



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

Date: 01/31/2018
Time: 02:45 PM
Location: 229
Committee: Senate Education

Department: Education

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

Title of Bill: SB 2385 RELATING TO SCHOOL RECESS.

Purpose of Bill: Requires all schools where students are required to eat meals at school to establish a recess period of not less than fifteen minutes prior to the lunch period for all grade levels.

Department's Position:

The Department of Education (Department) appreciates the opportunity to provide the following comments on SB 2385, which requires all Department schools that require students to eat meals at school to establish a recess period of at least fifteen minutes prior to the lunch meal period for all grade levels.

Every year, Principals, their leadership teams, and teachers are required, through a contractually-governed collaborative process, to develop a bell schedule that effectively meets the needs of their students and staff. Bell schedules are subject to multiple requirements, including those that are negotiated in the collective bargaining agreement with the Hawaii State Teachers Association (HSTA) and a minimum number of student hours as required by section 302A-251, Hawaii Revised Statutes. Schools must also consider additional factors, including staffing requirements for unstructured time and facility capacity when making determinations about the structure of the school day. Schools must submit proposed bell schedules to Complex Area Superintendents on an annual basis for review and approval.

As a matter of principle, the Department believes that schools and school staff are the most qualified to make decisions that will directly impact the students under their care, including the structure of the school day. As Principals and their staff develop bell schedules for their schools, they are considering not only statutory and contractual requirements, but also the size of their schools, the capacity of their facilities, and the ages and temperaments of their students.

Principals have expressed concern that the lack of flexibility may potentially impact instructional time, supervision requirements, and logistics during transition periods. The Department

believes that the flexibility to address the individual needs of a school and its students is imperative. As an example, personal hygiene is an important factor in elementary schools and students are supervised prior to lunch to ensure that they wash their hands before eating. Requiring a recess period prior to lunch could potentially complicate and increase the transition period between recess and lunch as staff would have to ensure that students washed their hands before going into the lunch room. Many schools currently address this issue by scheduling their recess period after the lunch meal period, so that hygiene can be addressed as part of the initial transition to lunch.

While the Department appreciates the intent of this measure, we believe that decisions concerning the structure of the school day are best left to the professionals who are closest to the students and respectfully request that the Committee not move this measure forward.

Thank you for the opportunity to provide these comments.

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.



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

Corey Rosenlee
President
Justin Hughey
Vice President
Amy Perruso
Secretary-Treasurer
Wilbert Holck
Executive Director

TESTIMONY BEFORE THE SENATE COMMITTEE ON
EDUCATION

RE: SB 2385 - RELATING TO SCHOOL RECESS

WEDNESDAY, JANUARY 31, 2018

COREY ROSENLEE, PRESIDENT
HAWAII STATE TEACHERS ASSOCIATION

Chair Kidani and Members of the Committee:

The Hawaii State Teachers Association **supports SB 2385**, relating to school recess.

Last October, Pahoia High and Intermediate launched a pilot program that moved lunch for intermediate students to 10:00am, the school's recess period, and shortened the time they were given to eat to 15 minutes. High school students, in contrast, were given a full 30 minutes to eat during the school's normal lunch period. While the school cited student safety as the reason for the lunch schedule changes, numerous students and parents complained that the intermediate school's children weren't given enough time to complete their meals and were no longer afforded a morning recess. A petition calling for all students at the school to be given a 30 minute lunch period gained 300 signatures in just two days.

Pahoia High and Intermediate is a Title I school, with 100 percent of its student population qualifying for free or reduced lunch. Low-income students are less likely to receive adequate meals at home, leaving them without the basic sustenance necessary to perform academic tasks. Chronic hunger can lead to achievement gaps, concentration loss, illness, and increased absenteeism. Providing a decent meal for impoverished children, therefore, is a moral and educational imperative.

Hungry students cannot focus. To ensure that our students are well-fed and ready to learn, the Hawaii State Teachers Association asks your committee to **support** this bill.



**International
Health, Racquet &
Sportsclub Association**

DATE: January 31, 2018
TO: Hawaii Senate Education Committee
Honolulu, HI 96813
RE: Physical Activity in Hawaii Schools

Dear Committee Members,

I am writing to you in support of legislation that is up for consideration this week. The International Health, Racquet & Sportsclub Association (IHRSA) supports Senate Bill 2385, which requires Hawaii schools where students must eat meals on campus to provide students with a minimum 15-minute daily recess period prior to lunch for all grades.

The obesity and physical inactivity epidemics in the United States are well known; in many states – including Hawaii– nearly a quarter of citizens are considered obese based on their body mass index, and 25% of children ages 10-17 are considered overweight or obese.¹ Obese youth are more likely to have risk factors for heart disease, to have pre- diabetes, and to experience bone and joint problems, sleep apnea, and psychological problems². Increasingly, health and science professionals highlight the link between physical inactivity and obesity among children and adolescents. Evidence shows that increasing physical activity can help kids lose weight³, improve academic performance⁴, insulin response⁵, blood lipid levels in obese children⁶, and prevent obesity and related chronic diseases like diabetes in adulthood⁷.

The issue has gone beyond public health, as increasing levels of obesity and physical inactivity are directly linked to increasing healthcare costs. But physical activity is a clear solution. If 100% of kids aged 8-11 were active for 25 minutes daily, \$60 billion in lifetime medical costs and lost wages could be saved.⁸ There is an obvious need to implement public policies that address the problem before it becomes even tougher to mitigate. In Hawaii, 116 health and fitness clubs provide a safe, supportive environment for over 275,000 residents to exercise and participate in a variety of programs and classes designed

¹ State of Obesity

² Centers for Disease Control and Prevention: Child Obesity Facts

³ Aguilar Cordero MJ et al. Physical activity programmes to reduce overweight and obesity in children and adolescents; a systematic review. *Nutr Hosp.* 2014 Oct 1;30(4):727-40.

⁴ Burrows R et al. Scheduled Physical Activity is Associated With Better Academic Performance in Chilean School-Age Children. *J Phys Act Health.* 2014 Apr 11.

⁵ Mendelson M et al. Impact of exercise training without caloric restriction on inflammation, insulin resistance and visceral fat mass in obese adolescents. *Pediatr Obes.* 2014 Aug 4.

⁶ Escalante Y et al. Improvement of the lipid profile with exercise in obese children: A systematic review. *Prev Med.* 2012 Feb 23.

⁷ U.S. Department of Health and Human Services. Physical Activity Guidelines Advisory Committee report. Washington, DC: U.S. Department of Health and Human Services, 2008.

⁸ [Johns Hopkins Bloomberg School of Public Health](#)



**International
Health, Racquet &
Sportsclub Association**

to improve their health, and many clubs offer membership options for families. IHRSA, as the not-for-profit trade association representing health and fitness facilities, gyms, sports clubs, and suppliers worldwide, is committed to advancing physical activity for all ages. We encourage policymakers to support effective initiatives such as physical activity in schools to encourage more active lifestyles for Hawaii's young residents and promote societal changes to develop a more fit and healthy state.

We understand Senate Bill 2385 is being considered in the Education Committee. We encourage the Committee to advance this legislation that would establish regular physical activity in schools and support an active, healthy generation. We would welcome the opportunity to provide you with any resources or information that you think may be useful in advancing your efforts.

Sincerely,

A handwritten signature in black ink that reads 'Joe' in a cursive, flowing script.

Joe Moore
IHRSA President & CEO

SB-2385

Submitted on: 1/27/2018 2:09:06 PM

Testimony for EDU on 1/31/2018 2:45:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Javier Mendez-Alvarez		Support	No

Comments: