

MAR 10 2023

---

---

# SENATE RESOLUTION

URGING THE DEPARTMENT OF EDUCATION TO START HIGH SCHOOLS NO  
EARLIER THAN 9:00 A.M. AND ELEMENTARY AND MIDDLE SCHOOLS NO  
EARLIER THAN 8:30 A.M.

1           WHEREAS, all Hawaii keiki are entitled to a high quality  
2 education; and

3  
4           WHEREAS, the American Academy of Pediatrics recommends that  
5 the first school bell ring no earlier than 8:30 a.m.; and

6  
7           WHEREAS, early school start times are associated with  
8 students sleeping less, irritability, and fatigue; and

9  
10          WHEREAS, students who lack sufficient sleep may experience  
11 difficulty paying attention in class, negatively affecting  
12 students' academic performance; and

13  
14          WHEREAS, all but five public high schools begin their  
15 school days before 8:30 a.m.; and

16  
17          WHEREAS, prioritizing adequate amounts of sleep for all  
18 students is one step to ensure positive student outcomes and  
19 academic success; now, therefore,

20  
21          BE IT RESOLVED by the Senate of the Thirty-second  
22 Legislature of the State of Hawaii, Regular Session of 2023,  
23 that the Department of Education is urged to adopt rules  
24 requiring that high schools start no earlier than 9:00 a.m. and  
25 elementary and middle schools start no earlier than 8:30 a.m.;  
26 and

27  
28          BE IT FURTHER RESOLVED that the Department of Education is  
29 requested to adjust state-provided bus routes and school meal  
30 service times accordingly; and



# S.R. NO. 191

1 BE IT FURTHER RESOLVED that certified copies of this  
2 Resolution be transmitted to the Chairperson of the Board of  
3 Education and Superintendent of Education.  
4  
5  
6

OFFERED BY: 

