



STATE OF HAWAII
DEPARTMENT OF HEALTH
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**Testimony COMMENTING on HB333
RELATING TO EDUCATION.**

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

Hearing Date: February 11, 2025

Room Number: 309

1 **Department Testimony: Department Testimony:** The Department of Health (DOH) supports
2 the intent of HB1179 but defers to the Department of Education on implementation and
3 workforce details.

4 Later school start times have been shown to offer a variety of benefits for students, both
5 academically and physically such as improved sleep quality and duration as later start times
6 allow students to get more rest, which can help with cognitive function, mood, and overall
7 health.

8 Adequate sleep leads to better focus, memory, and retention. Students who are well-rested are
9 more likely to perform better in school, particularly in subjects that require concentration and
10 critical thinking. Conversely, lack of sleep is linked to higher levels of stress, anxiety, and
11 depression in students.

12 Teens experience a shift in their circadian rhythm during adolescence, making it naturally harder
13 for them to fall asleep early. Later start times help align school schedules with their biological
14 clocks, leading to more restful sleep patterns. With more time in the morning, students are less
15 likely to be late or absent from school, which can lead to improved attendance rates and better
16 educational outcomes.

- 1 Implementing later school start times can be a win-win, especially when considering the long-
- 2 term effects on student health, well-being, and academic success.
- 3 Nevertheless, DOH recognizes the tremendous adjustment required of school staff, parents, and
- 4 communities from this proposal, but urges the conversation to continue.
- 5 Thank you for the opportunity to testify.



STATE OF HAWAII
DEPARTMENT OF EDUCATION
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Date: 02/11/2025

Time: 02:01 PM

Location: 309 VIA VIDEOCONFERENCE

Committee: House Education

Department: Education

Person Testifying: Keith T. Hayashi, Superintendent of Education

Bill Title: HB 0333 RELATING TO EDUCATION.

Purpose of Bill: Beginning with the - school year, requires public elementary, middle, and high school classes to start no earlier than 8:30 a.m. Requires the Department of Education to adjust state-provided bus and school meal schedules accordingly.

Department's Position:

The Hawaii State Department of Education (Department) respectfully provides comments on HB 333.

The bell schedule for each school is determined at the school level via a collaborative process led by the school administration, which involves all active bargaining unit members at the school. 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) collective bargaining 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 via their annual school academic plan submission. 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.

Schools are best positioned to design flexible schedules that meet their unique needs and

characteristics. Restricting school start times will limit schools' options.

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



UNITED PUBLIC WORKERS

AFSCME Local 646, AFL-CIO

**HOUSE OF REPRESENTATIVES
THE THIRTY-THIRD LEGISLATURE
REGULAR SESSION OF 2025**

COMMITTEE ON EDUCATION

Rep. Justin H. Woodson, Chair

Rep. Trish La Chica, Vice Chair

Tuesday, February 11, 2025, 2:01 PM
Conference Room 309 & Videoconference

Re: Testimony on HB333 – RELATING TO EDUCATION

Chair Woodson, Vice Chair La Chica, and Members of the Committee:

The United Public Workers, AFSCME Local 646, AFL-CIO ("UPW") is the exclusive bargaining representative for approximately 14,000 public employees, which includes blue collar, non-supervisory employees in Bargaining Unit 1 and institutional, health, and correctional employees in Bargaining Unit 10, in the State of Hawaii and various counties.

UPW provides comments on HB333, which mandates that beginning with a yet to be determined school year, all public elementary, middle, and high school classes start no earlier than 8:30 a.m. This bill also requires the Department of Education ("DOE") to adjust state-provided bus and school meal schedules accordingly

As the committee is aware, most public employees begin the workday at 7:45 am or earlier. Should school classes start no earlier than 8:30 a.m., this could prove problematic for working families who may not have flexible work schedules nor the family support (e.g., grandparents) required to adjust to later a start time.

This issue would be more apparent for families with elementary school-aged children. While this bill proposes moving the start time a mere thirty-five minutes, this seemingly short amount of time could have a significant impact on drop-off schedules as each school establishes its own procedures. Thirty-five minutes can make a substantial difference when trying to get to work on time. We hope the committee will keep this in mind should it decide to pass this measure.

Additionally, should this measure pass, we would like to remind the DOE that work schedules are subject to collective bargaining, and that any changes to meal schedules would require consultation with the union.

Thank you for the opportunity to provide comments.

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HB-333

Submitted on: 2/7/2025 9:02:07 PM

Testimony for EDN on 2/11/2025 2:01:00 PM

Submitted By	Organization	Testifier Position	Testify
Cynthia Reves	Individual	Oppose	Written Testimony Only

Comments:

I am a public school teacher and want each school to remain in charge of setting start times.

TO: Members of the Committee on Education

FROM: Natalie Iwasa
808-395-3233

HEARING: 2:01 p.m. Tuesday, February 11, 2025

SUBJECT: HB333, School Start Time – **OPPOSED**

Aloha Chair Woodson and Committee Members,

Thank you for this opportunity to provide testimony on HB333, which would disallow schools, other than charter schools, from starting prior to 8:30 a.m. Schools may request a waiver to this requirement.

While I understand that some students have a difficult time getting to school earlier than 8:30 a.m., starting the day later does not necessarily mean that they will be on time.

We all have the same 24 hours in a day. Rather than requiring schools to start later, focus should be on helping students manage their time more effectively.

Please vote “no” on HB333.