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TESTIMONY BEFORE THE HOUSE COMMITTEE ON  
FINANCE

RE: HB 318, HD1 - RELATING TO EDUCATION

TUESDAY, FEBRUARY 26, 2019

COREY ROSENLEE, PRESIDENT  
HAWAII STATE TEACHERS ASSOCIATION

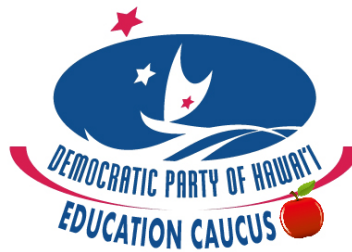
Chair Luke and Members of the Committee:

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.



## **HOUSE BILL 318, HD 1, RELATING TO EDUCATION**

FEBRUARY 26, 2019 · HOUSE FINANCE  
COMMITTEE · CHAIR REP. SYLVIA LUKE

**POSITION:** Support.

**RATIONALE:** The Democratic Party of Hawai'i Education Caucus supports HB 318, HD 1, 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.

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-HD-1**

Submitted on: 2/25/2019 11:07:52 AM

Testimony for FIN on 2/26/2019 12:30:00 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:



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

**LATE**

**Date:** 02/26/2019  
**Time:** 12:30 PM  
**Location:** 308  
**Committee:** House Finance

**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).