

JAN 21 2011

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# A BILL FOR AN ACT

RELATING TO EDUCATION.

**BE IT ENACTED BY THE LEGISLATURE OF THE STATE OF HAWAII:**

1           SECTION 1. The legislature finds that many high school  
2 students are sleep deprived, resulting in poorer academic and  
3 athletic performance. The legislature further finds that while  
4 there are social reasons for teenagers staying awake later, such  
5 as chatting online or on the phone and watching television,  
6 there are also practical and biological reasons for staying up  
7 late. With adolescence come greater academic responsibilities  
8 and increased involvement in extracurricular activities, as well  
9 as more time spent earning money. Some research has found that  
10 teenagers who are thirteen to nineteen years old also have a  
11 biological tendency toward later waking hours, and most  
12 teenagers are prevented from sleeping in during school days.  
13 The aforementioned factors result in sleep deprivation in many  
14 teenagers, leading to poorer grades, poorer driving, and greater  
15 emotional problems such as sadness and depression. The  
16 legislature finds that Hawaii's public high school students  
17 would benefit from a later start time in school, enabling  
18 students to obtain adequate sleep.



1           The purpose of this Act is to require Hawaii's public high  
2 schools to start classes no earlier than 9:00 a.m.

3           SECTION 2. Chapter 302A, Hawaii Revised Statutes, is  
4 amended by adding a new section to be appropriately designated  
5 and to read as follows:

6           "§302A- High schools; start time. Beginning with the  
7 2011-2012 school year, each public high school in the State  
8 shall begin classes no earlier than 9:00 a.m.; provided that  
9 regardless of class start time, each school shall be subject to  
10 the minimum instructional time requirements under section  
11 302A-251."

12           SECTION 3. New statutory material is underscored.

13           SECTION 4. This Act shall take effect upon its approval.

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INTRODUCED BY: *Therese Chun Oakland*

*and Fukunaga*



**Report Title:**

Public High Schools; Start Time

**Description:**

Requires Hawaii's public high schools to start classes no earlier than 9 a.m.

*The summary description of legislation appearing on this page is for informational purposes only and is not legislation or evidence of legislative intent.*

