

JOSH GREEN, M.D.  
GOVERNOR



KEITH T. HAYASHI  
SUPERINTENDENT

**LATE**

STATE OF HAWAII  
DEPARTMENT OF EDUCATION  
KA 'OIHANA HO'ONA'AUAO  
P.O. BOX 2360  
HONOLULU, HAWAII 96804

**Date:** 03/21/2024

**Time:** 02:00 PM

**Location:** 309 VIA VIDEOCONFERENCE

**Committee:** House Education

**Department:** Education

**Person Testifying:** Keith T. Hayashi, Superintendent of Education

**Title of Resolution** HCR 0174 REQUESTING THE DEPARTMENT OF EDUCATION TO  
:  
CONDUCT A STUDY ON THE IMPLEMENTATION OF LATER SCHOOL  
START TIMES.

**Department's Position:**

The Hawaii State Department of Education (Department) respectfully provides comments on HCR 174.

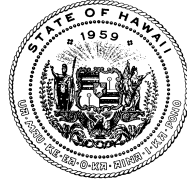
The bell schedule for each school is determined at the school level via a collaborative process led by the school administration. A compliant bell schedule must meet criteria set forth in Chapter 302A-251, Hawaii Revised Statutes, and the Hawaii State Teachers Association Bargaining Unit 5 (teachers) collectively bargained contract. The statute and contract outline limits on categories such as student instruction minutes, lunch minutes, teacher prep time, and other categories such as meetings.

Schools conduct an annual review of their bell schedule for the following school year, and each school's bell schedule will be included in their annual academic plan that is published online. Each school's bell schedule is different as some of the factors that schools consider when making their bell schedule include:

- Instructional design of curriculum and learning opportunities;
- Parental or guardian work schedules;
- Traffic and student transportation issues;
- Extracurricular activities, including after-school sports, clubs, lessons, and after-school care;
- Academic performance; and
- Alignment with neighboring schools.

Should this resolution proceed, the Department suggests disseminating information about adolescent sleep and school rather than a study, which would require resources.

Thank you for the opportunity to provide testimony on this measure.



JOSH GREEN, M.D.  
GOVERNOR OF HAWAII  
KE KIA'ĀINA O KA MOKU'ĀINA 'O HAWAII

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**LATE**

**Testimony COMMENTING on HCR174**

**REQUESTING THE DEPARTMENT OF EDUCATION TO CONDUCT A STUDY ON  
THE IMPLEMENTATION OF LATER SCHOOL START TIMES.**

REP. JUSTIN H. WOODSON, CHAIR  
HOUSE COMMITTEE ON EDUCATION

Hearing Date: March 21, 2024

Room Number: 309

1 **Fiscal Implications:** N/A.

2 **Department Testimony:** The Department of Health (DOH) supports the intent of HCR174 but  
3 defers to the Department of Education on resource availability and relative priority of this  
4 request for a study.

5 Research supports that school start times (SSTs) of no earlier than 8:30am are a cost-effective  
6 population-based intervention to improve adolescent mental health and well-being and is a  
7 recommendation from the US Centers for Disease Control and Prevention, the American  
8 Medical Association, the American Academy of Pediatrics, and the National Education  
9 Association.

10 A 2023 article in the peer-reviewed journal Pediatrics (attached) published findings indicating  
11 that:

- 12 • Later SSTs were associated with better overall developmental outcomes, longer sleep  
13 duration, and less negative mood.
- 14 • Specifically, new SSTs between 8:30 am and 8:59 am were associated with better  
15 outcomes than 8:00 am to 8:29 am start times.

- 1       • Later SSTs were more strongly associated with lower levels of sleepiness for high school  
2       (versus middle school) youth, and youth in private (versus public) schools reported better  
3       sleep and later wake times with later SSTs.

4       On top of improved physical and mental health outcomes, findings from the National Institute of  
5       Mental Health (NIMH) report that SSTs are associated with:

- 6       • Improved SAT and ACT scores
- 7       • Improved attendance
- 8       • Increased graduation rate
- 9       • Better attention and decreased impulsivity

10      Thank you for the opportunity to testify.

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