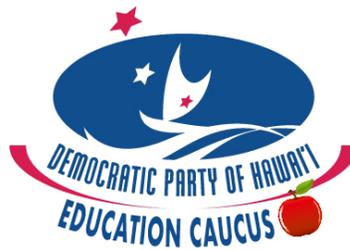
Chair Woodson and Members of the Committee:

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

HB 318 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.



## HOUSE BILL 318, RELATING TO EDUCATION

FEBRUARY 14, 2019 · HOUSE EDUCATION  
COMMITTEE · CHAIR REP. JUSTIN WOODSON

**POSITION:** Support.

**RATIONALE:** The Democratic Party of Hawai'i Education Caucus supports HB 318, relating to education, which 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.

In the early 1990s, physicians began advising school leaders to “eliminate early starting hours for teenagers.” Sleep experts urge a delay in morning classes until 8:30 a.m., or later, for middle and high school students. Many preeminent scientists propose much later starting hours for older teens, since the magnitude of the phase delay and the hours of sleep lost increases as children progress through adolescence. Most administrators instead adhere to school schedules described by physicians as “toxic,” “abusive,” “nonsense,” “deleterious,” and “cruel.”

More than 85 percent of public junior and senior high schools in the United States begin morning classes before 8:30 a.m., with nearly 43 percent starting during the 7 o'clock hour, while melatonin still pressures adolescents to sleep. The vast majority of teenagers attending early starting schools meet the morning bell in a sleep-deprived state. The consequences of this sleep

deprivation are severe, impacting adolescents' physical and mental health, as well as daytime functioning.

Students at later starting schools get more sleep, perform better academically, have significantly fewer automobile accidents (the leading cause of death among older teens), report greater motivation and less depression, experience fewer physical health difficulties, are less likely to be tardy or truant, are more likely to graduate, demonstrate better performance in attention level, and, according to Brookings Institute economists, will measurably improve fiscal prospects for themselves (with effects for disadvantaged students roughly twice as large as those for their non-disadvantaged peers), and for their communities, where middle and high school classes delay their starting times from "roughly 8:00 a.m. to 9:00 a.m." RAND Corporation economists, moreover, estimate that delaying school start times to 8:30 a.m. or later in 47 states would add about \$9.3 billion annually to the U.S. economy.

**HB-318**

Submitted on: 2/13/2019 11:33:35 AM

Testimony for LHE on 2/14/2019 2:35:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Present at Hearing</b>
Melodie Aduja	O`ahu County Committee on Legislative Priorities of the Democratic Party of Hawai`i	Support	No

Comments:

**LATE**

February 13, 2019

To: Senator Justin H Woodson  
And members of the Committee on Lower & Higher Education

Senator Sylvia Luke  
And members of the Committee on Finance

**Testimony for HB318 Relating to Education**

Hearing Date: Thursday, February 14, 2019 at 2:35 PM Hearing Place: Conference Room 309

My name is Megan Kinoshita and I am currently obtaining a Masters in Social Work through the University of Hawaii at Manoa. I am submitting independent testimony in support of HB318 which would require 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.

With increasing responsibilities from work, school, and extracurricular activities, students simply don't get their recommended 9 hours of sleep on school nights. When students are sleep deprived, their cognitive functioning suffers. Which includes their ability to concentrate, their ability to retain or remember information, and their ability to problem solve. These skills are all required to perform well academically. Sleep deprivation also affects them emotionally. They are more likely to make poor judgements, act irrationally, or have difficulty regulating their mood or impulses. For teenagers whose hormones are already going haywire, these effects are only worsened. It can cause them to engage in substance abuse, and have trouble coping with stress of school and social life. In addition, sleep deprivation can lead to weight gain because when people don't get enough sleep, the body produces ghrelin hormone, which craves sugary and fatty foods and less of leptin, the appetite-regulating hormone.

Research suggests that later school start times are better for adolescents. Generally, it follows that with later school start times, students spend that extra time sleeping, and wake up later in the mornings. As a result, they get more sleep, resulting in significant benefits to their overall well-being. For example, there will be increased daytime alertness, fewer instances of falling asleep, better attendance, better academic performance (improved GPA, state test scores, and college admissions test scores), faster reaction times, fewer drowsy driving accidents, and better relationships with family. Most studies have found that delaying start times by just 30 minutes can make a huge difference.

Staggered start times for Hawaii's schools should be studied to determine the impact of this component in the overall establishment of an educational system that produces the best learning environment for Hawaii's elementary, middle, and high school students.

Thank you for the opportunity to testify,

Megan Kinoshita [megankin@hawaii.edu](mailto:megankin@hawaii.edu)

School Start Times & Sleep: A Comprehensive Research Review. (2018, August 16). Retrieved from <https://www.tuck.com/school-start-times-and-sleep/>