



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

Date: 02/10/2020
Time: 02:45 PM
Location: 229
Committee: Senate Education

Department: Education

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

Title of Bill: SB 2450 RELATING TO EDUCATION.

Purpose of Bill: Requires Hawaii's public high schools to start no earlier than 8:30 a.m.

Department's Position:

The Department of Education (Department) respectfully offers comments on SB 2450, which requires Hawaii's public high schools to start no earlier than 8:30 a.m.

The Department currently provides the flexibility and processes for a public high school to start no earlier than 8:30 a.m. through the Board of Education Policy 500-20, School Community Council Waivers and School Community Council Exceptions.

High school leadership teams design bell schedules based on an array of factors. A high school's schedule must reflect a minimum of 1,800 student minutes per week. The school day must also end early enough for students to participate in interscholastic athletics, after-school activities or work. High school bell schedules must also comply with the teachers' collective bargaining agreement requirements for instructional time, teacher prep and meeting times.

Before implementing a bell schedule change, school leadership teams must also consult their District Transportation Officer and the School Food Services Branch to see how a later start time might affect bus transportation and school meal service.

Historically, elementary and secondary principals have had the autonomy to work with teachers and staff to create a school environment that considers the needs of the whole child, their families and the community they live in. This includes creating a bell schedule that best fits their school design.

Thank you for the opportunity to provide testimony on SB 2450.

The Hawai'i State Department of Education is committed to delivering on our promises to students, providing an equitable, excellent, and innovative learning environment in every school

to engage and elevate our communities. 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.



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Corey Rosenlee
President

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Logan Okita
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TESTIMONY BEFORE THE SENATE COMMITTEE EDUCATION

RE: SB 2450 - RELATING TO EDUCATION

MONDAY, FEBRUARY 10, 2020

COREY ROSENLEE, PRESIDENT
HAWAII STATE TEACHERS ASSOCIATION

Chair Kidani and Members of the Committee:

The Hawaii State Teachers Association **supports SB 2450**, relating to education.

This bill would require beginning with the 2020-2021 school year, each public high school in the State shall begin school activities no earlier than 8:30 a.m.; provided that regardless of class start time, each school shall be subject to the minimum instructional time requirements under section 302As251.

Starting school later allows adolescents to get more sleep, thus improving student's physical and mental health, attendance, and academic performance, according to new research published by Science Advances.

Adolescents are recommended to get nine hours of sleep a night, but a number of external factors – including interrupted sleep from academic responsibilities and light-emitting devices – has degraded sleep quality and length so that students are only getting about 6 hours and 50 minutes of sleep per night. And because adolescents don't produce melatonin, a sleep-inducing hormone, until later in the night, merely going to bed earlier isn't really helping.

To help combat sleep deprivation, a growing number of school districts are delaying opening bell by up to an hour.

Research has shown that following the later start time, secondary students were also more alert and engaged in class, absences and tardiness decreased, and final grades increased by 4.5 percent.

Starting school later also helped students combat the symptoms of chronic sleep deprivation, such as fatigue, depression, and memory and cognition impairment.



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Delayed start times may even lead to a decrease in the achievement gap between students from low and high socioeconomic backgrounds, said the researchers.

There are many schools across the country working to synchronize school clocks with secondary students' body clocks because there is a lot of research that points to their ability to focus on learning better later in the morning. Their biological body clocks tend to keep adolescents up later, thus making it more difficult for them to wake up earlier and resulting in poorer academic and athletic performance, because of it. Hawaii's public high school students would benefit from a later start time in school, enabling students to obtain adequate sleep.

The Hawaii State Teachers Association asks your committee to **support** this bill.

SB-2450

Submitted on: 2/7/2020 1:59:07 PM

Testimony for EDU on 2/10/2020 2:45:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Dawn Poiani	Individual	Support	No

Comments:

I support SB2450

Great bill. I have 3 children in public school and I totally agree that children need more sleep. It is difficult with sports, homework, chores, and dinner to get children to bed by no later than 8:30. This half hour start time will make a great difference. Parent's that need to drop their children earlier than 8:00 can enroll them in early morning drop off.